

# Black History Month

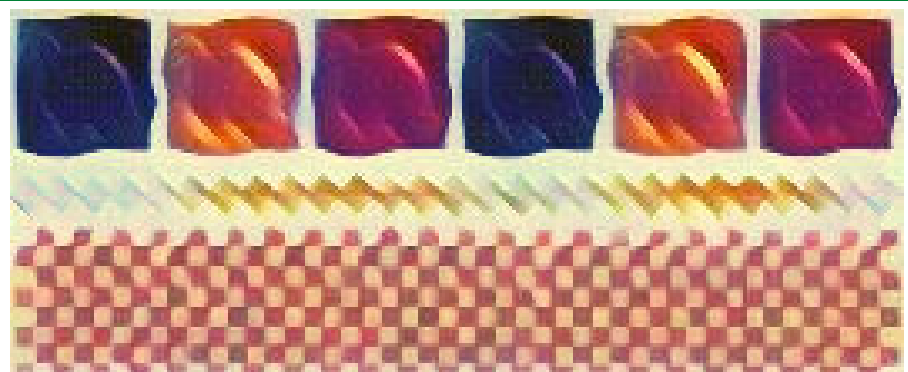
*Celebrating Black History annually across the globe*

*In This Issue*

## The Origins of Black History Month

Black History Month UK was started by Akyaaba Sebo in October 1987, he wanted to raise the self-esteem of young Black Britons by educating them on the history and achievements of Black people in the UK

The theme of this year's Black History Month at Highlands is about 'Sharing Journeys' which is all about exploring the lives and stories of the people who came to Britain in the 19th and 20th century who helped pave the way and fight for the community we have today.



**Black History Month** to us, is a time where we not only celebrate the great work of those who came before us but also recognise what other black people in our present time have and are achieving.

Studying Black history all year-round is also important because it provides context for how we got to where we are today and a deeper understanding of the issues people still face in this country. Many of our present cultural and political issues are not new but, rather, are unresolved issues from the past.

As I Mrs Sheikh, am part part Kenyan, my culture is a way of life that blends tradition with modernity. These traditions and cultural mixes within our lives, as well as our understanding and knowledge and is constantly needing to be developed.

It was an absolute pleasure working with the sixth form students over the past few weeks on the Black History Month assembly. It opened up conversations about their (our) journeys and what Black History Month meant to us.

One of my many takeaways from these conversations was the meaning behind 'Sunday Best' and why such importance was placed on looking presentable when going to church and putting our best foot forward, despite the circumstances.

One of the key messages the sixth form students wanted to relay was the importance of taking on the responsibility of researching the history; the onus being on the students to educate and learn about the history that is shared by so many at Highlands. We, as a team and school community, hope that we have started a conversation amongst the students and that this conversation is one that isn't just dedicated to one month in the year.

Let's keep this journey of discovery going; the torch has now been passed on to you all, grab it!

*Mrs M Sheikh and Mrs S Halil*

*Heads of year 12 & 13*



## "UK Black history is a series of missing chapters from British history"

It is important to share and honour the accomplishments of the many hidden figures within Black British history. David Olusoga said, 'UK Black history is a series of missing chapters from British history'.

Mfumfu is the third month in the Zulu lunar calendar, which to us is October. It translates to 'coming out' as it is related to the start of the harvest. This links to Black History Month as it is about ensuring that the stories of lesser known black figures are told in authentic ways.

## Celebrating Black icons in history

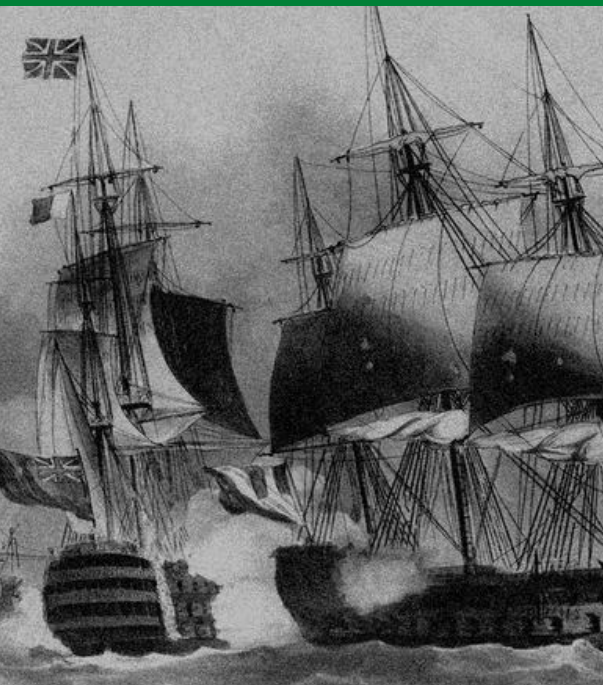
### Seaman William Brown - Sailor

In 1815 it was discovered that Seaman William Brown was a black woman who had secretly disguised herself as a man in order to serve in the British Royal Navy. In the eighteenth and nineteenth centuries, it was not unheard of for a woman to pass herself off as a man to enlist in the military. At the time, Britain was the most powerful naval force in the world. It was a highly respected position, but being a sailor was no glamorous job. It was tough and dangerous work.

There are a few varying accounts of William Brown's story. One version was published in the Annual Register for 1815. It states that she served on the flagship of Britain's premier battle fleet, the HMS Queen Charlotte, for upwards of eleven years!







An official document from the ship – the muster list – tells a different story. It states that on 23 May 1815 a 21-year-old man from Grenada joined the crew of the HMS Queen Charlotte as a landsman – the lowest-ranking crew member – and was discharged on 19 June, for ‘being a female’. If that is the true story of William, she served for 27 days, which was no easy feat. As a landsman, she was entirely new to the hard work of life at sea and had to keep her identity a secret.

We may never know exactly what happened to William Brown, and we do not know her true name, but one thing is clear she successfully enlisted and served her country and is recorded as the first black female to serve in the British Navy.

## The African princess: *Sarah Forbes Bonetta*- Princess Omoba Aina

At the age of five, Sarah Forbes Bonetta known as Princess Omoba Aina, born into a Royal, West African dynasty, was taken to England and presented to Queen Victoria as a “gift” from one royal family to another.

She spent her life between the British royal household and her homeland in Africa.

Queen Victoria was so impressed by the girl’s natural regal manner and her gift for academic studies in, literature, art and music that she gave her an allowance for her welfare.

Sarah became a regular visitor to Windsor Castle.

Sarah’s genius became admired throughout the royal court and she continued to outshine her tutors with her advanced abilities in all studies.

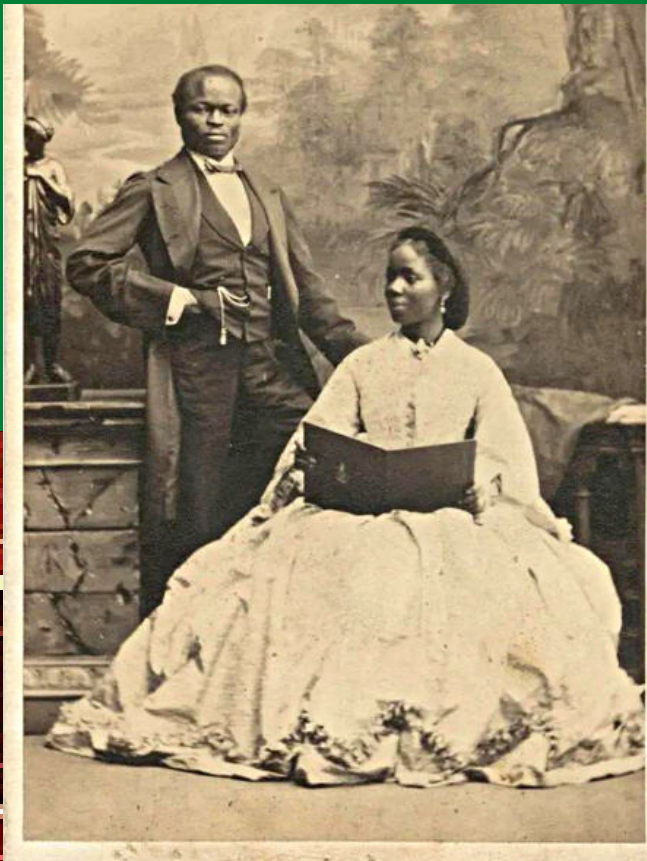
At the age of 18, Sarah received a proposal from **James Pinson Labulo Davies**, a 31 year old Yoruba businessman of considerable wealth, who was living in Britain.







A drawing of Princess Omoba Aina and James Davies' wedding in Brighton.



After their wedding, the couple lived briefly in Brighton's Seven Dials at 17 Clifton Hill, before returning to Sierra Leone, Davies' homeland.

Here, Sarah was a teacher and gave birth to a daughter whom she named Victoria, in honour of the Queen who became the child's godmother. Sarah had two more children but sadly caught tuberculosis and died shortly after moving to Madeira in a bid to ease her symptoms. She was just 37.

## Student Voice: Meet the panel

At Highlands, our education and values extend to the concept of student voice.

Our students will express their values, opinions, beliefs, and perspectives as individuals and groups on behalf of the student body.

Our sixth formers wanted to embody this approach by looking through Black British history as well as current artists, historians, and inventors, that have influenced their interests and ambitions for a more rounded Black History Month.

This year's articles and stories in this special edition, will provide a more personal look at our very diverse school and our successes.

**Black history is not history that should be bound to one month, as it is just as important as any other**

# Let's Talk: *Our Story*



Top pic: Left to right-  
Maria Shikunta , Natalie Manyenga,  
Briana Shann, Ella Joseph  
Bottom Picture: left to right:  
Tai Ashley Fraser, Tobe Okonkwo, Imani  
Crawford



WE BLACK MEN OF ENGLAND  
EXCEL AS IF IN SPORT  
FOR OUR PEOPLE,  
BECAUSE SOME PEOPLE  
WANT TO SEE OUR FACE IN  
COURT,  
WHEN WE BLACK MEN OF  
ENGLAND  
LOOK THE MIRROR IN THE  
FACE,  
THROUGH OUR SISTERS EYES  
WE MEN SHALL RISE  
AS PROUD SONS OF OUR  
RACE.

BENJAMIN ZEPHNAH  
S.O.S [SAVE OUR SONS]

My name is **Imani**,  
I am part Jamaican, part Guyanese and Indian.  
I identify as Jamaican as I have never really  
been in contact with my Indian and Guyanese  
side, but have always been surrounded by my  
Jamaican family and culture.  
As I've grown up I've realised the importance of  
my culture in my life, and how it made me who  
I am, affected the music I listen to, food I eat  
and even my mindset.



My name is **Briana**,  
and I am part Caribbean and Slovakian. My Dad was born  
in Kingston, Jamaica and came to the UK as a student. I have  
always identified more with my mother's side, because I  
spend most summers in Slovakia, but as I am getting older I  
have realised the importance of embracing my Caribbean  
culture more.  
My Dad often makes Jamaican dishes at home, one of my  
favourites is curried goat, a meal I have even helped to  
prepare myself.

My name is **Tai**, I am part British and part  
Ghanaian and I was born in England.  
My Grandad is from Ghana and had moved  
to Britain for a better lifestyle.  
Unfortunately, he never opened up about his  
culture. This led to me taking my own  
responsibility to learn about my Ghanaian  
culture, such as gaining a love for jollof rice  
and planning visits back to Ghana.



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# Let's Talk: *Our Story*



## GREETINGS:

**KEDU (IGBO),  
OJO DADA  
(YORUBA) AND  
INA KWANA  
(HAUSA).**

My name is **Tobe** and I am Nigerian, but I was born in the UK. I did, however, live in Nigeria for seven years. Whilst living there, Nigerian culture became embedded within my lifestyle. From the local food like jollof rice and Nigerian soups e.g egusi, to bits of many languages, such as how to greet people in Igbo, Yoruba and Hausa. Whilst living in Nigeria, I never felt ashamed of my culture because I was constantly surrounded by it. I truly value how lucky I am to know my heritage.

My name is **Maria** and I am part Polish and Tanzanian. Tanzania is the home to the highest mountain in Africa - Mount Kilimanjaro as well as the many National Safari Parks. I have learnt to embrace my culture and make it a part of me. I've never been to Tanzania yet, so I'm making it a goal to go there.



My name is **Ella** and I am part Indian and St. Lucian, but I was born in England. There are many things that form part of my identity, including my hair. I struggled with taking care of it for many years and ended up resenting it wanting to just look like 'everyone else', however, now I embrace the features that make me different.



My name is **Natalie**. I'm from Zimbabwe and Jamaica. For me Black History Month is a month where we celebrate and acknowledge our heritage, one way I like to do this is through music. I feel like music is such an efficient way to embrace yourself and feel connected to so many different emotions.



# Recipe corner



## Sweet Jamaican Festival Dumpling

PREP TIME: 10 MINUTES  
COOK TIME: 20 MINUTES  
SERVINGS: 24 DUMPLINGS

### INGREDIENTS

2 CUPS (473.18 ML) PLAIN FLOUR  
½ CUP (118.29 ML) FINE YELLOW CORNMEAL  
¼ TSP (0.5 TSP) SALT  
3 ½ TBSP (3.5 TBSP) BROWN SUGAR  
1 TBSP BAKING POWDER  
¼ CUP (59.15 ML) MILK OR YOU CAN USE OATS MILK  
¼ CUP (118.29 ML) WATER  
2 CUPS (473.18 ML) COOKING OIL



### INSTRUCTIONS

ADD THE FLOUR, CORNMEAL, BAKING POWDER, SALT, AND SUGAR TO A MIXING BOWL AND COMBINE THESE DRY INGREDIENTS WELL.

WHEN THE DRY INGREDIENTS ARE ALL EVENLY COMBINED, MIX THE WATER AND THE MILK AND START ADDING IT LITTLE BY LITTLE TO THE DRY INGREDIENTS. KNEAD UNTIL IT FORMS A SOFT DOUGH. (A SOFT DOUGH, BUT NOT PASTE LIKE).

ADD THE OIL TO A DEEP FRYING PAN AND HEAT ON MEDIUM TO LOW FIRE.

WHEN THE OIL IS HOT, DIVIDE THE DOUGH INTO SMALLER PORTIONS AND ROLL IT IN THE PALM OF YOUR HANDS TO FORM IT INTO AN OVAL LIKE SHAPE

PLACE THE DOUGH ONE AT A TIME INTO THE HEATED OIL. CONSTANTLY TURN DUMPLINGS SO THAT IT COOKS ON ALL SIDES.

ONCE THE DUMPLINGS GET GOLDEN BROWN, REMOVE FROM THE OIL.

### NOTES

YOU CAN USE WHATEVER MILK YOU LIKE FOR THE RECIPE. YOU CAN USE SWEET PLANT-BASED MILK, BUT YOU CAN USE UNSWEETENED OR FRESH COW MILK. IF YOU USE ANY OF THE LATTER, YOU MAY WANT TO ADD ANOTHER HALF TO ONE TBSP OF SUGAR TO THE RECIPE.



# FILMS OF THE MONTH

## STEWED CANNED BLACK BEANS

COOK TIME: 30 MINUTES  
SERVINGS: 6

### INGREDIENTS

- 2 CANS BLACK BEANS RINSED AND DRAINED
- 2 TBS EXTRA VIRGIN OLIVE OIL
- 2 TBS BROWN SUGAR DIVIDED
- 2 PLUM TOMATOES FINELY DICED
- 1 SMALL ONION DICED
- 1 TBS MINCED GARLIC 3 CLOVES
- 1 CARROT DICED
- 4 SPRIGS OF PARSLEY
- HOT PEPPER DICED, OPTIONAL
- 1 TBS GREEN SEASONING
- 4 TBS KETCHUP
- 1 TSP SALT TO TASTE
- 3 SPRIGS THYME

### INSTRUCTIONS

1. WASH CANS AND WIPE DRY. DRAIN BEANS IN A COLANDER AND RINSE.
2. HEAT OIL IN A DUTCH OVEN OR DEEP HEAVY BOTTOMED POT OVER MEDIUM HEAT. ADD BROWN SUGAR AND ALLOW IT TO FROTH, BUBBLE, EXPAND AND DARKEN.
3. ADD CHOPPED TOMATOES, ONION, GARLIC, CARROT, HOT PEPPER, GREEN SEASONING, SCALLION, KETCHUP, SALT AND PEPPER. COOK FOR 5 MINUTES OR UNTIL THE OIL STARTS TO SEPARATE.
4. ADD DRAINED BEANS, 2 CANS OF WATER AND STIR WELL TO COMBINE. BRING TO A BOIL, COVER, REDUCE HEAT TO A SIMMER (LOW) AND COOK FOR 20 MINUTES, STIRRING EVERY 5 MINS TO ENSURE THAT IT IS NOT STICKING.
5. AFTER 20 MINS, IF THE BEANS ARE STILL FIRM, COOK AN ADDITIONAL 5-10 MINS UNTIL THE BEANS ARE TENDER AND THE SAUCE HAS THICKENED SLIGHTLY. ADD MORE LIQUID IF THE LIQUID EVAPORATES TOO QUICKLY. TASTE AND ADD MORE SALT AND BLACK PEPPER, IF REQUIRED.

*OPTIONAL:* ADD CHOPPED PARSLEY AND A PIMENTO PEPPER TO FINISH OFF.



**Black History Month** is celebrated in many ways, including through film. One of this year's most anticipated films is **Black Panther: Wakanda Forever**.

When the first Black Panther movie came out, it had such a huge impact on the black community, being the first marvel film to feature a predominantly black cast and director.

African culture was represented and it was a huge success, with viewers dressing up in their traditional African clothing to the cinema. As the legacy of Chadwick Boseman lives on, let's remember the successes of black filmography and the impact it has had on the community.

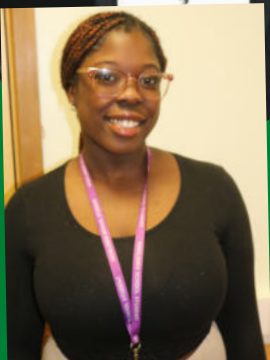
Watch **Black Panther: Wakanda Forever** on the 11th November 2022.



A historical epic, inspired by true events that took place in The Kingdom of Dahomey, one of the most powerful states of Africa in the 18th and 19th centuries.

Watch in the cinema **Woman King** released 4th October 2022.





# The Hit List

So, I've composed a brief list of my top songs for Black History Month 2022:

“Brown skin girl” - Beyoncé, this song reminds me that regardless of my race and heritage, I'm still beautiful and should embrace my skin colour and not hide behind it!

“Freedom” - Beyoncé, this is empowering, especially due to what we are celebrating this month. It reminds me of what our ancestors struggled through and how we are now free and are entitled to the same rights and we should celebrate this.

“Peng black girl remix” Jorja Smith and Enny, this highlights the diversity within black girls in the UK whilst also recognising modern hardships we still go through.

I hope my top songs this Black History Month will inspire you to embrace yourself and heritage!



# HALF-CASTE by John Agard

# P O E T R Y

Excuse me  
standing on one leg  
I'm half-caste

Explain yuself  
wha yu mean  
when yu say half-caste  
yu mean when picasso  
mix red an green  
is a half-caste canvas/  
explain yuself  
wha u mean  
when yu say half-caste  
yu mean when light an shadow  
mix in de sky  
is a half-caste weather/  
well in dat case  
england weather  
nearly always half-caste  
in fact some o dem cloud  
half-caste till dem overcast  
so spiteful dem dont want de sun pass  
ah rass/  
explain yuself  
wha yu mean  
when yu say half-caste  
yu mean tchaikovsky  
sit down at dah piano  
an mix a black key  
wid a white key  
is a half-caste symphony/

Explain yuself  
wha yu mean  
Ah listening to yu wid de keen  
half of mih ear  
Ah looking at u wid de keen  
half of mih eye  
and when I'm introduced to yu  
I'm sure you'll understand  
why I offer yu half-a-hand  
an when I sleep at night  
I close half-a-eye  
consequently when I dream  
I dream half-a-dream  
an when moon begin to glow  
I half-caste human being  
cast half-a-shadow  
but yu come back tomorrow  
wid de whole of yu eye  
an de whole of yu ear  
and de whole of yu mind

an I will tell yu  
de other half  
of my story/



# C O R N E R