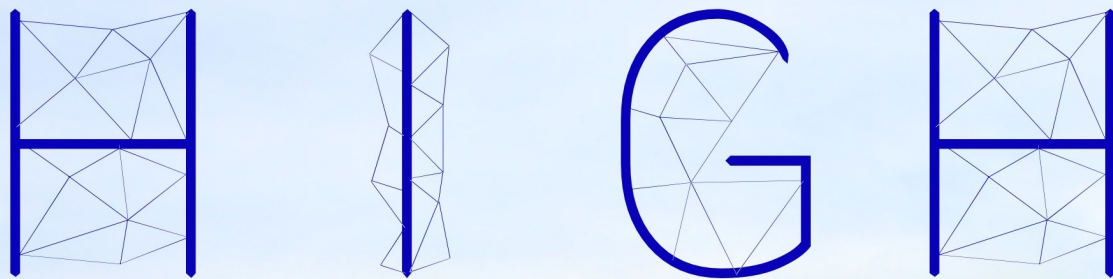


Issue 3
July 2022



LIGHTS

BY HIGHSTED STUDENTS, FOR
HIGHSTED STUDENTS



CELEBRATORY SPECIAL

Farewell to the
Class of 2022

Charity
Fundraising Weeks

The Queen's
Platinum Jubilee

Highsted's back
on stage!

Art Exhibition



Letter from the Editor

With the summer term drawing to a close, we've got a lot to celebrate. Warm weather and upcoming holidays aside, it's been a phenomenal year for Highsted students. After the uncertainty and disruption of 2020-2021, my main observation was that school life didn't feel the same because we had no choice but to restrict social engagement. Now that we are moving towards a period of improved security, recovery and hope; a return to community events couldn't come quickly enough. I am always in awe of the resilience our young people have demonstrated in troubling times, both academically and personally. Sharing in the achievements and talents of students, as well as bringing the community together for school-wide events, really has reignited the spark within our students, filling the hall and playground with joyful laughter once more.

Since our last issue, we've welcomed four new members to our team— Freya Q, Leah V, Zoe M and Breanna G. Freya and Zoe are our new resident photographers, while Leah and Breanna are hoping to gain more experience of writing for the media to assist their university applications. We've also elected Tomi as president and Zara as vice president of the society.

Our team have been working tirelessly the last two terms to make this our biggest and best issue yet. In this jam-packed issue, we're celebrating student achievements, celebrating school events, shining the spotlight on more inspirational women, and discussing some important topical news.

I would like to thank Miss Baker, Mrs Waring and Millie M in Year 12 for their contributions towards articles this issue, as well as Mrs Tiernan-Powell for her ongoing support of this sixth form project.

Finally, I extend a special thank you to Mrs Smith and Mrs Field, for their vital roles in the organisation and planning of the 1950s events, and Mr Ensor, Mr Rosedon, Mr Lovett, Mrs Moir, Mrs Newton, Dr Gardiner, Miss Mead and Miss Bacon for assisting with the stalls at the fair. Success relies on teamwork, which is integral to the formation of this magazine too.

We hope that you enjoy the final issue of this academic year, and look forward to making HighLights even better next year.

Have a wonderful summer!

Miss L. McKenner

Editor in Chief

(regrettably not the bonniest baby)



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HIGH ACHIEVERS:

Ilana and Katie, Britain's Got Talent

is incredibly proud of them and the rest of IMD Legion!

Britain's Got Talent is an entertainment show most of us will be familiar with. Eagle-eyed viewers may have spotted some familiar faces on stage for the dance performance of IMD Legion on 17th April.

Ilana W and Katie M, both in Year 12, are part of the dance group IMD Legion, which stands for Intelligent Minds Dance. Both have been dancing for over 10 years, performing with IMD for 7. 37 members of the 60-strong group were present for their BGT audition, with an age range of 11-35. Their practice is based in Stratford both after school and on weekends with very long, intense hours. They commented that their weekend sessions will often run for 11 hours, and it is clear that both students are highly dedicated to their dancing. The group are all very driven and determined to be successful. As for how they got on BGT, producers of the show actually contacted Ilana and Katie's dance teacher to invite them to audition. They had their audition in January, with a month to rehearse. The music was composed by the group's choreographer, Omar Ansah-Awuah, which was intensive upbeat hiphop/street music to reflect their style of dance. They received 4 'yes' votes from the judges. Unfortunately, despite being fan favourites, the group did not make it through to the live semi-finals. However, this remains an outstanding achievement for these students and their team, showcasing their hard work and talent to the whole nation.

Representatives from the HighLights school magazine team interviewed both Ilana and Katie to find out more about their experience and to congratulate them on their hard work.

It's clear to see that both girls have worked incredibly hard to get to where they are. We would like to congratulate Ilana and Katie on behalf of our Highsted community. The School



*“Seeing the judges’ reaction
was great. The judges’ comments
were dance perfection.”*

What was the most exciting part of being on Britain's Got Talent?

Katie said: "Doing something different to a regular competition was exciting, and being on a TV show enabled us to compete in a different way to our usual dance competitions."

The group also had the highest decibel audience of the day, with a standing ovation from the audience.

What do you like most about dancing?

Ilana said: "Being able to express myself. Dance is a good outlet for emotions."

Ilana added: "Seeing the judges' reactions was great. The judges told us we were 'dance perfection', 'straight up dance business' and said 'you look like an army'."

They had a lot of great feedback onstage, not all of which was aired. They said both Ant and Dec were friendly – Ilana gave one of them a high five!

Katie said: "I like being able to work with people I'm really close with and having people push me to keep going. Having a shared passion is really positive."

Both said: "We have great experiences too - we've been across America, Germany, Holland, Poland, Italy and Austria. Travelling independently is really enjoyable."

How did it feel being on TV?

Ilana said: "I was really nervous but excited. Waiting for the music to start was nerve-racking, but once it started it was great."

Katie added: "It was emotional too, as we'd put so much work into this performance. I felt relieved getting four 'yes' votes and everyone was so happy."



**ges' reactions
judges told us we
ection"**

You can watch the group's performance- which earned them a standing ovation- by following this link:

<https://www.youtube.com/watch?v=e9xqQiVLdyU>

HIGH ACHIEVERS:

Julia, Art

Julia E, in year 9, recently created a new piece of art which takes pride of place in the school reception.



HIGH ACHIEVERS—

Julia, Art

Q. What made you create this piece?

A. It was commissioned by Miss Tiernan-Powell and Mrs Waring to replace a display in reception with the Highsted virtues. The inspiration for the design came from my sketchbook work in a separate art project in class. Mrs Waring suggested it and together, we made a plan of the piece, which I followed through with.

Q. What is art to you?

A. Art is a way to express how I am feeling in the moment and how I see the world.

Q. What was the aims of this piece, in terms of its composition?

A. The aims were to make it artistic but obvious as to what the piece was.

Q. Did you incorporate the formal elements, if so what one did you rely on the most?

A. Colour and line were used the most because of the background. In order to create the intensity of it, I used Brusho inks in the background and patterns on the umbrella. To make the patterns clear, I also used acrylic paint. I also used this technique for the virtues circulating the umbrella to make them stand out, thus making it clear to onlookers

what the values of Highsted are.

Q. What effect did you want this piece to have on viewers?

A. The use of colour was a way to grab attention of those entering the school. It was a way for people to pay more attention to the virtues due to its vibrancy and boldness. The more attention it would get, the more people would subconsciously take them in.

Q. What are the virtues to you?

A. The Highsted virtues are a way to live our lives at not only Highsted but also ways to help us and enable us to lead a good life.

Q. How does it feel for you to have your work up?

A. It feels good to them as I get lots of compliments regarding the piece.

Q. What do you regard as the most important virtue?

A. The most important virtue to me is 'community conscious' because it is not just about you and yourself, it is about the world and the people around you.

Q. Do you want to further your interest in art?

A. I am planning to take Art for GCSE and I will see where it takes me in the future

HIGH ACHIEVERS:

Connie, Dance

We recently had the opportunity to interview Connie V. in Year 10 (left) about her hobby, ballroom dancing:

Q. How long have you been doing ballroom dancing for?

A. I've been doing ballroom for 10 years now

Q. And when did you discover your passion for ballroom dancing?

A. I started from a young age as my sister also did it but as I've become older, I've become more passionate

Q. So, what dance styles do you do?

A. I do jive, salsa, rumba and cha-cha. I dance as part of a team but I have an allocated partner for the season. My favourite dances are rumba and cha-cha.

Q. What do your dance classes consist of?

A. I generally have two lessons a week that are 1-2 hours long

Q. What would you say the hardest thing about dance is?

A. Training I would say is the most difficult part as you have to remain committed to training. This means I sacrifice some social time (going out with friends), but at the end of the day I know it will pay off and I'm happy to do this.

Q. How would you say dancing has helped you and what do you enjoy about it?

A. Dancing helps me to feel both independent and part of a team and I'd say it has really helped me to build relationships with other people

*“Dancing helps me feel
independent”*



ps me to feel
ndent”



What dance competitions have you taken part in recently?

European World Cup - 19th March/20th March 2022

European Championship Junior Festival - Blackpool 21st-23rd April

European Championship - Stoke 14th-15th May

I took part in the Blackpool Winter Gardens dance competition where there were 4 couple and 8 couple heats. We placed 6th out of 13 in the championship's competition, 6th out of 23 in Blackpool and for the 8 couple we placed 5th out of 11.

What was a highlight from the championships?

A. I was just really happy to get into the finals at Blackpool because that was hard, so I was really proud

For dance what would you say are your future aspirations?

Definitely to place higher, hopefully top of the English placing teams and would love to beat the Welsh teams.

And finally, what would you say to someone that wants to pursue dancing or specifically ballroom dancing?

I would say don't worry

about where you place, just go out there and enjoy yourself!

Connie's interview is really inspiring for people who are maybe anxious about pursuing dance or any hobby. Hobbies can really help with dealing with issues such as mental health and encourage a positive outlet.

HIGH ACHIEVERS:

Caitlin, Ellie-Jo, Ilana, Tonia- Ellie's Angels' mental health ambassadors

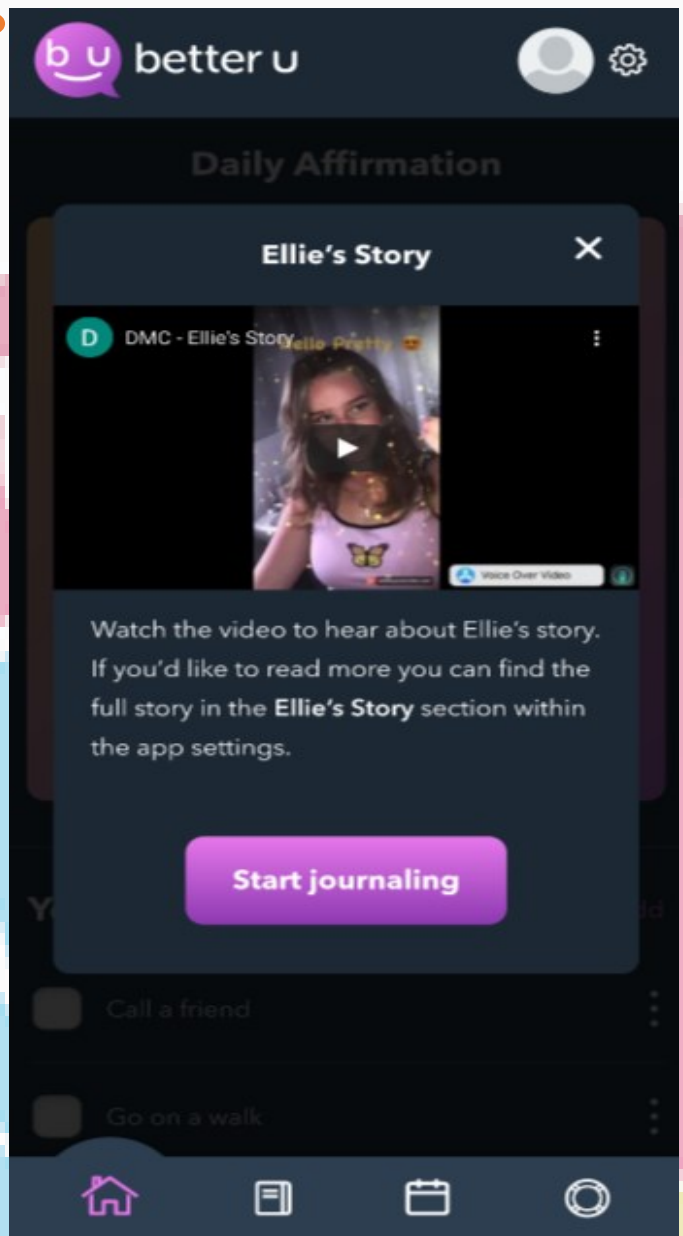
Taking statistics from Young Minds,

It was recognised that in July 2021 1 in 6 children ages 5 to 16 were identified as having a probable mental health problem. This is a huge increase from the 1 in 9 statistic uncovered in 2017. This rise in mental health issues is a result of numerous factors: personal experience, academic pressure and of course the coronavirus pandemic, which has amplified feelings of isolation, inactivity and sadness. In this climate, it is extremely important for us to do what we can to maintain a healthy mental state and some Highsted students have provided us a way to do so.

'Better U' is a free mental health support app that is "made by young people, for young people". We had the opportunity to interview some of the people involved to learn more about the app, how it works and the process behind its creation. Students Ilana W, Caitlin A, Ellie-Jo M and Tonia F all sat down for a group interview with the HighLights magazine team and were open and willing to discuss 'Better U' with us.

Before delving into the actual app, it's important to know and understand why the app came to be. In November 2020, fellow student Ellie Paine tragically lost her life in a car accident. Her passing was a massive shock to everyone and not a day goes by where she isn't missed. Ellie wasn't just a Highsted student, she was a daughter, sister and a friend to so many people. The gap left from her passing can never be filled, but her legacy continues to grow stronger every day. 'Better U' was created in memory of Ellie, as her family hope to help others just as she was able to receive help and become the best version of herself.

The app had been in the works since August 2021 as the team often met to discuss what they wanted in it, what they could incorporate currently considering budgets and what aims they had for the future of



the app. Due to the app being targeted at young people, the students were quite influential in the meetings and were able to offer a relevant and necessary perspective. They were glad to bring up what they needed in regards to mental health support and embraced this change from schemes brought up typically by adults. As Ellie journaled herself, the app began following that route and wanted to help others with what helped her. An app format is more accessible to young people in this day and age and was a good way to reach their target audience. The group took part in a 10-mile charity walk from Gillingham to Sheppey with DMC Healthcare to raise money for Mind. Everyone who took part were: the Ellie's Angel's charity members, trustees and chair people and some external volunteers. As a collective they raised over £2000 for Mind and also used this day to soundboard ideas for the app.

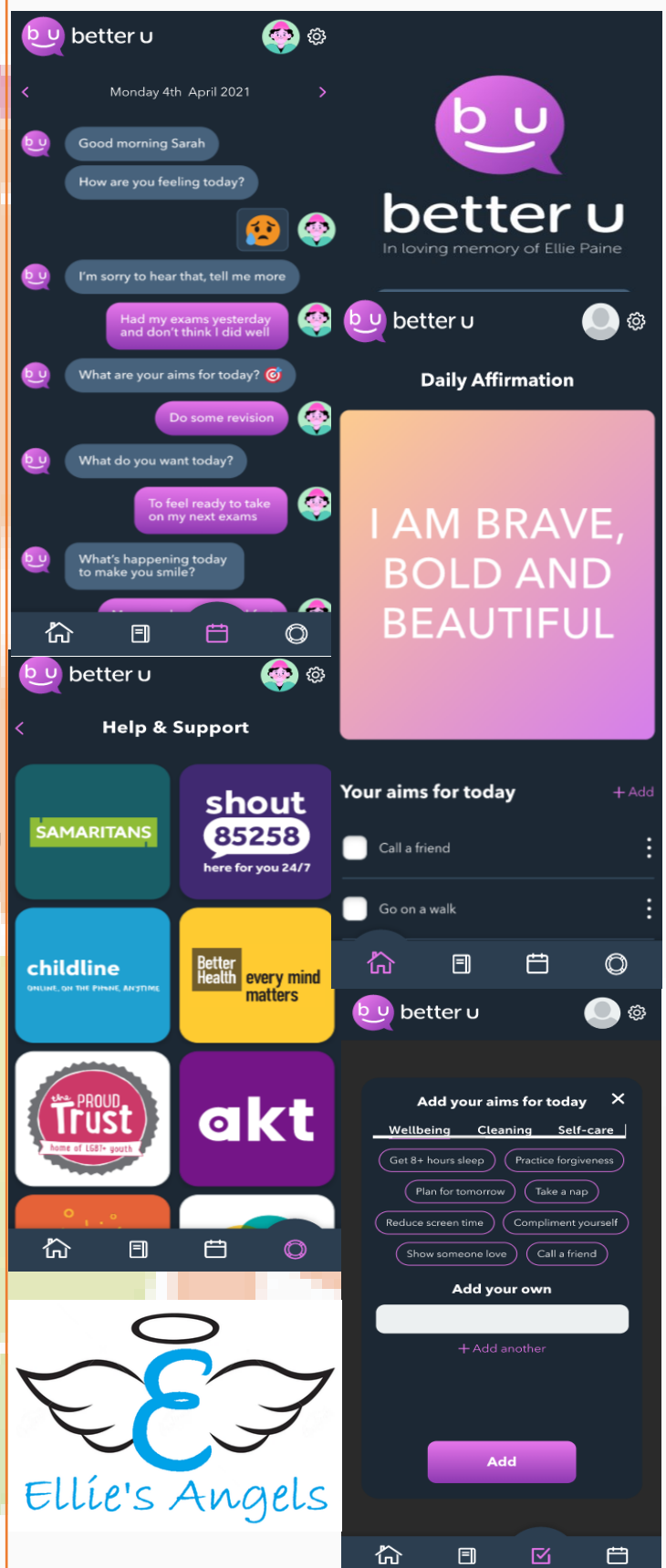
A way to make the app more personal to you is to select an avatar from the diverse range the app has on offer. As well as this, you can enter a personal affirmation that is significant to you. I asked the group if any of them had any affirmations they tell themselves daily. Ellie-Jo told us that she has "good morning beautiful" written on her mirror. This is what Ellie used to start off her journal entries with, so the phrase holds a lot of sentimental value to her. It's important to be kind to yourself and address yourself with love as there is only one you, and that person deserves to be treated the best they could possibly be. As time progresses, the team would love to be able to add more journaling prompts.

We asked if the app had encouraged any of them to take any further steps to aid their mental health as well as any tips for others as well. Ilana said that the app helped her note that when she is really busy, her mental health takes a backseat. The busier she was, the more negative the emotions she inputted to the app. She's attempting to combat this by taking more time for herself, and limiting the number of times she says 'yes' to people. Ellie-Jo stated that the app is almost a bridge between struggling with your mental health at certain periods and dealing with it once noticing a pattern. She promotes trying the prompts the app gives you – taking a walk, having a bath and finding what works for you.

The charity has shifted from being solely based with DMC and they now have more independence, control and influence. Launch funding came from grants as they promoted the app's concept and intentions to different charities and different groups that work with young people in the local area. They received an NHS/government grant of £25k. To promote their charity and the release of the app, the team completed two interviews with BBC Southeast and ITV Meridian. These interviews helped them gain press and outreach for the app. Now they're looking for more fundraising opportunities and have talked about quiz nights and even a charity gala. The group would love to go into schools around the country to speak about the app too.

Coming into their final year at Highsted, they all feel like it would be amazing to have the greatest impact possible within the school and make a difference for its students. Bringing their official roles as Youth Mental Health Ambassadors for the Ellie's

Angel's charity to the school would help the inclusion of better resources for students that are more accessible and authentic.



HIGH ACHIEVERS:

Brooke, Community Project

Brooke S, Year 12, recently designed a mural which was painted on the sea wall in Sheerness as part of a group community project.

Brooke was commissioned by the company Theatre 31 and Icon Theatre to draw a plan for the mural. The theatre company wanted to have more involvement on the island. Brooke is a senior member of this company and also serves as Swale Art Ambassador and Youth Project Manager.

During her initial planning stages, Brooke attended Westminster and Halfway primary school to complete mural workshops on 'The Sea and Me' to use inspiration for her own design. She enjoyed working with students and including children in the community for this project, in order to inspire her to create a visually stimulating and family friendly piece of art to welcome locals and visitors alike on the Isle of Sheppey. She worked in collaboration with a local artist, Richard Jefferies, who has completed several murals on the island. Brooke was very excited to work with him as she liked his graffiti-style artwork.

"I was born and bred in Sheerness so I wanted to give back to make my mark on my community."

They used the title 'Sheerness Under Sea', portraying landmarks from Sheerness but



under the water. This started with Brooke's sketch, which then was blown up with the artist, designed in a cartoon style. Once this was sketched onto the wall itself, members of the Sheerness community also helped with painting the mural, which proved to be a mammoth task on a long stretch of the seafront. This took 2 days to complete, on 7th and 8th May.

When asked to reflect on her achievements, Brooke commented that it was an interesting project and a way to make her mark on the community—she was born and bred in Sheerness and her family has lived there for generations, so she feels very proud to make her mark on her community.

Brooke stated that what made her the most proud was stepping back and seeing the finished product and how this came to life from a simple sketch in only two months.

Brooke has developed a passionate interest in mural work now. She said that she and her mother are aiming to go into care homes to complete murals for the elderly to enjoy.

You can see Brooke's mural on the sea wall at Sheerness sea front.

HIGH ACHIEVERS:

Brooke S, Year 12, Community Project



Have you got something to be proud of? We're always interested in celebrating student achievements.

Email

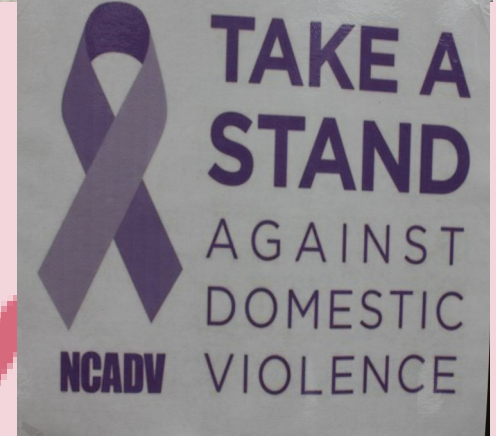
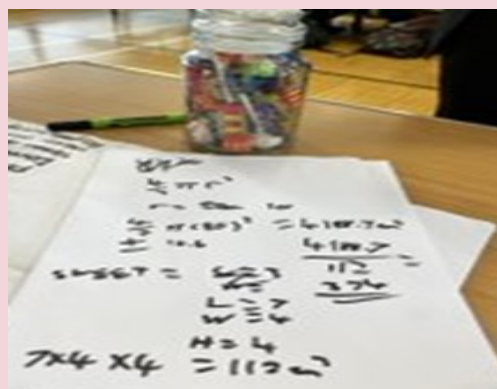

lmk@highsted.kent.sch.uk if you'd like to be featured in our next issue.

Fabulous Fund

Towards the end of Term Five, Ella P and Emma C, year 12, hosted a charity week in order to aid the eradication of period poverty and domestic abuse, with the charity, SATEDA. They found that this cause was significant to them and were initially inspired from the Ten Days of Action that took place within year 12 forms. They were inspired even further to help due to a government issued statement whereby they had suggested that period products were not a necessity.

Their charity week consisted of fun activities like the hula-hoop challenge and speed bounce challenge with everyone, no matter their year group, invited to participate. They also had a 'Guess the Number of Sweets in the Jar' challenge, which was won by Miss Mead, who guessed the number of sweets exactly. There were many people that attempted to guess the number of sweets, with some students even taking an extremely mathematical approach [see below]. Unfortunately, their attempts were futile. At their stall, they also sold sweets, chocolate and ice poles, which proved to be extremely popular with both staff and students. There was also an open mic event held on the Friday and was a great success, with the addition of Ms Coles joining in with songs from Taylor Swift.

Their charity event was extremely successful with Ella and Emma raising £350 for period poverty and SATEDA.



raising



Our Zara decided to get involved by hula-hooping. Unfortunately, she was no match for Ms Coles!

Zara asked Ella, one of the charity organisers, what motivated her to hold this event.

Q. Which charities did you choose and what are their aims?

A. As a pair, we focussed on two charities, consisting of SATEDA for domestic abuse and a period poverty charity, with the aims to help eradicate it.

Q. Why did you pick these causes?

A. We were inspired to focus on these issues from research done in form times. With greater research, I found that period poverty is a big issue within our area. I found that since attending Highsted, with a high female population, these issues began to feel more personal. I also believed that with these charity events, it would be a good source of inspiration for others to follow suit, empowering our community to help those suffering.

Q. Why is this cause important to you?

A. I don't think it's talked about enough despite being a prevalent issue. This was to spread information and awareness.

Q. What can Highsted do to get more involved with the charities?

A. Organise more charity events. This was a successful event and we would like to repeat this in the future.



Fabulous Fun

CYCLE FOR UKRAINE

The conflict between Russia and Ukraine most notably came from after the 2014 Ukrainian Revolution, followed by Russia's annexation of Crimea from Ukraine; this has resulted in conflict that killed more than 13,000 people in early 2020. Multiple bilateral agreements have been terminated and economic ties severed.

All through 2021-2022, Russian military build-up on the boarder of Ukraine increased tension between the two countries. Ukraine broke diplomatic relations with Moscow in response to Russia's invasion. The ongoing war is circulating the news across the world; our contributions help more than we may believe.

Brooke S, a member of the student council, helped to organise the event. She commented:

'Our Cycle for Ukraine event was created by the student council with the aims to raise awareness about the current situation and do our bit as a community in raising money towards the cause. I believe we achieved these goals. Despite the severity of the situation in Ukraine, we felt it important to create a compelling event getting people together, with healthy competition through the cycling challenges. We had 2 gym bikes, stop watches, raffle tickets and ice poles at the stall. This raffle was available to enter separately if people wanted to enter but not to cycle; the winner of this raffle won a Google gadget. Not only did we raise money for Ukraine to make a few lives easier out there, but we also informed the

school about the situation in Ukraine and brought the community together to calm the anxieties of those less informed about the situation in Ukraine. As a student leadership council member and on behalf of all those involved, I am proud to announce that we raised a total of £482.39. This is a great achievement and we thank all those who supported this event.'



draising



At the event, sixth formers from both years sang and played instruments to catch the attention of onlookers. This helped to bring more attention to the fundraiser which made it all the more effective as people would go over to see the chain of events and contribute.

our students within the Highsted community, perfectly displaying the Highsted virtue of community consciousness we carry with ourselves from day to day.

This was an incredibly successful event, showing the charitable nature of



Our Year 13 leavers have

faced an unfathomably difficult three years at school. Following the cancellation of their GCSE examinations, this year group was one of the most impacted by the pandemic. Against all odds, our incredible students have thrived academically in spite of unavoidable disruption to their education. Their talent has shone through their plentiful achievements as a cohort and the School could not be more proud of their resilience and determination.

To celebrate their remarkable work and to give students a send off they truly deserved, Mrs Tiernan-Powell, along with a representative group of Year 13 students, organised a fun-filled morning to say goodbye. Students arrived in school in fancy dress, portraying their future selves—either as imagined as a small child, or to reflect their current aspirations. From Barbies to barristers, from unicorns to university professors, students proudly posed for photographs and told our team about their outfits while visiting their teachers to say goodbye.

After an emotional farewell with their teachers, students had a final assembly and a civilised tea party in the HiPod, complete with balloons, before gathering for a Class of 2022 photograph on the field. Students rounded off their day by enjoying one final rounders game.

Students shared some final messages with our team for their teachers to read., and placed special messages on teacher doors.





Cerys E

What have you dressed up as and why?

I'm dressed as a backpacker as I want to see the world.

What are you going on to do in the future?

I'm going to study Geography, hopefully abroad; I'd like to study in Australia.

What will you miss the most about Highsted?

The routine of seeing everyone, and my teachers, and funny times during lessons.

What's your favourite memory of Highsted?

Interhouse competitions.

Any specific messages for teachers?

In general, thank you for working with us and getting us to the amazing grades which we are all at.



Nancy M-B

What have you dressed up as and why?

A university English professor as it's the only career where I'll truly get to do what I want.

What are you going on to do in the future?

Going to the University of York to study English then will do a masters afterwards.

What will you miss the most about Highsted?

Highsted is a nice bubble to be in, everyone is so supportive and welcoming.

Any specific messages for teachers?

To Mr Lovett and Mr Rosedon, thanks for being so upbeat and funny.



Amy G

What have you dressed up as and why?

I am dressed up as 'Anything but a Tory'. I'm going to university to study Politics and Economics but don't know what I will do yet.

What will you miss the most about Highsted?

Most of my teachers and friends.

What's your favourite memory of Highsted?

Science with Mr Stanley.

Any specific messages for teachers?

Thank you Mr Gilbert, you're going to really be missed.



Ayo A

What have you dressed up as and why?

I'm dressed up as a Barrister and Judge because I am going into law and I also just wanted an excuse to wear a wig.

What will you miss the most about Highsted?

I'll miss the extracurricular activities and the people.



Shannon B

What have you dressed up as and why?

A police officer as becoming the commissioner of the Met police is my top goal. I want to help society as I feel strongly about aiding people. I did an EPQ on police brutality as it is a subject I'm passionate about – I want to help reform the police's image.

What's your favourite memory of Highsted?

C4 antics and I remember my friend being dressed in a funny suit all day.

Any specific messages for teachers

To Mr Evans and Ms Baker, thank you for being a big part of my Highsted journey, I'll remember you forever.



Charlotte DLP G:

What have you dressed up as?

I'm dressed up as a cardio surgeon.

What are you going on to do in the future?

I'm studying Medicine at Newcastle, I really enjoy science.

What will you miss the most about Highsted?

A lot of teachers, especially Mr Rosedon.

What's your favourite memory of Highsted?

English lessons- making huge mind maps with Mr Lovett.



SISTER ACT

We (Tomi O and Gloria A) had the opportunity to work behind the scenes as stage crew for Highsted's production of 'Sister Act'. It was such a fun experience to have but could be stressful and demanding at times. This was our first time performing such roles, and we couldn't have asked for a better team to do it with. The cast were absolutely amazing and it was a privilege to witness all their efforts towards producing a spectacular show. All of the teachers (Miss Appleford, Mrs Evans, Ms. Braddy, Miss Reed, Miss Longley) made the production a success and worked so hard within their respective roles. It wouldn't have been what it was without them. We had the pleasure of interviewing members of the 'Sister Act' cast and crew, asking about their favourite memories and experiences of being a part of the production:

Tope O - Year 10 - Deloris

This experience has been sensational. I've loved it! I've got to meet loads of other people in other years and it's so much fun talking to everyone and getting to know them. I would do this over and over again if I could.

Sophia - Year 7 - Delores

My experience was great! I would say definitely do the school play because it's a great opportunity to make friends with people who share the same passion as you. I really loved doing it.

Lucy B - Year 9 - Mary Robert.

From this production I've made lots of new friends and it's been such a fun experience doing a drama production with so many people in the school in lots of different years. I was able to get new expertise and it was also fun hearing all the stories from previous productions. The teachers who have helped have been magnificent and I thank them immensely. This show has been a real dream.

**Oakleigh F - Year 12 - Mother
Superior**

It's been amazing getting to know everyone in all the different years and I've loved doing the production. My favourite part has been seeing everyone smash all their songs because everyone's so talented and the fact that some of these kids are 12, 13 and 14 is crazy.

**Aisha H-B - Year 12 - Monsignor
O' Hara**

You should definitely do the production because you create a brilliant community, you get to make friends of all different ages, you get new experiences, the teachers are so great and really helpful. You should do drama!

**Annabelle B - Year 12 - Sister
Mary Robert**

It's been really good. I've had a lot of fun and I must say I've learnt quite a few things. I am definitely going to miss it next year.

Esme D – Year 10 – Joey

Loved the atmosphere from the cast and auditioning with friends. Thank you to Ms Appleford for everything.

Ruby K - Year 10 - Pablo

Got to meet new people from all years and I had fun dancing together in the big numbers everyone has worked on. Thank you to Ms Braddy, Ms Appleford, Ms Reed and Ms Evans.

**Aimee T - Year 9 – Stage Crew & Sophie
- Year 8 – Stage Crew (curtains)**

It's been great, it was really fun experience.

Beattie V - Year 10 - Sister Mary Theresa

My experience in Sister Act has been really really good, I've loved working with people in different year groups and it allowed me to make lots of new friends. I've had so much fun.

Isabelle C - Year 9 - Sister Mary Theresa

Sad that it'll be over but performing is worth it. I like the joke I makes towards Delores onstage. Thank you to all the directors and everyone who's made everything possible.

Ella J - Year 8 - Fantasy Dancer and Cop

Loved doing Fabulous Baby and being able to go into the audience. Thank you to everyone

Suzie K - Year 7 - Fantasy Dancer

Loved doing the finale when everyone comes together and Eddie's song when we rip of his clothes and transform his outfit. Thank you to all the teachers for help with music and the overall production.

Cal N - Year 12 - Curtis Jackson

Performing was the best as it's great and liked when I get to shoot Ernie. Thank you to Ms Braddy for being an amazing music director, Ms Appleford as she's amazing and Ms Evans as she's great and thanks to the whole cast too.

Harlow D - Year 7 - Nun, Pool Player and Fantasy Dancer

Enjoyed Fabulous Baby as I get to work with friends and go in the audience. I got to meet friends and work with different people. Thank you to Ms Appleford for supporting me through this great experience

Millie C - Year 8 - Fantasy Dancer

The beginning of rehearsals were the best as I got to meet my best friends and thank you to Ms Appleford for support throughout.

Ella P - Year 12 - Mother Superior

Loved the ending where her and Delores have come together. It was funny finding out year 7 drama and also just working with everyone as they're all so nice. Thank you to everyone as we couldn't have done it without you and it wouldn't be as great.

Zoe M - Year 12 – Stage Crew (mics)

I am lucky getting to see the show from backstage as its very good and I've enjoyed messing about and dancing with the stage crew during the show.

Jack E - Year 12 - Eddie

The real thing of course is fun and a vibe and I loved to perform my song
Thank you to Ms Evans, Braddy, Reed, Appleford and Longley, I love you all and thank you.

Miss Appleford – Director of Sister Act

This was my first time directing. They were all absolutely brilliant and they've all worked really hard. They've put in so much effort and they should be proud of everything they've done, I'm really proud of them, myself, Mrs Brady, Mrs Evans, Miss Longley. Being backstage with all of you, seeing the energy and seeing what you are doing for each other is so nice. You're so helpful to each other and you're really supportive, especially older years to the younger years, you're all really inspirational for all of them and I look forward to next year's production.

As well as interviewing the cast and crew backstage, we briefly went into the audience during the intermission and were able to speak to some people about what they thought about the show so far. The reviews were glowing and it was amazing to hear such great feedback after having put in hard work and witnessing it too.

Ria T - Year 12 student

I really think the production is possibly one of the best ones yet. Jack and Oakleigh were absolutely amazing and their roles were probably my favourite characters. The visuals, the orchestra, the music and just the way it's all put together is really...wow. I think I had a tear in my eye at one point and my hands hurt from clapping - it's so emotional. I'm just so impressed with everything so well done to everyone.

Brooke S - Year 12 student and refreshments volunteer

I was so emotional watching the show and am feeling an overwhelming euphoria. I am friends with a few of the cast and love seeing them perform. Jack's performance of 'I Could Be That Guy' was beautiful and made me cry.

Ritika T - Former Highsted student

I am finding the show amazing and loves Eddie's song and when Delores is teaching the nuns to sing properly. The lighting, music and costume changes are amazing. The show is perfection.

Rebecca D - Parent of cast member

This is my second time seeing the show and I'm finding it absolutely fantastic. My daughter, Esme is of course the best moment to watch in the show and I also love everyone coming together for the singing and dancing.

Ms Brady - Musical Director of Sister Act

As new members of staff, Miss Appleford and I were in a position of starting back up the tradition of an annual school production without having any knowledge of the legacy. We went big and ambitious and it paid off.

A set was lent to us by Maidstone Amateur Operatics who put on the production in the spring, costumes were hired from the Bob Hope Theatre in Eltham giving us pristine nuns with magic tabards that became sequined tabards in an instant and a trick costume transforming Eddie the policeman into John Travolta for a dream-like moment. We hired professional musicians to boost the students and staff players from both Borden and Highsted from years 8 - 13 who worked on the professional score from April. The cast of 5 auditioned in January and worked solidly every lunchtime from then on. We worked 4 weekend days, several nights after school till 8, some even did shows alongside ours at the Hazlitt. But we rehearsed and rehearsed and it paid off. A fabulous time was had by all both on and off the stage. Mrs Evans coordinated an amazing backstage crew. Miss Longley organised the costumes and Mr Mitchell ensured everyone could be heard at all times. Thank you to everyone that made it happen and thank you to the students for rising to the challenge after a long period of not being able to perform.



Chik O-N - Year 10

My friends and I attended the Wednesday night performance of 'Sister Act' and it is safe to say it most definitely did not disappoint. Having never seen the musical, the cast, crew and band of this production before, it depicted the plot line flawlessly. The actors had impeccable stage presence, facial expressions and embodied their characters to perfection – captivating the interest of myself and the audience. The faultless execution of props, set design, costume changes and the live band was admirable – encapsulating the fun and entertainment of this stage play. The musical numbers were astounding through the entirety of the performance due to the professionalism and skill of both the singers and the band.

I especially wanted to comment on the performances of Tope, Oakleigh and Jack who, alongside everyone who took part in the play, were nothing short of perfection. Tope – who plays the main character Deloris – portrayed her role exquisitely. She demonstrated confidence, clear diction and amazing singing and dancing skills that truly brought the character Deloris to life. Her performance was stupendous and made a spectacular lead. Similarly, Oakleigh as 'Mother Superior' – was remarkable. Her mannerisms, euphonious voice and top-notch acting made it hard to believe she was not a professional. Her overall performance was outstanding and skilful. Jack as Eddie was also phenomenal – ensuring the humour and wit in his character were translated immaculately to the audience. His simultaneous playing of the guitar and singing was fantastic whilst also remaining pitch-perfect. I particularly enjoyed the scene where 'Eddie' had 2 rip-away outfit changes – which added both incredible crowd appeal and a superbly unexpected wow factor. On Thursday the audience was met with another cast of leads and it was remarkable how Sophia from year 7 took the lead of Deloris with such confidence and quality for such a young student, she too fully captured the character, along with other leads, who took hold of their opportunity to shine with both hands.

As an audience member I loved every second of it and everybody who took part did an amazing job. The mood and atmosphere in the auditorium were electric and took us on an emotional and uniting journey. Congratulations to all the teachers, cast and back stage crew for such an outstanding production.

SISTER ACT

GALLERY



HighLights of the Year: Celebrating 70 Years of Queen Elizabeth II

From her iconic outfits to her seemingly endless abundance of beloved corgis, Queen Elizabeth II will certainly be a monarch to remember.

The Platinum Jubilee celebrations have been a fantastic tribute to the Queen and her 70 years of service, to the United Kingdom and also the Commonwealth, in a role she was not actually born to fulfil. Now in 2022, she is the longest reigning monarch in our nation's history.

Princess Elizabeth Alexandra Mary became Queen on the death of her father King George VI on the 6th February 1952, when she was just 25 years old, with her coronation eventually taking place on 2nd June 1953. Since that time she has been a loyal and steadfast figurehead for the country. It is an incredible achievement and during her reign there have been a multitude of changes, not only in our country but globally. It is hard to believe that the Queen's first Prime Minister was Winston Churchill and there have been a total of 14 during her time on the throne, each bringing changes in government, laws and the constitution itself, one of which is that rather than the crown passing to a male heir it is instead now the first born child, regardless of gender.



During the Queen's reign, she has taken steps to make the monarchy more accessible, for example by introducing protocols such as the 'walkabout', meeting members of the public, during state visits, the first being part of her royal tour of Australia and New Zealand in 1970. For her Golden Jubilee, in 2002, she travelled more than 40,000 miles, visiting 70 cities and towns in 50 counties within the U.K. to meet with members of the public. In 2012, Bond actor Daniel Craig entered Buckingham Palace wearing his trademark tuxedo in a short parody film with the Queen making a cameo appearance for the opening of the London Olympics.





LGBTQ+ and women's rights have expanded and we have seen many firsts for women in this time, for example in politics; in 1958 they won the right to sit in the House of Lords and one of the most prominent moments took place in 1978 when Margaret Thatcher became the first woman Prime Minister of the United Kingdom. In 1994, the church appointed its first female priest; Angela Berners-Wilson in the U.K. Equality for women has advanced in some areas such as pay and conditions of working, although there is still some way to go, breaking down the last barriers to achieve true equality. 2002 saw Parliament pass measures to allow adoptions for same sex couples, which was followed in 2013 by the legalisation of same sex marriages.

The Platinum Jubilee celebrations began 2nd June with thousands of people descending onto the Mall; kicking the celebrations off with the Trooping the Colour where royal fans were dressed up in red, white and blue and the Queen and royals watched the spectacular flypast from the balcony. More than 3,500 beacons were lit around the U.K. and Commonwealth in honour of Her Majesty's Jubilee. On 4th June the celebrations continued with a star-studded concert outside Buckingham Palace as well as a pre-recorded skit where the Queen starred alongside Paddington Bear. Although she



was unable to attend all the celebrations in person, it did not detract from the overall sense of occasion and the patriotism of the nation.



Fifties

With the recent celebrations of the Queen's Platinum Jubilee, deep dives into the history of her life have been performed all over the world. The time period most notably significant would be her life during the 1950s. With the entire world still recovering from WW2, the Queen would soon ascend to the throne and begin the longest ever reign by a British Monarch. Some of the Queen's key moments during this decade include: succeeding the throne in 1952 then being coronated a year later, her World Commonwealth Tour and the first televised Queen 's speech in 1957.

As a school, we wanted to commemorate this iconic era of the Queen by holding some 1950s themed events in her honour, supported by the History department. On the 18th and 20th of July, multiple events were on offer to students and everyone was encouraged to take part and get a taste of the 50s.

The first day of lunchtime events acted as a teaser to the real fun that would occur on the Wednesday. An open mic was held for all students and teachers who were willing to perform songs that were released in the 1950s, or were at least inspired by the decade. Some of the songs performed this day were: songs from Grease, Elvis Presley Classics, songs from Teen Beach Movie and The Everly Brothers. The open mic was fronted, as ever, by our wonderful resident guitarist Jack E, and his singers Oakleigh F and Brooke S.

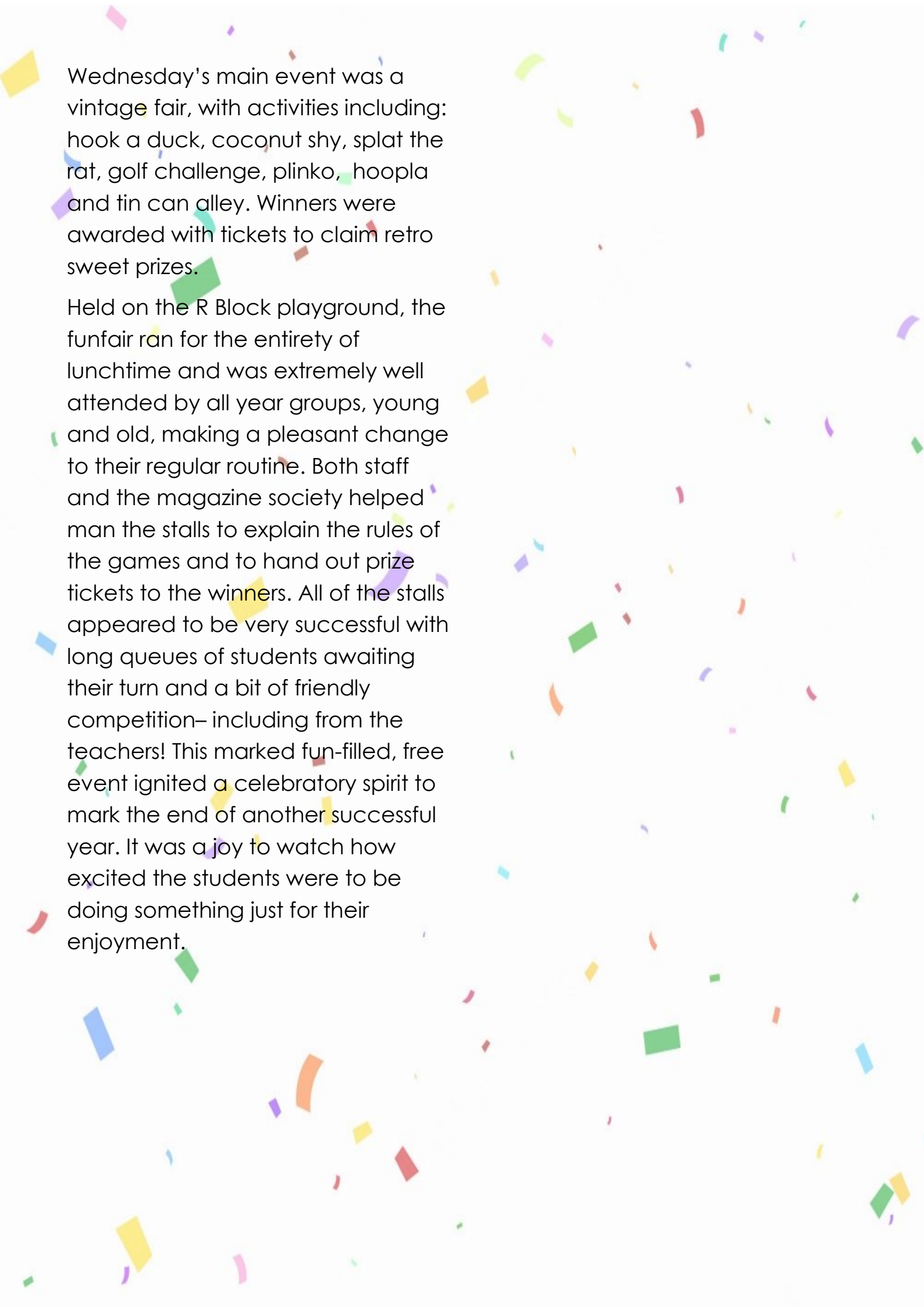
The talent from all those willing to volunteer acted as a nostalgic backing track to the other activities on offer. Students had the chance to test out the 50s look, as the Victory Rolls Hairstyling Station, lead by Zara P, allowed students to try a style that isn't in fashion much anymore. Another stall

available was to vote for the 'bonniest baby'. This is a decades old competition, in which baby photos are entered and people vote on who they think the bonniest (cutest) is. To put our own spin on the competition we asked all members of staff to submit a photo they thought would guarantee them winning the title. It was great fun to watch everyone not only vote on who they thought was the cutest, but also try guess which photo was which teacher. Students voted for Mrs Newton as the 'bonniest', supported by her daughter's encouragement.

In History and Music lessons, students have also engaged with the legacy of the past seventy years. Year 7 History students have explored and debated what they feel to be the most important changes in British society, culture and politics since Elizabeth II came to the throne. Year 8 History students have delved into the world of comparing 1950s women with the women of today, investigating via adverts of the time (excellent source material!) both change and the extent to which women's positions have altered. Year 9 students have researched the origins of the modern largely ceremonial style of Elizabeth II's monarchy, thoughtfully debating the Queen's 'performance' as a ruler in the public spotlight. Complementing all this in Music lessons has been a joyous engagement with the world of 1950s music. Students have enjoyed analysing and performing music from films such as Grease which would have infused so many young people's lives in the decade when Elizabeth came to the throne.

s Fun





Wednesday's main event was a vintage fair, with activities including: hook a duck, coconut shy, splat the rat, golf challenge, plinko, hoopla and tin can alley. Winners were awarded with tickets to claim retro sweet prizes.

Held on the R Block playground, the funfair ran for the entirety of lunchtime and was extremely well attended by all year groups, young and old, making a pleasant change to their regular routine. Both staff and the magazine society helped man the stalls to explain the rules of the games and to hand out prize tickets to the winners. All of the stalls appeared to be very successful with long queues of students awaiting their turn and a bit of friendly competition– including from the teachers! This marked fun-filled, free event ignited a celebratory spirit to mark the end of another successful year. It was a joy to watch how excited the students were to be doing something just for their enjoyment.



Summ

We were blessed with fantastic weather for our athletic track and field event on Friday 15th July. All years took part in track and field events throughout the course of the day in a variety of running and throwing events. It was so good to see the students competing in their forms for a medal and some of the competitions were closely contested with very narrow margins determining who took home the gold medal. It was lovely to see the students walking around the school wearing their medals proudly and hearing them chink as they walked, with some winning more than one medal for their form.

Outstanding performance from the day was recognised for the following students for their athletic prowess and sporting endeavours: Year 7 student Tessa B broke the school athletics record in the discus throwing 17.75m beating a record held since 2015 by over a metre, and Rachel C in year 10 narrowly missed breaking the discus school record that has been held since 2001, missing out by just a few centimetres.

Here are the overall results for each year by form group:

YEAR 7	SCORE	POSTION
7.1	70	4 TH
7.2	94	2 ND
7.3	72	3 RD
7.4	68	5 TH
7.5	95	1 ST

YEAR 9	SCORE	POSTION
9.1	97	1ST
9.2	94	2ND
9.3	91	3RD
9.4	47	5TH
9.5	61	4TH

YEAR 8	SCORE	POSTION
8.1	92	1ST
8.2	67	4TH
8.3	89	2ND
8.4	55	5TH
8.5	80	3RD

YEAR 10	SCORE	POSTION
10.1	106	1ST
10.2	98	2ND
10.3	72	3RD
10.4	58	4 TH
10.5	57	5 TH

YEAR 12	SCORE	POSTION
12.1	87	2ND
12.2	100	1ST
12.3	35	4TH
12.4	82	3RD

er Sports



**Winning relay
teams L-R:
7.2, 8.1, 9.1, Year
10 and Year 12**

HighLights of the Year: GCSE and A Level Art Exhibition

art movement. He has shown his paintings in the UK, the USA and in Europe. He was a semi-finalist in Portrait Artist of the Year, although he feels his portrait of Asa Butterfield was better than his portrait of Elaine Paige! He taught drawing, painting and illustration at Canterbury Christ Church University for ten years, and his last exhibition catalogue was written by the famous and controversial writer, Will Self.

A message from Ms Waring, Head of Art:

It was a very special occasion to welcome students, families and teachers to the Art exhibition to support and celebrate our wonderful students' art work in Year 11, 12 and 13. The evening featured ambient music played by Music student Jack, in Year 12, with refreshments hosted by Sandra W, Sophie S, Sophie H, Emma T, Leo R, and Amber B in Year 10.

Famous artist Charles Williams handed certificates to students; Katie in Year 13 for Inventiveness, Amy in Year 13, Isabelle in Year 11 for Inventiveness and Gabriella in Year 11 for Effort. All students must be acknowledged as they have worked extremely hard and I would like to congratulate them on their fantastic effort!

ABOUT THE ARTIST: *Charles Williams*

Charles Williams is an artist who paints, writes and sometimes makes sculptures. He has been a professional artist since 1992, training at the Royal Academy of Art, where he won the top prize for painting as well as the prize for anatomical drawing. In 1999, along with fellow artist Eamon Everall, he became one of the 12 original founder members of Stuckism, the radical anti-conceptual



Our resident art expert Zara reviews her favourite pieces from the exhibition

commonly used in art as symbols of femininity, hence the term “mother nature”. Therefore, I feel Amy’s piece is very representative of what it means to be a woman in the public eye.

Ruth L- Y13

Ruth’s piece shows her holding up her friends and family. This is to show her story and her life and her holding up her heritage. The use of sketching pencils for who she holds up shows that this is all in the past, yet with her being in colour means that she, in the present, is upholding those close to her. The background almost seems nostalgic, solidifying how in the past everything is. With Ruth being in the foreground it shows how all these things has made her up as a

being. It also corresponds to the BLM movement as she is a woman of colour in contemporary society, which makes it all the more significant.

The art exhibition was a great way to show off the work produced in years 11, 12, 13 before then end of the year. Art exhibitions develop our understanding of visual work and allow room for greater interpretation among people. In art this gives room to develop skills and to receive criticisms to aid moving forward artistically. With a local artist coming in, it allowed not only students but also parents and families to see how art can take you in life and how it is an unexpected path in the journey of life.

Amy G- Y13

Amy’s piece was very sentimental, curating the growing relationship between her and her girlfriend. It also centres femininity with the pink background, however I found it to be a nuanced take as the pink in the background was cool toned, which made the piece seem invasive and cold. The figure is laying on a couch, making her seem vulnerable furthering the idea of invasiveness. Despite this feeling of invading privacy, it feels quite normal due to the normalisation of sexualising women in media. The plant in the foreground displaces some kind of a protection from the eye as the figure is therefore not fully exposed. Plants are



Award Winners

1



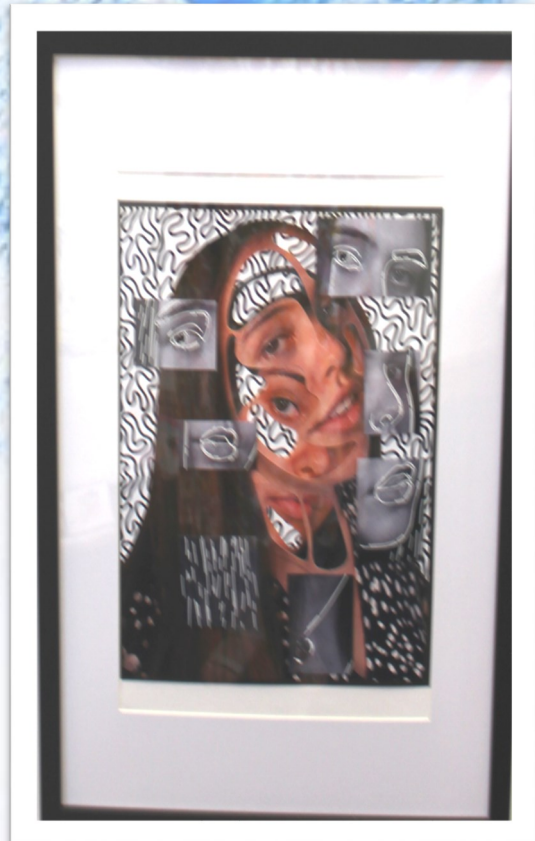
2



3



4



1. Isabelle B, Year 11, Inventiveness
2. Gabriella C, Year 11, Effort
3. Amy G, Year 13, Effort
4. Katie J, Year 11, Inventiveness

High Societies:

Recruitment Fair 2022

One of the wonderful ventures which has really taken off with the sixth form is the formation of societies last academic year. When Year 13 students left in Term 5, the time came to elect new presidents and to think about recruiting new members for next academic year, now firmly in the hands of our outgoing Year 12 students. In order to introduce the current Year 11s to life as a member of the Highsted sixth form, the Year 12s were asked to make their own stalls for a societies fair where the students created fun activities for the younger year to enjoy, each activity being directly related to what the society is about. These societies were either new and made by this year's Year 12s, or, they are continued from previous years but with new leaders. All of these societies pertain to a wide variety of interests, passions, and future career or university goals. The magazine society interviewed each stall and found out what exactly they are about.

watching clips from a film or a whole film that they have agreed upon together (although this is not as common due to length); once they have finished watching it, they will then discuss what they have seen in an analytical way by exploring the film's use of cinematic techniques and their overall experience of watching it as an audience.

Film Society

The current president of the society is Caitlin A and the activities that they were offering on their stall that day were all quizzes on a variety of topics such as guess the director, guess the genre and guess the film. As a whole, their society's general activities usually consist of



Musical Theatre Society

There are currently two presidents of the musical theatre society, this being Oakleigh F for the theatre aspect of it and Jack E for the music side of it. The activity that they were offering on their stall was very interactive and engaged the students' imagination as they utilised the 'bus stop game' which is where a person is given a role to play and they have to act it in the setting of a bus stop while interacting with other characters, they also played with anagrams. Their society usually consists of planning charity events, such as open mic nights, as well as deciding and practicing different plays or skits that they could perform.



Mathematics Society

There are three presidents this society, these being Charlotte W, Ilana W and Rebecca. Their stall during the event held an activity of a countdown where the Year 11s had to quickly answer maths-related problems. Currently, the society is focusing on university admission tests in order to help members prepare for their future.



Current Affairs Society

This society is governed collectively as they believe that everyone should all be able to have an equal say in what is discussed within it as politics and what is currently happening in the world affects everybody's lives. Their activity on their stall consisted of a quiz about general knowledge of what is happening in the wider world, for example, with Roe v. Wade being overturned and what is happening with NASA's telescopes at the moment. The society usually, within their sessions, will debate and discuss any news that has interested them, whether this is related to a certain academic subject or something that is generally interesting.



Computer Society

This society has Megan as its president and Harriet as its vice-president. The activity that they had on the day was code breaking as well as a small robot called 'Cosmo' that you were able to play with. Their society as a whole usually focuses on aspects of Computer Science that may generally be overlooked, for example, the fact that it is a heavily male-dominated field, so, they aim to push for more women to enter STEM in order to increase diversity and to not feel as if they are incapable in such a career when that is not the case.



LGBTQ+ Society

The presidents of this society are Brooke and Marissa. The activities that they had running during the fair were to match the flags and identities to definitions, which educated people on different parts of the community. Their activities are unique as they aim to engage with the school as a whole through an anonymous 'Queeries Box' where people can submit questions that will be answered every two weeks. They also aim to recreate what the Year 13s did this year in producing an LGBTQ+ charity event where all the proceedings will go towards the Stonewall.



Diversity Society

Their president is Karine and their activity on their stall was to guess the location on the world map and to guess different country's flags with varying difficulties ranging between easy, medium and hard. The societies sessions usually consist of quizzes and presentations all with the aim to educate each other on different cultures in order to promote the notion of accepting one another and sharing facts about each other's backgrounds as well as challenge any ignorance that may come from not being aware of differences.



Law Society

There are four presidents of law society, these being Rosie G, Millie Mc, Millie M and Amelia S. The activity that they ran for the younger year was a list of different questions that the members of the society asked the participants about their opinions, these questions all being in relation to politics and legal matters. Some of these were about abortion due to the current climate in America or about more general concepts such as the electoral system. Their sessions are usually made up of debating current political and legal issues going on in the world, so, at the moment they are thinking of ways to raise money for Planned Parenthood in order to aid with the matter of abortion within the USA.



cases that interest them as well as informing one another about any facts that they may know.

Criminology Society

The presidents are Holly S and Caitlin M. Their activity on the day was highly interactive as participants were told to look around the hall for different letters and then once they had uncovered every letter they were told to unscramble it in order to reveal a famous criminal (this being Ted Bundy). Normally, their society during their sessions will watch true-crime documentaries or discuss any



Wellbeing Society

There are two presidents, these being Tia and Kayley. They had multiple activities on their stall running, these being making friendship bracelets and colouring. The society, unlike the others, does not have any specific aims for every session due to its nature and instead aims to relax every member and help with their wellbeing.



Sports Society

The presidents are Esther and Katie M. The activities that they had on their stalls were a competition of seeing who could do the most speed bounces in thirty seconds as well as guessing the player. In their sessions they will meet on Monday mornings in order to discuss a different sport each week that they enjoy.



Magazine Society

Our society president is Tomi, and Zara is our vice president. On our stall we had multiple activities, these being guess the famous celebrity in a news headline or magazine cover as well as giving students the choice between three different images and allowing them to make up a funny headline. Our society aims to inform the Highsted community about any and all types of news and school events, spending sessions writing articles.



ICGS Conference

12.7.22 Stratford, London

The International Coalition of Girls' Schools (ICGS) is focused on advancing girls' education globally, through advocacy, networking, researching and professional development. Highsted was invited to their annual student conference, for which representatives from years 12 & 10 were selected. It was an honourable and unique opportunity to attend on behalf of our school; we were the voices representing the Highsted community in discussions of unconscious bias, inclusion & diversity, and equality. It was a day filled with female empowerment, endowing us with an unexplainable sense of pride.

Upon arrival at the FCA, we were given name badges and provided with refreshments. A sense of professionalism was prevalent, but the informality of later networking opportunities made for a relaxed, yet captivating atmosphere. Below shows us getting ready for our day of important talks (with the refreshments, of course!)



International Coalition of Girls' Schools

icgs
Advancing Girls'
Education Globally

The conference began with speeches by headteachers Rae Potter and Maria Noone, who focused on the great potential of all-girls schools; female empowerment in these environments builds our characters with confidence and leadership. But, we must take it further than this: the glass-ceiling is still present in the workplace, and the pandemic highlighted gender inequality through a rise in domestic abuse. Society has progressed, but not far enough, and it is through conferences like this that greater awareness can be spread.

Here we all are, ready to discover how we can change the World!



And then came the awe-inspiring talk by Llando Du Plooy, the co-founder of 'Education for Change'. Despite having a negative childhood in South Africa because of the evident racial split, he dedicates his life to improving the life opportunities of every child in Newham, through his programme that aims to eradicate any discrimination within schools. By surrounding himself with 'women of integrity', he noticed the striking ferocity and passion we display when fighting for something; we are all capable of provoking change within society, just that we must be courageous in our actions. As Llando asserted, 'you can stay where you are loved, or you can go to where you are needed' - young women are catalysts for change, and hence should take the step of speaking up.



'You can stay where you are loved, or you can go to where you are needed' - Llando Du Plooy

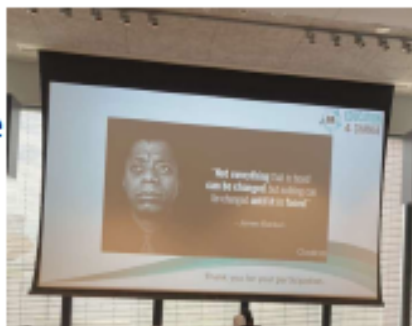
Part of going to where we are needed is by initiating so-called 'difficult' discussions, like that of racism and how unconscious bias plays a huge role in determining negative stereotypes. The more attention these matters have supports the destruction of ethnic/gender barriers that history has constructed for us.

Before we got stuck into our workshops, there was an opportunity for networking in the break; this meant questioning and conversing with the speakers and other students. We approached Bethan Hunt, a senior associate at FCA, who freely told us her story and gave her best advice. Despite having to retake her A-levels due to illness, and repeating her 2nd year at University because of family issues, she was able to refocus and redirect her life. Now advising some of the World's leading banks in her role at FCA, she is the prime example of a young lady who refused to be reduced by the barriers she faced. Upon asking her for her best advice, she replied that to 'picture yourself where you want to be' is the top goal to have.

'Picture yourself where you want to be' - Bethan Hunt

In the afternoon, we split into pairs and attended a range of workshops, to get as much exposure to each topic as possible. One of great interest was delivered by Aliyah Irabor-York, founder of the student-led movement 'Pupil Power'. Her workshop on the empowerment of young people to be active agents of change underpinned the whole day; with a variety of barriers present for us in society, the removal of them will only come from our generation. Change starts with us. Not the government, not teachers, but us, the students. Undoubtedly, we'll work as a collective to achieve equality, but the drive and passion begins with young people. Aliyah interrogated us for our 'why?' Why do you get angry at this, why do you want to change it? Because once we have established our 'why?', we can channel our frustration into making a difference in society.

'Not everything that is faced can be changed, but nothing can be changed until it is faced'.



International Coalition of Girls' Schools

icgs
Advancing Girls'
Education Globally

Following on from the idea that change starts with us, was the workshop led by Carleene Lee-Phakoe, Labour Party Councillor for Newham. She, like the others, started with her story: her youngest son was diagnosed with autism and had to fight for him, as a result of the poor quality of special education services in her area. After her husband applied to be a Councillor, she decided she was just as capable as fulfilling the position, so applied too. With a successful outcome, Carleene has spent the past 4 years campaigning for better child provision services in Newham, receiving £1.5 million in government funding and having the support of 60 other Councillors behind her. At the forefront of her work is the belief that it's crucial to invest in young people, because we are the future. Her most important point was that 'there will not be a better campaigner for us than ourselves'.

'If we don't fight for what is right, then who will fight for us?' - Cllr Carleene Lee-Phakoe

In addition to this, a simple yet resonating message was that of 'Education for Change', who highlighted the importance of being 'conscious of the unconscious bias'. We all make generalisations and unconscious judgements of people, but in a world where the subconscious belief that women are inferior to men exists, it is dangerous for society. To help with this, it's crucial to rid the 'Them v Us' mindset, for equality can only be achieved when society works as a collective. Stereotypes are inherent, but being honest with oneself and recognising when you're being unconsciously biased is key. The organisation also touched on the 'white privilege', which is where a white person may have had life difficulties, but not because of the colour of their skin, opposed to an ethnic minority who might have. This is a commonly misunderstood concept, so spreading awareness around it will help in preventing the restrictive effects of the unconscious bias.

Therefore, with a host of information and new, inspiring perspectives on society, we are excited to share it all with the rest of the Highsted community. Our next steps will be to present an assembly summarising the concepts we were told about, and introduce the 'one for all, and all for one' vision for our school. Although Highsted is a warm and friendly environment, we want to educate the students further, so instead of just understanding, they can strive to be 'agents for change' in society.

By Millie Maskell, on behalf of the ICGS student attendees

You Should Be Talking About: Mental Health Awareness

In the **Oxford dictionary**, mental health is defined as “a person's condition with regard to their psychological and emotional well-being” however, mental well-being doesn't have one set meaning. So, everyone has mental health it just depends on whether they've got a good or bad relationship with it, but what do we do if we have bad mental health and how do we prevent it?

In the U.K., mental health awareness week ran from 9th-15th May 2022. This is the U.K.'s national week in order to raise awareness of mental health as well as mental health problems and aims to inspire action to promote the message of good mental health. This year's theme for mental health awareness week was loneliness, where we could explore the experience of loneliness, its effect on mental health and how we can play a part in reducing loneliness in our communities.

Loneliness affects millions of people every day and since the Covid-19 pandemic has occurred loneliness has increased. Loneliness is one of the main factors that contribute to: higher levels of distress, a sense of isolation and a reduced ability to connect with others. Research even suggests that loneliness is associated with: depression, anxiety, low self-esteem, sleep problems and increased stress. There are many causes of loneliness, such as: a loss of some sort, a significant change in your life, exclusion from social activities (especially if it's due to mobility or money problems), discrimination and more. However, some feelings of loneliness can come from within and this type of loneliness may never disappear, regardless of your social situation or how many friends you have.

Again, for loneliness that comes from within, it may be experienced for a variety of reasons, for instance: you feel unable to like yourself or to be liked by others, or you may lack in self-confidence. Luckily, though, there are ways to manage loneliness. Here are our top tips:

- 1 **Take it slowly**
- 2 **Be careful when comparing yourself to others**
- 3 **LOOK AFTER YOURSELF!**
- 4 **Try peer support and try to open up more.**

Apps are also a great way to monitor and care for your mental health so here's some apps that have research-based evidence that suggests that they're effective: **Calm, Mind-Shift, What's Up, Talkspace, Happify, Headspace and MoodFit**, but there are many more that are available which you may find are more suitable to you.

Tips for relaxation:

- **Take some time away from your normal routines.**
- **Focus on your breathing.**
- **Listen to music.**
- **Imagine yourself in a relaxing place.**
- **Try active relaxation. E.g. yoga or a walk.**
- **Spend time in nature. (Great for your physical wellbeing too).**



Sticking with the theme of loneliness, social media is also one of the biggest factors which cause the feeling of loneliness and can lead to bad mental health. In 2015, it was found that teenagers spend around 9 hours a day online on average. In 2019, a study found that teenagers who use social media for more than 3 hours a day are more likely to experience mental health issues, for example depression, anxiety, aggression, antisocial behaviour and sleep deprivation which can even lead to memory loss, social media also has associations with low self-esteem.

In 2021, a study suggested that high social media usage increases feelings of loneliness and that a fear of missing out (FOMO) arose due to young people feeling that they'll miss out on things if they ignored social media. 80,000 young people in the U.K. claimed that they suffer from severe depression with some links to social media and 9 in 10 girls say they're unhappy with their body, particularly female teenagers and those in their early twenties, Instagram had been reported as the worst perpetrator for causing this.

There are signs that social media is having an impact on your mental health, for instance: you spend more time on social media than with real world friends/family, you compare yourself unfavourably with others on social media, you experience any type of cyberbullying, you're distracted at school/from your work, you have no time for self-reflection, you engage in risky behaviour in order to gain like, you suffer from sleep problems and/or you have symptoms of anxiety or depression that worsening.

Young people ranked social media platforms,

based on the impact it had on their mental wellbeing, from most positive to most negative:

1st (most positive) YouTube.

2nd Twitter.

3rd Facebook.

4th Snapchat.

5th (most negative) Instagram.

However, one way which can help to prevent social media from taking its toll on your mental health is a digital detox. A digital detox is a period of time when a person voluntarily refrains from using digital devices, but it doesn't have to be complete separation from your devices, especially since the process is often more about setting boundaries for yourself. If you do decide to take part in a digital detox a couple of things to bear in mind is that you need set realistic limits and **MAKE IT WORK FOR YOU**.

SPOTLIGHT ON WOMEN



As we close on the final issue of this year we really wanted to put spotlight on a woman that has made a significant impact in the past few months. The spotlight woman of this issue is Dame Deborah James.

She is most recognised for being an English journalist, educator and podcast host. Very early on in her career she was also a deputy head at a secondary school. Deborah got diagnosed with incurable bowel cancer in 2016 and in 2022 became incredibly well known after posting an update on her condition on social media; she stated in the post that she was receiving hospice-at-home care and that "her body just couldn't continue anymore", wanting to focus on spending time with her family in the time she had left. In Less than 48 hours after her post, over £3 million was raised for her incredible campaign, the Bowelbabe Fund. Following this, Deborah was appointed Dame Commander of the Order of the British Empire (DBE). Her damehood was conferred on her by Prince William, at her home.

Even after being diagnosed Deborah James achieved so much in 6 years, she used her positivity and amazing sense of humour to create platforms in which break down the barriers around talking about bowel cancer, to fundraise and to raise awareness of the importance of early diagnosis and research in saving lives. She began presenting the You, Me and the Big C podcast for BBC Radio 5, alongside fellow cancer patients Lauren Mahon and Rachael Bland in 2018 - she was open about graphic details of bowel cancer. Then in October 2018, she released her book F*** You Cancer: How to Face the Big C, Live Your Life and Still Be Yourself, once again creating a space for people who have/had different forms of cancer.

On June 28 Deborah James passed away in her family home leaving her beautiful legacy of the Bowelbabe Fund. We remember the extraordinary impact she had on so many people around the world and her positivity reflected through social media in her final days.



Dame Deborah James
1981-2022

"find a life worth enjoying; take risks; love deeply; have no regrets; and always, always have rebellious hope. And finally, check your poo—it could just save your life."

Celebrating Pride— Queer Art

Originally, Thomas found herself immersed in the growing awareness circulating around DIY artists and musicians. Her depictions of African-American women explore connotations of celebrity and identity whilst also engaging with representations and personal experiences of black femininity and black power. In her collages, she uses the 1970's genre of art, 'Blaxploitation', which has been commonly interpreted as satire of misogynistic and

racist tropes in media. In these compositions, there were women in provocative positions as the main piece, and they are surrounded by patterns from her childhood.

According to the Financial Times, 'Proclaiming her own visibility and that of other



Mickalene Thomas is an American artist inspired by art history, pop art and culture. According to NMWA, "Her vibrant works have established a contemporary vision of female sexuality, beauty, race, and power, while centring queer identity". Her work shows black women in powerful positions, which express femininity whilst still embracing queer identity. For her work, Thomas has received awards like the USA Francie Bishop Good & David Horvitz Fellow in 2015 and the Anonymous Was A Woman Award in 2013.

Her work itself uses rhinestones, acrylic and enamel, with greater inspiration from art movement and histories like Impressionism, Cubism, Dada and the Harlem Renaissance. She also draws inspiration from Western art history and pop art. This is used as metaphors for the artificiality of beauty.

women of colour is the heart of Thomas' practice, which inserts the black female body into art history by placing her muses in iconic poses and settings.' Thomas sees her identity as a black lesbian as a vast part of what makes her gaze different from that of the white male artist that has come before her.

Thomas' work is extremely distinctive in its establishment of queer identity. She is a queer woman of colour representing women of colour in a way that emphasises their sensuality and beauty. By emphasising the women's striking presence with their assertive gazes, she empowers these women, representing them as resilient women who almost command the viewer's attention. Thomas uses her art to remove the layers of the typical male gaze in art and visual culture.

You Should Be Talking About: Reproductive Rights

What is Roe v. Wade?

Roe v. Wade was a landmark decision of the United States Supreme Court, where the court ruled that the United States Constitution should protect the rights to abortion. This case was brought by Norma McCorvey, under the legal pseudonym 'Jane Roe', who in 1969 became pregnant and wanted an abortion. However, it was illegal in Texas, where she lived. On January 22nd 1973, the Supreme Court issued a 7-2 decision stating that the right to abortion was fundamental.

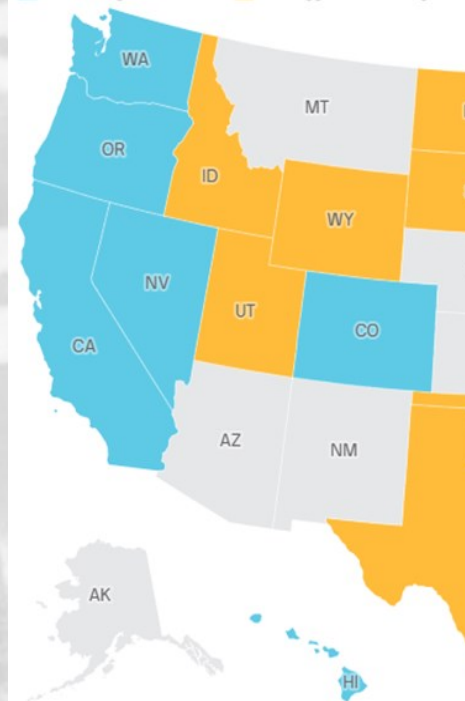
However, as of June 24th this year, the Supreme Court has overruled this decision, claiming there is "no constitutional right to abortion". In 2022, there was a wave of many anti-abortion legislations proposing removing abortion access and criminalising abortion care. This case has made headlines in the media and sparks furious conversation about what this now means for people who want abortions.

Who does this affect?

The overturning of Roe v. Wade affects many people, including women of colour, poor people, trans people, and many more. Not only this, but Justice Clarence Thomas also wrote separately to say that "in future cases, [we] should reconsider all of this court's substantive process precedents, including Griswold, Lawrence and Obergefell," referring to decisions on contraception, sodomy and same-sex marriage.

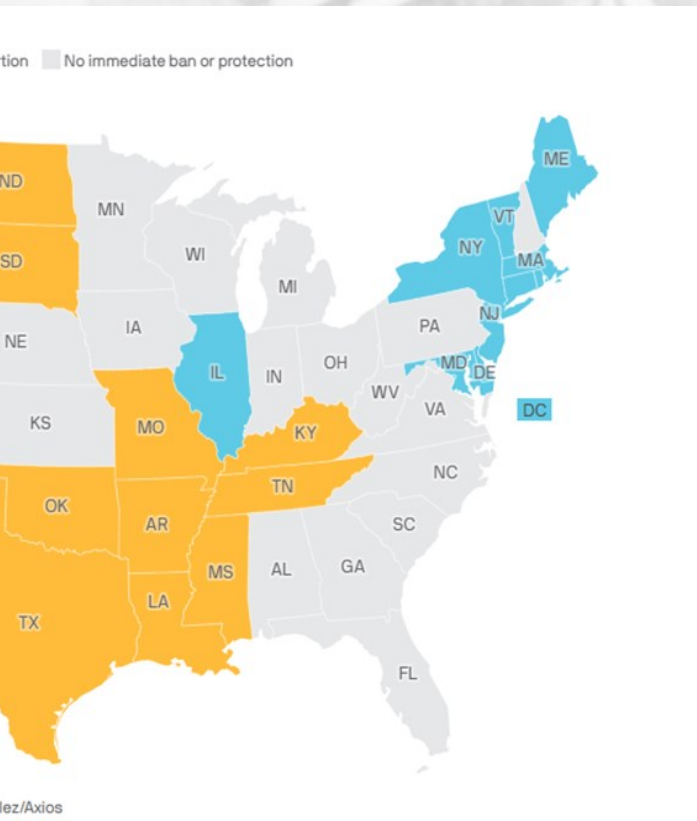
As of July 7, 2022

Codified right to abortion Has trigger law banning abortion



Data: Axios research; Cartogram: Sara Wise and Oriana Gonzales





Why is abortion important?

The right to abortion allows women to have autonomy over their own bodies. Abortion is healthcare, and an essential part of the healthcare of people who can get pregnant. Those who fall pregnant deserve to have the ultimate say in what gets to happen to their body.

What happens next?

The overturning allows for more than half of the states to ban abortion. The banning of abortion will unfortunately lead to unsafe abortions, Americans having to move across the country to access one, or being forced to give birth. New abortion bans will make the USA one of four nations to roll back abortion rights, and are the wealthiest and most influential state to do so. Across most states, this will happen rather quickly. Thirteen have had abortion bans “triggered” by a reversal of the case.

Many people have questions that are unclarified due to confusion on what this overturning means, such as what happens to access of abortion now? Will the court go further after other rights? What does this mean for the court’s credibility? Will this shake up the 2022 election?

So going forward, abortion rights will be determined by states unless Congress acts. Kamala Harris, the vice president, has stated already, “We need to elect more pro-choice legislators who will protect abortion [...] We will do everything in our power to ensure women have access to the medication they need and the freedom to travel to get an abortion.”

Would you like to come and work with us next year?

Tomi and Zara will be leading on activities during Year 12 Induction to encourage new students to sign up.

We're looking to recruit:

- Artists and graphic designers
- Interviewers
- Photographers
- Writers
- Student editors

Email lmk@highsted.kent.sch.uk for more details.

That's a wrap!
Have a magical summer.

