



PLATANOS COLLEGE



INSPIRATION STATION



EQUALITIES SPECIAL



LEARNING LOUNGE



OFFICE OF OPINION



CRIME AND CONSPIRACY



CACOPHONY OF COLOURS



SPORTING CELEBRATIONS



SEASONAL SPECIALS



COMMUNITY CORNER



KS4 NEWSLETTER





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“
*You've given us a
chance to have
our voices heard
by reading our
articles.*

office of opinion

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Editor's Welcome

WRITTEN BY REBECCA OBADINA-ADEBOWALE (EDITOR IN CHIEF)

Welcome to the first of this year's *Platanos College KS4 Newsletters*! We are excited to reveal this publication for the Autumn Term 2019. The current Year 10 team is delighted to be taking over from the previous team, who did an exceptional job at creating interesting volumes; we hope to meet the high standards set in place and develop riveting works across this academic year.

This term's Special Edition focuses on Equality. As a community school, we are taught to respect and treat each other fairly and we believe Equality is an essential topic for life.

We aim to diminish the stigma around our differences and celebrate what makes us unique as well as what unites us as a collective. We have set out to create an enlightening, exciting publication and to maintain an equilibrium between being informative and fun. This Newsletter includes segments with lively quizzes, inspirational quotes, enthralling articles, thought-inducing opinion pieces - and much more!

A special thanks to the Sub-Editors who have assisted me in the editing process and to members of last year's Newsletter Team who have been Guest Writers in this Edition.

Above all, we want to say an enormous thank you to our readers, who uplift us with your support. As always, this Newsletter is made *by* pupils *for* pupils.

We wish you and your loved ones a merry Christmas and an amazing new year! Enjoy!



This Newsletter's cover was designed by Hannah Prowse.

Inspired by our festive theme, Hannah has created a fantastic illustration, incorporating our Newsletter sections into baubles, to capture that Christmas feeling.



learning lounge

EXTRA-CURRICULAR EXCITEMENT

WRITTEN BY KAELAN BOWES

Here's a question: what extra-curricular activities have you done in your time at *Platanos College*? Why do them in the first place? Do they have any real benefits?

Extra-curricular activities equip us with additional knowledge and skills. There are after school clubs suiting all pupils - those interested in creativity and academics, to those of us who show interest and enthusiasm in sports. The list is endless!

Clubs such as Fitness and Athletics are the most suitable for sports enthusiasts. These clubs will push us to our physical limit, allowing us to work on specific muscle groups and components



of fitness. There are also active team sports such as basketball, football and netball, to help develop team working skills.

Activities that enhance our levels of creativity can give us a platform to explore our imagination. How about delving into art, photography or drama clubs, all of which equip us with access to materials and media that we don't have at home?

There are academic classes that provide challenging tasks and group activities to further our knowledge and abilities in problem solving and tackling complex questions. There is also a wide variety of extra-curricular clubs outside of school. These can be found at local youth clubs and leisure centres that host activities where children of all ages can take part and enjoy a range of activities such as swimming, ice skating, trampolining, table tennis and badminton classes, as well as therapeutic and relaxing sessions, like music and yoga.

Extra-curricular activities will also allow us to meet like minded people who can assist us to stay productive. Taking part could also increase our confidence and overall development as a person. Don't be deterred by fees and costs, as clubs in school are usually free and often external clubs have funding and support.



You could also volunteer to help out at no cost to yourself, to develop leadership skills and contribute to the local community. So what are you waiting for? Sign up today!

STILL NOT CONVINCED?

Check out our quick fire list of reasons to join an extra curricular activity now!

- Meet like-minded people
- Make new friends
- Challenge yourself
- Spend time on your interests
- Develop your skills
- Impress colleges and universities
- Have a skill for life!



PLATANOS GOES TO PARLIAMENT

WRITTEN BY GUEST WRITER MIA ADEBOYE

On 26th September, an extremely lucky group of Year 11 pupils got the chance to meet the Right Honourable Lord Adonis, a respected member of the House of Lords.

We discussed our experiences as pupils of *Platanos College* and as young people living in London; this was of particular interest since Lord Adonis is planning to move from the House of Lords to the House of Commons to represent Vauxhall as its Member of Parliament.

The conversation was pacy and included topics from Brexit (a staple of the *KS4 Newsletter*) to the recent reforms in the GCSE system and how we feel as young people growing up in South London.

All in all, discussing politics with a Lord was a once in a lifetime opportunity and an experience we all thoroughly enjoyed.



A TRIP FOR THE FUTURE

WRITTEN BY GUEST WRITER ROBERT KARAPETIAN

On the 11th October, half of Year 11 had the privilege of attending the *What Career Live?* and *What University Live?* shows at *Olympia, London*.

The experience entailed an information-filled day, guiding us on our future aspirations.

While there were many universities present, there were also a few workplaces (including IBM and Amazon), advertising potential job opportunities.

Additionally, there were interactive challenges such as the STEM Challenge, which involved

creating structures out of paper. The visit gave us a valuable opportunity to get out there and explore prospective avenues for the future, both at university and beyond.

PLATANOS AND THE PRINCE

WRITTEN BY GUEST WRITER ROBERT KARAPETIAN

On 16 October, the members of the Year 11 Head Leadership Team, with Mr Bourke and Ms Taybi, had the opportunity to attend the prestigious Fuellers' Installation Event.

This event honoured the recent appointing of HRH Prince Edward as the Master Fueller of The Worshipful

Company of Fuellers. As guests at this noteworthy occasion, we had the chance to engage in conversations with various Fuellers and even the Master Fueller himself!

HRH Prince Edward was extremely supportive of our future aspirations, wishing us the best of luck with our ambitions.

As well as this, the event was a great opportunity for the school to strengthen our relationship with The Worshipful Company of Fuellers, who have supported *Platanos College* greatly over the years.





SMALL STEPS TO SUCCESS

WRITTEN BY SHIAN JORDAN

Do you ever feel overwhelmed with everything you have to do at school? Don't worry — you're not alone; we all feel overwhelmed at times. We have summarised some key tips to make things a lot easier next time you feel that stress is blocking your way to success and peace of mind.

1) Study in tiny quantities. It is believed that studying small pieces of information each day for a specific subject, will help your mind retain information better. Revise in manageable chunks, instead of revising for hours and not maintaining any information.

2) Regularly go over the things that you have learnt in school. Revising and practising what you have learnt will mean you will be able to retain information and also consolidate your knowledge.

3) Ask your teachers for help. Don't be afraid to approach your teachers; they are here to help us, so we might as well use them! Teachers want the best for us, so let's not shy away from them.

4) Focus in class. Pay attention to what teachers say, complete all tasks in class and contribute in discussions; simple, no?

5) Be organised. Organise your equipment in advance, so that you are not wasting time looking for resources.

6) Figure out the best techniques when it comes to revising. There's no point in wasting your time on techniques that don't work for you. Don't just copy what everybody else is doing; do what suits you best.

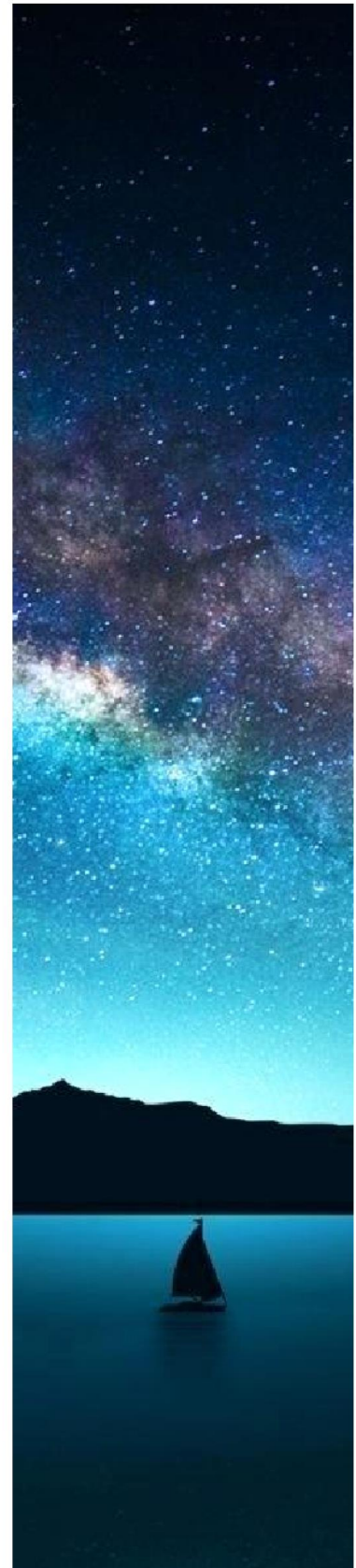
7) Refrain from distractions. When you are revising or doing homework, try to limit your screen time (unless you are using it for work). When you are revising, your phone is your enemy! An app called 'Forest', which you can download,

might help you focus. The objective is that for a set amount of time (that you determine), you revise and when you complete it, you grow a tree! Help the environment whilst revising! It's a no-brainer!

8) Exercise. Mental and physical exercise are important as they help you have a stable mind, keeping you focused and enabling a better performance.

9) Map out your routine. If you plan out what you are going to do for the next day, it means you will be well prepared. Preparation is the key for success. Mapping out your routine could mean making a revision timetable and organising what you are going to do for each day of the week in advance; just don't forget to schedule in time for breaks!

10) Spend time with your family. Just because you want to do well in your studies, it doesn't mean you have to exclude all other aspects of life. Have fun with friends, spend time with family and do things you enjoy. Balance is the key for us to do well; it allows us to not stress and to feel at ease. In times of stress and pressure, it's often our loved ones who help us to feel calm and supported.





GUESS WHICH MEMBER OF STAFF

WRITTEN BY ASHA ALI AND ZAINAB ANIMASHAUN

1. Which Member of staff has been to 9 countries but has never been to Canada?

- a) Ms.Gonzalez
- b) Ms.Amanedo
- c) Ms.Lopez

2. Which member of staff is a skilled sailor?

- a) Mr.Rigby
- b) Ms.Ahn
- c) Mr.Dixon

3. Which member of staff hated Science but loved Maths in Secondary School ?

- a) Ms.Stephenson
- b) Ms.Anderson
- c) Mr.Bourke

4. Which member of staff had a successful career in acting and Sales before becoming a teacher?

- a) Ms.Alam
- b) Ms.Wall
- c) Mr.Caroll

5. Which member of staff has more than 3 children and has only worked in 2 schools?

- a) Mr.Paton
- b) Mr.Hobson
- c) Mr.Edwards

6. Which member of staff speaks 5 languages including Arabic ?

- a) Ms.Henry
- b) Ms.Bahia
- c) Ms.Amanedo

7. Which member of staff studied Maths in Croatia?

- a) Ms.Bahia
- b) Mr.Tromba
- c) Ms.Bartley

8. Which member of staff has been working at the school for 20+ years ?

- a) Mr.Fox
- b) Ms.Kellman
- c) Ms.Valmarana

9. Which member of staff chose Textiles and did it for their GCSE's ?

- a) Mr.Williams
- B) Ms.Bejtullahu
- C) Mr.Gary

10. Which member of staff loves to learn quotations?

- A) Mr.Boyles
- B) Ms.Bajaj
- C) Mr.Persaud



Answers :



OVERCOMING OBSTACLES

WRITTEN BY VICKIE TIEW

We interviewed former *Platanos College* pupil Mubarak Mina, who has an extraordinary story of challenge, determination and personal strength to share and inspire us all.

1) Can you tell us about your background? To give you the background of my early life, I was born in a country called Eritrea which is located Africa. My life in Eritrea was very difficult due to the political crisis and as a result, my mother decided that my future was limited, therefore we had to leave the country.

Through facing many challenges and travelling to other countries, we were finally able to make it to the UK. My first impression of London was that it was huge and crowded.

2) What challenges did you face coming from a foreign country? Coming to the UK with no English and not being able to communicate at school was very challenging. To improve my way of speaking, I decided to join the Debate Mate club which really helped increase my vocabulary, but also helped me with my English lessons.

Towards my GCSE exams, I would prepare myself by making flash cards on subjects that I found difficult and would go through them every night. I did this especially for Science as the content was very challenging. For English I had an amazing teacher, Ms Cleasby, who helped me improve not only my punctuation, but also my exam techniques.

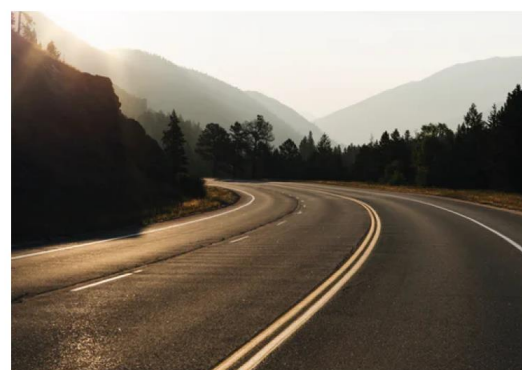
Every week I would go through all the subjects and would make sure that I was confident enough to move on.

3) How do you think our motto "Attitude Determines Altitude" applies to your experience? The motto of *Platanos College* - "Attitude Determines Altitude" - has helped me become not only a confident young adult, but also a humble student. I think it is important to realise that without a good attitude, you can't get far in life; *Platanos College* helped me realise the significance of this.

4) What is your advice for our current KS4 as they approach Work Experience and GCSEs - especially those for whom English is not their first language?

My advice for GCSE pupils is to always work hard and to never give up. It is also important that you keep on top of your work and always ask for help from teachers. For pupils whose first language is not English, it is important to realise that anything is possible as long as you dedicate and commit yourself. My key advice is to join the Debate Mate club and try to interact and improve your speaking skills, as this will help with your English.

“
*Obstacles can be
your launching
point to propel you.*
-Unknown





ARE YOU A STAR PUPIL?

WRITTEN BY SHIAN JORDAN

Do you think you have what it takes to be a top pupil?

Take our quiz and let's see, shall we?

1. How often do you do your homework?

- A) Never
- B) Sometimes
- C) Always

2. Do you set academic targets for yourself?

- A) Never
- B) Sometimes
- C) Always

3. Do you actively try to achieve your targets?

- A) Never
- B) Sometimes
- C) Always

4. Do you read everyday, out of school hours?

- A) Never
- B) Sometimes
- C) Always

5. Do you sacrifice fun things for your education?

- A) Never
- B) Depending on the sacrifice
- C) Always

6. How often do you study for tests?

- A) Never
- B) Sometimes
- C) Always

7. Do you prioritise your school work over socialising and screen time?

- A) Never
- B) Sometimes
- C) Always

Mostly As : "Don't decrease the goal, increase the effort."

It's time to step up your game! Don't be deterred by one fail and lower your expectations of yourself. Remember - what you put in now will determine your future achievements!

Mostly Bs: "Don't let what you can't do, stop you from doing what you can."

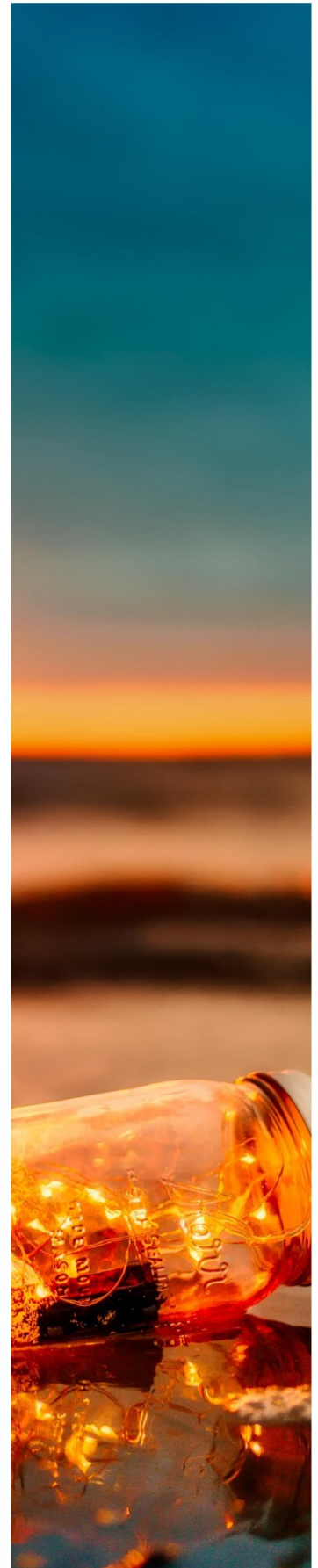
We all have challenges to face - don't give up, just strive to improve one step at a time. You can do it!

Mostly Cs: "Work hard in silence and let success be your noise."

Wow! You've got a great attitude to your studies! Success isn't always about how great you are at a subject or if you are a top pupil in class; it's about consistency and having the right mindset. Once you've got this, you are on a positive path to success.

What targets can you set yourself for 2020?

“
Passion is energy. Feel the power that comes from focusing on what excites you.
-Oprah Winfrey



equalities special



Do we live in a fair world? Are people treated equally regardless of their background, nationality or religion? Our Year 10 Newsletter Team has decided to present a series of illuminating articles on the theme of Equalities.

POVERTY, PREMIER LEAGUE AND PREJUDICE

WRITTEN BY CRESHIA LINDO



"Racism – noun / prejudice, discrimination, or antagonism directed against someone of a different race based on belief that one's own race is superior..."

You would be surprised by the amount of people who are blind to the idea that we're all equal. There are many different stories of racism through history. You'll no doubt have heard of Nelson Mandela and Mahatma Ghandi. Both were respected Equal Rights activists of their times.

Many of you will also have heard of Paul Pogba. But did you know this well-known athlete continues to face racism even today?

Paul Labile Pogba (born March 15, 1993) is a French footballer who plays for Manchester United. As a child, Pogba lived in Lagny-sur-Marne, France, with his Guinean Muslim parents.

His family were refugees who chose to move to France in search of a better and more fulfilling life.

Pogba started to show early signs of talent when he joined his very first football club at the age of 6 - US Roissy-en-Brie. When he was around 13, he joined the US Torcy, taking the lead as Team Captain. Soon after, he joined the prestigious Le Havre club.





Playing for *Le Havre* caused him to be more noticed as a football player and many teams wanted to recruit him. In 2014, Pogba was named "best young player" in the FIFA World Cup. Later that year, he was ranked one of the 10 most promising players in the whole of Europe. 2 years later, Pogba signed a life changing contract with *Manchester United*, worth £98.3 Million. What an amazing achievement for the impoverished boy who started life as a refugee!

However, after missing a penalty shot against *Wolves* on March 16, 2019, Pogba received horrific racial abuse over social media, including people calling him "monkey" and telling him they "wished slavery still existed." His club released a statement that says "everyone at *Manchester United* is disgusted by the racial abuse aimed at Paul Pogba and we condemn it... *Manchester United* have a zero tolerance to any form of racism or discrimination and a long-standing commitment to campaigning against it through #AllRedAllEqual initiative."



However, Pogba took a different approach to all the hate he received; he tweeted, "My ancestors and parents suffered for my generation to be free today, to work, to take the bus, to play football. Racist insults are ignorance and can only make me stronger and motivate me to fight for the next generation."

Pogba's story is extremely inspiring to young people, because no matter what a few ignorant racists thought of him, he still showed dignity and decency through such a despicable experience. Still, his recent experiences and those of other Sports Personalities (such as Neymar Jr and Raheem Sterling), show how far we still have to go to root racism out of football.



"My ancestors and parents suffered for my generation to be free today, to work, to take the bus, to play football. Racist insults are ignorance and can only make me stronger and motivate me to fight for the next generation."

ROOT OUT RACISM AND XENOPHOBIA

WRITTEN BY REBECCA OBADINA-ADEBOWALE

We interviewed two members of staff, Mr Tannam and Mr Klassen, to hear about their personal experiences with racism and xenophobia (prejudice against someone because of the country they come from).

1) Please can you share a time when you have experienced prejudice.

Mr Tannam: I was approached by someone whilst I was living in Kent during the lead up to the Brexit Referendum. A member of UKIP stopped me and told me that we needed to vote for Brexit in order to "get rid of all the foreigners". I told him that I was born in Ireland and thought that Brexit was a terrible idea. His reaction was to tell me to "Go back to your potatoes."

2) What impact did this experience have on you?

Mr Tannam: I was quite taken aback as I have had nothing but positive experiences since I moved to England in 2014. The vast majority of people that I've met here have been nothing but friendly and welcoming. My Dad lived in London during the 1980s (as the IRA were in the midst of a dreadful bombing campaign), and he always found London to be a welcoming place. The only issue he had was the pronunciation of his name!

3) Do you think that society has changed since your experience?

Mr Tannam: I do personally feel that Britain is an angrier place since the Brexit Referendum.

The desire to bring the UK back to its past and to no longer be a part of a wider European community has opened up the path to some views that clash with the idea of multiculturalism.

I also believe the situation in Northern Ireland is very worrying. Any sort of border may lead to more division and the very real possibility of terrorist attacks. The Good Friday Agreement of 1998 aimed to finally bring peace to the island of Ireland, but the current fraught uncertainty could be incredibly damaging to Anglo-Irish relations. I believe that the UK has so much to offer those of us who have moved from abroad to be here and it's so sad to see the current debate being played out in an explosive manner in the Houses of Parliament.

4) What can we as young people do to counter prejudiced views in society?

Mr Tannam: The responsibility does not fall squarely upon the shoulders of young people. *Platanos* pupils come from so many varied communities and set a great example of working together. If I were to offer any advice, it would be to be kind to one another, support people who may be struggling and challenge any toxic racism that you may hear. Ignorance and fear are so often the cause of racist beliefs and it is important that you are educated and mindful of other people, in order to help combat this dreadful and upsetting discrimination.





Mr Klassen shares his experiences of racism in two very different countries.

1) Have you ever experienced racism?

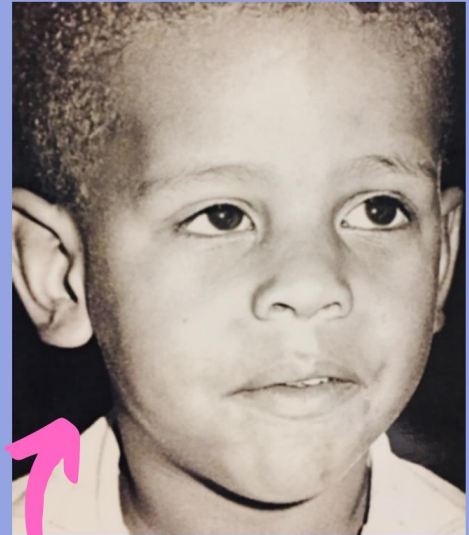
Mr Klassen: Yes - I have experienced various degrees of racism, more so as an adult than when I was younger. Ironically, this has been more frequent here in London than in my home of Cape Town, South Africa. As you may know, South Africa has had a violent history of apartheid rule and racism against black citizens, so I was surprised to experience worse prejudice in the UK.

2) Can you share your experience of racism in South Africa?

Mr Klassen: I was 19 years old and the Under-15 boys' cricket Coach at the time. I took my team to a match in a notoriously rough area in a part of Cape Town. My team was multicultural but had predominantly Caucasian/white boys. We played against a school that had no white players and their Coach was of a similar skin colour to myself. There had been several incidences of threats to myself and intimidation to hurt and maim our team after the game. The game was played in an area notorious for shootings and murders.

Needless to say, my players were extremely anxious and some parents were apprehensive to allow their sons to play in the first instance. I encouraged my players to ignore the cajoling of the opposition and play the game by letting their ability 'do the talking'. However, the other team cheated and the referee made dubious decisions throughout the game, which sadly eventually enabled our opposition to 'win' the game. I felt great joy and pride in my team for their sheer resolve and determination in an environment that was unbeknown and hostile to them. At the end of the game the Coach did not want to shake my hand; all my players just wanted us to go home. The other Coach was very hostile to me and told me to remember where I come from (implying that I am non-white).

I responded by saying that he had brought the game into disrepute, failed as a Coach to demonstrate sportsmanship and to be an example to his players. Luckily the situation did not escalate, even though he was clearly pushing for conflict. One really sad thing about the whole experience was seeing just how embarrassed his own son seemed to be at his father's antics.



Mr Klassen as a child. Adorable, right?

3) Did you have any experiences as a young person facing racism?

Mr Klassen: When I was 21, I played cricket for my local club *Victoria Cricket Club*, which had historically been a so-called non-white team. I found myself playing cricket against a predominantly white team, one of whose members made racial slurs against one of my friends. I had grown up in a mixed school so I was shocked by this experience and by the Umpire's decision to call the match to a halt; it seemed like extremely unfair punishment for one individual's racist behaviour.

4) You mentioned that what you experienced in London was worse. Can you explain how?

Mr Klassen: I was a year into my arrival in the UK and wearing a South Africa top on my way to watch the Tri-Nations Rugby Championships. I passed a group of white South Africans, one of whom remarked 'Is julle ook hier? Hoe het julle hier in gekom?' ("Are you guys also here? How did you manage to get in?")

Another more recent experience was in a *McDonalds* with my family, where I witnessed a group of boys ridicule, insult and mock the accent of an Eastern European employee, after she politely asked them to stop re-arranging the furniture. I tried to interject, but the boys became argumentative and confrontational, telling me to shut-up and that I should go and drive my taxi in Tooting, which was clearly a racist comment. Another very upsetting experience was two years ago when my youngest daughter (5 at the time), attended her after-school club. Another child said she was not allowed to play as her skin was the wrong colour. This really affected my daughter's perception of her own skin colour for a long time afterwards.

5) How did these experiences affect you?

Mr Klassen: Based on my experiences, I realise that there are some things in life that you don't have control over. I think being conditioned through the apartheid era made me at times feel inferior towards a white person, even though my parents taught me differently. My experiences at times angered me, but as I grew up I realised that I have no control over what other people think of me; what I *do* have control over is how and what I think of myself - life is not about what ignorant people say or think I am, but about who I *know* I am.

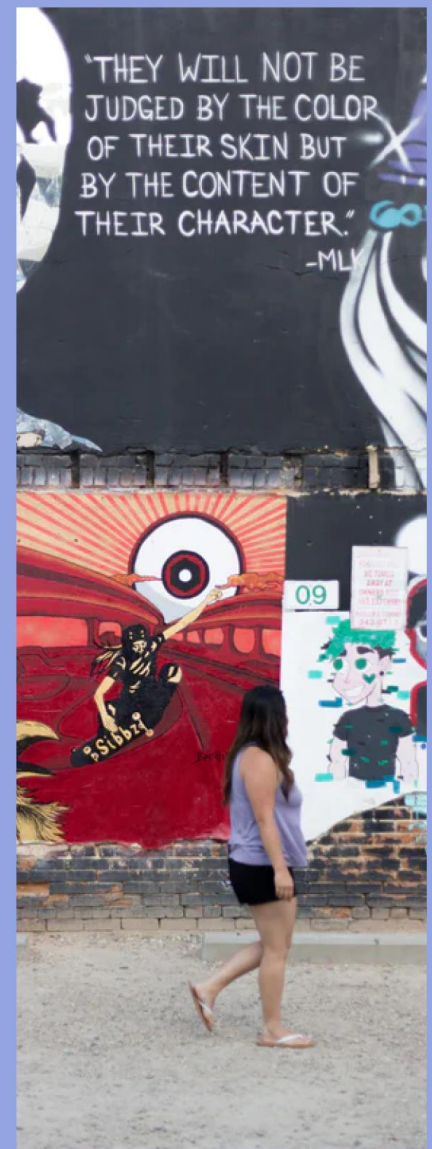
6) Some of our readers will find your stories of personal encounters with racism quite shocking. What do you think young people like us could learn from your experience of racism and what can we all do to make the world a fairer place?

Mr Klassen: A person isn't born with racist views; these are developed over time through the

conditioning of one's environment. This initially starts in the home, by the example set by parents and other care givers. Therefore the foundation initially set in the early years is imperative. A person needs to learn to accept, respect and love oneself first before we can truly do the same for others. There'll be occasions when things go for and against you. The sooner a person is able to understand their life's purpose, the sooner they will be able to make clearer decisions that are in-line with who they are - hopefully decisions that are considerate of others in our community.

I believe that I should add positivity to others' lives; this is mainly through my beliefs as a Christian- to be accepting of other people, as demonstrated by my parents.

We cannot control the actions of others; we can only try to control our actions and responses, showing positivity even in the face of adversity and prejudice.



THE HORROR OF HOMOPHOBIA

WRITTEN BY MARIA DIAS

Homophobia is the hatred or poor treatment of people who identify as gay, bisexual, lesbian or any part of the LGBTQ community.

Homophobia is sadly common, with 98% of students who identify as gay, hearing homophobic remarks at their school and 99% hearing offensive comments such as "you're so gay" or "that is so gay".

Have you ever considered how offensive it is to use the word 'gay' in an insulting way? Over 50% of pupils who are gay, lesbian or bisexual feel like they don't have a trusted adult they can speak to about this issue. 6% of gay, bisexual or lesbian students get sent death threats everyday at school. Just take a moment to consider that. Why should anybody ever be made to feel like this?

Shockingly, 5% of students in the UK who are part of the LGBTQ community, have tried taking their lives this past year due to bullying in school or even at home. This is clearly an issue that needs to be spoken about more often by everyone.

On 7th June 2019, a lesbian couple, Melania Geymonat and her girlfriend Chris, found themselves in need of medical treatment after they suffered a homophobic attack while they were on a bus travelling to Camden Town. A group of four male teenagers between the ages of 15 and 18, started harassing the couple, making sexual gestures at them and crude requests.

When they refused, the teenagers involved started punching and kicking both of them. Ms Geymont said that she has "not been able to go back to work since." On Saturday 8th June 2019, the four boys were arrested for the attack after the CCTV footage from the bus was watched by Metropolitan Police.

Isn't it horrific that even in 2019, there is still homophobic and misogynistic violence living on our streets?



Almost 5 years ago, in January 2015, a man named Paul Finlay Dickinson lost his long term husband Maurice to cancer. However, he was unable to grieve in peace because he was attacked by local thugs. This included harassing, threatening, stalking him and also vandalising his property. For example, the people involved would regularly push faeces through Paul's door.

How cruel do you have to be to vandalise somebody else's property just because of their sexuality? After Maurice died, the homophobic abuse got worse and worse, to the point where Paul felt like he could no longer live in his own home in Belfast.

Finally, in June 2015, Paul was getting ready to move into his new house and he believed that the homophobic abuse would end; however, he was wrong.

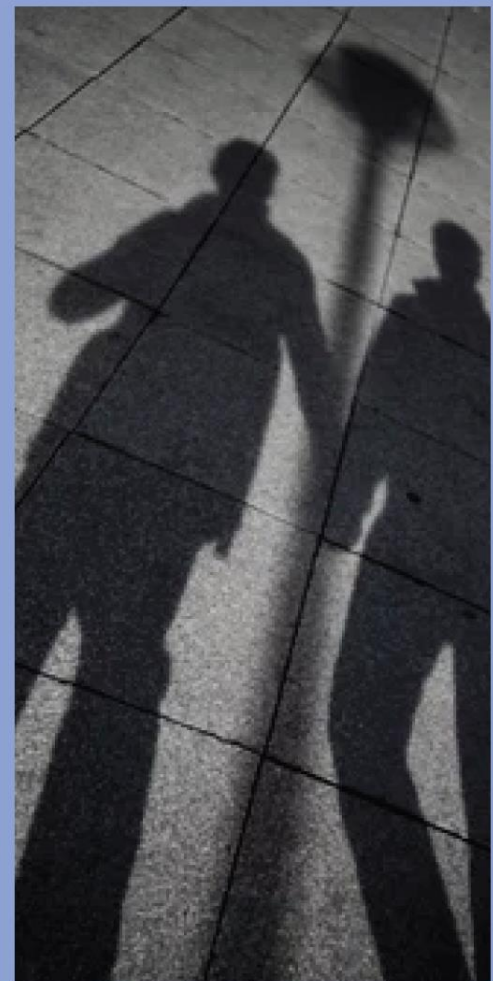
Just as he was about to move in, a group of young people smashed his windows and vandalised his property. Paul could not move to his new home as he was too afraid. Paul said that he "cannot take it anymore". It is unknown if the people involved behind these attacks were prosecuted.

If you are struggling with any of these issues described, here are some phone numbers you can call for help: 0800 1111 – CHILDLINE
0808 1000 143 – HOMOPHOBIC, TRANSPHOBIC OR BIPHOBIC LANDLINE

“

There's nothing wrong with you, there's a lot wrong with the world you live in.

-Chris Colfer



Source: BBC.co.uk and www.theclassroom.org.uk

SEXISM IN SPORT

WRITTEN BY REBECCA OBADINA-ADEBOWALE

We interviewed Ms Simpson, a passionate advocate for gender equality in Sport, to hear her opinion about how we can all work to remove segregation in Sport.

1) What advice would you give to teenage boys growing up today on how to promote equality in Sports, when it comes to female athletes and referees?

Ms Simpson: View things from an individual perspective because each and every one of us has different strengths and weakness, both physically and mentally. Girls tend to have much better technique, while boys will use their physicality more. At the end of the day, enjoyment and fulfilment are what really counts and these can be measured in exactly the same way.

2) Have you ever experienced sexism in your career?

Ms Simpson: Yes, at football matches other male coaches would underestimate and undermine me because I am female.

2) Did the same male colleagues' attitudes towards you change over time?

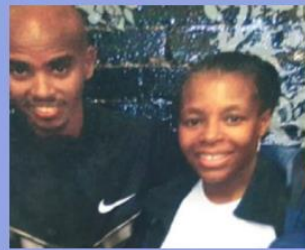
Ms Simpson: Definitely; over time the level of respect that was displayed towards me was evidently higher. This was mainly because of how well drilled my boys were, their high level of performance and how victorious our teams were.

There were many times when, whilst playing football matches, the boys from the other school would say things like....."I wish my PE Teacher

was like yours...Your teacher is a real football coach!" Boys from the other schools took note of the impact of my motivational and overly passionate personality from the side line, so their male PE teacher had to take notice too.

3) In Sports, women's games don't tend to get as much coverage or equal treatment. For example, female footballers' international games never get the same scale of national reaction and their pay is less compared to men. How would you address these things?

Things are changing... it is much better now than 10 and even 5 years ago, but things are still not good enough. The *Women's England football team*, has been ranked by FIFA as 5th in the world and the men's team the 4th. So on the world scene there really isn't that much difference in terms of internal ranking that supports the differences. This problem is not just in football but in all professional sports; men are paid a great deal more and have so much more media exposure that men attract a significant amount of sponsorships, which in turn creates the extensive pay gaps difference. Central government lottery funding, as well as funding from Sporting Bodies for example the *Football Association*, *England Boxing* and *England Cricket Association* could be a good way forward to help to re-address this. By giving more financial support to women, we will enable them to dedicate themselves full time to their chosen sport. This would prevent women having to work and give them more time to train and perfect their performances. A campaign led by central government



THIS
GIRL
CAN

to make potential sponsors aware of this, could possibly attract more financial support to women's sports. The England Netball team is a good example of how more media exposure, especially on SKY TV, has resulted in greater interest from sponsors, as well as an increase in uptake of more women playing netball. Also, government funding for campaigns such as 'This Girl Can,' is helping to readdress this ongoing issue.

The PE department continues to create opportunities for girls to increase their desire to become more involved in extra-curricular activities, as well as introduce them to our strong external partners such *Big Kids* and *Fight4Change*.

WORKING WOES: THE WORLD OF WORKPLACE DISCRIMINATION

WRITTEN BY ASHIA WRIGHT

Life after school... can you imagine the sense of freedom and excitement you will feel when starting that new chapter in your life? Free from those teachers you had to see five days a week for at least 5 years! Free from all the homework and pressure from GCSEs at the end of Year 11! The relief when opening your GCSE results to see what grades you achieved to help you get your dream job! Sounds great, right?

Well, imagine this: what if you applied for job after job and never even got a whiff of an interview because of your name, your skin colour, your background? Crazy, right? Well, unfortunately, this is a reality that many people have to face to this day.

When trying to apply for a job, there are still certain aspects that could prevent you from getting invited back for an interview.

Research has shown that in some workplaces, having a surname that is easy to pronounce, increases your chances of getting called back for an interview or hired!

In addition, studies show that:

- A third of workers reported that they had been bullied and/or subjected to insensitive questioning

- Almost 15% of women and 8% of men stated that racial discrimination had caused them to leave their job

- "Attractive" people earn around 3 to 4 % more than "below average" looking people. Apparently, they are also hired and promoted quicker.

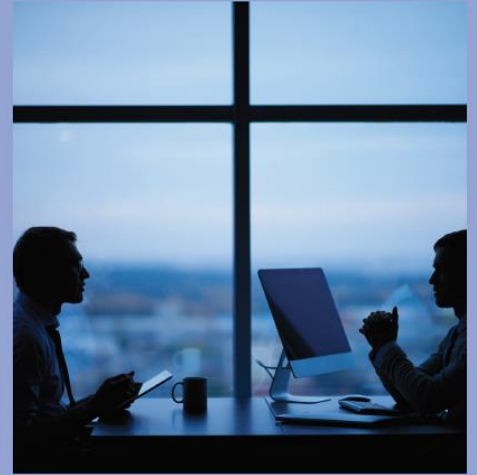
- Part time or non-permanent employees are more likely to report racial harassment and discrimination.

- 20% of women and 7% of men in the UK have experienced sexual harassment at work.

- In a survey of nearly 25,000 British workers, 30% said they had witnessed or experienced racial harassment or bullying at work.

- Did you know that pregnant women are amongst the most likely to receive discrimination in the workplace?

Prejudice and discrimination can be dangerous, causing unfair treatment of individuals. This could have an awful impact on a person's life. If you're reading this, you are likely to be an employee or an employer of the future. What can you do to create a fairer work environment?



NEED HELP WITH YOUR CV?

Creating a CV can be challenging; here are 5 tips to enhance it!

- List your achievements
- Lead the CV with impressive statements to grab the recruiter's attention
- Don't overcrowd it with irrelevant experience
- State your attitude to working
- State your skills

Source: atmanco.com and insidehousing.co.uk

CAN WE MAKE THE WORLD FAIRER?

WRITTEN BY UMA YMAH YASSIN

There are 7.5 billion people living on this Earth and whilst there may be differences between us, that is no reason to exclude or disrespect one another.

We should be mindful of how we treat each other and should embrace and celebrate the uniqueness of every human being.

Here are some of the top tips we can implement into our lives to ensure the world is fairer for us all:

- Celebrate all the diversity around you.
- Help others who need assistance; there could be a buggy that needs help down stairs or wheelchairs that require space on the bus.

- Try to include and treat everyone around you equally.

- Be mindful of others and the troubles they could be going through.

- Respect people's beliefs, even if you don't share them.

- Avoid stereotypes and treat everyone without prejudice.

- Be kind and respectful of everyone, even if they are different to you.

- Treat others how you want to be treated.



JUST A BIT OF COMIC RELIEF?

WRITTEN BY FAHAD ABUBEKER

A stereotype is a widely held but fixed and oversimplified image or idea of a particular type or group of people.

Stereotypes are widely used by television shows such as *Family Guy*, *The Simpsons* and *American Dad*. We all know *The Simpsons* for its comedy and use of stereotypes.

Are stereotypes potentially dangerous or just a form of comic relief? What do you think?

“

***Once you label me ,
you negate me.***

-Soren Kierkegaard



Apu - The Asian immigrant shopkeeper who's overqualified for his job.



Mayor Quimby - the corrupt politician.



Ned Flanders - the annoyingly over-optimistic Christian.



Mr Burns - the greedy, cruel employer.



Homer - the lazy overweight American Dad.



Fat Tony - the dangerous Italian mobster.

DISABILITY DISCRIMINATION

WRITTEN BY ADORA FITSUM

What is a disability? How do we know if someone has a disability? But most importantly, how do we treat a person with a disability?

The dictionary describes disability as “a physical or mental condition that limits a person's movements, senses and activities.” This essentially means that a person with a disability may not be able to do things that people without disabilities may be able to do.

Statistics show that 13.9 million people in the UK have a disability, so it is likely that you personally know, or perhaps are yourself, someone with a disability. At the very least, you will certainly meet or come across people in society with disabilities.

We interviewed two members of staff, Mr Edwards, whose daughter has Angelman Syndrome and son has autism, and Ms Thompson, whose son has Down's Syndrome.

1) In your experience, how are young people with special/additional needs treated today?

Mr Edwards: There is still a lot of prejudice against young people with additional needs. In particular, people with physical and sensory impairments are constantly faced with accessibility issues and are unable to travel independently. Similarly, those with mental and learning impairment still suffer from the prejudice, staring, social exclusion and derogatory language of others. Unfortunately, we still have a lot to do to ensure people with additional needs are fully included in our society. There is still a lack of access to opportunities and experiences such as

inclusive schooling, career opportunities, independent living and forming friendship and relationships.

2) What is your personal experience of people with special/additional needs?

Mr Edwards: First and foremost, in my profession I deal with young people with additional needs in our school and part of my role is to ensure that these young people are fully supported and that their needs are catered for. On a personal level, I have 2 children with additional needs. One of my sons has a diagnosis of autism and my daughter has a rare genetic condition called Angelman Syndrome. It affects the nervous system and causes severe physical and learning impairment. The physical aspect of the condition is not apparent, but she has difficulties communicating, so she uses a combination of gestures, signs and a communicative vocal app on an iPad.

3) What are some of your challenges you face as a parent of children with additional needs?

Mr Edwards: Like most parents with children with special/additional needs, the emotional impact and acknowledging your emotions is the first thing you struggle with, especially your perception about your child's future. Once that's been dealt with, then you start to research and learn about your child's condition and possible resources and treatment that you can access. If you have additional children, then you need to also consider balancing the needs of your child with additional needs and the needs of your other children. Another major challenge is



advocating for an appropriate school placement. However, I was lucky enough to ensure both my children had an Education, Health and Care Plan (EHCP) at a very early age, which helped the process.

4) What are the positive aspects of having children with additional needs?

Mr Edwards: Once your initial concerns as a parent are dealt with, it's important to focus on the positives because there are many with a child with additional needs. For one, my autistic son is extremely bright and did exceptional well at school and college. My daughter is very loving and has a great sense of humour. Like any other teenager, she too can test boundaries, but overall she has an infectious personality and loves music and dancing. One of the distinctive behaviours about her condition is that she is always happy, always smiling and loves showing affection. Most importantly, her needs don't stop her from doing things she loves, like horse riding, skiing and swimming. When you have children with additional needs, I think it's important to celebrate successes and milestones and focus on the positives and on progress, rather than their additional needs. A child with additional needs may develop differently to other children, but they too will reach their own goals and milestones along the way.

We interviewed Ms Thompson about having a son with a disability.

1) What do you think are the issues facing people with disabilities?

Ms Thompson: We still have a long way to go as a society in terms of fairness and inclusion in Education, Advertising, Employment and in how people with disabilities are perceived, including by some in the medical field. The pupils reading this article are going to be the adults of the future who can create change where it needs to happen for potentially vulnerable members of society, such as those with disabilities. Given that disability can affect anybody at any time, I am surprised that we are not more inclusive as a society.

2) Can you share some of the challenges of having a child with a disability?

Ms Thompson: My son's condition means that he has a range of different needs that make life more challenging for him and that require extra time and attention, for example, he has a learning delay and requires health checks routinely. It takes him longer to learn things than other people and he requires a lot of support. However, I have found the biggest challenges have come from other people's ignorance and in having to fight for the provision that best meet his needs, including in Education and Healthcare. Once a French teacher bypassed my son and another member of staff told her that he too should be included. Since then, she apparently goes to him first as he's the most engaged child in her class! This kind of pre-judgement is something I fear he may always face. As a teacher, I've always tried to help my pupils overcome their challenges – and I try to do the same for my son, whilst respecting he is on a different journey to most of his peers. We are lucky that on the whole he is very healthy, self-motivated and sociable. People view having a disability as a negative thing, but I have learnt from my son to never underestimate those

who don't conform to what the rest of us think is 'normal.' We all know what it's like to feel like you don't fit in - he has even more reason than the rest of us to feel like that. But when the time comes when he starts to realise he is not like typically developing children, I want him to see that 'different' is not 'less' - his challenges can shape him as a person and that he brings so much to those around him, with or without Down's Syndrome. His teachers tell me that he is often the first to do things and shows other children how to do an activity. Did you know that a Harvard study revealed that the families of people with Down's Syndrome tend to have higher levels of happiness than the general population? When you think about how important our Mental Health is, surely happiness should count for something?

3) Can you share the positive aspects of having a child with a disability?

Ms Thompson: My son makes me smile on a daily basis. He often makes strangers on the tube want to stop and chat to him. Other parents and nursery staff frequently tell me how much they love him. Down's Syndrome means it took my son a year longer than his peers to walk and talk, but at the age of 3 he can count to ten, name colours and talk in short sentences. He's extremely sociable and likes to learn by copying – both of these are traits of Down's Syndrome. He's invaded an adult Bootcamp group in Hyde Park, gone to the front of a Mandarin singing session at the National Gallery and a baby yoga class and even stormed the stage at a Dance-off at the Southbank Centre once! He is especially motivated by Music; his current favourites are Dolly Parton and 'Pepas' (the Chili Peppers, not the pig!) His favourite phrase is "Have a good day!"

4) What are your hopes for your son?

Ms Thompson: Like any parent, I want him to be happy, healthy,



Ms Thompson's son modelling for Top Designer Label, Stella McCartney!

independent and a good human being who has a strong support network. In terms of Down's Syndrome, it was only in the 1980's that children like my son were allowed to have a Mainstream Education - some were even institutionalised at birth. We are only now learning that they can have higher reading ages than their peers if taught according to their preferred visual learning style. There is so much for us to learn as professionals and wider society and so much more that children with Down's Syndrome can achieve, if they only have the right provision, support and opportunities. I have tried showing him that from a young age he can have the same opportunities as other people. Last year he worked with the official photographer of the 2019 Oscars, which was really exciting, and his first ever job was modelling for Stella McCartney when he was 18 months old. I hope such opportunities help him gain new experiences and that through modelling, he can help improve the issue of proportionate representation of people with disabilities in the Media and wider society.

5) In one sentence can you describe your son?

Ms Thompson: Oh wow! He is the light of my life and the most wonderful blessing I could have ever asked for.



community corner

A STREATHAM STAR

WRITTEN BY SUMAYAH ABDULRAHIM

David Orobosa Omoregie (more commonly known as Dave), is a rapidly rising star on the music scene. But did you know that he started his career from humble beginnings in Streatham?

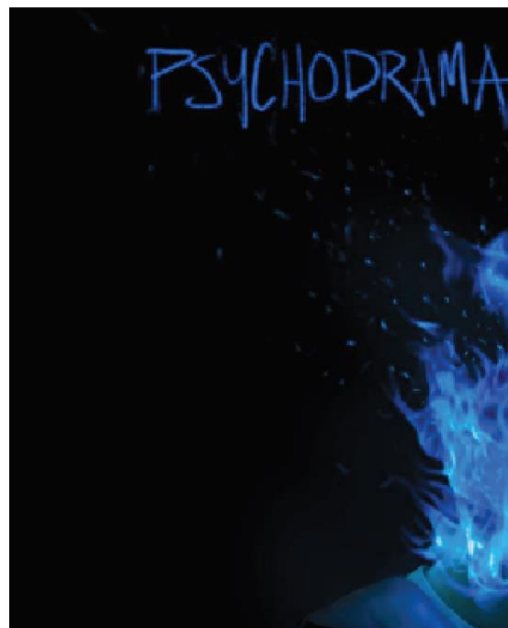
He made his debut in Music at just 17 years old; now aged 21, he has brought his creativity into other industries, most notably, the recent remake of *Top Boy* on Netflix.

However, like many young stars his rise to success was not an easy one. Unfortunately, David's father passed away during his younger years; as a result his mental health was also affected.

He attended *Richmond Upon Thames College*, where he studied Philosophy, Ethics and Law. In his teens, Dave didn't always have a passion for music; however, he was an exceptional pianist by the age of 14. It was around this time that he realised music was a way to express his emotional struggles. In 2016 (aged 17), he released a remix with Drake, kick-starting a successful career.

In 2019, Dave released an award-winning album famously known as "Psychodrama", in which he narrates many of his experiences, which often centre around race, relationships and Mental Health issues, including the impact of his brother's imprisonment. He manages to channel these emotions successfully into his music. This major accomplishment led to him receiving a Mercury Prize in 2019 for the best album.

The struggles he had to overcome, his determination and utmost resilience truly are inspirational. Who knows what the future holds for this local Lambeth boy?





CADET CADET - THE UNDERRATED LEGEND

WRITTEN BY HUDA HASSAN

You've probably heard of the name Cadet (Blaine Johnson) through his music that reveals details about his personal life. But did you know that he spent his childhood and teen years growing up in Clapham?

As you may already know, Cadet had a close cousin called Casyo Johnson (who goes by the name 'Krept'). His support gave him a boost when he was beginning his career in the music industry. Cadet and other artists including Krept and Konan, formed 'Gipset Gang' who uploaded freestyle videos based around life in London. In 2008, Cadet went on to release his first mixtape called 'Are you Ready?'.

The group started to get a considerable amount of followers towards the end of 2010. Krept and Konan went on to signing their major label deal, which led to the group breaking up in 2013 to focus on their independent solo careers. Cadet's life wasn't an easy one.

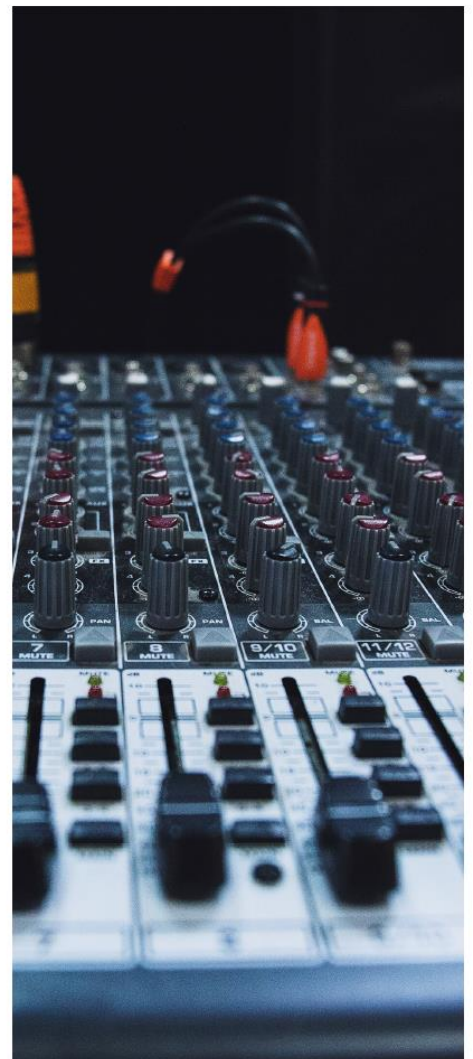
On 13th April 2018, Cadet released a song called 'Closure', which to date has had around 6.5 million views. In the song, he narrates his experience of betrayal, disloyalty and loss regarding his then girlfriend. Soon after she fell pregnant, they were informed that she had had a tragic miscarriage. Losing the baby hit Cadet hard, but it later emerged that she had been lying to him and the truth was that she had had an abortion without him knowing.

He had many complex feelings about his girlfriend's dishonesty and betrayal, because of confusion as to who the father was.

In the early hours of 9th February 2019, Cadet was travelling in a taxi to perform at Keele University and was involved in a Road Traffic Accident and was tragically killed. A tribute to him was held in Hyde Park on the 12th February by Krept and his family. Many artists including Krept, Deno and Rapman, uploaded tribute songs in respect of his passing.

Cadet was a big inspiration to a lot of people, especially young teens. Through his music, he allowed himself to express his inner thoughts and feelings about issues he had to face in his life and how he managed to overcome them.

Unlike other rappers, Cadet didn't rap about gang violence and drugs, instead, he had a way of connecting with his audience by rapping his songs as 'stories', which helped his fans understand what he had gone through. He has been and continues to be a motivational and uplifting influence, through his music.



WHO LIVES IN OUR COMMUNITY?

WRITTEN BY ALAMAGAN SHRIFJUMCO

The *KS4 Newsletter* aims to serve as a publication for Year 10 and 11 pupils and often draws upon the experiences of people in our school community. As a community school we stretch further than the gates of *Platanos College*. We interviewed Thomas Knight, an 87 year old local resident, about growing up in Stockwell.

1. What do you remember about growing up in Stockwell?

Mr Knight: Back then I loved to go outside with my friends. We would go to the arcade and mess around with their machines. Growing up, I wasn't a fan of sports, but I really enjoyed messing with arcade games and playing with little machines. This wasn't really for the joy of just playing- I loved learning how they worked. The technology wasn't very advanced; back then the most we had was the landline phone, which only had one use and that was communication!

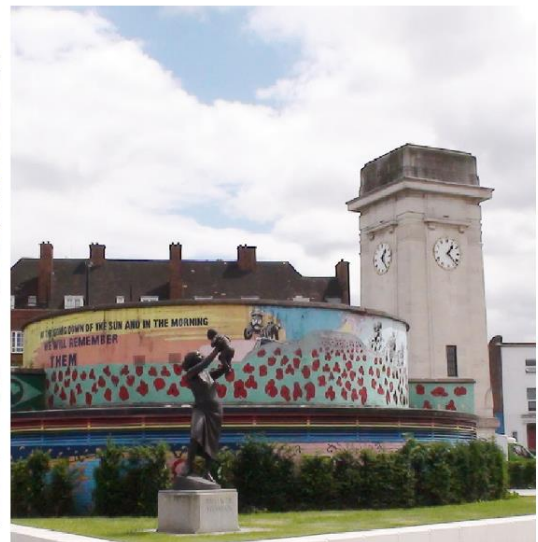
2. If you could choose one thing from the 21st century that you could take back to your childhood, what would it be?

Mr Knight: I would bring back a mobile phone as it has so many features that could have made studying so much easier. Looking for textbooks takes so much time out of study; younger generations have it easier than I did. As well as that, having my own phone to call people would make it easier as my mum was always stuck on the landline talking to relatives!

3. Was society adaptable to change when you were growing up?

Mr Knight: When I was considerably younger, I remember a rush of people of different cultures and languages arriving in England. This rush overwhelmed people, scaring them. Many people in society refused to accept these people's traditions.

These could be terrible times as most people weren't nice to immigrants from other countries. Sorry if this disheartens you, but it is the truth about that time period. I would say people weren't quite accepting and didn't care for other cultures and beliefs. This is the great thing about today; we have such an accepting and strong community. We defend and respect people of all different backgrounds. Back in my childhood, we didn't have that.





LIVING IN LAMBETH

WRITTEN BY JAMIE HEPBURN

Our borough of Lambeth is a very diverse community and has been for many years. But how much do you know about our local borough?



The name of the borough "Lambeth" originates from the word 'Lambehitha,' which means "landing place for lambs", in 1255.

Around 40% of Lambeth's population is white with a UK background. Around 40% of Lambeth residents are White British or Irish, in line with inner London (43%)

Just under one in five households rent from the council and around 16% rent from other social landlords. Just under one in three households is privately rented.

It has several distinctive neighbourhoods including Waterloo, Brixton, Clapham, Streatham and Norwood and landmarks include Waterloo station, the London Eye, the South Bank Arts complex, the Oval cricket ground and Lambeth Palace.



Approximately a third of a million people live in the London borough of Lambeth – at least 318,000. It has one of the largest geographic areas of any inner London borough, and is situated in South London, between Wandsworth and Southwark and south from Westminster.



The Florence Nightingale Museum is located in St Thomas' Hospital. The museum focuses mostly on Nightingale's life but also displays the continuing legacy that she had on nursing.

If current trends continue, the number of households in Lambeth will rise by 30,000 between 2011 and 2031.

Today's Lambeth Bridge was opened on 12 July 1932 by King George V and Queen Mary.

Source: Londonist.com and Wikipedia.org



inspiration station

MORE TO LIFE: THE BE ALL AND END ALL?

WRITTEN BY REBECCA OBADINA-ADEBOWALE

"Ends." We all know the expression. The Oxford Dictionary definition: "a final part of something, especially a period of time, an activity, or a story" or ironically "a person's death". Although to us it may seem it has a different meaning, yet ultimately, it radiates the same idea. Essentially, the term refers to where a person resides and many of us have an innate loyalty to the community we just happened to grow up in. However there can be much more "obligation" and danger that comes with it in the society we live in. For some, it's the area you're most comfortable in, but for others, it's a place you're willing to die for.

The youth of today is accustomed to a certain stigma that comes with not "repping your ends". Many see it as a necessity to put their lives on the line for an area that doesn't even belong to them, when there's so much more life has to offer. It seems as though the familiarity we have with our environment, blinds our minds to the opportunities the outer world presents.

Yes, it's easier said than done, but it's better to try than to remain stagnant. Like Martin Luther King Jr. said, "if you can't fly then run. If you can't run then walk. If you can't walk then crawl, but by all means keep moving."

It may not seem like it, but there are resources around you that you can utilise to push yourself further; take up a hobby, learn a craft, educate yourself – success always starts from somewhere. And who knows, maybe M2Trappy could be the next CEO of a multi-million-pound company, or Kevin from the block could be the Premier League Player of the Year in the future. Do anything that can take you further than the glimpse of a world outside your window - because your 'ends' is *not* the be all and end all.

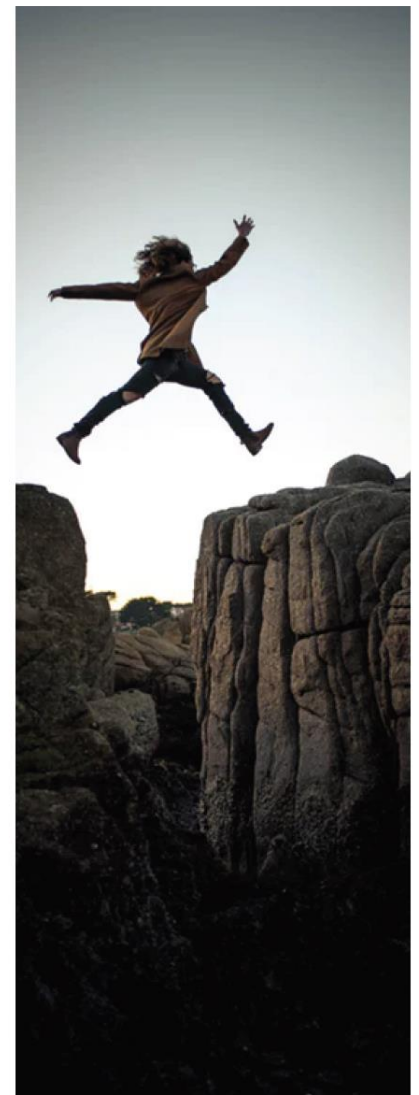


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It doesn't matter who you are, or where you came from. The ability to triumph begins with you.

Always.

-Oprah Winfrey





NEW YEAR, NEW YOU?

WRITTEN BY UMA YMAH YASSIN

Every 365 ½ days, the world welcomes a new and promising year to grab by the horns in a bid to achieve our personal aspirations.

New Year's Day - a time full of blessings, hope and life, during which people reflect upon and embrace new beginnings and the importance of change as well as giving thought to the previous year.

New Year's can help influence and empower mindsets to motivate us to make changes to our lifestyles. For some, it is seen as a fresh beginning, full of chances and opportunities to lead positive and improved lives.

New Year's Resolutions should be personal to you, however, some decide to create group resolutions and conquer them as part of a team rather than alone.

Whatever your resolutions may be, try to set goals that you know are suited to you and will set you a challenge. These can vary from taking up a hobby to being a more positive person.

But what are some of the most popular resolutions people make in the New Year?

According to a poll taken, the top 5 resolutions are:

- Exercise more
- Lose weight
- Eat more healthily
- Take a more active approach to health
- Learn a new skill or hobby

As much as New Year's Resolutions are fun and creative, they have to be achievable. New Year's resolutions are hard to keep, with most falling by the wayside by mid February. Could 2020 be *your* year to succeed?

“

*It's going to be
hard but,
hard does not
mean impossible
-Unknown*

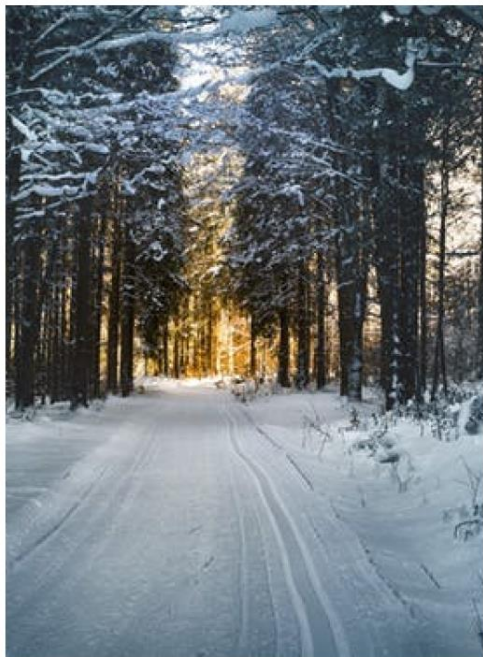




ATTITUDE DETERMINES ALTITUDE

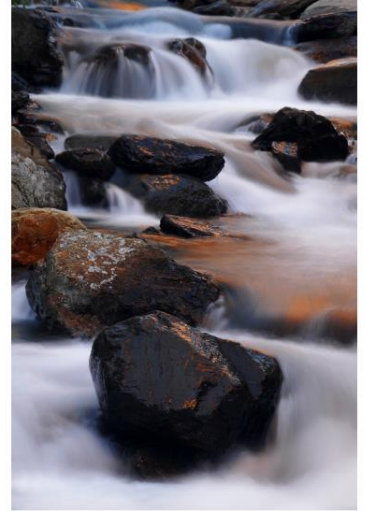
WRITTEN BY REBECCA OBADINA-ADEBOWALE AND CHELSEA ALBUQUERQUE

Consistent with last year's *KS4 Newsletter*, we have decided to continue our focus on the *Platanos College* motto "Attitude Determines Altitude." What better way to inspire us all to strive for greater things in 2020?



“

No matter how hard it gets, stick your chest out, keep your head up, and handle it.
-Tupac



“

The greatest discovery of all time is that a person can change his future by merely changing his attitude.
-Oprah Winfrey

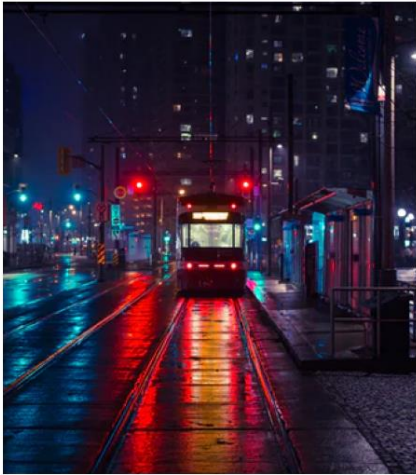
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To uncover your true potential, you must first find your own limits and then you have to have the courage to blow past them.
-Picabo Street

“

The happiness of your life depends on the quality of your thoughts.
-Unknown





“

Change your thinking and it will change your life.

-Unknown



“

Success consists of going from failure to failure without loss of enthusiasm.

-Winston Churchill

“

Education is the key to the world. A passport to freedom.

-Oprah Winfrey

“

Be happy with what you have. Be excited about what you want.

-Alan Cohen

“

The starting point of all achievement is desire.

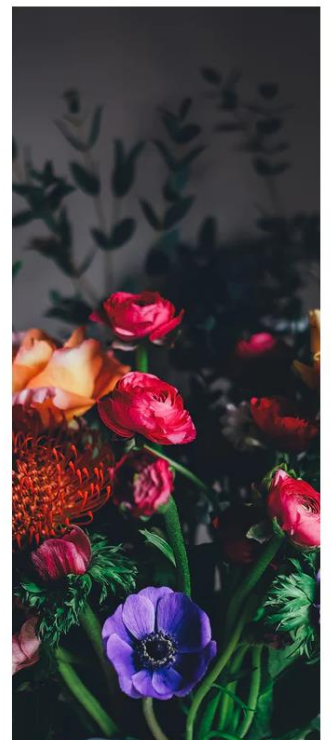
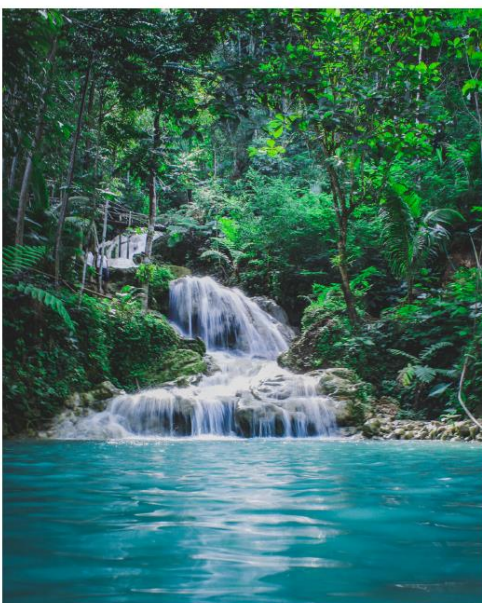
-Napoleon Hill

“

The struggle you're in today is developing the strength you need for tomorrow.

Don't give up.

-Robert Tew





cacophony of colours

EQUAL

WRITTEN BY HANNAH PROWSE

He hangs by a thread. Wanting to
run but tied down by society.
Judged by who he loves.
Is this equal?

His princess is really a prince. So
what? Does that change his
personality? How could we
possibly think that this is equality?
Is being judged for being open and
walking with your loved one fair?
Equality is when you're not hated
because you're in love. I say, let
your flag be seen. Wave it in the
air with freedom and pride.

Take all that hate and throw it
behind you. Equality is not being
judged by the pigment of your skin.
One little box can't hold everyone.
'Legal' and 'Equal' are distant
relations.

Yes, gay marriage is legal, but are
gay people accepted?
Yes, colour of skin is seen, but the
ugly face of racism is still lurking
beneath.



THE MONSTER IN HER HEAD

WRITTEN BY SAMREEN AMANULLAH

The monster in her head haunts
her precious memories and taunts
her blessed treasures. It makes her
worthless. Her hard work becomes
nothing. The monster makes her
live like a bird stuck in a dark cage,
bringing out her rage .

But then the tears flow like a lonely
waterfall. The monster makes her
own self her enemy. The end of her
melody and her beauty make her
soul weak, like skin on a knife. It
makes her think about the afterlife,
but she tires to fight back. It always
beats her.

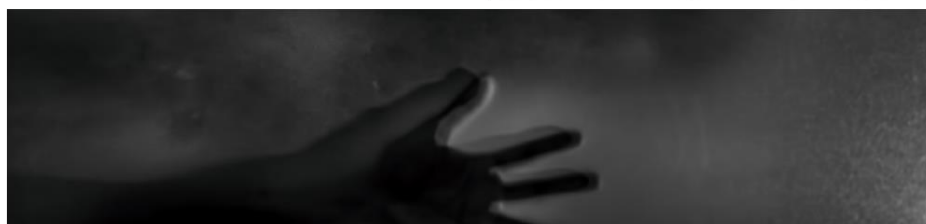
But why her? It makes her crazy.
The monster makes her think of her
best friend disappearing like the
autumn leaves on a lonely tree. As
the chilly winter comes by and goes
by and she waits for the spring day.

Every thought that crawls around
her head is a scorpion running
down her face like endless rain. It
makes her pick the creative
wound. The wound makes her
body her art; it heals her heart. It
makes her live in a fantasy, where
her mind becomes her galaxy.

The monster pulls her back to
reality, where her beauty becomes
the beast, and makes her think of
untold truth. But still she won't let it
get it to her.

And she is going to fly like a
beautiful butterfly.

No rain lasts forever.





SWEET TEMPTATIONS

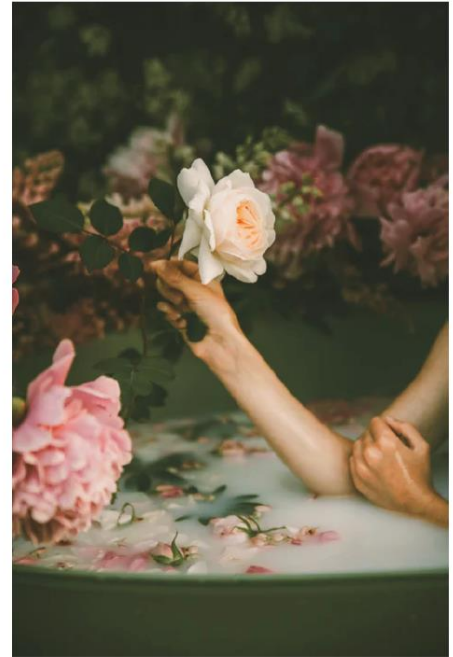
WRITTEN BY EMILY SANDOVAL DE FREITAS

Her soul was life itself.
Her vibrant smile shone further than the moon and back. Her beauty illuminated nightmares brighter than the vaults from the heavens, where prisms of light glorified the presence of her framework; she was wrapped with sweetness itself.

Her chains of wisdom shackled his misery to the ground. She was his enduring drug, flowing through his bloodstream. She was the tranquility in his headache. She took him to the edge of light though his darkness seemed endless. She carried oceans in her eyes that drowned his monsters. She grew paradise in the darkest corners of his mind.

The sharp splinters of his smile kept shredding uncontrollably. He restrained himself, for he realised that his demons kept awakening from the crooks of his body. His clouds of sorrow concealed her luminance behind the heavens.

He had corrupted her days until her light no longer shone, for there was nothing he could do, not even his darkest love could save her. She was not an illusion or a fantasy, but a reality, one which he wanted to live everyday. His eyes spoke the words he couldn't, for he breathed sin from his lips. So instead, he closed them and wandered into the shadows.



KRAMP (THE URBAN LEGEND)

WRITTEN BY BRANDON OPOSA

Have you ever heard of the cliché that when it comes to twins, there's always a good one and bad one? Well that's the case with the iconic figure, Santa Claus. But you must be wondering, who is his evil reflection?

He goes by the name of Krampus. Otherwise known as 'The Christmas Devil'. Half goat, half demon, his appearance is not as pleasant as the standard jolly Santa. His whole body is covered with layers of thick hair. Beneath all that hair lies the body of a crooked old man. His eyes are vivid yellow and the most prominent feature across his profile, along with razor sharp teeth that hang along his terrifying grimace.

Then above all that are sickles for horns: sharp, long and thick. His entire body stands upon two hooves.

Now you must be dying to know what he does. Well, you know how Santa is generous and gives presents to the good? Well, Krampus is cruelly kind and abducts the bad. CLACK. CLACK. CLACK.





The sound of his hooves approach; that's when you know he's here for you. He comes on a cold winter night, with snowstorms roaring outside and all that's visible to the naked eye is the fallen snow. Then, he breaks down the door to your house, in search of the bad spirited children. They all try to escape his wrath, but by then, it's too late.

He puts them in his bulky brown sack that he carries behind his back. Who knows how many helpless children are in there? Who knows what he does to them? There are those who believe he makes them suffer for all the sins they have

committed. There are others who say he eats them, in order to rid the world of people like them. Either way, it's a horrific fate for these poor souls.

So you better watch out. You better not cry. You better not pout, I'm telling you why: Krampus is coming to town.

Beware.



FROZEN RENAISSANCE

WRITTEN BY REBECCA OBADINA-ADEBOWALE

Outside the window.

Radiant snow-drift twirl and flutter in the atmosphere

Establishing a mesmerising, captivating landscape.

Crystallised water vapour signify the antiquity of the earth,

Performing equivalently to a patron of the arts, allocating beauty to the world.

Dazzling snowflakes descend elegantly, awarding purity and significantly cleansing the sin of man,

Reawakening the ravishing fragrance of heaven and peace.

Outside the window,

A renaissance. Glowing scenery evokes a sense of wanderlust

and deep emotion.

Profound intrigue captures my gaze and magnetises my focus.

Blankets of snow matte the earth, complementing the divine architecture of the world and enhancing the blissful nature of life.

A second chance. Rebirth. Clarity. Outside my window.





crime and conspiracy

THE BLACK DAHLIA

WRITTEN BY SADE AKINBINU

The eerie, unsolved case of Elizabeth Short is one of the world's strangest murder cases that will leave you dumbfounded and itching to know more.

The days leading up to her murder, it was reported that Elizabeth did some housework for a French family and soon became infatuated with a man named Robert Manley, who was a salesman from Los Angeles.

Elizabeth had asked Manley for a ride to meet her sister at the *Biltmore Hotel* in Hollywood. Manley agreed to drive her there but it is said that he did not stick around.

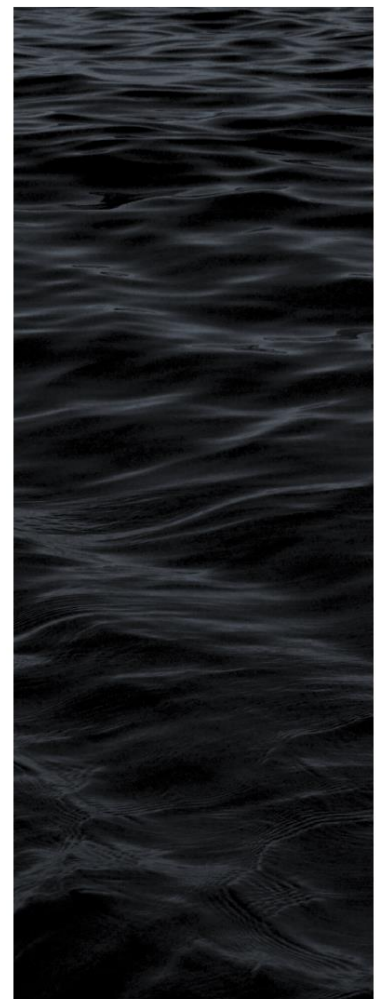
According to the *Los Angeles Police Department*, Elizabeth was missing for six days from the *Biltmore Hotel*, before her body was found on the desolate morning of January 15th 1947. At approximately 10 am, a local resident, Betty Bersinger, stumbled upon the body of Elizabeth Short while out with her young daughter. Short's body had been chopped in half and mutilated at the waist. Originally, Bersinger had thought it was an abandoned store mannequin, but quickly realised to her horror, that the figure was a woman.



Short's body had been completely drained of blood, leaving her skin an ill and pasty white. The most identifiable injury left on Short's face was the creepy 'Glasgow Smile'.

Elizabeth's murder case is still unsolved to this day, a crime influenced by the disreputable 'Glasgow Smile' torture. This a gruesome procedure that originated in Glasgow, Scotland during the 1920s and '30s, that soon became a popular practice with an English street gang known as the *Chelsea Headhunters*.

References to the 'Glasgow Smile' practice is still evident in aspects of pop culture today, such as the DC Comics villain, 'The Joker'.





THE CASE OF KALIEF BROWDER

WRITTEN BY CHELSEA ALBUQUERQUE

This story is about a young American boy called Kalief Browder. He was 16 when he was arrested on May 15th 2010, for allegedly stealing a backpack. He was told he would only be interviewed and later go home; he never left the police station.

Browder was granted bail at \$3,000 but it was later on denied as he violated probation by getting re-arrested. Kalief was sent to Riker's island and was housed with their "adolescents." Kalief claimed he was tortured, starved, jumped, beaten and also assaulted by Correction Officers.

On October 20th 2010, Kalief had an altercation with a few other inmates and was sent to solitary confinement. He spent over 700 days there. The *United Nations* defines any period longer than 15 days straight as "torture." Inside a 12-by-8 cell for 23 hours a day and fed 3 times a day, this is where Kalief spent most of his time.

On December 10th, Kalief Browder was brought into court and the District Attorney's judgment was that he "was not ready" for a trial. On January 28th 2011, the court responded "not ready" once again. 40 days later Kalief went back to court and once again the trial kept getting adjourned.

On June 23rd 2011, a plea deal offer was made by the District Attorney's office for Kalief. He refused the deal, maintaining his innocence.



By February 2012, the DA's office couldn't find the witness of the alleged theft and Kalief had already spent over 420 days in solitary confinement.

Kalief continued to maintain his innocence and 1126 days after his initial arrest, the Bronx DA's office withdrew all charges and he was released on May 29th 2013.

On June 6th 2015, Kalief told his family that he loved them and later committed suicide. His death was devastating, but his mother continued fighting for her son's rights.

In 2016, Venida Browder suddenly died and the lawsuit against the city of New York was dropped. Some people see Kalief's death as a murder by the system; he had spent more than 300 days straight in solitary confinement when he was only 17.

He was one of many victims of injustice. His death led to changes such as no solitary for 16 – 17 year old, a right to a speedy trial, changes in the bail system and many more. But what a tragic way to create change.

“

***I'm for the truth,
no matter who
tells it.
I'm for justice, no
matter who it's for
or against.
- Malcolm X***





office of opinion

IS HOMEWORK BENEFICIAL?

WRITTEN BY AMRAN OMAR

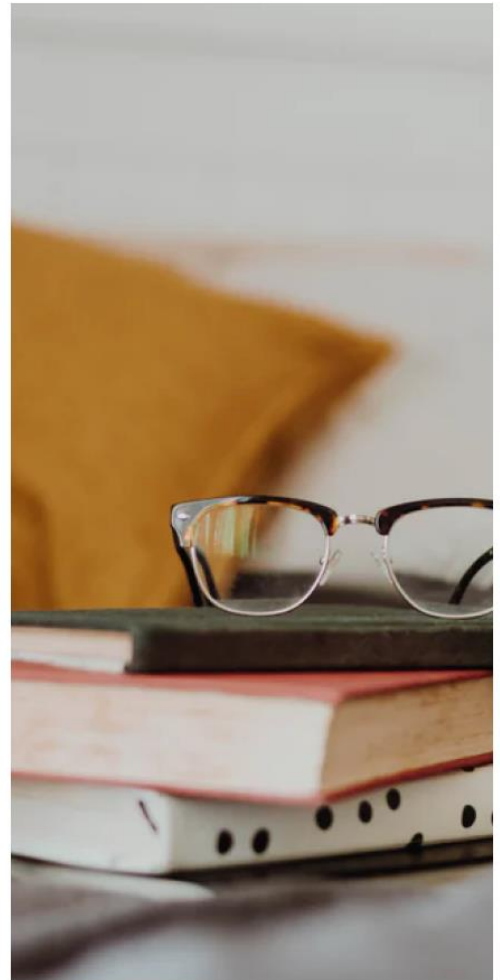
It's a word many of us dread. But is homework a good idea or something that should be abolished?

FOR HOMEWORK

- A good way for pupils to develop responsibility and organisation (two very important life skills).
- It allows parents and carers to get an idea of how their children are being educated and they can develop a better way of helping their child with their schoolwork.
- It allows us to review and practise what has been covered in class, to gain an in-depth understanding.
- It encourages us to explore subjects more fully than in classroom time, allowing us to gain more knowledge.

AGAINST HOMEWORK

- It can cause an immense amount of stress at times.
- It can be a struggle to be able to balance schoolwork with chores at home, leaving no time to rest.
- It can have a negative effect on family time.



“

The more you practice at home, the more you will understand.

-Mohamed

“

It helps you get a summary of the topic and challenges you to see what you remember

-Jamie

“

It refreshes your mind about the subject

-Shian

“

It limits rest and family time.

-Amran

“

Homework helps pupils consolidate their learning

-Ms. Yin

What do you think ?



BREXIT: THE UPDATE

WRITTEN BY MARIA DIAS

On 23rd June 2016, Prime Minister David Cameron decided to hold a Referendum to see whether the UK should leave the European Union or not. 43,501,423 people in the UK voted altogether, and it resulted in 51.9% voting for Brexit and 48.1% voting against.

Since then, David Cameron has resigned from being the UK's Prime Minister. This important role was then passed to Theresa May on 13th July 2016. Shortly after becoming Prime Minister, May was desperate to find a suitable Brexit deal for the UK and was determined for Brexit to happen on 29th March 2019.

However after trying and trying, May failed and wasn't able to secure a deal for the UK. During this time, a lot of pressure was put on May by the public and also her fellow MPs, which drove her to resign from her role on 7th June 2019.

After Theresa May resigned, the future for Brexit looked like a dead end and some people were pleased. Boris Johnson took on the role of Prime Minister and was elected by fellow MPs against Jeremy Hunt. He officially became Prime Minister on 24th July 2019. Johnson was determined to leave the EU completely on 31st October 2019 'with or without a deal'.

On 28th August 2019, Johnson did not hesitate to ask the Queen of England to suspend Parliament until 14th October 2019 and she agreed. The Speaker (who usually does not speak on political announcements), said 'it is blindingly obvious that the purpose of [suspending Parliament] would be to stop MPs from debating Brexit'. One month later, the Supreme Court ruled that Johnson suspending Parliament was 'unlawful'.

Although Johnson promised Brexit would happen on 31st October 2019, there has of course been another delay and Brexit is said to finally take place on January 31st 2020. On the last day of October, it was also decided that there would be a General Election on December 12th 2019 to decide who will be in charge of the UK. Although all political parties are taking part in the General Election, the main opposing parties are Labour, with Jeremy Corbyn as the Leader of the Party, and Conservative, with current Prime Minister Boris Johnson as Conservative Leader.

Who gets your vote? Statistics suggest that many young people are rooting for Corbyn. At the time of this Newsletter going to press, we are still 2 weeks away from the General Election. So you'll already know what we currently don't at the point of writing. The question is, would you have voted for the elected party?





sporting celebrations

THE SPORTS LEADERSHIP PROGRAMME

WRITTEN BY LABIBA MIAH

We interviewed Lama Folana, a member of the Sports Leadership programme to hear about his experiences.

1) Can you tell us about what you do on the Sports Leadership programme?

Lama: We get involved in teaching pupils in their PE lessons as though we are trainee PE teachers. We are learning how to plan and organise sporting games for younger pupils of the school. We learn about the different leadership styles and how effective they can be when coaching others.

2) How has the Sports Leadership programme helped you?

Lama: It has helped me to become a better leader and learn that it is important to listen to the kids I am leading. It has helped me to keep my anger under control because I can get mad easily. But with the things I am learning in Leadership PE, I can keep my anger issues under control. So I am becoming a better person because I am learning the importance of behaving in a mature manner when things don't go the way I planned; if something goes wrong, I have to keep calm and collected.

Getting mad doesn't achieve anything and I want the kids to see me as a role model and maintain the level of respect that they have towards me. Also I have learnt how to be more aware of my own strengths and weaknesses as a person, so in getting to know myself in this way, it has allowed me to improve how people and teachers perceive me. When leading others, I want to be listened to and respected, so I need to show my teachers that I listen too.

3) What do you most enjoy about the Sports Leadership programme?

Lama: I like the way that other pupils respond to my character and personality. I feel proud of myself when the kids I have been working with say, "that's the PE guy; I really liked his session."



Lama coaching young pupils.

“

Leaders become great, not because of their power, but because of their ability to empower others.

-John C. Maxwell

After a season of successful victories and trophies, the 2019-20 Season has officially commenced for our athletes. Beginning the Season with a win, on 9th October the Year 11 pupils received their first win against UAE Southbank. The match was exciting, with many chances created by both teams.

However, *Platanos* were able to break through when Abdoulaye scored to put us 1-0 up. The goal resulted in *Platanos* being victorious in their first game! The Year 11 boys hope to maintain their form in the new year.



seasonal specials

THE GIFT OF GIVING

WRITTEN BY MOHAMED KHIAR

Christmas is a time for charity and generosity, especially when it comes to helping those who are less fortunate. So how can we all be more charitable this Christmas? Okay, we can't all take on the overwhelming global problems such as poverty, hunger, inequality, and climate change, but if we can each do our part, no matter how small, we will surely make a significant change. So how can we make a difference this year?

Many charities and non profit organisations accept items such as clothes, shoes and furniture. If you have items that you don't use or wear anymore, you could visit your local charity shop and donate them there.



“

*Christmas is the
Season for
Kindling the fire in
the hall, the genial
flame of charity in
the heart.*
-Unknown

There are around 163,000 charities in the UK that support causes locally and nationally.

Which one could you support?

Charities you can support today:

- Unicef
- Macmillan
- Oxfam
- Save The Children
- Water Aid
- British Red Cross
- Children In Need
- The Prince's Trust





BEFUDDLED BY BOXING DAY?

WRITTEN BY KARINA LIMA

Aah, Boxing Day - a time of slovenly exhaustion, lying in front of the EastEnders Christmas Special and eating leftover turkey. Whatever you will be doing this coming Boxing Day, here are some fun facts about what this day actually means.

Boxing Day originated around 800 years ago in the Middle Ages; however, it is now commonly known for its exhilarating sales! The day after Christmas was known as a time when employers would give gifts to their servants and tradesmen. These gifts were presented in boxes, which is how the name 'Boxing Day' came about.

As Boxing Day is a Bank Holiday, servants and workers were given the day off, which they took advantage of and spent the day visiting family and friends, taking the boxes full of left-over Christmas food, which they would share. Boxes were left for the poor and were often kept in churches. The contents of these boxes were given out to the poor on Boxing Day; to this day, some churches are still open to the homeless on Boxing Day.

Nowadays, Boxing Day is well known for the beginning of post-Christmas shopping. Stores open very early, which can be an inconvenience for store employees. Who wants to wake up at 5 am on a cold December morning? With the new technological age, many people have the privilege to go online and order what they want, without having to deal with the commotion of frantic shoppers.

Many people would argue that technology can be a negative thing, but aren't you grateful you can stay at home, all warm and cosy, while still ordering whatever you want this Christmas?





THE ULTIMATE CHRISTMAS MOVIE GUIDE

WRITTEN BY DIEGO MARTINS

Looking forward to enjoying seasonal favourites this Christmas? Well, look no further than our festive guide.



Christmas comes early for a young journalist when she is sent abroad to investigate a dashing Prince- soon to be King.
Age : PG



Amber and Richard are due to be married in a Christmas Royal Wedding. But does Amber feel ready to be Queen?
Age : PG

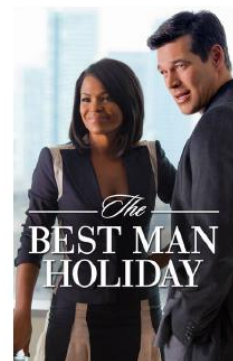


What happens when Santa fails in his one, important annual duty? Well, it's Arthur to the rescue, of course!
Age : PG



This film will get the tears rolling from the start when young boy Charlie loses his father in a tragic accident. But Christmas is about to bring a big surprise.

Age : PG



Friends usually drift apart across the years. However, this friendship group decide to reunite this holiday. Can they have a peaceful time, or will everything crumble?
Age : 15



At Christmas, Sara makes a wish that she will develop the courage to stand up for herself. Watch to find out what happens when she does.

Age : PG

loveactually



Love is in the air this Christmas! Or not. Different couples go through relationship struggles and show how difficult love can be.

Age : 15



The Grinch has plans to steal Christmas - but will his plans change when he meets Cindy Lou Who?

Age : PG





CHRISTMAS QUIZ

WRITTEN BY RIYANNA MORRIS-SHOGBENI

1. What are we meant to leave for the reindeers?
A: Cookies
B: Celery
C: Carrots
D: Cake
2. What is the reason for Christmas?
A: To celebrate Jesus' birthday
B: To remember Jesus' death
C: To celebrate Joseph's birthday
D: To celebrate Eve's birthday
3. Which Christmas movie stars Will Ferrel?
A: Arthur Christmas
B: Home Alone
C: The Polar Express
D: Elf
4. What did the 3 wise men give Jesus ?
A: Murr, gold and rhinestones
B: Frankincense, gold and murr
C: Gold, diamond and silver
D: Ruby, emeralds and frankincense
5. Who was famously lost in New York at Christmas?
A: Michael B. Jordan
B: Macaulay Culkin
C: Kermit the Frog
D: Drake
6. What is an elf?
A: Santa's child
B: Santa's maid
C: Santa's helper
D: Santa's wife
7. What meat is usually roasted for Christmas dinner?
A: Beef
B: Turkey
C: Duck
D: Lamb
8. How many reindeer are there?
A: 3
B: 5
C: 7
D: 9
9. Who was Jesus' mother?
A: Mary, Queen of Scots
B: Virgin Mary
C: Marry Berry
D: Mary J. Blige
10. Who created the soundtrack for *The Grinch*, 2018?
A: Michael Buble
B: Tyler Perry
C: Michael Dapaah
D: Tyler, the Creator



“

Who is Santa's favourite singer?

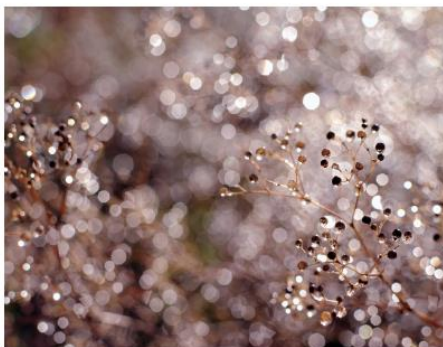
Elf is Presley!



“

What did the salt say to the pepper?

Seasons greetings!



10
9
8
7
6
5
4
3
2
1





meet the staff

Our New Year's Resolutions are :

to be more grateful.
— Umaymah Yassin



to focus more on my studies.
— Ashia Wright



to read more widely.
— Sumayah Abdulrahim

to take up martial arts.
— Mohamed Khair

to plan steps towards my individual goals and
to buy more Jordan 1's.
— Rebecca Obadina-Adebowale

to learn French.
— Chelsea Albuquerque



to save money.
— Shian Jordan



to look after myself so I don't get injured
when doing sports
— Fahad Abubeker

to focus on my well-being.
— Samreen Amanullah

to develop more effective revision
methods.
— Asha Ali



to spend less time on my phone.
— Kaelan Bowes



to go to more concerts.
— Maria Dias

to spend more time with my family.
— Adora Fitsum

to avoid negative people.
— Huda Hassan

to be a kinder person to others.
— Jamie Hepburn



to get more involved in Sports.
— Creshia Lindo

to do well in all my exams.
— Diego Martins



to save up for new trainers.
— Riyana Morris-Shogbeni

to have a more positive attitude.
— Labiba Miah

to my pass my guitar and flute exams.
— Alifyia Ogboyi

to improve my time-management skills.
— Amran Omar





to stand up for myself if I'm treated unfairly.

— Brandon Oposa



to plant a tree.

— Alamagan Shirifjumco

to enjoy my own company.

—Vickie Teiw



to take up photography.

— Hannah Prowse

to get better at playing the guitar.

— Emily Sandoval De Freitas



“

Writing for the newsletter has helped me improve my grammatical and punctuation skills.

”

“

I am thankful because I have been able to express my views and ideas in a way that may help my peers.

”

“

The newsletter has given me insight into certain topics and areas I never knew much about: the information will definitely help me in the future.

”



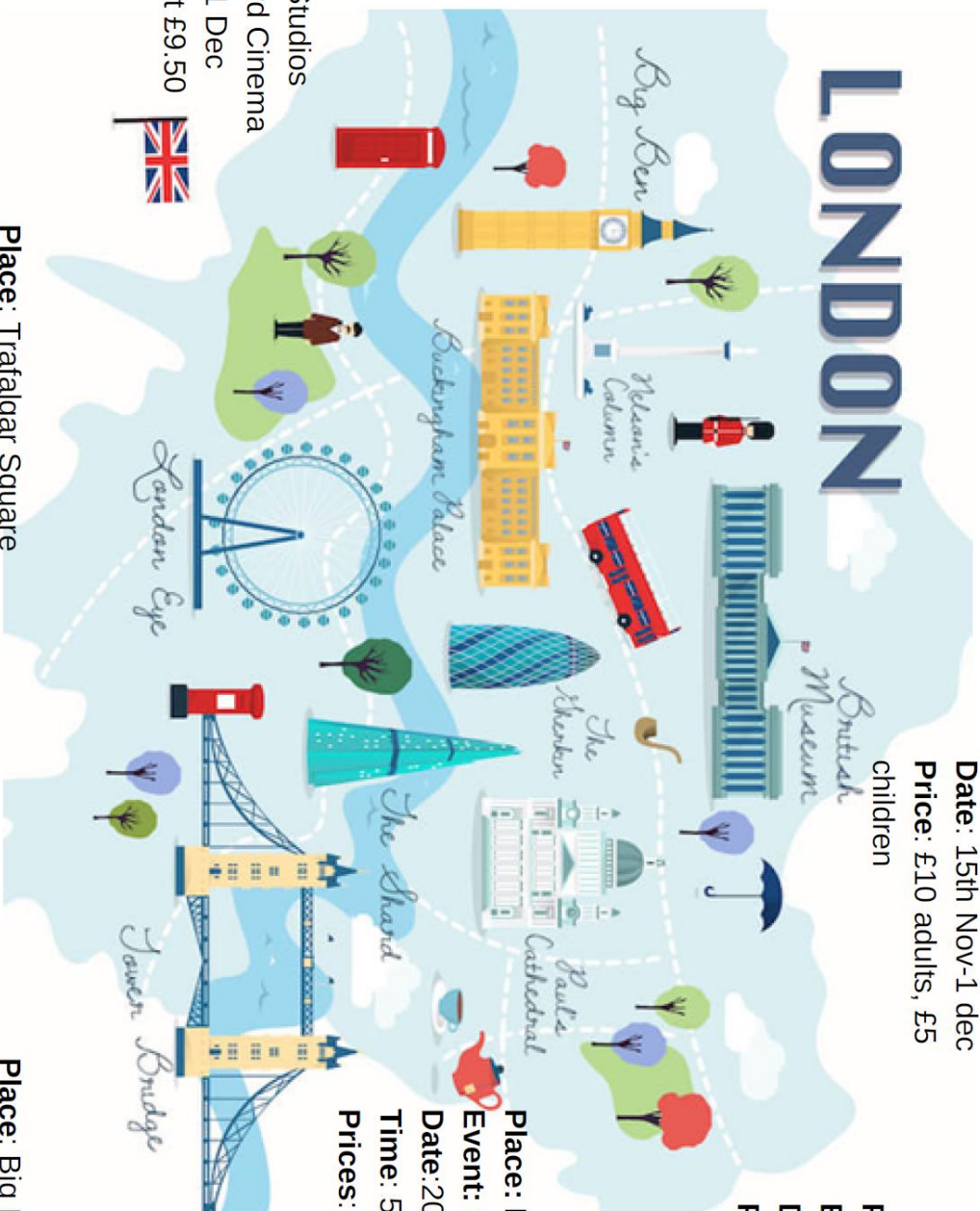
Things to do in London this Christmas:

Place: Syon Park
Event: Enchanted Woodland(lights, conservatory, lake)
Date: 15th Nov-1 dec
Price: £10 adults, £5 children

Place: Hyde Park
Event: Winter Wonderland
Date: 21st-5th January
Price: Free Entry

Place: Richmond
Event: Christmas at Kew Gardens
Date: 20th Nov-5th Jan
Time: 5-10pm
Prices: Free-£11-£18

Place: Capital Studios
Event: Backyard Cinema
Date: 1 Nov- 31 Dec
Price: £19 adult £9.50 child



Place: Trafalgar Square
Event: Carol Singing
Date: 9th-24th December
Time: 4-9pm weekdays 2-7pm weekends
Price: Free

Place: Big Ben
Event: New Year's Eve Firework
Date: 31st December-1st Jan
Time: 8pm-12:45am
Price: £10(unless you're watching on telly)