

Next  
Issue

## THE LAUNCH

Introducing our very first Empower Magazine by our Diversity, Equity and Inclusion student body.

# EMPOWER



DIVERSITY, EQUITY & INCLUSION  
MAGAZINE

### EXCLUSIVE INTERVIEWS

Find out more information about Archer staff and students.

CHINESE NEW YEAR

RAMADAN

FILM REVIEWS

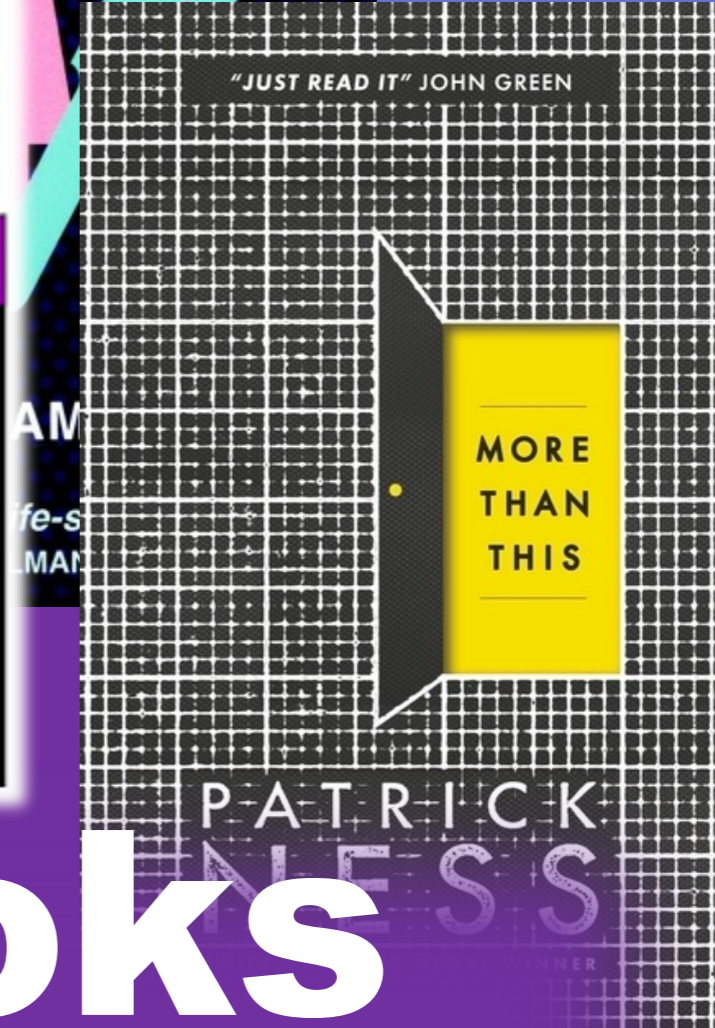
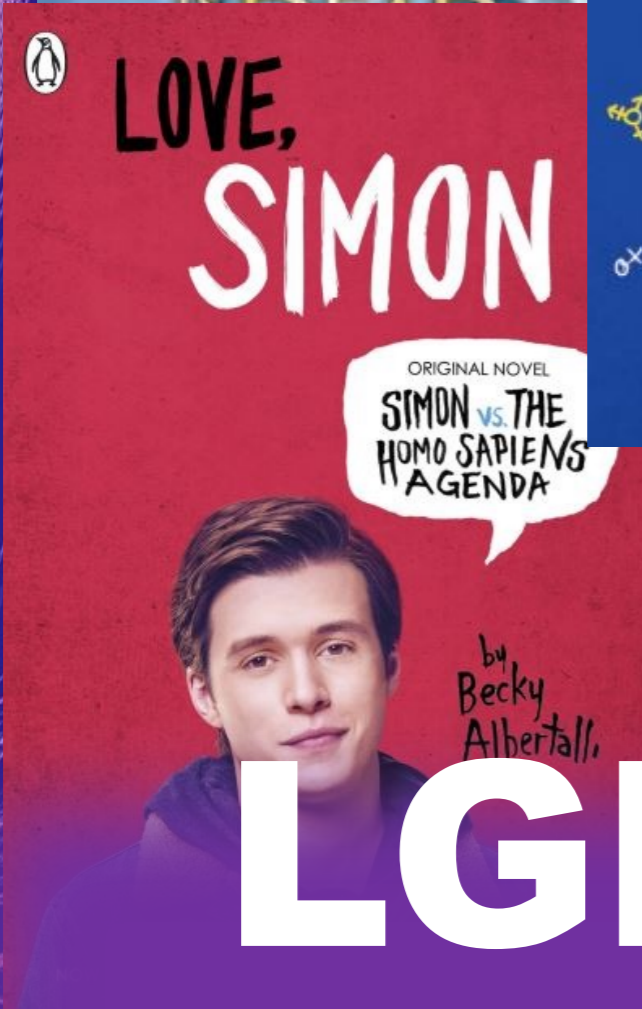
PRIDE

EMPOWER SOCIETIES

NEWS IN PHOTOS

FUN FACTS





# LGBTQ+ books are in our library!

Ask your librarian for details!





# CONTENTS

8.

**10.**  
CHINESE NEW YEAR

**12.**  
FACT FILE: ANCIENT INDIA

**14.**  
LEAGUE CUP CHAMPIONS

**16.**  
INTERNATIONAL WOMEN'S DAY

**18.**  
LGBT HISTORY MONTH

**21.**  
CAN YOU IDENTIFY THE FLAGS?

**22.**  
QUICK FOODS TO TRY AT HOME

**24.**  
TV, DOCS AND FILM REVIEWS

**26.**  
CELEBRATING RAMADAN MUBARAK

**32.**  
EXCLUSIVE: MISS VANDERVELDE

**"NO MATTER WHO WE ARE OR WHAT WE LOOK LIKE OR WHAT WE MAY BELIEVE, IT IS BOTH POSSIBLE AND, MORE IMPORTANTLY, IT BECOMES POWERFUL TO COME TOGETHER IN COMMON PURPOSE AND COMMON EFFORT."**  
- OPRAH WINFREY





# EDITORS




Thank you for being with us. We are super excited to be launching our very first issue, the students and staff have been working hard to getting all the content in place – I would like to extend a personal thank you to all colleagues and students for all their hard work. I would like to wish you a Happy Chinese New Year (albeit we are in April); this year is the year of the Rabbit. Lunar New Year, also known as Chinese New Year, is celebrated over multiple days and marks the beginning of the coming 12 months on the traditional lunisolar calendar. The occasion is observed by many people of Chinese descent and is also commemorated in other countries across Asia, including South Korea, Japan, Indonesia, Malaysia, Philippines and Singapore. People born in the year of the Rabbit are believed to be vigilant, witty, quick-minded and ingenious. I wonder if our readers can resonate with any of these attributes. The animal is also said to signify mercy, elegance and beauty. Look at our food page for ideas and ways in which you can celebrate and mark this festivity at home. February also saw our LGBT+ History Month. Throughout the month, the school embarked on a journey as we celebrated LGBT+ History Month with a calendar of events open to all students, staff and wider community. The LGBT+ History Month theme for this year centred around 'Behind the Lens' and at a time when LGBTQ+ lives are in the media; the DEI Committee are encouraging people to look 'Behind the Lens' and listen to LGBTQ+ peoples' lived experiences. In March we witnessed the start of Ramadan. To mark this significant time, we have identified a dedicated, quiet area for all to be able to pray during this period. As a committee and school community we stand together and celebrate this significant period with our Islamic faith community. We look forward to hearing and sharing Islamic faith stories in our next Empower Magazine issue.

I do hope you enjoy this month's issue.

Happy reading!


**MR CARTER**  
**EDITOR & DEI LEAD**



A photograph of three people standing in front of a blue wall. On the left, a man wears a white turban and a white and black traditional outfit. In the center, a woman wears a red and black patterned top and a black skirt. On the right, a man wears a white shirt, a red vest, and white pants with black stripes. The wall behind them has several posters, including one titled 'INFLUENCES ON PARTICIPATION' with sub-sections for 'PEOPLE', 'CULTURE', 'HEALTH AND WELL-BEING', and 'SOCIO-ECONOMIC'.

**You do not want  
to be in a creative  
organization with  
everybody being  
like-minded and  
stroking each  
other's creative  
egos. You want  
differences of  
opinion...  
constructively**

CATE BLANCHETT

A photograph of two young women standing in front of a brick wall. The woman on the left is wearing a light blue kimono with pink floral patterns and a wide pink obi. She is smiling and holding a white fan. The woman on the right is wearing a white Korean Hanbok with pink floral patterns and a dark blue vest. They are both holding hands.

**We may have all  
come on different  
ships, but we're in  
the same boat  
now.**

MARTIN LUTHER KING, JR.



# CHINESE NEW YEAR: THE YEAR OF THE RABBIT

LUNAR NEW YEAR AND SPRING FESTIVAL IS A TIME OF CELEBRATING SPECIAL TRADITIONS WITH FAMILY AND FRIENDS AROUND THE GLOBE.

# 新年快樂

Happy Chinese New Year



In countries like the UK, Europe and the USA, people celebrate the start of each New Year on the first day of January. However, not all cultures observe New Year at the same time. Learn about how and when the people of China celebrate New Year with these fun Chinese facts. Not only do the people of China around the world celebrate the start of their New Year a few weeks later than the UK, but the exact date varies from year to year. This is because the Chinese New Year is determined by the lunar calendar. In the lunar calendar, the month begins with the new moon. As a result, Chinese New Year begins on different dates each year.

### When is Chinese New Year in 2023?

In 2023, Chinese New Year began on Sunday, 22 January. That's earlier than in 2022 when Chinese New Year began on 1 February.

Chinese New Year is also known as Lunar New Year and Spring Festival and is a time of celebrating special traditions, eating delicious food, and spending time with family and friends. In fact, being with family is so important that millions of people make their way home each year in what is known as the world's biggest migration.

### What animal year is 2023?

Each year in the Chinese calendar is related to an animal. The year 2021 was the Year of the Ox, and 2022 was the Year of the Tiger. In 2023, it's the Year of the Rabbit. Continue reading to learn about the special foods and traditions enjoyed during this time of year.

### What do you eat during Chinese New Year?

Food is an important part of Chinese New Year celebrations. Dishes like spring rolls, noodles and dumplings are delicious to eat any time of year. But, did you know that they're served during Chinese New Year because they have specific meanings and are thought to bring good fortune?

**Spring rolls:** Yummy, crunchy Chinese spring rolls are eaten during the Spring Festival because they look like gold bars, and as a result people think they symbolise wealth.

**Fish:** People eat fish during Chinese New Year because the Chinese word for 'fish' is a homophone for the word for 'surplus'. A homophone is a word that sounds like another but has a different spelling or meaning. People like to have a surplus at the end of a year because it is believed that if you have managed to save something this year, you can make more in the next year. **Dumplings:** Eaten because they are scrumptious and lucky.

It is thought that the more dumplings you eat during New Year, the more money you'll make!

**Rice cakes:** A special kind of rice cake called 'nian gao' is a must on any table. The name 'nian gao' sounds like the Chinese for 'year high'. It is believed that eating these special rice cakes means you'll start the year on a high note.

They're made from sticky rice flour, wheat, water, salt and sugar and can be eaten sweet or savoury. **Long noodles:** Served during Chinese New Year because they represent a long life. You shouldn't cut 'longevity noodles', as they're known because the longer the noodles, the longer your life! This means you need to get ready to slurp because if you can eat them without biting them into pieces, even better!

### What special traditions are observed?

There are many traditions observed during this time to bring good fortune for the year ahead and avoid bad fortune. Did you know that you shouldn't clean during the Chinese New Year festival? It is thought you may sweep or throw away good luck! It's time for new clothes: The Chinese New Year holds many special traditions to begin the year on the right note. Every member of the family starts off the first day wearing new clothes from head to toe. Red is a lucky colour in China because it represents happiness, success and good fortune, and it's a good idea to wear something red. **Give gifts of money:** Grown-ups give what is known as 'lucky money' or 'New Year's money' in red envelopes (also known as red packets) to children to pass on good fortune and blessings. Children also give red envelopes to their elders as a show of gratitude and a wish for longevity. When giving lucky money it's important that the notes are new and crisp.

**Lucky number 8:** Eight is regarded as the luckiest number in Chinese culture. When giving money in red envelopes, it's important to know which numbers are considered lucky and unlucky. You don't want to give anyone anything related to the number four as is considered extremely unlucky! **Make your own lucky red envelope.** Head over to this New Year's eve traditions post by Red Ted Art for a fun Chinese New Year craft activity.

### It's time for fireworks!

New Year is always celebrated with setting off fireworks and firecrackers. They were used to scare away evil spirits and mark the start of the New Year. In fact, their red paper wrappings are left outside for at least a day before being tidied up because red is considered such a lucky colour.

The Archer Academy throughout January saw Chinese New Year celebrated through our Life Long Learning. Students listened to stories and had a chance to embark on the festivities during their Thematic Learning. It was certainly a treat. Happy New Year to our Chinese community!





# ANCIENT INDIA FACT FILE

## Ancient Indian Heritage

The Ancient Indian subcontinent was a superpower which dated from prehistoric times to the start of medieval India. Ancient Indian land covered modern day countries such as Sri Lanka, Bangladesh, modern day India, Nepal, and Pakistan. These territories had large cultural differences.

Despite not being renowned for it, the Ancient Indians made many discoveries and inventions still used today. Some of the branches mainly pursued by Ancient Indian scholars include: architecture, mathematics and cartography. The decimal number system which is still used and highly regarded today was first recorded in Indian Mathematics. In addition, trigonometry was further developed there, particularly the modern definitions of sine and cosine. This remarkable work was fully completed two whole centuries before calculus in Europe, and Ancient Indians created the concept of zero.

India is a country in South Asia, it is the seventh-largest country and the second most populated country in the world. It shares borders with China, Pakistan, Nepal, Bhutan, Bangladesh and Myanmar. To the south of India is the Indian Ocean, which is the third-largest ocean in the world. The Himalayas are located to the north of India.

Here are ten facts about India for students to read:

India's capital is the city of New Delhi, the largest city in Mumbai.

The main religion of India is Hinduism and the next most popular religion is Islam.

India also has a large population of Sikhs and Christians. India has a population of 1.2 billion people.

A Hindu festival that is celebrated in India is Diwali, the festival of light.

Cows are sacred in India, nobody eats beef and there are lots of vegetarians

The Indian film industry is called Bollywood.

Men in India wear dhotis and women wear saris, these are long pieces of cloth draped around the body.

The name India is derived from the Indus River.

There are lots of animals in India, such as the Indian Elephant, Flying Foxes, and the Bengal Tiger.

**“PREJUDICE IS A BURDEN THAT CONFUSES THE PAST, THREATENS THE FUTURE AND RENDERS THE PRESENT INACCESSIBLE.” – MAYA ANGELOU**





YES  
GIRL  
YES!

# BARNET

LONDON BOROUGH

## INTRODUCING OUR 2023 BARNET SCHOOLS LEAGUE CUP CHAMPIONS

On the 20th of March, the Year 8 and 9 girls football team won the Barnet school cup. The final was played against Totteridge Academy where Archer won 4-3. The game was intense with every player putting in 110% effort. The first 20 mins, everyone worked their socks off, with the result of Archer going

1-0 up, thanks to Lilah. The score line bounced back and forth going from 1-0 to 1-1 to 2-1 TTA. We had levelled by half-time thanks to solo run from Rose B.

The second half was heated as Archer went 3-2 up with an amazing goal from Edie M, one of the 4 Yr 7s on the team. Edie was on a roll and went on to score a second goal putting us 4-2 up. However, with 7 minutes to go Totteridge scored their final goal, ending the game 4-3 to Archer. As winners we were presented with medals each and the Barnet cup. We all felt on top of the world.

### THE HISTORY OF WOMEN'S FOOTBALL IN ENGLAND

Women's football came under the auspices of the FA in 1993, but its history stretches back much further.

Women's football has a longer history than most people would expect.

There were a number of women's clubs in the 1890s and one in north London was reported to have attracted 10,000 people to a game at Crouch End.

Preston was the stronghold of women's football in its early days, the famous Dick Kerr's Ladies being formed there in 1894 and earning a lot of money for charity.

Their match with St Helen's Ladies on Boxing Day 1920 had 53,000 inside Goodison Park and thousands locked outside.

The FA banned women's football from its clubs' grounds but its view that football was 'quite unsuitable for females' changed towards the end of the 1960s.

The Women's FA (WFA) was formed in 1969 and within three years the first 'Women's FA Cup Final' and England Women's international had been played.

The FA invited the WFA to affiliate on the same basis as a County Association in 1983 and ten years later established a Women's Football Committee to run the women's game in England.

Doncaster Belles were the first winners of the Women's FA Cup, England won their first international under the FA's auspices 10-0 in Slovenia and the FA began to administer a new Women's Premier League with three divisions.

The FA outlined its plans to develop the women's game from grassroots to elite level in 1997 and in the following year appointed Hope Powell as the England Women's national coach.

Football had become the top participation sport for women and girls in England by 2002 and the profile of the women's game was further boosted by the hosting of major tournaments in 2005 and 2012, with England's achievement in reaching one European Final and two World Cup quarter finals, and the launching of The FA Women's Super League.

A brief history...

1895: The first women's football match.

1969: The Women's Football Association (WFA) is formed with 44 member clubs.

1971: The FA Council lifts the ban which forbade women playing on the grounds of affiliated clubs.

1971: In the first Women's FA Cup Final, Southampton beat Stewarton and Thistle 4-1.

1972: The first official women's international in Britain is played at Greenock. England beat Scotland 3-2.

1983: The FA invites the WFA to affiliate on the same basis as County Football Associations.

1984: England reached the final of the inaugural European Competition for women's football, after beating Denmark by 3-1 on aggregate in the semi-finals. They went on to face Sweden in the final, losing the first leg by 1-0 after a header from Pia Sundhage, but won the return leg by the same margin thanks to a goal from Linda Curl. The Lionesses lost the subsequent penalty shootout by 4-3. Theresa Wiseman saved Helen Johansson's penalty but both Curl and Lorraine Hanson had their spot kicks saved by Elisabeth Leidinge.

1991: The WFA launches a national league, which kicks-off with 24 clubs.

Football is universal and enjoyed by all, today it is the most popular sport in British History.





Recently I sat down with Ms Grelet, the head of the feminist society, to ask her a couple questions about her views and experiences with feminism and women's empowerment.

**What 3 words would you use to describe yourself?**  
**"Probably, open-minded, funny and independent"**

**If you could meet any public figure, alive or dead, who would it be?**

"Probably Robin Williams, I would love to meet him. We also have the same birthday so I feel like we would get along well! Or if I could meet a writer, I would probably choose Virginie Despentes who is a French writer and she wrote a lot of books about gender, sexuality and poverty which helped me build my view and learn a lot on specific topics about feminism."

**Do you feel as though women's empowerment and rights have come a long way since when you were growing up?**

"Yes, definitely, because when I was in year 7-11 feminism was almost seen as a bad word/concept. In addition to this there was the Me-Too movement which overshadowed women's efforts to fight for equality hugely."

**Why did you decide to start working in schools, was it always your plan to start a feminism society?**

"I decided to start teaching because if we want to make the world a better place, we need to start things when we are young, because that's when you start to define yourself, who you are and your personality. As for the feminism society, it wasn't always the big goal, as I have been an active feminist for 10+ years. When I was younger in France, I was mocked for being a feminist and some people called me crazy, I don't want that for this generation."

**What are your aims for the future of feminism and equity within the school, and the world?** "For the world I would like

every woman to have the chance to do whatever they may want to, and every woman should be able to support this idea. Within the school, I hope for improvement on the little things, because you can't change the world in two days, and because little things amount to big change."

**What five words would you choose to describe your idea of feminism?**

"I would say, intersectional, pro-choice, strength, healing and solidarity." **What celebrity figure do you think has made the biggest impact on women's rights?**

"I would say, for me Simone Veil as she had a very big impact in French feminism and women's rights. Whereas worldwide, I would say any famous person that chooses to shed light on feminism and women's rights. Even just women that are going through hardship to disprove stereotypes and create a safer and better environment for the future generations."

**Is there a quote or motto that you choose to live by?**

"Despite its popularity, probably "empowered women empower women" or maybe something that Maya Angelou once said

"I'm a feminist. I've been a female for a long time. It'd be stupid to not be on my own side."

**The importance of international women's day**

International women's day, the day that takes place on the 8th of march, is used to recognise women for their achievements without regard for social divisions. Clara Zetkin proposed the idea in 1910 at an international conference of working women in Copenhagen. It was first celebrated in the UK in 1911 and since then it is a globally recognised date. It is typical for people to wear purple on the day as to many people it represents nobility and power and it has also been used throughout modern history to represent the fight for gender equality.

**I'M A FEMINIST. I'VE BEEN A FEMALE FOR A LONG TIME. IT'D BE STUPID TO NOT BE ON MY OWN SIDE.**



# CELEBRATING LGBT HISTORY MONTH

LGBT History Month is an annual month-long observance of lesbian, gay, bisexual and transgender history, and the history of the gay rights and related civil rights movements. It was founded in 1994 by Missouri high-school history teacher Rodney Wilson.

The LGBT+ History Month 2023 #BehindTheLens celebrates LGBT+ peoples' contribution to cinema and film from behind the lens. Directors, cinematographers, screen writers, producers, animators, costume designers, special effects, make up artists, lighting directors, musicians, choreographers and beyond.

At a time when LGBT+ lives are in the media we also encourage you to look 'Behind the Lens' and listen to LGBT+ peoples' lived experiences.



## UKRAINIAN LGBT REFUGEES PLAN TO WED

Yulia and Tetiana, who have been together for 10 years, said they had wanted to tie the knot for a long time. However same-sex marriages are not recognised in Ukraine. Since settling in Derbyshire the couple have said they feel closer and more together than they ever could in Ukraine. "We are going to do the only thing you can't do in Ukraine. We are going to get married," said Tetiana. And they did. They tied the knot in March despite having been planning their wedding for years. "If we were told two years ago we were going to get married in Great Britain, we would have said 'wonderful' said Tetiana.



## LGBT+ CLUB AT ARCHER

### A SAFE SPACE

The Archer LGBT+ Lunch Club is a place where LGBTQ+ students and allies can come together to share some lunch, make friends, have fun and discuss issues relevant to our community. Groups meet weekly at both sites.



## SYDNEY OPERA HOUSE

On the 17th of February the world-famous Sydney Opera House was lit up in the colours of the Pride Progress Flag to mark the opening night of World Pride 2023.

Sydney welcomed over 78,000 visitors over the course of the festival which celebrates the LGBTQ community and helps highlight the issues facing it.

The landmark was lit up in rainbow colours as part of Sydney WorldPride's Rainbow City activation, which will see 45 pieces of public art installed across the city – including rainbows on Bondi Beach, Coogee Beach and at the Royal Botanic Gardens, as well as within the Blue Mountains.



# NOTICE



YOU WANT TO LEARN ABOUT FEMINISM?  
YOU WANT TO DISCUSS IMPORTANT  
SOCIAL AND POLITICAL MATTERS?

YOU WANT TO HAVE A VOICE?

JOIN US IN THE  
FEMINIST SOCIETY

WEDNESDAY LUNCH  
LOWER SCHOOL LF27

EMAIL MISS GRELET TO JOIN US  
MSSGRELET@THEARCHERACADEMY.ORG.UK



## CAN YOU IDENTIFY ANY OF THESE FLAGS?

The rainbow flag is a symbol of lesbian, gay, bisexual, transgender and queer pride commonly used at LGBTQIA+ rights events worldwide. The colors reflect the diversity of the community in addition to the spectrum of human sexuality and gender. Over the years, the flag has been updated and changed to be more inclusive of LGBTQIA+ individuals and their allies. In addition to the rainbow, there are many other flags and symbols used to communicate specific identities within the community.



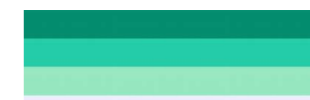
Lesbian flag



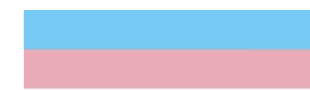
The most progressive pride flag



Bi-sexual flag



Gay flag



Transgender flag



Non-binary flag



A-sexual flag

“IF YOU BELIEVE, AS WE BELIEVE, THAT DIVERSITY LEADS TO BETTER PRODUCTS, AND WE’RE ALL ABOUT MAKING PRODUCTS THAT ENRICH PEOPLE’S LIVES, THEN YOU OBVIOUSLY PUT A TON OF ENERGY BEHIND DIVERSITY THE SAME WAY YOU WOULD PUT A TON OF ENERGY BEHIND ANYTHING ELSE THAT IS TRULY IMPORTANT.” – TIM COOK





## EMPOWER QUICK FOODS TO TRY AT HOME



### HEALTHY LIVING BALSAMIC CHICKEN NOODLE STIR FRY RECIPE

This delectable little noodle bowl is ideal for a quick, filling and easy lunch or even a scrumptious speedy dinner. A slight twist on the Chinese favourite dish with tangy balsamic chicken on a bed of spicy noodles, that really gives your taste buds a tasty kick.

#### Ingredients

290g (9oz) Healthy Living Ginger, Lime and Chilli Chicken Fillets  
15ml (1 tbsp) sunflower oil  
1 large or 2 small garlic cloves, crushed  
2.5cm ginger, grated  
2 red chillies, finely diced  
150g mangetout, halved  
125g baby sweetcorn, halved lengthways  
2 large carrots, grated  
1 x 225g tin water chestnuts, quartered  
1 pak choi, shredded  
1 x 375g pack fresh egg noodles  
90ml (6 tbsp) Healthy Living Balsamic Dressing  
1 red chilli, finely diced  
2 spring onions, finely sliced

#### CEEBU JËN IN SENEGAL

Ceebu jën (Thieboudienne) is the national dish of Senegal in West Africa. The recipe originated in fishing villages on Saint-Louis Island and is today eaten across the country and in other nations in the region, including Guinea-Bissau, Mali, Mauritania, and The Gambia.

#### LAVASH IN ARMENIA

Lavash dough is a simple mix of wheat flour and water. Once kneaded and rolled, the it's pulled and stretched over a special cushion that's stuffed with hay or wool. Still on the cushion, the bread is then transferred to a conical clay oven (called a tonir) by 'slapping' it onto the side.

#### WASHOKU IN JAPAN

Japanese food is so tasty and good that it was added to UNESCO's Representative List of the Intangible Cultural Heritage of Humanity in 2013. It was added as a way to preserve it, as traditional dietary habits are starting to die out across the country, but also because the food is fresh, simple and produced with such incredible attention to detail.

#### PLOV IN UZBEKISTAN

Undoubtedly the best place to experience plov is at the Plov Centre in Tashkent. The entrance to this large dining hall is flanked by huge pans. The quantity of plov is so vast, hundreds of people turn up every day to sit down for a meal or simply fill a pot to take home.

#### TRUFFLE HUNTING IN ITALY

Italian tartufis possess intimate knowledge about climate, ecosystems and biodiversity. Truffle hunting is done in a way that respects the environment and does not deplete natural resources. The culinary tradition also includes feasts held at the beginning and end of each truffle season where special foods are prepared to showcase the delicious flavours of locally grown truffles.

#### TEA CULTURE IN CHINA

Since China is the world's biggest exporter of tea globally, there's a good chance you've already tried it! When visiting China, a trip to Chengdu to visit the traditional tea houses is a must.



# HAPPY INTERNATIONAL DAY 2023 JOIN THE PARTY!

30TH JUNE, 2023

MUSIC

WORKSHOPS

FOOD MARKET

@THEARCHERACADEMY



# EMPOWER TV SHOWS

## DOCUMENTARIES

# FILM REVIEWS

### SOUNDS

#### YOU ARE DEAD TO ME

Episodes vary in topic but include excellent histories of lesser-known historical figures such as political strategist Queen Njinga of Ndongo and Matamba (present-day Angola), pirate queen Zheng Yi Sao of China, and virtuoso violinist and composer Chevalier de Saint Georges of Guadeloupe and France. There are also more broad overview episodes covering topics such as 'Black Georgian England' and 'LGBTQ History'.

#### BBC UPRISING

1981: a devastating fire leaves 13 black teens dead. The protests, unrest and accusations of indifference defined race relations for a generation. From director Steve McQueen.

#### NETFLIX THE SWIMMERS

From war-torn Syria to the 2016 Rio Olympics, two young sisters embark on a risky voyage, putting their hearts and their swimming skills to heroic use.

#### BBC WINDRUSH SECRET FILES

A 'hostile environment' 70 years in the making: Historian David Olusoga opens up secret government files that lay bare the history behind the Windrush scandal.





# CELEBRATING RAMADAN MUBARAK

## WHAT IS RAMADAN?

Ramadan is a month of fasting and abstaining from things considered to be impure for the mind and body. Those partaking in Ramadan abstain from food, drink and impure thoughts between the hours of sunrise (Fajr) and sunset, allowing them instead to focus on prayer and connecting with Allah (SWT).

The act of fasting allows the individual to understand the pain and suffering of millions around the world who live their lives in poverty and famine, leaving the participant feeling more grounded and grateful for all that Allah (SWT) has given them. At the close of the month, Zakat donations during Ramadan are made and then Eid al-Fitr is celebrated with loved ones. Eid is a great time of feasting and celebration for Muslims, with gifts exchanged between loved ones.

During the month of Ramadan, Muslims won't eat or drink during the hours of daylight. This is called fasting. Children are not expected to fast until they reach puberty, usually around the age of 14.

Ramadan remembers the month the Qur'an (the Muslim holy book) was first revealed to the Prophet Muhammad. The actual night that the Qur'an was revealed is a night known as Lailat ul-Qadr ('The Night of Power').

Fasting during Ramadan is one of the Five Pillars of Islam. It was ordered in the Qur'an and is expected that all able Muslims (those who are mature and in good health) should fast from sunrise to sunset during the month of Ramadan.



**MISS RAJA SPOTLIGHT: RAMADAN IS THE ONE OF THE BLESSED MONTHS OF THE YEAR. WE FAST FROM SUNRISE TO SUNSET. FOR ME, THIS MONTH ALLOWS ME TO DEVOTE TIME TO GOD AND HELP THOSE IN NEED.**

During this time, fasting is more than just abstinence; it is a means of worship and for Muslims to feel a closer and deeper connection with Allah (SWT). Fasting allows each individual to understand what it means to go without and to learn patience with oneself and those around them, as well as compassion for those less fortunate.



## WHEN IS RAMADAN?

The Five Pillars of Islam are the five core practices that all Muslims should follow. They are:

Shahadah - the reciting and profession of the Islamic faith.

Salah - five daily prayers and performing ritual cleansing or wudu.

Zakat - giving to charity based on one's wealth to help those less fortunate. Donations during Ramadan often hold much greater reward for the donor.

Sawm - the process of fasting during the month of Ramadan. There are exceptions as to who can take part in fasting, but it is expected if you are of good health and sound mind.

Hajj - the pilgrimage to Mecca, which every able-bodied Muslim must do at least once in their lifetime.

Ramadan is the ninth month of the Islamic calendar. The exact dates of Ramadan change every year. This is because Islam uses a calendar based on the cycles of the Moon.

In 2023 in the UK, Ramadan will begin in the evening of Thursday 23rd March and will end on Friday 21st or Saturday 22nd April.

The lunar calendar rotates by roughly 10-11 days each year, meaning that the exact dates of Ramadan change on a yearly basis.

Ramadan is the 9th month of the Islamic calendar, which is based on a 12-month lunar year of approximately 354 days. Because the lunar year is 11 days shorter than the solar year, each lunar month moves 11 days earlier each year. It takes 33 solar years for the lunar months to complete a full cycle and return to the same season. The month traditionally begins and ends based on the sighting of the new moon. Starting on March 22nd, Muslims throughout the United States and the rest of the world will begin to search the sky for the new crescent or will follow a pre-determined date based on astronomical calculation. In 2023, the month-long fast of Ramadan begins around March 23rd and ends around April 20th.

**INSTEAD OF LOOKING OUTSIDE OF OURSELVES AND COUNTING POTENTIAL ENEMIES, FASTING SUMMONS US TO TURN OUR GLANCE INWARD, AND TO TAKE THE MEASURE OF OUR GREATEST CHALLENGE: THE SELF, THE EGO, IN OUR OWN EYES AND AS OTHERS SEE US.**

**- TARIQ RAMADAN**







## HOW IS IT CELEBRATED?

Most Muslims fast between dawn and sunset. Fasting allows Muslims to devote themselves to their faith. It is thought to teach self-discipline and reminds them of the suffering of the poor. However, children, pregnant women, elderly people and those who are ill or travelling don't have to fast.

During Ramadan, it is common to have one meal (known as the suhoor), just before dawn and another (known as the iftar), directly after sunset.

Almost all Muslims try to give up bad habits during Ramadan. It is a time for prayer and good deeds. They will try to spend time with family and friends and help people in need.

Many Muslims will attempt to read the whole of the Qur'an at least once during Ramadan. They will also attend special services in Mosques during which the Qur'an is read.

Muslims fast from pre-dawn to sunset, a fast of between 11-16 hours depending on the time of year for a period of 29-30 days. Ramadan entails forgoing food and drink, and if married, abstaining from sex during sunlit hours. For Muslims, Ramadan is a time to train themselves both physically and spiritually by avoiding any negative acts such as gossiping, backbiting, lying

or arguing. Muslims welcome Ramadan as an opportunity for self-reflection and spiritual improvement, and as a means to grow in moral excellence. Ramadan is also a highly social time as Muslims invite each other to break fast together and meet for prayers at the mosque.

The ultimate goal of fasting is gaining greater God-consciousness, known in Arabic as taqwa, signifying a state of constant awareness of God. From this awareness a person should gain discipline, self-restraint and a greater incentive to do good and avoid wrong. In commemoration of the revelation the Qur'an, which began in the month of Ramadan, Muslims attempt to read the entire book during Ramadan. The entire Qur'an is also recited during special nightly prayers.

All Muslims who have reached puberty are obligated to fast. However, people for whom fasting would be a hardship are exempted from fasting. This includes anyone who is sick or traveling; women who are pregnant, nursing, or on their menses; or older people who are too weak or ill to fast. They should make up the fast later, except for those who cannot fast due to age or chronic illness.

## EID UL-FITR

The end of Ramadan is marked by a big celebration called 'Eid ul-Fitr' (the Festival of the Breaking of the Fast).

Muslims are not only celebrating the end of fasting, but thanking Allah for the strength he gave them throughout the previous month.

Mosques hold special services and a special meal is eaten during daytime (the first daytime meal for a month).

During Eid ul-Fitr Muslims dress in their finest clothes, give gifts to children and spend time with their friends and family. Muslims will also give money to charity at Eid.

A Muslim family usually rises around 5:00 a.m. before dawn and eats a modest, breakfast-like meal called suhur. After the meal, the family performs the morning prayer, and depending on the circumstances, goes back to bed or begins the day. Particularly during the long summer months, people often take a nap in the late afternoon after work or school. At sunset, family members break the fast with a few dates and water, and depending on the culture, other light foods such as soup, appetizers or fruit. This is referred to as iftar which means "breaking the fast." After performing the sunset prayers, the family eats dinner. Inviting

guests to break the fast or going to someone else's house for iftar is very common in Ramadan. Many families then go to the mosque for the night prayer and a special Ramadan prayer called taraweeh. After completing their prayers, the families return home around 11:45 p.m. (All of these times vary depending on the time of year, with shorter days in the winter and longer days in the summer.)

At the end of Ramadan, Muslims celebrate one of their major holidays called Eid ul-Fitr or the "Festival of the Breaking of the Fast." In 2023 the holiday will be on April 21st. Children traditionally receive new clothes, money or gifts from parents, relatives and friends. A special prayer and sermon are held the morning of Eid day, followed by a community celebration usually in a park or large hall. Food, games and presents for children are important parts of the festivities, as friends and family spend the day socializing, eating and reuniting with old acquaintances. The greeting Eid Mubarak means "blessed holiday!"

We look forward to sharing stories in our next issues on this important religious festivity.







## JUDITH VANDERVELDE

**PLACE OF BIRTH: LONDON**

**RELIGION: JEWISH**

**ETHNICITY: WHITE (BRITISH JEWISH)**

**LANGUAGES: FRENCH, HEBREW +**

Name: Judith Vandervelde

Religion: Jewish

Languages you can speak: French (badly),

Hebrew and Spanish (very very badly)

Ethnicity: White (other) is usually what I tick.

How do you identify: British Jewish.

Place of birth: London.

Favourite Hobby: Playing Catan and reading.

Favourite Food: Anything I haven't had to cook or plan.

Hidden talents: Touch Typing whilst looking at a student  
(really freaks them out)

Summarize yourself in three words:

Keen, friendly and over-stretched

What does Diversity, Equity and Inclusion mean to you?

It's about celebrating difference and also commonality

Do you have an inspiring quote (of your own) or one you  
live by? A Jewish Proverb - As you teach, you learn.

Why did you want to work in education? To make a dif-  
ference to the lives of others and hopefully to inspire a love of  
learning

How do you typically celebrate your birthday and other  
holidays?

With my family and friends and my community.

Do you have any upcoming trips planned?

Always! A longstanding one (cancelled more times than I'd  
like) to go to Vietnam for my wedding anniversary

What's the most memorable place you've visited? Sri Lanka

What are you most proud of?

Having made a difference to the lives of others and hope-  
fully inspired a love of learning.

What's your favourite family tradition?

Friday night dinner followed by many games of Settlers of  
Catan and, on the odd occasion I win, the rest of the family pre-  
tending the game never happened.

If you had one superpower, what would it be?

(I can't claim this one but will steal it from my then 9 year  
old son) to be able to read in the car.

What genre of music do you listen to?

Radio 4 so probably The Archers theme tune!

What was your favourite childhood movie or book?

Just William, The Wind in the Willows, The Happy Prince  
and Other Stories and Goodnight Mr Tom.

If you could swap places with one person for a day, who  
would it be?

Mark Carter - to be so young and enthusiastic and energetic!

Have you got a funny quote/interesting story?

I grew up with Sacha Baron Cohen and he asked me for  
comedy advice.

Thank you Miss Vandervelde for your time and we look  
forward to celebrating our issue with you and also International  
Day 2023.

**DIVERSITY, BY MAISIE POLLARD  
AS I LOOK AROUND AND SEE,  
DIFFERENT PEOPLE  
SURROUNDING ME, I'M AMAZED  
BY THEIR CULTURE,  
DIFFERENT TO MINE,  
THEIR COURAGE,  
THEIR LIFESTYLE. DIVERSITY.**

"I GREW UP  
WITH SACHA  
BARON COHEN  
AND HE ASKED  
ME FOR COMEDY  
ADVICE"



# NEWS

# PHOTOS STORIES

## GEORGE FLOYD PROTESTS

Protests were held across the United Kingdom following the murder of George Floyd, a 46-year-old African-American man, by police officers while under arrest in the United States on 25 May 2020.



## RUBY BRIDGES

The above photo is of six-year-old Ruby Bridges, who was the first black girl to go to an all-white school. This happened on November 14, 1960 (over 60 years ago) in New Orleans, when she started first grade in William Frantz Elementary School. Bridges had to be accompanied by 4 federal marshals on her walk to school as people were as a white mob verbally abused her. That very year, a judge (Judge J. Skelly Wright) ordered that public schools in New Orleans were to be desegregated. Many see her as a stimulus for change.



## APARTHEID

An image of children living in slum housing in South Africa in 1952, during the reign of Apartheid. It was the extreme racial segregation under a completely white tyrannical government that ordered that anyone classified as "non-white" had to live in different places to white people, use separate facilities, and that there was very restricted contact between them, even though white people only made up a small part of the South African population.



## ROSA PARKS

This is a photo of Rosa Parks, a woman famous for refusing to give her seat up to a white man on a bus in Montgomery, Alabama in 1955. Her brave act encouraged members of the local black community to arrange the Montgomery Bus Boycott which was a civil rights protest where African Americans stops using city buses lasted over a year. Parks lost her job during that time, and the boycott only finished when the Supreme Court decided that segregation on buses was unjustified and unlawful. This made her a national icon in the fight to end racial segregation altogether.



## WIN-HALL

## SOLANGE KNOWLES

Solange Knowles is the "first African American woman to compose for the New York City Ballet". The singer composed the music for the main event at the New York City Ballet's annual Fall Fashion Gala.

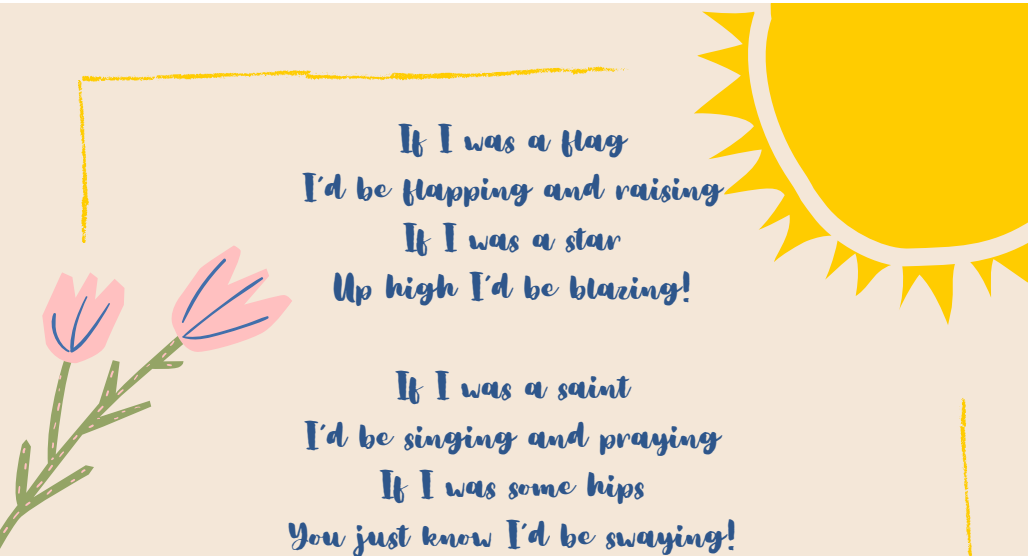


## GRENFELL

On 14 June 2017, a high-rise fire broke out in the 24-storey Grenfell Tower block of flats in North Kensington, West London, at 00:54 BST and burned for 60 hours. 72 people died, two later in hospital, with more than 70 injured and 223 escaping.







If I was a flag  
I'd be flapping and raising  
If I was a star  
Up high I'd be blazing!

If I was a saint  
I'd be singing and praying  
If I was some hips  
You just know I'd be swaying!

If I was a bird  
I'd be nesting and crowing  
If I was a cup  
I'd be just overflowing!

If I was a mouth  
I'd be laughing and joking  
If I was a fire  
I'd be roaring and smoking!

If I was the sky  
You just know I'd be lightning  
If I was a ghost  
I'd be spooky and frightening!

But just look at me now  
As plain as can be  
I'm glad that I'm normal  
I'm glad that I'm me!



GLAD THAT I'M ME!  
BY IAN BLAND

## FIRST THEY CAME PASTOR MARTIN NIEMOLLER

First they came for the Communists  
And I did not speak out  
Because I was not a Communist  
Then they came for the Socialists  
And I did not speak out  
Because I was not a Socialist  
Then they came for the trade unionists  
And I did not speak out  
Because I was not a trade unionist  
Then they came for the Jews  
And I did not speak out  
Because I was not a Jew  
Then they came for me  
And there was no one left  
To speak out for me.

Holocaust Memorial Day is held on 27th January each year and is a time to remember the millions of people murdered during the Holocaust by the Nazi regime between 1933 and 1945, including six million Jews (one third of the Jewish population), and millions of people from other minority groups.

27th January was chosen to commemorate the date because that is when Auschwitz concentration camp, the largest Nazi death camp, was liberated in 1945. Holocaust Memorial Day also remembers those who have endured genocide in more recent times including in Cambodia, Rwanda, Bosnia and Darfur. It is a time when we seek to learn the lessons of the past and take action to create a safer future and prevent discrimination, racism, exclusion and the language of hatred.

To learn more about Holocaust Memorial Day and discover more poetry featuring a variety of experiences of the Holocaust, Nazi persecution and subsequent genocides please visit us online:

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May  
2023  
Issue

## COMMUNITY

This month sees exclusive stories from the Archer community celebrating Diversity, Equity and Inclusion.

# EMPOWER



DIVERSITY +  
INCLUSION

DIVERSITY, EQUITY & INCLUSION  
MAGAZINE

### EXCLUSIVE INTERVIEWS

Find out more information about Archer staff and students.

### EID CELEBRATIONS

ANTI-RACISM

HOW TO BE AN ALLY

PRIDE

EMPOWER SOCIETIES

NEWS IN PHOTOS

FUN FACTS