

2021 @BC

the student magazine

JULY 2021

in this issue...

STUDENT REFLECTIONS ON
A YEAR IN LOCKDOWN

BRAMPTON COLLEGE

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Front cover photo by Ben Arkus, A level Photography student (see page 15)

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NOTE FROM THE EDITORS

Dear readers,

It's been a year like none other and this issue serves as a chronicle of many of our students' thoughts, preoccupations and attempts to stay positive throughout.

It also charts some landmark events of the year, such as the Sarah Everard murder and Biden's journey to Presidency. We hope you feel it captures the time well and you enjoy the insight into our personal outlooks and hopes for the future.

Thank you,

Asha Persaud and Ben Arkus

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WHY COVID-19 IS A HUGE WAKE-UP CALL

There is no doubt that COVID-19 has affected every aspect of our world. The pandemic has led to a dramatic loss of human life worldwide, an unprecedented challenge to public health, food systems and the world of work as well as major social and economic disruption. However, one may argue that the pandemic has caused the environment to become neglected. Although the pandemic has provoked some negative environmental impacts on our world, it has also brought great environmental change and a nationwide lockdown has acted as a 'wake up' call for many of us.

COVID-19 was first identified amid an outbreak of respiratory illness cases in Wuhan City, Hubei Province, China. It was initially reported to the World Health Organization (WHO) on December 31, 2019. Most notably, the coronavirus pandemic has had a drastic direct impact on energy use and greenhouse gas emissions. Researchers estimate a drop in CO₂ emissions in Europe of 11% for 2020. The EU has experienced similar changes in coal use as the US over the past decade, researchers note. Emissions from oil, gas and cement are also estimated to have dropped by 12%, 3% and 5% respectively, this year. A 13% drop in emissions is

predicted in the UK this year as a result of the extensive lockdown measures introduced in March, plus the second wave of the pandemic. A 13% drop in emissions leaves the UK with the second-highest decrease, behind France with 15%. Extensive lockdown measures resulted in a reduction in travel, with cars, buses, trains and planes' gas emissions decreasing massively. To put this into perspective, the average petrol car on the road in the UK produces the equivalent of 180g of CO₂ every kilometre. Taking into account those who drive to and from work every day alone, you can start to imagine how much carbon dioxide we produce every day.

However, the pandemic has not just presented itself with positive effects. Unfortunately, this pandemic has presented itself with a plethora of disadvantages. Coronavirus waste has become a new form of pollution as single-use personal protective equipment (PPE) floods our oceans. Waterlogged masks, gloves, hand sanitiser bottles and other coronavirus waste are already being found on our sea beds and washed up on our beaches, joining the day-to-day detritus in our ocean ecosystems. Already, some 8 million tonnes of plastics enter our ocean every year, adding to the estimated 150 million tonnes already circulating in marine environments. One study estimates that in the

UK alone, if every person used a single-use face mask a day for a year, it would create an additional 66,000 tonnes of contaminated waste and 57,000 tonnes of plastic packaging. This clearly demonstrates how big this existing problem is, and how this pandemic has contributed to the already massive problem of plastic pollution in our marine life. Unfortunately, in addition to this, the dramatic drop in greenhouse gases and air pollutants seen during the global lockdown will have little impact on our warming planet, say scientists. Their new analysis suggests that by 2030, global temperatures will only be 0.01C lower than expected.

The pandemic has caused a temporary crash in carbon emissions, as lockdowns have meant fewer people travelling and less industrial activity; there are concerns the pandemic will divert governments' attention away from green issues. The UN's COP26 climate change conference, set to be held in November 2020, was postponed. This brings up the question of whether our environment and its issues have been neglected due to COVID-19. At first glance, it would seem completely plausible that the government is concentrating on the economic and health effects of COVID-19. However, environmental factors have been proven to directly impact public



health. In an interview with the UN Special Rapporteur on human rights and the environment, David Boyd has given us an insight into environmental protection and enforcement, and how COVID-19 must not be used as an excuse to weaken environmental protection. The UN expert said that “a number of governments announced that they are lowering environmental standards, suspending environmental monitoring requirements, reducing environmental enforcement, and restricting public participation. This can result in accelerated deterioration of the environment and have a negative impact on a wide range of human rights including the rights to life, health, water, culture, and food, as well as the right to live in a healthy environment.” The expert went on to say: “The science is clear. People living in areas that have experienced higher levels of air pollution face an increased risk of premature death from COVID-19. Similarly, access to clean water is essential in preventing people from contracting and spreading the virus,” Boyd said. “The global pandemic highlights the vital importance of a safe, clean, healthy and sustainable environment.” In addition to this, from a global perspective, in March 2020, The US Environmental Protection Agency (EPA) suspended its enforcement of some environmental laws during the coronavirus outbreak. In an extraordinary move that has stunned former EPA officials, the Trump administration said it will not expect compliance with the routine monitoring and reporting of pollution and won't pursue penalties for breaking these rules. This clearly shows that the environment has not been seen as a real issue throughout this pandemic, with an allowance to break standard practice to guarantee

safe environmental protocol, with no end date for this dropping of enforcement.

Although environmental issues have been neglected as a result of the pandemic by governments worldwide, for individuals, this pandemic has acted as a ‘wake-up call’ for us to take action to protect our environment. If anything, the pandemic has highlighted the ongoing issue of climate change, and that by starting to cut down on our carbon emissions as individuals, we can start to reverse the awful effects that climate change has posed to us. We can still restore our connection with nature and take responsibility as stewards of the vast natural resources of our world. We can come out of this COVID-19 crisis stronger and ensure a better and healthier planet for future generations. This year, nature has given us a clear wake-up call. We must act on biodiversity and the climate crisis now. This is one of the best ways to reduce the risk of future pandemics and to enhance the resilience of human beings.

Furthermore, they might sound unrelated, but the COVID-19 crisis and the climate and biodiversity crisis are deeply connected. The vast majority (three out of every four) of new infectious diseases in people come from animals, from wildlife and from the livestock we keep in ever-larger numbers. To demonstrate even further how interlinked biodiversity and the pandemic are, human activities continue to disturb ecosystems worldwide, and we are likely to see more infectious diseases crossing from wildlife to humans. Because of the loss of natural habitats, wildlife species are forced to migrate to human-dominated landscapes. Many

species adapt themselves to manage in such landscapes and consequently can infect humans and/or their livestock with the pathogens they are carrying into these more simplified ecosystems. Pathogens tend to be “diluted” in complex, undisturbed ecosystems. This dilution effect can operate to decrease encounter rates among competent hosts or regulate host abundance. As the dilution effect decreases, there is an increasing risk of virus spread. To understand and effectively respond to COVID-19, and other novel infectious diseases we'll likely encounter in the future, policymakers need to acknowledge and respond with “planetary consciousness”. This means taking a holistic view of public health that includes the health of the natural environment. This research goes to show how even something like the environment and a pandemic at a first glance may seem completely unrelated, can actually directly impact one another. If we are to constrain the emergence of new infections and future pandemics, we simply must cease our exploitation and degradation of the natural world, and urgently cut our carbon emissions.

Above all, if we can take away anything from this pandemic, it is that it is not too late for us to reverse the damage we have already done to our environment and our planet. Multiple nationwide lockdowns have given us the opportunity to consider our environmental impact and question how we can reduce our footprint as well as protect our biodiversity. Lockdown has given us a glimpse into how if as a community we come together, we can make a difference to our ongoing climate problem.

By Rosie Hellowell



SEIZING THE OPPORTUNITY TO MAKE 2021 THE 'YEAR OF SUSTAINABILITY'

Given the sweeping change and unprecedented circumstances created by the COVID-19 pandemic and yet another lockdown, it's easy to overlook some other issues that would otherwise be in the forefront of our minds. The environment and sustainability are two such issues that have been rapidly gaining traction on a global level in recent years but have been deprioritised under the spread of the coronavirus.

However, here at Brampton College, we've been focusing our attention on positive action when it comes to the environment. Research reveals that environmental pollution has been minimized as a result of the global lockdown and therefore, COVID-19 represents something of a generational opportunity to re-think the way that we live our lives.

We want to seize this opportunity and make 2021, the 'Year of Sustainability'. With the help of the Brampton Green Committee, run by staff and students, we want to increase all students' awareness of environmental issues and engage them with a number of projects. One of our main projects this year was our partnership with the WWF and the college's nomination to name them as our 'Charity of the Year 2021', specifically to raise funds to protect the endangered African elephant.

During the year, all lower sixth students attended an excellent Zoom talk from the WWF about the plight of these elephants, and how poaching and the destruction of

their habitat has led to a sharp decrease in their numbers (a staggering decline of African forest elephants of 86% over the last 31 years). The College has 'adopted' some of these elephants, as well as some other endangered animals, and these funds will pay to train and equip community scouts who patrol the areas within the vast Mau-Mara-Serengeti region that are most vulnerable to illegal activity, including logging and poaching.

The College is wholly committed to help tackle the climate crisis for the long term and we look forward to sharing lots of new initiatives with you next year.

By Brampton Green Committee





VOLUNTEERING FROM THE COMFORT OF YOUR OWN HOME

Little do people know that much of the developing world is actually unmapped. Many remote areas which are in need of humanitarian aid are not on any official map, but rather are only visible from aerial satellite imagery which fails to actually identify buildings and roads which must be located for aid to reach them.

That's when I started 'Online Mapping' for the mapping website 'OpenStreetMap', where using satellite imagery, I have been able to identify where houses, major roads and communities are based. This enables the location of vulnerable communities and the transfer of their location to a physical map. By doing so, humanitarian aid organisations like the Red Cross and Amnesty International are able to reach these areas and provide aid to those who need it most.

Natural disasters such as Haiti 2010, where the earthquake destroyed much of the capital, Port au Prince, demonstrated the need for people to continually map out destroyed or unknown areas, in order to mitigate the tragic consequences.



In light of the Coronavirus Pandemic, locating communities in need of medical aid has become an increasing necessity and highlights the importance for more people to get involved and start online mapping.

Moreover, my studies of Geography A level encouraged me to play a part in breaking the cycle of poverty (on a small-scale), and I decided to undertake the role of Web Developer and Social Media Officer for the Non-Governmental Organisation 'Children of Cameroon'.

'Children of Cameroon' promotes the sponsorship of Children who live below the poverty line and who have been displaced so that they can receive sufficient funding to gain access to the bare necessities of shelter, food, water, education and healthcare.

Unfortunately, due to the civil war in Cameroon, known as the 'Anglophone Crisis', many children have been separated from their parents, or have fled their villages due to the conflict and have become homeless. In many cases this can happen to children as young as 4 years old, who are too young to fully comprehend the situation, let alone fend for themselves.

It is incredibly rewarding whenever one of the children is sponsored and sends us videos and letters outlining how the sponsorship has benefited them.

I believe the voluntary work I have done demonstrates that it is always possible, even during a global pandemic, to make a difference to people's lives all over the world, all from the comfort of your own home.

By Sophie Cohen



"I PLEDGE TO BE A PRESIDENT WHO SEEKS NOT TO DIVIDE, BUT TO UNIFY." A STUDENT'S THOUGHTS ON BIDEN'S JOURNEY TO PRESIDENCY



Joe Biden has been elected 46th President of the United States after four years of Donald Trump's problematic Presidency. Biden won the Presidency after a long-lasting vote count in Pennsylvania, giving him 20 crucial Electoral College votes.

Biden gave a victory speech in his home state, Delaware, in which he stated, "I pledge to be a President who seeks not to divide but to unify." This quote directly contrasts with Trump's racist and anti-feminist views which allowed Biden to win back the vital swing votes of suburbanites who turned out for Trump in 2016 as well as, overwhelmingly, Black voters and women with college degrees and the LGBTQ+ community. Biden's Vice President, Kamala Harris, is also the first woman of colour to serve in her position.

Although Biden clearly won, Trump has persisted with

claims of voter fraud. However, he has provided no evidence for this at all, and his claims have been described as 'baseless.' Biden, at 77, will be the oldest President in US history. Trump had no political background before

his 2016 election, while Biden has a long history in senatorial politics, as well as his Vice-Presidency for eight years under President Barack Obama. This experience is sure to help with issues such as COVID-19, the racial inequalities as well as the friction between the US and the Middle-East.

The lengths to which Trump will go were exposed in a recent phone call between Georgia's top election official, Republican Secretary of State, Brad Raffensperger, the President's lawyer and other high-ranking Georgian officials. In which Trump listed ways in which votes were allegedly tampered with, including what he claimed was 5000 deceased people voting. An investigation showed that there were only two such cases. 'I just want to find 11,780 votes' (the margin needed to overtake Biden), Trump says in the call. His words have been described

as an affront to Congress and an immorality worthy of leading to a second impeachment. Georgia had counted its vote three times, each recount producing very similar results. Trump, however, remained persistent in the hour-long call, an approach which only led to the state's officials contradicting all his claims and rejecting his egregious demands for help in getting the outcome he wanted. And despite the deadly Trump-inspired riots on Capital Hill, Biden has taken to office and is getting on with the job.

By Emily Sellar-Elliott



SARAH EVERARD: THE IMMEDIATE NEED FOR CHANGE WITHIN SOCIETY AND SCHOOLS

The past month has been tumultuous to say the least. But rightly so; the activism and uproar sparked by the horrific death of Sarah Everard has brought the necessary conversation of women's rights, safety and equality to the forefront again.

On March 3rd, Sarah, 33, disappeared whilst walking across Clapham Common back to her home in Brixton. It should have been a relaxing walk, just under an hour, on an evening brightly lit by the street lights of the paths she walked. To those who weren't careful enough, Sarah wore brightly coloured clothes, to mainly well-lit areas, on the phone to her boyfriend. It's a sad reality – women everywhere

arguing she wasn't careful enough, brightly stuck areas, on the phone to her boyfriend. It's a sad reality – women everywhere

make sure to take extra precautions to ensure their safety from men, yet Sarah was still abducted, and worse still, by a police officer, whose very job is to protect us and make us feel safe. If anything, it proves women are still the target of men no matter how safe we try to be. The problem here is not how careful women

are, how we dress, or how late at night we walk in public – it's how the system educates, or rather fails to educate boys from a young age, who grow to be men that think treating women any way they please is acceptable. We've been fostering an environment in schools in which young men believe that it's 'cool' to say crude remarks to girls, degrade them, to touch them when they want without consent, and in many cases rape them.

A statistic you may have seen over the last few weeks states that '97% of young women in the UK have been sexually harassed'.

That should shock you.

It did when I heard it. Around the UK, in response to Sarah's death, thousands of painful accounts of rape have been shared on the website [everyonesinvited.uk](https://www.everyonesinvited.uk), specifically from schoolgirls and young women. Of the 5,000 plus anonymous stories shared, many detail teachers turning a blind eye on the accounts of sexual harassment in state, grammar and private schools, where each are facing many allegations of sexual assault claims. In one of these schools, the pupils, from years 11 to 13, staged a protest in which female students walked out of class, to highlight the 'vile and inhumane' actions of male students that have been disregarded. Were they right to walk out from class? I'd argue

they were. Change doesn't happen unless something is actively done to make a point. Especially if that point is concerning the violation of human rights. Students standing together in solidarity sends a strong message to peers and other schools that this 'rape culture' should not and will not be tolerated, students will not be silenced, and something must be done to change the current attitudes of boys in school, which



as such will change the way they grow to be men in the world.

Simple changes, for example introducing classes at primary school in conjunction with sex education classes, will teach boys and girls to respect each other early on.

Why should we feel unsafe? Why should we need to take extra precautions? Why should we need to be careful, dress modestly just to protect ourselves from being sexualised by others, and not be able to walk freely when and where we please? Almost every woman has taken a longer route home, made a fake phone call, walked home scared, or even held keys in between her fingers, just in case. It's something I've increasingly noticed myself doing – holding my





breath as a group of men look me up and down, keeping my head down when being catcalled... the list goes on.

Although I'm wary of writing an article that feels as though I'm attacking men – which is not at all my intention – the attitude that it's 'not all men' may be true, as voiced by boys, but to women all

men do pose a threat until we know otherwise. Clearly, this is something that we need to make a change about. In order to create a safe

society, men collectively need to make a fundamental difference in their behaviour towards women.

I am grateful, however, that at Brampton we have a safe environment in which the students seem to respect one another and understand the gravity of the recent situation. For me personally, it's actually the most comfortable I've felt within a school community,

and I'm appreciative of the efforts everyone has made surrounding Sarah's death. Around the college, students have worn red clothing to show support, and sociological discussions have been held to discuss issues which have emerged, such as whether women are really safe. It's important to note here, that there are many boys and men who support the movement and respect women – something that is hugely relieving to acknowledge. I hope by writing this, as a community at Brampton and schools everywhere, we can not only continue to raise awareness, but also feel the need to actively do something to make a change, by educating each other.

By Imaan Rashid



REMAINING POSITIVE IN OUR THIRD NATIONAL LOCKDOWN

Almost a year on from the announcement of the first lockdown, it's clear that all of our lives have changed dramatically. Families have been deeply affected by the virus, we've had to adapt to a new way of living, and as students we have had to deal with a number of different rules in order to keep safe and protect others both in public and in college.

With so much confusion, panic and exhaustion gripping the country, we may find ourselves feeling overwhelmed; being thrust into yet another lockdown can feel quite isolating.

Thinking about all of this makes our lives feel really surreal- we're definitely living out the plot of a thriller film, and no one can convince me otherwise!

However, I would like to view our current situation with a positive outlook. We could treat the time we've been granted in lockdown as a period to focus on our mental health and overall wellbeing, as well as an opportunity to centre on improving our academics and skills. This is something that I know is, at times, difficult for us as students to balance, so making the most of these bizarre circumstances would be beneficial to us all.



A great way to help with mindfulness through this lockdown is to set yourself small, achievable goals to complete each day, and try to exercise a few times a week. Meditation, reading and listening to calming music are a few ways we can relax and take a step back from the constant cascade of information we hear from the news or social media.

Personally, I have been taking the time to read around some of my subjects and broaden my knowledge of people's lives in the medical profession. As for learning a new skill, I'm going to attempt to learn how to cook (although I'm not sure my family has much faith in this!).

Whilst scrolling through my Instagram feed a couple

of days ago, I came across a phrase that I feel



perfectly reflects what I have learnt in the past year –

'Attached to nothing, connected to everything.'

To me this means that throughout the turbulent times we've all encountered, the coronavirus has forced us to embrace change, as we've had to learn to alter how we go about daily life. For example, how we communicate with others by interacting with members of our community and neighbours, or just meeting up with friends in general. Therefore, we have learnt to be 'attached to nothing', but more than ever now appreciate the value of staying 'connected to everything' through our relationships with family and friends and keeping in contact with them.

For me and I'm sure many of you, picking





In the midst of alarmingly high rates of death and infection, we must remember to follow the rules and stay indoors. I think it's important here to mention the healthcare

our families, friends and others across the UK, we've already proved we have the same hope and compassion for each other, which leaves me feeling positive for the future.

By Imaan Rashid

up the phone to call or FaceTime each other has offered a lot of comfort, and has allowed us to check up on how we're all doing. During these tough times, I would strongly encourage you to give a friend or family member a call, to support one another and keep spirits up. Something that I feel greatly appreciative of is the fact that the advances in technology have given us the ability to easily stay in touch, and had this pandemic been fifty years ago, we definitely wouldn't have been able to reach out to each other with face to face communication.



professionals that are putting their lives at risk and who are working tirelessly to treat patients with Covid-19.

Although our current situation can seem bleak, we have to keep in mind that looking back on the history of our country, and the losses felt through WW1 and WW2, we have always emerged with a strong sense of community spirit. Through the effects of the coronavirus on ourselves,

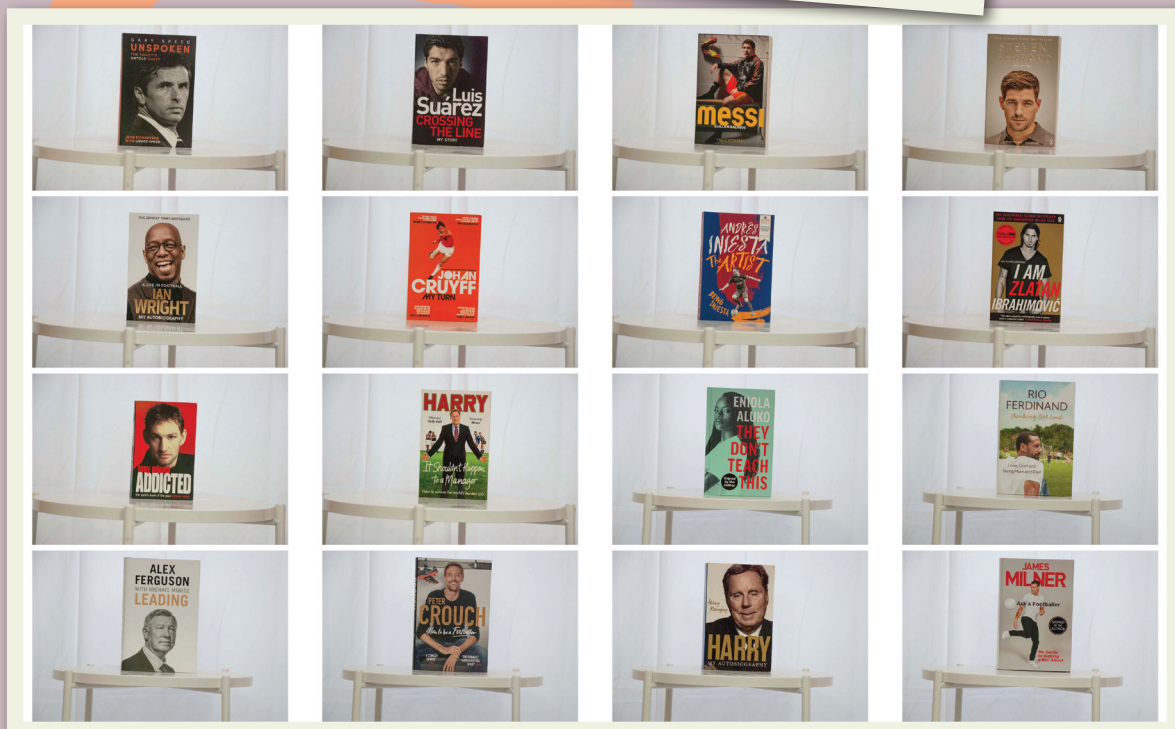


'THE GAME'S GONE'

Due to health conditions, I have spent the majority of the Coronavirus pandemic shielding at home. In this project I aimed to explore the themes of nostalgia, dreams and yearning I experienced through a variety of photographic styles, including archival and landscape photography. Football has always been a major part of my life, whilst also being a bonding point between me and my Grandpa. During the course of this project, I aimed to convey the feelings I felt

having lost football, having lost my normality, and having lost my Grandpa.

By Leonie Citron



'LONDON 2020'

London 2020 is a memory capsule of the silent streets of London during the pandemic. I was fascinated by the swift change into the 'new normal' that came about during the pandemic. Suddenly I found myself walking through a ghost-town. Originally this was a documentary project in which I aimed for objective portrayals



of London. However, with the process of post-production, I started to question the objectivity of my images and found that through my editing I was showering my own interpretations onto the photographs. The warm hues seen through the sequences, juxtapose the greyness of London, creating a subjective vision of this 'new normal'.

By Ben Arkus



HOW BRAMPTON'S YOUNG ENTERPRISE IS INNOVATING LIFE IN LOCKDOWN

Succeeding in the Young Enterprise competition is determined by the originality of the business. This has been our main objective all along: to come up with a unique idea and win the grand 'Company of the Year' award in the summer. From the very beginning we understood that, to make this a reality, we would need money. In December, we set about doing this by embracing the holiday festivities by selling Christmas boxes, each one of which included: a Santa hat, two keychains, a mini Christmas tree, and four Christmas ornaments.

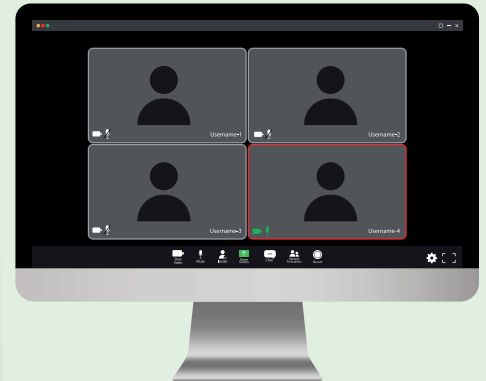
By January 1st, we had sold twenty-four boxes and had a healthy sum of money in our bank account; money impatiently waiting to be spent on our new entrepreneurial idea!

We decided to sell tote bags: customisable in the ways of bag-material, colour, and/or patches. This seemed a great prospect for several reasons, including incredibly cheap wholesale price and great ease

with respect to personalisation. We gathered, moreover, that it would be possible for us to advertise and sell at college: our ideal target market audience consisting mostly of students and teachers. However, we were, in effect, forced to stop pursuing this idea, as we learned that we would not go back to school in January. The team decided to put forward suggestions for business model ideas in order to make further progress. It has been patently obvious that making a profit in the standard fashion of selling physical products had been made vastly more difficult. As a consequence of our group-discussion, we landed on the idea of selling – and promoting through social media – tickets to lectures and Q&As via Zoom.

This idea appears perfect. Not only was it something that can easily be accessed from everyone's own homes during lockdown, but also it is unique and fun. We decided to target students as our primary audience. This stemmed from the fact that, as students, we could easily relate to and understand the difficulties endured by teenagers during this pandemic. Hence, moulding an online platform based on the interests of students would be something that came naturally to us. Talks to entertain and educate teenagers during the pandemic would somewhat pacify the boredom that they all have been experiencing. We decided that topics would be very wide-ranging, in order to entice as many people as possible, all the way from careers advice, to presentations on sustainable living, and humanitarian campaigns.





Then we came to the decision regarding our company name. There was an endless list of suggestions: ZoomArts, Hey Education, ZoomInspire, Talkversity, Encourage Minds, Whizzdom... Finally, we felt that we are best identified as InspireTalk. The team was then split into those responsible for finding speakers, advertising the talks, monitoring payments and running social media accounts. Finding speakers is the central goal of the business as everything else stems from it. If there are no speakers, there is simply no InspireTalk! We have been diligently e-mailing, DMing on Instagram and pestering family and friends to find anyone who would be interested in presenting a talk. Initially, this seemed difficult. However, after our first speaker, InspireTalk had officially reached its optimum. Advertising has been made more manageable thanks to the cooperation of the college.

Brampton has played a major role in helping us promote our talks to students, and has cooperated to encourage students to support the business (special thanks go to Mike and Louise). Having accomplished the



different methods of advertising, we reached our first obstacle: a sensible payment method. Two weeks were spent trying to figure out how we could most efficiently sell tickets electronically. Then a team-member discovered that, as a Young Enterprise team, we could take advantage of the Young Enterprise trading station for this. Our website was completed using Wix – and InspireTalk became officially live on the internet!

InspireTalk, on the face of it, is used solely as a platform for people to get inspired by a plethora of topics. However, as we know, depression – notably – is at a high in our population due to lockdowns. Some people in our community have not even stepped out of their homes during

these times; as a result, these individuals are far more likely to have experienced depression. It has been proven, in countless studies, that positive social interactions will cause reductions in paranoia and depression, through an induction of a sense of belonging. InspireTalk, ergo, brings our community-members together to spark a sort of hope for the future: Covid-19-free!

By Jonah Leighton and Janset An

MY PASSION FOR MUAY THAI AND WHY MORE GIRLS SHOULD PRACTISE IT



A year ago today, I not only didn't know about Covid-19, but I also didn't know what Muay Thai was.

That was until I looked up types of karate on Google last September. I used to practise kickboxing when I was much younger and, although I only have a vague recollection (except for me kicking very lightly at a very slow pace), I knew that I enjoyed it at the time. My plan was to find something that I can use as self-defence, as I am looking to join the police/military in my gap year (see my recent article on my police night shift). I know I'm not the most intimidating looking person, but in some respects I guess that could be a good thing. However, if I feel stronger than I look, I think that

could be life changing. I mean, if you saw a 5'3 girl walking along the streets of London, I don't think you'd be particularly frightened. I really wanted to change people's first impressions of me and Muay Thai could be that change.

So I did some research and within a week, I had arranged to have a taster session with this Muay Thai Trainer by the name of Femi. I wanted an instructor with experience and Femi not only had over 15 years of experience, but he had been a National Muay Thai champion. Now I do not want to get your hopes up, after watching Cobra Kai and The Karate Kid, you'd think that within a few months I would be entering



tournaments and fighting like a professional. Unfortunately, I am not Daniel LaRusso or Miguel Diaz and my trainer is not anything like Mr Miyagi. Muay Thai is a process but I had time to improve and time to get better.



After a couple months of training with Femi, I was getting better. I had almost mastered the perfect roundhouse kick (which you often see on Cobra Kai) and my fitness had also improved. The first couple of sessions made me realise how unfit I was, but Femi intervened and we started doing strength and conditioning in the last 15 minutes of every session. In 6 months, I went from not being able to do a plank for 25 seconds to a full 1 minute and 15 seconds. My fitness had not only improved, but so had my mindset. Instead of doing what cliché teenagers do in the evening, watch Netflix and comfort eat, I started going for runs in the evenings (followed by Netflix and comfort eating!). My parents knew I had changed when at Christmas, instead of asking for Urban Outfitters clothes,

I asked for a boxing bag. Boy, were they shocked! Since then I've been practising nearly every evening and it is addictive. Once you imagine the boxing bag is someone you absolutely despise, it starts to feel a little lighter and your punches get a little harder! I practised just outside my house, in our small patio area. Delivery men would walk past, watching me practise, and when I looked up at them, they seemed surprised that I was a girl because boxing is perceived as such a masculine sport.

Growing up, I never really properly learnt about self-defence. As young girls we are taught in school to be

careful walking home alone at night and to always walk with someone else. We often have less freedom than boys do when going out because of this. I know this is all for our own safety, but it somehow feels unfair. Why do we live in a society where girls are constantly afraid of what could happen to them anywhere at any time? I understand that this can be the case for some boys too. However, it feels like self-defence sports like Muay Thai, Kung Fu and Jiu Jitsu are all advertised towards men or we just never see enough women taking part. So, I encourage you to take up some sort of self-defence before it's too late. You never know when it will come in handy and, I for one feel hugely more confident knowing that I can not only protect myself, but my friends and family.

By Asha Persaud

MY THOUGHTS ON GRADE ASSESSMENTS

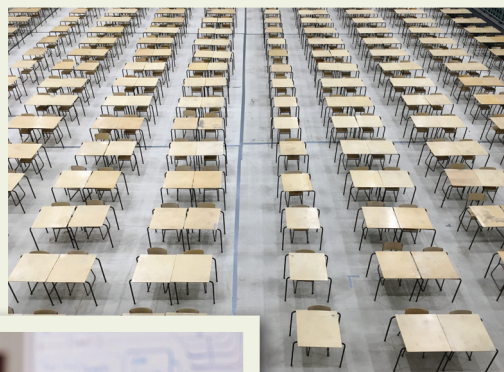
Out of the crypts of the grey halls of Whitehall emerges a thin figured suited man, with an aroma of black coffee following him. He sits on his wooden desk clasp his ballpoint pen, whilst noting upon a string of documents. One of them is titled 'Examinations 2021' and the rest of the page is blank.

These are likely scenes that emerged at the Department for Education. One thing is certain, there was little coming out of the halls to calm down either students or teachers.

Whilst now we *supposedly* have a clear idea with what is going on with assessments, the Department for Education sure liked to keep tensions high by notifying students of the exact plans just four months before exams were to go ahead. Even though they had a wealth of time to come up with their masterminded plan; a plan which has seemingly left everything in the hands of the teachers. They could have handed teachers this news months ago, and it wouldn't have made a difference. Then again, Williamson is known for his distinct approach as Education Secretary, where his tenure will likely not be forgotten.

So I ask, how did an Ex-Defence Secretary – thought to have leaked high security information to possibly the most hostile state in the modern world – land a core cabinet position which affects every single person in education (which is of course largely the youth population)? After a monstrous standardisation model which led to students being granted far lower grades than they deserved, the man still managed to hold his position.

As most Politics A level students know, one of the core tenets of the British Cabinet is 'Individual Ministerial Responsibility'. It seems the Education Secretary has pushed this

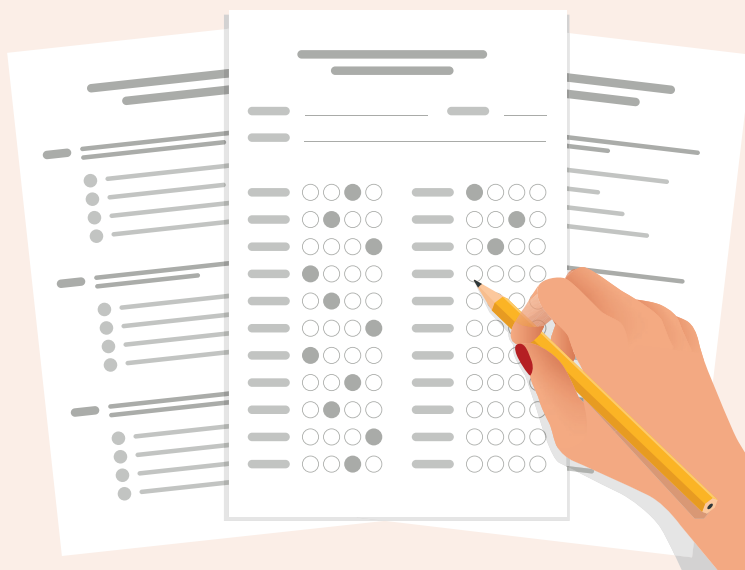


Although I am grateful he's placed his trust in teachers whose trust with him long disappeared, I am sceptical that all is solved. I may be falling to inductive evidence, but

convention completely out of the Downing Street window – likely, thinking 'I can't get it any worse than here'. But, with new stories coming out such as the national tutoring programme hiring Sri Lankan teenagers below minimum wage to teach the nation's youngest, it seems the second time is not holding well so far for Mr Williamson.

I fear that history will repeat itself in terms of a grade failure in 2021 results. I do however remain thankful that our teachers will at least be supporting us as best they can.

By Brampton Student



CAPTURING A MOMENT OF TENSION

My sculptures are made from plaster, fabric and resin. They were made to be seen in an exhibition space where the viewer could observe them from all perspectives.

I am interested in how sculptural materials can get close to representing a body. I hope the viewer can see the process in the finished pieces. For example, see the imprints of my hands on the plaster or see where the sculpture has broken and been repaired.

Using a combination of malleable and resistant materials is important as I am interested in capturing a moment of tension when our emotions impact on our physical form. I focused on sculpture after going to Cathy Wilkes' exhibition. Wilkes has said that her work "is to do with the impossibility of completely feeling what someone else feels."



I find this idea compelling as it echoes my own experience. By looking closely at the materials and then stepping back to a wider perspective, I hope the viewer will reflect on the relationship between the figures.

By Lola Wendon

TEACHER HOT SEAT

Lucy Wood, Head of Geography, is put on the teacher hot seat for some grilling!

Describe yourself in 3 words!

A strong woman.

Where and when did your passion for Geography begin?

As a teenager I became very concerned about the negative impact of human activity on different environments. I was drawn towards Geography because it presented an opportunity to learn about the causes and consequences of environmental degradation alongside analysis of different management options. Although I combined Geography with Science A levels, I became fascinated by human modules at university, so I really appreciated the breadth of study on offer.

Which part of the subject interests you most?

I particularly enjoy teaching and learning about our biggest global challenges – the disrupted carbon and water cycles as well as the development gap.

What's the best part of teaching? And the worst?

The best part of teaching is spending time with teenagers – they have lively minds and creative ideas. The worst is the marking.

Why teach at Brampton?

At Brampton I am able to form more effective relationships with my students due to the small class sizes. We are well resourced so it is possible to provide the academic and pastoral support that students need. Indeed, I have seen many young people turn their lives around. Also the staff are brilliant to work with – the whole team is focused on achieving the best outcome for our students.

What have you learnt from your students?

A lot of subject knowledge as they are skilled independent researchers. My students have additionally taught me to be more flexible as every individual learner is different and I need to be able to continuously adapt my lesson plans. I have been inspired by their resilience and kindness too.

Tell us something your students would be surprised to find out about you?

I used to own a horse.

What's your party trick?

Not showing up!





If you could have dinner with any person who ever lived, who would it be and why?

The Queen – I would ask about the fourteen different Prime Ministers she has worked with during her reign.

If you were the richest person in the world for one day, what would you spend your money on?

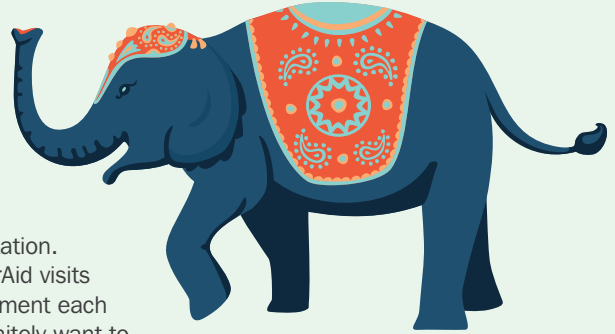
Schemes to improve clean water and sanitation. A speaker from WaterAid visits the geography department each year and I would definitely want to support the work of this NGO.

What book, movie read/seen recently you would recommend and why?

I would recommend Mr Loverman by Bernadine Evaristo. It is a fresh perspective on migration from the Caribbean to London and the writing is vibrant.

What's your favourite joke?

Whatever John Crace has just written.



What's on your bucket list?

I would love to explore the many cultures of India.

What's the best piece of advice you've ever been given?

To reject hate and champion hope.



I LOOK FORWARD TO THE FUTURE KNOWING THAT THERE COULDN'T HAVE BEEN ANY BETTER PREPARATION

My name is Gaurika Singh and I am a final year A level student at Brampton College. I will be going to Tufts University in Boston, USA, come this autumn to pursue my further education.

I am an international swimmer for my country Nepal, and have been swimming competitively since the age of nine. I was fortunate enough to have been able to represent Nepal at the Rio Olympics in 2016, and was the youngest athlete at just thirteen years old. Subsequently, I have taken part in two World Championships and have also been selected for the upcoming Tokyo Olympic Games scheduled for July 2021. I have won 4 gold, 3 silver and 6 bronze medals at the South Asian Games held in 2016 and 2019 for my country.

I am also a Goodwill Ambassador for two charities in Nepal- Maiti Nepal which focuses on the rescue and rehabilitation of women and children who have been trafficked, abused, and abandoned as well



as Santi Education Initiative- a charity that builds schools in rural Nepal.

I currently train at Camden Swiss Cottage Swimming Club. This entails 8 sessions per week with 4 of those before classes (4.45 am alarm call) as well as land training sessions with a personal trainer.

This is where Brampton College has been such an amazing choice for me. I was looking for a sixth form college which would not only help me achieve my academic goals but also afford me the flexibility to maintain my rigorous training schedule.

High academia and flexibility aside, the small class sizes and quality of the tutors make for great personalised learning. Knowing that I can communicate with my teachers about any issues, and having the backup of tutorials when the need arises, has been invaluable. In December 2019, I travelled to Kathmandu, Nepal to participate in the 13th South Asian Games. That meant missing almost three weeks of school- almost unheard of at that level! However, as I was able to regularly touch base with my tutors, I recovered quickly. I even had a neat pile of notes waiting for me when I returned so I wouldn't fall behind.

During the last lockdown, when pools shut in England for four months, I travelled back to Nepal to swim as pools there remained open. Again, it hardly impacted



upon my preparations for the finals as I was able to attend classes online. The college also arranged for me to sit some tests at the local British School under invigilated conditions. The kind of support and understanding Brampton has provided me is invaluable, especially since I cannot afford to miss training for months on end with the Olympics around the corner.

I feel being at Brampton has allowed me to grow as a person and helped me to prepare for the next phase of my life. I have learnt to better manage my time and, in many ways, own my academic career. I look back at the last two years and I'm amazed at how quickly the time has gone by. Many lessons learned and many relations forged, I look forward to the future knowing that there couldn't have been any better preparation.

By Gaurika Singh

IS FILM COMING BACK INTO FASHION?

I've been meaning to write this article for a long time now but I have not been able to get my film developed due to COVID. Luckily, since shops opened up and my exams have finished (hurrah!), I've managed to develop my 3 rolls of film! Here are some of my favourite film photos that have been developed.

As much as my generation is criticized for our use of technology, we never fail to be incredibly creative with it! The idea of things from the past coming back into fashion is becoming more popular. In the last two years, I'd say it's been a trend to use disposable cameras to take photos throughout summer, and even more recently my Instagram feed has been filled with disposable photos (and I'm not complaining). There is something so wholesome about the use of photographic film... I guess for me it is because you only have a limited amount of film e.g. 26 shots, so, therefore, you really think about what photos to take. Whereas with the newest iPhone you have over 128GB of storage for photos and you take the photos first then think after. What's also different is that you can't look back at the photo like you usually can on a phone or other modern digital cameras. With a film camera or disposable, you get one shot and that's it.



So why get a film camera you ask? So many reasons, not to mention that they can be a lot cheaper than the average 1080p digital camera. I bought mine from Depop for under £80 and I do not think I've ever spent my money on something more useful. What's more is that the overall quality of a film photo just looks better, a higher resolution, and the darker colours are more defined.

With a film photo, I just know that the person taking the photo was really living in the moment compared to the person taking a burst of photos with an iPhone. It's also the fact that they can get the physical version of the photo and keep it for sentimental value such as putting it on their wall or in a photobook.

Throughout these difficult times, I've been paying more attention to little things like moments with family and friends. The use of film photography has allowed me to do just that. I've always been a sentimental person, for example, I've kept all my birthday cards since my 14th birthday because I love rereading what people write. Looking back at film photos on the glossy paper is the visual version of that. Being able to relive moments through photos is something I believe will never die down and I think after the Coronavirus lockdown, more people are and should be investing in film



cameras and disposables.

So I encourage you to invest in a film camera, take it wherever you go, whether it's just a family meal, a catch-up with friends or traveling somewhere. Use it to create your own personal memory bank.

As this is my last article for Brampton College, I would also like to take this as an opportunity to thank everyone at Brampton for supporting me, particularly my teachers. Brampton has been a big part of my life for the last three years and I am sad to be leaving. I hope to see familiar faces again during my gap year whether that be police patrolling (see recent article online about my police shift) around the area or popping in to give some of my favourite recommendations for true crime documentaries.

By Asha Persaud

LOCKDOWN INSPIRED ME TO START MY OWN BUSINESS

During the first lockdown in 2020, I decided to develop my selling page on Depop - I was bored and had lots of unwanted clothing clogging up my wardrobe!

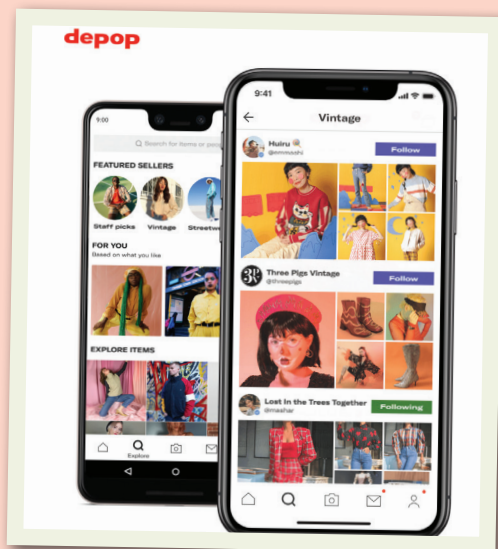
Depop is an online fashion marketplace app for people to discover unique items. To quote them, 'With a global community buying, selling and connecting to make fashion more inclusive, diverse and less wasteful. This is what transforming fashion looks like.'

I realised quickly that I had to develop my page to be as attractive as possible with great photos (luckily, I was studying GCSE Photography) and with lots of effort every day to post new products and keep my page

looking fresh. I soon picked up several thousand followers and my sales were growing weekly. In fact I had to start buying in stock to sell and quickly learn how to trade to make a profit. This was an exciting learning curve as I realised it's not just knowing a good product, it's also being able to buy it at the right price.

I'm studying A level Business and it's proving very useful to be taught about the mechanics of running a business. I'm hoping to move on to a Business degree at university next year, with the aim of running my own business in the future.

By Amelia Lubin



WE RAISED OVER £20,000 FOR THE EMERGENCY OXYGEN FOR INDIA APPEAL

The terrible impact of Covid has shown that we are all interconnected and interdependent, and that this is a world problem that we cannot ignore. We are keen to do everything we can to help those in need, and have in mind a number of students who have friends and family in India who may be suffering as a result of the pandemic.

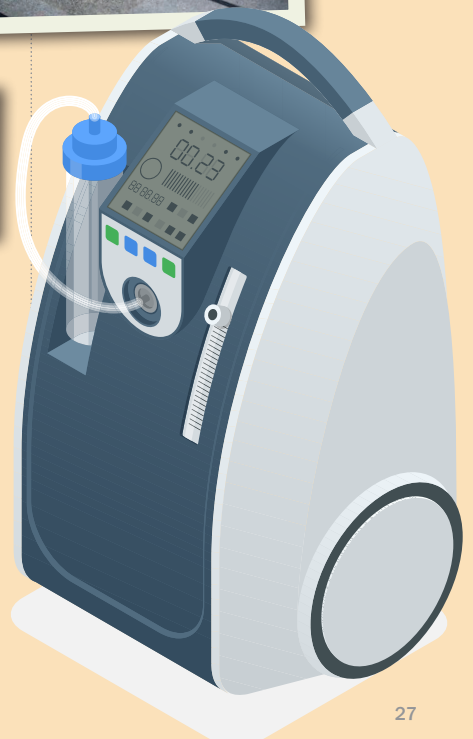
India's Covid-19 reported death toll has now tragically passed 398,000 (at time of printing) and continues to rise exponentially, particularly in the villages which contain most of the population. As a college community, we felt it was imperative that all possible action was taken immediately to ensure that vital oxygen and medical equipment reaches those in desperate need.

So this summer Brompton College and the Brompton Charitable Trust partnered with the British Asian Trust in support of their Emergency Oxygen for India Appeal. Together, we have raised over £20,000 for the appeal, which will provide 24 oxygen concentrators and will save an extraordinary 14,000 lives. We are hugely appreciative of everyone's generous donations, but the situation remains desperate. If you would like to donate, please visit our JustGiving page which can be found via our website.

By Brompton Charity Committee



British Asian Trust
**OXYGEN FOR INDIA
EMERGENCY APPEAL**



THE GREAT LAND BEYOND

And on their adventures, they
persisted through,
To reach the great land beyond the
little room.

An expedition, a voyage, a quest to
the unknown,

As the waning sun discovered their
creations,

The new contraptions of man.

Shifting cogs, great structures of
iron and steel,

Bleeding oil, steadfast in its ability to
push, shove, open and close -
a substitute to the human body.

And the toil and the labour and the
nights spent

Unearthing all that we needed,
Fuelled the world, helped it to tick...
or so we thought, in our hastiness
To build brick upon brick.

They developed, grew, and revelled
in the glory

Of revolutionising a planet

So broad and so big on its axis.

But man came to forget
the simplicity

Of a creation as elementary as

A brass pole, with ridges carved to fit

Every space, gap and hole

And the power to unlock the doors
of that little room,

Which led to the great land beyond

Where once children had breathed
in the air

Crisp and pure, uncontaminated

From the polluted skies, no
distorted shapes

to warp their view

Of a serene and infant world.

And they were those who grew,

With nothing but a key in
their pockets.

By Imaan Rashid

