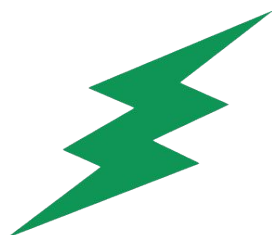




March 2021

Lister News

Student



Lister Student Voice

Always Aiming for Excellence

Message from our Head Boy and Girl

We are delighted to welcome you to this edition of the Lister Student News

Another term has passed, but it has not been any ordinary term - this term was a special term where students have gone above and beyond during the national lockdown. Pupils have continued to always aim for excellence and try their best to engage in extracurricular activities, even when being at home for the vast majority of the term. We have felt it is vital that we honour and recognise the achievements and special events that have happened this term and praise the school community for their hard work.

One of our recent amazing highlights was the virtual Lister Community Choir. It was fantastic to see students coming together at home to sing together and feel part of something greater. The Lister music department has shown amazing consistency with students engaging in extracurricular activities and we strongly believe that you should be incredibly proud of what you have done this term. Please keep up the amazing work and we can't wait to see more exciting events in the summer term!

Another highlight was the opportunities offered to students during tutor time sessions. This involved interesting TFTW discussions such as mental health, and various challenges, especially the cooking and poster competitions. It is truly inspiring to see students taking the initiative and engaging in these activities. Remember, it is very important to take a break every now and then, as regular breaks are important for releasing stress. It is important to contribute to the school community and doing such activities will not only contribute to your Character Award, but you will also earn points for your house!

Lastly, we hope you are following the government guidelines about staying at home and protecting yourself against COVID-19. Try to stay home as much as you can during the holidays but get fresh air by going for a walk. It is important to be considerate about those who are vulnerable, whether it is someone in your household or someone close to you. To our fellow Year 11's - Congratulations on making it through this term! We understand how stressful it feels to have our mock exams and college applications being processed, but please keep the resilience up and work hard for the grades we deserve!

What to expect from this publication

I am delighted to introduce the Lister Student News 2021 Spring Edition. The pupils who participated in writing these articles have worked independently. They have written about events that they have taken an interest in throughout the year. A lot of thought and effort has gone into each and every publication. It is very important at Lister Community School that we give students a voice to express themselves. We hope you enjoy reading.



*Uzair Waseem
and
Nusrah Prosper*



Ms Yasmin

A Year 10 celebrates International Migrants Day

Outsiders

Migrants:

Good for our economy. Bad for our society?

Hard workers, but still underestimated.

Living with us, but still outsiders.

Why?

Migrants such as myself have always felt like people underestimate us, don't accept us and see us as **the outsiders**. While a lot of people see this as an *"exciting prospect"*, this can also be a big challenge.

Some students have said that they *"struggled with English"* and *"couldn't communicate with anyone properly"*; and even after learning a new language different from their own, a minority mocked their accent. Another student said she was *"She felt like she was not getting much help to fit in"* According to the Frontiers in Human Neuroscience journal found in the US National Library Of Medicine, *"There is evidence emerging from different fields, which clearly indicates that social interaction influences human communication, and more specifically, language learning."* This **isolation** that a lot of "outlanders" face, creates an abundance of **barriers and challenges**.

By Foujia A. Begum



"People can be condescending or patronising towards the countries you are from and that can be painful because a different country does not mean an inferior or different world."- Mr Dos-Santos.



And even though migrants bring diversity, a hard-working workforce and so much more into this country, a research undertaken in 2019 by the Migration Observatory at the University of Oxford conveys that there are certain **prejudices** when it comes to nationality as a small minority of British people preferred migrants from some countries (such as Australia) over those from others (such as Nigeria).

When asked how we can overcome xenophobia, Mr Dos-Santos, mentioned that *"We need to keep raising awareness of what is happening and inspire the next generation to be what they want to be."* And I couldn't agree more.

Our home countries and where we're from are part of our identity. Many people conceal their identity in hopes of being accepted. Let's be positive and celebrate everyone regardless of where we come from.

**As migrants, we add to society,
we don't subtract from it.
We're not outsiders.**

A Year 11 looks at the advantages of the Covid-19 vaccine

Why we should all get vaccinated

There are different variations of vaccines which are all used for different reasons but have the same aim; to make people immune to diseases and viruses.

There are 4 types of vaccines. Some vaccines use dead pathogens, for example; the Flu shot and the Polio shot. Some vaccines use weakened pathogens, for example; the MMR vaccine and Chickenpox. Other vaccines use a casing around the pathogen, for example; Whooping cough and Hepatitis B.

In addition, there are vaccines that target the toxins made by the pathogen rather than the pathogen itself. For example; the Tetanus vaccine. The COVID-19 vaccine is made out of proteins. So your chances of getting COVID from the vaccine is very slim as it doesn't include any dead or inactive pathogens.

Whilst the vaccine has been approved all over the world, the fear of taking the vaccine has increased. This is because people do not believe that in such a short period of time an effective vaccine can be produced. The vaccine has gone through all preclinical and clinical stages and testing has happened all over the world. For example, in the Pfizer clinical stage 3 they had over 43,000 people take part, all ranging from different age and target groups.

By Mahema Begum



Usually vaccine trials would range from 300 to 3,000 taking part, the fact that thousands of people from different backgrounds took part should ease people's worries as every ethnicity and age group was thought about during all of the trials.

It can be argued that the benefits outweigh the disadvantages of taking the vaccine. The major advantage of receiving the vaccine is that your body will recognize it and if it is in contact with COVID-19 your body will be able to deal with it, and eventually you will be immune from the virus. As with any vaccine you are immune. This is because your body will recognise the antibodies and will be able to fight it off.

Another advantage is that when a lot of people in a community are vaccinated then there will be herd immunity. Herd immunity is when the majority of people are vaccinated, so if people do come in contact with the disease they most likely won't get it. If they do, it will not spread.

There are now over 25 million people vaccinated in the UK and the government expect everyone to be vaccinated by July.

A Year 11 student celebrates the life of Cicely Tyson

Honorable Female Figures

After a bountiful career, zealously challenging black-actress stereotypes, Hollywood legend Cicely Tyson passed away on January 28th. In light of her death, thousands have united in solidarity to celebrate the legacy she left behind. As the first ever African-American woman to win an Honorary Oscar, her endeavours will continue to illuminate the world, her tenacity serving as an example for how we should aspire to conduct ourselves in achieving our dreams.

Throughout her seven-decade career, Tyson was selective with the roles she took, refusing to represent black female stereotypes, in 'blaxploitation' films. Regardless of how much she needed a role, she never strayed from her values. Tyson urged others to do the same, empowering all black actors to eliminate the status quo assigned to them because of their skin colour.



Tyson won 2 Emmy Awards for her performance in the 1974 civil rights-era film *The Autobiography of Miss Jane Pittman*. She then became a member of the Black Filmmakers Hall of Fame in 1977. At 88, Tyson became the oldest person to win a Tony, in 2013. At 93, she won an honorary Oscar, earning her an induction into the American Theater Hall of Fame in 2018 and into the Television Hall of Fame in 2020.

By Jahin Ibnath



Cicely Tyson built an extraordinarily successful career by choosing roles that exemplified quality and depth. Her portrayal of strong black women shattered racial stereotypes propelling her to fame. At age 96, she has left her mark on the world that few will match. For years to come, she will be remembered.

A Year 7 student looks at the missed events of 2020/21

Effects of the pandemic

What events have you missed during this life-changing lockdown? Are you in Year 7 and missed your end of year SATs or your end of year trips? Or are you in Year 11 and you're unable to sit the normal examinations? Well you are not alone. Major events which people have been practising for longer than you can even remember have been cancelled in the last two years. We missed several events last year such as the Tokyo Olympics and the Paralympics, The European Championships and Wimbledon to name a few. This has either been postponed or cancelled entirely.



It has been difficult to have fewer things to look forward to as the Olympics and other world events are always exciting to watch. However, it is important to celebrate all the things we do have.

Covid-19 hasn't only affected the sports world. Spain's best-known bull-running festival was cancelled due to Covid-19. Britain's sold-out 50th anniversary Glastonbury music festival featuring Kendrick Lamar, Taylor Swift and Paul McCartney was also cancelled. Spain lost another festival due to Covid. Have you ever heard of La Tomatina? Well Covid has affected us too. Schools have been closed down due to Covid and we all felt the pain (including teachers) of having to do virtual live lessons.

Lots of people have been feeling down due to the cancellation of their events which they had been looking forward to for some time. Have you ever thought about all the holidays that we haven't been able to celebrate properly because of the lockdown. For example, Christmas, Eid, Diwali and other private holidays have been spent indoors. Parties and barbecues weren't allowed to take place due to Coronavirus.



By Sulaiman Ismail



It seems that in the last lockdown, lots of people felt down about social distancing and staying at home. However, there are some positives from this experience. Although, some of our parents may be key-workers and continue to work long hours, they are working hard for all of us. If your parents were furloughed, you were able to spend some quality time with them. There are positives to lots of things. We just have to look out for them.

A Year 11 student looks at the death penalty in America

Is it justified?

What are human rights?

What does it mean to be stripped away from your human rights?

Human rights are moral principles or norms that describe certain standards of human behaviour. Yet many people around the world have their simple basic rights taken away.



Today I will be talking about the death penalty, predominantly used in the United States of America. The death penalty is a state-sanctioned practice of killing someone as a punishment for a crime. I believe this capital punishment is unethical and wrong for the reason in which no one has the title or right to take away a life, despite how bad the crime is.

As well as the fact that the criminal justice system has made the mistake of sentencing death row to innocent people. Between 1973 and 2016, 156 people who had been sentenced to death were subsequently determined to be innocent (recorded in 2017). So the question is why sentence someone to death row when there is possibility they are innocent? Or because they are simply underrepresented? The criminal justice system is severely corrupted and the death penalty should simply be abolished, since there is no moral basis for it.

Rocky Myers has a date being set for his execution. **We have time to save him.** There is no evidence tied to him being at the scene of the crime and not to forget that he has an intellectual disability which makes him unconstitutional to be executed. This is an example of a poorly represented innocent man who needs our help.

Please educate yourselves on his story and sign petitions against the death penalty and the Rocky Myers execution. I have listed the following websites if you are interested in this topic.



By Fatimin Mahamud

Information on the death penalty in the US

1. <http://deathpenaltyaction.org>
2. <https://www.amnesty.org.uk/>

Websites for petitions

1. www.change.org and search Rocky Myers
2. <https://sign.moveon.org/petitions/abolish-the-death-penalty-3> and sign to abolish the death penalty

Year 8 student looks at the importance of healthy living

Maintaining exercise and a healthy balanced diet in lockdown

Sadly, because of the coronavirus pandemic, gyms and leisure centres have been closed. We might all feel lazy and may not want to do a home work out. However, I am here to tell you why exercising is important for not just your physical health, but your mental health as well.

Physical activity or exercise can improve your health and reduce the risk of developing several diseases such as Type 2 Diabetes, cancer and cardiovascular disease. Physical activity and exercise can have immediate and long-term health benefits.



For example, regular activity can improve your quality of life. A minimum of 30 minutes a day can allow you to enjoy these benefits of a healthy lifestyle. These include: reducing your risk of a heart attack, being able to manage your weight better and lower the risk of some form of cancers. Additionally, you will develop stronger bones, muscles and joints and lower risk of developing osteoporosis.

By Gurvir Chadha



With regards to your mental health, you will have more energy, a better mood, feel more relaxed and sleep better. A number of studies have found that exercise helps depression. There are many views as to how exercise helps people with depression. Exercise may block negative thoughts or distract you from daily worries, exercising with others provides an opportunity for increased social contact, increased fitness may lift your mood and improve your sleeping patterns and exercise may also change levels of chemicals in your brain, such as serotonin, endorphins and stress hormones. Therefore, this is why exercise is important for you.

During the pandemic, people have felt stress and have decided to comfort that with junk food. A study of 2,000 adults found four in 10 are eating more comfort food than they usually do as they cope with the effects of lockdown.

Do not skip breakfast. Some people skip breakfast because they think it'll help them lose weight. But a healthy breakfast high in fibre and low in fat, can form part of a balanced diet, and can help you get the nutrients you need for the day ahead.

Obesity levels remain worryingly high, with nearly 30% of the global population being overweight or obese. This figure is set to rise to almost half of the world's adult population by 2030.

Therefore, it is really important to stay active and eat healthy during our time at home and whilst being at school, as it can have significant effects on our mental health. We should all try and maintain a healthy active lifestyle.

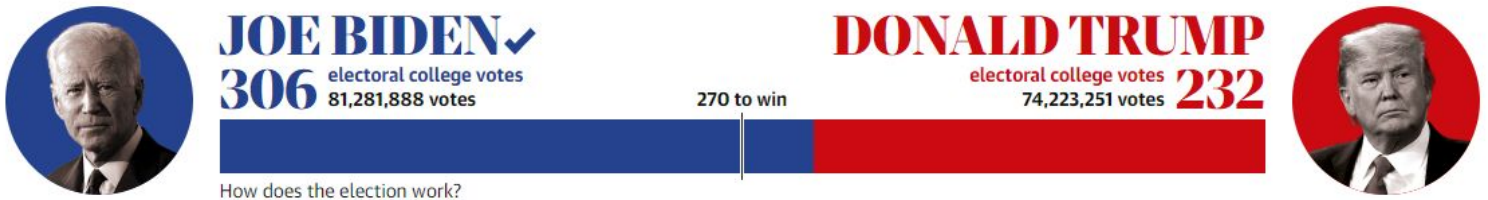
A Year 9 pupil looks at the recent American Elections

Biden vs Trump

The elections. The pinnacle of our democratic societies. But this election was going to be slightly different. With COVID still around, people feared leaving their homes to go and cast their ballot (which played a big role in Trump's campaign). From election day to January 20th, this election took us all by surprise. We all knew that this election was going to be like no other, but could anyone have imagined that Trump's term would end like this?



The 2020 US Elections were so key. It would've decided the future in many ways, and made significant changes to government policy on significant issues, such as climate change, gun rights and military spending. The lead up to election day was immense. Both campaigns were working extremely hard to make sure that they can do everything in their power to swing the election in their favour. But, even with the Republicans' campaign doing everything they could, the polls were still in Biden's favour and, at one point, predicting Biden to have a landslide victory.



Then came election day. It had the highest voter turnout in 120 years and more people than ever felt like they would be represented in the White House, with the possibility of the first black Asian-American female Vice President. Surprisingly, the election was closer than anyone thought it would be with Joe Biden winning by 306 to 232 electoral college votes. See image for the stats on the election, it really was very close!

This would go down as a historic day in US history: having a female sitting as the second most powerful person in the world. However, not everyone was happy, and certainly not the 74 million Americans that voted for Trump. They felt like this election had been stolen from them, which led to rioting and, ultimately, the impeachment trial of Trump.

By Shlok Vora



A Year 11 student celebrates national heroes.

'National Inspiration' Captain Sir Tom Moore (1920-2021)



Early February saw the sorrowful passing of senior war veteran Captain Sir Tom Moore. In light of his death, it is important to celebrate his legacy, and remember the innumerable achievements Captain Tom made over the course of his remarkable life.

Captain Tom is known worldwide for being the embodiment of bravery and determination during the desolation of World War II. During his time serving in the British Army, Moore's zealous efforts were recognised by his superiors, and so was promoted from tank commander to Captain. He then served in India, Burma and Sumatra during the Second World War, relentlessly fighting for the freedom of his country. Without a doubt, Tom Moore was a hero in the truest sense, and in the darkest times, served as a beacon of hope for hundreds of thousands.

More recently, at age 99, Captain Tom achieved National Treasure status by walking a whopping 100 laps of his garden in Bedfordshire last year during the first lockdown, fundraising money for NHS Charities. He originally set out to raise £1000, but this target was shattered as global support for the cause poured in. Single-handedly amassing almost £39m for the NHS during the pandemic naturally won him the nation's hearts. He continued to inspire countless walkers around the country, with several disabled children joining his fundraising efforts. The Queen personally knighted him in July 2021 for his efforts.

Captain Sir Tom - very recently promoted to Colonel - did not set out to inspire millions. Like the young lieutenant who enlisted in the British Army in 1941, he was just trying to play his part. He encapsulated all the things the world needed in such a scary time: courage, togetherness and compassion.



By Jahin Ibnath

A Year 10 student considers the implications of Brexit

What does it mean for the UK?

1653 days after the British people voted in a referendum to leave the European Union, the Brexit saga, or at least parts of it, ended on the 1st day of 2021 when the UK officially left the EU.

That means that the UK has begun a new journey, as a more independent state but arguably one that is more vulnerable. Our Nation is on a potentially fruitful and potentially tumultuous voyage, we have started afresh, what will the future look like in the UK?



One thing is for certain, Brexit will have both advantages and disadvantages, and those will be numerous and obvious.

Let's look at some of these Pros and Cons and look ahead to the future:

Advantage - The UK will have more control over it's laws and will be able to make more decisions for ourselves.

Disadvantage - The UK may be economically weaker following a double blow from Brexit and COVID-19.

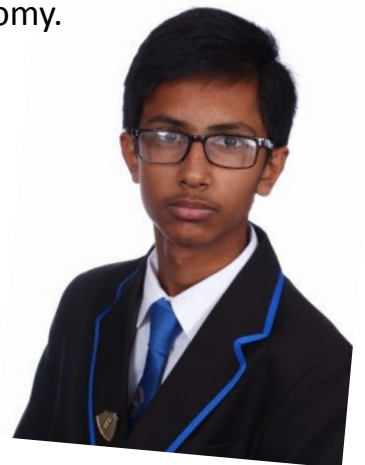
Advantage - The UK will be able to manage its way out of the Pandemic independently and will have no obligation to provide vaccines or support to the EU. The EU has been slower in vaccinating than the UK and we are 3rd in the world when it comes to doses per 100 People.

Disadvantage - UK residents will now have to apply for a Visa to travel to the EU. Businesses will also have to pay more in the form of taxes which may damage the economy.

The list of advantages and disadvantages goes on and on and on but you get the idea. A new UK is emerging, but this Island Nation will be one that we can steer in more directions than ever previously possible.

Our generation will be the first generation to go to the workplace Post-Brexit and so it is up to you and me to shape the new United Kingdom.

*By
Het
Vora*



Lister Community School celebrates Mental Health

The Power of Kindness



AbdiRahman Jama (H10) made his mum a cinnamon bun.



Zahid (S2) made his mum breakfast in bed.

Kindness. What a wonderful word. Have you ever thought about being kind? Cheering someone up when they are down? Helping them out when they are stuck. Kindness. Who would have thought that Switzerland would have introduced the world's highest minimum wage if it wasn't for an act of kindness to the public. This helped people as more were able to live more comfortably.

Let's take a look at Greece where it is a tradition to treat people as guests of honour, with a simple dinner invitation usually consisting of a veritable feast at which the visitor's wine glass is kept topped up by the attentive host. How wonderful is it to be kind!

How about Iran where an anonymous local took to the street and painted a wall in bright colours and hung pegs and hangers. He also painted a bright message in Farsi which read "If you don't need it, leave it. If you need it, take it." This encouraged the Mashhadi residents to donate warm clothes and bakeries left fresh bread at their shop entrance telling people if you couldn't pay to help themselves to the food. We should all be kind to each other and help everyone.. If we were all kind, the world would be a much better place.

We recently had mental health week where the focus was on kindness. This is especially important during lockdown, as we are spending more time at home. Here are some submissions from Lister students about being kind. They all earned themselves a +10. Well done Lister, let's always be kind.

By Sulaiman Ismail

Ishra (G2) making someone at home a hot cup of tea.



Sinead (S4) saw her cat Blue limping and told her mum. It turned out that Blue had an infection and is now on the mend. Get well soon Blue!



Lister Community School Student Survey

- ★ In February, students completed the **Lister Survey** to give us their views on school life, especially during the lockdown.
- ★ They were able to give us excellent insight into what worked well when the school moved towards remote learning and online live lessons.
- ★ Below is a range of results from the survey and their **positive responses** on learning from home.
- ★ We hope that we won't face another period of school closure, but we learnt a lot from this feedback nonetheless.
- ★ **Student Parliament meetings** will resume after Easter and these will ensure that student feedback from the Autumn and Spring terms leads to school improvement in the Summer term and beyond.

At least 500 pupils were exercising every couple of days during the lockdown.

At least 200 pupils were using their musical instrument weekly during the closure.

280 pupils were reading 20 minutes a day during the lockdown.

75% of pupils know how to contact an adult from school when they are worried.

731 pupils were engaging with the school's Instagram account.

73.7% said they know how to find safe online support for mental health

Pupils found google quizzes the most useful during lockdown.

78% of pupils found teacher feedback useful during the closure.

387 pupils found feedback given on a task helpful.

Messages of gratitude from Lister students

- ★ The gratitude hub is a platform to show kindness and give thanks to others.
- ★ Below are a range of messages from students sharing gratitude to a friend or teacher that has helped and supported them.
- ★ You can send a message of gratitude by emailing your house gratitude email address:
 - davinci.gratitude@lister.newham.sch.uk
 - king.gratitude@lister.newham.sch.uk
 - galileo.gratitude@lister.newham.sch.uk
 - hawking.gratitude@lister.newham.sch.uk
 - shelley.gratitude@lister.newham.sch.uk

Good morning, I just wanted to say thank you and sorry to all the teachers as they are really trying hard to teach us even through a screen. Thank you for trying so hard and caring so much about us and our future.
- Lizana Ahmed

During quarantine, I was struggling a lot with my mental health. A teacher who's classes helped me both learn and smile was Ms Careswell. I'm not quite sure if it was intentional, but she definitely helped my English skills whilst also allowing me to enjoy learning. And so, I give many thanks to her.
- Anonymous

I just want to thank all the people working hard everyday even though it is tough. Let's never give up.
-Tasmiah Jasia

Het, thank you for always being such a huge help to me in school. Not only are you good as a friend and having jokes, but when I don't understand something within the lesson, I know I can always turn to you, and you don't mind going over it again to help me. Again, a nice big thank you :)
-Anonymous

I would like to say thank you for all tutors, but especially to Miss Naraine, who always helps me and gives me advice. She takes care of each one of us with affection, patience and love and helps us to progress each day. Thank you Miss, for always being kind and attentive to everyone! -Anonymous

Thank you to all the staff for teaching us during this difficult time
-Wasim Alam



Messages of gratitude from Lister students

I'm grateful for Miss Talbot, she makes me happy and really cares for other students. She is always making sure I'm safe, always checking in on me. She's helped me when I'm at my worst. Thank you miss Talbot.
- Paige D3, year 8

Thank you to the lunch ladies for supplying me food and keeping me healthy and making my stomach full and tasty every day the food is always nice and i just want to say thank you for supplying me food and whenever I'm very hungry after I eat my food I'm full and happy.
- Ibrahim Rahman

Fahimah, Roshni and Zara, I just wanted you to let you girls know how much I appreciate you and what an amazing friend you girls are. Thank you for always bringing positivity into my life and making me smile :)
- Foujia x

Dear Ms. Naraine and Mr.Hussain, I would like to thank you both for making your lessons incredibly fun and enjoyable, you are both 2 of my favourite teachers and some of the best I think I've ever had throughout my education. You have both taught me so much and have made me so excited to learn the content in your subjects that I wish to take them on later at GCSE when I am older.
-Daisy D4

This note is to Aisha Khan because she is always nice to me when I need help and i really appreciate that. I have never had a friend who was there for me when i needed help. She always stands up for me. Your the best friend ever. You never used me but you loved me as a sister. Thanks for everything you've done for me.-Farjana

i am grateful for Sumayyah Maljee. She's such a positive influence in my life, and is so easy to talk to. She always reassures me when no one else has, and for that, I am so grateful. I hope you a have a good week, and I hope you know how much you mean to me -Anonymous

To Kate, from Place2Be Thank you for always being able to lend an ear to my problems.
-Runa Alom

I would like to thank my Geography teacher as he gave extremely useful info of what i can do in the future .
-Khalid Mohamed

To Annis, Irini and Chloe: I just wanted to use this opportunity to thank you for all you've done during these past lockdowns, whether it's giving me support emotionally or academically when I needed it or just putting a smile on my face every day. Hopefully we don't have another lockdown but, if we do, I know I'll be able to get through it because of you. -Shlok Vora

Hi there Miss Smith, hope you are alright. Wanted to thank you for all you did for me in Y8 especially in lockdown. Sometimes i would struggle and you would spend more of your time after lesson to help me. You are always kind and help me when I need it. Hope you read this. Thanks. Rayyan

Thank you teachers for being supportive towards me through this tough time
-Ibrahim Sufi

*To: King Senior Students
From: Het Vora
Message: I just wanted to say Thank You for all the hard work over the past few weeks. It's not easy to organise and plan everything we have and it requires immense dedication. Thank You for being brilliant people to work with!*





Lister Student News

A Showcase for Student Voice

This booklet shares articles by students from years 7 to 11, from all 5 Houses, representing a relatively small selection of our high-achieving student community. We hope it does justice to the power of student voice at Lister. Pupils wrote these articles during the school closure whilst accessing online live lessons and completing home learning tasks. They have all worked incredibly hard to produce such diverse pieces representing their interests.

For those students not featured in this edition - we hope they will be inspired to contribute and share their views and passions in future. If you would like to be in the next edition of the Lister Student News please email Ms Yasmin (Head of Hawking House) with your interest.

To see more regular examples of excellent student work and other updates, check our website and follow us on twitter or instagram:

<https://lister.newham.sch.uk/>
<https://twitter.com/ListerSchool>
www.instagram.com/listercommunity