



A MAGAZINE CREATED BY STUDENTS FOR STUDENTS!

Editor's Note: What is The Student Voice? **By Jack Beardwell**

The student voice is the voice of the next generation in the world but more importantly the students at the courtyard represent the voice of a marginalised group that is taken for granted and not often accommodated for and accepted, by society, neurodivergent people, people with autism or ADHD or "Asperger's" or other forms of neurodiversity.

What is the purpose of student voice and how will it benefit students at The Courtyard?

It will give an outlet for students to share their thoughts among each other, they can share their opinions, they have a space to express themselves, be heard, be seen and be represented and people can get an overview of what their peers think, not just their friends.

Why should young people have a 'voice' and not just listen to adults and do as they are told?

Adults definitely do have more experience and are good to regulate and guide kids when they're quite frankly, out of their depths but kids can often be more smart than adults sometimes, kids have a different view and they have a fresher more open and less biased, more FREE view than adults, adults can help guide kids based on the knowledge they know and kids can push the boundaries and open space for free thought.

How do you think a student voice may particularly benefit neurodiverse students?

Neurodiverse students have a vast range of opinions and thoughts themselves and sometimes lack an understanding of others opinions or might not understand a situation so being able to read the thoughts of other people will help them with understanding both of those things, but especially with just being able to express themselves in an area exclusively for people like them and read the thoughts and words of people like them, it will give them a place they fit in and where being themselves is the norm.

How do you see the student voices developing in the future?

Being more tolerant and understanding towards others and their opinions, feeling empowered and represented and especially feeling included and understood.



ESSAY OF THE TERM

Neurodiversity and Take The Lead: A personal essay By Alexia Bent

Take The Lead is a workshop where we learn how to navigate the working world using acting, presentation and public speaking skills.

My experience with Take The Lead was unique to say the least. The first two parts of the workshop I could get through fine, with the help of my peers. However, I found myself challenged, perplexed, when faced with the third and final part. Imagine, you sit by yourself, hearing that you'll be taking a mock interview with a volunteer. You see two men approach you. Two white, middle aged, businessmen. You may not understand why I immediately felt a sense of dread, as I realised that they would be my interviewers, so let me put things into perspective.

I've never had an interview before, I was not sure what or who to expect. But as I sat facing two people I deem the polar opposites of myself, I panicked. What could I possibly say to convince these men that they should hire me? I'm an amateur artist, and they work in a bank. They sit broadly, comfortably, while I sit anxiously, fiddling with my hands, making myself as small as possible. They wear navy blue and grey suits, as I am clothed in a red polka dot dress and Hello Kitty earrings. Not to mention the differences in our social status.

All my notes I had prepared might as well have been thrown out the window as I stuttered my way through the interview. I talked about my skills in art and design, and potential plans for my future. In return I received two rather cold looking faces. However my face grew hot and my heartbeat fastened. Not here, not right now. I couldn't be having a panic attack. As I received my feedback I tried to hold back my tears. They hadn't said anything upsetting or offensive, yet at that moment I felt so small and intimidated. I escaped the awkward moment as a teacher escorted me outside. **(continued on next page)**





ESSAY OF THE TERM

You'd think the worst of it was over, but what I found worse than all of the anxiety, was the feeling of embarrassment and failure. Even as I write this now I have to be honest in the fact that I do worry about how I'm perceived. Some people may think that I'm being dramatic or overly emotional and I hate that. I hate feeling like a burden. But because we live in a world that is not accustomed to people with diversities, I have to mask to fit in and be perceived as "normal". Eventually, that mask starts to chip away and we are forced to deal with our reality.

Masking is defined as when an individual changes or "masks" their natural personality to conform to social pressures. I was masking during that interview. I mask during school. Similarly, I code-switch, which is defined as shifting from one linguistic code to another depending on the social context. For example: talking with a "standard" English accent and not using slang while at work or school because you'd be seen as more professional.

Reflecting on the interview, I realised how much I tried to change myself to seem more likeable to two people I'll never have to meet again, for a job I'd never want to work. I spent days after the interview upset at myself for what? It wasn't even for a real job!

I'm now actively trying to remove that "mask" and stop trying to please everyone. I'll talk the way I want to and be passionate about my interests. I'm not lesser than anyone else because of my race, age, gender or disability. I learned a valuable lesson from Take The Lead in being true to myself and knowing that I am enough. Just being me, Alexia, is enough.



SIXTH FORM TRIPS

Sixth Form Social Highlight - Home Run House By **Liz Mfumu**

This social meeting was at a restaurant in Westfield, Home Run House. Seeing the trailer for it gave me a wave of excitement, curious about how it would be to play baseball and eat beautiful food. I'd give the experience a 10/10 because the food was amazing, the chips especially. Salty and crispy, as they should be. The ambience was wholesome and real. It felt as if we were all manufacturing a social fabric, a sense of community. Even people I wasn't close with, I found myself speaking to them. It was definitely an experience, an experience wholly underrated. Even getting on the train with the sun setting, sky purple and orange, only to arrive at the shopping centre felt as though moments like these can't be bought or wished for. As indecisive as I am, even something as simple as flip flopping with Hanan on whether to go or not felt enlightening. The atmosphere the entire afternoon revolved around this one restaurant and it felt uplifting. At that moment, we were family, waiting our turns to hit the ball with the bat. So many students came, and there was American baseball playing on the televisions. Little things like cheering and hollering at each other to do our best felt exhilarating. To me, everything felt like a feeling that I'd be chasing for as long as I can age. Everything felt alive.

I can only thank our teachers and keyworkers for giving us moments like these. We are extremely fortunate because people like them don't appear often, the truest individuals. The aspect that really stands out to me is that, they don't have to, but they do. Because they truly care about all of our wellbeing. Giving us occasions that'll not only bring us joy, but improve us as people in the long run. And that, to me, is the beauty of it all. Creating meaningful memories isn't something that comes naturally in life, but in The Courtyard, it is.



EDUCATIONAL TRIPS

LGBTQ+ Trip Experience. By Angelina Bou-Chedid

My experience of the LGBTQ+ trip was amazing. I learnt a lot more about LGBTQ+. I loved the fact that they had LGBTQ+ history and there were queer people of colour. Despite the museum being small it was really fun and they had amazing items. Finally I learnt that if LGBTQ+ members wanted to talk on a line its called switchboard.

"I've learned a lot from the trip. There were good posters, magazines and newsletters, I felt happy for LGBTQ+ because it showed it is okay to be gay. There's nothing wrong with it." - Queenie

"I liked it but it was sad how diverse our community is and love is love but people still don't get the message." - Chloe



WHAT IS YOUR OPINION?

Do you think the school should have a pet therapy dog? By Katie Castle

I think the school should have a pet therapy dog. It will help a lot of people if they are anxious, stressed and if they want comfort.

Why a therapy dog is good is because it can help people with mental health and even if they don't have any health issues it is just nice to have a dog around to help calm people. When Monty comes in it makes me happy and if I am in the blue zone in class when I come out of class and see Monty it makes me happy, excited and calm at the same time. Dogs make it easier to get back in the green zone.

How will the dog work in school?

So every day the dog comes in and hangs out in school. We will feed the dog and look after the dog and when it is break time and lunch time students can take the dog out for a walk.

Look how happy people are when Monty, Nathan and Maisie come in and when Tedward was here!

This is why we should have a therapy dog!





STUDENT COUNCIL NEWS

Council Updates By Nevan James

In the student council we have discussed many different things over the term. We have discussed behaviour levels and what is an appropriate response towards poor behaviour from students. See below the new behaviour level table created by the student council:

Level 1	Level 2	Level 3	Level 4	Level 5
Warning	Warning	Lunchtime detention	Isolation	two day exclusion
Teasing - when not appropriate banter between students	Continued teasing after warning from staff	Continued swearing	Persistent refusal to comply	Use of gang related vocabulary
Not following instructions	Not following instructions Incorrect school uniform	3rd warning after level 1 & 2	Verbal abuse to a teacher and/or physical aggression towards anyone	Verbal abuse to a teacher and/or physical aggression towards anyone
Chewing gum	Swearing	Swearing at a teacher	Consistent bullying of any form	Physical threats of violence with a weapon
Fizzy drinks	Play fighting in class	Refusing to go to class (3rd time)	Destruction of school property	
Distracting others from learning after warnings from teacher	Yelling to disturb staff or students	Homophobic/racist etc comment made (immediate detention)		
Refusal to go to lesson	Continued refusal to go to lesson (2nd time)			
	Name calling			

We also discussed a reasonable timetable for activities for break and lunch (Basketball, Champ, Football, etc.). This is what we have come up with:

Monday	Tuesday	Wednesday	Thursday	Friday
Basketball	Champ	Football	Basketball	Dodgeball

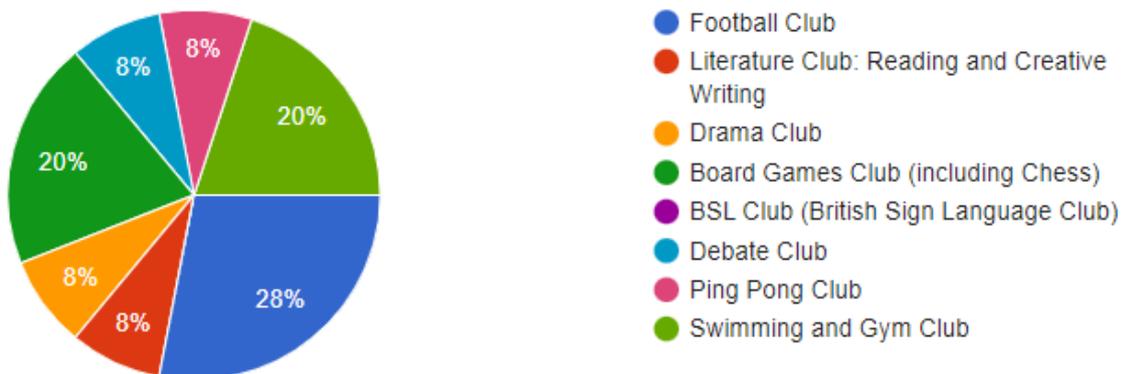


STUDENT COUNCIL UPDATES

Another thing we talked about in the meeting was that students needed more privacy and space to become more regulated. How do you think we could make use of space to improve our emotional regulation?

Earlier in the year we talked about enrichment activities that fit students interests, one of them being a Drama club which could help with the rehearsals for Lord of the flies.

A poll was sent out to students and these are the results:



There have also been things added such as SCERI targets, SCERI and Sports Star of the week.

On top of this there are also going to be quite a few students writing up some movie/games reviews, one of them being from Charlie Cutmore about The Batman in this magazine. Feel free to write your reviews!!

Lastly Mr Eardley decided that he wanted to run for the Brighton Marathon so he can raise money to take students sailing as this is very expensive. We welcome any ideas to help Mr Eardley reach his fundraising goal!

If you have any ideas or issues, please let the Student Council know so we can discuss it in future meetings!!

ENTERTAINMENT

The Batman (15) Review By Charlie Cutmore

Hello, I am writing today to talk about The Batman film starring Robert Pattinson. The Batman is a dark crime film made by Matt Reeves, and it leans in hard with the detective side as pretty much the second hour was Batman solving riddles and finding clues. The film is rated 15 and after watching the film it's not hard to see why as the most horrifying thing in this is the character of Batman because he can be quite scary and at some points it felt like the film should be rated 18.

The story was really entertaining and my eyes were glued to the screen for the whole 3 hours; every part was important. The main villain (The Riddler) was the best bit by far I'll try not to spoil it but the plot twists around this particular character are insane, you can see how much all the crew loved the batman mythos and storytelling with all the clues sprinkled throughout the film leading to a real website that you could access before the film to solve the mysteries that were in the trailer. If i were to rate it i would give it a 9 out of 10.



ENTERTAINMENT

Movie Analysis: **ENCANTO**

By Naomi Alebachew

Encanto shows in the beginning that Mirabel (protagonist) acts fine about not having a gift of power and that all her family members have one and it shows that she feels like she is not needed.

When she tries to help her family by decorating and making food in the Casita (the magical home). Abuela (Mirabel's grandmother) just says the best way she can help is not doing anything. She is kind of saying it's useless for her to help if she doesn't have a gift.

Mirabel wants to help for a special event because her younger cousin Antonio is going to find out what gift he has. When Antonio is feeling anxious to walk to the door with everyone staring he turns his head to Mirabel and says 'I need you' so she comes to help walk him to the door and as they are walking she gets this 'deja vu' when she was waiting to find her gift and how she felt happy to get her gift then that happiness faded away when nothing happened and the look of shock on Abuela's face. When Abuela tells Antonio he is just as special to get his gift she unintentionally makes Mirabel feel she may not really be 'special' because Mirabel doesn't have a gift.

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Further in the movie it shows that her relatives, even if they have a gift, go through a lot of pressure and shows that all the characters who are the relatives of Mirabel say that all they do is for the family, for example, Mirabel's sisters:

Luisa: Her gift is strength and she mentions in her musical number that 'she's pretty sure she's worthless if she can't be of service' She thinks she is weak if she doesn't have her gift anymore.

Isabela: The 'golden child' appears perfect and her power is growing flowers with the flick of her hand but when she realizes she doesn't have to be perfect she can change the plants to not just flowers but other plants like cacti. She is expected to marry a man who is in love with her and when her sister Dolores (who can hear things far away) says he want a lot of babies she just pretends that's fine she is only marrying this man for the family, but really just for Abuela.

There was this one relative Mirabel discovered called Bruno and that's when the song 'We Don't Talk About Bruno' musical line shows up. Mirabel finds out how Bruno felt alone and rejected and hides behind the walls of the Casita and would peek to see what's happening. Everyone in the house had their own plate with their name on it but Bruno, not really being in the family behind those walls, drew a plate on the table with his name on it which was just sad.

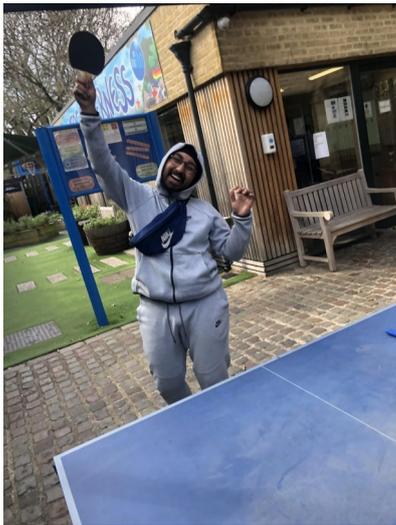
All the characters in the Casita have their own patterns on their clothes which shows what their gift is but Mirabel has all the patterns of the gifts on her clothes so maybe her gift was **hope**.



SPORT

Table Tennis at The Courtyard By Dev Singh

Everyday I come into school and I go up against the students and the staff members. I tend to play all pupils at break and lunch time and because I have a big ego I sometimes say to some staff and students that I will beat them but in reality they would end up beating me. I really like playing table tennis because I find it relaxing and gets me through tough and annoying times, also it's such a stress reliever. I enjoy playing with people who are better than me because it makes me a better player and helps me realise where I have gone wrong and improve on it. It can really help with socialising and confidence because I find it's an unconscious ice breaker because they don't know how much they're bonding while they are playing.



FOOD!

Healthy Eating By Elsharief Mohamed

Making healthy recipes is the key course if you want to make sure the healthier diet that you deserve.

Plus with greater opportunities to live healthy, eat healthy and be healthy so you need to eat a lot of fruit and vegetables.

For Example:

Banana Bread

Eggs = They are in the protein section

Sugar = Low in Fat but it's from the sugar and fat section

Bananas: In the fruit and vegetables section

Milk = Milk is in the dairy section

A tablespoon of Water

Bicarbonate of Soda

Flour = Flour is full of carbohydrates that provide good energy



FOOD!

Mini Lemon Cheesecake Recipe By Keira Curry

Ingredients for Cheesecake Topping:

- 2 tubs of 200g Cream Cheese
- 50g of icing sugar (a good shaking)
- 2 lemons (juice and seedless)
- Splash of double cream (if your cheesecake seems runny, add more of this and stir so more air is incorporated into it, however if it is thick, this is good, the thicker the better!)



Ingredients for Biscuit Base:

- Chunk of butter (50-75g)
- Half a pack of digestive biscuits (150g ish, you can use any biscuits, however)



Method

1) Mix all of the cheesecake ingredients together (the cream cheese, lemon, icing sugar and double cream) make sure it is well mixed, and you are getting lots of air into the mixture. Also make sure the lemon juice and rind is mixed in evenly into the mixture.

2.) Heat up your butter until it is melted (either on the hob or in the microwave).

3.) Mash up your biscuits into tiny pieces and put them in a bowl and mix in your melted butter.

4.) Press your biscuit base into moulds (you can use cake cases or no mould, but I find it easier to use one than not).

5.) Pile your cheesecake mix on top of the biscuit base in each mould, smoothing down the mixture on top and then leave in the fridge until serving (leave in the fridge for a minimum of half an hour, as the cheesecake is much better when served cool). When they are ready to serve, simply pop them out of the moulds, and enjoy!

ART

IMPRESSIONISM



Dorian, Y11



Ian, Y10



Naomi, Y9



Will, Y11



Tyrese QB, Y13

POSITIVITY!

Birthdays coming up:

- * Asya—11th April
- * Chloe—19th April
- * Aaron—21st April
- * Jack B—27th April
- * Dorian—28th April
- * Prom—4th May
- * Dillon—4th May
- * Nevan—26th May
- * Ian—31st May



Most Dojos this term:

Most Dojo points this week		Bronze – 250 points		Silver – 500 points		Gold – 750 points	
IAN	50	JOHNO	483	ANGELINA	743	AYMENE	814
NAOMI	41	LUKE	480	IAN	738	DORIAN	808
LUKE	39	AMY	424	FRED	710	PROM	794
JACK N	36	DAVID	417	XAUNDRE	705	JACK B	788
JAMES	35	BLAISE	418	WILLIAM	685		
DEV	34	KATIE	398	KEIRA	685		
KODEE	33	LIZ	376	NAOMI	683		
		MAX	387	AZARIAH	658		
		CHLOE	364	CHARLIE	653		
		ELSHADAY	343	DANIEL	651		
		QUEENIE	315	KODEE	649		
		DENNIS	307	JAMES	622		
		RUBY	271	DILLION	619		
				JACK N	608		
				CALLUM	594		
				DEV	587		
				JOHN	588		
				ELSHARIEF	580		
				YIGIT	544		
				TYRESE QB	538		
				SHANE	518		
				HENRY	513		
				LULA	513		

WELL DONE EVERYONE!



POSITIVITY!





POSITIVITY!

