

LGS SENIOR

2026

# YOUNG ARTS AND HUMANITIES JOURNAL

BUILD CREATIVITY

STUDENT LEAD



LENT TERM  
2026

*Our first edition featuring the foundation  
day prizewinners*

# Table of contents

## Winners of the LGS

### Foundation Day Essay 2025-6

#### 'MY SUPERPOWER'

<b>Note from the Editors</b>	<b>3</b>
<b>Dr Griffin</b>	<b>4</b>
<b>Zak Ibadulla</b>	<b>6</b>
<b>Reidan Minhas</b>	<b>7</b>
<b>Harriet Eason</b>	<b>8</b>
<b>Safaa Khan</b>	<b>9</b>
<b>Shiv Vaghela</b>	<b>11</b>
<b>Emily Gough</b>	<b>12</b>
<b>Charlotte Caldecott</b>	<b>14</b>
<b>Nidhi Kulkarni</b>	<b>15</b>
<b>Naya Bhatt</b>	<b>17</b>
<b>Safaa Shaikh</b>	<b>19</b>
<b>Alice Hawkins</b>	<b>22</b>
<b>Stay tuned...</b>	<b>24</b>



**“WHILE ART  
THRIVES ON  
THE BLAZING  
COLOURS OF  
SCANDAL,  
LITERATURE  
BLOSSOMS ON  
THE DARK SOIL  
OF TRAGEDY.”**

**— E. A.  
BUCCHIANERI,  
BRUSHSTROKES  
OF A GADFLY**

# **From the EDITORS.**

## **OF THE YAHJ**

**Welcome to the Young Arts and Humanities journal’s first issue of the year! This journal enables all students to show off their creativity and spark their curiosity outside of STEM.**

**We are delighted to be able to start the journal with some of the best at LGS—a showcase of the Foundation Day Essay Competition winners. These students, across the whole school, all provide their take on the same question: their superpower. From the power to heal, to seeing people’s feelings in colour, our first contributors to this year’s journal have set the bar high.**

**As well as our writers, this edition would not have been possible without the hard work of our editors and the support and guidance from Dr. Griffin.**

**We hope this edition will invite more students to appreciate the importance of the Arts, Humanities and Languages. Our school would not be the same without its diversity and variety, in people, thought and talent. The YAHJ provides a perfect chance to show off!**

**We hope you enjoy reading the collection, and feel inspired to write or create for yourself, or even be a future contributor to the journal. Thinking for yourself is a superpower in itself!**

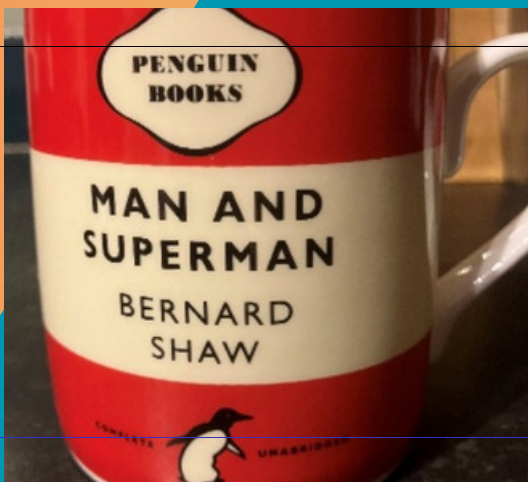
**We hope you enjoy reading!**

Izzy Boiangiu, Georgia Stewart, Hashnavy Paran

# MY SUPERPOWER

By Dr Griffin

Superpowers are a strange thing to consider – for a start comes the question of for good or for evil. All too often we assume the former when the latter is all too real and palpable – and assumptions are dangerous things. If I had a superpower, would I use it wisely, or merely to impose my will on those who do not have my power? Would I want to be faster than a speeding bullet and to leap tall buildings in a single bound? Would I want to be immortal? To teleport? To have blades that come out of my knuckles? To be impervious to all physical harm? To be able to read minds? To be invisible?



Unfortunately, I live in the real world, not the DC or Marvel Universes...

Let's face it, leaping tall buildings in a single bound makes you a danger to aircraft and could lead to being about eight inches shorter if not too careful in our ever busy skies. Better to lift them up and walk under them. Faster than a speeding bullet? Better to catch them in my teeth, chew them up, and spit them back. Blades from between my knuckles? Could get rather tricky when scratching my nose. Ability to read minds? Some things are best left as mysteries, I suspect. Immortal? Would I want to go on as everyone I will ever care about fades off the earth like snow off a ditch?

I doubt any of these would make me truly happy or the world a better place.

For me the choice of superpower links to my family. Bear with me...

Over the summer I made an accidental discovery about a great-uncle whom I did not even know existed – Great-uncle George.



He was born in Kimbolton in 1896, moved to Thurmaston with the rest of his growing family of brothers and sisters (including my grandfather Ted), and in 1914 as an eighteen-year-old he joined the Leicestershire Yeomanry prepared to go to fight for his King and Country. I discovered that he was serving in the line with what was laughingly known as 'Cavalry Force' (in reality about a thousand dismounted troopers) as they looked to stem the tide of a German attack in the second battle of Ypres on May 13 1915. Of the three hundred men of the Leicestershire Yeomanry who went into that fight on that day, a third were killed (including his commanding officer), a third were casualties, and a third came out without a scratch. He was one of that final third. I can only imagine what he went through in those days as a nineteen-year-old who had never left the farm before being thrown into the maelstrom. At least he didn't have to face the gas attack from earlier in the battle.

I carried on my research, and discovered that my other great-grandfather Bernard had joined the Royal Army Medical Corps in 1918 as a forty-six year old man with a large family, presumably to 'do his bit', and while he was away serving in a London hospital, dealing with the casualties of the last brutal battles of the Western Front, his ten year old daughter died in the Spanish flu pandemic.

My great-great-grandfather James Griffin, fleeing from famine in the west of Ireland in the 1840s, all of the Mitchells, and Harrisons, the Claytons, and...and...and...

The generations kept rolling back through the centuries, Victorians in the slums of Leicester, Georgians, Stuarts, Tudors making a living in the farming communities of Leicestershire, Northamptonshire, Lincolnshire. The years and generations reeled out, until I came to rest with my fifteen times great-grandfather (one of eight thousand) and sixteen times great-grandmother (one of sixteen thousand) – Anthony Woodville and Jaquetta of Luxembourg.



These two figures were very familiar to me from the history books, even a Shakespeare play, but the thought of sharing even the thinnest genetic link to a man who translated and had William Caxton print one of the first books in the English language ever printed in England – well, that was pretty good to me, albeit he lost his head when Richard the Third grabbed the throne. Then there was his mother Jaquetta who had been married to King Henry V's brother, remarried my sixteen times great-grandfather for love.



She was a descendant of Charlemagne, the mother of a queen, grandmother of a king and a queen, and the ancestress of every monarch who has sat on the throne of England, Great Britain, and the United Kingdom since 1485.

Not too shabby.

The fact she was also accused by her political enemies of witchcraft also made me smile a little. Henry the Eighth became less the big dog of the Tudors and more 'fat cousin 'Enry'.

But these were just a few stories amongst those I could trace. How many more thousands of stories were there out there, waiting to be discovered?

At this point occurred to me the superpower I would actually desperately want.

An army of ancestors stands at my back. Genetically I am all of them: those who fled famine in Ireland; those who fought in wars; those who lost children after wars; those who lost their heads, both metaphorically and literally; and those who were accused of witchcraft. Their blood flows in my veins and the superpower I would wish is to know them all - not just their names, but their thoughts, their feelings, their lives - not just one passing moment in time - because they live in me and to know them would be to fully know myself. That, to me, would be the greatest superpower of all.

## TO HEAL PEOPLE

If I could have any superpower, I would choose the power to heal people. There is nothing more special than being able to take away someone's pain and make them feel better again. With this power, I could help those who are sick, injured or hurting-not just physically but emotionally too. Healing others would bring comfort, hope and happiness to those who are struggling, and it will make the world a safer place.

Having the power to heal would mean many more people would not suffer or die from illnesses. I could visit hospitals and make children feel better or make families happy. Imagine being able to touch someone's hand and see all their wounds disappear or make their heart start pumping again. I could lift away someone's sadness, and it could change their life.



I could use my power to make the world a place where no one must live in pain or fear. Healing is one of the most beautiful gifts because it shows kindness and compassion. Every day, there are people who suffer from illnesses, injuries, or sadness. Being able to take that away would be life changing. My power would not just be about curing diseases or fixing bones. It would also heal hearts, minds, and spirits.

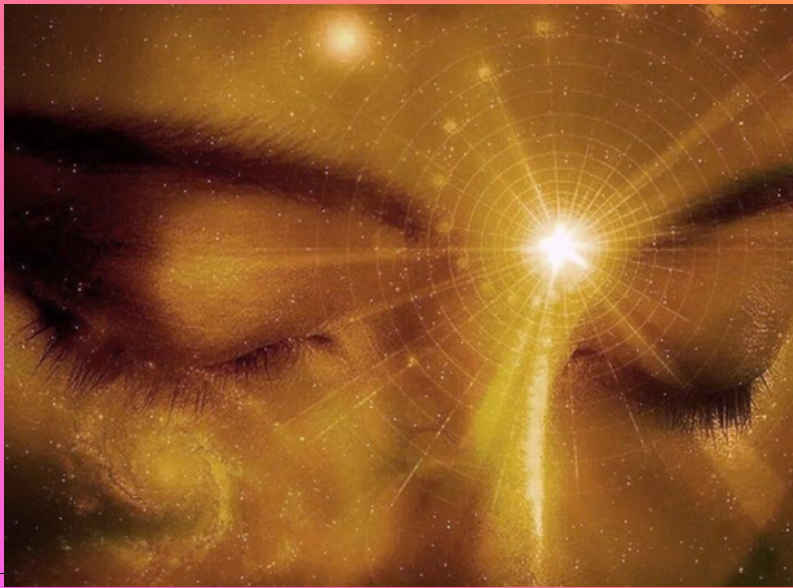
Healing is about more than medicine; it is about caring. Sometimes people need to be reminded that they matter and that someone believes in them. My superpower would let me spread kindness and positivity wherever I go. I would use it to create a world where kindness is stronger than pain. And where every person gets another chance to live fully.

My healing power could cure cancer completely, taking away pain and fear. With one touch, I could remove every cancer cell and give people a second chance at life.



## To have Belief

I've always wanted a superpower, but I've never known which one to have. Would it be the power to fly, would it be the power to be invisible or would it be the power to be immortal. There are much more that are going through my perplexed brain like if I did have a superpower what would I do with it. Could I have a secret identity and travel around the world working for a private agency and wear cool outfits. Right now, I don't have a superpower so all I can do is think about it on my bed instead of being out there in the freezing cold weather doing something that's cool.



Lots of things would change if I did have a superpower whether its big or small, if it was the power to be immortal, I would be able to go into the outside world and fight crime. If I had the power to be invisible, I would be able to do anything I want without anyone else knowing about it, I would also be able to do stuff without my parents nagging at me all the time. The benefit of having all these superpowers is that it would change the way I way I live my normal life, it would be more ecstatic and would make things easier for me and everyone around me.

Even though having a superpower is good, there is quite a few downsides of having one like that would be my main concentration throughout my whole day and I wouldn't be able to focus on anything else that I normally do. Aside from the education, most of the time I would never be able to do the things and activities that I enjoy. Specific things could happen to me depending on which superpower I have, for example if I had the power to become the strongest person on earth, I would be able to lift the most interminable, prolonged tree ever, but I would always break every light thing I touch. Most people would probably want to have the best superpower in the world but that's the opposite of what I want. I want to be able to balance everything that I do in my normal life to the things that I would do in my superpower life then I would keep everyone happy around me and would keep my secret even more secret.

Having a superpower is a very hard thing to understand, and maybe too much for me to believe. What if I thought it was a joke and one of my friends was playing a prank on me, or what if I thought something weird was happening to me and that I would never change back to normal, or what if I didn't even realize I had a superpower and it was just sitting there somewhere at the back of my half tranquil half overworked mind.

The conclusion of this is very simple all these amazing things that could happen to me are good but what my real superpower is that whatever happens whether it is bad or really bad that I always have BELIEF.

## To solve world hunger

If I could have a superpower, I would want the power to make sure that no child is starving or without food. Hunger and famine are one of the most common problems over the world, millions of children face these problems. It is heartbreaking to know that not all children can eat or drink freely thought the day, it does not only cause pain and suffering but can prevent children from growing, learning, having fun and enjoying their childhood and life. With this superpower I would make sure that no child didn't have food.



Hunger can affect children in many ways without fibre protein and proper nutrition children cannot concentrate properly and affectively whilst learning which lowers their chance of getting good grades and in the future that might lead to them not being able to get a job. They will also be weak, lack strength and this can make them prone to illnesses. This is not right, and I wouldn't wish this on anyone.

I would use my power to give fresh foods and vegetables and proteins to schools, homes and communities, regardless of where a child lives, they should have the wright to food and drink. This superpower would also help parents feel relived knowing their kids are well fed and healthy and teaches would have a class full of energetic students that could learn properly learn.

This would help them become good adults and help them have a bright and hopeful future.



With that superpower I would make sure that every child was well notorious and wakes up and goes to bed with a full stomach.

In conclusion, if I had the superpower i would use it to end child hunger, it would bring good health, comfort, and happiness to children everywhere happy and living their life like they should be. No child deserves to go hungry, and with this power, I would make sure that every child has healthy and nutritious food every day. That they need to grow, learn, and be happy.

## To Fly

If I could have any superpower, I would want the ability to fly. From when I was young, I have looked up at the sky and imagined what it would be like to lift off the ground, stretch out my arms, and soar like a bird. Flying has always represented freedom, adventure, and possibility. To me, it would not only be a way to explore the world but also a way to make life more meaningful.

The first reason I would want to fly is the sense of freedom it would give me. Right now, whenever we want to travel, we are tied to roads, vehicles, and schedules. Cars get stuck in traffic, buses run late, and airplanes cost money and time. But with flight, I could rise above all of those limits. I could leave my house and glide through the air straight to my destination, saving hours every day. Flying would mean never being trapped by traffic jams or missed connections; it would mean true independence. The sky would become my highway, open and endless.

Beyond freedom, flying would give me a new way to see the world. Most people only see landscapes from the ground but imagine being able to look down on snow-covered mountains, sparkling rivers, or bright city lights at night. I could watch the sun rise from above the clouds or follow the path of a coastline for miles. Each journey would become an adventure. Flying would turn ordinary places into extraordinary sights, giving me a perspective that few people could ever experience.

Another reason I would want to fly is the ability to help others. A superpower should not just be about personal gain it should also be used to make a difference. If I could fly, I could respond to emergencies more quickly than an ambulance or fire truck. I could deliver medicine, food, or supplies to people in areas that are hard to reach. During disasters like floods, fires, or earthquakes, I could carry people to safety. Flying would give me the power to protect and serve others, turning me into more than just an adventure it would make me someone who could save lives.



Flying could also connect me to people in new ways. Imagine visiting a friend across town in minutes, without worrying about buses or traffic. Imagine surprising a loved one by arriving on their doorstep after gliding through the night sky. Distance would no longer be a barrier to relationships. I could spend more time with the people I care about and even inspire others with the possibility of what flight could mean for the future.



Of course, not every benefit of flying has to be serious. It would also be a source of pure joy. Just thinking about soaring above the treetops, racing with birds, or drifting lazily through the clouds makes me smile. The thrill of speed and the calm of floating high above the earth would give me a balance of excitement and peace. Flying would make the world feel magical again, as if every day had the potential to be an adventure.

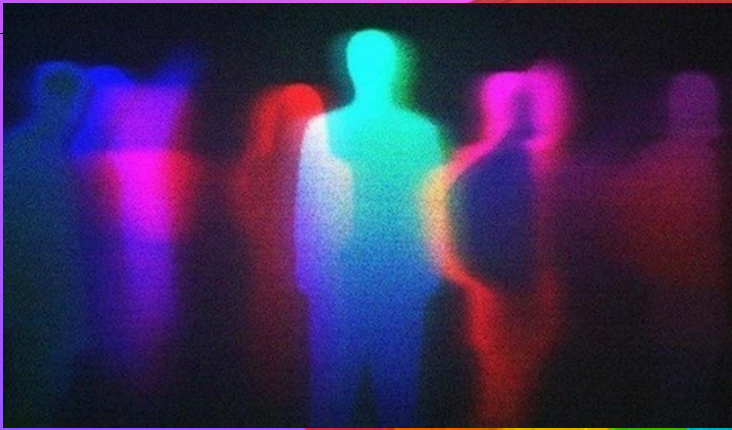


I need the power of flight because it would bring together freedom, responsibility, and happiness in a way no other superpower could. With it, I could escape the limits of the ground and experience life from new heights. I could travel anywhere, see everything, and explore without boundaries. I could help others in times of need, showing that true power is about protecting and uplifting those around us. And I could carry with me the joy of turning a childhood dream into reality.

Flying would not just change how I move; it would change how I live. It would give me a new perspective on the world, allow me to create unforgettable memories, and inspire me to be braver and kinder. The ability to fly would remind me every day that the sky is not the limit it is only the beginning. That is why, above all other powers, I would want to fly.

## To see and understand colours

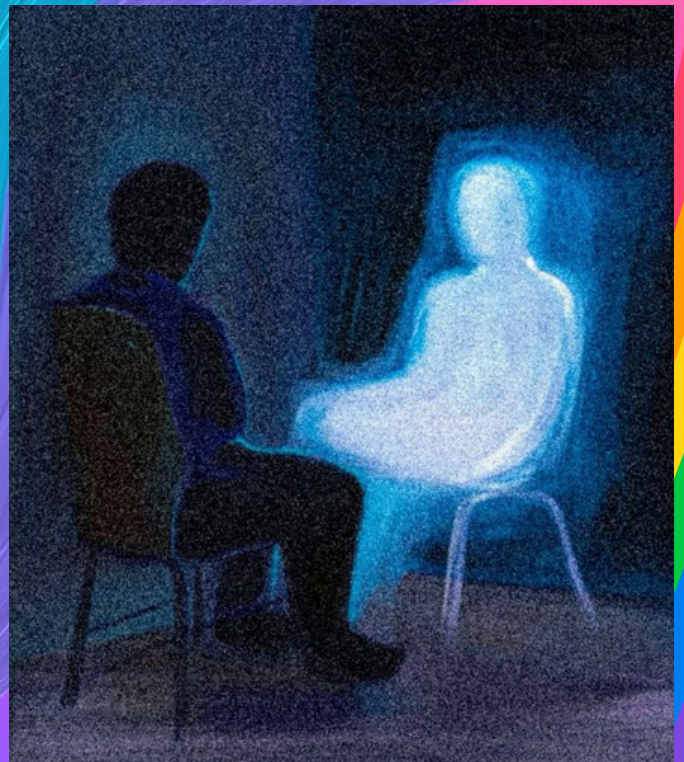
Just imagine being able to see people's feelings in colour. They would have a glow or a pattern that showed exactly how they were feeling, and I would JUST know! It would make the invisible, visible. I would see **sunshine yellow** for happiness, **warm yellow** for friendship, **soft greens** for calm and relaxed. A **fiery red** would show anger, and **shades of pink** or purple might mean someone was feeling shy or nervous. If I saw a grey cloud around a friend, I'd know they were sad and I could use my power to lift their spirits back to **sunshine yellow**, without them even realising. Wouldn't that be wonderful?



At my age (11), emotions and feelings can be a lot. We're always being told that things will change, our feelings, our bodies, our thoughts and sometimes it's hard to keep up. Feelings aren't just "happy" or "sad". There are so many others, curious, hopeful, confused, embarrassed, protective, or even a mix of them all. And sometimes, when you feel upset or confused, you don't want to talk about it straight away and sometimes you don't know WHY? You just need time, time to think, time to digest. That's why this superpower would be so special, I could help people without them having to say a single word. If I saw someone glowing a **light blue**, I'd know they felt lonely, and I could go over and have a friendly chat with them until that blue warmed into **yellow** again. What a superpower that would be!

I think understanding people's true feelings would help the world in big ways. Some people are really good at hiding how they feel, but I would be able to see their true colours, maybe a flicker of **purple** showing nerves or a **blush of pink** showing embarrassment. I could calm them with a smile or even a distraction, and watch their colours change to a peaceful, **emerald green**.

I could also use my power to stop trouble before it starts like during a rugby match or in the playground. If I saw the colour **turquoise** bubbling, I would know someone was frustrated, I could step in and remind everyone that the point is to have fun and that we are all friends. Or, if I saw a performer's shaky **purple** colours before going on stage, I could help them feel brave and turn their colours into a **bold blue**. I could make a real difference, just by seeing and understanding colours.



## Attention to detail

When you think of a superpower or superhero, the first thing that usually comes to mind are extraordinary abilities, like being able to turn invisible, read minds, grow wings to fly over the world and soar over the sea, breathe underwater, teleport or casts spells on your unfortunate victims. Although superheroes are often portrayed in this way, these aren't the qualities I associate with a true hero. To me, a hero is someone who aspires to change the world for the better; someone who genuinely cares, who notices things others might overlook and wants to make a difference that inspires those around them - anyone who has a dream to leave everywhere better than they found it. Some people would say my superpower is my attention to detail.



I notice when someone changes a habit, loses interest in a hobby, starts acting slightly differently or subtly alters their appearance. I have a strong memory for detail that helps me connect with people, recalling the exact words they said or the day something was mentioned. This awareness allows me to think of thoughtful things to say, turning small memories into meaningful conversation and avoiding the awkward sensation of a one-sided conversation that no-one really wants to indulge in. My ability to notice and remember details helps strengthen relationships and allows me to communicate with empathy and precision. This, I believe, is its own kind of superpower as it helps me support and encourage others, making them feel valued, understood and more like themselves.

I notice tiny things like the small shard of glass glinting in the mud, the root sticking out of the forest path or the small, slippy, muddier patch on the grass or small animals that other people wouldn't notice and stand on. I notice the small thorns on the bushes on a narrow path or the nettles hidden in the overgrown grass, that the ordinary observer might sting or scratch themselves on as they brush past. This attention protects people; it's like having a quiet form of foresight, preventing harm before it happens, and sometimes feels as though I am a protector.

Nature is full of details waiting to be discovered. I see the intricate spider webs and delicate fungi, the subtle patterns on a leaf hinting at the power of nature's design; the small natural beauties that other people would just scan past but deserve to be appreciated and observed. I notice nature whispering its secrets: the presence of crickets chirping cheerfully in the tall grass, the hop of a tiny frog on the damp path, the footprints in the mud showing evidence of deer, the small hollow in a tree that would be perfect for an owl to nest, that certain type of glossy stone on the trail or a single, tiny wildflower. These small wonders make the world more interesting and beautiful, reminding me of how every small part of the world is connected and plays a role in keeping life balanced. I lag behind in walks as there are so many things I see and stop to admire. By sharing what I notice with others, I help them slow down and appreciate what they might have missed, encouraging them to care more deeply for the world around them.

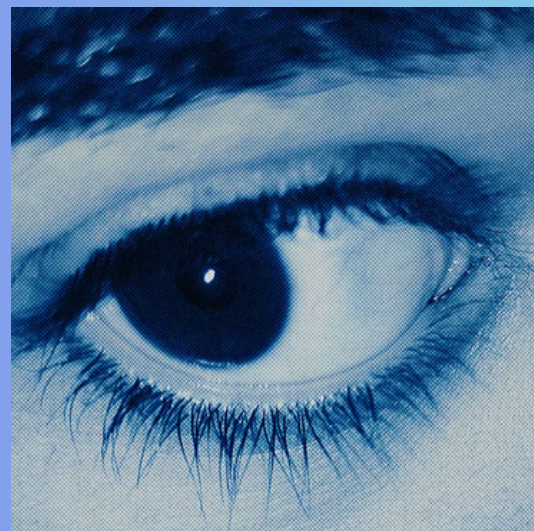
My attention to detail also fuels my creativity. When I draw or write, I focus on refining each aspect, making the shape accurate, choosing just the right shade of colour, adding shading, or using the right phrase of description to make my drawing or story come to life. Even the addition of one word or another pencil line can be important to show something more vividly. I want to use my creative skills to help deliver a message and adding in these details helps me to engage people in my ideas, like when writing stories describing the looming trees or the feel of the wind so they can imagine being there. It turns imagination into reality, making creativity more powerful. I hope one day, this superpower will allow me to write a book to engage and inspire others.



My attention to detail shows in my hobbies too, especially cooking and baking. I can tell by the colour, texture or scent of the food when it is ready and take care when I prepare things precisely, such as making sure vegetables are evenly cut, so each piece cooks perfectly. Some things I make from memory, by estimation, not following a recipe as I appreciate the tiny details that are needed to make this taste just right, for example when making apple crumble, I adjust each ingredient bit by bit until I achieve the perfect balance of flavour. Others appreciate my efforts as well. I also remember small comments people have made about likes and dislikes to adjust meal plans and flavours for different people.

Another thing that my attention to detail impacts is something I love - to plan! I love planning parties, sleepovers, or family days. It helps me estimate how long something will take to make sure we fill the time well and everyone is engaged, also remembering small things I have seen people have enjoyed or smiled at before. I anticipate what others might need, like spare cutlery for a picnic, beautiful napkins, mocktail stirrers or camping chairs if any of the guests are older or less mobile. I jot down details in a notebook and keep it by my bedside for late night ideas and adjust details as I think of improvements. When setting up a party, I also want the venue to look fantastic so I can think of the tiny angle I can adjust, the decorations, the lighting, to make everything look better, sometimes with just the tiniest tweak. My thoughtful, detailed preparation enables me to plan the best event possible, making people feel comfortable, ensuring the day runs smoothly and the event is enjoyable for everyone.

I think my attention to detail could be classed as a true superpower, not a fictional one but something that enables me to notice when something is wrong, remember small but important details that matter and see what others overlook. It helps me to look past the ordinary, almost as if a curtain has been pulled aside to reveal hidden truths. It helps me see the invisible. That's why I believe attention to detail is a superpower: it gives me the opportunity to make the world a little better, one small step at a time.



Y9 Winner

# CHARLOTTE CALDECOTT

## To talk any language

When I first thought about what superpower I could have, out of the eternal options, I could think of just one, I thought of a million all at once, there are so many different 'powers' that one-person could have, you could the ability to fly, you could talk to animals, you could read someone's mind but I didn't choose any of these, although they are all great choices. I decided on the ability to be able to talk and understand any chosen language at a time.

Why, you may be thinking did I choose to go for something that could be learnt by anyone. It might take someone their whole lifetime or a part of it to fully understand and learn a language but that's not something that I would want to do. I want to be able to go to a country and really endure their culture and ways of life, not seeing it through a piece of glass the way tourists might see it. I want to be able to go and see my aunt who lives in Spain and have a conversation with her in Spanish and not English, even though that was her first language, just because I can. Having the ability to speak in any language would give me the chance to visit a country in the world that I have never ever heard about and teach others of its wonder, just because I can. Being able to speak any language would give me the opportunity to help others who can't speak the language in the country that they are living in, like when people of Ukraine came to England to escape the ongoing war happening in what was their home, I could help them adjust to their new life, along with others we could help them understand their new way of life and the language.



If I could talk any language, the first thing I would do is talk to one of my three best friends, who all talk in their second language at school. I could have a conversation with them in their first language and for once, not in mine. You may think, what's the point in this? Just talk in English. For once I could talk to them in their first language when all of the time, I've known them, they've spoken in their second.

I love the thought of being able to talk in another language, I have just never had the chance to, sure we have lessons at school and that will always be helpful, but doing lessons takes time, a long time. Time that I'd rather spend doing things that are more important to me, like sport for instance, I love sailing more than anything, and if I could talk another language then that would give me the opportunity to do more of it, do events (competitions) in other countries where the racing in that boat is more competitive or has much bigger fleet than here, in the U.K, gaining skill and experience throughout it.

## Healing

Superpowers. They are something I've always wanted. Ever since I was little, superpowers have been my Hogwarts. My wish that sat quietly in my chest, waiting to come true. So, yes, I've dreamt about being invisible. I've imagined myself teleporting around the world. At one point, I even wished I had the superpower of having all the superpowers in the world but that's more impossible than having just one! Hence, over the years superpowers are something that have crowded my mind a lot. What if I had the power to be invincible? Mhmm.... No, too scary. What about telepathy? Not really. However, as I've grown older, I finally know the answer. If I were able to have any superpower, I would choose the power to heal. A power where I have the ability to heal all forms of suffering and pain. A way to reach into the shadows and unfasten the chains wrapped around a person's chest - chains woven from grief and silence, tightening their every breath. I want to be able to return air, not just to their lungs, but to their soul like a wind after a long storm. I want to relieve people from their physical and emotional scars. I want to make the world a happier place to be.



Healing would be revolutionary; it would be one of the best things on earth. We live in a world where most aspects are based around suffering, and where suffering is normalised - but what happens if it didn't have to be? Imagine a place where lifelong diseases like cancer, diabetes and arthritis are curable, and victims of these diseases can embrace a freedom far from the claws of their discomfort. By that I mean that you get to hold the hand of a patient, gain an understanding of their pain, and through this connection, their pain is replaced by peace. Their injury's will heal; their diseases will go. One of the reasons I desire to cure these long-term illnesses is because of my grandma. My grandma is seventy-seven and was diagnosed with diabetes in her early fifty's. Diabetes is quite disturbing, and it is a chronic disease, meaning there is no cure for it. Through the years, anxiety has clung to her like a shadow, uninvited but always present. She is always on edge, like a meerkat on a lookout for any complications and tiredness is her old friend.



For example, a spike in blood sugar can cause elevated levels of plaque in blood vessels that can eventually lead to a stroke! So, no, my grandma can never catch a break. Over these years, I have learned that diabetes strips you from your freedom and leaves you dependant on both others and medicine to live. I have realised that with this disease the changes are not optional, you are obliged to obey them for your survival. Thus, I wish I had the power to relieve my grandma from her battle with diabetes, so that she can live each second of her life at ease and with the uttermost joy.

There are two sides of healing, physical and emotional. Healing emotional pain would be one of the most powerful gifts – not because it's necessarily harder than physical pain, but because so many people suffer in silence. Healing emotional pain is more than just making someone feel better for a moment – it's about helping them truly let go of the pain, sadness, fear, or anxiety that holds them back. If I had the superpower to heal emotional pain, I would a guide a person and aim to sense their emotions deeply – like stepping into their heart. Why would I want to heal someone else's pain? Well, imagine someone who has lost a loved one and is stuck in grief. Their sorrow ageing them and their heart locked unable to open. When someone shares sorrow – a death, a breakup or trauma – we rush to comfort, but sometimes this can suffocate that grief caged up inside of them. This is why, I wish I could gently touch their hand, feel their pain, and then let it go – not forgetting the person, but remembering them as love instead of pain. This superpower would enable me to bring light into people's darkest moments – not by changing who they are but by guiding peace towards themselves, quicker than it would take them to do alone. I want to minimise the the time that we spend engulfed in misery but rather maximise the time that we spend genuinely happy.

I believe that the superpower of healing would change the world for the better, one person at a time. It would transform the world, help people, lift others up, change lives. A person with physical and emotional trauma from childhood bullying or abuse is subjected to this pain for the rest of their lives – why should they deal with the pain of somebody else's actions? Therefore, healing would allow them to let go of this, kind of likeremoving a heavy weight from their chest, filling that empty space with peace, comfort, and even happy memories. Studies reveal that nearly 60% of those who have endured bullying or abuse are more likely to engage in crime. But people are no longer broken books missing pages – they are entire stories, each line representing pain, hope and confidence. Maybe, we could all cooperate and have the world living in peace?



Superpowers are extraordinary abilities beyond normal human capabilities and if could have one, I would choose the power to heal. Many people would choose super strength or flying but I say they are overrated. The power to heal is not just freaking cool but it would also help tackle medical mysteries and improve global mental health. Just imagine how amazing everything could be!

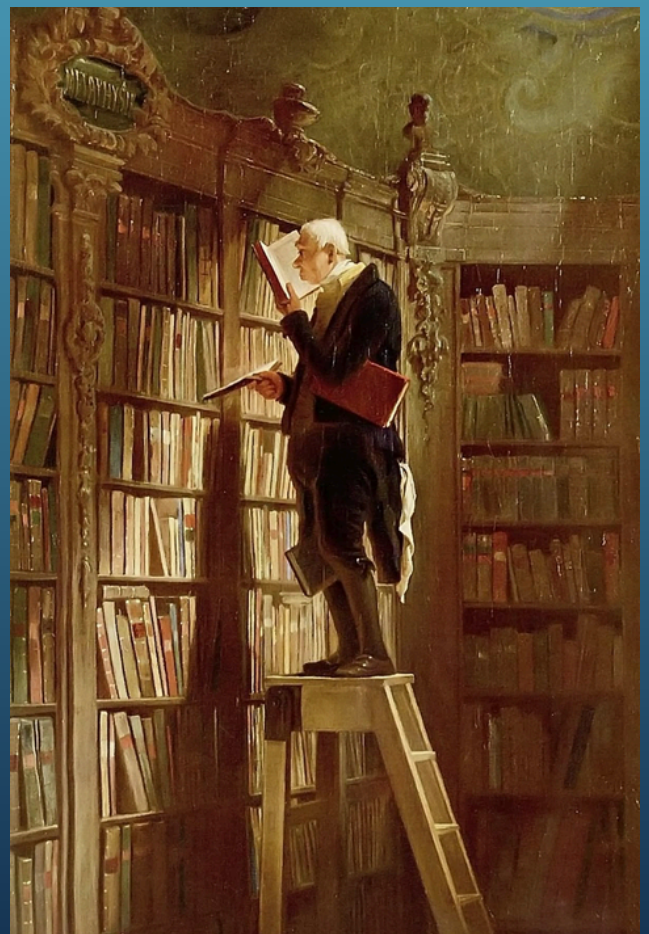
# To know everything

“Real Knowledge is to know the extent of one’s ignorance.” – Confucius

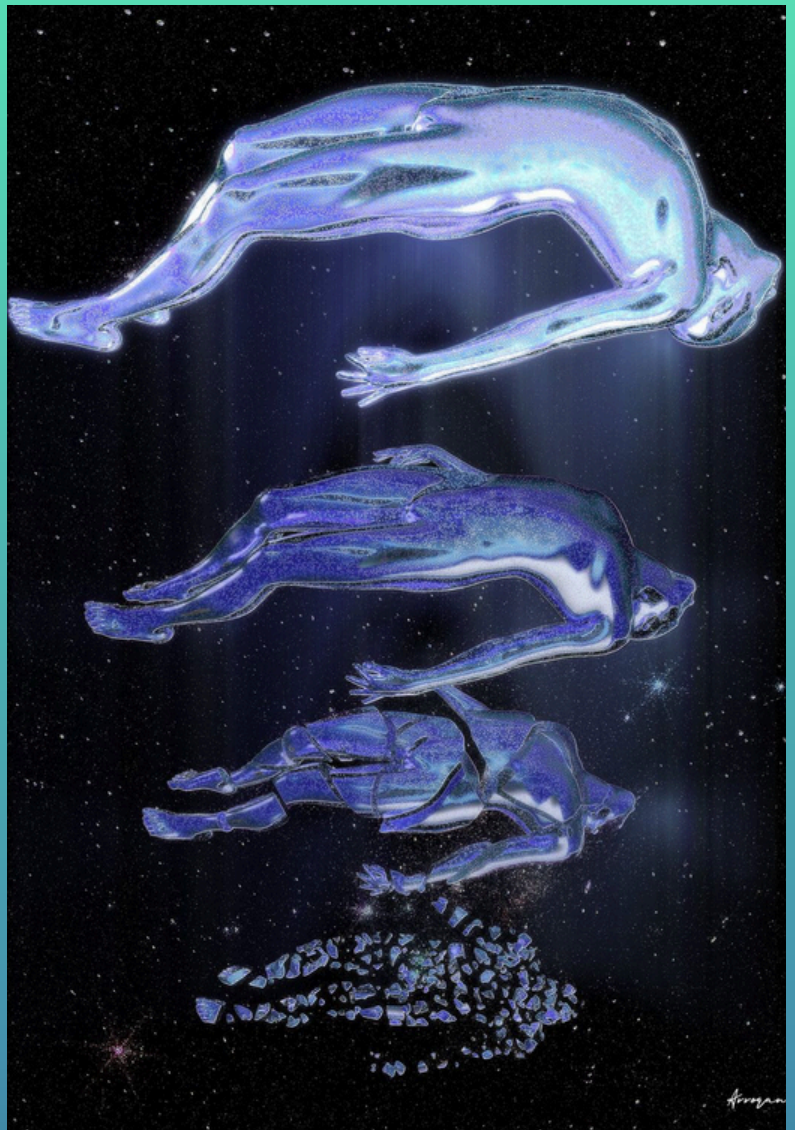
To reach your true potential in this life, is to know everything that you could possibly know. To learn about the vastness of the world, to possess understanding of everything. Consuming knowledge through reading or research can only get you so far; you learn what others already have, you speak only what you already know. I would want to grasp comprehension of the universe; to know how the world was created- not based on theories, but evidence; to learn what life was meant to be like before the invasion of human corruption; to understand evolution, and society through time, and what happens after we die.

In order to achieve this, I would want the ability to observe the universe from its very beginning. A form of time travel where I am not a physical being, rather an entity able to be present through time and unwavering. Floating through time constantly, silently and alone. Watching the first people learn things with which humanity would evolve so much, anticipating wars that bear consequences society should have never faced. With this power, I would be able to learn what any ordinary human could not; however, with this information, I would only cure my restless need to be omniscient- I would not use the knowledge I gain, rather be content with the fact that I possess it.

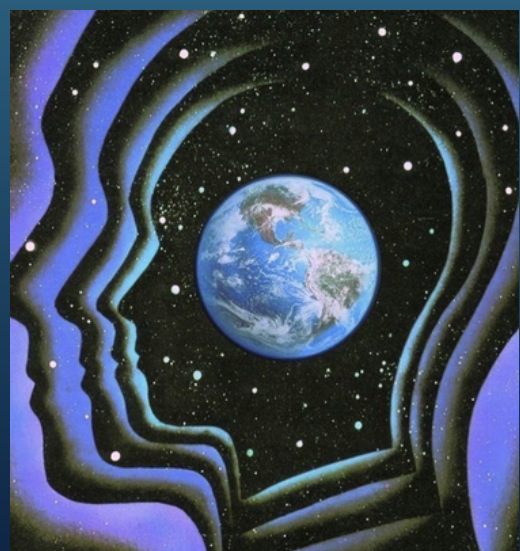
In some ways, discovery would fuel me through my existence. I would watch the universe unfold from the moment it was created; watch stars burn and elements form, watch nature develop, oceans rise and fall, animals live and die- the beauty of life itself would unfurl before me. In other ways, the burden of omniscience would prove to be unbearable. To feel everything that civilisations from time ago had felt, to see atrocities all over the world, to face versions of myself from the past that I never knew existed. The feeling of awe would only last for so long; the spark of curiosity would fade, and the experience of learning things you never thought possible would become ordinary.



For this reason, if I had the ability to know everything, I would never share it with the human race. Humans have the ability to create unimaginable change just by using resources already available to them. Sharing all the knowledge able to be possessed would hinder their progress in discoveries, and would leave them with no need for creativity or thirst for learning. Not only this, but if all humans were omniscient, corruption and ignorance would only grow. People with bad intentions would misuse their power, as many historical figures have done in the past, and the world as we know it would change forever. However, providing humans with the information needed for saving humanity, such as tools needed to cure cancer, would solve huge world problems without disrupting the cognitive development of society as a whole- tools without the actual cure, would mean that people would be directed on the path to success without the final product being handed to them. Nonetheless, I believe that if I had this power, humankind would not need my help in solving world problems; the course of humanity would shape itself, by itself.



In conclusion, the superpower that I would want, would be the ability to transcend time, and therefore gain full and complete understanding of the universe; not as a God, but as a witness to existence as a whole, a being who simply observes the world as it changes.



## The power to empower

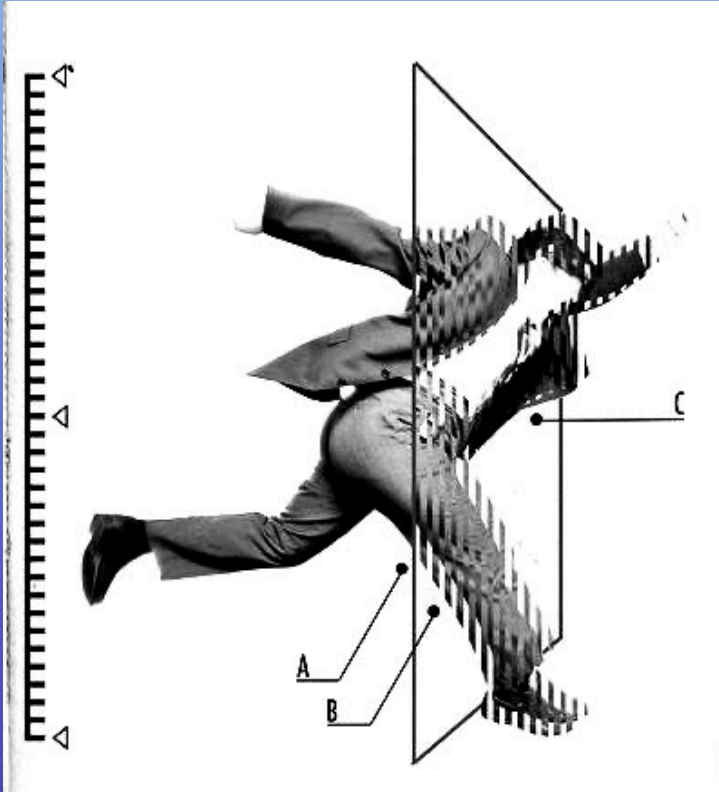
The term 'superpower' holds multiple meanings depending on the context in which it is used, often being applied in geopolitics, science fiction, and everyday language. In the realm of international relations, a superpower typically refers to a nation with the highest level of political influence or military strength, capable of shaping global policies and events, such as the USA or China. However, in popular culture, 'superpower' refers to the remarkable, fictional abilities possessed by characters in many comic books and movies. Each power is exceptionally extraordinary, from the super-strength and flight abilities of Superman to the super-speed of the Flash, who can duplicate himself to outrun his villains, to Spider-Man's incredible wall-climbing abilities. Additionally, the word can be used metaphorically to describe the talents and attributes that set someone apart from others.

The idea of being a global superpower, capable of holding the whole world in my hands, sounded appealing to me at first; however, the more I thought about the immense amount of responsibility it would require, the more I realised just how stressful it would be. Having the power to create global peace initiatives to work together for a better future. Or the power to take a country to war, with only the press of a button. Being a world leader would hold me accountable for even a minor mistake, as I would be entrusted with the lives of millions or even billions of people. Although world leaders can misuse it easily, I think that the supremacy possessed by these superpowers, if wielded correctly, can create openings to promote stability, innovation, cooperation, and equality.



For example, Britain, France, and Spain somewhat used colonialism as a tool, from the 16<sup>th</sup> century to the 20<sup>th</sup> century, to positively influence their colonies. They did this by developing their infrastructure (railways, roads, telegraph systems, and canals), guiding their legal systems and governance, improving the education and healthcare systems, and strengthening their military and trading. All these things had longer term effects in boosting the economy and development of the colony. However, despite the opportunities presented, colonialism was ultimately used to increase their own wealth and power, showing us how easily we can obscure what is right and wrong, especially when money is involved. Colonialism is now largely detestable, as these European powers extracted resources and workforces for themselves, whilst the local people faced forced labour, cultural suppression and suffered huge amounts of violence and abuse.

If I had that amount of power, could I also become biased, and stop thinking for the greater good of the country? What higher authority would stop me from being lured into a trap of selfishness and greed? It is human nature after all. There are many more cases throughout history that could lead us to conclude that the more power one being has over another, the easier it is for that power to be abused.



Another connotation of 'superpowers' are the fictitious abilities of our favourite heroes. There are an infinite amount and variation, but I think that one of my personal favourites would be time travel, as I could do several things at once without being overwhelmed by a vast number of tasks. For example, first, I could do my chores; go back in time... do my homework; go back in time... revise for next weeks' maths exam; and finally go back in time... and watch that new movie at the cinema. A daunting list that usually takes several hours to complete could be done in one. Not only would it allow me to use my time more productively, but I also wouldn't have to live within the restricting constraints of time, constantly ticking away. I could live much more freely and do whatever I want, whenever I want. I would dictate when and how things happen.

However, a potential issue might be that a single mistake could cause an alteration in the course of events. Although I would have the power to go back in time and stop disasters from happening, changing the future could be catastrophic as by erasing the cause of something good, it could create more problems in the future. For example, I could go back in time to stop a meteorite from hitting Earth and thus save the dinosaurs from extinction; but we would currently be living in an alternate version of the 'Jurassic Park' movie, constantly competing against carnivorous beasts like the T-Rex to survive.

Although many superpowers are just a fiction of one's imagination, I believe that there are real powers, all around us, all the time. These powers often go un-noticed, but we depend on all of them. In my life there are many inspiring people who influence my life and push me to work hard and succeed. For instance, My Parents. I know that many people feel very similarly about their parents, as they are often the people we look up to and who have made sacrifice after sacrifice to ensure our wellbeing and happiness. Even in the natural environment, we witness how a parent animal will risk everything to fight for their child's life, even if it means putting themselves in danger. They instil key values in us to allow us to be a good person. And they never get a break! This shows just how strong they are, and I know that sometimes I take it for granted, but they fuel us with their unconditional and eternal love. I find it astounding that anyone could be so supportive and selfless without any expectations, and it is one of the many reasons why parents are real life superheroes (even though they don't wear capes).

I think that community is another, particularly important superpower. A lot of the time, we don't acknowledge what communities we are part of: the neighbourhood you live in, the school you attend, people with the same interests, age, ethnicity, and any other similarities you share. Therefore, its power can be demonstrated in every aspect of life. During the Covid-19 pandemic, the global community, although being physically isolated from each other, took to social media to spread laughter and joy in such a scary and unpredictable time. They made funny videos, art, cooking recipes and even spread awareness about the incredible hard work of the NHS. I remember, every Thursday at 8:00pm, standing outside with my family to share a round of applause alongside my neighbours for all healthcare and key workers who put themselves at risk to care for the nation. Although clapping was such a small act compared to theirs, it had a significant impact on me, knowing that an entire nation was standing together as one to lift one another up.



Another, of the many, ways in which I feel a sense of community is through my ethnicity and heritage. As a British Indian Muslim, I feel a great sense of pride in my community as it is a place where I belong. I know that when all my grandparents moved from India to Leicester multiple decades ago, they were challenged by language barriers, a change of culture, being so far away from the people they love, and hardly knowing anyone. However, they tell me time and time again about all the different people who live around us, who were all a part of their journey. For example, when walking down the street to the local mosque for Friday prayers, my grandad can stop hundreds of times to talk to all his friends and neighbours, and even strangers, whether Muslim or not, or Indian or not. An old student who was taught by my grandma. The man who used to own the bakery down the road. A lady who my grandma met at the bus stop one day. They were very quickly welcomed and supported by everyone, and Leicester has now been embedded in their DNA. Not the city, but the multicultural, multifaith, diverse community, which has been passed down to my parents, and then to me.

'Power' or 'superpower' are very broad terms. We talk about someone having more power than someone else, but I don't think that is entirely accurate, as everyone has their own individuality and story, which is stronger than any political or economic power. Everyone has power and influence but must choose how to yield it. Personally, love, compassion and togetherness are the most important values to live my life by, so I think I would pick a power which would lift other people up, as we are always stronger together. In physics, 'power' can be known as the amount of energy transferred per unit of time. Similarly, by empowering others we are given the ability to achieve and work together more effectively and efficiently. This is why the superpower I would choose is:

## THE POWER TO EMPOWER

## To control time

## What is a superpower?

You may be thinking something along the lines of what you would see in a stereotypical comic book. Super strength? X-ray vision? Teleportation? You may probably be imagining the many superpowers of the Marvel or DC superheroes: the fictional protagonists who seem to save the world (or at least America) on a daily basis. Google may tell you that a superpower is 'an exceptional or extraordinary power or ability.' Or you could even be picturing a 'real-life' superpower; geniuses with high IQs, incredible athletes or gifted musicians. All that has only scratched the surface of what a superpower is, but I could go on and on. There are just too many interpretations, too many examples and too many nuances; I could even start discussing the etymology of the word itself. Yet for that I would need more time than this essay, and life, allows for.

It is rather ironic then that in order to truly grasp what exactly a superpower is I would require a superpower. But what if a superpower weren't about strength or spectacle, but to control time itself? By this I am not referring to time travel nor to a 'Groundhog Day;' popular culture has provided enough examples of the many pitfalls of these superpowers. No, my dream superpower would be to dilate time itself, just for me. Unlike time travel, which risks paradoxes, or freezing time, which isolates you from the world, time dilation would let me make the most of each moment without breaking the flow of life. One minute could become hundreds of days; a blink of an eye could encompass an entire hour.

## Why though?

For me, one life is not nearly enough as it is. Whilst I have considered immortality as my desired superpower, the downsides far outweigh the benefits I seek. In a billion trillion years I would be floating around in Space with the Earth having wasted away many eons ago. This would be a miserable existence, and I wish to not only have more time but to make the most of that time.



Time dilation is, however, a different matter. Time is currency, and I would be the richest person alive. With the ability to make every moment last almost forever I could learn everything, see everything and experience everything. Eventually this superpower would enable me to master every subject, from quantum computing to cuneiform. I could find answers to all my questions (perhaps even discover all there is to know about superpowers!) or achieve fluency in hundreds of languages. They are but a few examples, with the ability to control time, knowledge itself would be at my fingertips.

Take this example, at the moment I am confronted with the somewhat daunting prospect of choosing my A-Levels. Even thinking about it drowns me with dread. Dropping subjects feels like closing doors to immense troves of knowledge. Yet with power over time itself I would enable me to master every subject from quantum computing to cuneiform. I could find answers to all my questions (perhaps even discover all there is to know about superpowers!) or achieve fluency in hundreds of languages. I find myself postponing things, saying to myself that 'I'll read this book when I have more time.' Instead of time slipping through my fingers I will be able to harness its power to satiate my thirst for knowledge.

I live in the digital age and everyday am confronted with endless pictures of beauty in this world. My deepest desire is to swim in every sea, visit every ruin and watch every sunset. Life is too short. I could make it my goal to visit all the countries on this planet but it is impossible to truly see it all. Never will I get over how majestic our planet is but the power to dilate time might just quell my yearning to flood myself with all its wonder.



Admittedly, thus far my reasons for wanting to be able to control time have been wholly selfish. I want to learn everything; I want to see everything. But with any superpower, it should have the capacity to save. Superpowers are characteristically possessed by superheroes, and what is a hero but a person who uses their power for good. Spiderman halts runaway trains, and Batman prevents myriads of crimes in Gotham City. Many decisions are rushed yet with the power to dilate time I could analyse and interpret the situation. For example, in medical crises or engineering breakdowns a logical, thought-through solution could be reached instantly. Nuclear reactors on full meltdown or a bomb that must be defused? With my life able to be stretched into eternity, other lives could be saved.

Beyond learning as much as possible I desire to experience all that this world has to offer. My life is rich in joy and beauty, but I want to live other lives: to experience other cultures, histories, and choices I'll never make. What if I wasn't the person who writes essays but the one who is always out hiking? What is it like to live in Italy or Micronesia or Venezuela?

Ultimately this essay has been one big question – full of 'whys' and 'whats.' With time itself in my grasp I would not only live but truly experience. Every day we are confronted with a thousand possibilities, yet they are merely half-developed trains of thought. This superpower isn't merely an ability but an opportunity. An opportunity to learn, to feel, to explore, and to stretch the boundaries of what a single life can fit.



**STAY TUNED FOR OUR  
NEXT EDITION!**