

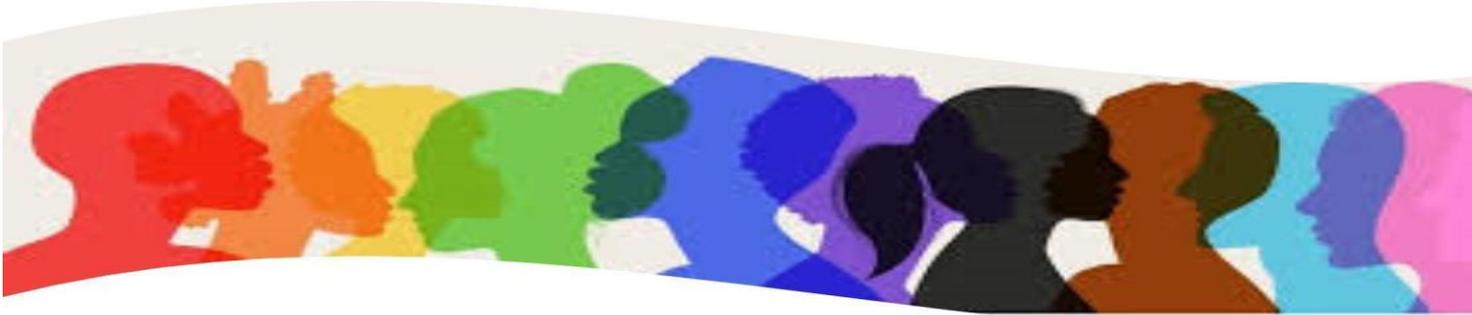
Diversity Bulletin

October 2023



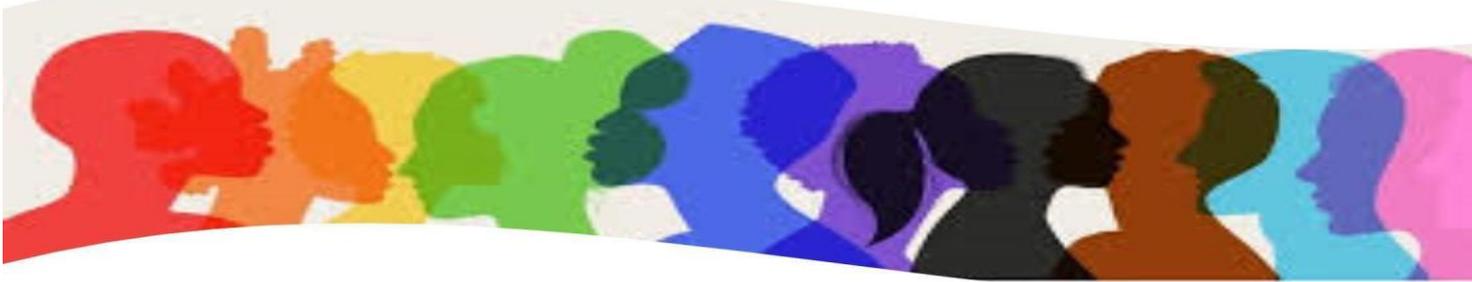
1. **Black History Month at Bishop's**
2. **School Clubs and Black History Month**
3. **Details about Ambassadors and The EDI Working Party**
4. **History of Caribbean Food**
5. **History of Jollof Rice**
6. **Useful Links**

| Item: | Notes: |
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| 1. | <p style="text-align: center;">Black History Month at Bishop's</p> <p>To mark the celebration of Black History this month, Bishop's will be doing the following:</p> <ul style="list-style-type: none"> ● Collecting the results of the "Race in the School Community" survey. (deadline to complete the survey has been extended to Sunday 8th October) ● Welcoming students each morning with inspirational spoken word, Afrobeats, Calypso, Reggae and Ragga; past and present. (From Monday 9th October - Friday 20th October). <p>Please find playlist below: https://youtu.be/97eSuz90yq0?si=suRmdr8Q8kf0l1P https://youtu.be/BBWYP_50Rrg?si=-BbQT_ChnTGd0T46</p> <ul style="list-style-type: none"> ● Running a Diversity Lunchtime Club in E12 on Friday 13th October, Friday 20th October. Staff and students are invited to watch "We are Black British". ● The canteen will be providing a "Chef's Special" of Caribbean and African inspired dishes three days a week from the 9th October -20th October. |
| 2. | <p style="text-align: center;">School Clubs and Black History</p> <p style="text-align: center;"><u>History Department</u></p> <p>Lessons and homework will be adapted to highlight BHM throughout October (and beyond!)</p> |



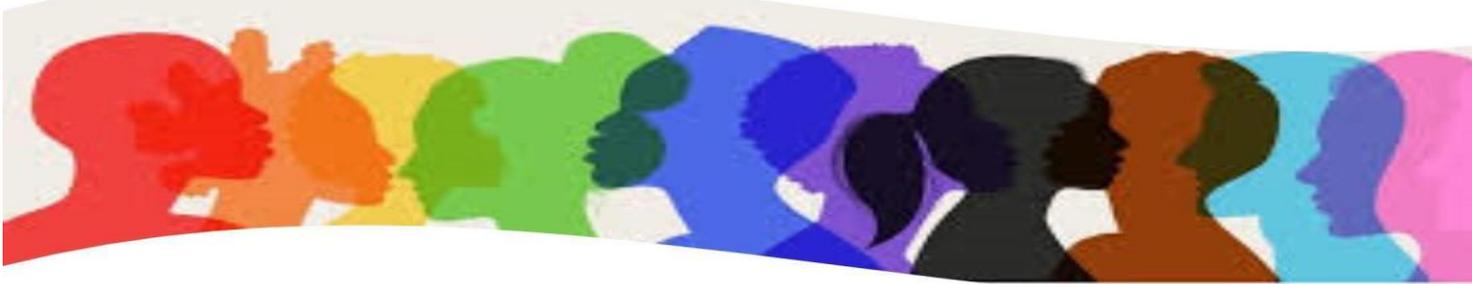
Diversity Bulletin

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| | <p style="text-align: center;"><u>Food Tech Department</u> Lessons will explore recipes from the African Diaspora</p> <p style="text-align: center;"><u>Lunchtime Clubs</u> Welcome to all staff and students</p> <p style="text-align: center;"><u>Art Department</u> Every Wednesday in E8/E9, Mr Keating and Mr Winter will be using Art Club to run a Black Art Competition (deadline for entry 28/10/23)</p> <p style="text-align: center;"><u>Debate Club</u> Every Thursday (12/10 and 19/10) in 06 Mrs Otchere will run debates on topics that arise from Black History month</p> <p style="text-align: center;"><u>English and Media Club</u> Every Friday (13/10 and 20/10) in E12, Mrs Opara will be showing “We are Black British”</p> <p style="text-align: center;"><u>Drum Club</u> Every Thursday in E20, (12/10 and 19/10), you can learn about the history and participate in African drumming.</p> |
| 3. | <p style="text-align: center;">Details about Ambassadors and The EDI Working Party</p> <p style="text-align: center;"><u>Thank you to all Ambassadors!</u></p> <p style="text-align: center;">Thank you to all student and staff ambassadors for all your help last year!</p> <p>Ambassadors for religion and culture: Ms Cousins-Roach Ms Ademuyiwa</p> <p>Ambassadors for gender equality: Miss Ali Miss Prempah</p> <p>Ambassadors for gender reassignment:</p> <p>Ambassadors for sexual orientation: Mr Winter Mr Keating Ms Heart</p> |



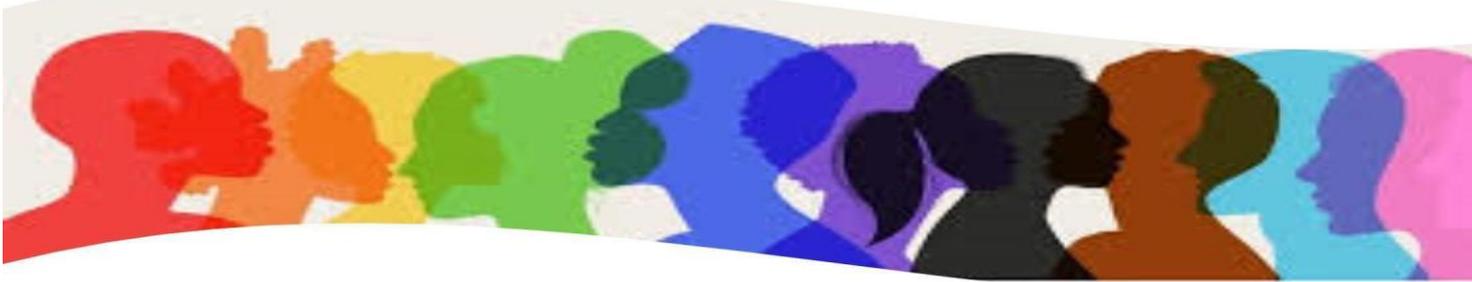
Diversity Bulletin

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| | <p>Ambassadors for Race: Miss Uddin Miss Opara</p> <p>Ambassadors for Age: Mr Whorms Mrs Stieler</p> <p>Ambassadors for Disability: Ms Otchere</p> <p><i>If you would like to become a staff ambassador or have any ideas you would like to share, please email Mrs Opara.</i></p> <p><u>Working Party for Equality, Diversity and Inclusion</u></p> <p>A working party for equality, diversity and inclusion has been set up and will meet in October.</p> <p>Staff members include: Mr Sonuga, Mrs Opara, Mr Winter, Miss Uddin, Ms Otchere, Mr Glossop, Mr Jennings, Mr Whorms</p> <p>Governing members include: Colleen Ollivierre, Odeshea Gordon</p> |
| 4. | <p style="text-align: center;">History of Caribbean Food</p> <p>Caribbean cuisine is a rich and diverse culinary tradition that has been shaped by centuries of history, migration, and cultural influences. Here's a historical summary of Caribbean food:</p> <ol style="list-style-type: none"> 1. Indigenous Roots Before the arrival of European explorers, the Caribbean was inhabited by indigenous peoples such as the Taino, Arawak, and Carib tribes. They cultivated crops like cassava, yams, and sweet potatoes and were known for their seafood-based diets. These indigenous ingredients and cooking techniques laid the foundation for Caribbean cuisine. 2. European Influence: Christopher Columbus's arrival in the Caribbean in 1492 marked the beginning of European colonisation. Spanish, Portuguese, Dutch, French, and British influences introduced new ingredients like rice, wheat, citrus fruits, and livestock. The Spanish brought techniques like frying, which influenced the development of dishes like "ropa vieja" (shredded beef) and "empanadas" (stuffed pastries). 3. African Influence: The transatlantic slave trade brought millions of African people to the Caribbean, particularly to islands like Jamaica, Haiti, and Trinidad and Tobago. |



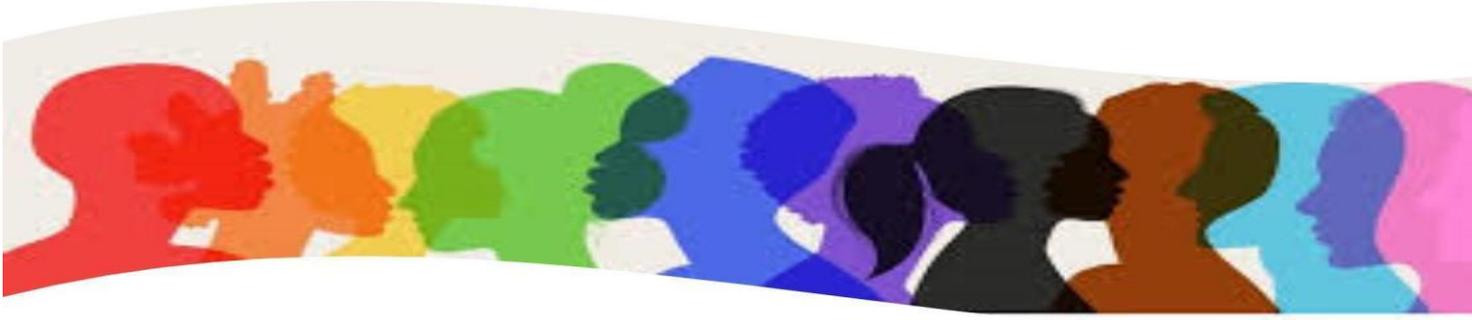
Diversity Bulletin

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| | <p>African culinary traditions had a profound impact on Caribbean food, introducing ingredients such as okra, yams, plantains, and various spices. These ingredients formed the basis for many traditional Caribbean dishes, including "callaloo," "jerk chicken," and "akara."</p> <p>4. Indian Influence: In the 19th century, indentured labourers from India were brought to the Caribbean to work on plantations. They brought with them a wealth of spices, including curry, turmeric, and cumin, which greatly influenced Caribbean cuisine. Dishes like "roti" and "curry goat" are examples of the fusion between Indian and Caribbean flavours.</p> <p>5. Chinese and Middle Eastern Influence: Chinese and Middle Eastern immigrants also contributed to Caribbean cuisine, introducing ingredients like soy sauce, noodles, and various spices. This fusion of flavours can be seen in dishes like "chow mein" and "doubles."</p> <p>6. Creole and Fusion Cuisine: Over time, these diverse culinary influences blended together to create a unique and vibrant Creole cuisine. Creole dishes often feature a mix of African, European, and indigenous ingredients, such as "jambalaya" and "conch chowder."</p> <p>7. Modern Caribbean Cuisine: Today, Caribbean cuisine continues to evolve. Chefs and food enthusiasts are incorporating modern cooking techniques and global flavours into traditional recipes. Additionally, there is a growing emphasis on locally sourced and sustainable ingredients.</p> <p>Caribbean food is celebrated for its bold and flavorful dishes, often characterised by the use of tropical fruits, fiery spices, and a variety of cooking methods. It reflects the history and cultural diversity of the region.</p> |
| 5. | <p style="text-align: center;">History of Jollof Rice</p> <p>Jollof rice is a popular and beloved West African dish known for its vibrant flavours and colourful history. The dish has various regional variations and is enjoyed in countries like Nigeria, Ghana, Senegal, Sierra Leone, and Liberia. Here's a brief history of Jollof rice:</p> <p>1. West African Origins: Jollof rice is believed to have originated in West Africa, and its history can be traced back several centuries. It is named after the Wolof people of Senegal, who have their own version of the dish known as "thiéboudienne" or "ceebu jën."</p> <p>2. Influences and Ingredients: Jollof rice is a one-pot dish made primarily with rice, tomatoes, and a combination of spices and vegetables. Over the years, it has been</p> |



Diversity Bulletin

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| | <p>influenced by various cultural and culinary traditions, including those of the Mandinka people in Gambia and the Fula people in Senegal. These influences have led to the creation of different regional variations of Jollof rice.</p> <p>3. Colonial Period: During the colonial era, European colonisation in West Africa also had an impact on the development of Jollof rice. The introduction of ingredients like tomatoes, bell peppers to the continent became integral to the dish.</p> <p>4. Regional Variations: Each West African country and even different regions within those countries have their own unique take on Jollof rice. For example:</p> <ul style="list-style-type: none"> - Nigerian Jollof rice is known for its spicy and flavorful profile, often made with hot peppers, onions, and various spices. - Ghanaian Jollof rice typically features a milder and slightly sweeter taste, with ingredients like nutmeg, cloves, and bay leaves. - Senegalese Jollof rice (thiéboudienne) often includes fish and is cooked with a tomato-based sauce. <p>5. Cultural Significance: Jollof rice is not only a delicious dish but also holds cultural significance in West African societies. It is commonly served at weddings, festivals, and other special occasions, making it a symbol of celebration and togetherness.</p> <p>6. Jollof Rice Wars: The debate over which West African country makes the best Jollof rice has become a friendly rivalry and a popular topic of discussion on social media. Nigerians, Ghanaians, and Senegalese, among others, each claim that their version is the best. What do you think?</p> <p>In recent years, Jollof rice has gained international recognition and is enjoyed by people all over the world. It has become a staple dish in many West African households and is often served with a variety of side dishes such as fried plantains, coleslaw, and grilled meat. Despite its diverse regional variations and the occasional friendly competition, Jollof rice remains a unifying and beloved dish across West Africa.</p> |
| 6. | <p style="text-align: center;">Useful Links</p> <p>For more information about the history of Black History Month in the UK, please click on the link below: https://www.blackhistorymonth.org.uk/article/section/real-stories/the-radical-and-transnational-roots-of-black-history-month-in-britain/ Bishop's Diversity Calendar: https://docs.google.com/spreadsheets/d/19rfSrGUZbCTr-r_dbyziCWulweKXxfA_jzUT1JSbT6s/edit?usp=drive_link</p> <p>If you have any ideas you would like to share, please email Mrs Opara</p> |



Diversity Bulletin