



ECS

Empower



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ECS Empower Magazine 2021



Contributors

Testimony Olumoroti

Kiswa Akhtar

Areesh Azhar

Affiyah Fayyaz

Temitope Solarin

Christine Hantig

Mahrush Khan

The Art and Photography department

Equality & Wellbeing lead Teacher- Claudia McIntosh

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2



Decolonise the Curriculum
Page 8

Racism & Mental Health
Page 32

**Say hello to our
ambassadors!**
Page 4

BLM Stencils by year 9
Page 20

**How to talk
about Racism**
Page 22

Dealing with Racism in School
Page 27

Police Brutality
Page 17

The McLaren Project
Page 24

BLM Student Survey
Page 28-31

How to be an Ally
Page 12

BLM Ambassadors

Kiswa- Year 9 Lead Writer

"Black Lives Matter is important to me because it is a ray of hope. Last year especially, I opened my eyes to what people similar to me face. It is sad and illogical that things as minor as skin colour, accent and wealth of your family restrict you. Did you know that even high-profile companies pay Non-White people less than their White counterparts? This along with the gender pay gap is alarming and disappointing.

Equal opportunities would mean a better world for everyone. It would mean progression and people fulfilling their potential. BLM helps people recognise and actively support the notion of betterment.

I myself am a South Asian Pakistani girl, so do not know what it is like to be Black, or how it is like to be restricted because of that. But, if I can help spread awareness and reduce racism and negative subconscious biases amongst our school community, I want to do that.

I am very passionate about the issue of social injustice and would be delighted if I could be a part of this group."

Hello and Welcome!

Testimony Olumoroti- Year 7 Graphic Art designer

"In my opinion for me black lives matter is more of understanding what others have been through, equality and mutual respects for others as a black person myself the discrimination given to those of different skin color is harsh and unfair, balck people are beautiful and because of working with them the world has become a better and more trustworthy place if you exclude the rascism. Example a 12 year old boy was killed by a white officer for playing with a fake gun yet there was no justice That was unbelievable as that boy lost the chance to live his life he had't even grown to a full adult To think even kids would have to experience this type of torture everyone has the equal opportunities and the right of life because the world just wouldn't be thrilling if everyone was white it shows the diversity and infuence it warms my heart to know people still support those of different skin"

Areesh- Year 7

"BLM to me is a very serious topic, and I feel that we need to aware people about the incident a bit more as a small group of people don't show any interest in this topic at all. This topic is very important to me because people shouldn't be judged by their appearance, background, or any of this. More examples could be: Race, skin tone, religion etc. This is a very unfair treatment because the people who judge don't know what is going through the other persons mind whilst they are judging. To add on, they wouldn't even know how it feels like to be judged base on your skin tone, race, religion etc.

The area that interested me the most was, presenting information to others. This area caught my eye because I feel that I am very good at presenting information that I (or others) have collected in many ways. I also enjoy doing this! I would rather do something that I enjoy, and produce good work then not enjoy doing work and producing horrible work alongside that.

I really hope I can help raise awareness about this dreadful incident in Eastbury Community School."

Meet the BLM Ambassadors

Temi- Year 9 Author of Poetry

"BLM is important to me because for decades black people have been abused, tortured and mistreated just because of their skin colour. The worst part is that black people are still facing racism till today, and if innocent normal adult/kids can be treated like that who else could be treated like that, me? someone in my family? The educational system has failed us, police has failed us, the government has failed us, so its only up to the young people to pick up the pieces that the government has looked over. The young people of today are the future of Tomorrow so if we can make a difference as kids and all come together as a community and school. Imagine what we could do as adults and how we can change the future for the better.

If no one in the community will speak about this injustice, who will?"

Hello and
Welcome!

Andreia- Year 7 Logo designer

"BLM is important to me because we must spread the word about amazing black people and how they should not be treated any different for the colour of their skin."

Mahrush- Year 7

Martin Luther king was an African American activist who had held and organised a peaceful protest. He is very famous for his Speech called "**I HAVE A DREAM.**"

This speech had a massive impact on many people leading them to finally understand black people, and also appreciate their value, and that they deserve the same rights as any other person.

Affiyah- Year 7

"It is important that BLM is taught as part of the school curriculum because no one is born racist they are taught or influenced to be racist. This shouldn't be the case everyone should be taught how to live with peace, equality and respect. Teaching children about BLM will help them to understand that coloured people are no different to white people."



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Decolonising the curriculum

1915



The map on the left shows the parts of the world Britain colonised (took total or partial control over) at the height of its empire.

When Britain established control over foreign land, it didn't just establish laws and political control over their people. Britain demonstrated its cultural beliefs, ideologies and way of life to them. This had many effects, some of which still last today.

For example, the British Empire took over the Indian subcontinent (which is now modern-day India, Pakistan and Bangladesh). This meant that people in these countries started speaking English and, to some extent, adopted British fashion.

However, there were arguably no significant changes to the local people's lifestyle since they were part of 'the majority' (the biggest type of people/ethnic group) in their country. For example, people in Pakistan have preserved the tradition of living with (nearly all) members of their extended family under the same roof.

As time passed, immigration and migration increased. People from different cultures, traditions and histories began to resettle in Britain. But because these people were part of the minority, they sometimes found it difficult to access facilities that are catered to them and represent them.

We still have this struggle today. Despite 14% - nearly 1/5 of the population (this figure was derived from the 2011 census, it is likely for the current figure to be higher) of the UK's population being Non-White, our curriculum does not accurately represent Black, Asian, Mixed Race and people of other ethnic groups to the best degree possible.

This means that we don't know about the experiences, histories and achievements of people that have made our society into what it is today. The curriculum being colonised is effectively undermining the existence and impact of entire generations of certain races. It is also downsizing some of history's most crucial turning points

To see just how bad our colonised curriculum is, ask yourself the questions below.

When was the last time you learnt about the experiences and traditions of Black people outside Black History Month?

Are you able to name one famous Asian scientist.

What are/were they known for?

Do you know anything about the modern or ancient practices of Arab people?

Did you know that Spain was once home to one of the largest populations of Muslims? This group (called Moriscos) were expelled between 1609-1614.

So what now? Now that you're aware of how the curriculum is colonised (not properly representative), you can help decolonise (make it more representative) it!

There are teachers working behind the scenes to make our education more balanced and representative of our cultures, backgrounds and heritage. To show teachers that this is something you want, please sign the petition below. It will only take a few minutes to make education here at Eastbury better.

Petition:

Decolonising the curriculum

How can decolonisation make a difference?

Decolonisation can make a difference because we can teach people histories, stories and narratives that cover all cultures and backgrounds. We can help everyone understand that black and brown people deserve to be seen in their education just as much as white people. Having different skin colours doesn't mean that we should treat them differently, or exclude their stories and their voices.

Affiyah Fayyaz



Activity

1. Watch the Video on 'How to decolonise your mind'
<https://www.youtube.com/watch?v=-e6-I-m78ZM>
2. Make a list of story book/ cartoon characters that you remember reading or hearing about as a child.
3. How many of the characters that you have listed have black or brown skin?
4. Discuss/ think about the reasons why it is important to see the lives and experiences of people from different races and cultures in your education.



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How to be an ally

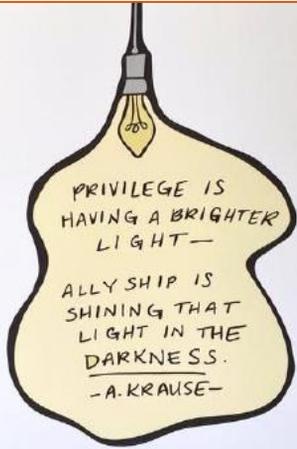
What kind of understanding do you have of the term 'allyship'?

Strong understanding	52
Limited understanding	55
No understanding	120



In September 2020, Ms McIntosh sent out a survey that asked for students' opinions regarding the Black Lives Matter Movement.

One question was about student the term 'allyship', and 53% (more than half) of the students surveyed did not know what this meant.



So what is allyship? And what does being an ally mean?

- o Allyship is the state of being an ally
- o If you are an ally, you are someone that has a supportive relationship with another person or group
- o Specifically a mistreated (badly treated) or marginalised (seen as less important) group or person

Why is allyship important?

- o Allyship means that fewer people will be in darkness, and that things will be more equal and fairer for everybody
- o We can't make progress without allyship, since we need privileged people to help us make change

What things can I do to be an ally?

1. Educating myself. To fix things, we need to know what's wrong in the first place. This is where education comes in. Being educated and aware of race-related issues is our own responsibility and getting reliable information today is easy. This education improves lives and could save lives too.
2. Correcting myself. We all have our biases (preferences to certain ideas or things over other ideas/things in an unfair way). Admitting to and tackling harmful biases against certain people or races is the first step in making bigger change happen. We need to change ourselves before we begin changing others.
3. Being there and listening to Black people (or any other group you want to support). The most basic level of support and allyship is understanding. We need to listen to understand. This listening needs to be consistent. Unfortunately, racism is constantly happening. To combat this, we need to be ready to support our Black friends constantly too. We shouldn't need a news story to probe us into shifting out focus.
4. Calling out racism. If you see or hear something racist, call it out. Use statements like "That is racist," instead of statements like "You're racist". This would get people to listen to you. Once you have their attention, explain why their actions were racist. Listen if the individual tries to explain themselves, listen and try to educate them.
5. Using your privilege. Privilege is when you have or are in an advantageous position. If you think that your voice is more likely to be taken seriously, speak for those who aren't listened to. If you are fortunate enough to have money, support Black-owned businesses.

What should I avoid?

- o Making or laughing at racist 'jokes'.
- o Acting annoyed when someone shares their experiences.
- o Gaslighting (making someone question reality) when they talk about racism they experienced.



You could join the Eastbury BLM Ambassadors to be a better ally!

How to be an ally



Activity

1. Watch the video in the link
<https://www.youtube.com/watch?v=u5MOJBfIMgw>
2. Brainstorm the different things that schools could do to help students participate in being active allies.
3. Show your brainstorm to students council, a teacher, head of year or head of the school about your ideas.



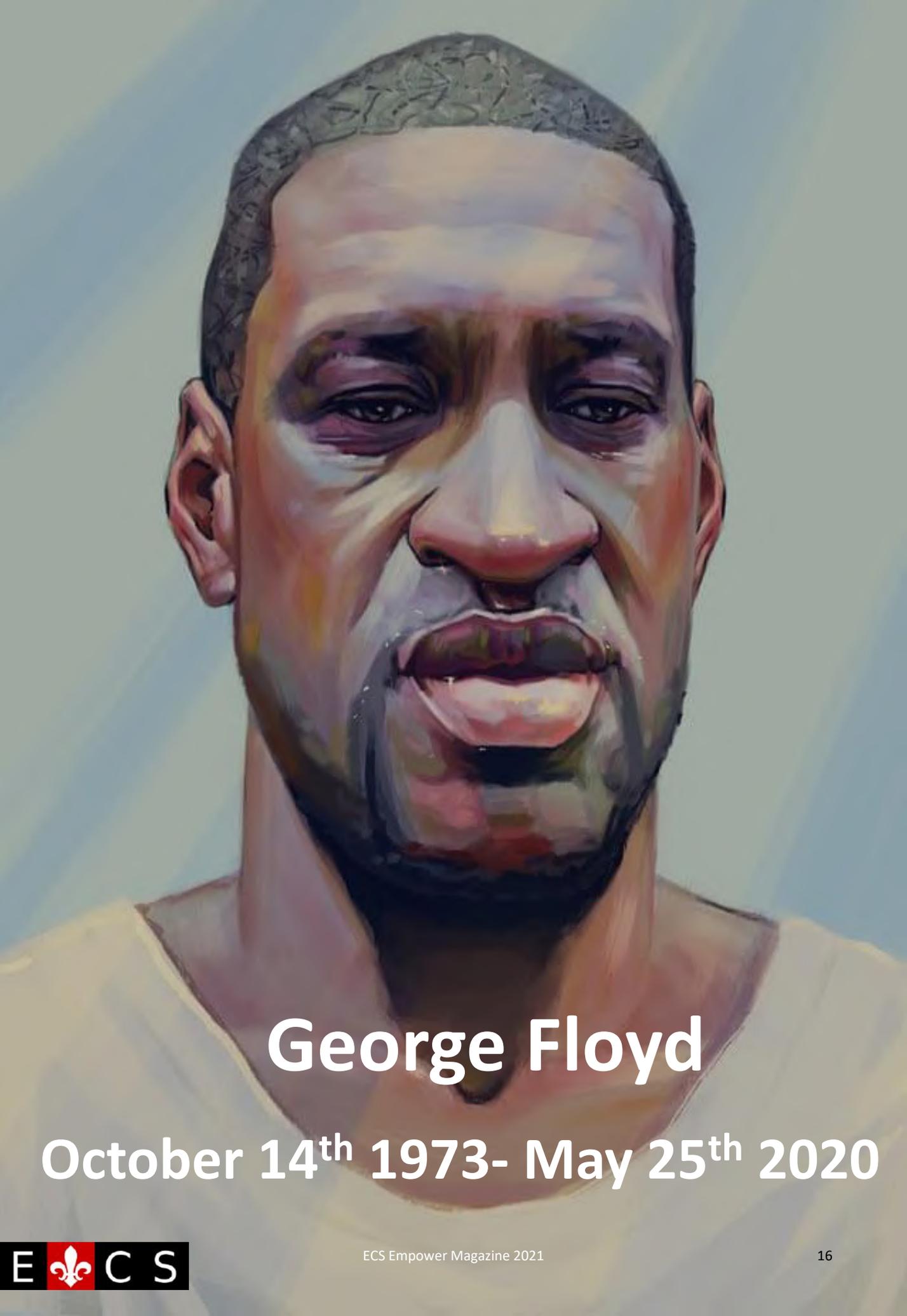
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George Floyd

October 14th 1973- May 25th 2020

POLICE BRUTALITY & MISCONDUCT IN THE UK



INTRODUCTION

The man on the side is right. The UK is not innocent.

When was the last time you saw the news report about racist police brutality, here in the UK? Many of us believe that police brutality is an American issue, and that it never happens in the UK. But this isn't true.

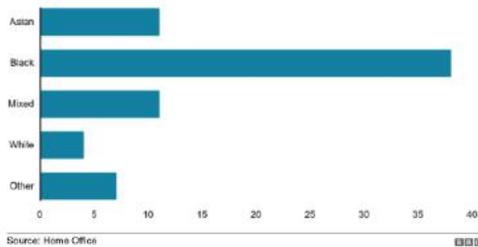
The UK's police has also killed people. Not all police officers are problematic, but the UK's overall police force can be seen as racist.

FACTS SHOWING INEQUALITIES IN POLICING

- Black people are five times more likely to have force used against them than White people by police in England and Wales.
- In 2017, Black, Asian and people from other minority ethnic groups made up only 14% of the UK's population, but were 25% of the prison population.
- For references, click [here](#)

Race and stop and search

Stop and search rate per 1,000 people, England and Wales, 2018-19



WHAT CAN I DO?

Barking and Dagenham is a very culturally diverse area. Some of us may be racially profiled (suspected of doing something because of our race) and be asked to stop to be searched by the police. We won't be able to find and discipline every police officer who acted brutally or in an inappropriate way on the basis of race. But what we can do is **be educated about our rights**, and share this knowledge. To find out more about the stop and search and your rights, read on.

WHEN CAN I BE STOPPED AND SEARCHED?

If a police officer has "reasonable grounds" to suspect that you are carrying:

- Illegal drugs
- A weapon
- Stolen property
- Something that can be used to commit a crime.

WHEN CAN'T A POLICE OFFICER STOP ME?

A police officer can't stop you based on only your race, gender or you previously having a record.

They can only stop you based on suspicious behaviour and intelligence they have.

For example, if a man in a blue shirt has committed a robbery, and you are also a man in a blue shirt, the police may stop you.

WHAT AN OFFICER SHOULD TELL YOU IF YOU ARE STOPPED:

- Why they are stopping you
- Under what law they are stopping you
- What they think they'll find on you
- A receipt of the search, or information on how to get one

WHAT CAN THE POLICE DO?

They can ask you to take off your gloves or coat. They must get you out of the public's view before asking you to take anything else off. You can only be searched by someone of the same gender as you.

AM I ALLOWED TO...

- Record the search? Yes as long as you aren't making it difficult by doing so
- Say no to the police officer? No, it is law for you to comply.
- Ask why I'm being stopped? Yes. They should tell you this when they stop you.

WHAT TO DO IF I THINK I'M BEING RACIALLY PROFILED?

1. Ask for the police officer's name and badge number. Do not move until you have this information.
2. Write this information down.
3. Try and remember their appearance
4. You can report them for racial profiling in the police station

Why is BLM Important?



"In my opinion, for me black lives matter is more of understanding of what others have been through, equality and mutual respect for others. As a black person myself, the discrimination given to those of different skin colour is harsh and unfair, black people are beautiful and because of them, the world has become a better place. Exclude the racism."

By Testimony Olumoroti- Graphic design

Why is BLM Important?



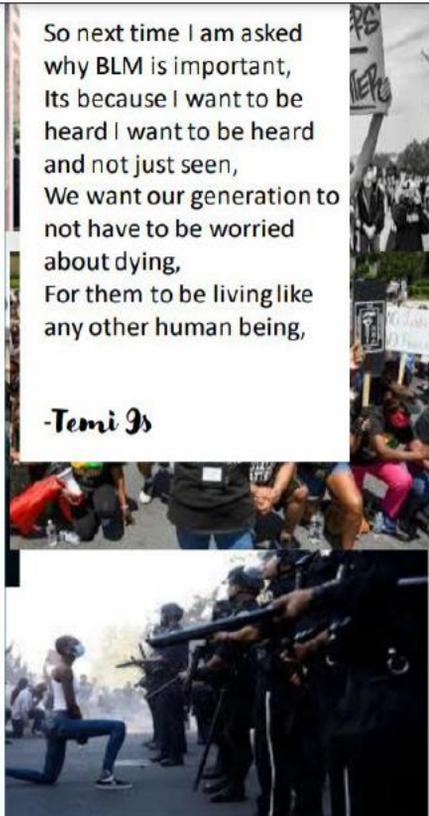
That Angry Black Girl

That angry black girl,
She is oh so loud she attracts a crowd,
That angry black girl,
She is uneducated and the most hated,
That angry black girl,
She is so ratchet and has no manners,
And if she made an achievement it wouldn't matter,
She would be classified as loud ,proud and wild,

Being black is looking at the screen,
seeing a black person being killed,
and wondering when I would be seen a Meere teen,
Being black is to be the pun of the joke,
And pretending like its ok when your white counterparts say the N-word because 'slavery ended a long time ago',
But black people are still being killed for their skin tone

So next time I am asked why BLM is important, Its because I want to be heard I want to be heard and not just seen, We want our generation to not have to be worried about dying, For them to be living like any other human being,

-Temi Is



Activity

1. Listen to the video and **discuss** your thoughts on what you have heard. <https://www.youtube.com/watch?v=HhrU-Gx7Ado>
2. Sharing your experiences of racism can be difficult. Expressing yourself through art is a good way to tell others how you feel. Look at the list below and decide which of the following is best for you.

1. Writing a story
2. Writing a poem
3. Writing a song
4. Creating a drawing or painting

Create your piece of art and share it with the BLM Ambassadors by sending it to blmambassadors@eastbury.bardaglea.org.uk

Year 9 **BLM** Stencils



Year 9 **BLM** Stencils



HOW TO TALK TO YOUR FRIENDS AND FAMILY ABOUT RACISM

Introduction - Why should we talk about racism?

- To help raise awareness about it. Some people believe that racism is a thing of the past since slavery has ended. Racism still exists, and when we talk about racism, we help clarify false perceptions like these.
- If we don't talk about racism, we ignore that it is an issue. When we ignore something, we allow it to take place. Allowing racism to take place makes the world a worse place for everybody.
- Talking improves understanding. We need better understanding between the races, and a better overall understanding of racism in order to tackle it.
- People still experience racism. We need to take their experiences seriously. We need to make these people feel seen. Talking about racism acknowledges these people's experiences. It shows them that they're important and that we care.
- Acknowledging and understanding each other by talking about racism helps us make a difference.
- Talking about racism inspires people to speak about other inequalities like sexism and religious discrimination.
- "Do the best you can until you know better. Then when you know better, do better." said Maya Angelou. When we know more about racism because we spoke about it, we are able to do more about it.

I want to speak about racism. What do I say?

We need to normalise speaking about racism, because speaking about racism improves understanding around it. This understanding reduces it. Any respectful conversation you have would help the cause!

Speaking about racism can be difficult, and this is especially true if you've never done it before. So, to help, the Eastbury BLM Ambassadors have come up with a few conversation starters:

- What do you think about racism?
- Did you know that the 2010 Equality Act protects you from racial discrimination?
- How can we help reduce racism?
- Have you ever experienced racism?
- Why do you think racism still exists?
- If something racist happened to you, how would you like me to support you?
- Do you know the history of the Black Lives Matter Movement? (After saying this, explain it.)
- Who needs to make what changes?



When speaking about racism, DO:

- Listen to understand, rather than listening to talk.
- Be supportive. The person you're talking to may have experienced racism themselves. Racism has a very long history, and those that experience it are experiencing the discrimination their ancestors had to endure too.
- Ask questions to understand better.
- Make sure the people you're talking with are comfortable. Comfort means better conversations.
- Keep going. Antiracism is a commitment. We need consistent efforts to make a difference.

HOW TO TALK TO YOUR FRIENDS AND FAMILY ABOUT RACISM CONTINUED

What is your opinion on talking about racism?

BLM Ambassador Kevin's opinion is below.

From my point of view talking about race is something I genuinely love to do but for me I find it quite hard since I have bad social anxiety as well as being scared on what people would say/do to me since the past has a lot of deaths due to standing up to racism. But I'm starting to not think like that and just talk because if we want it to end, we have to talk about it and speak up about it – Kevin

When speaking about racism, DO NOT:

- Interrupt. People are expressing an important issue here, so you should let them.
- Stereotype. Do not assume things either. This can make the conversation patronising and annoying.
- Be aggressive. When you do this, people become defensive and less responsive to the conversation.
- Generalise. This widens divisions and generalisations aren't accurate.
- Mock or undermine people's experiences. Racism has taken people's lives. Undermining experiences of racism is also undermining how dangerous racism is.

Do you want to...

- ✓ Talk to different people about racism?
- ✓ Raise awareness about inequalities?
- ✓ Be an ally?
- ✓ Express your opinions?
- ✓ Make a difference?

- ✓ Email [Ms McIntosh](#) to join the BLM Ambassadors!



What if the person I'm speaking to says...

Unfortunately, not everyone wants to talk about race, or will be uncooperative when you try. So, the BLM Ambassadors have come up with what you can say if you find yourself in a conversation like this.

If someone says:

- "I don't see colour."
- "Skin colour doesn't matter to me."

- "All lives matter."
- "Blue lives matter."
- "What about all the other races?"
- Do I not matter?

Say:

- "When you say that you don't see colour, you're ignoring the racism people experience because of their skin colour. When you say that, you're ignoring a major part of people's identities, and that is unfair. That can be hurtful."
- "Yes every life matters. We say Black Lives Matter because Black Lives Matter too. People have been acting like Black lives don't matter for a very long time, and some people still act like that now. Black people are a part of 'all lives', and if you believe that all lives matter, you shouldn't have a hard time saying Black Lives Matter. And only when people start acting like Black lives matter, will all lives will matter."

The McLaren Community Cohesion Competition

During the summer term of 2021, key stage 3 students at Eastbury Community school entered a competition that focuses on the theme of community cohesion. They thought about what the theme means to them, and each produced a piece of art work that they felt best illustrated community cohesion.

[https://www.eastbury.bardagtae.org.uk/ckfinder/userfiles/files/Secondary/News/McLaren%20Community%20Cohesion%20Competition%20top%20entries%20-%20pp%20\(2\).pdf](https://www.eastbury.bardagtae.org.uk/ckfinder/userfiles/files/Secondary/News/McLaren%20Community%20Cohesion%20Competition%20top%20entries%20-%20pp%20(2).pdf)

There were hundreds of entries! The Art & Photography department at Eastbury School selected 10 of the best from each year group. To see more of these entries please click the link.



McLaren Comp Runner ups

Kelly- Year 7

Sadiqah- Year 8

Maryam- Year 9



McLaren Comp Winners

Teri- Year 9

Sarah- Year 8

Amana- Year 7





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Dealing with Racism in School

Racism in school is both hard to experience and to witness.

By speaking up about it, we can make sure that we deal with every situation in a way that supports the victims, and deals appropriately with the individuals causing the problem.

We asked students at Eastbury School to anonymously share their problems regarding racism to see if we could suggest possible solutions to move forward with.

The problems on this page may be upsetting to read and you may have experienced or witnessed similar events.

If you need any support with dealing with racism, please get in touch with a trusted teacher for further advice.

A kid in my primary school said he didn't like black people and was being racist but my friend convinced me not to tell the teacher

Possible solution: Peer pressure is difficult to deal with. Especially when it comes to doing right or wrong. Racism should never be ignored. No matter how big or small the issue may seem. You could speak to a trusted teacher about what is going on and ask for their support. If you are afraid of being targeted, you can stay anonymous.

I get called the N word on the street sometimes and also online and it makes me feel a bit upset sometimes.

Possible solution: The use of the 'N' word is a horrid way to address a person of colour. It refers to a time in history when black people were slaves. The racist will use this term intentionally to upset you, and to make you feel inferior. People who use this word to upset you do not deserve your attention in public or on social media. Continue to be proud of your black skin and do not engage in conversation with racists! It is not your responsibility.

In class, people were talking about black lives matter, and the teacher said 'no all lives matter not black'

Possible solution: To some extent, your teacher is correct. All lives do matter. However, at the moment, we are calling on all members of society to protect black lives because they are most at risk. Explain to your teacher that just because we are focusing on black lives, doesn't mean we care about the lives of others any less! Black Lives Matter!

My family are extremely racist, however, I can't speak up because again "I can't take a joke"

Possible solution: This is a tough one. You don't want to disrespect your family members by arguing with them but it is important to share your views with them in a way that is non confrontational. Calmly explain to your family that racism isn't a joke, and that people are suffering from it everyday. See pages 16-17 for more info.

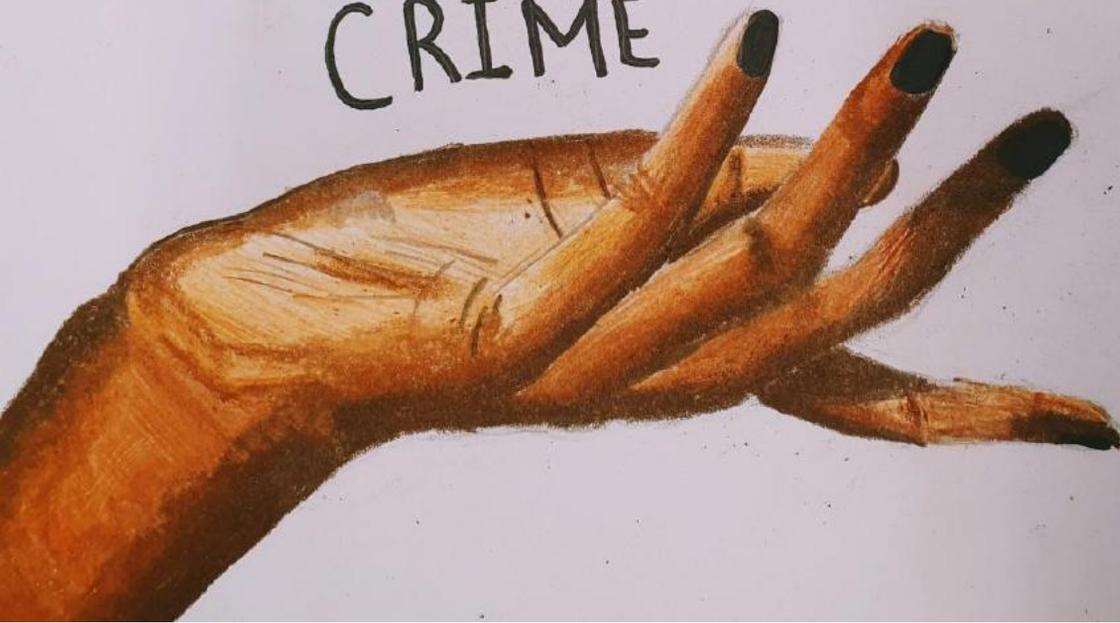
In primary school when i was in year 3 a year 6 told me to go back to my country but at the time i didnt know what it meant

Possible solution: Racist incidents never fully leave the victim. The pain remains for years after the event has occurred. Sometimes you aren't sure whether you have experienced racism or not, but you walk away feeling sad. Please find someone who you can talk to about this conversation. Discuss how it made you feel. Please remember that this is your country because you live here and you have just as much right to be here as anyone else.

Possible solutions suggested by Eastbury Community School's equality lead

Dealing with Racism in School

SKIN COLOUR
IS NOT A
CRIME



Activity

Read each of the problems and possible solutions on the previous page carefully.

1. Choose one problem to focus on and write down what you think another possible solution could be.

Think about:

- How the victim would feel about the solution you have chosen
- How the person causing the problem is made aware of their behaviour
- How do we improve the relationship between the victim and the person who caused the problem?

BLM- Student Voice Survey 2020- Results

227

Responses

In the summer term of 2020, just after the death of George Floyd, students at Eastbury school were given the opportunity to give their opinions and feelings on racism and anti racism. The survey allowed students to have a voice and to share their thoughts of how we can improve race relations in school.

Where in your opinion, is the safest place to discuss BLM, race and racism at school?

[More Details](#)

1-1 with a teacher	42
In a small group with a teacher	42
Class discussion	119
In assembly	24



Over half of the students who responded to the survey said that that they felt safest when discussing BLM, race and racism at school

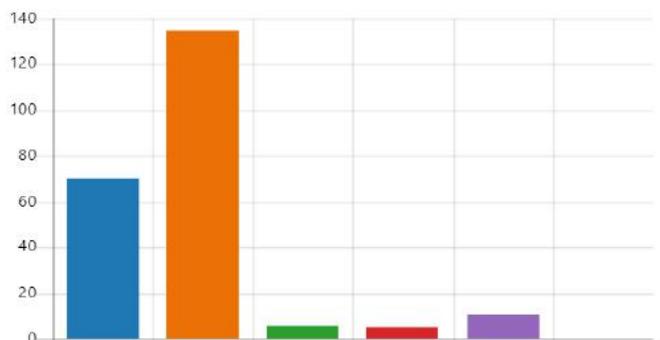
Most students who responded to the survey are getting their information about BLM from social media sites.

Where are you getting your BLM information from?

[More Details](#)

[Insights](#)

Television (news and other pr...	70
Social media	135
Friends	6
Family members	5
School	11
Newspapers	0



BLM- Student Voice Survey Results

. What kind of understanding do you have of the term 'decolonisation'?

[More Details](#)

- Strong understanding (I could... 39
- Limited understanding (I coul... 102
- No understanding (I need to l... 86

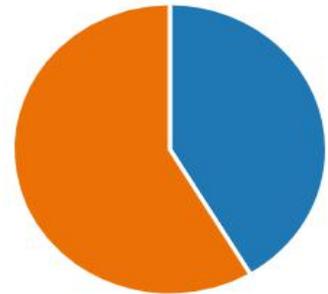


Over 80% of students had no idea what the term decolonisation means! We hope that this knowledge will become more widespread after reading page 8-9 of our magazine!

. Have you ever seen/ witnessed a racist incident happen at school?

[More Details](#)

- Yes 94
- No 133



40% of our students that responded have seen/ witnessed a racist incident happen at school.

. How many times have you heard racist words used in school over the last 2 years?

[More Details](#)

- Around 1-5 times 90
- Around 6-10 times 37
- More than 10 times 51
- Never 49



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Just over 20% of the students who responded to the survey reported that they had never heard any racist language being used in school over the last 2 years. We hope this percentage increases.

BLM- Student Voice Survey Results

The BLM student voice survey 2020 gave students the opportunity to suggest ideas that we can be utilising as a school to improve the way that we communicate our feelings around the issues that black people are facing now, and in history.

"By learning what racism is and letting people know what racism can lead to and show people how wrong it really is."

"We should have more collaborative projects as the extroverts normally get all the attention however the introverts have good ideas too, this means that everyone should be included."

"I think we should uplift the Black Lives Matter movement and be PROACTIVE. It's one thing to just learn about it, but another to adopt the ideas of activism. Also, I strongly believe we should be taught in depth about unconscious bias and how it can affect others. Most importantly, I think we should learn how to CHALLENGE unconscious bias because it's not criminal to have it. We just all have to put in the effort to challenge these concepts so we can work towards racial equality. It's long due now."

"When we do things like black history month they keep talking about the sameness black people ever year like Martin Luther king and Rosa parks but there are so many other black people that have contributed in the world."

"Provide students with the opportunity to be involved in a poetry competition to voice their opinions and experiences."

"Help children be more confident to talk about this if they experienced it."

"I support all types of anti-racism so I think that giving the opportunity for children to speak about their views via an equalities group or some where on those lines or even in class would be really good."

"Use more black people in their work and resources at school."



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BLM- Student Voice Survey Results

"The teachers could discuss about these issues in the whole world with us at form times so that we have better understanding."

"Include more information about past and current struggles of people of colour because once a year during Black History Month is nowhere close to enough so talking and doing more lessons on racism would be good."

"Do more black history."

"Teach more about black history and why racism is still a huge issue because some people, perhaps those that are more privileged, don't understand that racism is still a huge issue. Also, we should have some sort of 'black society' of some sorts that is not limited to just black people, but instead can be a group of people that want to make change and educate people. As a school we need to do more."

"Someone could come in and talk about racism in assembly."

"Have more lessons where you openly discuss racism for an extended period of time."

"I would like Eastbury to step away from the generic assemblies on Black history month and put a focus on racism and what society does to prevent incidents like this and how society is systematically racist and as student what can we do to make a difference about it."



@eastburyart



My Mental Health

Racism and Mental Health

Experiencing racial discrimination and injustice can take a heavy emotional toll and trigger chronic stress, anxiety, depression, and racial trauma. But there are ways to strengthen your resilience and protect your mental health.



Whatever your experiences of racism, it's important to remember that you're not alone. There is strength in numbers and there are steps you can take to better cope with circumstances outside of your control, no matter how abhorrent they may be. There is also hope. Powerful movements are pushing for social change around the world and many more people finally seem to be taking note. While personal bias and systemic and institutional racism aren't going to disappear overnight, there are plenty of things you can do to stand up to discrimination, strengthen your family and community, and protect your mental health in the face of ignorance and intolerance.

Reach out to others and share your pain

Whether you've experienced a blatant racist attack or suffered one or more micro-aggressions, it's normal to feel angry, upset, or hopeless. It's also normal to want to bottle up your experiences of racism or try to pretend that they haven't affected you. But keeping painful feelings to yourself will only amplify them and adversely impact your mental and physical health. The first step to healing is to openly and honestly share your experiences with others.

Find out more about racial trauma at <https://www.helpguide.org/articles/ptsd-trauma/racism-and-mental-health.htm#>

My Mental Health

Eastbury Community School work with the Community Links organisation to provide students with wellbeing mentors and mentor training. The organisation also support family in and around Barking to access support for their mental health and wellbeing.

Getting help in school

If you ever feel that you are in need of extra support, You can speak to a trusted member of staff (form tutor or a teacher) to find out how you can receive help, or you can speak directly to a member of our schools safeguarding team (ask your form tutor or head of year for their names).

Getting help outside of school

The More than Mentors team would like to ensure young people and their families can access support when needed.



ORGANISATIONS OFFERING FREE SUPPORT



Free crisis messenger, 24/7 support for all ages
www.giveushout.org | Text SHOUT to 85258



Online counselling support for ages 11-25
www.kooth.com



Free service & apps supporting mental health for ages 11-19
www.stem4.org.uk



NHS talking therapies supports with common mental health problems like stress, anxiety and depression
www.nhs.uk



Free and confidential helpline for young people under the age of 19
www.childline.org.uk | 0800 1111
Everyday, 9am-3pm



Free 24/7 call service for all ages to talk about your issues
www.samaritans.org | 116 123



Free advice and support to anyone experiencing a mental health problem
www.mind.org.uk | 0300 123 3393



Provides support for vulnerable young people and their families
www.barnardos.org.uk | 0208 550 8822



Provide support for infants, children, young people and their families from conception to 25
www.annafreud.org | 0207 794 2313



Provides support for anyone under the age of 25
www.themix.org.uk | 0808 808 4994



Provide confidential support and advice to young people under the age of 35 struggling with thoughts of suicide
www.papyrus-uk.org | 0800 068 4141
Everyday, 9am-midnight



Online free advice from Citizens Advice to help you find a way forward
www.citizensadvice.org.uk | 0800 144 8848
Mon-Fri, 10am-4pm



Free and confidential counselling service for young Muslims, available nationally via the telephone, email, live chat
www.myh.org.uk | 0808 808 2008



Provides advice & support to young people affected by mental health
www.youngminds.org.uk | 0808 802 5544
Mon-Fri, 9:30am-4pm



Provides support 365 days a year to people who have or are worried they have an eating disorder
www.beateatingdisorders.org.uk | 0808 801 0677



Confidential support to people experiencing difficulties
www.thecalmszone.net
0800 58 58 58
Everyday, 5pm-midnight





R.I.P

Dae-John Reid

A 14-year-old boy was subjected to racist abuse before being chased and stabbed to death in Birmingham, police have said. He was named as Dea-John Reid. In a tribute on Wednesday, Dea-John's family described him as an "incredibly talented young boy". "We'd like to thank the emergency services for their diligence and support ... and the public for their outpouring of love and support throughout this tragic and challenging time," they said.

"This loss not only affects us but everyone Dea-John knew, we have lost a son, his siblings have lost a brother and others have lost a friend. The passing of this incredibly talented young boy will be felt by us all. How many more mothers will have to mourn for their sons for this to stop?"

<https://www.theguardian.com/uk-news/2021/jun/02/dea-john-reid-boy-14-stabbed-death-racist-abuse-police-birmingham>

STAND UP

