

# The Bulletin

## Lockdown Edition [Issue 1]



**Congratulations to our form stars of the week who have been recognised for their TORCH values by their form tutors...**

- 7EW:** Lucas and Roksana
- 7SC:** Monica, Connie and Harvie
- 7ZA:** Courtney and Thomas B-W
- 7CH:** Luca and Mariana
- 8CL:** Theo and Rubee
- 8MW:** Seth, Lucas and Lochlan
- 9EB:** Oliver and Alec
- 9RH:** Molly B and Colby
- 10MC:** Georgia and Reece
- 10JU:** Amelia, Leah, Connor, Cody, Leo and Ellie



### FEATURE TEACHER

Miss Coates is a new English Teacher at The Suthers School and as she can't meet you in person yet, here's a little information to start getting to know her...

**Teacher journey:** *I trained to be a teacher through a programme called Teach First and have since been working as an English Teacher in Portsmouth.*

**Background:** *I grew up locally in Nottinghamshire where I studied my GCSE's and A Levels before moving to Leeds University to study English Literature. It was from there I moved to Portsmouth for five years before I decided to move home over Christmas and hence started teaching at Suthers.*

**Subject Specialisms:** *I am particularly interested in Gothic Literature and the macabre. At University I specialised in The Gothic, Women in Literature and Metafictional Narratives. These are still passions that influence my reading and teaching today.*

**Interesting fact:** *I cani-cross with my rescue dog Bilbo and we compete together in races all over the UK!*



## COULD YOU BE A TORCH CHAMPION?

Each week teachers are invited to nominate a TORCH champion from their subject, a student who has shown great character strengths in their learning.

This week our nomination comes from History, Miss Allen has nominated **Paisley Kim**, year 8, for a fantastic piece of independent study work created on their learning of The British Empire. Paisley also suggested her work be shared with others as a learning tool and example. A great example of curiosity, hard work and respect in action.

### Why The British Empire Was Very Good

By Paisley Kim (Year 8) 24-NOV-2020

The Left's (e.g. liberal elites, those setting the UK educational curriculum) view of British Empire is that it was just pure exploitation and suppression. This is a complete lie: The British Empire did more to advance civilisation than any other in history.

- Peace:** When we came to some of the countries, civil warfare had been going on for many years (e.g. India & Africa). After that the world was a lot more peaceful, more peaceful than it is today.
- Human Rights:** Many places the British Empire visited had few rules or laws. So, the British put in British laws which helped a vast majority of people have human rights which they never had before.
- Trade:** Some people think that the British Empire got its wealth by exploiting the wealth of other countries. This is wrong. It was based around trade. It also created markets for British goods around the world and meanwhile creating markets for produce from other countries. This massively advanced the economy of the whole world by bringing countries together in cooperation.
- Infrastructure:** The British Empire helped to develop infrastructure, for example railways. This included the world's biggest railway system in India. Britain also established and maintained the world's shipping routes and the road systems everywhere we went. Water pipes were laid to make sure people had safe to tap water to drink.
- Education:** The Empire brought literacy to many nations and created a new window into education. We recognised indigenous people who excelled intellectually in subjects and they invited to further their educational careers in Britain.
- A Middle Class:** Professions such as doctors, dentists, lawyers & journalists (not just businessmen or traders) was created, encouraged and developed by the British Empire.
- Technology:** The British Empire invented and developed most of the technology which has helped us and other countries to who we are today. Examples are: X-rays, steam locomotives, good industrial practices and international communication telegraph & radio. A huge part of this is Tata Iron and Steel Company (TISCO) was established by Durgam Tata, India in 1907.
- The English language:** The British Empire gave the advantage of a common global language. It was much easier to communicate.
- Sport:** The British Empire also gave lots of sports to the other countries for example soccer, golf and tennis and countries also shared some of their sports to the empire for example polo and badminton.
- Anti-Slavery:** One of the best things that the British Empire did was try and get rid of slavery. But the slave trade act in 1807 made slave trade illegal in the British Empire but then in 1833 the Slavery Abolition Act made slavery totally illegal. The Empire's Royal Navy's West Africa ships seized approximately 1,600 slave ships freed 150,000 Africans.

**Conclusion:** When the British Empire ended it was often not replaced by a liberal democracy. Instead a bullying ruling class took over. Very many didn't carry on the spirit of the British Empire, instead they went backwards (e.g. weaker civil rights) and many of the population later thought that the life they had before during the Empire was better. The British Empire was one of mankind's greatest ever achievements. It created the world we live in today and has advanced world civilisation. So in my opinion, I think it was a good thing because if the Empire hadn't handed helped or opened a new opportunities, they would have not had the advantages they currently have today. Today countries who still want the British Monarchy to be their Head of State are some members of The Commonwealth of Nations.

TECHNOLOGY & TRADE

ENGLISH LANGUAGE

SPORT & FUN

ANTI-SLAVERY

### WHAT ARE YOU COOKING?

A recipe to try at home this week...

#### #WRAPHACK

Find @alphafoodie on Instagram for healthy wrap hack recipe ideas.

Send us the healthiest wrap hack you can make for an easy lunch idea.

### WHAT IS YOUR CHALLENGE?

Our TORCH challenge is back! In your live form time next week we'll be sharing and explaining the details of your challenge so keep an eye out for further information.

WIN A BACKPACK FILLED WITH GOODIES



### HOW ARE YOU FEELING?

A mindfulness activity to try...

#### COUNTING BREATHING

Sit on a chair with both feet flat on the floor, get comfortable but avoid slouching.

Close your eyes (is better if possible) or find a point on the floor directly in front of you to focus on.

Count the number of breaths in 1 minute. One breath = one inhale and exhale. Don't try and slow the breathing down or speed it up, just put all your attention on the breath and to notice how many you take.

If you find your mind wandering away from your breath, that's normal - just gently bring the attention back to the breathing.

### WHAT ARE YOU READING?

A reading recommendation...

Listen to a free audiobook by following the link below

<https://stories.audible.com/discovery>

Read a great book in lockdown? Or listened to a gripping audiobook?

Let us know as we would like your recommendations to be featured here. Please contact Mrs Brown with your suggestions.