



**Edition 3 February
2023**



SPEAK LIKE SOJOURNER
LEAD LIKE HARRIET
INSPIRE LIKE CLAUDETTE
CHALLENGE LIKE ROSA
BUILD LIKE MARY
EDUCATE LIKE BETTY
LOVE LIKE CORETTA
SING LIKE NINA
WRITE LIKE MAYA



THE GLOBAL MAJORITY

**Forest Hill School's anti-
racism magazine**



What's inside this edition?

- **Chinese New Year**
- **Safe Race Space discussions**
- **Liaising with other schools**



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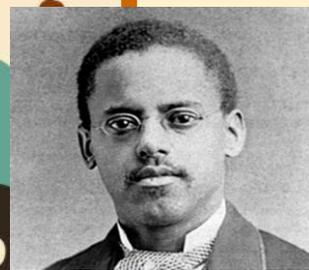
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Introduction

Dear Forestillians,
Happy Chinese New Year! This term has been a short one but that hasn't stopped us making strides in our anti-racism journey. The attendance of our KS3 Safe Race Space has been increasing and we have been having some discussions about appropriate and inappropriate language; particular words that some students are using that cause offense and how best to deal with this as a school. The Safe Race Space are meeting



with the school council on Tuesday 21st February to discuss how

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best to take this forward.

GET INVOLVED!

This is your magazine so please get in touch if there is anything you want included or if you have any tips or feedback.

Enjoy edition 3 and please do not hesitate to come and see me if you would like to get involved with future editions.

Miss Sparkes

p.sparkes@foresthillschool.co.uk

Room 37c



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What we have done this half term on our anti-racism journey



We are hoping that our next steps will involve working towards The Anti-Racist School Award

with Leeds Beckett University. The award takes a community approach to developing a culture of anti-racism in schools, providing a framework to evidence policies and initiatives for both staff and pupil within the wider school community. Using a professional development framework, we would evaluate our current

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anti-racism practices, identify gaps, develop and strengthen these and work towards building an anti-racism community for all.

I have been liaising with SLT about the award as well as finding out everything we need to know before we sign up. I am attending an introductory webinar and I have also reached out to The Norwood School who are also working on the award to find out what's involved and how it is working for them.

The Safe Race Space group have also been discussing language that is being used amongst students

Have you ever experienced microaggressions?

Do you want to share your experiences about race with other people?

Have you ever been called a derogatory racial slur?

Do you have ideas about how we can keep tackling racism?

Do you want to talk about race in a safe space?

If you answered yes to any of these questions then you should come to the...

SAFE RACE SPACE

WHERE?
Ms Sparkes room 037C

WHEN?
Monday break for KS4 and Thursday lunch for KS3

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around school that is causing offense. We have been discussing the language and how best to prevent this from happening without having to use the words.

We will be discussing this with the student council on Tuesday 21st February and



putting a plan together after this.

We have also started working with a student from the London Metropolitan University (Ifeanyi Nwachukwu) who is working to understand the views of Black young people and how they fit into society as part of their studies. We are hoping Black students aged between 13 and 18 will get

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Involved so if this is something you think might interest you or if you would be willing to complete a questionnaire and engage in some group discussions, please get in touch with myself (Miss Sparkes) or Miss Thomas.



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How we have been liaising with other schools

It is so important to liaise with other schools as a way of sharing good practice and improving education and educational settings which will benefit all students and families.

So far this term, we have made contact with 2 other schools; The Norwood School to find out



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their experience of The Anti-Racist School Award and Southend High School for Boys who are also working towards their own Equalities Award.

By working with these schools, we can gain an insight into the pros and cons of the awards they are working towards which will help us learn from their mistakes and save us valuable time that could be put towards something more productive to support our students.

We can also gain valuable ideas from the other work they have



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done and share our successes too. By sharing ideas, we can develop our pedagogy further to better support our students as well as others.

We hope to make further connections in the future, so if you have contacts at other schools that are doing fantastic anti-racism work or need some help to get started, please let us know so we can build our anti-racism school community.



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Front Page Focus

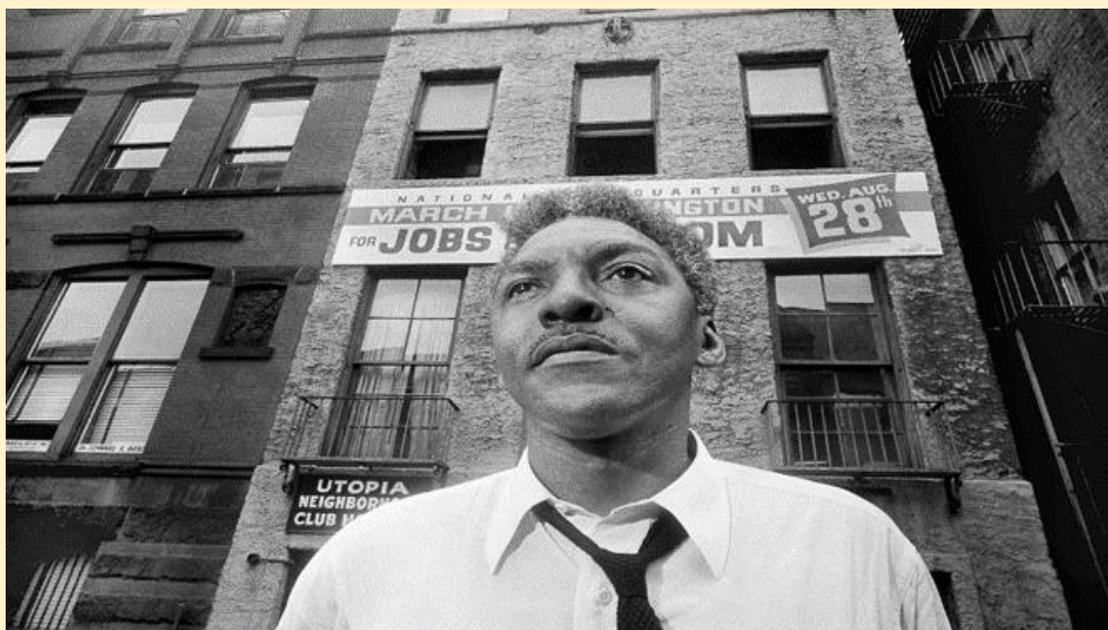
‘Front Page Focus’ features the stories of those people on our front page as well as others who we promoted and celebrated during Black History Month. This is one way we have tried to ensure Black History is taught all year round and not just during Black History Month in October.

For this edition, we have; Bayard Rustin, Marsha P. Johnson and Audre Lorde. These people were featured in our Black History Month posters that you will have been shown by your tutors.



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Bayard Rustin (1912-1987)



Rustin was a gay civil rights activist and ally of Martin Luther King but was kept in the shadows by the Civil Rights Movement because his orientation was considered 'too controversial'. He acted as an advisor, strategist and organiser for various civil rights protests but stayed out of the public domain.

Rustin contributed to a hugely influential essay pamphlet on alternate non-violent approaches, which would shape the emergence of new, peaceful protest tactics going forward. He felt it necessary to keep his name hidden in case it undermined the significance of the piece, however, it was Rustin who later convinced King to employ the non-violent approach that's become so synonymous with his politics. This strategy on Rustin's part – a deliberate means to dissociate Black people from any form of violence that could (and would) be used against them – paved the way for monumental change. Although Rustin was criminalised and judged for his homosexuality throughout his life, by the 1970s he had become a public advocate for gay rights.

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Marsha P. Johnson (1942-1992)



Marsha P. Johnson was a Black American transwoman and activist from New Jersey who had a profound influence on queer culture in the 60s and 70s.

A pioneer for the LGBTQT community – bold, courageous and outspoken – Marsha wore her makeup and dresses with pride, and campaigned valiantly to support better rights for trans people, having experienced social ostracisation and homelessness because of her own identity.

Marsha founded STAR House with her best friend Sylvia Rivera in 1972, which was both an organisation and shelter offering support to the LGBTQT community and sex-workers. Marsha and Sylvia, a fellow transgender activist, were the self-appointed ‘mothers’ of the community. They fought tirelessly to both protect the rights of, and protest on behalf of, sex workers, marginalised people, and those with AIDS.

Marsha was also a founding member of Gay Liberation Front, a movement fighting for better LGBTQT rights in the US, and she worked as an AIDS activist in the 1980s.

The ‘P’ in her middle name refers to the response she’d give when people often asked her to identify her sexuality; “*Pay it no mind*”.

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Audre Lorde (1934-1992)



Audre Lorde describes herself as “Black, lesbian, mother, warrior, poet.” The New York born writer is most known for her passionate, political prose, using poems to express emotion, anger, sexuality, womanhood, and to confront social injustices on everything from sexism to racism and homophobia.

Lorde was an early pioneer of the feminist thought that argued how much of white feminism was built on the oppression of Black women – an unpopular opinion that ostracised her from the predominantly white feminist community in the 80s. It was too radical at the time. Today, Black women are celebrated as some of the original frontrunners of intersectional feminism, which recognises that true equality – for all women – cannot exist without equality at every level, including race.

Lorde was unapologetically outspoken, and impossible to ignore. As a civil rights activist, her work was considered shocking for many. But her progressive theories paved the way for a new wave of thinking and inclusivity. In poetry, she’s regarded as one of the technical masters of her time.

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Important Dates

February

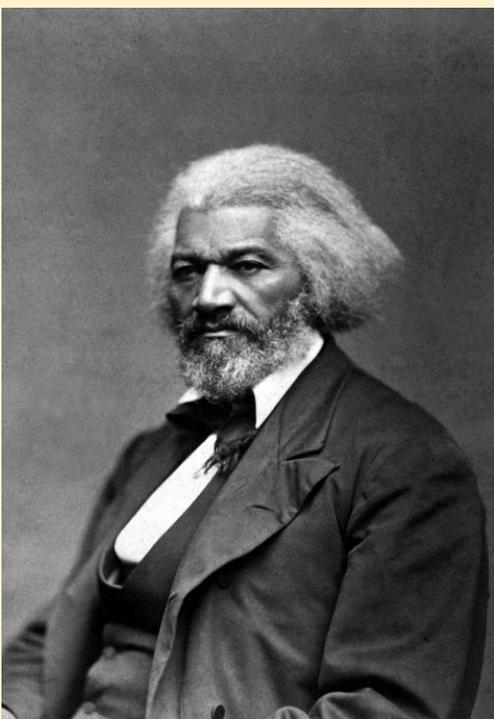
4th – Rosa Parks birthday

14th- Fredrick

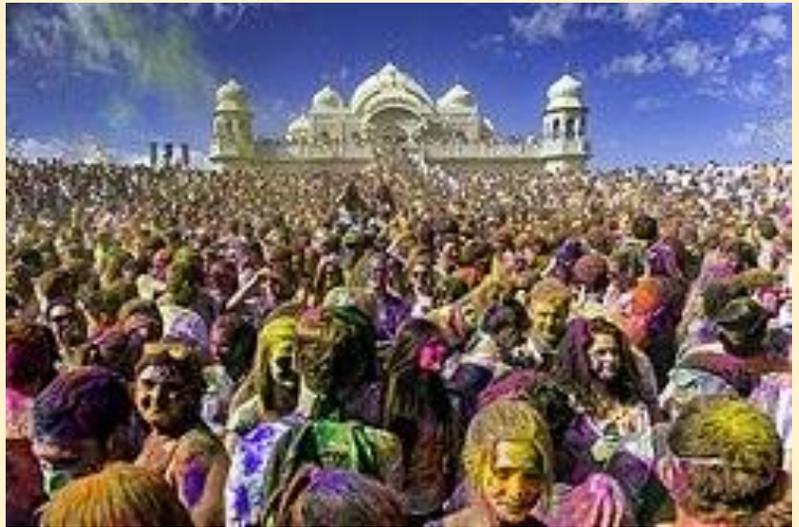
Douglass' Birthday

15th- Nirvana Day:

**annual festival that
remembers the
death of Buddha**



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March

8th- Holi: Hindu holiday that celebrates the winter harvest and onset of spring

10th- Harriet Tubman's birthday

21st- International

Day for the

Elimination of

Racial

Discrimination



22nd-21st April- Ramadan



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School Staff

Interview

Ms Jones



What is your role in the school?

Inclusion Manager – My role is to support young people to ensure they are in school, happy and learning and to help overcome any barriers to learning.

How long have you worked here?

6 Years, my first two years were in the 6th form working alongside Mr Maton

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Why did you choose FHS?

I live locally and I am part of the community so I thought I would be best placed at FHS.

Why did you choose to work in education?

Education is the best place to support young people to reach their top potential, this has always been and continues to be something that I am passionate about.



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What was your experience of education when you were at school?

I was extremely lucky to have excellent, consistent teachers who pushed me to reach my goals. I had a good balance of education and an active social life which supported my mental health and wellbeing.

What else would you like to share?

When I was in Year 6 and Year 7 I played for the London Cricket Team and I was the only girl on the team.

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In the news

Considered to be one of the most important celebrations for Chinese people around the world, Chinese New Year is the largest and most colourful event in Chinese culture.

The Chinese New Year signals the end of the winter period and is a sign of new growth to come. Unlike the Western New Year, which is based on the Gregorian calendar, the Chinese New Year is determined by the Chinese lunar calendar, which means that the official date changes each year. For 2023, the Chinese New Year will start on Sunday 22 January and will celebrate the Year of the Rabbit.

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The Chinese New Year is the time to worship ancestors and celebrate with loved ones. The holiday lasts for seven days, with many businesses closing so that people can go home and celebrate with their family. The length of celebrations often extends to 15 days, up until the Lantern Festival, which is on 5 February 2023 for the Year of the Rabbit. There are several traditions that are followed across China, as well as in several other countries around the world where the Chinese New Year is celebrated.



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It is said that the celebrations of the Chinese New Year date back to the tale of villages being terrorised by the mystical being Nian (年). Stories vary from family to family, but the tale typically involves villagers scaring Nian away with firecrackers and colourful red banners, and making loud noises with drums. These have now become tradition on Chinese New Year, with red decorations being put up and fireworks and firecrackers used to celebrate the new year. Other celebrations include watching dragon and lion dances, sharing meals with family, offering sacrifices to ancestors, and exchanging red envelopes filled with money, as well as other gifts.

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The Chinese New Year is often called the Lunar New Year or the Spring Festival. These names are in relation to the use of the lunisolar calendar to determine when the next Chinese New Year will fall, as well as the celebration of warmer weather and new growth. Due to the fact that lots of Chinese people will travel great distances to return home and celebrate the occasion with their family, the time shortly before the Chinese New Year is often called the Spring Migration.

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It is considered to be bad luck to clean during the first five days of the celebrations, as this is seen as sweeping the good luck out of the year. As a result, cleaning is often carried out in the days leading up to the first day of the Chinese New Year. This is a time to celebrate with family and rejoice in the good things to come during the new year.



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Discussions within Safe Race Space

During our discussions during our Safe Race Space sessions, the students were discussing appropriate and inappropriate language and phrases they had heard around school from other students. Many of these were deemed racist and offensive so we discussed how we could combat the use of these words. We thought about creating posters with the words on so everyone was aware of the words they were not allowed to say but we realised this would be counterproductive because it would also be highlighting the words and some people might use it as an excuse to say them.

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We then thought about discussing the words with the teachers so they could listen out for them in class and address them as and when they were said. I then emailed SLT (Senior Leadership Team) to ask what they thought was the best way forward.

We haven't decided what the best course of action is yet but we are going to meet with the School Council on 21st February to discuss it with them and work collaboratively to come up with a solution.

Student
Council

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If you have any ideas about how best to tackle inappropriate and offensive language, please let us know.

Obviously some words are completely off limits but certain words and/or phrases can be used in different contexts to mean different things so it can be more difficult to ban them completely. Also, there are new words and/or phrases being used that we might not have even come across yet so it might be more about a shift in culture and attitude rather than just banning the words themselves.



BANNED

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Recipe of the term

West African Peanut Stew

Origin (this recipe): Nigeria

Ingredients

2 tins of chopped/whole tomatoes

1.5 medium brown onion

4 cloves garlic

1-2 scotch bonnet peppers

2-3 heaped table spoons of smooth peanut butter

4-5 maggi cubes

Salt to taste

Oil of choice

Vegetable stock

Diced chicken or your choice of meat alternative

Method:

Season your chicken or meat alternative to your taste (add a little oil to the meat alternative to make the marinade a bit wet)

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Brown your chicken meat alternative for a short time in a pan with a bit of oil (meat alternatives will cook a lot quicker so you don't need to do this for long). Set aside once done.

Blend your tinned tomatoes, scotch bonnets and onion using a food processor (you can also finely chop them all for a more coarse finish but I prefer it blended smooth)

Fry the blended mix in oil in a deep nonstick pan on medium heat, make a judgment on how much oil you use, start with less and add more if you need.

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The mix won't fry properly until all the water in it has evaporated, you'll notice that it thickens when this happens at which point add your maggi cubes.

Fry for about 10 mins stirring all the time. You'll know it's fried properly when the oil starts rising to the top of the stew and the spoon is coated in the mix when you dip it in (it becomes a lot thicker than when you first started).

Add your peanut butter, start with two heaped tablespoons and see how you get on.

Stir all the time as the peanut and keep heat low as the

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peanut butter makes the stew even thicker (add peanut butter if you want, make a judgment on how thick it is)

Add your vegetable stock as required.

Add your chicken or meat alternative and stir on low heat, add stock if necessary so you are happy with the thickness, cover and simmer for 3-5 mins.

Serve with white rice + plantains.



**An Ibrahim family recipe.
Thank you Ismail Ibrahim!**

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Our plans for
2022-23

Next Steps

As a school we would like to see the following over the next school year;

- All staff and students to feel confident in tackling racism and any racist language or behaviour they encounter
- More students to have their say and get involved in writing articles for this magazine
- Sharing good practice with other schools to ensure we are doing everything we can to be an anti-racist school
- Continue to de-colonise our curriculum
- Continue to work with the Then & Now project to promote anti-racism and

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a positive self-reflective approach for all our students.

- **Reduce the numbers of exclusions of our Black African and Caribbean boys**

Edition 2 next steps:

- **A display board showing our anti-racism journey so far**
- **Anti-racism posters around school**
- **Collaborative work with the Pride Ambassadors to create an anti-racism banner to display**
- **Find a charity to work with and donate to that promotes anti-racism, particularly in Education**

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Edition 3 next steps:

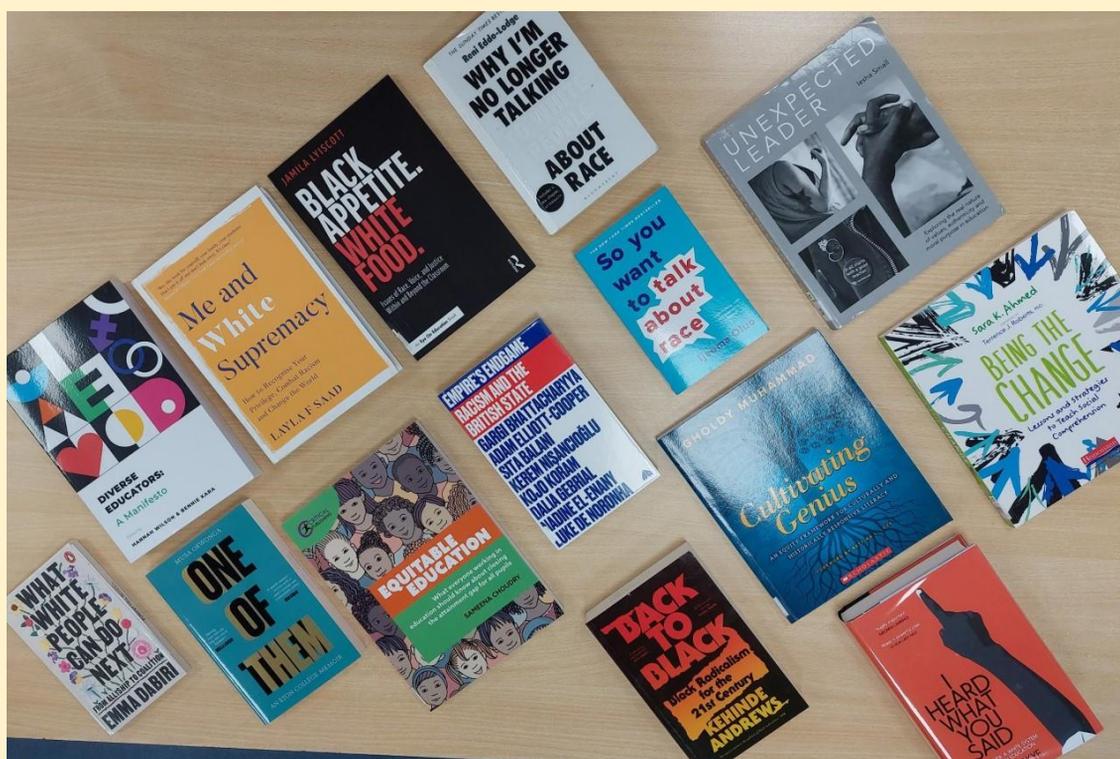
- **Work with the Student Council on the banned words we have been discussing**
- **Work with the student researcher from London Metropolitan University on his research project about Young Black People**
- **Discuss the Anti-Racist School Award with SLT and plan when we will start it**

What more do you think we should be doing? Have your say and let us know.



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Reading is key!



Black History Month FHS 2022
Be the change: Read, Think, Act!



Use the links below to the library
(click 'guest' if you have trouble
logging in).

[Anti-racism](#)

[Black History](#)

[Black writers: biography & poetry](#)

[Black writers: fiction](#)

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Come along, have your say and get involved!

Have you ever experienced microaggressions?

Have you ever been called a derogatory racial slur?

Do you want to share your experiences about race with other people?

Do you want to talk about race in a safe space?

Do you have ideas about how we can keep tackling racism?

if you answered yes to any of these questions then you should come to the...

WHERE?
Ms Sparkes
room 037C

**SAFE
RACE
SPACE**

WHEN?
Monday
break for KS4
and Thursday
lunch for KS3

