



## The Environment: What Can We Do?

Whenever the environment is brought up, it beckons the age-old question, “But what can I do?” so we’ve listed the many ways the school could help reduce waste and do our bit for the environment.

*Written by Mika Proctor*

“Surely it is our responsibility to do everything within our power to create a planet that provides a home not just for us, but for all life on Earth”

*Sir David Attenborough*

The Earth is the most important thing to humans and to every species that lives here. Without it, everything would cease to exist. Unfortunately, we are slowly, but surely, creeping towards a future where the environment is damaged permanently. A future where entire species are completely wiped out, the air becomes impossible to breathe in and survival becomes more and more futile.

We must put a stop to this.

Already, the disappearance of over 160 species has been declared by the IUCN (International Union for Conservation of Nature) over the last decade with humans being largely impactful in some of these species’ demises.

There are some species that are on the verge of extinction. Since March 19 2018, there are only two Northern white rhinos left in the world. Najin and Fatu are two females, meaning the species is now functionally extinct.

However, hope is not all lost.

If there has been any positive outcomes from the pandemic, it’s the decreasing carbon footprint around the globe. The pandemic has caused humans to take a step back from all the daily activities like driving our cars to work, which had been putting constant pressure on the Earth.

Particularly back in early 2020, natural water sources and underwater species were thriving. Some aquatic animals were spotted in places they hadn’t inhabited for years. Back in March 2020, dolphins had been spotted in Venice’s Grand Canal.

Now that life is starting up again, it is even more crucial to be mindful about the planet. As a school, there are several simple things that can be done to help, but you could also start doing some of these things at home!

## So, let’s start taking *action*

### 1. Form a cycling, carpooling or walking group

Cars are one of the main air polluters in towns and cities. Diesel and petrol vehicles produce pollutants which are then released into the air we breathe. Carpooling (or car sharing) is a great way to reduce the number of cars in our community. You could

car share with friends who share the same route as you!

### 2. Eating green

Eating greener is not only good for the environment but also for our health! By reducing the amount of meat we eat, we are reducing the amount of greenhouse gases being emitted. Take a look at the food you consume at home and at school. Is the food ethically and locally sourced?

### 3. Recycle, recycle, recycle

You’ve probably heard this one before, but recycling is so important. Take a look at the things you feel like throwing out. Could they be used for anything else? Could you give them to someone who could refashion it in some way? Being mindful about the things you throw away can make such a difference.

### 4. Be energy sufficient

This is perhaps one of the more important ones for the school as a whole. If you’re leaving a classroom, turn the lights off. Try to use natural lighting whenever possible. Keep doors shut during the winter so heat doesn’t escape. For a more environmentally – friendly classroom, make sure it is well

insulated and use sustainable materials.

### 5. Use less paper

Schools in general use up a lot of paper. Paper is obviously a bit of a necessity in a school, but there are easy ways that will help reduce the amount that is being used each year. Setting more things online, for example, can greatly reduce the amount of paper being used.

These things can’t all be implemented at once in school but they still apply at home too. Some of these things are really simple to do and we highly encourage you to start being more mindful about your impact on the environment.

## The Importance of Meadows by Willow Showers



Yr 8 student, Willow Showers, has written a lovely article on the declining number of meadows in the UK.

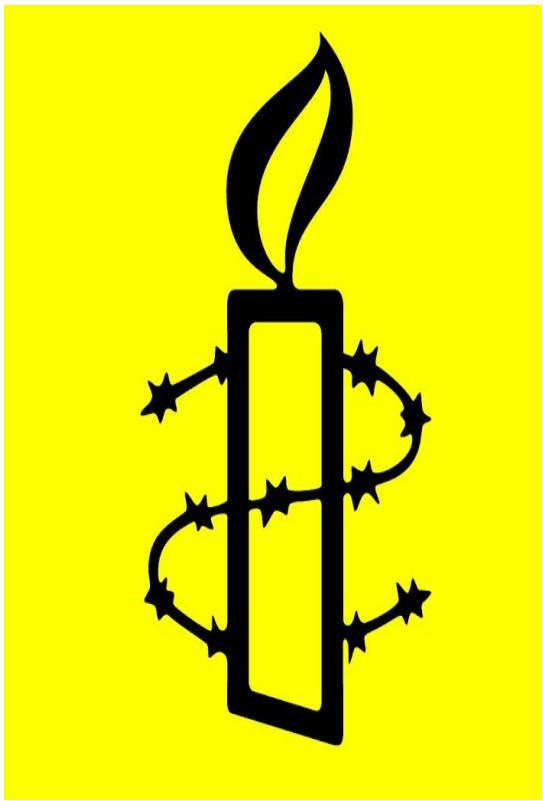
*Read more on page 5*



The next two articles have been written by students who are part of the Amnesty Club we have here in school. Both articles talk about women who have/had been wrongfully incarcerated for speaking up against inequality in the countries they live in. Both Nassima al-Sada and Nasrin Sotoudueh are very brave women who have fought for what they believe in. They are, of course, not the only ones. There are millions of brave women who continually resist again inequality in the ways that they can. The fight for equality everywhere is far from over, but women like Nassima and Nasrin are at the forefront of change. If or when you have the time, go to the Amnesty website. There are several articles that explain what is happening to women around the globe and you can see for yourself just how far we have yet to go.

# Nassima al-Sada has been freed

## Charlotte Ranson



**Nassima is a human rights defender from the eastern province of Saudi Arabia. For many years she has peacefully protested against the outdated political and civil rights and women’s rights still kept today in Saudi Arabia. She has also continued campaigning to end the unfair male guardianship system which suppresses women in Saudi Arabia enabling them from doing simple day to day tasks without men, such as driving.**

Unfortunately, Nassima al-Sada was targeted and detained by the Saudi government without

charge or a trial from July 2018 to June 2019. She was only trying to stand up for what is right. This mother of three was cruelly placed in solitary confinement from February 2019 until the start of 2020. On 25 November 2020 Nassima was handed a sentence based on cybercrime laws without specifying what crimes were actually committed, to which she appealed.

After being held in solitary confinement for months Nassima was later transferred to al-Mabahith Prison in Dammam from which she was finally released earlier last week along with another women’s rights defender, Samar Badawi. Both women were sentenced to five

years imprisonment for their campaigning and are now free after their sentences were suspended. However, they still remain barred from travelling abroad for five years as part of their conditional release.

She is just one of the many activists in Saudi Arabia who have been locked up and denied freedom solely for their work defending human rights. There are still many women in need of help, Amnesty is trying hard to release every human rights defender wrongly arrested by the Saudi government. They need your help. Visit the amnesty website to take action.



Check out the Hillfest review about the different performances-including Hillviews’ very own Adele Miller!



Look out for the “This Much I Know” style interview with Mrs Fitz!

# Free Nasrin Sotoudueh - Amnesty Club

Nasrin Sotoudeh, a human rights lawyer is currently facing 38 years in prison and 148 lashes for representing opposition activists and defending women’s rights.

This article does briefly cover the topic of physical violence.

## Visit amnesty.com to sign the petition to help release Nasrin

She has dedicated her life to peacefully defend women living in Iran who suffer from discrimination. She has shown her courage and dedication to protest against Iran’s unfair and unjust forced veiling laws as she believes no women should be prosecuted for removing their headscarf. For this reason, she has been persecuted.

Women in Iran are not allowed to leave their homes without covering their arms and legs with clothing and covering their hair with a mandatory headscarf. Countless women created a movement against the hijab, staging an act of resistance and defiance, now Nasrin faces a jail sentence. In 2010 Nasrin was sentenced six years on propaganda charges and for conspiring to harm state security, she denied both. She was only standing up for human rights

However, many years later, in 2018 she was again sentenced and charged with insulting Iran’s supreme leader, spreading propaganda and spying – charges she also denied.

Due to the outbreak of the coronavirus, Iran granted temporary release of Nasrin, as she contracted COVID-19 and fell ill. But not long after her brief release, only a few weeks, she was again returned to prison on 2 December 2020. Health officials were against this as they stated she still remained infectious however she was still returned.

Amnesty believe that no person should ever be imprisoned for saying that women should be able to dress however they want. Nasrin has even been separated from her husband and two children – this is wrong.

We need your help and support to free Nasrin Sotoudeh and end the harshest sentence given to a human rights defender in years in Iran..



‘Nasrin is not a criminal. She is a human rights defender’

Nasrin Sotoudueh in 2011



More and more women are being thrown into jails and detention camps for simply fighting for equality and peace. If you are interested in learning more about the fight for women’s rights, then make sure to use social media to your advantage. Follow women who actively use their account to spread awareness about female issues and do your research...! If you are a man who is looking to support the cause, then don’t overlook or belittle women’s problems. Listen and be open to change, don’t try to shut us down. Regardless if you’re a man or a woman, support each

# This Much I Know... by Lily Msalami YR8

Year 8’s Lily Msalami went down to the sports office to interview Mrs Fitz for the newspaper. This is what she had to say...

**What was your earliest sporting memory?**

My earliest sporting memory was the school race where I beat my brother.

**What would you do if you weren’t a sports teacher?**

If I wasn’t a PE teacher, I would be a doctor because I like helping people. I’ve always been fascinated by medicine too.

**What would you say to your 16 year old self?**

If I could tell my 16 year old self one thing, I would say to believe in yourself. I think that when I was 16, I didn’t quite believe I was good enough.

**What is your greatest strength?**

My greatest strength is motivating people who are struggling.

**What was your first lesson like?**

It was awful. Someone crashed into a netball post. Looking back, it was quite funny.

**Finally, what do you love the most?**

I love my family and sport. My family are awesome, and sport is the answer to everything in the world. It’s absolutely true and I stand by that. Sport brings people together.



## The Spanish detective

They entered the gallery at about 7:30, as the sun was rising. There had been a reported heist late last night, and Isabella and Lars wanted to know what was going on. As they walked through the main door, they were immediately greeted by a gush of air. "Oh, it's kinda hot in here," Lars spoke in his thick Swedish accent, as he took off his jacket. "Hot? I'm so cold that my fingers are blue!" Isabella quietly exclaimed, zipping her coat right up to her chin, and sipped her boiling mug of coffee. As Isabella wasn't really the talkative type, Lars walked out of the room to find the police so they could get some answers for their questions.

Isabella scanned the room wanting to know more. There were 3 frames of paintings lying empty on the floor with flakes of paint sprinkled around them, a rope coming down for the ceiling, waiting to be tested for fingerprints and ashes around a recently lit fireplace. Isabella sat her coffee down on a desk as she began walking towards the picture frames.

She walked towards the picture frames silently, whilst getting her phone out of her coat pocket. Isabella crouched down calmly, and slowly began to examine the empty frames, one by one. She was breathing carefully, as she did not want to disturb any of the flecks of paint round the frames. She took neat photographs of the empty portraits, took off her pair of gloves and stood up.

She was satisfied she had found what she wanted.

Isabella picked up her coffee from the desk, sat on a chair, crossed her legs and fiddles with her necklace as she thought. She tapped her foot on the floor, and continued to sip on her coffee. She felt a gush of air hit her as Lars strode back in. He had a calm expression on his tanned face, and sat down next to Isabella.

"Well?" she turned to him, trying to start the conversation that needed to happen. "The police have nothing so far," he spoke, as calmly as ever. Isabella was confused. "So why are you so calm? That's more work for us,"

"Because for now we can go home and I can have some pickled herring."

"Well, I'll second that if I can get some olives."

They both chuckled. "deal." Lars said, as he walked out the room. Isabella took one last glance of the gallery, still confused as to why the police have no leads.

But for now, she decided to let it go, and followed Lars out of the room.

By Isabella Whybrow Yr.7



# ‘The Importance of Meadows’ by Willow Showers

Some people may have a meadow near them, and some people may not. If you are lucky enough to have a meadow near you, you will probably know that they are constantly buzzing with life. But the truth is that wildflower meadows are very rare.

In fact we have lost 97% of our wild flower meadows since the 1930s. It is more important than ever to protect our wildlife, we must preserve our meadows and protect this unique habitat.

The small percentage of wildflower meadows that are left tend to be small and isolated, which is not good for the health of the wildlife that lives in it. If the population of animals is small, individuals may not be able to find mates, and if they are too closely related, then genetic problems can occur.

How does the loss of meadows affect what we eat?

Meadows have an important role in supporting pollinators like bees, butterflies and hoverflies, which allow plants to fruit, set seed and reproduce. This provides food and habitat for a range of other creatures, including humans. For example, if a bee pollinates a willow tree, that sets seed, which grows into another tree, it creates important habitat for a wide range of other animals. Kew.org states that: "...the health of our natural ecosystems is fundamentally linked to the health of our bees and other pollinators. Maintaining our native flora also depends on healthy pollinator populations." Positive News! A project helping to re-introduce pollinators in Kent.



A picture taken by Willow of a meadow near Kemsing

A scientist named Dr Niki Gammans has lead a project to re-introduce the short haired bumble bees, which went extinct in Britain. Wired gov.net say that: ‘Farmers in the area are a vital part of the project and have put in place measures including pollen and nectar rich flower margins and rotational grazing.’ They have helped create corridors of suitable habitat linking farmland and nature reserves in the area, allowing bees to spread out. By creating corridors of flower-rich habitat across Romney Marsh area, we have seen an increase and spread in the numbers of bumblebee species in Kent. Five threatened species, which include England’s rarest bumblebee the shrill carder bee, have all increased their geographic range in this area after decades of decline.'

What can you do?

There are lots of ways can help preserve our wildlife and meadows. Here are a few things to do:

Leave your lawn to grow longer; you'll be surprised about how many more bugs and insects live in the grass. You could also put in some native flowers such as, Clover, Bird's foot trefoil and Self-heal.

Visit your local meadow and take a friend along to share the experience. You could even use social media to spread your enthusiasm, and maybe get more people involved.

Join a local wildlife group and get involved with volunteering with them. This can show your support and eagerness to help out.

Avoid using herbicides and pesticides in your garden as this can lead to serious harm or death of many creatures in your garden.



Contact your local council to encourage them to not cut verges of grass too short, this can make it nicer for wildlife and create wildlife corridors.

# Hillfest – A dazzling showcase of talent throughout the school.

Written by Mika Proctor

On Friday, countless students and staff put together a day of celebration, talent and passion which was enjoyed by the whole school.

With bright community spirit, we joined together to celebrate our talented teens for the first time this year, after what has been the most arduous year for the performing arts department. Walking to the venue – with the sun shining – our school finally felt like the inclusive and vibrant community we all know and love.



This year’s fest was a complicated affair for the organisers with social distancing, one-way systems and year group buddies, but it didn’t hold us back from appreciating the unique and diverse selection of performers that make us such a great school. From Year 7’s line dancing as Jessie (the cowgirl or in this case, *cowgirls*) to the rock stars of Year 13 singing a classic Beatles song – we were not “let down”.

Some pieces were simply brilliant – our very own Adele (no, not the one Chasing Pavements) – yes, our Adele who sang a beautiful cover of “Boys Will Be Bugs”. It seemed that everyone was captivated as she stepped out onto the stage accompanied only by her guitar

*“From Year 7’s line dancing as Jessie the Cowgirk to the rock stars of Year 13 singing a classic Beatles song, we were not “let down””*

She radiated pure confidence and the cheers from the crowd were deafening. The year 13 musical theatre numbers were also highly enjoyable as I’m sure everyone could recognise to the incredibly popular songs from “The Little Mermaid” and “Aladdin”.

We can’t forget the dances that were performed. Each and every dancer that went up on stage were all so well-coordinated and you could really see the hard work shine through. It really paid off!

Of course, how can we talk about Hillfest without briefly mentioning the food (this may be the music page but I’m the editor so I can make an exception this *one* time). The seasonably warm weather meant that the ice cream vans were constantly busy which, accompanied by such good music and drama acts, made the whole day worth it.

Well done to every one who performed on Friday and thank you to the teachers who made it all possible!

## Pride Month



At Hillview, we pride ourselves on our diversity of people and cultures. Sexuality is no different. If you are a member or ally of the LGBTQ+ community, know that you are valid and loved just the way you are  
Here are some LGBTQ helplines and websites to anyone who is struggling:

- <http://www.equalityadvisoryservice.com/> - A service for those who feel their human rights have been breached or violated.
- <http://www.childline.org.uk/pages/home.aspx> - Provides support for anyone with issues that include sexuality and race.
- <http://www.nhs.uk/Livewell/Transhealth/Pages/Transhealthhome.aspx> - The NHS provides help to anyone in need of medical advice about transgendered transitioning and support.
- <http://www.samaritans.org/> - Samaritans offers help to anyone in need of support through any emotional distress.

Anyone who feels inadequate or worthless because of their sexuality or gender identity should be supported relentlessly and we encourage any students who are allies to the LGBTQ community to help those who are struggling or suffering.



Go to page 9 to read about Hillview’s Rainbow Run and to learn more about the history of Pride Month.



Look out for the Year 7 stories and the artwork students have created!





This was my Blossom homework for art. It took my roughly 2 days to complete and I am very proud of it.



Katie Aspey yr.9



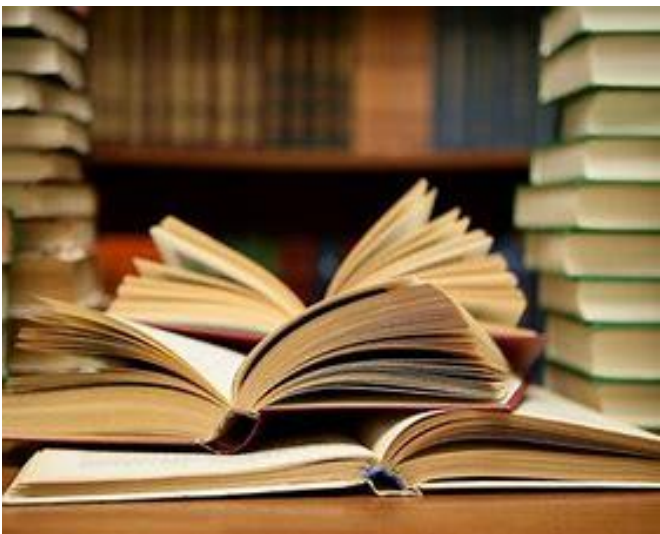
Amelia Milne 7F





# Books, books, books!

*Year 7 have written some book reviews about some of the new books we have in the school library.*



**This Book is Gay**

**Written by Juno Dawson**

The new revised and updated version of This Book is Gay tells us myths to gender identity. The illustrations by Spike Gerrell helps you understand just that little bit more and we all love illustrations, don’t we? Get to learn about LBTQ+ community and loads more. It doesn’t matter who you really are does it, you are you! But be prepared to laugh out loud!

**Marcus Rashford, You are the Champion. How to be the best you can be**

**Written by Carl Anka**

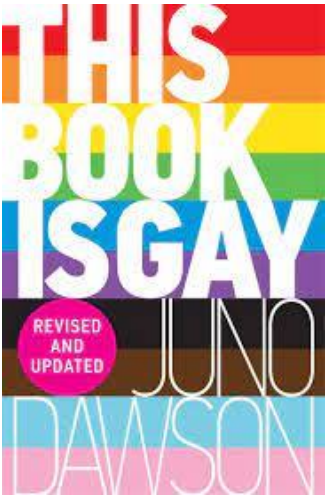
Life’s hard but you’ve got to live it! You just need a place to start and of course a dream! Learn those hacks and top tips on how to achieve your goals. Nothing happens overnight but if you read this book you’ll discover things you never knew you could do! Even if you’re not a football fan this will still have a great impact on how you see the world and your future. Marcus has so many stories to tell you, you just need get reading.

**The Girl who Speaks Bear**

**Written by Sophie Anderson**

Get ready to be taken into an ancient fairy-tale and to meet Yanka, a girl who has no idea where she was from. Her past is empty but that doesn’t stop her from climbing the tallest of mountains and don’t get her started on the icy rivers! Experience the magic of love and hope.

*Izzie Kemp*



**Goodnight Mr Tom**

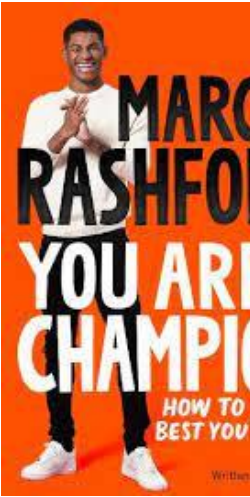
**Written by Michelle Magorian**

Goodnight Mr Tom by Michelle Magorian was published by Kestrel in 1981 and is set during WW2. The book follows the story of a young evacuee called Willie and his adventures in the village of Little Weirwold. Mr Tom and Willie develop a bond like no other causing reader’s hearts to melt. At the beginning of the story, Mr Tom is a grumpy old man who keeps to himself while Willie is shy and doesn’t talk to people but with the other’s help, they each transform and blossom into different people.

Magorian explains setting and different situations well and portrays character in an interesting way. She goes to an extent to write every detail down causing the imagery within the story to flow through the reader’s head. For example, when Willie goes back to London, the author shows us what’s happening by painting a picture in our heads. This is a good thing because we can clearly imagine the situation that the character is in. Her use of words expresses her ideas in a unique way. The plot is realistic and mainly follows Willie and Tom’s relationship while also exploring their relationships with other characters like Zach, Willie’s best friend.

In my opinion, I believe that Goodnight Mr Tom deserves a five-star review due to the fact Magorian clearly explains the characters, setting and plot. I think that her attention to detail is outstanding. I highly recommend!

*Chloe Holden*



Be sure to have a look up in the library to see what other books we have here! There is a wide range of books and you’re guaranteed to find a good book you can curl up with during the summer.





# Hillview’s Rainbow Run

by Elsie Moore

On the 23 of June Hillview organized and took part in a Rainbow run to raise money for LGBTQ charities. The race was held on the school field during lunch time and was for all years. Many people brought in flags and bracelets to celebrate! The run raised over 100 pounds with many students participating by either walking, running, or just watching! The run gave everyone a chance to meet people just like them or show their respects to the LGBTQ+ community. A lot of people brought picnics with them. The event was very kindly organised by the P.E staff who overlooked the whole ordeal. We were all very happy to have the opportunity to take part in such a wonderful fundraiser and we hope to be able to do it again!

# The History of Pride Month

by Mika Proctor



Marsha P Johnson 1945-1992

Marsha P Johnson was a transgender gay activist who was at Stonewall during the time of the riots. She was one of the most prominent members of the riots and was a founding member of the Gay Liberation Front, an organisation which fought to create a more fair and equal society. The GLF was not only for gay people but for feminists, liberals and African American people. Marsha along with her close friends and partners worked hard and influenced several more “uprisings” around the globe, particularly in the UK in the 70s.

Marsha passed away in 1992, after her body was found floating in a river. No one knows what her cause of death was, and it remains a mystery.

Sadly, Marsha has been greatly overlooked when talking about LGBTQ history, despite being such an integral member of change. It’s important to teach people about Marsha and others like her as several black gay men and women were at the forefront of the fight for equality.

Pride Month was initially created to commemorate the Stonewall riots that occurred in June 1969. Now, Pride Month is a chance to appreciate LGBTQ lives and reflect on the discrimination and prejudice people face because of their sexuality and gender identity/expression. It’s also a time to spread awareness about the people who are prosecuted because of their sexuality and the countries that still criminalise homosexuality. Most importantly, Pride Month is a time for freedom and celebrate that.

However, none of this would be possible if it were not for the Stonewall riots.

The Stonewall Inn was a gay bar in Greenwich Village, New York City and several gay people and activists were regular visitors there. In the early hours of June 28<sup>th</sup>, 1969, police came and raided the Stonewall Inn, arresting people and locking them up in police cars and vans that were waiting outside. The people decided to put up a fight. Bricks, bottles and glasses were thrown at the police officers and the Stonewall was set on fire. Eventually, around 400 people were rioting, and the police officers were forced inside the bar in retreat. For the next 5 days, riots broke out around New York City, calling for equal rights for gay people. Organisations were created in support and the riots at the Stonewall Inn became a galvanising force.

The very first pride march took place the very next year on June 28<sup>th</sup>, 1970. The march took off at Stonewall and it garnered lots of media attention worldwide. For the very first time, gay people were being able to go out into the street and celebrate who they truly were without having to hide away.

Today, the Stonewall is a representation of resistance and courage. It took a lot of bravery for the people to stand up to their oppressors and change history. The Stonewall Inn is still around today in New York and you can visit it to learn more about the true importance of the riots and how they paved the way for a more tolerant society.





In these current times everyone has their struggles, if you are in need of any help use these resources.

[Anna Freud National Centre for Children and Families](#) is a children's charity dedicated to providing training & support for child mental health services.

[YoungMinds](#) is the UK's leading charity committed to improving the emotional well-being and mental health of children and young people. They campaign, research and influence policy and practice.

[PAPYRUS](#) is a national charity dedicated to the prevention of young suicide providing help and advice for parents, carers and young people.

[Kooth](#) is your online mental well-being community. Access free, safe and anonymous support.

[Children's Society](#) provides information and support on different aspects of mental health and wellbeing.

[EIS](#) – Health and well-being resources for young people.

[Winstone Wish](#) is an online charity specifically created to support young people and adults that support them through a bereavement process.

[Reach out Youth](#) is a free service offering support to young people throughout West Kent. Anyone aged 13-19 may join.

You may be struggling with your mental health, feeling low, anxious or lonely, want to meet new people, or are just looking for something fun to do.

Always check in on yourself and make sure you're okay.

All these sources are free to use but remember that Student Support is there to help you and keep you safe.