

CULTURE IN A COSMOPOLITAN CENTURY

OCT

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YEAR 2021

THE MONTHLY

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October 2021 ISSUE: Culture in a Cosmopolitan Century

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OCTOBER EDITOR'S NOTE: COSMOPOLITANISM AND IDENTITY

Coming from the grand society of Ancient Greece, the concept of cosmopolitanism is more than the kitschy tabloids in magazine stands across the world, it is an expression of togetherness and community. Born around 423 BCE, Diogenese of Sinope responded to a question asking where he was from, describing himself as 'a citizen of the world'. From there, the philosophy of cosmopolitanism evolved to identifying with the world, or humanity regardless of local and national commitments, acceptance towards the different values of others and prioritizing global peace. This concept was often labelled as utopian and impractical, especially in the rise of individualism alongside imperialism in the 18th century. More relevant than ever, this philosophy argues for the connection of all to a global identity as humans, regardless of individual ties to countries, regions and more. In the globalised world of today, some cosmopolitans even go as far as deeming all other boundaries irrelevant compared to the connection of humanity. In our modern world however, despite a growing integration and interdependence to each other, there is also nuance and difference within every country. As we travel through cultural movements of this century, and its growing global and cosmopolitan connection, we recognize both its connection to wider humanity, and it's roots in individual regions.

Exploring cultural movements and it's evolution is presented numerous times, from the advancements in inclusive and diverse education, in comparison to pushback in regards to Black History and the glorified Columbus Day. We explore dogmas of racism enshrined in medical fields, and different understandings of psychological concepts such as schizophrenia in an attempt to uncover more in the field of STEM. Furthermore, this issue takes a look at the global expansion of political movements, from the Suffragette movement, to the awareness that has removed the pedestal

for other movements in an exploration of Gandhi Jayanti.

The month of October is a time of remembrance and offers recognition to some of the most impactful societal issues we face today. At the British School of Bahrain we are a cosmopolitan society that celebrates a myriad of cultures and recognises equality and humanity through related events. But we also recognise key individual differences in the roots of these events. Moreover, our issue is peppered with information to expand a student's cultural understanding through information and a close focus on certain events. In order to broaden our understanding it is important to look back on historical events and pay respect to the movers and shakers who allowed our world to evolve into what it is today, and continue upon the trajectory of positive change.

Looking closely at school events, this issue is also jam packed with information on Think Pink, and Sixth Form Sunrise as we all excitedly watch the progress of our school. Moving forward to lenient but professional uniform choices, to more community engagement with school events, we are able to see the growth of our connection to the BSB identity, one a cosmopolitan may not agree with! As Editors-in-Chief we hope that you enjoy this issue which is packed with cultural information and opportunities to increase awareness about global issues and movements. As you scroll through different articles from our Table of Contents, we hope you close this PDF being a little bit closer to being 'a citizen of the world' like Diogenes himself.

With Love,
Editors-in-Chief
Kaviesh Kinger, Anoushka Subin,
Charlotte Rodney

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A COMMUNITY UNITED IN PINK

READ ALONG AS CURRENT EVENTS JOURNALIST MANAAL KHAN LOOKS BACK ON THE SIGNIFICANCE OF RAISING AWARENESS FOR BREAST CANCER AT SCHOOL DURING THE MONTH OF OCTOBER.

8,000,000 : a chilling global statistic of women currently battling the malignant illness of Breast Cancer. Detected early on, breast cancer can be eradicated swiftly, provided adequate health care, and has recorded extremely high survival rates in most cases. However, the harrowing disease is still enveloped within a dense air of uncertainty and danger, the most abstract, innovative medical advances frequently prove futile. Oftentimes, the most treasured commodities for those afflicted are left simply being the precious support that loved ones provide.

Dr. Julie Sprakel solidified these ideals in 2004, founding the Think Pink: Bahrain Breast Cancer Society - changing Bahrain's perception of breast cancer indefinitely. In it's 17th strong year, and after having raised over 2.5 million USD through several creatively outstanding campaigns, Think Pink is nationally rendered a household name, bringing immense pride to Bahrain's residents. The non-profit organization is dedicated in a rigorous pursuit towards 3 main goals. Awareness, Education and Research.

thinkpink
BAHRAIN BREAST CANCER SOCIETY

BSB has long upheld these principles, honoring Breast Cancer Awareness month annually as a proud tradition. This academic year, the highly anticipated events were held on a sunny week beginning October 10th. Uniting in partnership, the student-led Senior Charity Committee, Parent Community Committee and Heads of School organized a

multitude of events, including delicious bake sales and dazzling artwork aimed at boosting awareness within our school community. The culmination of these events arrived on October 14th, just before a long awaited half term break. Students



"Ex PE and Science teacher Mr Raldehy shaved his long locks for Think Pink in previous years."

and staff members entered our bustling halls with splashes of pink and silk ribbons proudly adorning their mufti clothes, in solidarity with the women affected. Parents were welcomed with a 'Cupcake for a Cure Coffee Morning' at 7:00 am to kickstart their busy days. The Think Pink Bear Competition was also underway, where bright coloured, hot pink bears were to be named and placed in loving homes. The BSB Trees of Hope was set up in the Atrium, where blank cards were inscribed with hopeful messages to be tied to trees around the school.

Break time was a beautiful blend of excited year groups, as multiple sales held by various committees were in full swing. Students were able to purchase a variety of baked goods and fashionable items, while still making charitable contributions and raising funds for this formidable illness. Sporting events elevated school spirit, such as the Penalty shoot outs and an 'All-Stars Staff' vs 'The All-Stars 6th Form'

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volleyball match. Observed by live stream and within the buzzing sports hall, the match proved electric and intense. And though teachers arose victorious, good sportsmanship from both teams made the game a memorable one..



As the most common cancer, we owe it to those vulnerable to persist in expanding awareness and projecting education. It is to our mothers, sisters and female companions upon whom our lives depend, for without their limitless care and brilliance, each day is infinitely duller. To women: we are mighty forces to be reckoned with and remarkably difficult to be shattered.

As Beyonce precisely declared: Who run the world? (Girls)

Article and Interview by:
Manaal Khan 12B

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IMMIGRATION IN THE WEST AND THE GREAT REPLACEMENT THEORY

Shocking images of Haitian migrants allegedly being whipped and corralled by US Border Patrol agents on horseback at the US-Mexico border have circulated widely throughout Western media in previous weeks, and prompted many to highlight parallels between this cruelty and the historical mistreatment and enslavement of black minorities by the US. Despite this inexcusable and brutal abuse of Haitian asylum seekers, stories regarding immigration (whether legal or illegal) have always induced fear-mongering and racist arguments from far-right media, who are increasingly underpinning their anti-immigration claims with the white nationalist conspiracy theory of the 'Great Replacement', a decades old idea outlining that immigration of this scale is somehow bound to lead to a non-white takeover of the West and its politics.

This idea has taken many different forms throughout recent history, from as far back as the extremist neo-Nazi "white genocide" theory to modern day anti-immigration political activism. Nevertheless, this particular reinvention of the idea owes its name to French author Renaud Camus, who was adamant in the two books he wrote on the matter that the migration of alarming numbers of Africans and Middle Easterners into France posed a threat to Western culture and politics, by virtue of their alleged plot to replace it with their own inferior cultures and religions, and thus their reluctance to assimilate into French civilization. Many have pointed out that this belief does not differ much from the much larger and older "white genocide" conspiracy theory, except in its villainisation of a wider range non-white peoples rather than Jews.

Despite French border control not being as overwhelmed with immigrants as other European countries, this idea has garnered strong support from white French citizens,

and even went on to make a return in right-wing media and politics across Europe and North America. Unfortunately, this white supremacist rhetoric now informs a concerning proportion of Western attitudes towards immigration of all kinds, and was even found to be a significant motivator of a range of white nationalist extremist attacks (including the January 6th capitol riots), all regardless of the reality that even the most exaggerated forecasted immigration statistics disprove any possibility of a so called "replacement". Even with these numbers in mind, scholars have continually condemned the assertion that third, and even fourth generation immigrants cannot fully assimilate into the cultures of their country of birth.



It is also important to take into consideration the real incentive for people coming from third world countries to relocate to Europe and North America; escaping political and economic turmoil that, in many cases, is aggravated by Western foreign intervention. For this reason, it is important that a sense of compassion and understanding is maintained when discussing how immigration should be handled, and that such racially prejudiced and unscientific views are not given the opportunity to take the media by storm.

Article written by:
by Rose Salib 13F

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THE FIGHT FOR THE FUTURE OF BLACK HISTORY

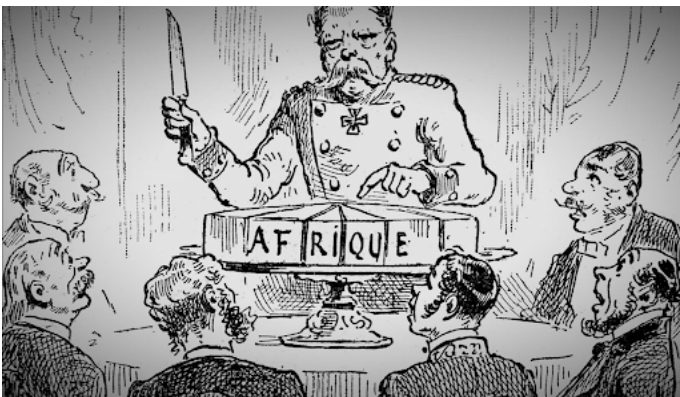
CRITICAL RACE THEORY IS A CONCEPT THAT HAS CAUSED MUCH CONTROVERSY WITHIN THE LEGAL SYSTEMS AND EDUCATIONAL WORLD ALIKE. READ ALONG AS CURRENT EVENTS JOURNALIST BADER ALREFAI BREAKS DOWN THIS COMPLEX TOPIC

History has, and will always be a political issue. Since the dawn of time history has been the means by which we learn from those before us. If you were to tell a rabbit that throughout the history of rabbits they've never been eaten by wolves, they will happily lie by the bridge their stomach, feeling safe, and close their eyes. So the fight for what history we teach is always embroiled in a conflict between every single entity within it, fighting for the future of their past. For the past few centuries, the western world has been exploiting and oppressing black people. Whether that be the subjugation the European powers inflicted upon the African continent after the Berlin conference or the bondage, beating, and brutality of the triangle trade that brought people of African descent into America. But now many activists recently have been fighting for black history to be taught in schools, and also fighting for representation of how the American legal system has been a gear of oppression to black people through theories like critical race theory (CRT). So with the heavy push back on teaching black history, and critical race theory, people must ponder what is all the controversy about?

law where we examine why certain laws may disproportionately affect certain races or people. For example, the war on drugs. Whilst only 9% of black Americans admitted to smoking weed in a Gallup study compared to the 15% of white people that also did. Black people consist of 94% of the arrests for smoking weed in places like New York. The purpose of critical race theory is to examine closely why this is the case.



Many figures in the U.S recently have been pushing for CRT to be taught more in schools as a lens through which black history can be learned. But resistance has been very strong against it, mainly coming from the American right, with conservative politicians shutting down anything related to teaching black history. The arguments mostly vary. Law professors Daniel A Farber and Suzana Sherry argue that critical race theory lacks evidence, is mainly anecdotal, and rejects the rule of law. Alabama schools recently have banned CRT from their schools as well causing a wide amount of controversy in the state. Overall the pushback on teaching black history through this perspective has been criticized widely. This could be mainly due to the patriotic nature of American culture, and how teaching black history in the region could bring shame to America's past due to the grotesque nature of it.



Firstly, an explanation of critical race theory. Critical race theory is a study of

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But on the complete other side of the spectrum, we have countries like Wales that recently have mandated teaching black history within their schools. In a vastly different approach to America, Wales have set that things like the history of black and minority ethnicities are to be taught to schools in their new curriculum starting in 2022. Much to the praise of the ethnic minorities present within Wales currently.

Overall the issue seems to mostly settle itself on how willing a culture is to accept its sins and repent to its victims. Throughout the past few centuries, black people have been lynched, tortured, and raped. All due to the superiority complex that white societies had. But I think the question shouldn't be: should black history be taught in schools. I think the more realistic question should be: do we allow the cries of millions to go undetected by our children? And can we allow our descendants to pretend a tragedy that still hurts people today never happened? I think not.



Article written by:
Bader Al Refai 12E

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THE SINISTER INTRIGUE OF HALLOWEEN

JOIN CURRENT EVENTS JOURNALIST DESIREE MENEZES AS SHE EXPLORES THE CREEPY CONTEXT BEHIND THE WIDELY ENJOYED SEASON OF HALLOWEEN! READ ALONG TO FIND OUT ABOUT THE DAY'S SINISTER ORIGINS.

The sky darkens. An eerie intensity diffuses through the air, kindling a jittery commotion, as a prelude to the night to come. Terror-stricken squeals reverberate through households worldwide as people cower beneath their blankets for protection against the menacing foe on screen. Children don ghastly garb, each more nightmarish than the next. A ghost, a witch, a vampire: these sinister figures prowl through the streets, preying on houses for their candy and treats. Yet, the houses facing these horrors do not surrender. From the cobwebs clinging to the rooftops to the candle-lit jack-o-lanterns; they partake in these horrors too. Meanwhile, a lone black cat settles on the bony arms of a tree, curiously observing the Halloween scene unfolding below.

ferried these notions across the Atlantic which embedded a version of Halloween in American culture. Today, Halloween has successfully enraptured a majority of households across North America, and even other regions around the world.

Today, the pagan ritual has evolved into a commercial holiday for businesses. In 2021, the National Retail Federation predicted consumers to spend a record \$10.14 billion on Halloween, in the US. Moreover, this commercialisation is also evident in the entertainment industry, particularly in the horror genre. From its inception in the 1960 release of 'Psycho' by Alfred Hitchcock, the seeds of horror have grown to more recent films, most notably, 'Conjuring' (2013) and 'It' (2017). However, the holiday is no longer considered 'inexpensive' with lower-class households becoming increasingly alienated from partaking in the festivities that require exuberant spending on decorations and costumes. Thus, some fear that this overt commercialisation has corrupted the holiday, as the wholesome intentions behind it are obscured by greed.



Amid these festivities, we often wonder about the origins of this holiday. Well, historians date Halloween's roots back 2,000 years to the ancient Celtic festival, Samhain, where it was widely believed that the boundary between the realms of the living and the dead became blurred and the ghosts of the deceased returned to greet the living. However, by the 9th century, the Catholic Church christened the celebration, thereby commencing the annual 'All Hallows' Eve'. In the 19th century, America became a kaleidoscope of different ethnic groups and cultures; immigrants from Ireland



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Yet, around the world, these ideas have been preserved and retained as different cultures celebrate their own versions of these festivities. In Latin America, El Día de los Muertos, celebrates the lives and legacies of dead loved ones. Revelers clean and decorate the graves of the deceased, whilst enjoying food and gatherings at the gravesite. At the opposite end of the world, Taoists in China dedicate an entire month to paying their respects to ancestors, known as the 'Hungry Ghost Festival'. Like Halloween, the holiday possesses elements of fear, as festive-goers place offerings to placate malicious spirits, and light lotus lanterns on bodies of water to reincarnate these 'hungry ghosts'. Finally, the most noteworthy Halloween event in the US is the annual NYC Village Halloween Parade. The ebullient parade is largely spontaneous with 50,000 'costumed participants', providing entertainment to around 2 million keen spectators. Unfortunately, the event was forced into closure due to restrictions of the COVID-19 pandemic, but regular attendees are keeping a hopeful eye out for the parade in 2021

But why is our society so enthralled by this seemingly macabre festival? Halloween has persisted through the centuries as it allows us to interface death and other dark ideas. By engaging with the unknown, we learn to cope with the inevitable, instead of allowing dread to accumulate within us. Additionally, our tedious routines have led our culture to crave some interaction with the uncanny aspects of life. A study conducted at Carnegie Mellon University conveys that people who engage in social activities tend to have better mental health than those who do not, as social events such as Halloween can be emotionally therapeutic. As we transition to winter, we should enjoy this iconic holiday and cherish our memories, to bid farewell to the spooky season..... until next year.



Article written by:
Desiree Menezes 12D

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SIXTH FORM SUNRISE: A MORNING TO REMEMBER

JOIN THE EDITOR'S-IN-CHIEF ANOUSHKA SUBIN AND KAVIESH KINGER AS THEY RECOUNT THE FIRST AND FABULOUS SIXTH-FORM ONLY EVENT OF THE YEAR.

On the 14th of October 2021, the sun rose to the sounds of chatter and footballs, as the British School hosted its first ever Sixth Form Sunrise. Under the leadership of Tamara Almoayed, Deputy Head Prefect, the Sixth Form committees came together to organize a morning for all sixth formers to attend. For a price of 2.5 BHD, sixth formers were able to get breakfast, Dunkin coffee and hot chocolate, donuts while listening to music, playing football, taking photos and more. The much anticipated 'Sixth Form Sunrise' came as a welcome change to the largely isolated COVID restricted school-life of the past two years. The lovely morning breeze was enjoyed by the sixth form as a whole, allowing time for bonding between the years 12 and 13. Moreover, the head prefect team has been working tirelessly to organise a larger number of school events for all senior school year groups to enjoy, but it can be said that the sunrise was a serious success!



After academic life in Covid-19, many students expressed a lack of satisfaction, and organizer Tamara Almoayed worked with the Prefect team to fill this gap. Looking to create a space for community, bonding and memories, the Sixth Form Sunrise was exactly that! As the world continues to evolve, so does our school in what was an expression

of great connection. Moving forward the Monthly looks forward to reporting on a lot more events- and hopefully a Graduation too!



Hear what some students thought of this event:

"I enjoyed the hot chocolate!! And the donuts, went with an empty stomach and left with a full one!" Nada Al Mosheky 13A

"It was fun going into school at night with friends because it was a different environment, and just eating with my friends was nice" Farrah Elsayed 13B

"The sunrise was great and I had so much fun taking photos of people and making memories with friends" Layan Esfahani 12f

"The sunrise event was really fun because it was an opportunity to spend time with your friends and rid yourself of any stress from the first half term." Luani De Sa 12B

"It was pretty cool to wake up so early and meet up with some cool people." Bader Al Refai 12E

Article written by:

Anoushka Subin & Kaviesh Kinger
13A

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THINK PINK: TO THE GALAXY AND BEYOND

“From the ashes, rise something” is how Julie Sprakel described the start of the Bahrain Breast Cancer Society, or Think Pink. Describing her cancer diagnosis in 2002, Julie Sprakel has firsthand experienced the significant effects of this disease. However, what truly encouraged her to start the widely known Think Pink of today, was actually the lack of awareness in Bahrain. In the scarce and empty ashes of cancer information, Sprakel created a phoenix of awareness. Unable to locate information was key in the start of Think Pink, and filled a gap of breast cancer resources that existed in Bahrain. The Bahrain Breast Cancer Society was founded in 2004, and has since then grown to become a massively influential non-profit, pioneering massive community engagement for the salient cause of breast cancer awareness. As a winner of innumerable awards, and the founder of an app called ‘iCheck’, this organisation has done it all.

issues of today’s world. Despite the risk being much lower for men, breast cancer often becomes a gender focussed issue. The emphasis on a woman to be married, and the social acceptance that comes with it makes accessing treatment significantly difficult for women.



This is however, not where it ends. As significant as our symbols of strength are, with pins, bake sales and events- the battle against breast cancer is not over. Bahraini society still exists with heavy stigma around breast cancer, which subdues women to not speak about their diagnosis and treatments as it would limit their chances of marriage. The key issue exists in the cultural consensus which not only ignores the dual nature of this disease, as both men and women can get breast cancer, but also upholds archaic gender norms, manifesting them in medical

‘Having open dialogue is really important’ Sprakel says, discussing the role of discussion in breaking social stigma to create safer spaces. In a society where ‘some people talk about it and some people don’t’ social media was key in ‘propelling’ the educational awareness around breast cancer in Bahrain, Sprakel says. From there, the development of a mobile app represented the modern advances of technology, giving people key details about ‘risk factors, mammograms’ and more from the privacy and comfort of their own phones. Returning ‘back to the grassroots’ and ‘back to the community’ was key in the success of the app iCheck, and is a necessity in future efforts against breast cancer. As she outlines, ‘education at a grassroots level is really important’ in creating a new understanding of ‘your normal’. Creating clear comprehension about breast cancer is key in framing a society where stigma is dismantled, treatment is accessible and healthcare services are prioritized.

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THINK PINK: TO THE GALAXY AND BEYOND

As influential as our ribbons and events have been in advancements for this cause, as Sprakel says ‘this shouldn’t be something that happens once a year’. Outlining some efforts of ‘Pink washing’ Sprakel notes the drawbacks of this ‘pink’, ‘fluffy’ and ‘marketable’ consumerism that drives Think Pink. As we pack away the ribbons for the rest of the year, Sprakel calls upon the Bahraini community to remember the true essence behind the cause, and center themselves with that all year round. Outlining the ‘funds’ as secondary, Julie Sprakel points out how ‘critical’ education truly is. Education, as she specifies, should not consist of ‘scare tactics’ but instead a provision of ‘tools’ and giving the ‘power’ back to the people in taking initiative to get help!

transform Bahraini society for the better, with an emphasis on supporting the community. Outlining her best memory in her non-profit work, Sprakel remembers the time someone came up to her and said ‘Thank you for coming to the lecture cause I found a lump’ and describes this as a microcosm of the change she can begin to see. There is no quantifiable fact, number or statistic that could ever truly encapsulate the passion in schools, in the future and in the minds of the new generation. Julie Sprakel says ‘the sky is the limit’ as a woman who has been to space and beyond with her work in charity. Creating a genuine space in Bahrain for breast cancer awareness has meant that Sprakel has not only reached the sky, but flown through it. The next step is now, for us to reach the galaxy.



Article written by:

Kaviesh Kinger 13A

Interview by:

Kaviesh Kinger 13A & Charlotte Rodney 13E

As necessary as discussion is, Sprakel does also go into key details about the essential funds that ‘go back into the community’ from education, to health services, and better machines for breast cancer treatment. Together, these forces can combine to

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THEY SAID SHE COULDN'T, SO SHE DID

ALISON KRIEL DEFIED THE STEREOTYPES, PROVED HER RACIST EMPLOYEES WRONG, AND CLIMBED TO A CEO POSITION. JOIN THE INTERVIEW COMMITTEE AS WE DIVE INTO THE STRUGGLE PEOPLE OF COLOUR FACE IN CEO POSITIONS.

Alison Kriel is the CEO of “Above and Beyond Education”, which takes diversity initiatives towards various institutions. Alison stated that in general terms: her initiatives appreciate the fact that people recognize the void of diversity in the world, and attempt to dismantle that void with the help of her expertise. Her methods attempt to dissect the institution; find the source; then introduce new initiatives to attract diverse recruits and comfort any people of colour within the institution who have felt a disconnect.

students to see and believe that they’ve got the potential to be?” If a child is exposed to a restricted environment, then they will have a restricted mindset. This narrative, forces subordination on black and coloured youth setting children up to think they can only be second best behind a white man.

Alison discusses one stereotype people of colour face in the workplace, of being argumentative and constantly complaining. The people in power usually “lie on their backs” and tell people of colour to complain if they feel discriminated against, however when people of colour raise the problem they tend to become the problem, being accused of creating a false narrative of segregation. White CEO’s gaslight people of colour into this stereotype. Telling them to “say something when they see something”, but when they “say something” they’re being too sensitive. Then when they raise their voice to reach the masses, they’re being too aggressive.



We ask Alison to explain what she thinks is a recurring theme in institutions who lack diversity, to which she responds with how the predominant issue can be within staffing. The staffing usually consists of white men and sometimes white women in leading roles, “Then you might have one or two brown faces somewhere in the middle”. Alison observes that people of colour usually occupy “labour” jobs such as cooking and cleaning, and the white people prestigiously exchange banter in the headquarter meetings. Which creates the false portrayal that the success of an institution calls for leadership done by a white man. Transitively, Alison adds that this reflects the wrong image on pupils: “What do you want the black and brown



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Alison Kriel forewarned us that she was grateful enough to have acceptance within her institution. However, when she gathered with other CEO's it was an oppugnant scenario, she stated "One person even asked me to hang their coat up...They asked me what I was doing there, who allowed me out for the day." The headquarters of the education industry was shocked to see a black woman earn her leadership position and succeed just as much as them if not, more than them. Alsion Kriel further emoted her struggles, in a year 2 class. (Yes, racism has managed to get a hold of the ones with missing teeth). She explains how she had an unusual response to a daily "Good morning class", with a "Good morning blackie" from a student. This refers to how racism is taught, if children are not taught to differentiate unacceptable from acceptable, and respect from disrespect: they will become carriers of what we are trying to leave in the past. Her experiences in these circumstances led Kriel to explain how racism must be handled with delicacy, as a response of aggression only isolates racists further.. If we recognize it as a mistake, we allow them to grow alongside us. Alison boldly announces that this is her method of operation, she adds that it "could be seen as tolerating racism" in one's eyes. But in her's; it's supporting another through their journey of social advancement.

We then asked her if the people unaffected by racism should be included in the fight against racism. Without hesitation she vocalized " I don't think anybody in the world is unaffected by racism. I think we're all affected irrespective of the color that we are because it exists". White people have their privileges thanks to racism, and people of colour are underprivileged since birth due

to racism. Despite some reaping the benefits off of systemic racism, that is still an effect of racism.



"Just do it" were the words Alison Kriel would give to youth wishing to break boundaries in corporate settings. Stride so others can be inspired to stride, don't see racism as a sign to stop but a sign to dismantle it on your way to triumph. "Create your own safety net".

Article written by:

Yusuf Kamran 12F

Interview by:

Yusuf Kamran 12F, Charlotte Rodney 13E & Kaviesh Kinger 13F

THE MONTHLY

ROBBERY, MURDER AND CELEBRATION: WHAT DOES COLUMBUS DAY REALLY STAND FOR?

“History is just as relevant today as it was 1000 years ago” was Mr Wilson’s response when talking about the relevance of Columbus day. On the 11th of October in the America’s, people gather to celebrate the life of Christopher Columbus, who is credited with his monumental so-called ‘discovery’ of the Americas, or more accurately as Mr Wilson put it that time “Columbus bumped into America”. An esteemed panel consisting of Ms Zareefi, Ms Bradwell, Mr Wilson, and Mr. Weeks Barnitt met to discuss the ramifications of Columbus on not only America, but the rest of the world, and how it represents greater issues within our society.

‘Columbus Day’ are two words that are surely guaranteed to ignite contrasts, controversy, and discussion. On one side we have those who celebrate the event; those who proclaim that Columbus was a great figure who discovered the Americas and believe he should be celebrated for being an immensely consequential figure in history. However, many disagree pointing out that Columbus’ actions included the pillaging of the indigenous population, genocide, and paved the way for the colonization of the Americas. In fact many people would go so far as to say Columbus was, in Ms Zareefi’s words, “a fraud”.

“On our side that incident had such a defining part on the rest of history”, says Mr. Weeks-Barnitt. When approaching Columbus we must first understand that a vast amount of the information spread about him is often inaccurate or corrupted, which is what allows so many people to still see Columbus as a hero, for as Ms Zareefi said “disinformation does become power”. This is best exemplified by the song glorifying Columbus of ‘sailing the ocean blue’ which conveniently, for the pro-Columbus side of the argument, ends right before mentioning

him in the Americas or quite literally anything he did there. The glorification of Columbus brings up the wider issue of the white washing of history; how much of our history is accurate? How much has been tainted by victors?



Mr Weeks Barnitt recalls how “[in] grade school, Christopher Columbus day...was all about words like “discovery” and it was all positive happy things”, showing how Columbus has been taught to be a great figure when the actual person was deplorable. Therefore, a fundamental issue that must be addressed when debating whether we should be ‘celebrating’ Columbus Day or not is also addressing how we teach the man, or even if we do at all. Christopher Columbus for centuries was taught to be an iconic pioneer who was brave and wise beyond his years. This is “factually incorrect” as Ms Bradwell pointed out. However as Mr Wilson pointed out, just because we have taught something to be one way, does not mean we should continue to do so, “we should be rewriting our textbooks, redesigning our resources. We must change it as soon as we can”. There is no reason to continue teaching Columbus to be great. Ms Zareefi states that “We’ve seen the other side for too long” and we must educate ourselves on the effects that Columbus’ arrival had on the indigenous

THE MONTHLY

ROBBERY, MURDER AND CELEBRATION: WHAT DOES COLUMBUS DAY REALLY STAND FOR?

population, such as how European diseases wiped out many and white-supremacist systems implemented by Columbus continue to affect the Americas today. Educating ourselves means moving away from the euro-centric point of view and adopting an accurate, more inclusive and analytical viewpoint. One that acknowledges the countless victims of Columbus and the subsequent colonizations of the Americas 'warts and all' as Mr. Wilson said: the good and the bad. Educating ourselves on important issues does have an impact and anyone who disagrees can look to Ms Bradwell who stated "education is so powerful, and so important, and that's one of the reasons it's so politicised."



This year many people took to the streets in support of Christopher Columbus as they clashed with people protesting for the rights of Indigenous Americans, who still face the consequences of white supremacist colonization and policies dating back to Columbus. When questioned about the conflict caused by controversial issues like Columbus day, Ms Zareefi responded with "In adversity there is progress", and Mr Weeks Barnitt adds that "There is always kickback..you just have to meet those protests with the rationality that progress is progress.". When applying these ideas to the classroom and to our education system, Mr Wilson stated that "As educators, we have a duty to create debate. We have to. It's only through debate that we can open people's eyes to other opinions and other ideas", if we ever want to introduce the new generation to history in a way that isn't tainted by racist and discriminatory viewpoints, we have to have difficult and uncomfortable conversations.

"The fact that these educational shifts are happening and they are occurring is a really really positive thing" Ms Bradwell says when discussing the change in perception of Columbus. Change is difficult and comes with its own sets of challenges, but yet we are already seeing progress. Just a few decades ago Columbus was seen as a hero, "when I was growing up he was seen as this great explorer" says Miss Bradwell but that viewpoint is starting to change. This issue ultimately lies at our feet. "The generations have changed in terms of what is important to discuss in curriculums". We may not be able to change history or how history was taught before but we can change how we interpret history and where to go in the future. Removing the bias in the historical

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understanding of Columbus “Needs to be like a multifaceted approach”. “You need to build this up and we can’t do that just through academia, it’s got to be done through lots of things, like museums, library days, and Black History Month”. Based on this interview, it is time to accelerate the shift in societal consensus on Christopher Columbus, one that has already begun through continued conversation.



Article written by:

Callum Laing 11D and Dia Nanda 11F

Interviewed by:

Callum Laing 11D, Dia Nanda 11F, and
Myron Saad 11C

THE MONTHLY

THE THREAT OF MEDICAL RACISM

The Hippocratic Oath - an oath historically taken by physicians before they begin their medical career, which stipulates physicians to treat all patients equally well. Despite its enshrinement in medicine, disparity and inequality still persists in this field.

Medical racism is the systematic and widespread racism against people of colour within the medical system. Racial discrimination pervades healthcare systems globally, as a result, having a direct, detrimental effect on both patients and healthcare workers. This translates to lower standards of care, which in turn leads to higher risks of illness for people of colour (POC) for many decades. Furthermore, medical racism can be seen as a component of institutionalised racism, which refers to racial discrimination that is embedded in the laws and regulations of a society, as historically, the U.S. healthcare delivery system has engaged in systemic segregation and discrimination of patients based on race and ethnicity.

Throughout history, racism in medicine had been justified through a false myth - one that claimed black people possessed inferior and unlike bodies to white people. This false perception has resulted in the severe mistreatment of POC in the healthcare system for many years. For example, in the 1840s, Dr. J. Marion Sims, who is known for innovating surgical procedures and various medical equipment for women's reproductive health, exploited three enslaved women from Alabama - Anarcha, Betsy and Lucy. Without their consent nor anaesthesia, Dr Sims experimented on these women and extorted their bodies to continue on to be accredited as the "father of modern gynecology", whilst Lucy, Betsy and Anarcha were left out of the history books. As a result, it is increasingly apparent that medical racism has been a long withstanding issue, which must be addressed.



According to a report conducted by the U.S. Department of Health and Human Services (HHS) regarding health inequity for POC in the U.S., black men and women experience a lower life expectancy when compared to their white counterparts. Similarly, a higher proportion of black males were found to possess high blood pressure issues (42.4% of black males compared to 30.2% of white males). Furthermore, a May 2020 study approximates that within the U.S., the risk of death from contracting COVID-19 was

twice as likely for the Latinx population than that of the white population. The above statistics evidently portray the consequences of an unjust healthcare system, which must be rectified.

THE MONTHLY

THE THREAT OF MEDICAL RACISM



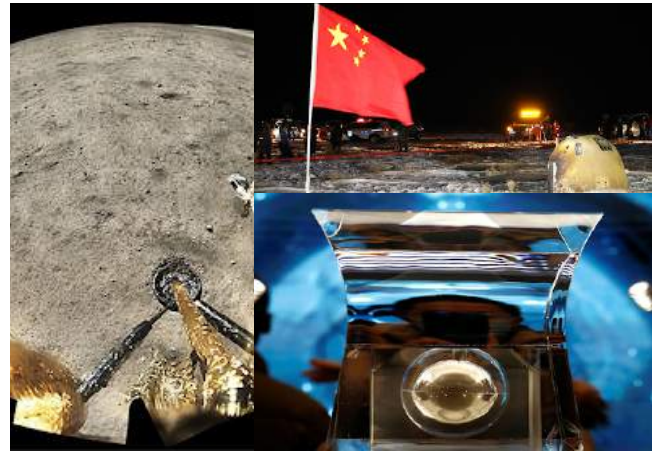
To truly abolish medical racism, a number of advancements and changes must take place in various parts of society. Firstly, within the medical field, antiracism lectures and the relevant historical context should be incorporated into the curricula of all medical schools. In addition, black and marginalised POC healthcare providers must be promoted and hired, in an attempt to overcome the apparent lack of diversity within the faculty of medical institutions and hospitals. Economically, there must be an increase in the investments for housing situations and environmental conditions for POC, in order to decrease the spread of preventable illnesses. In essence, there must be a combination of social and economic changes that must occur to eradicate medical racism.

Article written by:
Heba Bangash 12C

THE MONTHLY

LUNAR LAVA: AN EXCITING DISCOVERY

From the reason behind the formation of craters on its surface to its impact on the Earth's tides, the Moon has enthralled scientists worldwide for centuries. However, despite it being our closest (and constant) companion, there are a plethora of things we have yet to learn about this mysterious celestial body. For instance, on October 7th 2021, a rather astounding fact was discovered that left many incredulous: lava flowed on the Moon 2 million years ago.



This data was revealed by an analysis of lunar rocks brought by the Chinese lander Chang'e 5, in December last year. This was an impressive success for China, as they have brought back the first samples of lunar rock in almost 50 years. A thorough examination of the basalt material - coagulated remains of lava flow - highlighted that the existence of molten rock on the Moon was much more recent than previously known. Katherine Joy, a planetary scientist at the University of Manchester, UK, states how this "lava flow" is the "youngest-ever dated from the Moon". Until this point, all rock samples (retrieved by Apollo missions) had indicated the presence of volcanic activity more than 3 billion years ago.

Exploring volcanism on the Moon is integral because it enables us to close the gaps in its history. The natural satellite was formed approximately 4.5 billion years ago, and previous rock samples have indicated that lava discharged from fissures in the first billion years of its forming. Scientists previously surmised that the Moon began to cool around 3 billion years ago. Yet some refused to agree with this conclusion, as the paucity of craters on some parts of the Moon implied that volcanic activity had lingered past the early stages. Indeed, when Chang'e 5 collected the rock samples from a smooth part of the Moon's surface, named Oceanus Procellarum, this was proved to be true.

The conundrum here, however, is not the recent occurrence of volcanic activity on the Moon. Instead, it is to explain how this later volcanism transpired. Julianne Gross, a scientist at Rutgers University in Piscataway, NJ, describes how "young volcanism on a small body" is "challenging to explain" because "usually small bodies cool fast." Planetary scientists have devised two theories. The first one suggests that radioactive materials could have caused the lava flow. This is due to the fact that the decay of radioactive materials tends to produce substantial amounts of heat, and a sufficient quantity of these materials underneath the Moon's crust could have led to a lava flow. The second theory suggests that the "tidal pull" (i.e. the gravitational forces from the Earth) may have led to the generation of heat. However, these theories remain in their initial stages and are yet to be fully developed.

Presently, science has a profound impact on all of humanity - the exploration of our Solar System being no exception. As technology advances, more of our "neighbour's" secrets are being unearthed, and eventually, it is likely that our current perception of the Moon will be completely redefined.

Article written by:
Pratham Mehrotra 12C

THE MONTHLY

THE SOURCE OF SCHIZOPHRENIA

Schizophrenia is an extremely misunderstood, debilitating mental disorder, with all cures behind it continuing to exist with heavy stigma in society, even in the modern world of today.

In ancient times, schizophrenia was misunderstood and not differentiated from other forms of mental illness. The origin was considered supernatural, caused by evil spirits or other spiritual phenomena. Early remedies were found in cruel methods of exorcism, or trepanation (surgical procedure by drilling holes in the skull). Although these practices were discontinued, the spiritual stigma surrounding schizophrenia remained dominant for hundreds of years. During the 1880s, schizophrenia was classified as 'early dementia', and in the 1950s it was thought to be caused by bad parenting. These theories have since been discarded, however the notion that stressful experiences play a major role is ingrained in diathesis-stress models today, proposing that individuals acquire vulnerabilities from schizophrenia. The greater one's inherent propensity for developing schizophrenia, the less stress is required to trigger the disorder. Juxtaposingly, the less one's inherent propensity for developing schizophrenia, the more stress is required to produce the disorder. People cannot be said to have schizophrenia unless this amount of stress has been reached.

Schizophrenia is unpredictable. Instead, people hold a specific risk level that determines whether they may or may not evolve the illness. Some people obtain more susceptibilities than others for a variety of reasons (genetics, experience, biology ect). However, this predisposition alone towards the disorder is not enough to trigger schizophrenia. It is very well recognized that stressful incidents precede the onset of schizophrenia in a person with vulnerability to it. A person who is at risk of developing

schizophrenia can be triggered by stressors such as experiencing trauma, abuse, or suffering a loss. Moreover, abuse of illicit drugs (cannabis, LSD, cocaine) can trigger the onset of schizophrenia in susceptible people. These factors are environmental, and although genetics play a key role in schizophrenia, schizophrenia's concordance rate is roughly only 50%; even in identical twins! Hence, environmental inputs are crucial in the development of schizophrenia, and researchers must continue to study them.



The term 'schizophrenia' was initially used by Eugen Bleuler, a Swiss psychiatrist, and originates from the Greek roots "schizo" (split) phrenie (mind). Eugen used this term in order to emphasize the fragmentation of thinking and mental confusion characteristics of people who possess the illness. The term 'schizophrenia' was not supposed to convey the idea of a legitimate split personality, however this confusion has remained a common myth of schizophrenia which has been entrenched for hundreds of years and continues today.

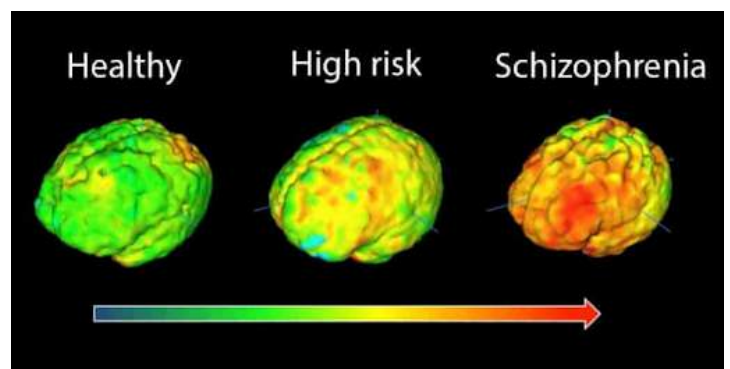
Different schizophrenic patients experience different symptoms, albeit these symptoms are broadly classified into positive (psychotic), negative (normal processes reduction) and cognitive symptoms. These symptoms subsequently cause hallucinations, delusions, decreased emotions, and effects on learning. Scientists

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THE SOURCE OF SCHIZOPHRENIA

expect that these symptoms are a result of disrupted synaptic dysfunction or abnormalities in neuronal communication. This abnormality potentially causes an imbalance between inhibitory and excitatory transmission. When this becomes out of balance, our functioning is not optimal, and hence leads to various disorders including schizophrenia. According to Dr. Rick Adams, a researcher at University College London, there is a vast amount of indirect evidence in schizophrenia, where there is a decrease in synaptic gain, meaning that the ability of the excitatory neurotransmitters to stimulate one another is reduced. A recent study, which looked into synaptic dysfunction, measured participants' overall brain activity and synaptic gain by use of computational modelling of electroencephalography (EEG). The study revealed that in those with schizophrenia, a loss of synaptic gain causes altered brain waves, and a loss of neural inhibition causes hallucinations in schizophrenia, exhibiting that there are structural differences in the brains and central nervous systems of people who obtain schizophrenia. On the whole, the causes of schizophrenia are generally unknown.

Ultimately, there remain many unknowns in the world of schizophrenia, and we should desist from judging people who suffer from it too harshly, and should rather make an attempt to help these individuals. Despite schizophrenia being a lifelong condition, encouraging people to properly treat and manage their symptoms with the cures we have for now can help them to live a fulfilling life. We must strive to educate people who are unaware of what schizophrenia truly is in order to eliminate the unnecessary stigma around it.



Article written by:
Dana Al Marzooqi 12D

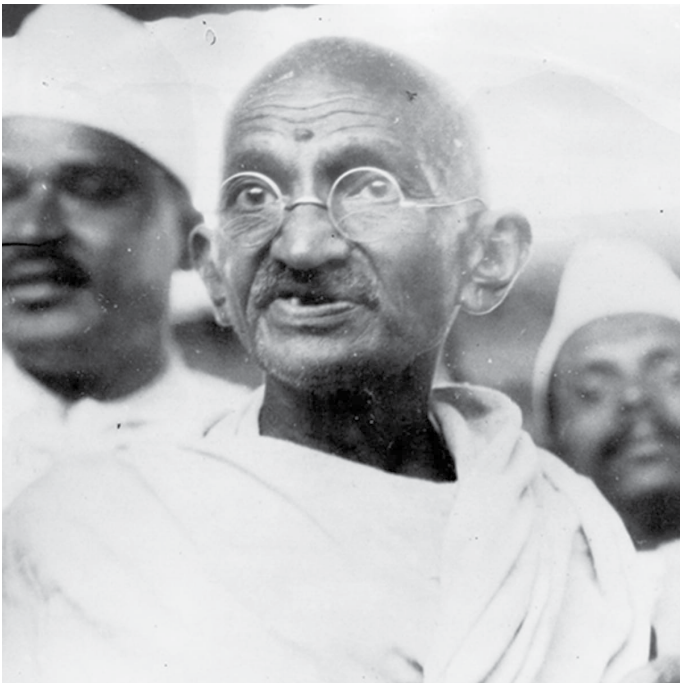
THE MONTHLY

GANDHI - TO PRAISE OR NOT TO PRAISE?

The importance of not idolising political figures for simply being in the lime-light throughout history is a concept critically explored in this piece by inspirational writer Veda Varma. Read along as she explores the often ignored darker side of Mahatma Gandhi.

Mohandas K. Gandhi - Mahatma Gandhi - is infamous for his preachings on non-violence, peaceful protests, and campaigning towards India's independence from British colonial rule. He must be applauded for his contributions to history and will forever be remembered fondly for his philosophical teachings. However, Gandhi was 'a great man, but he had his weaknesses, his moods, and his failings,' as stated by the first Prime Minister of India - Jawaharlal Nehru.

What were his weaknesses? What were his "moods"? What were his failings? This is what this article will predominantly be focusing on.



Gandhi was a progressive man when it came to certain women's issues- such as dowry. He was a strong believer in the fact that if the caste system of India was abolished, this would result in the eradication of the highly prevalent dowry system. He further preached that women should not be hesitant

in marrying outside the caste system and men who "demand" dowry must be ostracized from their families. In addition, he heavily vouched for women's literacy. He must be a progressive man, right? Wrong.

It was Gandhi's teachings that have caused India to be one of the most sexually repressed countries in the world; the reason being - Gandhi's maddening obsession with celibacy. He took it upon himself to "test" his chastity, particularly with his great-niece - to explore his limits. Furthermore, he adhered to a victim-blaming mindset and believed raped women lost all worth as individual human beings- showcasing his objectification of women and how he justified the killing of these women by their fathers since they were 'a shame' to 'community honor'. He also condemned the use of contraceptives and considered menstruation 'a manifestation of the distortion of a woman's soul.'

In essence, whether Gandhi or any other historical figure of significance - they must be held accountable for their actions and must not be put on a pedestal. It has been 73 years since Gandhi's death and India is still facing the consequences of his problematic teachings.

Yes, he must be applauded for his contribution to India's independence, and shouldn't be demonized- however, the value of someone's good shouldn't allow an individual to look past the bad and ugly.

Article written by:
Veda Varma 11A

THE MONTHLY

THE PROGRESSION SINCE PROGRESS: THE WOMEN'S SUFFRAGE MOVEMENT AND BEYOND

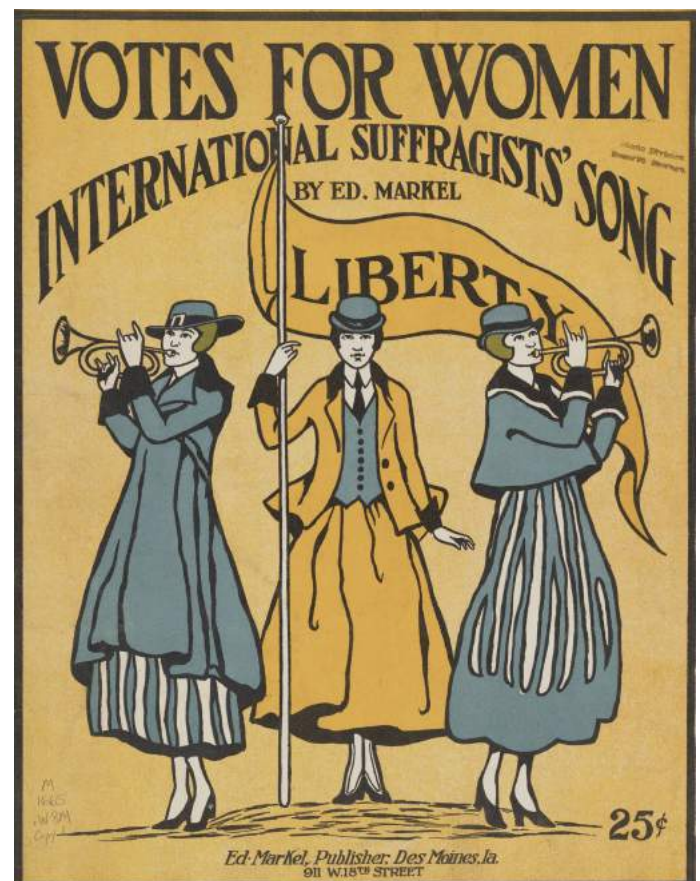
The Suffrage Movement was a battle that lasted for over 72 years, where women were determined to obtain their voting rights, and bring back their voices. Beyond giving women the ability to vote, the suffrage was a beginning for women to have greater independence and involvement. However, this social change was a struggle to achieve, as the patriarchy deeply rooted inequality into the mindsets of many, all over the world.

being denied a basic fundamental right'. Suffragettes put in all the will power and heart into this movement, expressing their frustration and anger in hope for a change. Despite many being against women's suffrage, it was a moment of truth, and realization that it was time for society to move forward.

Today, the Women's Suffrage movement reflected a wave of feminism, which has shaped the political discourse and set new policies in place. It has helped women move closer to equality globally, and improved not only the government, but lives of individuals.



The British Woman Suffrage movement was founded in Manchester in 1903 by Emmeline Pankhurst. Although English women were allowed to vote in local elections, full political equality was not given to them. The early supporters of the Women's Social and Political Union [the organization Pankhurst led] - were working class and socialist women. Pankhurst told them that "Women, we must do the work ourselves" - as it became clear the only way to win this battle was to fight for it. Therefore, the WSPU refused to support any legislation that did not include 'enfranchisement for women', which caused a rise in strength and determination as they all took direct action. In 1906, the group began to rise and protest, catching national attention which led to the arrests and imprisonment of their members. The organisation had to overcome these obstacles, and began using shock tactics to demonstrate the urgency of the cause. They had started to argue that 'these protests were merely the only logical response to



Article written by:
Nada Al Mosheky 13A

THE MONTHLY

CULTURE: HOW CAN WE INFLUENCE IT?

When defining culture, we say that it is the combination of beliefs, behaviours and norms of a particular community. Our culture forms our identity. Hence, we should be familiar with the culture around us and thrive to place our own enhancements on it.

Cultures, at times, have contradicting differences. For example, using a phrase in one country may be acceptable and polite, while in another, it is exceptionally rude. Although not at the same pace, cultures are ever evolving and despite that, they have common major influencers.



One of the most important influences on culture is technology. This is particularly relevant today where technology is exponentially growing and expanding. Recently, the utilisation of the virtual world has vastly transformed important sectors such as communication and education. Now, students benefit from remote learning, which eases access to information and opens their minds to the world around them. This has largely influenced the rate at which different cultures are spread and shared between communities. From pigeon posts to video calls, the world has come a long way in socially interacting with each other. Today, text messaging and virtual calls have changed the way we communicate and in person gatherings are no longer the only choice. This means that people on either

side of the globe can meet and speak to each other.

Furthermore, technological advances have improved our living standards. This has allowed people to focus on developing more inventions instead of being concerned about fulfilling a suitable quality of life. These new inventions have changed how we carry out our tasks and daily jobs, which has a knock on effect on our culture.

Additionally, there are many more aspects that form our culture like community aesthetics, education, crisis and economic development. Examples of this include people's liking of a specific type of clothing or a development of learning in the community. Similarly, a global crisis - like the current pandemic - can have an astonishing impact on our culture.



Ultimately, every individual has a responsibility of adding their own touch on their culture and perhaps the global one too. For example, a talented artist may choose to express their beliefs and thoughts with their creative art pieces, while a confident speaker may offer talks and lectures.

Out of concern for our community, we must put in every effort to improve it, using the skills and abilities we possess - or even developing new ones.

Article written by:
Ahmed Mansoor 13F

THE MONTHLY OCTOBER TRENDING!

THE EVOLUTION OF THE INFLUENCER: A TIMELINE

JOIN THE TRENDING TEAM THIS MONTH AS THEY DIVE INTO THE EVOLUTION OF THE INFLUENCER, FRESH MUSIC IN OUR OCTOBER PLAYLIST AND BOOKS THAT CENTER MINORITY CHARACTERS!

Before we look at the evolution of influencers, we need to truly understand what an influencer actually is. An influencer is a person with the ability to influence buyers of a certain product. These people commonly have large platforms in which they sell products to their fans. Over the years, the role has become more and more accessible to the average person due to the prolific increase in social media users and through applications like YouTube and Tiktok. Since the vast majority of people get their information online, the role of influencers in promoting brands and products has become increasingly important. Some influencers are even criticised for pushing unethical products.

ANCIENT ROME



Though they weren't as powerful as the Kardashian Jenner Clan, gladiators used to endorse products in between battles.

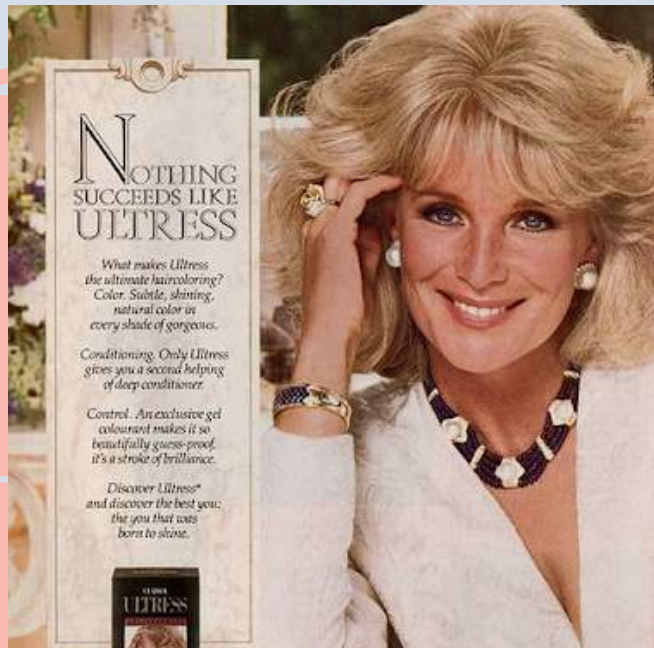
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1760



The first influencers were all royalty. An endorsement from a King or Queen was oftentimes a luxury. The first influencer collaboration was between the wife of King George III and Wedgwood who made a tea set 'fit for royalty'.

EARLY 20TH CENTURY



After the vast majority of monarchies were phased out, the coveted influencer role was delegated to the most famous celebrities. There wasn't really any social media back then so creative measures were taken. For example, Murad Cigarettes featured Fatty Arbuckle, a comedian and film star, in print ads that were plastered all over the place.

THE MONTHLY

1920



The emergence of radios prompted a new age of influence. Even though a vast majority of stations back then were dedicated to preaching religion, there was still space for an Ad placement or two.

1930



After the Great Depression, brands had to think outside of the box to still generate revenue. Coca Cola decided to use a depiction of Santa Claus to drum up business. The success of this led to an increase in fictional influencers such as Tony the Tiger (Frosted Flakes) to help consumers remember qualities about the company.

THE MONTHLY

1980



With influencers like Micheal Jordan (Nike influencer) and Cindy Crawford (Pepsi influencer), the influencer game was harder than ever to get into. These roles were strictly reserved for A-list celebrities.

EARLY 2000S



Reality TV really took off around this time. This introduced the world to a whole host of famous people who were famous for just being on screen. This is when our favourite influencers, the Kardashians, entered the limelight.

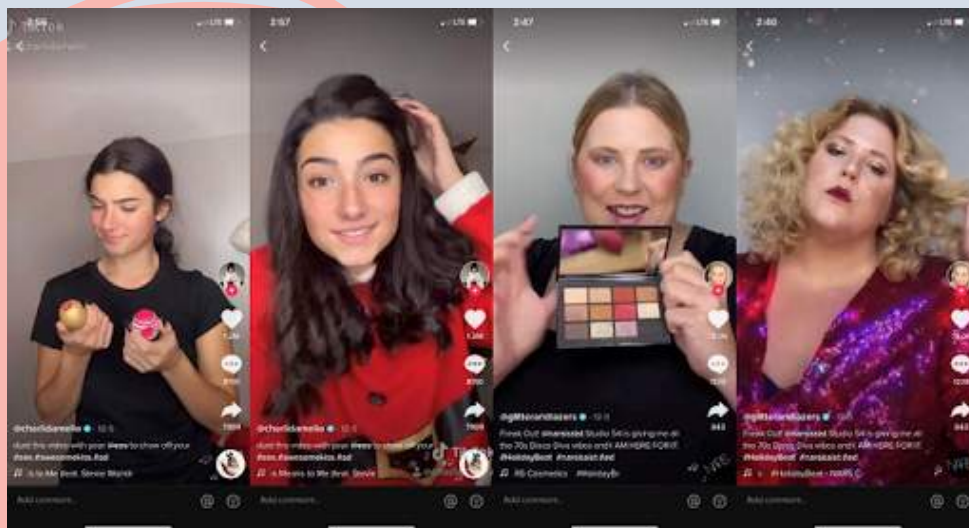
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2010



Social media like Instagram and YouTube really took off at this point. Did you know that 60% of users credit Instagram with product discovery? Big and little brands alike would head to send products to be reviewed by big creators on these platforms.

2019

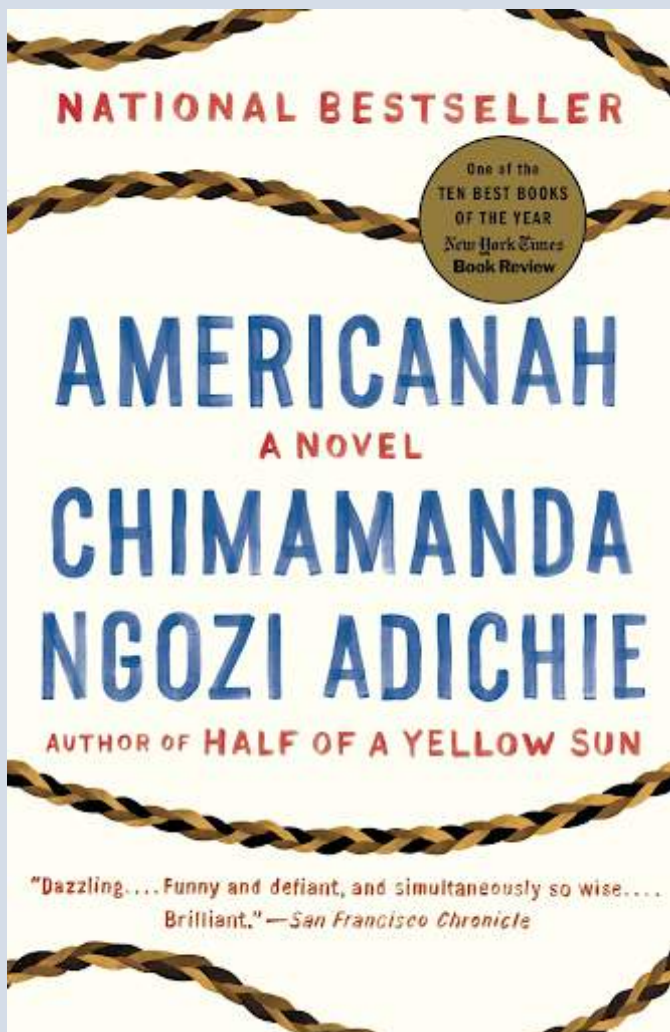


Twitter, the definition of an influencer changed. The unique algorithms, that just randomly blow up videos, means anyone can be an influencer with a bit of luck. These apps have also enabled the strangest influencers to rise to the top.

THE MONTHLY

SOME POWERFUL BOOKS TO ADD TO YOUR LIBRARY

1. AMERICANAH- CHIMAMANDA NGOZI ADICHIE



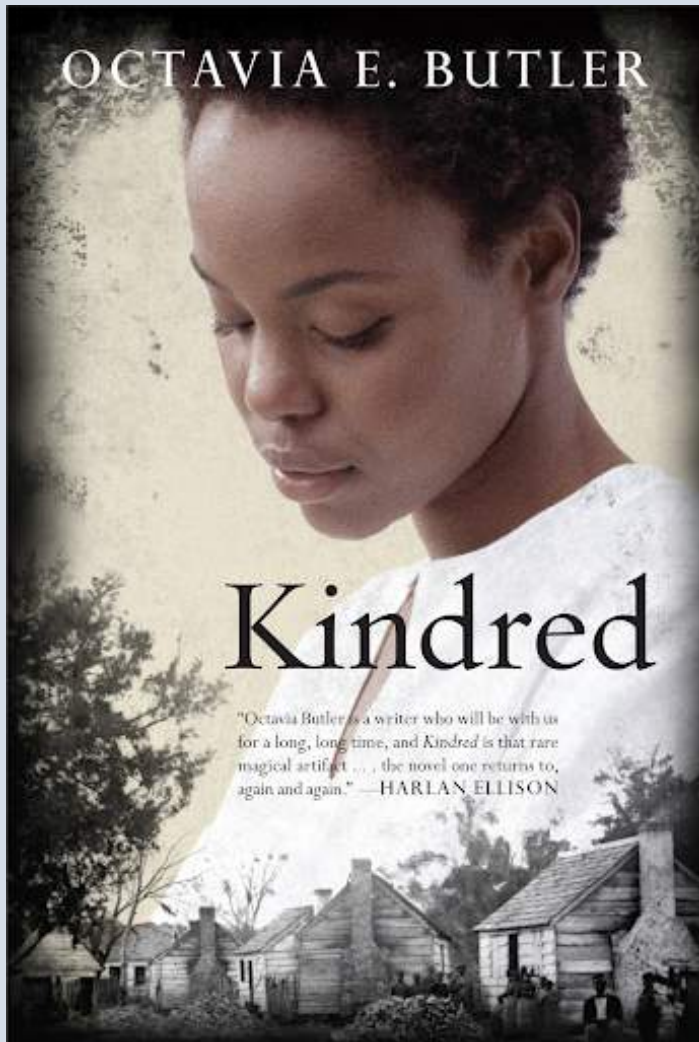
Chimamanda Ngozi Adichie, the award-winning author of *Half of a Yellow Sun*, tells a **stunning** and touching novel about race and identity. When Ifemelu and Obinze (the book's main characters) leave military-ruled Nigeria for the West, they are young and in love. Ifemelu, a beautiful and confident young woman, travels to America, where, despite her academic brilliance, she is forced to confront what it means to be black for the first time. Obinze, a quiet, intelligent man, had intended to join her, but with America barred to him after 9/11, he now finds himself living a perilous, illegal existence in London. They reconnect fifteen years later in a freshly democratic Nigeria, reigniting their love for each other and their motherland.

Want it?

THE MONTHLY

SOME POWERFUL BOOKS TO ADD TO YOUR LIBRARY

2. KINDRED- OCTAVIA E. BUTLER



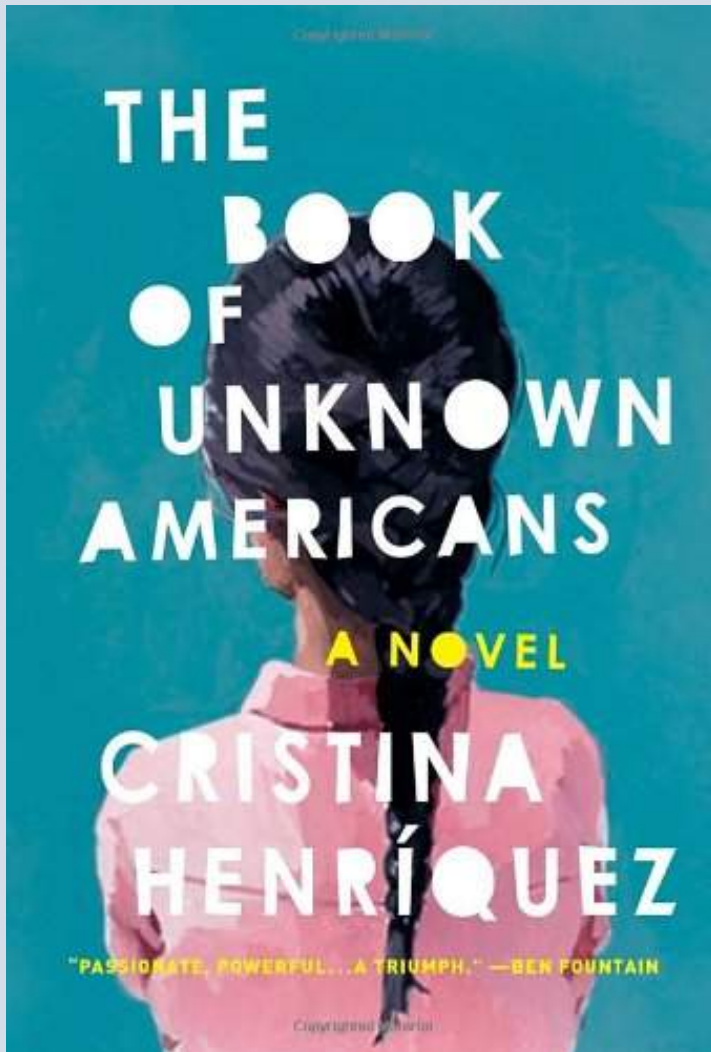
Chimamanda Ngozi Adichie, the award-winning author of *Half of a Yellow Sun*, tells a stunning and touching novel about race and identity. When Ifemelu and Obinze (the book's main characters) leave military-ruled Nigeria for the West, they are young and in love. Ifemelu, a beautiful and confident young woman, travels to America, where, despite her academic brilliance, she is forced to confront what it means to be black for the first time. Obinze, a quiet, intelligent man, had intended to join her, but with America barred to him after 9/11, he now finds himself living a perilous, illegal existence in London. They reconnect fifteen years later in a freshly democratic Nigeria, reigniting their love for each other and their motherland.

Want it?

THE MONTHLY

SOME POWERFUL BOOKS TO ADD TO YOUR LIBRARY

3. THE BOOK OF UNKNOWN AMERICANS- CRISTINA HEN- RHQUEZ



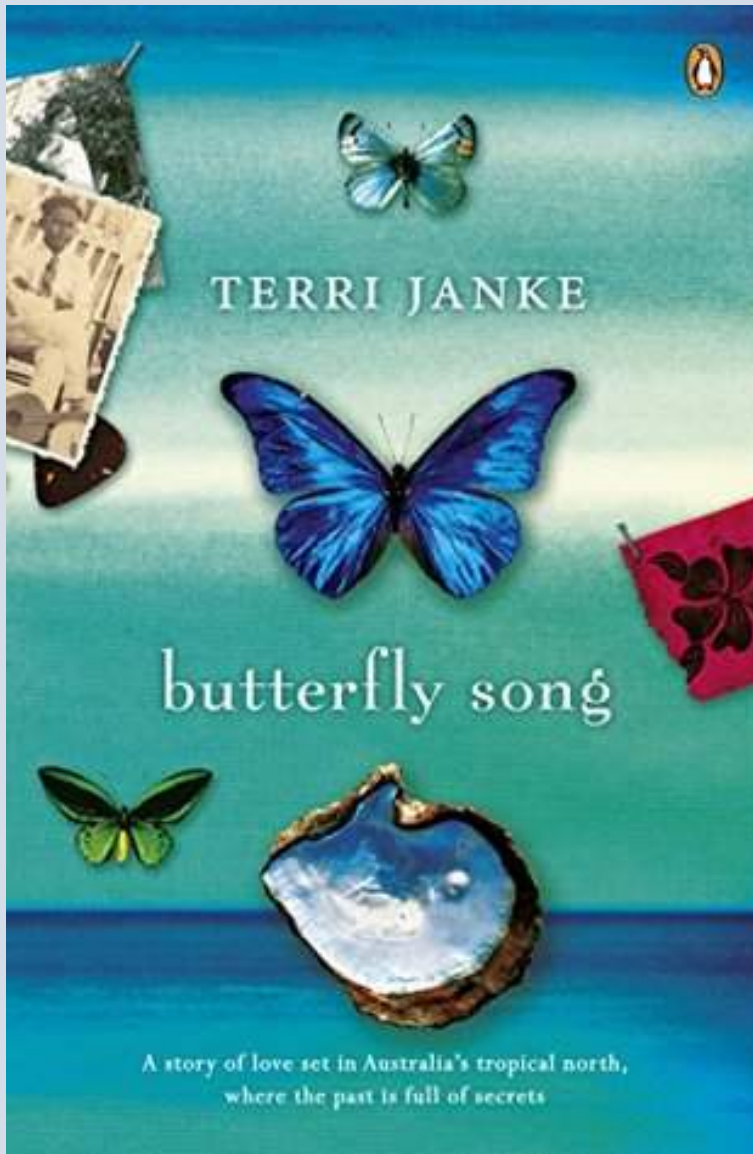
When Maribel Rivera, fifteen, suffers a horrible accident, her parents leave behind an affluent life in Mexico and risk everything to travel to the United States so Maribel can receive the care she requires. Maribel quickly captures the attention of Mayor Toro, the son of one of their new neighbors, who recognizes a kindred spirit in this beautiful, injured foreigner. Their love story sets in motion a chain of events that will have far-reaching consequences for all parties involved. Henríquez expertly combines the story of these star-crossed lovers, as well as the Rivera and Toro families, with the testimonies of men and women from all

Want it?

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SOME POWERFUL BOOKS TO ADD TO YOUR LIBRARY

4. BUTTERFLY SONG- TERRI JANKE



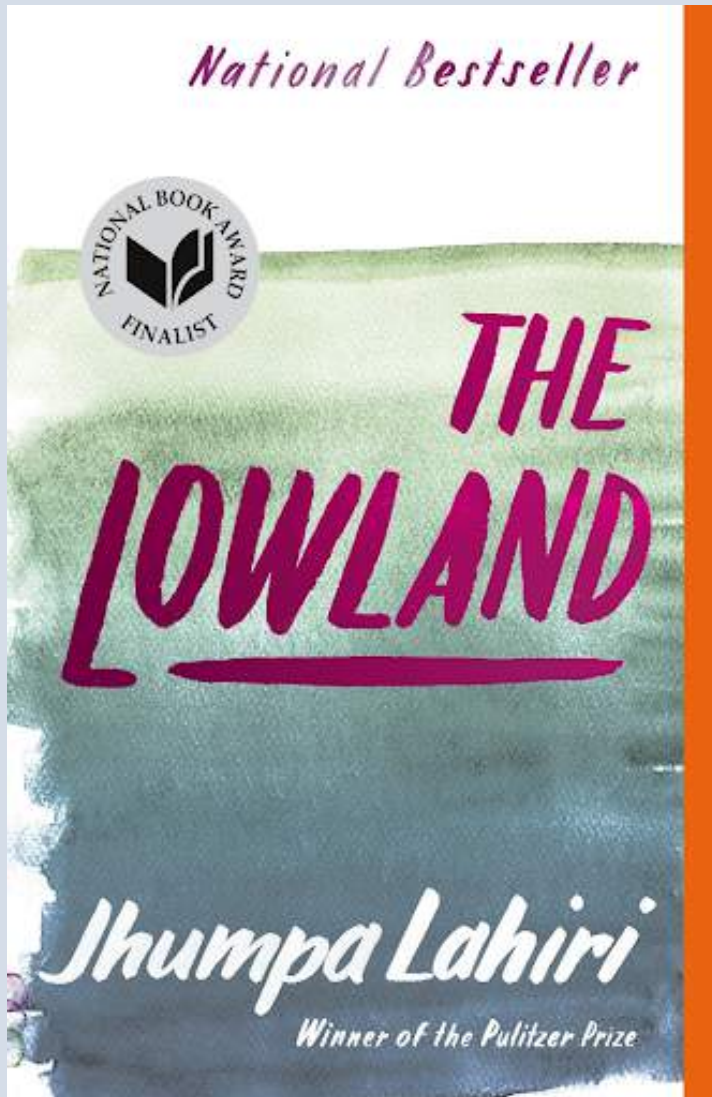
Tarena Shaw recently completed her law degree but isn't sure if she really wants to be a lawyer. In a white system, what role does a black lawyer play? Is it true that everyone in Sydney is a turtle without a shell? Tarena is drawn to Thursday Island, the home of her grandparents, and is convinced to take on her first case by her family. A man with a guitar and a really remarkable song is part of the evidence. Butterfly Song follows a warm and witty modern heroine through the Torres Strait pearling days to the ebb and flow of big-city life, with a story that spans cultures.

Want it?

THE MONTHLY

SOME POWERFUL BOOKS TO ADD TO YOUR LIBRARY

5. THE LOWLAND- JHUMPA LAHIRI



Subhash's sibling was around at all times from his earliest memories. Udayan was always in his bigger brother's sight in the Calcutta suburbs where they walked before dusk and in the hyacinth-strewn ponds where they played for hours on end. They were inseparable as children because they were so close in age, but as time passes - as US tanks roll into Vietnam and riots erupt across India - their brotherly closeness can do nothing to prevent the calamity that will upend their lives.

Want it?

Article written by:
Emmanuella Erhunmwun-
see 13B and Annika Nair 13E

WHATS TRENDING THIS MONTH

THE MONTHLY SUMMER HITS

LISTEN TO THE TOP HITS FROM THIS AND LAST MONTH THAT HAVE BEEN ALL OVER YOUR FOR YOU PAGE AND INSTAGRAM FEED. FROM THE WEEKEND TO BTS, THIS PLAYLIST COVERS IT ALL. TAKE A BREAK FROM HOMEWORK AND VIBE TO THESE TRENDING SONGS.

PLAYLIST: OCTOBER

1



SAVE YOUR TEARS

THE WEEKND, ARIANA GRANDE

2



TRAITOR

OLIVIA RODRIGO

3



MY UNIVERSE

COLDPLAY, BTS

4



IF I DIDN'T LOVE YOU

JASON ALDEAN, JASON ALDEAN

5



CHASING AFTER YOU

RYAN HURD, MAREN MORRIS

6



COLD HEART

ELTON JOHN, DUA LIPA, PNAU

7



MEMORY I DON'T MESS WITH

LEE BRICE

8



A-O-K

TAI VERDES

9



LOVE NWANTITI

CKAY, DJ YO, AX'EL

THE MONTHLY

OCTOBER ADVICE COLUMN

JOIN OUR ADVICE COLUMNISTS THIS MONTH AS THEY DIVE INTO SALIENT TIPS FOR BREAST CANCER, AND ADVICE ON DIY-ING YOUR OWN HALLOWEEN COSTUME THIS SPOOKY SEASON!

How to Understand and Be Aware of Breast Cancer.

In light of Breast Cancer Awareness Month, we've compiled a list of ways you can educate yourself on breast cancer, and how you can use this knowledge to keep yourself, and others safe. Of course, we strongly advise that you seek professional medical advice for queries and extreme cases, and that you don't use this as any sort of guide for diagnosing or curing cancer.

Breast self-examination (BSE) steps:

-Firstly remember to do this at least once a month and to know if breast cancer can run in the family.

-You can either do this in front of a mirror or by lying down.

Using a mirror only helps to check in any -changes in appearance, its best to also use the method of lying down.

-On one side of your body, with a little pressure and in a circular motion, move the pads of your fingers along the breast.

-Once done checking the breast, do the same motion but around the armpit area close to the breast.

-Repeat this process to the other side of your body.

-What you're trying to look/feel for is: bumps in the skin (these are moveable and smooth), changes in appearance of the skin (such as shape, colour, or even nipple inversion), or any fluids released.

What do we encourage you to do?

-Maintain a healthy and balanced diet.

-Exercise regularly.

-Read articles/infographics on breast cancer to further educate yourself on the risk factors & screening options.

-Spread awareness: this could potentially save someone's life.

How to: DIY Your Halloween Costume.

This Halloween, we challenge you to attempt to make your own costume! Not only is this a cheaper and more exciting way to celebrate the holiday, but it also gives you the opportunity to customise your outfit and make it your own. Below are a few tips on how to get started.

-Be unique with what you choose to be. By having the freedom to completely customise your costume, there are endless possibilities. If you're having trouble- Pinterest, Instagram and Youtube are great ways to find inspiration.

-Dig through the back of your wardrobe. Often, we don't realise the potential our old clothes have, and how they can easily be upcycled. Look through these clothes once you have a vision of what you want your costume to look like, and pick out which ones could be used for your final product.

-Narrow down your options and find ways to tie them together. You could alter your clothes to make them look brand new. This could be through changing the colour using fabric dye or adding small details using fabric paint. Once your final pieces are chosen, revisit your initial costume idea and see if it works!

-Accessorise. A key aspect of every Halloween costume are the accessories. Of course, wear accessories specific to your character/theme, but finding statement pieces can really elevate your clothing. Accessories don't necessarily mean jewellery; these can include hats, bags, glasses as well as makeup!

Column written by:

By Diva Bhatia 11A and Sophia Allam 12A

THE MONTHLY

INKTOBER TALENT SHOWCASE

THIS OCTOBER, OUR TALENT SUBMISSIONS TEAM SHOWCASE SOME INTRIGUING ART WORK UNDER THE THEME OF INK! IF YOU WOULD LIKE TO SUBMIT A TALENT SUBMISSION TO THE MONTHLY, PLEASE DO THROUGH OUR OFFICIAL EMAIL.

Title: Ghoul

By: Haikal Ammar

Description: An ink drawing inspired by the prompt 'Ghoul'



Title: Raven

By: Anon, Year 12

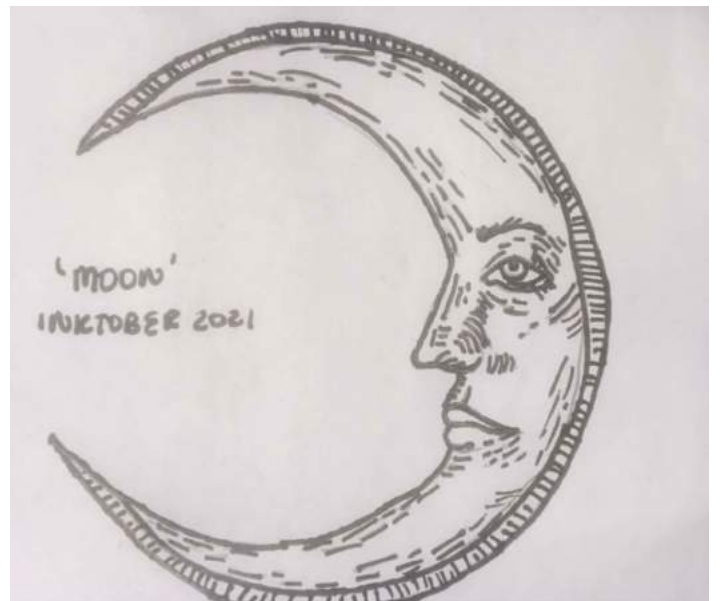
Description: A pen-based drawing inspired by the 'Raven' prompt



Title: Moon

By: Anon, Year 11

Description: A piece of art inspired by the prompt 'Moon'



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Title: Puzzle

By: Gayatri Vohra, 8B

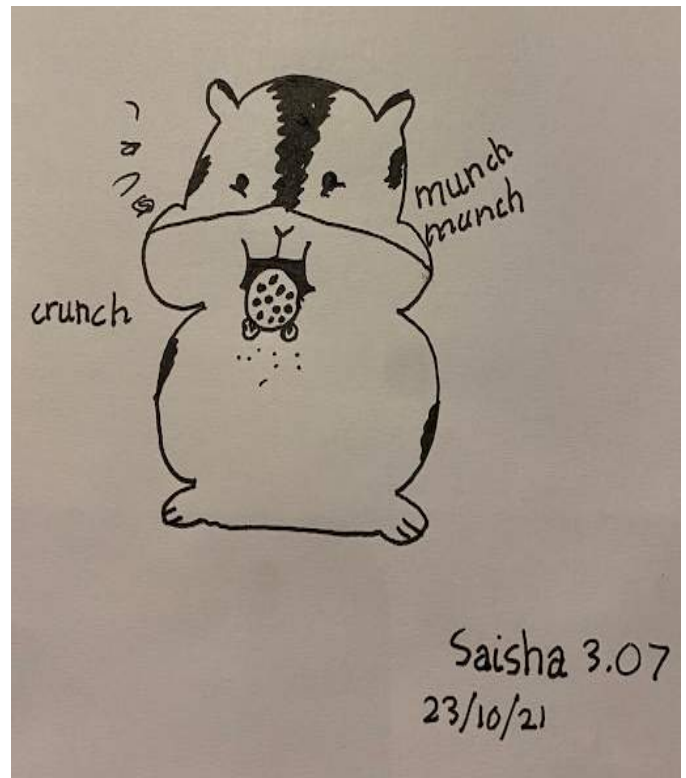
Description: A pen-based piece of art with intriguing puzzle pieces



Title: Hamster

By: Saisha Vohra, 3.07

Description: A fun pen-based artwork depicting an animal enjoying some nuts-perfect for Fall!



Article written by:

By Dana Ahmed 12E, Maryam Al Hashemi 12E & Jahnavi Nair 13E

THE MONTHLY

OCTOBER OPPORTUNITIES

African American History: From Emancipation to the Present: Yale University

<https://oyc.yale.edu/african-american-studies/afam-162>

“The purpose of this course is to examine the African American experience in the United States from 1863 to the present. Prominent themes include the end of the Civil War and the beginning of Reconstruction; African Americans’ urbanization experiences; the development of the modern civil rights movement and its aftermath.”

Cultural Diversity 101: Introduction to Multicultural Sensitivity & Multicultural Competence: +\$59 to receive a certificate

<https://www.zurinstitute.com/course/diversity/>

Some of the topics covered throughout this course include to “Recognize the foundations of multicultural competence. Identify ways in which diversity plays a role for all clinicians. Summarize ways in which diverse populations may require different behavior or boundaries from clinicians.”

Ohio Wesleyan University - guaranteed internships and research opportunities for every student” Think Big, Go Global, Get Real

<https://www.owu.edu/admission/apply/international-students/international-scholarships-and-need-based-aid/>

“Ohio Wesleyan University faculty developed The OWU Connection as our distinctive approach to higher education in and beyond the classroom. You work with faculty who mentor you to create your unique academic pathway that can include research, travel, and more.”

Duolingo -

<https://www.duolingo.com/>

“With our free mobile app or web and a few minutes a day, everyone can Duolingo. Learn 30+ languages online with bite-size lessons based on science.”

Personal statement guidance -

<https://www.ucas.com/undergraduate/applying-university/how-write-ucas-undergraduate-personal-statement>

“The personal statement is an important part of your UCAS application. It’s your chance to describe your ambitions, skills, and experience to university and college admissions staff.”

History of Slavery in the British Caribbean -

<https://www.futurelearn.com/courses/slavery-in-the-british-caribbean>

“Explore the history and legacy of British colonial slavery and oppression in the Caribbean through historical slave accounts.”

Gandhi’s Social Thought -

<https://www.classcentral.com/course/swayam-mgp-003-gandhi-s-social-thought-20254>

“Understanding Gandhian approach to peace from the interdisciplinary perspective and comprehending Gandhi’s views and perceptions on economic, social, political, environmental, and development related issues.”

THE MONTHLY

OCTOBER OPPORTUNITIES

Little Princess Trust -

<https://www.littleprincesses.org.uk/donate-hair>

“A campaign to donate 1,000 inches of hair to The Little Princess Trust is well underway in Bahrain.”

How to revise for mocks -

<https://www.justinraig.ac.uk/how-to-revise-for-gcse-mock-exams/>

“It’s common for students to be unfamiliar with the most effective strategies so here’s our top 5 tips for independent revision to improve long-term memory and help you succeed in exams.”

Race and Cultural Diversity in American Life and History -

<https://www.classcentral.com/course/race-cultural-diversity-american-life-9082>

“Learners will deepen their understanding and appreciation of ways in which race, ethnicity and cultural diversity have shaped American institutions, ideology, law, and social relationships from the colonial era to the present.”

- Important dates for November -

Wednesday 3rd	Y13 Parent Meetings
Sunday 14th - Thursday 18th	Anti-bullying week
Thursday 18th	Odd Sock Day
Monday 22nd	Y7 Parent Meetings
Monday 29th	Autumn Exam Series Ends

Article written by:
Maryam Zaidi 13D and
Ayushi Karani 11E

THE MONTHLY

OCTOBER PHOTOS: PAYING HOMAGE TO KAMENI AND CULTURE

JOIN OUR PHOTOGRAPHY TEAM AS THEY MAKE THEIR WAY AROUND THE SCHOOL, CAPTURING OUR EDUCATIONAL WORLD THROUGH A LENS INSPIRED BY PIONEERING PHOTOGRAPHER MICHEAL KAMENI

Born in 1935 and died in 2020, Micheal Kameni was a west Cameroonian photographer who captured images that reflected the first decade of postcolonial Cameroon. Kameni learned photography in 1950 from his uncle who learned from the French soldiers. The lack of facilities within the region meant that his studio would be on the streets, where almost everything was done in broad daylight. Producing thousands of images that lead up to the country's independence, it was finally in 1963 when Kameni was able to open his first photography studio. His photos depicted a humanistic approach to the inhabitants of Cameroon, presenting them as kind and passionate. The fusion of the traditional and postcolonial life is reflected in his work where the photographer highlights how western influences have shaped cultural practices in modern society. Ideas of diversity and preserving traditions are emulated through his work, which encompasses various cultural and religious backgrounds that range from farmers to urbanists to Christians and Muslims. This is accentuated through utilizing a black and white palette which portrays a greater focus on the composition of the image. Kameni's style celebrates cultural diversity which is essential when living in a global society influenced by mainstream media.

Written by Nawraa Ali 13F

Photography by Nawraa Ali 13F, Shannon Ventura 13A,

Hassan Mahmood 11A, Maryam Shams 12B



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