



**Langley**  
SCHOOL

# Perseverando Post

Email [igessner@langleyschool.co.uk](mailto:igessner@langleyschool.co.uk) to get featured

## Why is Black History Month Important?

It is highly important that we, as a society, acknowledge Black History Month and celebrate the achievements of black figures who have been skipped over in history. Not only so they receive the recognition they deserve, but to learn about individuals like Phillis Wheatley, the first African American poet to be published in the UK, as often as we are taught about Henry VIII



and his many wives. The National Curriculum is arguably too white-centric, so Black History Month provides us with the opportunity to take our learning into our own hands. Around Langley there are posters of empowering black people like Marcus Garvey, the inspiration for the Black Panthers or Stuart Hall, responsible for the first cultural studies course in an English university. Our generation is living through the Black Lives Matter movement, sparked by the murder of George Floyd, followed by countless other victims; Breonna Taylor, Robert Fuller, Elijah McClain to name but a few fatalities.

We in Britain are not exempt. The British oversaw the same exploitation of Africans in the slave trade, the same crushing of black culture in colonialism and the same poor treatment of the black population. In Britain, we often look at the USA and shake our heads but then fail to recognise that our system is equally as broken with inequities in education, employment and the justice system. A young black man is four times as likely to be stopped by the police than a young white man, highlighting the innate racist bias in our system.

At Langley, there are a variety of events going on that are marking Black History Day, for example, the Black History Hero competition at the Prep School where pupils are learning about individuals who inspire them. At the senior school, Year 8 were fortunate enough to learn about African culture through music with Anna Mudeka, as well as cooking (and tasting) Caribbean influenced dishes like cornbread muffins and finally, drawing inspiration from Chris Ofilli created their own colourful, layered masterpieces with the Art department. In the wider school, all students enjoyed Chapel services lead by students Kenneth Aboh and Cesaire Muhiwara reflecting on the impact of Black History on their life and learning.

## The USA Election: Here's What You Need To

1

### PODCAST:

Mental Illness Happy Hour - Paul Gilmartin  
Available everywhere

2

### NETFLIX:

RBG - a must-watch about the late and great, notorious Ruth Bader Ginsburg

3

### BOOK:

The Boy at the Back of the Class - Onjali Rauf  
A heart-warming story about a class affected by the refugee crisis

### About the name...

The title is rooted in the former motto of the school, Perseverando, latin for perseverance. This title allows us to engage with our fruitful history and focus on a concept that is central to the Langley culture.

### This Month's Quiz Question...

Which Langley teacher taught Ed Sheeran?

(First person to email the answer will win a prize)

### Woody's Word of the Week

Lacuna - an unfilled space or a gap; in literature means the absence or metaphorical gap



### Fun Fact

Mr Perriss' favourite food is coronation coleslaw (verified by a reliable anonymous source)

## Know

The USA has a two-party political system, dominated by the Republicans and the Democrats. A presidential election occurs every four years so, who is in the running for 2020? The Republican President, Donald Trump, is going head to head with the Democratic candidate, Joe Biden, fighting for a majority on 3rd November. The latest predictions suggest that Biden is leading with 49.8 percentage points, versus Trump's 41.5%. However, as recent history has demonstrated, polls have been exposed as increasingly unreliable. In 2016, while the pollsters' favourite, frontrunner Hillary Clinton lost the election. The defeat of the Democrats opened the floodgates to allow reality TV star and businessman, Trump, to take centre stage.



What are the key issues dividing the candidates? During his presidency, Trump has failed to act decisively against climate change. Not only did he withdraw from the Paris Climate Accord, he further approved the drilling of oil and gas in the Arctic. In complete contrast, Biden has pledged to re-join the agreement, invest \$2tn into green energy, and is aiming, by 2050, to reach net zero emissions. Climate change could be irreversible by 2030, and we must act now. The Democratic candidate has additionally proposed his "build back" initiative, supporting business from minority communities, whilst Trump remains set on building a wall along the Mexican border.

The impact of the election will stretch far further than the USA. Whilst Biden has pledged to repair relations with allies, most significantly the NATO alliance, Trump has taken a strict isolationist approach. Who would you want as your president?

Freya EC

## SPORTS NEWS

Attempting to fill the void left by Langley rugby fixtures, Leicester Tigers brought their disappointing campaign to a close with an equally unsatisfying result, losing at home to mid table Harlequins 32-26 despite a spirited performance. 2nd placed Wasps were also noteworthy victors as they smashed league leaders Exeter 46-5 and securing a home playoff semi-final in the process.

In local football, Langley student Matty Ward capped off a 4-0 win for Wroxham over Long Melford with his first for the club as the Yachtsmen climbed to the top of the table. Former Langley pupil, Tyrese Omotoye, lead the line for Norwich City U23's in their 2-0 league victory at home to Fulham on Friday evening, taking the lead with a composed finish into the bottom right corner. He then continued his hot streak of form by bagging a hat-trick against Newport County's first team in the EFL Cup.

Norwich City FC, however, were not as fortunate as the transfer window hung over the club like a grey cloud as a timeless Wayne Rooney free-kick subjected City to their second successive defeat. For all of their graft and possession, chances were a rare luxury for Norwich as pressure begins to mount on Daniel Farke.

The Premier League, meanwhile, had a week to remember as the trend of high-scoring games continued. Nearly all preconceptions were tossed to the wind as Manchester United were hit for six at home to Spurs and Aston Villa came out 7-2 victors against reigning champions Liverpool. There was better news for Manchester United in the Women's Super League, however, as they stormed to a 3-0 win over previously unbeaten Brighton, whilst Arsenal continued their run of straight wins at the top of the table, with Jordan Nobbs and Caitlin Foord inspiring them to a 3-1 home result to Birmingham.

James K

## World Mental Health Day

Saturday 10th October marked World Mental Health Day. This year, the topic of mental health is more relevant than ever, considering that we are all suffering the devastating impacts of a global pandemic. Coping during the national lockdown was tough for many of us. I personally didn't realise just how vital and valuable daily face-to-face interactions with friends were until they were taken away from me.

The term 'mental health problems' encompasses a wide range of issues, ranging from anxiety and depression to addictions, OCD and eating disorders. Since they affect the brain and are not overtly noticeable to the naked eye, mental health problems have been disregarded and often the victim of ridicule throughout much of history.

Whilst living in an age dominated by social media does come with many benefits, it can also be a major factor in the development of mental health problems such as eating disorders. It is all too easy to constantly compare ourselves to the often-unrealistic standards that we are subjected to online. Eating disorders are shockingly common; around 1 in 10 people worldwide have some form of eating disorder and people often start developing them as teenagers.

It is essential that we break down the stigma surrounding mental health issues that prevents people from speaking up. If you have broken your leg and attempt to struggle on without seeking professional medical help you would not be considered brave, you would merely be causing yourself further harm and distress. This idea applies to problems with mental health – it is far braver and more beneficial to open up and tell someone that you are having issues than to suffer in silence.

World Health Organisation figures show that a suicide occurs roughly every 40 seconds - in the time that it has taken you to read this article someone will have taken their own life. Please, together as a school we need to prioritise kindness, support each other, and remember to never be ashamed to ask for help.

As a school, we raised money and awareness for World Mental Health day by wearing yellow on Friday 16th, as seen in the picture above.

Jess S

## Let Loose (with Lucy)

Dear Lucy,

I'm studying really hard for all of my classes, but I'm still not doing very well. What do I do? I've tried studying different ways, but nothing I've done works. I feel like I'm drowning.

Please help,

Barely Passing



Dear Barely Passing,

First of all, it's great that you want to do better in your classes. Motivation is key!

Don't be afraid to ask your teachers for help. I've often found that going to see a teacher during break times, activities or even giving them a quick email can be extremely useful. Ask them what you need to do to improve your work. If there is a specific topic you don't understand, ask them about it so that you do understand. Teachers are there to help so don't be afraid to talk to them.

Feeling like you are drowning in work is never a good feeling! Try doing a little bit of studying or homework each night, but ensure you also get plenty of hours of sleep. Try making a timetable where you do homework or studying for 1 or 2 subjects each night, that way you should always keep on top of your work. However, if you feel like you are constantly drowning in work then talk to your teachers about it, they do understand that you have work to do for your other subjects too.

Lucy

All submissions are anonymous. If you would like to submit an issue, you can email me (Lucy) at [lfisher@langleschool.co.uk](mailto:lfisher@langleschool.co.uk).

But please, if you are having serious issues, talk to a trusted adult. There is no shame in asking for help.