



# ***PLATANOS COLLEGE***



# ***KS4 NEWSLETTER***



# CONTENTS

Editor's Welcome	Page 3	<b><u>Crime and Conspiracy</u></b>	
Thank You	Page 3	Killer From Within	Page 39
<b><u>Learning Lounge</u></b>		19 Years On From The Nightmare of 9/11	Page 40
Teachers Top Tips	Page 4	Death at the Dyalto Pass	Page 41
Bullying	Page 5-6	<b><u>Office of Opinion</u></b>	
Guess the Teacher	Page 7	Cotton, Children and Control-	Page 42
Interview with a Past Pupil	Page 8	Uzbekistan's Secret	
Little Fires Everywhere: A Review	Page 9	The Magic of Social Media	Page 43
<b><u>A Year Like No Other</u></b>		Remembering Black Mamba	Page 44
Safety First	Page 10	Racism- Just Skin Deep?	Page 45
How Has Coronavirus Changed Our Lives?	Page 11	The Future is Here	Page 46
How Have Different Countries Dealt With Coronavirus?	Page 12	How is Tupac Remembered?	Page 47
Lockdown Learning	Page 13	<b><u>Seasonal Specials</u></b>	
How Has Coronavirus Changed Our Lives As Pupils?	Page 14	Christmas Quiz	Page 48
Living in Lockdown	Page 15	A Corona Christmas	Page 49
Coronavirus: Clubs in Crisis	Page 16	Christmas Word Search	Page 50
Marcus' Marvellous Meals	Page 17		
Rising High	Page 18-19	Meet The Staff!	Page 51
Coronavirus: The Good, The Bad and The Government	Page 20		
History For Harris	Page 21		
The President and The Pandemic	Page 22		
Make America Great Again	Page 23		
Black Lives Matter: A Movement Like No Other	Page 24-25		
Black Lives Matter: A Timeline	Page 26-27		
A Letter to The World	Page 28		
<b><u>Community Corner</u></b>			
Astonishing Adele	Page 29		
Interview with a Platanos Parent: The Power is Within You	Page 30-31		
<b><u>Inspiration Station</u></b>			
LeBron the Legend	Page 32		
Getting Your Mojo Back For 2021!	Page 33-34		
The Magic Of Morant	Page 35		
Remarkable Ronaldo	Page 36		
Limitless Leonardo	Page 37		
<b><u>Cacophony of Colours</u></b>			
Like Rivers Flowing Into The Ocean	Page 38		
2020	Page 38		



# EDITOR'S WELCOME

WRITTEN BY SIHAN AHMED (EDITOR-IN-CHIEF)

Hello, and welcome to the Winter 2020 Edition of the *Platanos College KS4 Newsletter!* As we approach the end of a year like none before it, we have decided to bring you an array of views about 2020 - the positives, the negatives and just a well-rounded, multi-perspective review of the year.

We had a think about possible themes for our Specials section, but decided that there could be no better topic than what we've all been talking about in recent months. So, we are really excited to present to you with the 6th installment of the KS4 Newsletter, with the very apt Specials theme '2020- A Year Like No Other'. As you have surely seen by now, 2020 has been quite bizarre to say the least. BLM, Coronavirus and the USA election have dominated our news feeds. Can you believe that the Space X launch was this

year? Do you remember the way the year started, with the devastating Australian bushfires? I don't know about you, but those bushfires seem like they were at least 5 years ago!

Just because this year has been different, we are sticking to what previous KS4 Newsletter teams did best - focusing on the same topics, from Inspiration Station to Crime And Conspiracy.

So why don't you grab yourself a snack, take a seat and enjoy your Christmas holidays whilst you read the Winter 2020 Edition of the KS4 Newsletter?

On behalf of this year's KS4 Newsletter Team, we sincerely hope you enjoy reading this 2020 - *a Year Like No Other Special Edition!*

Kind regards,  
Sihan Ahmed (Editor-in-Chief)



# THANK YOU

WRITTEN BY ASMAA OTMANI

To the...

Life savin'  
Bleper answerin'  
Shift changin'  
Long nights survivin'  
Emergency calmin'  
Medicine prescribin'  
Strong standin'  
Worry hidin'  
Smile showin'  
Fatigue ignorin'  
Always carin'

Ever comfortin'  
Super lovin'  
Advice givin'  
Forever runnin'  
Hard workin'  
People supportin'  
Lunch forgettin'  
Seriously believin'  
Optimistic thinkin'  
NHS staff...

Thank You.





# learning lounge

## TEACHERS' TOP TIPS

WRITTEN BY KAELEE DALEY

All of us know just how important our education is, to help us develop new skills, knowledge and values as we mature into young adults. We decided to interview members of staff on their top learning tips.

Ms López in the Spanish department advises that in order to maximise our learning, we should revise in short bursts and take breaks so that we don't overload our brains with information. Segments of learning interspersed with breaks enable us to retain key information. Ms López also says that eating healthily can enhance our academic performance as it is proven that eating healthily improves nutrition, so our bodies get all they need to function well; a healthy body helps us have a healthy mind!

English teacher Ms Anderson states that all pupils should read regularly as "*reading is the gateway to knowledge.*" By reading books suitable for our age group, we strengthen our vocabulary, spelling and comprehension skills. Ms Anderson advises us all to read between 15-20 minutes a day. It is also believed that reading enhances our wellbeing by reducing stress. So pick up a book today and dive into a world of wonder!

Mr Scott, who teaches in our Science department, provides some great advice; by reviewing

our work right away, we can help our minds to retain information. Mr Scott advises doing this 2-3 times a week. In addition, using educational websites and videos will also aid us in consolidating our learning.

Lastly, Ms Amenedo advises that in order to elevate our academic performance in Spanish and all other subjects, we ought to complete all homework set by our teachers. Homework is another form of revision. Furthermore, not only does it help us to reinforce and deepen our understanding, it also encourages us to be more independent.

So, why not take some of these snippets of advice on board? After all, having taught tens of thousands of pupils between them, these teachers probably know a thing or two about how to make the most of our school years!





# BULLYING

WRITTEN BY ANTHONY ALEXANDER LAGOAS DOS SANTOS

Bullying: it's an ugly word. Yet many of us have had to deal with this at some point in our lives. According to *Ditch The Label*, more than half of people under 25 have experienced some form of bullying, whilst 24% of young people are concerned about online bullying. And did you know that the Number 1 aspect that bullies prefer to target is their victims' appearance?

Furthermore, a BBC report from 2019 reported that 20% of young people had been victims of bullying in the previous year. Just imagine that: in an average classroom, approximately 6 of your peers will have experienced bullying. Horrific to even consider, isn't it?

We found some true stories of famous people who have experienced bullying in their lives.

The pop star Kim Petras had to deal with bullying because she was transgender. She underwent gender-surgery when she was 16 and talked to *Glamour UK* about how tough she found going to school.

"I learned people will not like you or will like you that's the reality... you cannot please everybody, and a lot of people bully people because they're jealous or because they have their own personal issue that they project on you. Sometimes it doesn't even have to do with you, sometimes people are just bored." Kim Petras

The Bollywood actress, Priyanka Chopra Jonas revealed that she was bullied in High School - a traumatic experience that provoked her move back to India from the USA.

"There was this girl who was a major bully. I think she didn't like me because her boyfriend liked me, or some high school dynamic...she made my life hell. She used to call me names and would push me against the locker...I don't want any kid to feel the way I felt in school. I was afraid of my bully. It made me feel like I'm less – in my skin, in my identity, in my culture."  
Priyanka Chopra Jonas



The pop superstar Lady Gaga revealed how memories of being bullied helped her to portray the character Ally from the movie *A Star Is Born*.

"Well, what's different between Ally and [myself] is that when I decided I was going to go for it as a singer and songwriter, I just hit the ground running," she said. "I really believed in myself. Ally is not this way. My character in this film, she doesn't believe in herself at all. She's very jaded by the music industry and she's given up on herself...What I had to do was go back further into my childhood, into my high school years, when I was bullied and made fun of for having big dreams...That's where I went."  
Lady Gaga





"There were times when I was bullied about dancing and stuff...but you couldn't hit me hard enough to stop me from doing it." Tom Holland

Tom Holland

Tom Holland is known for playing Spiderman in a series of Marvel movies. When he was younger, he played Billy Elliot in the Theatre and had to deal with bullying from others because of his somewhat unusual role as a young male dancer



If you're a victim of bullying, please don't ever forget that there is always someone you can speak with, whether that's an anti-bullying ambassador, teacher or Pastoral Manager. You can also get support and advice from a number of Helplines, which we have listed below.

No one should ever have to face bullying of any sort: let's all work together to stamp it out.

What do we do at *Platanos College* to ensure we are a bullying-free zone?

- Bullying comes under the umbrella of safeguarding
- We have anti-bullying champions across key stage 3 and year 10 also known as ABA
- This model is also available in across the *Platanos Trust*.
- We have a designated Anti-bullying co-ordinator who manages the anti-bullying ambassadors
- All anti-bullying champions are trained and then the seniors train our primary school ABAs.
- There are different tiers when it comes to investigating bullying - ABA, Co-ordinator, SLT and police involvement in most serious cases.

**ChildLine:** free, confidential helpline for children and young people. They offer advice and support, by phone and online, 24 hours a day. Call 0800 1111.

**Direct Gov:** Information for young people on cyberbullying, bullying on social networks, Internet and email bullying, bullying on mobile phones, bullying at school, what to do about bullying, and information and advice for people who are bullying others and want to stop.

**EACH:** EACH has a freephone Helpline for children experiencing homophobic, biphobic or transphobic bullying or harassment: 0808 1000 143. It's open Monday to Friday 10am-5pm.

- The ABA have fortnightly meetings and discuss the trends relating to bullying this is then used as an assembly theme
- The ABA and co-ordinator organises and promotes anti-bullying week in the main school and across the primary schools within the Trust
- Anti-bullying posters have been designed by pupils and has been linked to house competitions - this is to ensure that ABA continue to raise awareness around bullying

**Victim Support:** support for young people affected by crime. Their Children and Young People's (CYP) Service also deals with cases of bullying; offering advice and working with professionals to ensure young people get support: 08 08 16 89 111.





# GUESS THE TEACHER

WRITTEN BY SALIH KARKIN

Think you know the teachers at Platanos College? Let's see shall we?

**1. Which member of staff used to do ballet?**

- a) Ms Williams
- b) Ms McAteer
- c) Mr Boyles

**2. Which member of staff represented Sri Lanka in front of the Queen when they were 12?**

- a) Ms Damoo
- b) Mr Hall
- c) Ms Thompson

**3. Which member of staff has killed a cow?**

- a) Mr Kabaka
- b) Mr Edwards
- c) Mr Schardsmith

**4. Which member of staff has Heterochromia (one eye is a different colour from the other)?**

- a) Ms Alam
- b) Ms Daniels
- c) Ms Hashim

**5. Which member of staff has met many celebrities including Michael B Jordan and Michael Jordan?**

- a) Mr Olaniran
- b) Ms Simpson
- c) Mr Klassen

**6. Which member of staff has been to every country in South America except Paraguay?**

- a) Ms Stephenson
- b) Ms McAteer
- c) Ms Roso

**7. Which member of staff is a relative of Abraham Lincoln's wife?**

- a) Mr Scott

- b) Mr Hobson
- c) Ms Hall

**8. Which member of staff used to make dresses?**

- a) Mr Garry
- b) Ms Mujawamaria
- c) Ms Anderson

**9. Which member of staff grew up on the island of Grenada?**

- a) Mr Swaby
- b) Mr Rigby
- c) Mr Edwards

**10. Which member of staff has gone bungee jumping and sky diving?**

- a) Ms Graham
- b) Ms Bastero
- c) Ms Lopez



Answers 1)b 2)c 3)a 4)b 5)b 6)a 7)a 8)c 9)c 10)a



# INTERVIEW WITH A PAST PUPIL

WRITTEN BY SIHAN AHMED

Once you're a pupil of *Platanos College*, you'll always be part of our community!

We interviewed Fadumo Ahmed, who attended *Platanos College* from 2011-2016 and asked her about her time here.

## What was your favourite part of being a pupil of *Platanos College*?

If I am being truly honest, my favourite memories would be the times I had with my friends outside of lessons. I would look forward to seeing everyone at break or lunch. I also enjoyed my after-school extra-curricular sessions. They were less demanding than my usual lessons and much more enjoyable to share with your friends who had similar interests.

## What life skills did you learn during your education here?

I learnt a lot about time management. It is hard to juggle the 12 subjects that I studied at GCSE. I also joined the Debating Team and become a much more confident and fluent orator. Certain subjects teach you certain skills. In History, I honed my analytical skills whereas in Chemistry, I focused on how to provide logical explanations in a simple manner.

## What did you take away with you after graduating from *Platanos College*?

I felt like I had very good foundations and qualifications with me when I left. I had developed all the basic skills needed for life, such as

communication and team leadership. I also left with many invaluable connections with my teachers who were more than happy to offer me advice for any aspect of Higher Education and life in general.

## Did the social nature of the school help you prosper and if so, how?

I loved different clubs during different years. During my younger years, I did basketball, which kept me fit and energised. After Year 9, I focused on debating and Maths club. Debating helped me with my confidence and oration skills and Maths was for pure enjoyment as it was one of my strong suits. It was just nice to be out of the pressures of the classroom and doing what you enjoyed at your own pace.

## Did you enjoy the educational/professional relationship you had with your teachers?

Yes, I enjoyed lessons with most of my teachers. I was lucky enough to have an inspirational tutor and a sensational Science teacher from Year 7-11 in Ms Alam and Ms Browne. They kept my head down and focused and were always there to help. I think they fuelled my desire to study Medicine at University. I definitely would not be here without them! Mr Williams was also amazing. At one point, I think he was teaching Business, ICT and Maths. You don't find teachers that talented often! I would definitely say I was lucky to have the teachers I had; they didn't want anything but to see us succeed.







# LITTLE FIRES EVERYWHERE: A REVIEW

WRITTEN BY JOSHUA ZACK

*Little Fires Everywhere* is an Amazon Prime series starring Reese Witherspoon and Kerry Washington that highlights some very pertinent themes and issues in society. As an adaptation of the novel by Celeste Ng, it highlights how racial stereotypes can ravage through relationships and family life.

When Mia Warren and her daughter Pearl move to the town Shaker Heights during the 90's, Elena Richardson lets her rental home to them out of pity for their nomadic lifestyle. Mia strangely relocates every couple of months and has a car as old as her teenage daughter who has little stability in terms of friendships, family or schooling. Elena, in contrast, owns an exquisite, spacious house, is seemingly happily married and well respected in the neighbourhood and has four children.

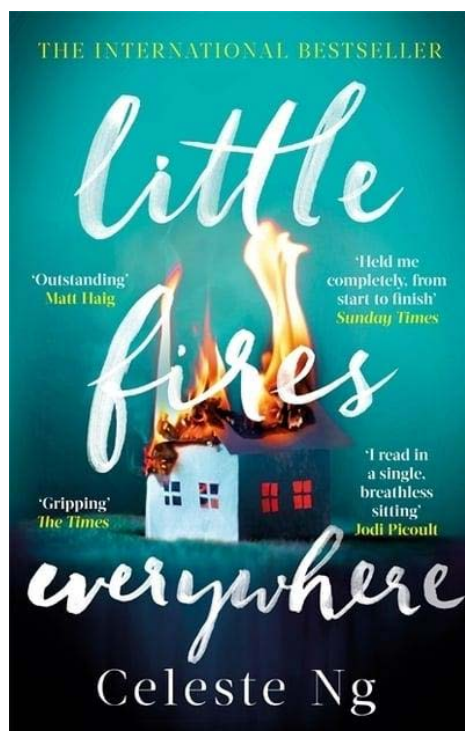
When Pearl meets Moody (Michael), she also meets the rest of the Richardson family. Bill, Lexie (Alexandra), Trip and Izzy (Isabelle) Richardson. Izzy stands out from the rest, as she refuses to follow the perfectionist lifestyle of her family. From the start, we see Izzy's troubled life exposed. From the constant bullying from peers, to the toxic relationship she seems to have with her mother. She finds comfort in Mia, who has a secretive personality.

We learn that Mia's brother passed away in a car accident and learn more secrets about her as the series continues. Obviously we don't want to ruin it for you if you're considering reading the

book or watching the series, but we will tell you this: deception, racism, classism, family feuds, scandal and issues of morality are woven throughout the text.

Race. Class. Privilege. These three words sum up *Little Fires Everywhere*. The acting in the series is outstanding. The emotions feel realistic and draw the audience in; with each scene and every new, extreme plot twist, we can't help but cling to our seats in anticipation of the next catastrophic event. Furthermore, it opens our eyes to the hidden prejudices that exist in our society today.

If you do decide to watch or read *Little Fires Everywhere*, you honestly won't be disappointed.



# *a year like no other*

## SAFETY FIRST

WRITTEN BY ASMAA OTMANI

The year is coming to an end.  
 After plenty of money given to lend.  
 Looking back, we had a fright  
 And now, we're starting to see some light.  
 Amongst all this darkness, loss and pain,  
 Coronavirus still sadly remains.  
 It's decided to return once more -  
 As if it hasn't done enough before.  
 Just as we let a sigh of relief,  
 We were hit by even more grief.  
 The cases once more begin to rise,  
 Hence the government is forced to compromise:  
 Finding a way to keep the public safe.

They must also help the economy to recover,  
 From this serious worldwide shocker.  
 Keep schools open for students to learn,  
 So knowledge can be effectively earned.

This is a disaster for years to come -  
 Certain, there are benefits for some.  
 But that is a small minority;  
 Hit hard was the huge majority.  
 Emergency services have been put under pressure

The NHS had to reach new measures  
 Helping the nation face their fate  
 But did we react a little too late?  
 All we can do is help keep the public safe.



# HOW HAS CORONAVIRUS CHANGED OUR LIVES?

WRITTEN BY LEVAAN BAIDEN

If someone had told you this time last year that we would be going into Lockdown, schools would be closed, holidays abroad would cease, millions of people's jobs would be at risk and people around the world would die of a global pandemic, would you have believed them? No, neither would we. There is no doubt that 2020 has been a year like no other, one in which things we took for granted are now completely different to how they once were. As has been described in the news many times, we are having to get used to 'a new normal.'

Did you know that Coronavirus cases were first discovered almost 100 years ago in the 1920s in birds and mammals? Coronavirus strands can cause symptoms similar to those of the common cold: a fever, a runny nose and a cough. In 2003, an outbreak in Asia was caused by Coronavirus. This type of Coronavirus was called SARS and affected around 8000 people. It was estimated that around 10 percent of people who had been affected by the virus died. More recently, in 2012, there was another type of Coronavirus that this time spread around Saudi Arabia. This was called MERS, which affected over 2500 people and had over 800 deaths in 2012.

However, the Coronavirus that we all know was discovered in 2019 in Wuhan, China. It was initially reported to be pneumonia and is now thought to have been

contracted by people who were in close contact with bats. It soon spread amongst the human population both in China and worldwide. As of September 2020, it has caused over 1.4\* million deaths and over 59.2\* million cases across the globe.

*\*Statistics correct at time of going to print*



# HOW HAVE DIFFERENT COUNTRIES DEALT WITH CORONAVIRUS?

WRITTEN BY RUQAYYA KHAN

Despite never actually implementing a full, compulsory lockdown, Sweden has managed to control the level of cases and is not as severely affected as many other nations, though recently cases are rising.

The first detected case of Covid-19 in India was on January 30, however the country went into lockdown almost 2 MONTHS later. 10 weeks later India came out of lockdown and currently India is amongst the countries with the highest death rate and has seen a



China was the first country to implement a lockdown to contain Covid-19 cases as the virus originated from there.

Under the leadership of Jacinda Ardern, New Zealand was extremely strict about lockdown restrictions, making it one of the most admired countries for its initial tackling of Covid-19

The USA currently has the highest number of cases in the world with total cases at over 12.5 million and death rates going up rapidly. The USA was reluctant to impose lockdowns or any restrictions at all to save the economy.

With over 4 million deaths, Brazil is also heavily affected by Covid-19. Their President discouraged restrictions such as social distancing and lockdown, resulting in the great number of cases.

The UK wasn't exactly the quickest country to react to the pandemic, slow to introduce Covid-19 tests and to impose a full lockdown.

Italy, being one of the many countries to be severely affected by the pandemic at the beginning, did introduce lockdowns and restrictions swiftly. Therefore, cases came under control quicker than in some other countries.

*All figures correct at time of writing.*

# LOCKDOWN LEARNING

WRITTEN BY ENIOLA OMONOJO, WITH A CONTRIBUTION FROM HAMZAH AHMED

We all know the incredible impact that Coronavirus has had on our education. The previous Year 11s (now Sixth Formers and College students) were not able to sit their GCSEs. Imagine that! 5 years of Secondary education where everything is leading to those all-important exams, only to end up not completing them. Year 13 students – many of whom are now at University – were also unable to sit their all-important A Levels.

And what about the rest of us? Although work was set online for all pupils across the UK, many of us struggled with concentrating on our online assignments and actually completing the work. What did you find challenging about learning during lockdown? And how did the UK's lockdown education system compare with that of other countries?

Covid-19 has affected schools across the UK and the world in many different ways. New regulations can be confusing, time-consuming and arduous to follow. How are different schools dealing around the world dealing with Coronavirus?

Neighbouring Italy is doing everything in their power to prevent a second wave of Coronavirus. This includes constantly wearing face masks and washing hands. Schools in Italy decided to take matters into their own hands, with some cutting up furniture to avoid pupil contact. Italian schools are having children sit on benches to prevent cramped classrooms. The Education Ministry has planned to order three million single seated desks to

avoid contact amongst children.

At the time of this article being written, Japan has over 83,000 Coronavirus cases and more than 1,500 deaths. The Japanese government has also decided that schools should reopen. Face shields must be worn in classrooms with no exceptions. Japanese children must maintain social distancing and are constantly reminded to stay at least one metre away from their peers. One of the challenges for Japanese schools is crowded classrooms: it's not uncommon for 40 children to be in a classroom! According to experts, this is double the recommendation during a pandemic. The authorities believe that instead of keeping the children in constant fear, they should just get the basic safeguarding correct first. Many parents and teachers are on the edge of their seats hoping that the logic the authorities are using works.

So, what's your view of how different countries have chosen to deal with the impact of Coronavirus on their children's education? What would you have done differently if you were the leader of one of these countries?



# HOW HAS CORONAVIRUS CHANGED OUR LIVES AS PUPILS?

WRITTEN BY KARINA ROBERTS

There is no doubt that Coronavirus has changed the way we live our lives – and that goes for our lives at school too. The staff have gone to great lengths to ensure our safety and frequently make it clear that our health and safety are the school's Number 1 priority. Of course, we know that was always the case; but in the climate of Coronavirus, prioritising our wellbeing is even more heightened.

We were interested to find out how pupils across Key Stage 4 are adapting to the new rules and procedures, including what aspects of this new life they prefer and what they are not so keen on. Here's what some of our peers had to say...

The good thing about the schools' COVID measures is that now there are fewer people in large groups, there is a lower risk of the virus spreading. However, it's frustrating being separated from your friends." – Melek

"One pro about the COVID measures is that social distancing keeps us safe as well as keeping our loved ones safe too. A con is sitting in the same seat for a long period of time, which can make pupils restless and sore." -Prudence

"The school is trying their best to prevent the spread of Coronavirus." – Juan

"I like that we are limited to our year group bubbles to help prevent the spread."- Houdayna

"I like that there are separate eating tables at lunch to help reduce the likelihood of spreading the virus. I dislike that we're told to socially distance even though in the classroom this is quite challenging." – Isaaq

"The timetable and the constant supervision makes us feel like we're under pressure, however, it's good that this keeps us safe." – Victor

"I like that the school is trying to keep us safe, however, I would like to be able to socialise with people more." – Keiyana

"I like that we're keeping people who live with vulnerable relatives safe and are making sure that people who suffer from underlying health issues are kept safe from the virus as far as possible. I dislike the decrease of socialising though!"- Leatiyah

"I like that we have the option to wear our masks in the classroom. I dislike the lunch lines and the way the seats are put in place, even though I understand it's for our safety." – Kayanna

"I dislike that being in a large year group bubble isn't really the same as social distancing when you're outside school. I like that we have to sanitise our hands when handing out books/ equipment." – Sofia

"I don't like the fact that we're in a classroom for the whole day and barely get to socialise, however, I like that we get to start school later because I can sleep for longer." – Kayla

"I think it's good that the school are putting in measures because it's keeping us safe but I dislike not being able to socialise normally with friends." – Leisha

"I'm not keen on the bubble system or having to sit in the same seat all day long, which can get extremely frustrating."-Sofiane

So, having considered the views of Key Stage 4 pupils above, what is your opinion of the pros and cons of our new school life?

# LIVING IN LOCKDOWN

WRITTEN BY RIHANNA JOHN

Lockdown hasn't been the easiest for any of us. According to MIND, more than 50% of adults and 2/3 of young people say that their mental health has deteriorated during Lockdown. Boredom, being prevented from seeing loved ones, lack of time outdoors and concerns about the health implications of Coronavirus have all had an impact on mental health. Loneliness is also a major factor on mental wellbeing.

MIND carried out a survey of 1917 young people aged 13-24; their findings were startling. 46% had used mental health services, whilst 35% have family members with mental health problems. 4% of young people surveyed are carers to someone with mental health problems. Worryingly, over 3/4 of young people had lower than average wellbeing scores.

So what are the top 5 concerns of young people when it comes to how Coronavirus has affected their mental health?

- 1) Feeling bored
- 2) Not being able to see friends
- 3) Not being able to go outside
- 4) Feeling lonely
- 5) Feeling worried about loved ones contracting Coronavirus

Lots of us will have experienced a range of different feelings during Lockdown. You might feel stressed, unprepared, anxious, afraid or panicked. Or perhaps you get angry or frustrated, feel confused or unmotivated. You might feel isolated and like no-one cares.

Everyone should remember there's

no such thing as a 'normal' response towards the experience of Lockdown; 2020 has been a challenging year for all of us and we will deal with this in different ways. Your feelings won't always stay the same and won't always seem logical.

So what can help us when we feel our mental health is being affected by the effects of Coronavirus and Lockdown?

### Here are some tips:

- Talk to someone you trust
- Check out online peer support
- Express your feelings creatively, such as through writing, music or art.
- Make choices to control the things that you can and try not to sweat the things you can't control
- Practise self care
- Connect with friends and family online
- Get lost in films and TV
- But remember, too much screen time and social media can have a negative effect
- Try to get outdoors if possible

Helplines:

**MIND: [www.mind.org.uk](http://www.mind.org.uk) Tel: 0300 123 3393**

**Samaritans: [www.samaritans.org.uk](http://www.samaritans.org.uk) Tel: 116 123**

**Young Minds: [www.youngminds.org.uk](http://www.youngminds.org.uk)**



# CORONAVIRUS: CLUBS IN CRISIS

WRITTEN BY ADAM ALI

Covid-19: there's no doubt about it - 2020's global pandemic has changed our lives significantly. It has affected everything from plans that we might've had to the world of sports as we know it. A favourite of Year 10 pupils - football - has been hit hard not only here in England, but worldwide.

When you think of English football, one of the things that will surely come to mind is the Premier League and the controversial wages that footballers are paid weekly. The average weekly earnings of a Premier League footballer is £50,000. Just let that sink in for a second. Last year, a fully qualified nurse got paid about £24,000 a year. The average salary in the UK is £36,000, meaning that in a week, the average Premier League footballer is paid £14,000 more than many Brits will earn in a whole year!

This might make you think that footballers getting paid these types of wages are somewhat immune to the financial implications of Covid-19 - but you might be mistaken. Football Clubs have been put under financial strain because of Covid-19, forcing them to reconsider the wages of footballers during the Coronavirus period. Footballers have been given a 'take it or leave it' choice, meaning Clubs have given players a choice to accept lower wages or to be kicked out of their Club. Most - if not all - footballers have taken up the offer. Some lower League players have been outright released from their clubs, leaving them jobless and in a tough

position, bearing in mind that lower League players earnings are significantly less than that of Premier League footballers.

Back in April, when Coronavirus and Lockdown were in full swing in the UK, Matt Hancock the Health Secretary urged Premier League footballers to "Take a pay cut, play your part." Some Premier League clubs such as Spurs and Newcastle took advantage of the government's Furlough scheme, using taxpayer's money to fund staff wages, which outraged many members of the public. Many leading figures in football were outraged at the criticism thrown at Football, with former Premier League player David Cotterill arguing, "2.5 million millionaires in the UK! 512 players in the Premier League! YOU all want footballers to donate or take pay cuts during this? I agree. But there's a lot more rich people out there. Soon as anything happens footballers become instant targets." The age-old argument about footballers' wages is even more intensified in the time of Coronavirus; but who do you agree with?

With games not being played or being played behind closed doors, the money that spectators would normally contribute is at stake. This is one of the many reasons that professional Football is under pressure. Will Lower League teams and even Premier League Clubs combat this and make the enormous effects of Covid-19 in Football a thing of the past?

Well, we'll just have to wait and see...





# MARCUS' MARVELLOUS MEALS

WRITTEN BY JESSICA FERREIRA

You may know Marcus Rashford as an English professional football player, who plays as a Forward for Premier League club *Manchester United* and the English national team. Rashford started playing football for *Fletcher Moss Rangers* at the age of 5, beginning as a goal keeper, and took inspiration from Tim Howard, his goalkeeping idol. His career blossomed in his youth and in 2012 he was part of the *Manchester United Under-15* squad. Due to his success, he has gained attention from many people, with *The Guardian* naming him as *Manchester United's* best prospect in 2014.

Despite now being famous and wealthy, Rashford did not grow up in a family that had much money. During the first Lockdown of 2020, Rashford campaigned for the government to assist families on low incomes by providing free meals for children who would normally access these at school. Rashford teamed up with a charity named *FareShare*, to help fight hunger and food waste, and has now raised more than £20 million.

Determined to reduce hunger and food waste, Rashford wrote a letter to MPs to ask them to change their decision of ending the voucher scheme in the holidays; within the letter he stated, "this is not about politics; this is about humanity," revealing his belief that access to food is not a political matter but a basic human right.

Rashford's passion to ensure all children receive adequate meals,

heavily influenced by his own upbringing. His mother worked full-time, earning minimum wage to make sure the family always had a decent evening meal on the table, but this wasn't enough; at times he had to rely on breakfast clubs and free school meals to receive nutritious meals.

On May 27th 2016 when he broke the record for youngest player to score in his first senior international match, Rashford reflected on the fact that without the kindness and generosity of the community he had had around him growing up, he wouldn't be the famous 23-year-old English football player he is today.

It is estimated that around 200,000 children have had to skip meals during lockdown, and 5 million people live in families that have experienced struggles during the Covid-19 epidemic. Over 2000 paediatricians supported Rashford's campaign whilst many businesses offered free meals to families in need as a result of heightened awareness.

There is no doubt that largely due to Rashford's campaign and passion on this matter, local communities, businesses and the government have started paying heed to the plight of those who have had to endure hardship during lockdown. The question is, will his campaign be able to make permanent changes to the funding of free meals for those children who need it?

**"I don't have the education of a politician, many on Twitter have made that clear today, but I have a social education having lived through this and having spent time with the families and children most affected. These children matter." Marcus Rashford**



# RISING HIGH

WRITTEN BY ASMAA OTMANI

2020 - it has been a wild rollercoaster ride for everyone. The start of this decade is one that will never be forgotten. However, as time goes by, everything seems to advance: technology, medicine and even architecture! Here are some buildings that we would have seen this year, had it not been for the unique circumstances of 2020.

## Dubai Creek Tower

Dubai isn't prepared to give up their throne of having the 'World's Tallest Tower' so they decided to build another tower instead. They did not confirm the height of the tower due to fear of having competition, but it is believed that the tower will reach 1345 metres tall. This tower costs around £777,675,000 (\$1 billion) to build. The building isn't actually called the *Dubai Creek Tower*



as that is its temporary name unofficially opened. Its construction was meant to finish in 2020, however was cancelled due to the Coronavirus pandemic. Built with a slim stem as its spine, it will have an oval shaped bud close to its top, which will most likely be used for observation decks. The only thing preventing this miraculous structure from being titled the World's tallest building is the fact that the *Council on Tall Buildings and Urban Habitat (CTBUH)* only considers a skyscraper as a tall building if 50% of it is habitable. The *Dubai Creek Tower* is only habitable in 30% of its structure (not as if it will matter to the public media, though).



## Jeddah Tower

Believe it or not, Saudi Arabia might become the home to the world's tallest building in the world! Reaching as tall as 1 kilometre (3307 feet) above the ground, its designer (Adrian Smith) is the same person who designed the *Burj Khalifa* itself. Despite this tower being taller than the *Burj Khalifa*, it cost less, with the *Jeddah Tower* costing £956,540,250 (\$1.23 billion) and the *Burj Khalifa* £1,166,512,500 (\$1.5 billion). The construction of this giant started in 2013 and was due to finish in 2020 / 2021, however construction was cancelled in 2017, when only one third was built, due to labour issues. The team have decided to continue the construction of this terrific tower in 2020 instead.





### Dubai Dynamic Tower

The designer David Fisher was inspired by New York's *Olympic Tower* and decided to create a building that turns 360 degrees. Dubai then decided to take this idea and turn it into a reality as a luxury hotel. It is planned to have 80 floors reaching 420 metres above the ground. The building will have a concrete base with each storey created in a factory then taken to the construction site to be assembled onto the building - this will speed up the process of it coming to life. Each floor will be able to turn 360 degrees in the occupants' desired direction and speed and can be controlled by their voice. There will be special elevators in the concrete core so the people staying in this wonder can park their car on the same floor that they are staying in. There will be solar panel installed on the roof of the hotel and smaller wind turbines on every two floors. If you are already planning a trip to Dubai and wish to live this dream, then you might want to take a look at the price first; per night these range between £3 million - £30 million (\$4 - 40 million). If that wasn't enough to put you off staying at the *Dynamic Tower Hotel*, then here's something else: it hasn't even been built yet! What a shame.

### Something Closer To Home

Enough about new buildings way out of our budget range and all the way in the Middle East! Here's a place closer to home and instantly recognisable all over the world: *Big Ben*! It has been covered up since 2017 for maintenance reasons and its British glory is finally going to be returned to London. Crumbling walls, leaks and 3343 cast iron tiles have been removed and repaired over this time period, however the total repairs cost has been increased by a third to £79.7 million as asbestos and bomb damages from the Second World War were found and had to be repaired as well. The removal of all the scaffolding may take around an estimated 6 weeks to remove, but at least beautiful *Big Ben* will be returned to our Capital's iconic scenery!



# CORONAVIRUS- THE GOOD, THE BAD AND THE GOVERNMENT

WRITTEN BY SIHAN AHMED

Coronavirus was completely unprecedented, and let's admit, all of us - from your average citizens, to the government, to the WHO - were taken by surprise. In this article, we will discuss one of the most important questions of this pandemic - Did the UK government handle the crisis well?

To answer this question, we'll have to look at countless decisions the government has made the past half-year, so why don't we start with one of the earliest decisions they made - the nationwide lockdown?

On March 23rd, Mr Johnson sat at his desk at 10 Downing Street and delivered a critical speech to the nation. He spoke about the entire population having to pull together (in our own households, of course), to stop the spread of this deadly virus, how the rules would work, and, well, you know the story from there. This lockdown was one of the strangest experiences the UK had endured in decades, and for some, it wasn't what they thought was right from the country. Let's see what various people had to say about the government's lockdown strategy.

*"It would have been better to implement lockdown earlier, maybe closer to the start of March, because that's when the cases started to go up."*

*"Apart from the fact that it could have been done earlier, it was a*

*good decision, even with the backlash."*

On May 10th we saw Mr. Johnson laying out how he wanted to re-open the hospitality, retail and other non-essential industries. Once again, the nation's views were divided.

*"I wouldn't have minded staying home longer so the cases could really lower to a point where everyone felt safe, than re-opening the economy so soon."*

*"I think that even though it wasn't particularly good for the R number, it did really help with people's mental health."*

*"It wasn't a good decision; it happened too early"*

*"It was structured with achievable goals. I thought it was quite good"*

As we all know, schools were allowed to open for Nursery, Reception and Years 1, 6, 10 and 12 during June, with remaining year groups returning in September. However, school life is now markedly different. The government introduced a "bubble system" where each class/ year group would form a "bubble" or a group that would not have to be distanced where not possible. Of course, we try to distance when we can, but in classroom settings this is not always possible. Rows, outdoor breaks, and PPE being available are just a few changes to the schooling system. Many of us have different opinions on this.

*"In the UK, not many schools used online video conference apps, so I think that schools should use that and stay closed a bit longer."*

*"My opinion is divided because on one hand it is easier for children to focus and receive help rather than during online classes. However, there is a risk as it could spread to vulnerable people easier."*

*"I think it's good to be back at school because we are actually learning more."*

*"I want pupils to be back in school but if one child gets COVID-19, it is hard to stop the spread. I wish the government had waited a bit longer before sending the children back to school."*

In November the Government announced a new phase of Lockdown lasting to the start of December. Time will tell if these restrictions will be successful and by the time you read this, you will have a better idea of this than we do at the time of writing this article!

Clearly everyone seems to have an opinion on the Government's decisions from the start of lockdown to now. But to what extent have these decisions been a success? What do you think?



# HISTORY FOR HARRIS

WRITTEN BY SHANI JOHNSON

By the time you read this, we will be about a month away from the official inauguration of Joe Biden as America's 46th President. But why exactly is his chosen Vice President, Kamala Harris making history? Well, not only will she be the United States' first female Vice President, but she will also be the first Asian-American and the first African-American Vice President.

Here are some facts about the current Vice-President Elect.

Kamala Devi Harris was born on the 20th October, 1964. After graduating from Howard University, she began her career in an Attorney's office in Alameda county,

Her favourite books include *The Kite Runner* by Khaled Hosseini, *The Joy Luck Club* by Amy Tan and *The Lion, the Witch and the Wardrobe* by C.S. Lewis.

In 2003, she was recruited to the City Attorney of San Francisco. In 2016, Harris defeated Loretta Sanchez to become the first South Asian-American and the second African-American to serve on the United States Senate.

Her mother chose Kamala's name as a reflection of both her Indian roots and female empowerment; Kamala means "lotus" and is another name for the Hindu goddess Lakshmi.

As a child, Kamala was heavily influenced by her grandfather on a visit to India. He was a high-ranking government official who fought for Indian independence. Her grandmother was also a key influence on Kamala, as she was an activist who travelled the countryside teaching women from poor backgrounds about birth control.

Kamala's motto comes from her mother: "You may be the first, but make sure you're not the last."

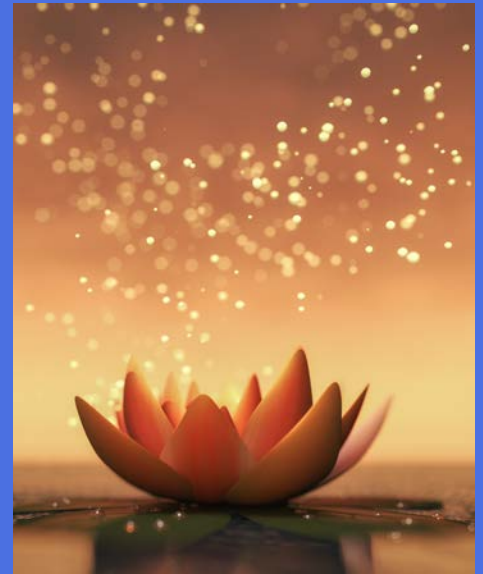
Harris does not like being called the "female Obama." When a reporter commented that Harris would be continuing Obama's legacy during her run for President, she stated, "I have my own legacy."

Kamala has 2 step-children who call her "Momala."

In 2013, President Barack Obama called Harris the "best-looking attorney general in the country." He apologised later after being accused of sexism.

In first grade, Kamala had to travel by bus to Thousand Oaks Elementary School, which was in its second year of integration. The bus transported her from her mainly black, lower-middle-class neighbourhood where the school was situated - prosperous white district.

So, will the 2020 Elections herald a new start in US politics? Time will tell. In achieving what she has done so already, Kamala Harris has certainly made history. Time will tell if her policies and actions over the next 4 years will help pave the way for future history makers.



# THE PRESIDENT AND THE PANDEMIC

WRITTEN BY KAYLA ALVIS

As you may well be aware, the USA is one of the most affected countries in the world with regards to Coronavirus/COVID-19. Unfortunately, their President, Donald Trump, seems to have done very little to stop the spread.

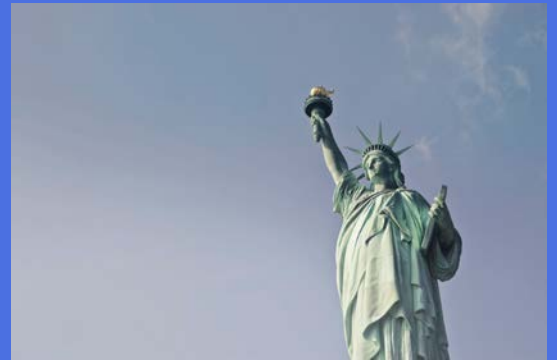
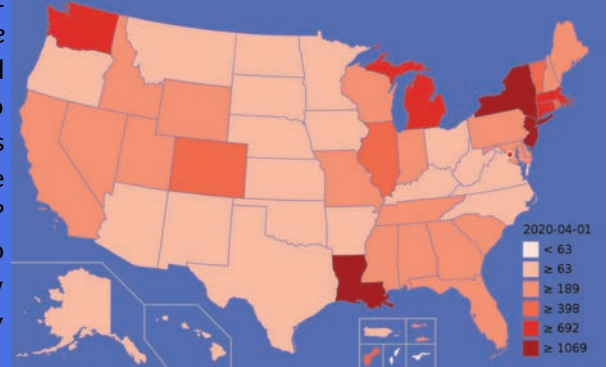
At the time of this article being written, there have been 12.5 million confirmed cases and tragically, 258,000 confirmed deaths in America. The spread of COVID-19 has rapidly increased throughout America and yet few extreme measures have been put in place. Compared with other countries that have gone on extreme lockdowns and have closed workplaces and schools in an effort to prevent the virus spreading further, America's strategies have varied from State and State.

Earlier this year, President Trump tested positive for Coronavirus and seemed to have a swift recovery. However, many people think that Trump exaggerated his own recovery from Covid-19. Some of the treatment used for Trump was not available to the American public, but he promised that they would receive the same medical intervention at no cost to themselves, despite America not having a free Healthcare system. The President declared on Twitter "I feel better than I did 20 years ago!"

Whilst President Trump claimed he had a "positive glow" following his contracting of COVID-19, he

received much criticism not only for refusing to quarantine after leaving hospital, but also for not wearing a mask in *The White House*; indeed, it was revealed that both his wife and son also contracted the virus. Could this have been as a result of the President's own carelessness? What message does this send to the American people about how to deal with the potentially deadly effects of Coronavirus?

Many would argue that under Trump's leadership, America has dealt with Coronavirus very poorly and has not taken the pandemic seriously enough to protect his citizens. But what do you think? Is Trump being unfairly targeted or is he to blame for the deaths of his own citizens?



**Some of Donald Trump's tweets on Coronavirus:**

"HYDROXYCHLOROQUINE & AZITHROMYCIN, taken together, have a real chance to be one of the biggest game changers in the history of medicine, The FDA have moved mountains - Thank You! Hopefully they will BOTH (H works better with A, International Journal of Antimicrobial Agents)..."

"The United States will be powerfully supporting those industries, like Airlines, and others, that are particularly affected by the Chinese Virus. We will be stronger than ever before!"

# MAKE AMERICA GREAT AGAIN

WRITTEN BY REUBEN BOWES

'*Make America Great Again*' has been the long-standing motto of Donald Trump, from his Presidential campaign in 2016 to his recent defeat to Joe Biden. At times, Trump's antics have seemed like a form of strange entertainment to us in the UK. However, it might be quite dangerous to dismiss his *Twitter* tirades and bumbling Press Conferences as the words and actions of a clown.

Despite his obviously racist tendencies and countless faults, he still earned seventy-seven more electoral votes than his 2016 opponent Hillary Clinton, despite her winning the popular vote. More recently, as his Presidential reign drew to an end, we all waited, the world over, with bated breath to see the result. And what an explosive finale it was! Trump was defeated, floored by Biden's 279 electoral votes and nearly 76 million total votes. It is important however, to recognise that Biden's victory was not as extensive as some had predicted; in a race that was relatively close to call in the end, what does this tell us about how popular Trump and his divisive views still are?

Of course, some don't understand the impact that Biden's victory is now having upon *the USA*. One of the clearest differences between these two candidates are their political parties: Trump is a Republican and Biden stands for the Democrats. Trump sums up the Republican ideals almost perfectly: restrictions upon immigration, relaxed gun laws, increased military funding and the

promotion of capitalism. Such things were promoted in Trump's run: his talks of "building a wall" is a clear indication of his extreme views.

The Democrat ideals are more liberal: protecting the environment, *LGBTQ+* rights, minority representation and egalitarianism, or the belief that all people are equal. Biden is also a man of great understanding and experience; however, with Biden being the oldest President-Elect to date, some argue that his views are dated. However, surely it could be argued that Joe Biden's long life has allowed him a range of experiences, including of great loss? His wife and one-year-old daughter died just weeks after his 30th birthday. This loss and tragedy gives him a greater level of sympathy for those who lose loved ones – surely this is an important quality in a leader who is running a country so drastically affected by Coronavirus?

Trump, in contrast, seems to have no such understanding or even empathy - his brief scare with Covid-19 did little but increase his arrogance - after all, he's "immune" now, and feeling better than he has in years...

Whilst Trump stubbornly clung to his Presidency as the results came in, Biden delivered a balanced and more generously toned speech, in which he called for unity between Democrats and Republicans, calling them all Americans with a shared purpose.

It is the view of many across the world that America can expect to

enter a new golden age with Biden's Presidency, one in which Trump's old-fashioned, prejudiced views can be countered with empathy, respect and tolerance. Maybe 2021 will be the start of a new golden age for the USA- a time to truly make America great again.



# BLACK LIVES MATTER: A MOVEMENT LIKE NO OTHER

WRITTEN BY JOSHUA ZACK

George Floyd: you've heard his name. In May 2020, he was killed by a white police officer who knelt on his neck for 8 minutes. This sparked worldwide protests, most notably in the United States, United Kingdom and Australia. The message? *Black Lives Matter*.

Rewind to February 2012. Trayvon Martin, a black teenager, was shot by a Hispanic police officer when he was returning from buying sweets at a local shop. 15 months later, the *Black Lives Matter* movement began with the *#BlackLivesMatter* hashtag on social media. The movement became recognised in the United States after protests in 2014, when Michael Brown was shot by a white police officer. You may also have heard of Breonna Taylor, shot on 13th March of this year when plainclothes police officers returned fire on her boyfriend, though Taylor was unarmed. The needless brutality of such stories indicate that something very sinister is going on, that many have felt the need to protest about.

The impact *Black Lives Matter* has had on today's society is unprecedented. No longer can police brutality be ignored. This movement has highlighted how in the 21st century, like a lingering stench, racism in some aspects of society - including some parts of the police - still exist.

Many celebrities have supported the movement. The Weeknd donated \$500,000 to a number of

charities. Meanwhile, Harry Styles committed to paying off prison bails for protestors. Drake also contributed, donating \$100,000 to a charity dedicated to bailing out black mothers.

But what does our school community think of the BLM Movement?

Reuben in Year 10 says that the message of the Black Lives Matter Movement "shouldn't have to be repeated every time someone is killed".

Ms Cooke thinks the movement is 'incredibly necessary', and "it's frustrating and extremely damaging when the issue is dismissed".

Mr Carroll even went to the protests himself, telling us it's a 'very important Movement'.

Mr Edwards thought long and hard when we asked him what the Black Lives Matter means to him. Here is what he had to say:

*"The image of George Floyd death and him uttering those words "I can't breathe" will forever haunt me. But this image also shocked the world and was the main catalyst that inspired a new generation of protesters and campaigners. It also invigorated the Black Lives Matter movement.*

*However, despite the tragedy of George Floyd's death and the global outrage it caused, what was important was the dialogue that followed regarding racial*





racial inequalities; especially here in the UK.

In the UK, protesters and campaigners highlighted our own issues and experiences of racial violence and discrimination. This prompted our government to have a open and frank discussion about some of those issues and attention was drawn to key issues such as:

The Windrush scandal whereby hundreds of black Commonwealth citizens and their children were wrongly detained, deported and denied legal right.

The disproportionate rate of Covid-19 death among Black, Asian and minority ethnic groups and factors that made those groups more vulnerable, such as employment and housing.

The over-policing of the Black community and how black males are systematically labelled as dangerous, hostile and threatening.

The focus on the education system and its curriculum, such as the teaching of the UK's colonial past in schools and universities.

The appropriateness of statues and monuments associated with slave owners or those involved in atrocities and oppression of other races and cultures.

To conclude, whilst the issues of racial disadvantage and inequalities have been the theme of previous government appraisals, the lack of progress in implementing sustainable long term change has become a cause for concern and frustration to many. Therefore, the Black Lives Matter movement and protest response serves to pressure officials and institutions at all

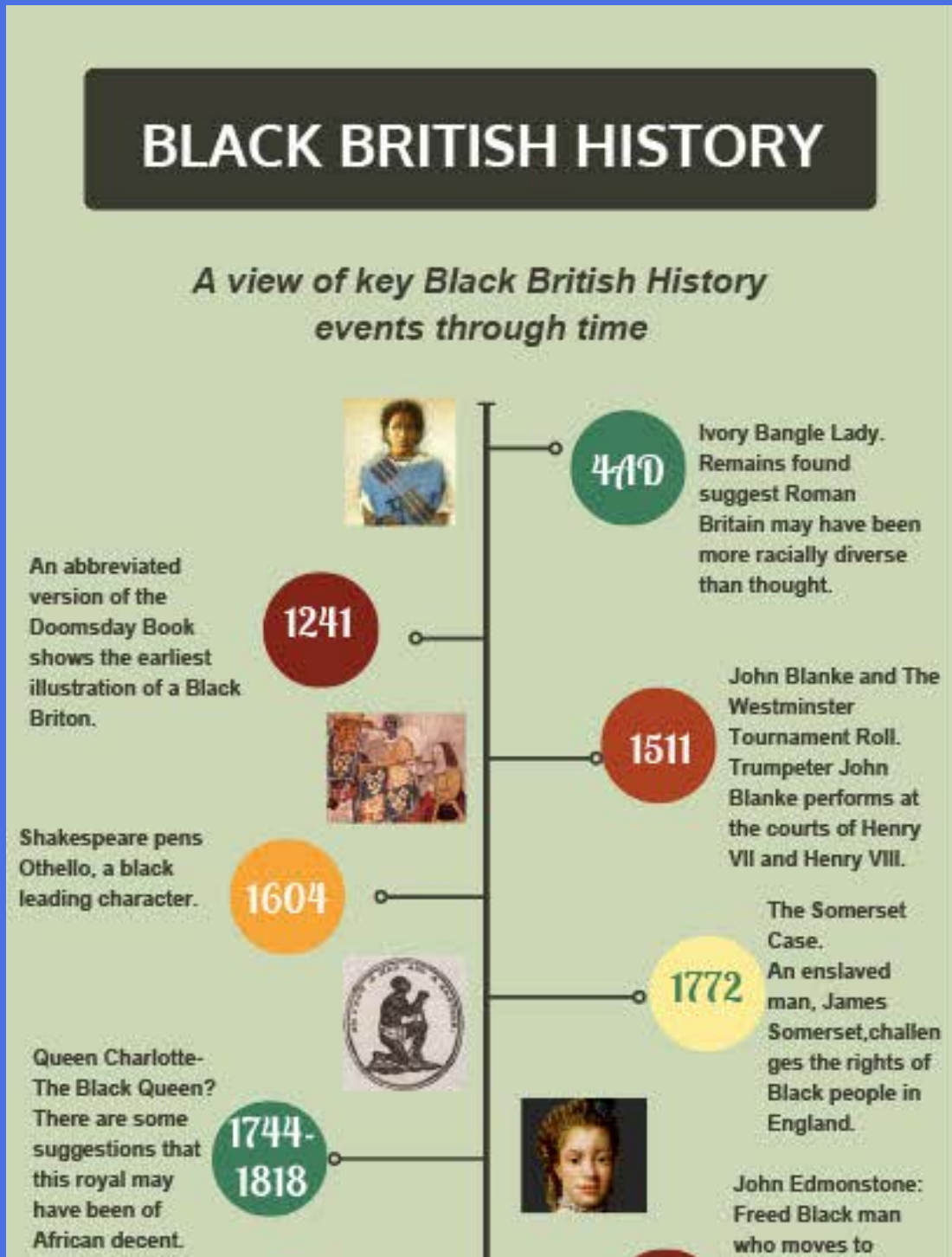
levels of government to refocus their efforts on those recurring issues of racial inequality."

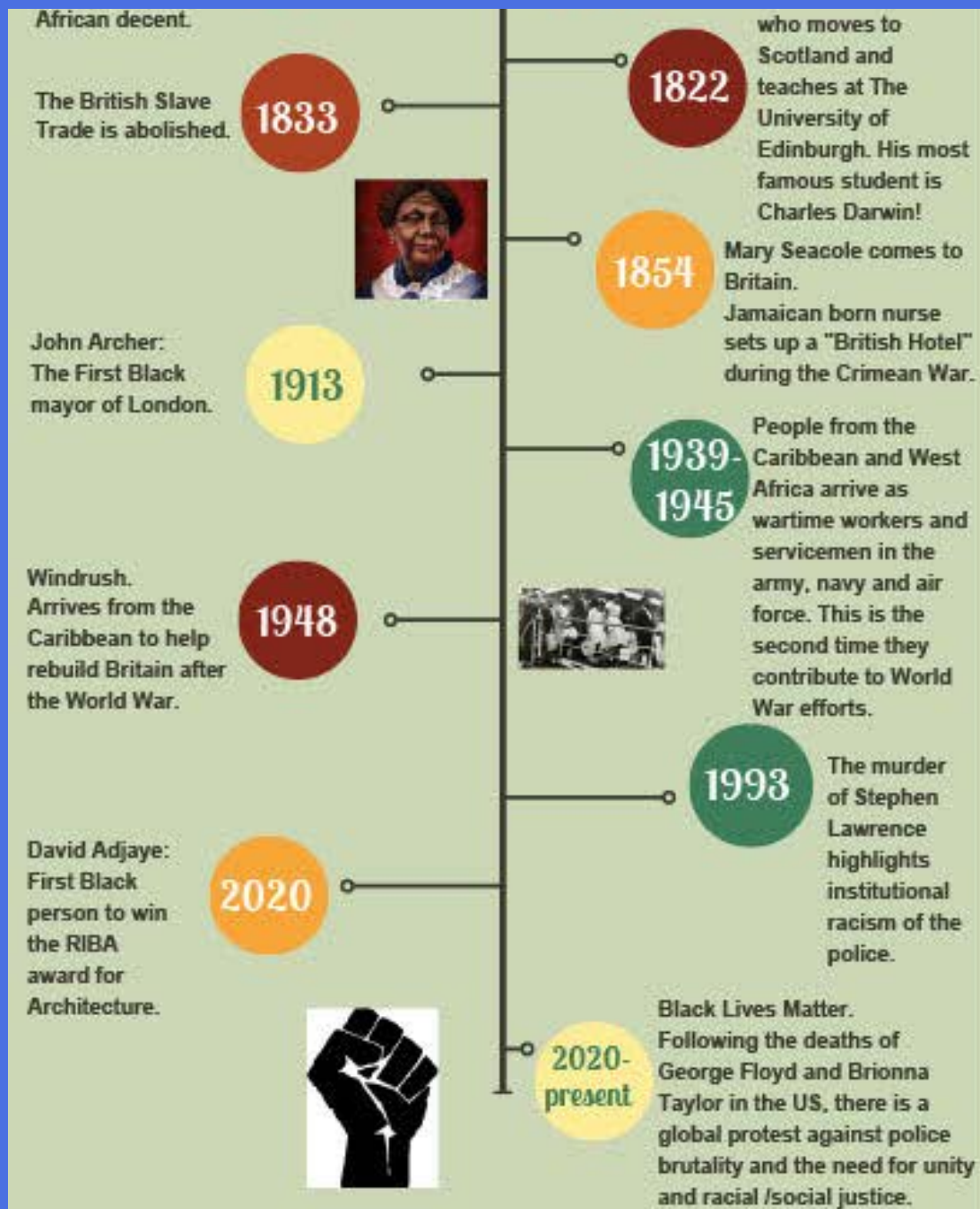
There is little doubt that we are living at a time when people should no longer have to worry about being targeted for the colour of their skin, especially not by those who ought to be serving and protecting the community. But tragically, as the names George Floyd, Breonna Taylor, Eric Garner and Michael Brown remind us, there is still a very long way to go.



# BLACK LIVES MATTER: A TIMELINE

CREATED BY HONOUR BAILEY





# A LETTER TO THE WORLD

WRITTEN BY JESSICA FERREIRA

Dear World,  
Reality is not what it could be,  
Everyday we approach  
Different colours and faces.  
Yet we are still prejudiced against others,  
We still condescend those who are different.  
Why?  
We all need food to eat  
And water to drink.  
We all bleed when cut  
And cry when we grieve.  
So, from the generation of tomorrow,  
We are begging you,  
Pleading with you,  
Imploring you,  
Please.  
Stop those in the wrong  
And show them what's right.  
Let's make reality what it could be -  
No longer just a dream.





# community corner

## ASTONISHING ADELE

WRITTEN BY CAPRI O'CONNOR PALANGAFKAN

Adele Laurie Blue Adkins (better known to us as 'Adele'), was born on May 5th 1988 in Tottenham, London. Growing up, Adele had a great life apart from her dad leaving when she was just two years old. Adele first began singing at the age of 4 and says she was obsessed with voices. At one time, Adele and her mother moved to Brighton. When she was young, Adele spent a lot of time in Brockwell Park - a place many of us know well - where she sang and played her guitar for her friends. It is said that when Adele's mother tried to persuade her to leave South London to go to University, Adele penned one of her most popular songs *Hometown Glory*.

This singer-songwriter graduated from the *BRIT School* in 2006 and signed a recording contract with *XL Recordings*. By 2007 she had won the *Brit Awards Critics' Choice Award* and the *BBC Sound of 2008* poll. In the same year she released her debut *19* which was an 8 times *Platinum Award* winning album in the UK and a 3 times in the USA. At the 2009 *Grammy Awards* she won *Best New Artist Award* and *Best Female Pop Vocal Performance*.

Adele's first single *Rolling In The Deep* reached No.2 and No.1 in the US *Billboard Hot 100*, whilst *Set Fire To The Rain* became her third No.1 single in the USA. Astonishingly, at the 2012 *Grammy Awards* she won all of the categories she was nominated for, which makes her the second female artist in Grammy history to do so, after Beyonce. Did

you know that she also won the *Best Original Song Award* for her song *Skyfall* that featured in the James Bond film of the same name?

Adele currently resides in Los Angeles, but has seemingly never forgotten or lost her love of South London.

***Round my hometown  
Memories are fresh  
Round my hometown  
Ooh the people I've met  
Are the wonders of my world  
Are the wonders of my world  
Are the wonders of this world  
Are the wonders of now***

*Hometown Glory, Adele*





# INTERVIEW WITH A PLATANOS PARENT: THE POWER IS WITHIN YOU

WRITTEN BY ASMAA OTMANI

Years ago, it would have been possible to see Rafik Otmani playing football or riding his bike on the streets of Stockwell. Now, he's a professional architect, still living in the same area that he was raised in. We interviewed him to find out more about his story of life as a local resident.

### 1) How long have you lived in this area and what do you think of it?

I have lived in Stockwell all my life - except for the 4 years I spent studying in Oxford. I even attended *Stockwell Park* (now *Platanos College*) in my first year of secondary school. However, after seeing the behaviour of some of the kids, I decided to move to Pimlico as I wanted to progress. The school has changed and improved a lot since my time! I think this area is a great place to live; it's well connected and diverse.

### 2) What was your inspiration for becoming an architect?

As a kid, I used to enjoy making things; I would make my own sledge when it snowed and even make my own toys with electric motors and batteries. At first, I wanted to design airplanes, then I wanted to design cars. My GCSE Design and Communication project was to design a house and that's when I decided to become an architect, but the thing is, it's a seven year course! But that's fine, because it's what I felt I wanted to do.

### 3) What challenges did you face in order to become an architect?

I had to overcome multiple challenges in order to become an architect over the years. For example, one of my A-Level exam results was lost (it can happen, so beware!). This prevented me from attending the University I had applied for, *Oxford Brookes University*, so I studied Building Studies, which broadened my scope and then joined the architecture course upstairs the following year.

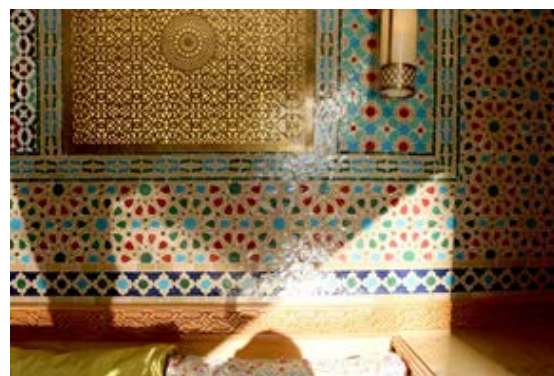
When I graduated, finding a job was extremely difficult as a recession began to slow the economy down. I put my CV on an interactive CD but still couldn't land a job. I later managed to find a job with an architectural contractor doing interior work for rich Arabs.

After that I enrolled at *South Bank University* on Wandsworth Road (before it was converted to flats), to do a Post-Graduate Diploma in Architecture. At the interview I was told that my experience in the contractor's office wasn't architectural enough and perhaps I should consider taking a part time job in an architect's office whilst studying part time. At first I saw this as a setback as it meant I had to find another job and the course was three years long instead of two. However, upon reflection, I didn't mind so much as my goal was to become an architect and it simply meant I had to re-evaluate my path.

A few days later, my former tutor from *Oxford Brookes* called me asking if I could work for him in his small architectural practice; I accepted on the condition that I could work part time, allowing me to study part time. He was very supportive of this and so I was on my way again to becoming an architect. I always had issues with reading aloud and writing. In my final year whilst writing my thesis, I took a dyslexia test for £200 and was told if I wasn't dyslexic that I wouldn't get my money back, but if I was I'd get a refund. I said "I'm not interested in the money; I really need to know if I am dyslexic or not!" Three weeks later I got the result and a refund cheque for £200. Finding out that



↑ These photos are some of Rafik's architectural work- how amazing! ↓





I was dyslexic was not about finding that I had a reduced ability in something, but rather I have an increased ability to visualise three dimensional space and to mentally move within that space. People with dyslexia are normally a lot more visually inclined and imagining things in 3D is very natural. After three years and graduating with a *Post-Graduate Diploma in Architecture*, my tutor's practice ran out of work and so it was time to look for a job again. I soon accidentally fell into a job with a Building Design company up the road in Clapham. It was simply to help measure up a house and it all developed from there.

The challenge I faced this time was that there was no qualified architect in the company and to qualify as an architect in the final professional course, I had to firstly work under the guidance of an architect and secondly work on a building project that covered all stages, from initial client discussions to handing over the keys. I saw this job as a stop-gap; it felt like a dead end. However, the company took a turn and a senior architect was hired! It wasn't a dead end anymore - I was now back on my way.

I designed a block of flats on Coldharbour Lane from beginning to end and was on site instructing the builders what to do. It was the project that I used to write my Case Study followed by the professional exams. I sat the exams and achieved my goal that I had set myself while starting my GCSEs all those years ago. I then applied for RIBA status and have been a Chartered Architect ever since.

After a number of years, I could see that there were no new projects coming in and knew it

was time again to chart a new direction. I wrapped up the project I was working on and it was time to move on; this time I wasn't going to look for a job... I was going to look for a project. I wanted to work for myself and start my own little Practice. Two weeks later, whilst shopping in *Sainsbury's Nine Elms* (before it got redeveloped into shiny new flats), I received a phone call and someone offered me two projects to work on! And that was how my own Practice began. I now work as a 'one man band' with clients all over.

**4) What would you like to achieve in the years to come?**

I would like to retire in good health as work can be incredibly stressful!

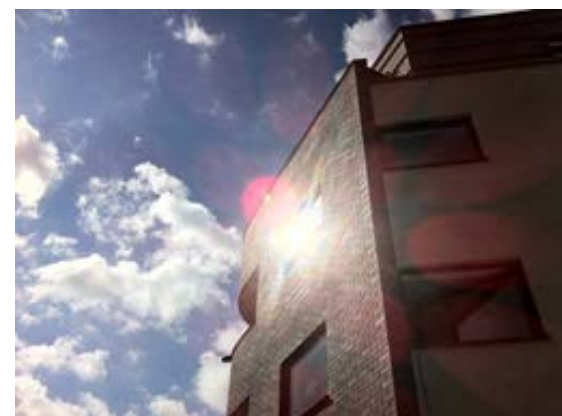
**5) What piece of advice would you give to our KS4 students?**

I would say be ambitious and have a goal to work towards. It's ok to have different goals and sometimes to have a Plan B. You could find that your Plan B is an alternative route to achieving Plan A, just like I did. Focus on your studies and work hard; it will stand you in good stead. Have a rough understanding of which profession you would like to go into and align the right subjects/course you want to study or perhaps something that keeps your options open if you haven't yet decided. Setbacks must be looked at as an alternative way of moving ahead and you should grasp the opportunities they bring. Look deep and find your talent, nurture it and use it to your advantage; everybody's good at something!

Good Luck!



↑ *Just another two of Mr Otmani's marvellous creations* ↓





# *inspiration station*

## LEBRON THE LEGEND

WRITTEN BY MUHAMMED ALI

One of the greatest NBA players in history is LeBron James, whom many consider to be the greatest basketball player of all time. He was the youngest player to ever be drafted to the NBA when he was just 18.

James' mother was only 16 when he was born in 1984; sadly, her own mother died just 2 years later. Consequently, LeBron and his mother had an unsettled time with little support and no permanent residence. However, with help from two football coaches who offered him accommodation, LeBron was eventually able to have a more stable childhood.

James' sporting prowess was soon discovered; in fact, at the age of just 17, he featured on the front cover of *Sports Illustrated* with the title 'The Chosen One.'

As a basketball star, LeBron truly pushed boundaries and showed what sporting legends are made of. On 3rd June 2016, the 70th NBA Final took place between defending champions the *Golden State Warriors* and the *Cavaliers*. Game 1 ended badly for LeBron James and the *Cleveland Cavaliers* as they suffered a defeat of 104-89. This continued until Game 3 when the *Cavaliers* won, making the Series 2-1 to the *Warriors*. Unfortunately, in Game 4 the *Cavaliers* lost again making the Series 3-1 to the *Warriors*, which meant that they only needed one more win to win the NBA Championship.

*Cleveland* was now trailing the series 3-1, a deficit that no team had ever successfully overcome in the Championship round. However, history was about to be made and LeBron James played a critical role in this.

On 14th June 2016, Game 5 of the Finals had left *Cleveland* fans devastated and without hope, but the players weren't ready to give up just yet. They were able to make the Series 3-2, bringing back hope for the *Cavaliers*. The hard work continued to pay off when the *Cavaliers* tied the Series 3-3. Now the *Cavaliers* fans were re-energised as they couldn't believe how their luck had changed. Perseverance was running through LeBron and the rest of the *Cavaliers'* minds as they had to win this game to win it all...

And they did.

The *Cavaliers* did the impossible, beating the *Golden State Warriors* 93 to 89 to win their first NBA Championship ever, making it into the history books as a most extraordinary way to succeed in the NBA Finals from a 3-1 deficit to winning 4-3.

How were they able to achieve such a feat? Because they persevered all the way from Game 1 to Game 7. Their journey - and LeBron's own personal journey - really inspire us all to never ever give up.







# GETTING YOUR MOJO BACK FOR 2021!

WRITTEN BY SHACKAYE BRISCOE

We all know 2020 has been a challenging and frustrating year for pretty much everyone. But don't let Coronavirus sap your motivation to make next year better. We've rounded up some key inspirational quotes to help us say goodbye to 2020 and start 2021 with a bang! Remember, "Attitude Determines Altitude."



***In the middle of every difficulty lies opportunity.***  
***-Albert Einstein***

***Work in silence, let your success be the noise.***

***-Frank Ocean***



***Practice makes progress, not perfect.***

***-Unknown***

***The key to success is to start before you are ready.***

***-Marie Forleo***

***Don't limit your challenges, challenge your limits.***

***- Unknown***





*The world is full of nice people. If you can't find one, be one.*

*--Nishan Panwar*

*I never lose, either I win or learn.*

*-Nelson*

*Mandela*

*If your dreams don't scare you, they are too small*

*-Richard Branson*



*I never lose, either I win or learn*

*-Nelson*

*Mandela*



*Be good so they can't ignore you.*

*-Steve Martin*



# THE MAGIC OF MORANT

WRITTEN BY BENJAMIN ADUBOFOUR

Temetrius Jamel Morant, or 'Ja Morant' is a Point Guard (main player to handle the ball in a basketball team) for the *Memphis Grizzlies*. However, his road to the NBA wasn't so easy.

It all started in his *Amateur Athletics Union (AAU)* team, in which he was the 4th best player on his team. This meant he never truly got the opportunity to shine, which is the worst thing for a college or High School basketball player, as every year only 60 out of about 3600 players get drafted into the NBA. Don't get me wrong, he was good enough to be invited to elite camps, but he was never one of the most sought after players.

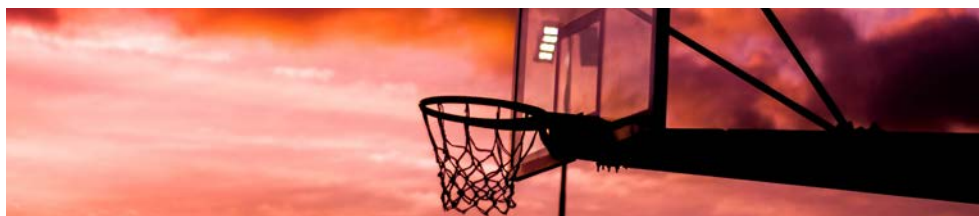
However, this all changed when he was invited to a 2-day tournament where scouts were on the hunt for new talent. Morant joined the camp late and to his dismay his name wasn't called, which meant he had to go to the auxiliary gym. However, a twist of fate worked in his favour that day. One of the coaches who was scouting for a different player in the main gym got hungry and headed down the hall to a little snack bar. Even though he felt rejected and his morale was low, Ja continued to play to the best of his ability in the back up gym. This is where the coach heard dribbling and took a peek inside, where he saw Ja absolutely dominate his competition. After a few minutes of watching Ja play, the coach told his boss "You gotta come up here and see this kid."

Consequently, the next day the

Head Coach attended the tournament to watch Ja play and decided to recruit him. Ja agreed to commit to playing Division 1 (the best division out of 4) College Basketball at *Murray State*. There, he led his team to the NCAA (*National Collegiate Athletic Association*) tournament in his first year of College Basketball, but his team didn't do so well. His first game of the second Season was against *Alabama State* where he scored 38 points, 9 rebounds, 5 assists and an absolutely monster slam dunk, which blew up on Twitter; this is when people really started to notice him.

Eventually, Ja Morant aspired for more than just College Basketball and applied for the NBA, where he ended up joining the 2019 Draft, taking his shot to play professional basketball. He ended up being the 2nd pick of the Draft and, well, the rest is history.

This story is inspirational because even though Ja Morant worked as hard as he could for all those years, no-one gave him the spotlight. Yet he continued to persevere until one day, not knowing anybody was watching, he still played to the best of his ability and he got his opportunity and ran with it. This story is a lesson to us all that we should do everything to the best of our ability because we just never know who might be watching.





# REMARKABLE RONALDO

WRITTEN BY BASIL SHEIKH MUHUDIN

Regarded by some as the greatest footballer to ever touch the face of the earth, Cristiano Ronaldo Dos Santos Aveiro is a Portuguese footballer born on the 5th February 1985.

Raised in the streets of Madeira, Ronaldo always wanted to be a footballer. Coming home from school, he would leave through the window as his mum prepared food for him; he would run off to play football until late each night.

At 14, Ronaldo was a victim of bullying at school as he went to a school in Lisbon; he had a different accent to the children from Lisbon, came from a poor family and was even made fun of by his teacher. Eventually, Ronaldo had a negative outburst following this treatment, leading to him being expelled from his school; from this point onwards, Cristiano and his mum decided that he would focus his attention on football.

He rose through the ranks at Sporting Lisbon, eventually making it to the match where he was noticed by Former Manchester United Coach Sir Alex Ferguson in a Champions League game. The teenage sensation was signed only six days later for a fee of around £12 Million!

At Manchester United Ronaldo started to establish himself on the world stage of football, winning the FA Cup in his first season and numerous other accolades, making him the best player of the 2008 season. These performances caught the eyes of Real Madrid, which he then went to sign for in 2009.

His years in Spain were the best as these were the years that he won a lot of trophies, including a further four Champions League trophies, three Club World Cups and UEFA Super Cups. He was widely regarded as the best footballer during this time, though some would argue that the better player was his rival Lionel Messi.

In 2018, after a long 9 years in Madrid, Ronaldo moved to his current club in Italy, Juventus, winning the League in two consecutive seasons.

Currently at the 'old' age of 35, Ronaldo is still playing football at the highest level with Juventus due to his strict diet and impressive physique. Doctors have estimated that he has the body of a 21 year old.

Ronaldo's hard work has led him to become one of the greatest- if not the greatest- footballer of all time, coming from poverty to becoming the first footballing billionaire. The story of Ronaldo goes to show us all that no matter what, with hard work and self-belief, you can become whatever you want.





# LIMITLESS LEONARDO

WRITTEN BY REUBEN BOWES

Leonardo da Vinci is a name you have likely heard before. You may well know of his paintings, such as *The Mona Lisa* or *The Last Supper*, but did you know that da Vinci demonstrated an equal aptitude for most other subjects that drew his interest?

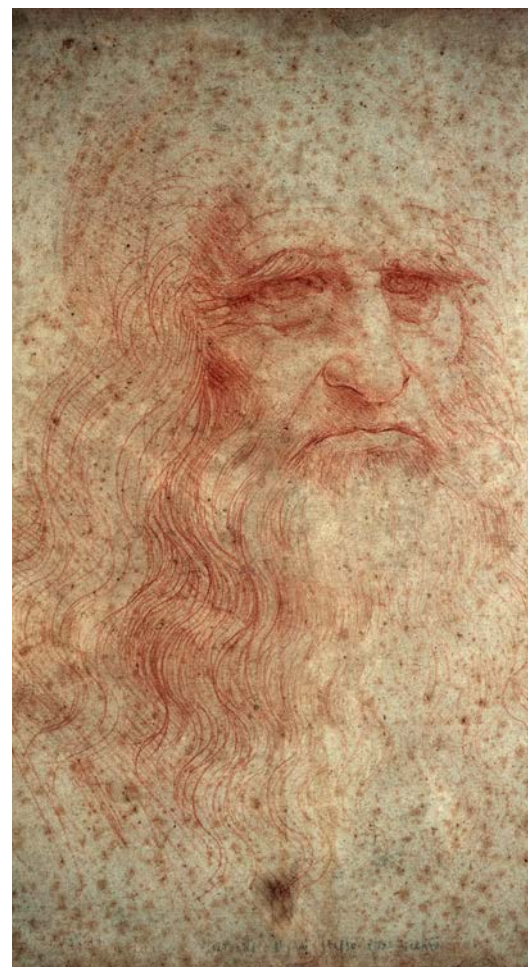
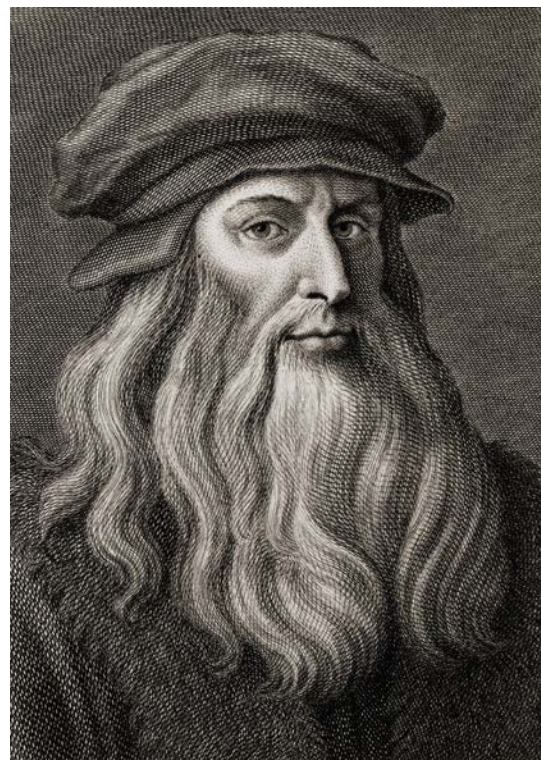
Despite his remarkable skills as a painter, Leonardo showed brilliant ability as an architect, engineer, inventor and anatomist, to name but a few! He kept detailed notebook of his observations in these fields. In these notebooks, a number of schematics have been found, displaying ideas and concepts that would not be codified until decades - and even centuries - after his death. These include a number of ideas and diagrams on the subject of human flight and the first recorded concept of the tank.

Throughout these pages, the *Vitruvian Man* was found - a diagram that not only displays his affinity for anatomy and his artist's eye, but is also early proof of a mathematical concept called 'squaring the circle' or creating a square with the same area as a given circle. Leonardo da Vinci proves this concept with his understanding of a perfectly-proportioned human being - specifically that height matches wingspan, and a square formed by each extremity when standing in a T-pose is equal in area to the circle formed at each hand and foot with the naval acting as the centre of the circle. This application of both mathematics and anatomy alone, sets Leonardo above the rest of his Renaissance peers.

But why have we chosen to share this article in *Inspiration Station*, you

may ask? The informative nature of this article should surely place it in *Learning Lounge*? Well, despite da Vinci's achievements and genius, he was never formally educated! Can you believe that? He was certainly recognised for his artistic prowess and tutored in this, but every other subject he showed affinity in he learned independently. Only the very basics of arithmetic, writing and Science formed his education, yet he still showed a level of ingenuity and genius that was centuries beyond his time. He achieved all this with only the resources within his grasp - just imagine if he'd had the wealth of knowledge of the internet in his hands too!

So this begs the question: if Da Vinci could achieve so much through sheer determination and curiosity yet with a limited education and minimal resource base, what's stopping any of us from pushing our investigative skills that little bit further? Who knows what we could achieve?





# *cacophony of colours*

## LIKE RIVERS

2020

## FLOWING INTO THE OCEAN

WRITTEN BY KAMIL OLOYEDE

WRITTEN BY HONOUR BAILEY

2020.

Coronavirus fragmented the strong temple of our Education

Because we could not go to school anymore.

Like a corkscrew, stopping the flow of our learning

Quarantine was really stressful.

Stuck indoors for six months,

Quarantine was mentally exhausting,

No clear answers to what was to be.

A raging virus, like dominoes

We fall,

It destroys us, ripping apart families.

We are stuck on repeat,

Yet Coronavirus is like a mirror –

A reflective time to think about ourselves

And our world.

Coronavirus urges us to do things

We found excuses not to do before,

Picking up new talents, learning new skills

Coronavirus is letting us explore our world

Even whilst borders are closed

Yet we remain connected

Running like rivers

Flowing into the ocean.

The year we'll never forget,  
Wildfires, Illness and World War 3 Threats  
The Worst Year I've Ever Met  
I miss the days when I could go outside  
The days I can look back on as the best.

I want the world to change  
I wish we could go back again.  
I want to go back and create a world  
Where an innocent life isn't taken for being black.

Coronavirus - a pathogen  
Raging throughout the earth.  
One day it will finally end  
And life will gain back its worth .

As we tell ourselves it will all be okay  
As we realise this was all a waste.  
"Its nearly over" we tell ourselves  
With a fake smile plastered on our face.

The love, the life, the prosperity  
Yanked out of our grasp.  
The plague still rages on.  
"Why?" Is the only thing we can ask.

As we wake up on our final day  
We will celebrate and cheer,  
Because we in ring the words we want to hear -  
2021 is drawing near.





# *crime and conspiracy*

## **KILLER FROM WITHIN**

WRITTEN BY NATHAN BEAUMONT

Your home is a place of relaxation. A place where you let your guard down. A place where you feel safe. So, imagine how terrifying it would be to find out that someone had been living in the place you call home. Well, this is exactly what happened with Theodore Edward Coneys, also known as 'The Spiderman.'

In September 1941, Coneys had hit rock bottom in his life so he decided to visit his old friend Philip Peters in Denver, Colorado. When Coneys got to the house, he discovered that Philip was not home and the door to the house was unlocked. Peters was at hospital with his wife who was suffering from a broken hip, so Coneys decided to let himself in. Inside the house he found a small door that led up to a small attic room. Coneys was a rather small man, so he was able to fit through the tiny gap and enter the attic space. He decided he would be better off spending the winter there instead of spending it on the streets. Coneys lived at the Peters' house for a few weeks, only ever leaving the attic to get food and use the bathroom when no one was home.

This creepy plan lasted until October, when, one day, Coneys slipped out of his room to do some cooking, mistakenly thinking the Peters had left. While Coneys was cooking, Philip woke up from his nap to sounds coming from his kitchen. He ventured towards the

noises and was startled by Coneys, whom he didn't immediately recognise. Startled by Philips, Coneys attacked and beat him to death.

But that's not even the strange part; instead of fleeing the crime scene, Coneys returned to his hiding spot in the attic!

Police were called after friends discovered the body, but they remained puzzled as to how Peters had died. All of the windows and doors in the house were locked so the police couldn't figure out how the killer had escaped.

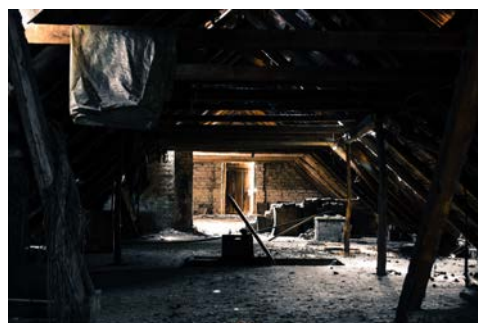
A short time later, Peters' wife returned home and hired a couple of housekeepers. However, the housekeepers would keep leaving as they thought the house was haunted; they would hear noises coming from upstairs and had an unsettling feeling about the place. Moreover, neighbours reported seeing strange lights and hearing odd sounds coming from the house.

Eventually, Peters' wife and his son moved out of the house, but Coneys stayed right where he was. The police investigated the house but would never find anyone inside, so they started doing surveillance on the house. They wanted to prove that the murder wasn't caused by a supernatural force.

Eventually, their surveillance efforts paid off because in July 1942, two police officers on a stakeout outside the house saw something move in the upstairs window. Coneys had moved an upstairs curtain and revealed his face. The officers immediately rushed inside and up to the attic where they saw a small figure desperately trying to fit through the attic door.

The police had always assumed that the door was too small for anyone to fit through, so they hadn't previously considered checking it, but now the truth was out. Coneys was given the nickname 'Spiderman' because of his unusually long fingers and his time living in an attic.

Coneys was at last arrested and convicted of murdering Philip Peters. He later died while in a prison hospital on May 16, 1967. Crimes like these are extremely rare and should be nothing more than urban legends. But, next time you come back home after a long day at school, maybe you'll want to check any unoccupied space - you know, just in case....





# 19 YEARS ON FROM THE NIGHTMARE OF 9/11

WRITTEN BY RAWAAN ABDULLE

One tranquil Tuesday morning 19 years ago, America awoke only to have the peace and normality of that day utterly destroyed by the terrorist group *Al-Qaeda*. 2977 people died and over 25,000 sustained injuries in the worst terror attack on US soil. 19 men hijacked 4 commercial planes, with 2 being flown into New York's *World Trade Center Twin Towers*. The victims ranged from 2-85 years of age. 2753 people were killed at the *Twin Towers* site, whilst 184 were killed at *The Pentagon* in Washington and a further 40 in a crash in Pennsylvania. This event prompted the *War on Terror* and caused irreversible changes in US and worldwide security systems.

In less than a year, we will witness 20 years since the 9/11 atrocities. September 11th is both a traumatic day for those who lost their loved ones and also a day of celebration of the human spirit, overcoming incredible adversity and the value of unity. Can you believe that it was only in 2002 that the clean-up operation at Ground Zero was completed, at a cost of \$750 million and taking 3.1 million hours of labour?

In the hours, days, weeks, months, and even years after the tragedy, Americans experienced a myriad of emotions. Even today, there is great grief and sorrow at the loss of family members, friends and emergency workers. For the American people, the motto "*We will never forget,*" lives on.

Nearly 2 decades on, threats to America come from different parts

of the globe. Domestically and internationally, America has seen more threats to its nation in recent years than existed 19 years ago: countries like Russia, have been accused of trying to interfere in American elections; terrorist groups have been thought to exploit social media to radicalise American citizens during the Coronavirus pandemic; China has been accused of attempting to steal American intellectual property.

There is little doubt that the 21st century brings its own set of challenges to American security; however, 9/11 will certainly remain one of the most horrific terrorist attacks in global history.

## Near misses on 9/11

### Ian Thorpe

Ian Thorpe is an Australian swimmer who won five Olympic gold medals, the most won by any Australian. On September 11th 2001, Thorpe was out for a jog and intended to go to the observation deck at the *World Trade Centre*, when he realised that he had forgotten his camera. Having decided to return to his hotel room, he turned on the TV where he saw the North Tower of the *World Trade Centre* on fire.

### Mark Wahlberg

Actor and former rapper Mark Wahlberg was born and raised near Boston, Massachusetts. On September 11th 2001, he and some friends were scheduled to fly on American Airlines Flight 11, from Boston to Los Angeles. At the last minute they changed their

plans and instead went to Toronto, Canada, for a film festival. Wahlberg has since received much criticism for claiming the plane would not have gone down if he had been on board: "*We certainly would have tried to do something to fight.*"

### Lara Lundstrom Clarke

Actress Gwyneth Paltrow unwittingly saved a stranger, Lara Lundstrom Clarke from being killed in the attacks. Both women had been exercising that morning; when they happened to pass each other on the street, Clarke stopped in surprise at seeing the Hollywood superstar. As a result, she was slightly delayed, which consequently meant she missed her train to the *World Trade Centre Building 2*, where she worked on the 77th floor. At the time, Clarke recalled being excited to tell her co-workers about her celebrity encounter. She caught the next train and stepped off the platform just in time to see the first plane fly into *Tower One*: "If I had made that train I would have been at my desk on the 77th floor of 2 *World Trade Centre*," Clarke later said.

Despite a dramatic year for America, with riots, the murder of George Floyd, the elections and Coronavirus, there's little doubt that the country will be preparing to commemorate 9/11's 20th anniversary in 2021.







# DEATH AT THE DYALTOV PASS

WRITTEN BY DENNIS LOPEZ GARCIA

We know you love the KS4 Newsletter's *Crime and Conspiracy* section and we've certainly read some really creepy stories in past editions. But here is one true account that will top them all and leave you with the coldest of shivers up your spine!

One normal afternoon in 1959, a group of nine Russian hikers set up a camping site in the Ural mountains so that they could rest for the night. Those nine ski-hikers had been looking for fun, but were never to be seen again after that fateful night.

The following day, explorers found their camping site with the tents damaged to an unimaginable extent. The tents had been ripped from the inside out and all of the hikers seemed to have fled without correct clothing for the freezing weather. Mysteriously, trails of footprints were found nearby. Tragically, the first two bodies of hikers were soon found - but this is the really creepy part; they were only wearing underwear and were barefoot. The corpses showed signs of possible death from hypothermia but after careful examination, this theory was ruled out. The same conclusion was made on a further 7 bodies found in the months following.

The evidence seemed to make no sense at all; one of the bodies had blunt force trauma that was consistent with signs of a brutal assault, whilst another had third degree burns. A number of theories about what happened were suggested, including an avalanche, military test or even an alien experience.

Recently, a documentary filmmaker presented a theory involving a petrifying phenomenon known as "infrasound". This is thought to be caused when the wind interacts with the topography to create a noise that can barely be heard, but that irritates your eardrums to such an extent that you get nausea, panic, raised heart beat and difficulties breathing. In 2019, Russia held another investigation into the events; earlier this year they concluded that the men died due to hypothermia caused by them having to flee their tents in low visibility due to an avalanche.

But what do you think? Does this sound like a realistic version of events given the injuries sustained? Or did something more sinister happen to the doomed hikers?





# *office of opinion*

## **COTTON, CHILDREN AND CONTROL - UZBEKISTAN'S SECRET**

WRITTEN BY SHREYA SINGH

Think of your favourite shirt or trousers, your pyjamas or the duvet that keeps you warm at night...there's a high chance that one of the primary materials that these items are made of is cotton. Most of us don't give a second thought to where our everyday items come from, but maybe, if we knew the truth, we might be more selective in our choices.

Forced labour, especially in developing countries, is a major concern for many clothing brands. Did you know that 65% of cotton comes from 9 countries that have not outlawed forced labour? Benin, Burkina Faso, China, India, Kazakhstan, Pakistan, Tajikistan, Uzbekistan and Turkmenistan.

Sadly, Europe, including the UK, is the largest destination for the cotton-based products from these countries. Uzbekistan has the most systemic cotton slavery organisation, where over a million people out of its 36 million population are mobilised to pick cotton during harvest season. This includes teachers, nurses and doctors. Workers are expected to leave their jobs to pick cotton against their will; refusal to do so can result in them losing their regular jobs.

Until 2012, children aged 11-15 were stripped of their education during harvest season to pick cotton for the government.

Imagine if our Headteacher was issued a notice, ordering them to send pupils to work in cotton fields? Hard to believe, isn't it?

Living conditions were disgusting, with access to food, clean water, and hygiene products scarce. In 2012, after many years of pressure from Human Rights organisations and foreign governments, a policy was passed to stop mobilising children to work.

So remember, the next time you buy any cotton-based product, ask yourself if the money you are handing over for that item is the only price to pay.





# THE MAGIC OF SOCIAL MEDIA?

WRITTEN BY SAID ABDI

Do you have a Social Media account? Perhaps more than one? What are your reasons for using platforms such as *Facebook* or *Instagram*? Or maybe you steer clear of Social Media?

There's little doubt that Social Media has done much good for our world: helps us to connect with friends who live on the other side of the world; helps to raise awareness of important causes; enables businesses to promote themselves and increase productivity. There is certainly a compelling argument for the benefits of Social Media in the 21st Century.

However, as with all new technologies and developments, there is a negative side to Social Media. One of these is the problem of Fake News; this is becoming more and more threatening to modern society. Fake News tends to spread quickly and can be extremely damaging. There are two types of Fake News: first, is Misinformation, which is false information that is spread, regardless of whether or not the intention is to mislead. Secondly, there is Disinformation - deliberate misleading or use of bias that leads to propaganda. Dr. Clair Wardle, a Misinformation Researcher, states that *"Disinformation can take different forms such as manipulated photographs, rumours that people might share to you face to face or conspiracy theories you might find of YouTube"*.

Author C. Clarke suggests that *"Any sufficient advanced*

*technology is indistinguishable from magic"*, implying how advanced technology has become to the point where it seems like magic. It's an interesting analogy, as on the one hand magic can be fascinating, but on the other it's deceiving the part of our brains in a way that we can't really understand.

According to Joe Toscano (former Design Consultant for *Google*) and Tristan Harris (Design Ethicist for *Google* and a founder of the *Centre for Humane Technology*), *"Every time you swipe your finger something new is going to appear which in psychology we call a positive intermittent reinforcement."* So, you don't know when you're going to be sent something or what that thing is going to be; this is a business technique used to prompt us into an unconscious habit, one in which we don't realise that our brains are effectively being programmed to make us stay on certain platforms.

So the question is, is Social Media a harmless and beneficial part of our lives - or, is it a way of manipulating us in ways we're not always aware of?





# REMEMBERING BLACK MAMBA

WRITTEN BY CHUKWUEBUKA OLISAEDU

On the 26th January this year, the NBA legend, Kobe Bryant died in a calamitous helicopter crash in Calabasas, California. His daughter Gianna and seven other people were also killed. This tragedy sent shockwaves through the sporting world, but did it get you wondering why Kobe Bryant is such an inspirational figure?

Born in August 1978, Bryan was born into the word of basketball. His father would take him to countless games as he himself was a professional basketball player who had spent eight seasons in the NBA, and eight in Italy where the young Kobe went to school.

Kobe earned worldwide recognition during his astonishing high school career at *Lower Merion*, going on to receive several *National Player of the Year* awards. During his junior year playing for the *Aces*, he was also named *Pennsylvania Player of the Year*, which brought him to the attention of several college recruiters. During the 1996 NBA Draft, the *Charlotte Hornets* selected him with the 13th pick, but he soon transferred to the *Lakers*, which had been his lifelong desire.

His rookie year had plenty of trials, especially in a 1997 playoff series against the *Utah Jazz*, when Bryant air-balled four crucial shots, three being in overtime. However, he later made up for these in future successes; Kobe learnt from his mistakes and regained his confidence. He played in the *All-Star Game* against Michael Jordan at 19, which highlighted his immense talent.

However, after winning his second championship in 2001 by defeating the *Philadelphia 76ers*, Bryant was visibly unhappy in an iconic photo due to conflict with his parents. They were reportedly unhappy with his engagement to 18 year old Vanessa Laine because she was not African-American and was very young. As a result, his parents did not attend his wedding and were not present for the *NBA 2001 Championship*. Despite his personal feud, Kobe went on to win the third championship in a row, with the *Lakers* against the *Brooklyn Nets*.

The stories of Kobe's on and off-court prowess are incredible; his tenacity as a sportsperson was clear. He endured gruelling early morning workouts, playing through major injuries which had an impact on his game, as well as pushing teammates to higher levels. Pushing for a sixth title in the twilight of his career, he continued to create mind boggling memories on the court, eventually sealing a magnificent 20-year journey with a 60 point game, epitomising the quality he was known for: perseverance.

At the time of his death, The Black Mamba as he became known, had become a mentor to several basketball players including Kyrie, LeBron, Candace Parker and most importantly, his daughter. His death has sent a resounding message to the world that none of us will ever forget.

Throughout his development to achieve the best version of himself, he developed 'Mamba Mentality.' Kobe stated that 'Mamba Mentality is all about

focusing on the process and trusting in the hard work when it matters most...*'It's the ultimate mantra for the competitive spirit.'* Mamba mentality is about pursuing your goals with passion and purpose, visualising success and refusing to give up. Doesn't this spirit remind you of a certain motto we all know at *Platanos College*? Yes, you guessed it: *"Attitude Determines Altitude."*

#MambaForever





# RACISM- JUST SKIN DEEP?

WRITTEN BY JEHAN KELIFA

Racism: a word that rolls off all our tongues and is often the topic of media news stories. You may even have witnessed casual racist remarks on Social Media. Racism seems to rear its ugly head in nearly every part of our lives and is even displayed by powerful leaders around the world.

In the early 1990s, the former President of *Trump Plaza Hotel & Casino*, claimed that Donald Trump said "*Laziness is a trait in blacks*" and "*I have black guys counting my money.*" More recently there has been a lot of criticism for Trump whom many believe is racist, whilst his inappropriate comments are often brushed off by those who support him.

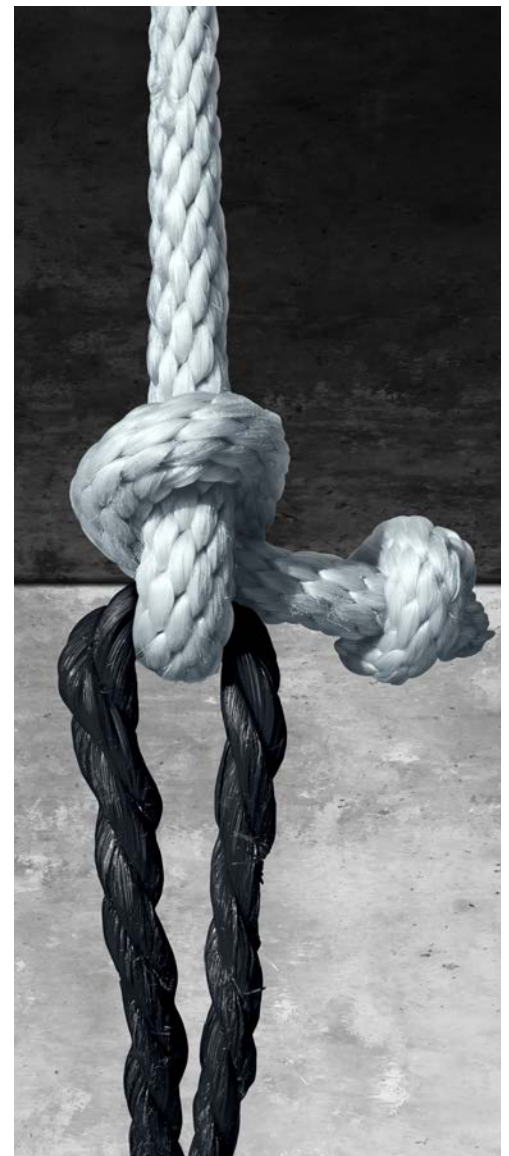
But it's not just in news and politics that racism is evident. Did you know that prejudice also occurs in media outlets? In May 2016, a Chinese laundry advert under the name of *Qiaobi* caused controversy for releasing a 'whitewashed' advert. The advert showed a black man getting a detergent tablet placed in his mouth and being put into a washing machine. The result? He emerges from the wash as a fair skinned Chinese man! The advert sparked outrage, resulting in the company responsible being forced to apologise.

Whilst you may not have heard of *Qiaobi*, you've most certainly heard of Barbie, the fashion doll that's been around since 1959. In 2001 *Mattel* released "*The Oreo Barbie*" from a partnership with *Oreo*. When *Mattel* released a black version of the doll, people quickly pointed out that 'Oreo' can

can be a derogatory term for a black person who "*acts white*" (so-called 'black on the outside and white on the inside', like an *Oreo*). *Mattel* apologised and later discontinued the product.

In some parts of the world, the whiter your skin, the more beautiful you're considered to be. *Fair and Lovely* and *Olay Natural White Skin* lightening are popular products in Asia and Africa. They work by reducing the concentration and production of the melanin. Did you know that in India, people purchase more skin lightening products than *Coca-Cola*?

But in a world where the beauty industry is worth billions, is lightening our skin any different to people wanting to tan their skin to make it darker? Or, do you think there is something more sinister and racist at work under the superficial surface?





# THE FUTURE IS HERE

WRITTEN BY AYOUB GUTIN

Did you know that work is underway on 'living' robots that can heal us? Or that plans are in progress to make WiFi available everywhere on the planet, even in Antarctica? Well, there are even more mind-blowing technological advances in the works, so we've pulled together a few of the most interesting ones...

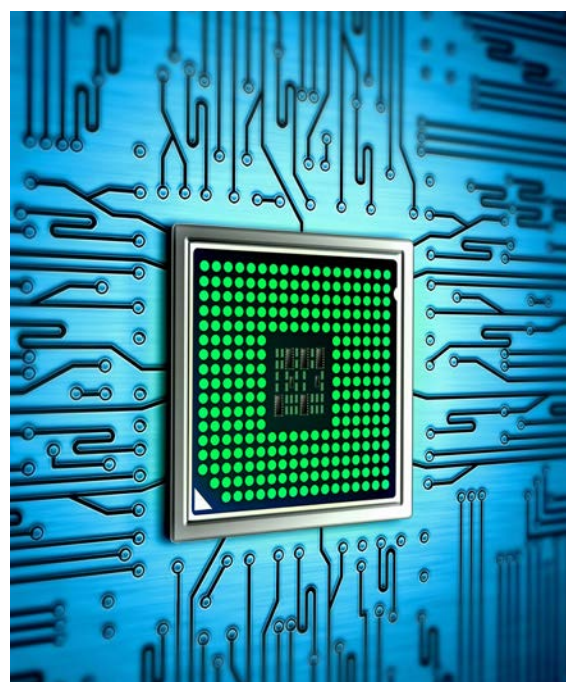
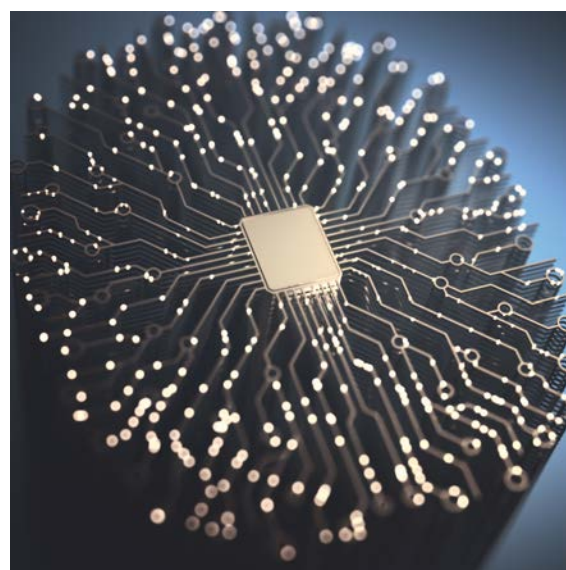
From the prehistoric tools used in the Stone Age to the multitude of computer developments of the 20th and 21st centuries, there have been many technological advancements over the centuries. But here's one that you may have assumed was pure fiction...wait for it, it's a shocker!

Now, we all know about mysterious flying cars from films like *Back To The Future*, but did you know that this particular invention is very close to being finished and we even have prototypes of the finished products? Australian Millionaire, Matt Pearson, is starting the world's first flying car League similar to F1 and it's launching in 2021! The cars take inspiration from *Star Wars*, so any *Star Wars* fans reading this might want to keep a beady eye out for news on this. In fact, the developers are actually on the lookout for pilots - so if you know any relatives or friends who might be interested in making history, you know what to do! However, there are limitations to these flying cars, such as the battery lasting 10-15 minutes, so the pilots will need to time their pit stops well to avoid certain disaster!

A second, more controversial topic, is that of microchip implants. Are they really necessary? Or an invasion of privacy? Well, here are the facts so you can decide for yourself

Implants are the same size as a grain of rice and can pass through a large needle two centimetres under your skin. They are typically made up of bio glass (a material stronger than bone)! The first implant used in a human being was recorded in 1998, when British scientist, Kevin Warwick, used the implant to open doors and switch on lights. It was removed after nine days and kept in a museum in London. Earlier this year, Elon Musk showed a live podcast displaying a pig called Gertrude with a computer chip in its brain. The really freaky thing is that the pig unveiled his plans to create a brain to machine interface. Yes, a pig. Could we be looking at the emergence of a new era in which animals or Artificial Intelligence can rule the world?

It sounds absurd, but perhaps time will tell...





# HOW IS TUPAC REMEMBERED?

WRITTEN BY LEATYAH ADEYEMI

Tupac Shakur is undoubtedly one of Hip Hop culture's most remarkable influences. Shakur not only rendered over 75 million sales worldwide, but the singer, activist and actor also used his music and other talents to address social and political dilemmas. Many people categorise Tupac Shakur as a gangster who glamorised violence, but to characterise him as such would be a false portrayal of what he really stood for. Tupac formulated a proposal to establish a code of ethics for prisoners, thereby imposing rules punishing prisoners for engaging in illegal activity. However, many do not perceive Shakur in a positive light due to criminal convictions and well publicised conflicts. But what is the truth about Tupac?

Tupac Amaru Shakur was born in Harlem, New York on June 16, 1971, to mother, Afeni Shakur who was raising two young children alone. During Shakur's youth, the family also found themselves in circumstances of having to struggle for money and kept moving from one home to another. For a total of 4 years, Shakur attended *Baltimore School for the Arts*. Upon completing College, his family relocated from the crime struck ghetto of Baltimore to Marin City, California. It was in Marin City that Afeni succumbed to drug addiction. Later, her son fell into drug dealing on the very same streets where his mother acquired her supply. However, as a consequence of his dedication to music, Shakur finally left this illegal activity behind.

named Leila Steinberg. Shakur, who had been writing poetry obsessively, persuaded Steinberg who had a background in the music industry, to become his manager. Steinberg managed to secure a position for him to become a backup dancer and band member for the digital underground, which would ultimately lead to him landing a contract with *Inter-Scope Records*.

By the time of his tragic death in 1996, Shakur had achieved a total of 11 Platinum albums, 75 million records worldwide and he was RIAA certified as the 44th best-selling artist of all time. In 2010, *Rolling Stone Magazine* name Shakur as the 86th of the 100 greatest artists. In 1997, Shakur's mother founded the *Shakur Family Foundation*, which was later renamed the *Tupac Amaru Shakur Foundation*. Its mission is to "provide training and support for students who aspire to enhance their creative talents," helping young people to achieve their dreams.

Not everyone would agree that Tupac is a suitable role model for young people due to a number of allegations and conflicts that he was involved in, but there seems little doubt that he is regarded as one of the most influential artists of all time.



One day, Shakur met a woman

" I know it seems hard sometimes but remember one thing. Through every dark night, there's a bright day after that. So no matter how hard it gets, stick your chest out, keep ya head up, and handle it. " – 2PAC



# seasonal specials

## CHRISTMAS QUIZ

WRITTEN BY CAPRI O'CONNOR PALANGAFKAN

1. What Christmas decoration was originally made from strands of silver?
  - a. Tinsel
  - b. The star
  - c. Christmas lights
2. What colour are the berries on the mistletoe plant?
  - a. Yellow
  - b. Red
  - c. White
3. Which author wrote the novel *A Christmas Carol*?
  - a. Charles Dickens
  - b. J.K Rowling
  - c. Shakespeare
4. Which Christmas ballet is the most famous?
  - a. Mr and Ms Claus
  - b. The Nutcracker
  - c. Rudolph's Surprise
5. Which reindeer's name begins with the letter V?
  - a. Verda
  - b. Vera
  - c. Vixen
6. According to the famous Mariah Carey hit, *All I want for Christmas is ...*?
  - a. You
  - b. Presents
  - c. Sweets
7. Which reindeer does not belong?
  - a. Dasher
  - b. Dancer
  - c. Danver
8. Who invented the Christmas Tree?
  - a. Thomas Edison
  - b. Edward Johnson
  - c. Alexander Graham Bell
9. What country did eggnog originate from?
  - a. England
  - b. Germany
  - c. America
10. True or false: The first artificial Christmas tree was made from goose feathers?
  - a. True
  - b. False



Answers: 1) a 2) c 3) a 4) b 5) c 6) a 7) c 8) b 9) a 10) a





# A CORONA CHRISTMAS

WRITTEN BY THELMA NIMAKO

So, apparently Christmas is 'cancelled' this year due to the fact that Coronavirus has decided to plunge the entire world into chaos, with its fast spreading and deadly infection rates. At the time of this publication going to print, the UK Government has relaxed new restrictions on household mixing. So, what does this mean for us and our families this Christmas?

Firstly, anyone who is used to spending much-needed quality time with large extended family at Christmas, may have to think again.

Furthermore, we will all need to be mindful of vulnerable individuals and elderly members of our families. OK, the upside of this may mean more food for the rest of us, but what's Christmas if we can't spend it with those we love?

Moreover, have you considered how shopping for presents for your loved ones is going to work this year? Currently, many areas are facing a curfew of 10pm, so late night shopping is not an option if you want to avoid being fined for breaking the rules.

There is no doubt that restrictions on who we can spend Christmas with this year is the cherry on the top of a very disappointing and frustrating year. But of course, it is all of our duty to keep ourselves, each other and our loved ones safe. Very few of us will look back at 2020 as a cracker (get it?) of a year, but how lucky we are to be amongst those who get to spend Christmas with

at least some of those we hold dearest in our hearts. No matter what limitations we have to face at a time of year that normally has joy in abundance, we should try to remember that many others across the UK and world, did not get to see Christmas because of Coronavirus.

So, maybe this year we reflect on what we should be grateful for, even if we will not get to celebrate in the way we would like to.





# CHRISTMAS WORDSEARCH

CREATED BY KAMIL OLOYEDE

J Q D G R E I N D E E R T H K L M N Y T C  
A O S D F V H J U T U I T R E E O P K J S  
W R Y Q D V C F H N J K L U Y L L O J A R  
G N H N M S K L U L U E S N E S D C N Q B  
M A L B T Z N C E S X W I D F G H T T Y U  
P M P A U K L O V G T A J N M H A I S W E  
W E R R T Y N J W K R U H B V F R N E A L  
B N E K L L K I U T N M J H B G V S E R F  
T T S U I O C A N D Y C A N E G H E N M B  
W S E H B N M H G Y J K L X D E R L N R H  
Z C N V B R E W R S F G H J M N B V E E E  
L K T O I U J G L I G H T S A C F X W T B  
F G S G N I K C O T S H G B N M K L I N J  
H J U K L M N B G T F T C D E S E T H I W  
P D F G O H U Y T F R E M D E D O W G W T  
L E R F H C V X G H K M O A R Y H F I E A  
O S G X O F G H Y T V G H N S M K I E U Y  
D W E R H O L L Y G Y H G F V B K L L D S  
U Q E D O G F V C X D F E O T E L T S I M  
R E R F H H J K W R E A T H P O L K A G C

CANDY CANE  
CHRISTMAS  
ELF  
HOHOHO  
HOLLY  
JOLLY  
JOY  
LIGHTS

MISTLETOE  
NOEL  
ORNAMENTS  
PRESENTS  
REINDEER  
RUDOLPH  
SANTA  
SLEIGH

SNOW  
STAR  
STOCKINGS  
TINSEL  
TRAIN  
TREE  
WINTER  
WREATH





# MEET THE STAFF!

What have the KS4 newsletter staff learnt from 2020 & what do they look forward to in 2021?

I have learnt that I disagree with the government's decisions regarding coronavirus.  
Said Abdi

Being in Lockdown made me more self-reliant.  
Rawaan Abdulle

I'm looking forward to travelling to Japan in 2021.  
Leatiyah Adeyemi

In 2021 I will enjoy the outdoors more.  
Benjamin Adubofour Jr.

I have learnt to appreciate the NHS more.  
Hamzah Ahmed

Coronavirus has taught me to be more grateful for the little things.  
Sihan Ahmed

I am looking forward to football fans being able to go to football matches again.  
Adam Ali

I am hoping for clearer guidance from the government.  
Muhammed Ali

I am looking forward to being able to travel to Australia.  
Kayla Alvis

I have learnt to stay motivated and persevere when facing obstacles.  
Levaan Baiden

I have learnt more about black history from the BLM Movement.  
Honour Bailey

In 2021 I will visit family more often.  
Nathan Beaumont

I have learnt to manage my time better.  
Reuben Bowes

I have learnt how important family is.  
Shackaye Briscoe

I have learnt to not take things for granted.  
Kaelee Daley

2020 has taught me to be adaptable.  
Jessica Ferreira

I have learnt to appreciate key workers.  
Ayoub Gutin

I am hoping that 2021 will bring a cure for coronavirus.  
Rihanna John

I have learnt to not take my education and school for granted.  
Shani Johnson

I have realised that having lots of time at home isn't all it's cracked up to be.  
Salih Karkin

I have learnt that you never know what you have until it is gone.  
Jehan Kelifa

In 2021 I would like life to go back to normal.  
Ruqayya Khan

In 2021 I am looking forward to playing sports once again  
Anthony Alexander Lagoas Dos Santos

I am looking forward to going to Cuba.  
Dennis Lopez Garcia

I never realised just how important hand hygiene can be.  
Thelma Nimako

I am looking forward to seeing family again.  
Capri O'Connor Palangafkan

I am going to aim to adopt a 'mind over matter' mindset.  
Chukwuebuka Olisaedu

I am looking forward to a more prosperous year.  
Kamil Oloyede

Coronavirus has taught me that life is too short.  
Eniola Omonjo

I have learnt that your plan B can end up being your plan A.  
Asmaa Otmani

I have learnt to appreciate nature more.  
Karina Roberts

I look forward to the days where we don't have to wear masks.  
Shreya Singh

I look forward to the Premier League matches scheduled for 2021.  
Basil Sheikh Muhudin



**2020: A Year Like No Other**

Corona spreads to the furthest vale.  
Hong Kong protests turn violent assail.  
Bryant and Boseman: our hearts impaled.  
Global misery: an unrivalled scale.  
Despite the negatives, we will prevail.

This year has brought tears to all eyes.  
Not enough "Hello"s and too many "Goodbye"s.  
Knee to the neck until Floyd's last cries.  
Black lives matter - shouldn't need a reprise.  
Five-month quarantine severed all ties.

A glimpse of freedom: we will ensnare.  
To when masks are no longer mandated wear.  
'21 will come, with limits lowered to thread-bare.  
Keep up hope, and I'll see you there.

**Reuben N. Bowes**