

THE BOSWELLS SCALLOP



The Boswells School
Burnham Rd, Chelmsford, CM1 6LY

We have had a successful half term with 'Culture Week', a week of celebrating and exploring cultures from all over the world, set up by Deputy Head Prefect, Oli Headington. The whole school production returned and was extremely successful, well done to everyone who took part. We wish you all the best for the Christmas holidays.

Eloise Howell, James Russell, and Frances Hudson

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Philosophy Club

If you are interested in the big questions of life, or enjoy having deep discussions, then philosophy club is the place for you. Philosophy club meets every Friday lunchtime in C7 to discuss a different philosophical question. All year groups are welcome, and you are allowed to eat your lunch whilst there. If you have any questions regarding the club, please ask Mr Caba or Mr Rogers. As a member myself, I would highly recommend it to anyone interested.

Frances Hudson

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Culture Week

Recently, Boswells celebrated 'Culture Week' - a week focused on learning about different cultures and traditions from around the world. Each year group received an exciting assembly delivered by different members of the Sixth Form Prefect Team. These assemblies revolved around aspects of different cultures, highlighted the importance of cultural diversity, and encouraged students to acknowledge the variety of cultures that make up the United Kingdom. Year 7 also celebrated 'Culture Week' by decorating their own flags, focusing on what makes them special as a person. These flags have been displayed on the windows in the Sixth Form common room, which are visible to the whole school, and act as a warm welcome for students entering the school through the front gates.

Oli Headington, one of the Sixth Form's Deputy Head Prefects, was integral in the organisation of 'Culture Week.' He discussed in multiple assemblies how he was inspired to create a culture week after watching a TED talk of American musician and activist, Daryl Davis. Throughout his life, Davis has befriended members of the Klu Klux Klan, a white supremacist hate group in the United States, and has been directly responsible for over forty members leaving the group. He prompts open dialogue with the simple, and extremely provoking question: *'Why do you hate me when you know nothing about me?'*

Frances Hudson, Eloise Howell

Christmas Food Bank

This year, the Sixth Form Prefect team are planning to run a food bank to collect donations for charities in the local area. More information will follow in the coming weeks.

Sixth Form Open Evening

On Wednesday 10th of November, Boswells had a Sixth Form open evening, inviting prospective students to visit the school in person and to see all the different displays and presentations put on by the faculties. The event received high attendance from students not only from Boswells, but also from students from Chelmer, Sandon, and King Edwards Grammar School, to name a few. This is one of the first in-person events Boswells has held since Covid and is hopefully another step towards more in-person events. According to Luke, a Year 11 student, "The open evening was great – the teachers were really helpful, and I now have a far better idea of what I want to do at Sixth Form."

James Russell



Young, Black Activists of Today

Today's generation sees new flames of activists, stoking the fires of the legacies of activists before, who forged paths and blazed the way for today's voices of change. Through the historic influence of the likes of Angela Davis, James Baldwin and Alice Walker, their fight and what they stood for will continue to ignite change in many. Two young, black activists, who embody and embrace the legacies of change are Amandla Sternberg and Yara Shahidi.

Growing up as a young, black queer youth in the attention of the media, Amandla experienced directly the way in which the industry's misrepresentation of people of colour can be detrimental. This problem is not restricted to Hollywood but also society as a whole and such issues sparked activism in Amandla and whether it was in their 2015 YouTube video titled 'Don't cash crop on my cornrows' which made a poignant statement on the exploitation of black culture and cultural appropriation or their influential use of their social media platform supporting and educating people on the Black Lives Matter movement and speaking out as a queer, black youth, Amandla's strides for change is a source of inspiration to many. Amandla has credited their personal role model Angela Davis for their own strides for change. In 2015 Amandala's impact rightfully earned them the title of 2015's most influential teen- by in Time magazine.

Yara Shahidi is an emblem and role model for change and progress and channels the tenacity and perseverance of her inspirations, Alice Walker and James Baldwin. Through her experiences of racial discrimination in the American education system and sense of cultural minimisation as an African American young woman with Iranian heritage, Yara utilised her experiences to be a voice of change and hope and is also known for her activism in STEM awareness and feminism.

Lemuella Brehun, Year 12

In The News

On the 31st of October, COP26 commenced in Glasgow. The acronym stands for Conference of the Parties and is the annual UN climate change conference attended by all the countries that signed United Nations Framework Convention on Climate Change (UNFCCC) in 1994. The conference finished on the 12th of November.

Prime Minister Boris Johnson faced criticism for flying into Glasgow from London and vice versa on the journey back, despite saying in his speech that time is running out on a 'doomsday clock' to protect the planet. Johnson was not the only leader who faced criticism on their choice of travel to the conference. President Joe Biden was also criticised for flying into Edinburgh, then driving 42 miles to Glasgow for the conference.

Eloise Howell

Global Warming

Global warming refers to the increase in the earth's temperature, which can be caused by multiple different things: the burning of fossil fuels, deforestation, farming, consumerism, etc.

Although it may not seem like it affects you directly, global warming is a part of our everyday lives; it damages our homes and our health. A long-term effect of global climate change is The Arctic Ocean is expected to become essentially ice-free in summer mid-century, causing sea levels to rise and therefore the ocean would cover all coastal cities. Not only this, but if the arctic continues to warm, then we could experience more extreme weather events such as droughts, hurricanes, heat waves, tropical storms, even more frequently. It's important that we recognise the change in our climate, so we can make changes before it's too late. There are many very simple ways we can do this including eating less meat and dairy, only driving when necessary and so many more.

Evie McDaid, Eco Prefect

Mental Health

With the first set of Year 12 mocks coming (very quickly!) around the corner, we thought it would be topical to talk about academic stress and the lack of motivation that may come hand in hand. It is completely normal to feel stressed in these times as it shows that you care about the outcome. However, lots of us are experiencing a lack of motivation – a completely normal feeling, also. Here are some ways to help tackle lack of motivation:

- **Break each task down into smaller, more manageable sections** – this helps to give you a sense of achievement, making you want to carry on and be more productive.
- **Have regular breaks** – working for 3 hours straight is unrealistic and not sustainable in the long run and can result in burnout. A method recommended by many professionals is the "Pomodoro Technique" – work for 25 minutes followed by a 5-minute break, repeat this four times before extending to a longer break of 15 to 20 minutes. Though this may not work for everyone, it is much more sustainable and less likely to lead to academic burnout.
- **Create a to-do list of specific tasks for your study session the day BEFORE the session** – by having a specific list prepared, all you have to do is get yourself ready, sit down and crack on, without worrying about what you're going to do. This way, you feel more organised and are more likely to be productive.
- **Know your limits** – there is a fine line between being productive and over-doing it – revising for too many hours in one day can be counterproductive. Ensure you are doing enough to be productive, but not so much that it is to your detriment.

Connie Threadgold