



**Edition 4 March
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?

- **Student article- Afro-Textured Hair**
- **Breaking records at the Oscars**
- **Ramadan**



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Contents:

Page 4 Introduction

Page 7 What we have done this term on our anti-racism journey

Page 10 Student Article by AJ Essiful-Ansah P7G

Page 13 Front page focus

Page 17 Important dates

Page 19 In the news this week- The Oscars

Page 22 Discussions within Safe Race Space

Page 25 Ramadan

Page 31 What Ramadan means to me by Mohamed Bah A9G

Page 32 Recipe of the term

Page 35 Next steps

Page 39 Information & help



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Introduction

Dear Forestillians,
This month many of our staff and students are celebrating Ramadan, I am sure you will join me in offering support and best wishes during this special time for all of the Muslim members of our community. Students are able to use room 051 during lunch time for prayer if they wish and should see Miss Thomas if they have not already signed up.

In this edition, I am excited to announce that we have our first student article from AJ in P7G so a big thank you to him for getting



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**GET
INVOLVED!**

involved and sharing his thoughts. We also have a contribution from Mohamed Bah in A9G offering us an insight into what Ramadan means to him so thank you and keep the input coming! Both students will receive certificates in their House assemblies.

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

Enjoy edition 4 and please do not hesitate to come and see me if you would like to get involved with future editions.

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I will be going on maternity leave at the beginning of May so this will be my last edition for some time but I will be doing what I can from a distance and will definitely pick up where I left off when I return to school in 2024!

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

This half term we have been continuing our discussions around appropriate and inappropriate language and how best to address it. During our (Safe Race Space) discussions with the student council, one of the students suggested we arrange some workshops so this is what we have been working on.



I contacted the Champions of Inclusion Team at Lewisham who we

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have worked with before to ask for their advice. Initially I contacted them to discuss what we had been working on and it was their idea to have the project student led so we are hoping to meet on Thursday 23rd March with the students from the Safe Race Space group leading the meeting. We are hoping to be able to design and plan some appropriate workshops that can be rolled out to students in school so watch this space!

WE ARE LEWISHAM

London Borough of Culture 2022

wearelewisham.com

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

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I have also been discussing the Anti-Racism School Award with SLT who are really eager to get it started but we have decided its probably best to wait until I return to work after maternity leave to get it started. Asking somebody else to take it on with everything else may prove too much all at once. We do hope to expand the team though so hopefully we can do this when we start the award in 2024.

ANTI-RACIST SCHOOL AWARD

CRED@leedsbeckett.ac.uk



LEEDS BECKETT UNIVERSITY
CARNEGIE SCHOOL
OF EDUCATION

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Afro-Textured Hair: A guide

By AJ Essiful-Ansah P7G

Afro-textured hair is one of the hallmarks of being Black. That's why taking care of it is so important. It can express who you are in a unique way. Unfortunately, some people don't know how to take care of it. In this article, I'll tell you all about it.



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Black men and women both have different ways of taking care of their hair, but these tips below apply to both men and women.

Washing – Washing hair as someone with afro hair is very important. However, it is not so important that you should be washing every day. Afro hair should only be washed once every 1 or 2 weeks with shampoo and conditioner, depending on what you choose. The shampoo should also be sulphate free.

Detangling – Afro hair can get very knotty fast. It is unhealthy to leave your hair knotty so making sure you are detangling regularly is vital. Use a wide tooth comb or your fingers to get it looking fresh.

Protecting – Protecting afro hair is something that is very important in keeping it healthy. Covering your head with a bonnet can help, as well as sleeping with it on at night. Plus, putting your hair in a protecting style (see image below) can help it

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grow whilst protecting it from the elements.



@syeda_bombom



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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; Katherine Johnson, Viola Desmond and Lewis Latimer. These people were featured in our Black History Month posters that you will have been shown by your tutors.



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Katherine Johnson (1918-2020)



Katherine Johnson is another hidden figure in Black history who helped achieve the seemingly impossible – put a man on the moon.

The NASA research mathematician enrolled in her first job with NASA as a literal “computer,” which is what humans with mathematical genius were called by the team back then. When NASA decided to try and send people to the moon in the 1960s there were heaps of complex problems to solve – where the spacecrafts would orbit, how they’d travel through space – but Katherine’s mathematical calculations were the winning formula that made it possible. Thanks to her, in 1969 the first astronaut moon landing was a success.

After over 30 years at NASA, she spent her later years encouraging students to pursue STEM careers. Following her death last February, age 101, NASA described her as “an American hero” with a “pioneering legacy”.

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Viola Desmond (1914-1965)



Canadian born Viola Desmond was a notable civil rights activist in the 1940s and inspired the Canadian Civil Rights Movement when she challenged racial segregation in a theatre; her refusal to leave the 'whites-only' section and give up her seat resulted in her arrest and conviction. The conviction was because she'd refused to pay the additional fee for that seat, which prosecutors argued was tax evasion. This was just a clever guise for the blatant racial discrimination going on and it was only through being outspoken that the case received further scrutiny.

In a wry turn of events, she then became the first Canadian woman to appear on a banknote (the \$10 bill).

Viola set the wheels in motion for a wider commitment by Canada to address racial inequality across the country.

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Lewis Latimer (1848-1928)



Most of us have heard of Thomas Edison, the man who invented lightbulbs. Few of us have heard of Lewis Latimer.

The self-taught engineer and inventor developed the patent for lightbulb filaments –the part that keeps the bulb alive and glowing. He sold this patent to the US and went on to work at *Edison Electric Light Company*. Thanks to Latimer’s invention, Edison was then able to develop electric lighting, and turn this into something both practical and affordable for the public.

Latimer’s genius was apparent from a young age. He taught himself mechanical drawing and helped patent everything from improvements to toilets on railroads, to telephones and air conditioning units. He later went on to work as a patent consultant for major law firms. He was a mastermind in the shadows, when historically non-whites could never be perceived as the face behind the big ideas.

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Important Dates

April



4th Senegal Independence Day

18th Zimbabwe Independence Day

27th Sierra Leone Independence Day



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May

24th Eritrea Independence Day

31st South Africa Independence Day



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In the news

Michelle Yeoh wins best actress Oscar for Everything Everywhere All at Once.

Yeoh becomes the first south-east Asian performer to win the award, adding to her Golden Globe and Sag awards for the role.



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Born in Malaysia, Yeoh becomes the first person of south-east Asian descent to win the best actress Oscar for her role as laundromat manager Evelyn Wang, who stumbles across a “multiverse” of alternative realities. Yeoh defeated strong competition for the award, including Cate Blanchett for *Tár* and Michelle Williams for *The Fabelmans*.



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Yeoh has already attracted considerable attention during the awards season for *Everything Everywhere All at Once*, including a Bafta nomination for best actress, and wins for the Golden Globe for best actress in a film (comedy or musical), and best actress at the Screen Actors Guild awards.

Yeoh dedicated the award to “all the little boys and girls who look like me watching tonight”. She continued: “This is the beacon of hope and possibility. Dreams do come true.

“And ladies: don’t let anybody ever tell you you are past your prime.”

She finished by thanking her mother, 84, who was watching at home in Malaysia, and “all the mums in the world because they are really the superheroes and without them none of us would be here tonight.

“I’m bringing this home!” she continued. “Thank you to the Academy, this is history in the making!”

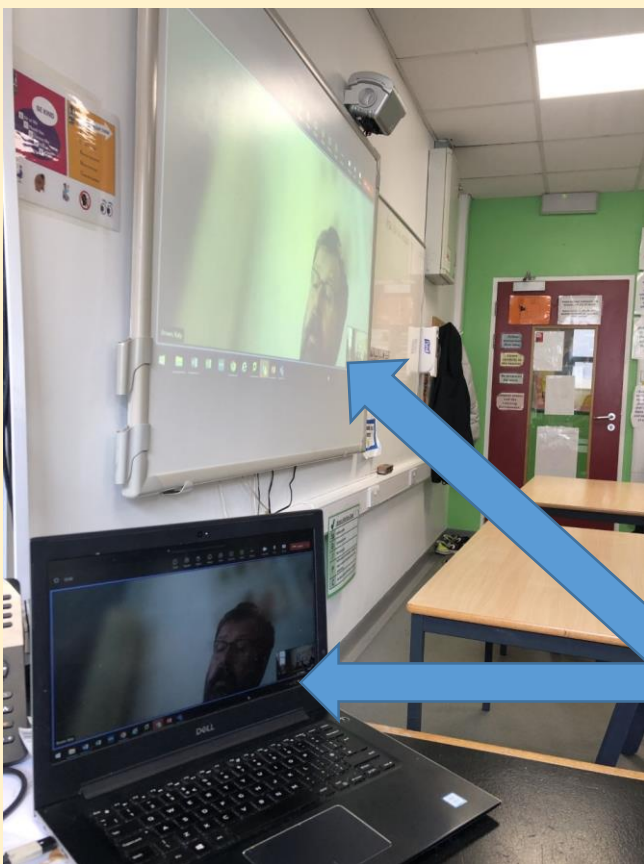
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Discussions within Safe Race Space

Over the last few weeks, we have been discussing the words students are using around school. How and why they are inappropriate and what we can do to stop people from using them.

We decided to try and organise some workshops to be held in

school. The students met with Nick Gunner from Lewisham.



Nick Gunner
from
Lewisham

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Nick works for a project called 'Now & Then' who we have worked with before. Nick suggested the students be a big part of the delivery of the workshops. We decided to focus on colourism and stereotyping as our main focus for the workshops. In the first instance, Nick would like to come in to school to brainstorm ideas with the students from Safe Race Space and start to build the workshops from there. He also suggested a study we could get involved with



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that is being conducted by Kings College about colourism. I have asked Nick to pass on the relevant information so we can get involved! If you would like to get involved, please let me know!

KING'S
College
LONDON

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Ramadan

What it means to me

Posted Wednesday, 27 April 2022 by Silva Homes

This article was written by Fyizah, Customer Relations Partner (Rent), and explores her personal views on Ramadan.

<https://www.silvahomes.co.uk/press-and-media/what-ramadan-means-to-me-2282/>

What is Ramadan?

Ramadan is the Holy month of fasting and prayer for Muslims. During this month, all Muslims (apart from children, pregnant women, the elderly and those who are ill) are required to fast between dawn and sunset abstaining from eating or drinking between this time.

Muslims will typically eat one meal before dawn known as 'Suhoor' and then one meal after sunset known as 'Iftar'.

The first meal is eaten before the first prayer which takes place at Dawn known as the Fajr Prayer.

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Currently, this prayer takes place around 4.45am in London (which varies depending on location) which means many Muslims would wake up before this time to eat, pray, sleep and continue their daily routine upon waking but ensuring more time is made for prayers and good deeds such as charity.

The fast can be broken after sunset when the sunset prayer takes place known as Maghrib which currently takes place around 7.45pm in London. After this time, Muslims are free to eat and drink up until dawn if they wished to readying themselves for the next fast, where the above will be repeated.

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What does Ramadan mean to me?

Even though Ramadan is universally thought of as the month of fasting and praying, for me it means that and a lot more. Ramadan is a time of giving, self-reflection, togetherness and the expression of gratitude for the blessings in one's life.

Firstly, fasting allows me to feel the hunger and thirst that may be felt by those who have little or no food or clean drinking water. Feeling this way helps me to empathise with those facing such hardships, making me want to help and give to those in need. During this month I make conscious efforts to give money to charity.

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Secondly, Ramadan gives me the opportunity to reflect on myself as a person and what I can do to better myself spiritually, mentally and physically. Consciously engaging in more prayer and recitation of the Quran (the holy book for Muslims) allows me to truly pause from the stress and worries of this world and instead focus on the words of Allah (God). This helps me remove negative thoughts and actions, allowing for both spiritual and mental healing.

Fasting also has many health benefits which have been proven by science such as the lowering of blood cholesterol. I use this month to try to get healthier by being more conscious of the foods I eat, placing more

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emphasis on fruits and vegetables and ensuring bad food habits are broken resulting in a healthier lifestyle which can be continued further on.

Thirdly, Ramadan is a month of togetherness. It means waking up to eat and pray together at the same time, giving my family the opportunity to spend more quality time with each other. This is sometimes difficult otherwise, given our different work/social schedules.

Preparing/shopping for food and managing the house whilst fasting can be difficult. It is important to be understanding and kind to one another, helping out as much as you can. My family and I work together to ensure tasks are equally

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distributed and a helping hand is always offered where needed. Altogether being able to spend time with the family gives a sense of togetherness, love and understanding.

Lastly, Ramadan is a month of expressing gratitude for the blessings I have in my life. It is easy to get swept away in the worries and stresses of everyday life and we often forget how lucky we truly are. Ramadan has a beautiful way of revealing these blessings to me, making me value and cherish having a loving family, shelter and clean water to drink.



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What Ramadan Means to Me

By Mohamed Bah A9G

During Ramadan, Muslims worldwide fast every day from sunrise to sunset. For many, Ramadan is a time to feel closer to God, pray, spend time with loved ones, support charities and remember those less fortunate while they're fasting. After the last day of Ramadan, on *Eid-al-fitr*, the greeting changes to Eid Mubarak. Before dawn, people eat a meal called the *suhoor* and the dusk meal is called *iftar*. More people attend the mosque in the evenings and we all enjoy coming together with friends and family for *iftar*.

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Recipe of the term

Mongolian Beef

Ingredients:

2 teaspoons vegetable oil

1 tablespoon finely chopped garlic

**1/2 teaspoon grated fresh ginger
root**

2/3 cup dark brown sugar

1/2 cup soy sauce

1/2 cup water

**1 pound beef flank steak, sliced 1/4
inch thick on the diagonal**

1/4 cup cornstarch

1 cup vegetable oil for frying

**2 bunches green onions, cut in 2-
inch lengths**

Method:

**Heat 2 teaspoons of vegetable oil
in a saucepan over medium heat.**

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Add garlic and ginger; cook and stir until fragrant, about 30 seconds. Stir in brown sugar, soy sauce, and water. Increase heat to medium-high; stir until sauce boils and slightly thickens, about 4 minutes. Remove sauce from the heat and set aside.

Place beef into a large bowl; add corn starch and mix until beef is thoroughly coated. Set aside until most of the corn starch has been absorbed, about 10 minutes.

Heat vegetable oil in a deep skillet to 190 degrees C.

Shake excess cornstarch from beef slices and drop into hot oil, a few at a time, stirring briefly

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and frying until edges become crisp, about 2 minutes. Remove beef with a large slotted spoon; drain on paper towels.

Remove excess oil from the skillet, then heat the skillet over medium heat; add beef slices and stir in prepared sauce. Add green onions and bring to a boil; cook until the onions have just softened and are bright green, about 1 to 2 minutes.



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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**

Edition 4 next steps:

- **Devise workshops with Nick Gunner from Lewisham**
- **Get more information about the study being conducted by King's College so we can get involved**
- **Apply for The Anti-Racist School Award in 2024**

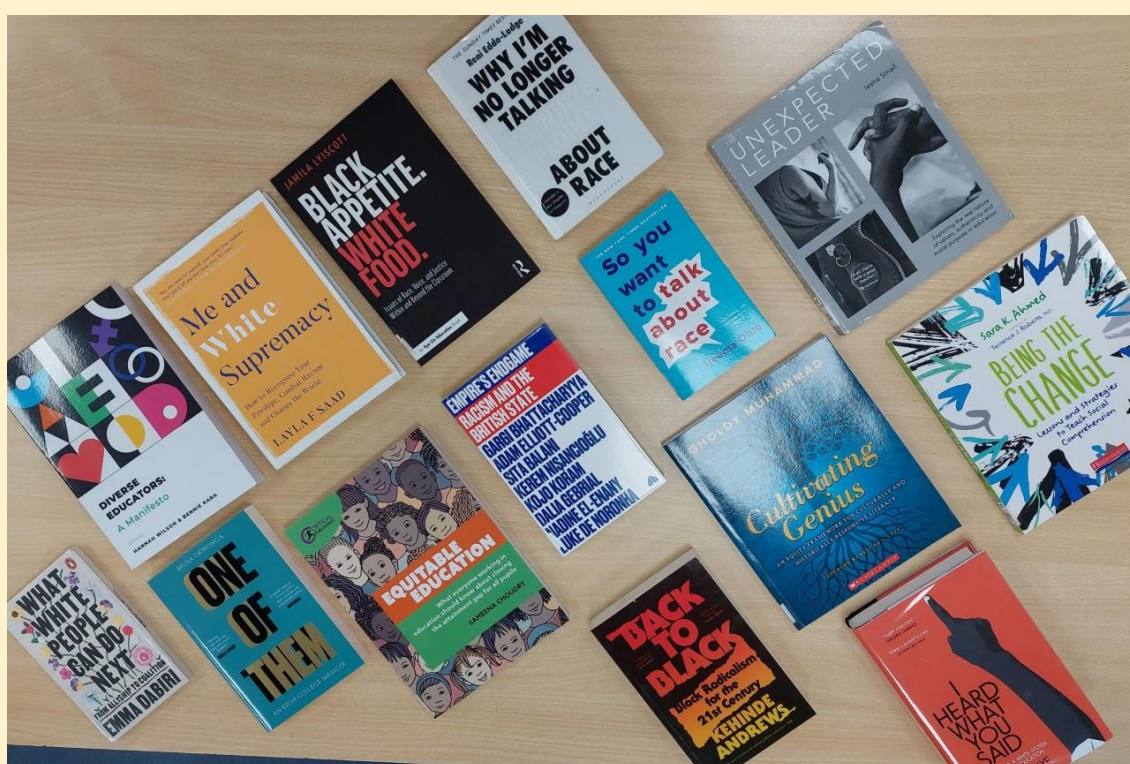
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What more do you think we should be doing? Have your say and let us know.



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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

