

Proud to Be

A Collection 2021

Alexis, Chantelle,
Chidimma, Chioma,
Deborah, Dolcie, Ella,
Ione, Jessie, Keona,
Leela, Lucy, Lucy, Nifemi,
Otonye, Skye, Sophie,
Tatiyanh, Thia, Tofunmi,
Tomi and Victoria

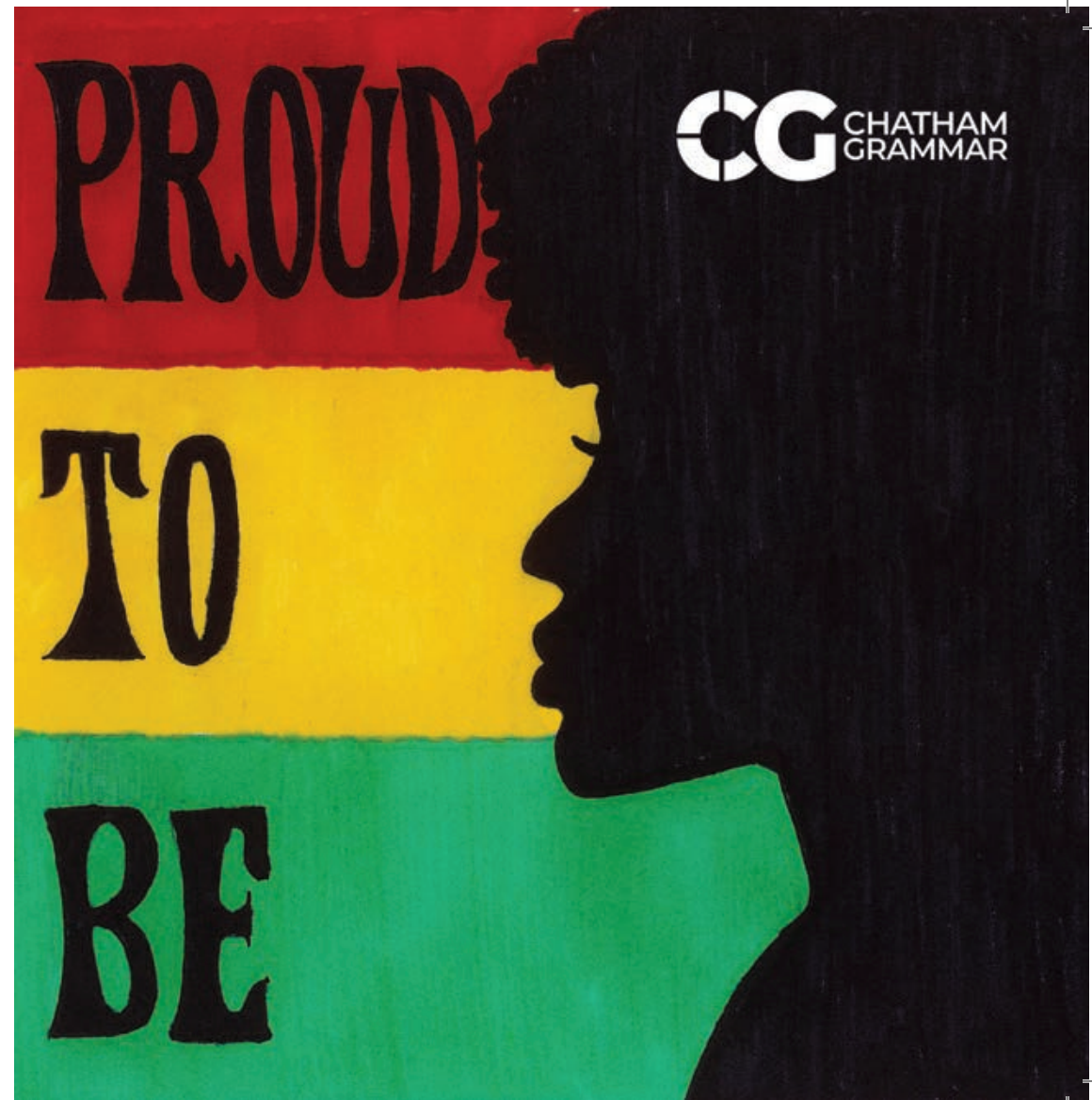
Proud to Be:

In celebration of Black History Month,
Chatham Grammar students submitted personal and creative pieces
of work honouring the too-often unheralded
accomplishments of people of African heritage.

"Proud to Be" presents a collection of family recipes, artwork
and poems celebrating African heritage and culture.

University of
Kent

Academies Trust
(UKAT)



Claudette Colvin

Dolcie

Year 11



Claudette Colvin was 15 years old when she stood up to racial discrimination in the same way Rosa Parks did, however, Claudette Colvin's story happened nine months prior. After these events, Colvin later said: "My mother told me to let Rosa be the one: white people aren't going to bother Rosa, they like her". And so, Colvin went so long without gaining the recognition she deserved. I found out about her story last year when the Black Lives Matter movement was at the forefront of all social media and news outlets and felt that it was so important to recognise the efforts by those who may not have received it prior. She is an inspiration to many people to stand up to inequality within our ever-changing society, therefore I decided to draw her to honour her legacy and bring her story to light!

Inspirational Black Figures

Tomi
Year 9

The reason why I drew this was because I wanted to depict a variety of people who have had a positive impact on Black History. These people have changed society for the better and have made life more equal for everybody. I think that it is important for these influential people to be remembered and celebrated.



Tomi
HISTORY



Nigerian Beef Stew

Chioma
Year 7



The reason why I chose this Nigerian beef stew is because it reminds me of my home country and where my parents grew up. I haven't tasted it yet and it looks like it tastes nice. I wrote the recipe because it is a part of my heritage and it is spicy and hot. It can also be served with eba and rice. I love rice because it is flavourful and tasty. This original Nigerian beef stew is a wonderful dish and it really looks like it is from my home country, Nigeria.

Ingredients: (Serves 6)

5 plum tomatoes, chopped, divided	1 1/2lb flank steak (680g), cut into strips
2 red bell peppers	1 cup vegetable oil (240ml)
1/2 red onion, chopped	1 tsp fresh rosemary
1/2 red onion, sliced	1 tsp paprika
2 habanero peppers, chopped	1 tsp curry powder
6 cloves garlic	2 cubes beef bouillon
1 1/2 tsp black pepper, divided	1 bay leaf
12oz tomato paste (340g)	White rice, cooked, for serving
1 tbsp salt, plus 1 tsp salt, divided	Fried plantain, for serving
1/2 cup water (120ml)	Scallion, for serving
	Fresh parsley, for serving

- 1) In a good food processor or blender, combine the chopped plum tomatoes, red bell peppers, chopped red onion, habanero peppers, garlic cloves, tomato paste, 1 tbsp salt, 1 tsp pepper and water. Pulse until smooth.
- 2) Heat vegetable oil in a large pot over medium-high heat.
- 3) Add the remaining salt and pepper. Saute until fragrant.
- 4) Add steak, rosemary, paprika, curry powder, bullion cubes. Cook until the steak is golden brown and cooked through, about 10 minutes.
- 5) Add the blended tomato and pepper mixture and the bay leaf.
- 6) Bring to a boil over high heat. Cover and simmer at low heat for 20 minutes until the stew has thickened.
- 7) Fish out the bay leaf.
- 8) Remove the stew from the heat and let it sit for 10 minutes.
- 9) Serve with white rice and fried plantains. Garnish with scallions and parsley, if desired.
- 10) Enjoy!

Rosa Parks

Skye

Year 7



ROSA PARKS (FEBRUARY
4, 1913 – OCTOBER 24,
2005)

I drew Rosa parks because I find her very inspiring. Rosa Parks fought for racial equality when she refused to give up her bus seat to a white man. She was an American Civil activist. I find her inspiring because I love her confidence, and how she fought for what is right - also because that has had an impact to this day!

*The Original
Soul Sister*
Lone
Year 9

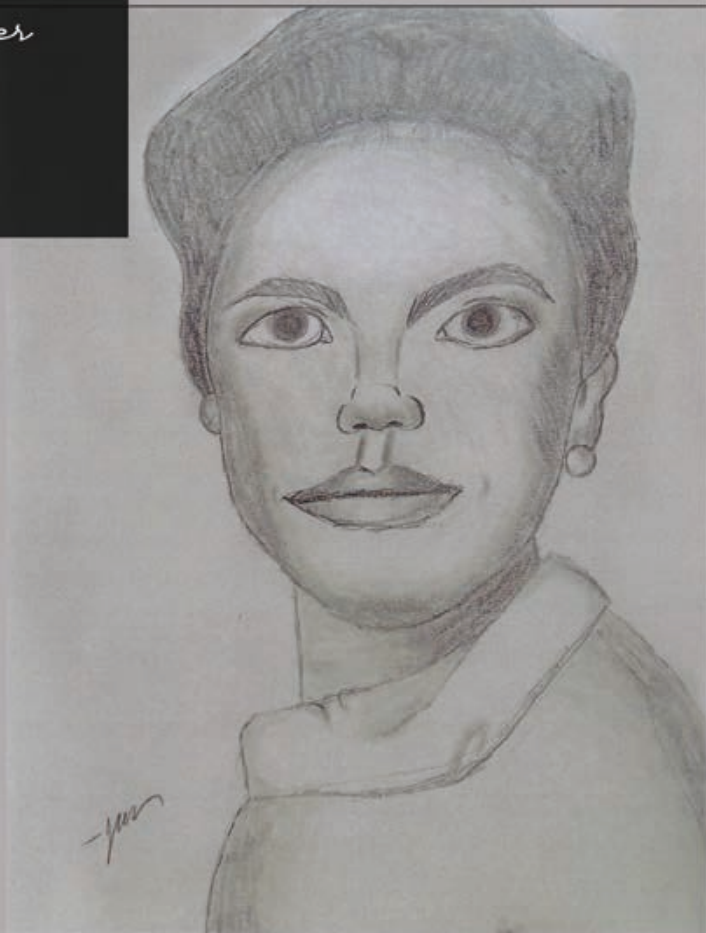


I chose to draw Rosetta because she is one of the many people who helped to bring the era of blues music to the masses. Upon researching Rosetta, I found her story very interesting, and was shocked I hadn't heard of her before, especially as she was one of the first people to use electric and distorted guitar. She brought into light a new range of music. Rosetta was considered to be one of the 'original soul sisters', and listening to some of her songs, I completely agree. She had an iconic blues feel to her music, and I'm glad that I've been able to find out so much about an amazing person.

Ella Baker

Jessie

Year 8



I drew this picture of Ella Baker last year as she is a very inspiring woman of colour. She was very important to the civil rights movements and actively campaigned and advocated for oppressed people. She founded the Student Nonviolent Coordinating Committee (SNCC).

Malva Pudding Tatyanh Year 11



I chose this recipe because it is very memorable to me. Growing up, a way I could connect to my South African heritage was by eating different South African foods; Malva pudding being one of the main deserts I enjoyed.

Ingredients

For the pudding

¾ cup (6floz/170ml) whole milk
½ cup (3oz/85g) dark brown sugar
2 large eggs
3 tablespoons apricot jam, strained
2 tablespoons (1oz/30g) butter, melted
1 teaspoon apple cider vinegar
1½ cups (7½oz/213g) all-purpose flour
2 teaspoons baking powder
1 teaspoon baking soda
A pinch of salt

For the sauce

½ cup (4floz/115ml) heavy cream
½ cup (4floz/115ml) whole milk
½ cup (4oz/115g) butter
½ cup (4oz/115g) sugar
¼ teaspoon salt

1. Preheat the oven to 180°C and butter an 8-inch (20cm) square baking dish.
2. In a medium mixing bowl, whisk the milk, brown sugar, eggs, apricot jam, melted butter and vinegar until fully combined.
3. In another bowl, whisk together the flour, baking powder, baking soda and salt, and then combine with the wet ingredients until thoroughly mixed.
4. Pour into the prepared baking pan and bake for 30-40 minutes, until a knife inserted in the center comes out clean.
5. Just before the pudding is done, make the sauce: in a saucepan over medium heat combine the cream, milk, butter, sugar and salt and heat until the butter is melted and the sugar is dissolved.
6. Once the pudding is done, poke holes all over the hot pudding with a skewer and then pour the warm sauce over the pudding. Allow resting for a minimum of 30 minutes.
7. Serve warm with a scoop of vanilla ice cream and or custard. Store leftover pudding in the refrigerator in an airtight container for up to 3 days. Reheat before serving, either in a 150°C oven or in the microwave.

Recipe: Akara Victoria Year 11



Akara is a traditional snack that is originally from Nigeria, but has migrated to many West African countries. It is common to eat for breakfast or can be eaten as fast food. It is usually eaten with African bread or Eko. I have chosen this recipe to share because I believe that traditional food is important, since food is enjoyed by everyone all over the world and it can bring communities together.

Ingredients:

Black-eyed beans
Onions (diced)
Peppers (not all the time)

Use seasoning to make it spicy,
or cayenne pepper or
paprika pepper
Salt
Seasoning cube (Maggi)

- 1) Soak the beans for 30 minutes to get the skin off.
 - 2) Use a blender and pulse the beans a couple of times to split the beans.
 - 3) Blend it in with the peppers (or the seasoning), salt, and seasoning cube.
 - 4) Whisk until the batter becomes fluffy. It's better to do this by hand with a whisker or wooden spoon.
 - 5) Put the diced onions in.
 - 6) Preheat the oil and scoop the mixture by spoonfuls into the pan (make sure the oil is very hot!)
 - 7) Fry until golden brown (on a low heat so the outside does not burn whilst the inside stays uncooked)
- When it's done, serve with bread/African bread or pap. Enjoy!

Kenta Mischara

Tofunmi

Year 8



This is the girl I drew from my imaginary game.
She was originally White but my dad
encouraged me to make her my heritage
(except for the hair).
I am proud of my Black history.

Peace,
translated by Zainab Odubisi

Chidimma
Year 9

To ba gbadun ojo to sokale	When you are enjoying rain
Alaafia wa si to do re	"Peace" comes to you
To ba gbo eiye corrine	When you hear birds sing
Alaafia was si todo re	"Peace" comes to you
To ba ri eja wea ni omo we-mo	When you see fish swim in clean water
Alaafia wa si to do re	"Peace" comes to you
To ba ri awon omode rerine	When you see children laugh
Alaafia wa si to do re	"Peace" comes to you
Ati eba to ba corrine igba ton ri ne un un igbö	And when you hum while in the wood
Alaafia wa si odo re	"Peace" comes to you
Ati eba to ba da ke joko	And when you sit quietly watching the sun
ton wo orun	Rise and set
Lo soke ati esale Gbo orrine irümüigbi omiiblu-omi corrine	Listening to the waves
Alaafia wa si odo re	Then "peace" comes to you
Je mi alaafia wa si odo re ni orishishi	Let "peace" come to you in different ways
Je mi alaafia wa si odo bobowa	Let "peace" be with all of us

I chose this poem because I feel that peace is exactly what the world needs a little more of right now. With everything that has happened since 2020, and life having been so chaotic and stressful, I thought it would be great to share a little peace to everyone at school through my culture and heritage.

Curls
Keona
Year 10

Curls

Tight curls
Long curls
Big curls
Small
Curls curls curls
I love my black curls
Sometimes they are hard to comb
Sometimes they break apart
And sometimes they are stretched out
But through it all I will always have curls
Heat
Permed
Relaxed
Straightend
Curled
Wigs
Extensions
Braids
Cornrows
All forms of my black curls
My curls make me who I am
My curls add beauty to me
My curls define me
Curls curls curls

The inspiration behind this is my personal experience with my hard 4C hair (the tightest curl). My hair has been blow-dried, straightened and braided; all of which I love. When I was younger, I was mocked because my hair was long and frizzy. At the time I wanted to relax my hair because I wanted to 'fit in'. One day a wise woman reminded me that my hair makes me who I am; it's part of my identity. My hair is not something I should hide or be ashamed of. So, from then on, I embraced by 4C tight curls and I took pride in my hair. The theme is of this book is 'Proud to Be' and I am most certainly proud of my hair. I'm so happy to be black and beautiful and I can't wait to tell my own children about their curls.

African Lady

Ella

Year 7



My piece is inspired by African culture and women, their struggles and their successes. I believe that it is important to recognise African people, especially women, as with everything in the struggle for women's rights, it is important for us all to stay strong as a community. My piece is an abstract silhouette of an African lady. The bright colourful patterns show appreciation and respect for African people and their culture. People need to learn to be fair and equal and to ensure that they show respect to people of all cultures and heritages.

Recipe for Ugba

Chidimma

Year 9



Ugba and Abacha - also known as African salad - is a local dish originating from the Igbos in eastern Nigeria.

This dish means a lot to me because it portrays my culture and heritage. I chose this recipe as I see my parents prepare this dish often in my home and I thought it would be good to show everyone my culture and traditional food.

Ingredients:

Abacha (dry cassava)	2 Maggi cubes
Ugba (oil beam seeds) 2 cups	Salt and pepper
Crayfish	1/2 cup of ehuro (African nutmeg)
Melted patash (one tbsp)	Fish stock and pkonmo (cow skin) 20g
Red palm oil (1 cup)	

- 1) Pour the red palm oil into a low-heated pan or stove.
- 2) Pour the patash into the pot and mix it until it turns yellow-ish orange.
- 3) Put the crushed Maggi and salt in and stir.
- 4) Pour the ehuro and the bowl of crayfish, mix rigorously.
- 5) Add the washed ugba and mix for 1 minute.
- 6) Add pepper and turn it.
- 7) Incorporate the washed abacha and mix thoroughly for 2 minutes.
- 8) Close the pot and let it simmer for 2 minutes.
- 9) Add the fish stock and cow skins (pkomo) and stir.
- 10) Mix vigorously!
- 11) Let it simmer again for 2-3 minutes.

Zimbabwean

Beef Stew

Sophie

Year 7



I chose this Zimbabwean beef stew recipe as it is mum's friend's favourite easy recipe that she loves to cook. I think it is an awesome recipe as you can have different sides such as sadza, rice, potatoes, spaghetti or anything else you wish to add.

Ingredients:

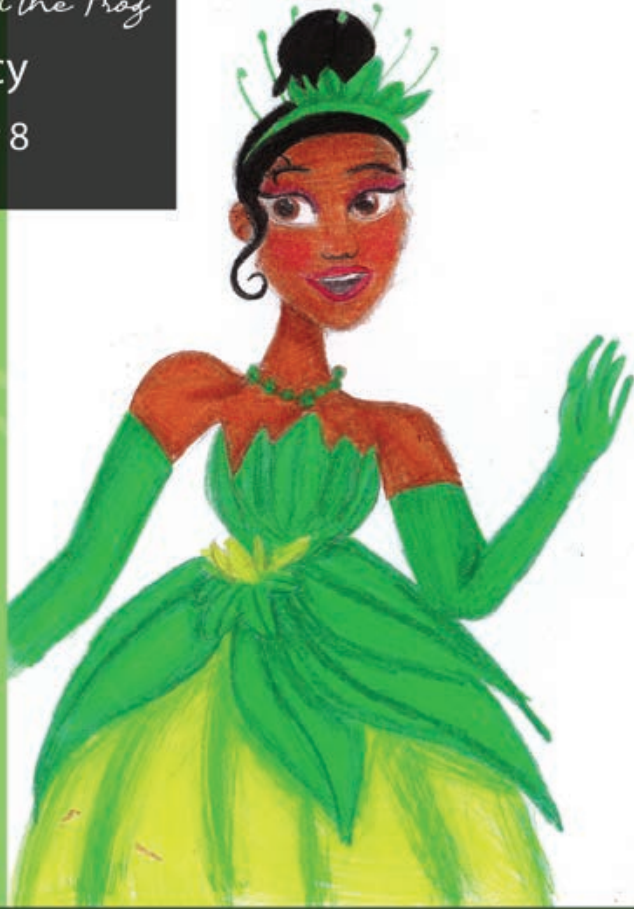
6 Servings ~ 60 minutes	4 tbsp oil for frying
600g super blade beef	2 tbsp soup powder
1/4 onion chopped	1 Ltr water
1 tomato	1/2 tsp salt

1. Cut the beef into good sized pieces.
2. Heat a medium pot with 2 tbsp oil and add your beef to it. Add salt and fry your beef until it has browned.
3. Add water (1 ltr) and partly cover your pot. You can either slow cook the beef or cook it on high heat.
4. When your meat is tender, drain excess water, which is now beef stock, into a separate jug and set aside.
5. Add 2 tbsp of oil to the meat in the pot. Add onions and fry until they are cooked (2 mins).
6. Add tomatoes and stir until they are also just about cooked (2 mins).
7. Whilst the tomatoes are cooking, take your beef stock and mix it with your 2 tbsp soup powder. Pour the mixture into the beef.
8. Cover the pot and simmer for 5 minutes so that everything is well combined and flavours mix together. If you feel the soup is too thick, add some more water.
9. Your beef stew is ready to serve. Enjoy with sadza, rice, potatoes, spaghetti or anything you wish.

Princess and the Frog

Lucy

Year 8



Tiana is the only Black Disney princess and stars in the movie "The Princess and the Frog". However, this only adds to how inspirational she is. Although Tiana is African-American, she is a role model to all races and teaches girls to work hard to achieve their dreams, no matter how hard it may seem.

Amanda Gorman

Leela

Year 7

Amanda Gorman

Leela



I was inspired by Amanda Gorman reading her infamous poem "The Hill We Climb" at the American presidential inauguration of Joe Biden.

She looked so impressive and regal at the pulpit that I had to know more about her. Not to mention that her poem was captivating. I couldn't believe that she hardly used a prompt whilst reciting it, especially as it wasn't a short poem. I imagined how nervous she must have been, but thought at the same time how brave she was to stand there in front of millions of people at such a momentous time in history.

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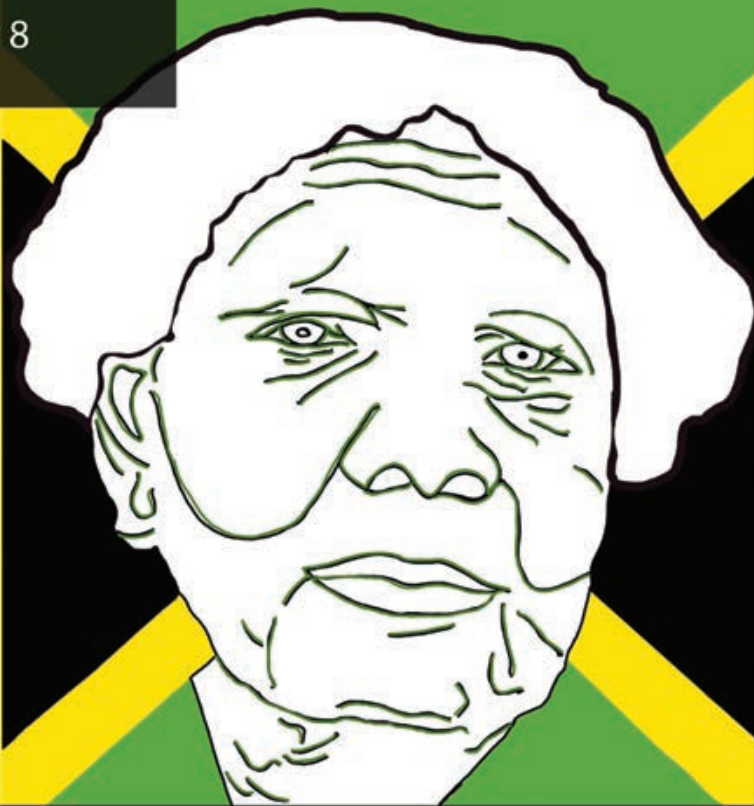
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t especially as it

Mary Seacole

Deborah

Year 8



To me, Mary Seacole is an inspiration. Mary Seacole was a British-Jamaican nurse and businesswoman who made it her purpose in life to help others and conquer prejudice. She helped the sick and wounded military during the Crimean war, and despite many people rejecting her because of the colour of her skin, she refused to allow this to define her. She was awarded a Crimean War medal and she is still recognised as an amazing role model today.

Black Lives Matter

Lucy

Year 8



Black Lives Matter.

This piece symbolises equality for all. To show that we are all the same no matter what we look like. That across the world people are confronted with prejudiced thoughts and together, if we unite, we can fight against racism. The colourful flags represent a bright future, a future where we are all treated as equals and racism no longer exists.

Nigeria
Chantelle
Year 7

Ethnic Groups: (see next p.)
NIGERIA ||

- 30% = Hausa
- 15.5% = Yoruba
- 15.7% = Igbo
- 6% = Fulani
- 2.7% = Other
- 2.4% = T
- 2.1% = F
- 2.1% = I
- 1.9% = I

Nigeria's largest city is Lagos

Nigeria is a diverse multicultural country with more than 520 spoken languages

One of the most popular foods here is Jollof Rice

The population in Nigeria is 212,711,058 in 2021

October 1st is the day of Independence

Independence day is an official holiday in Nigeria's proclamation of independence from British rule

Month is marked

Why did I choose Nigeria?

I chose to write facts about Nigeria for Black History Month because although the celebrations started in the United States, Black History originates from Africa.

Black History Month is marked by a series of activities that include black rights advocacy, black film screenings, black-themed exhibitions, book readings in honour of black authors, black music playlists on radio and music streaming sites, and black-centred conversations on social media.

I specifically chose to focus on Nigeria as I wanted to connect with my own heritage.

on radio and music

Brianna McCarthy

Alexis

Year 8

Brianna McCarthy is a self-taught multimedia artist. She was born and raised in Trinidad and Tobago, a Caribbean country near Venezuela. She identifies as a black, West-Indian woman, and her background has influenced her pieces. When asked why she chose her career journey, she replied that her work was not traditional and she was only encouraged to pursue art a few years ago. From there, McCarthy started her blog showcasing her artwork, completed her Caribbean Examinations Council (CXC) certification in Visual Arts, and is creating designs for The Cloth in the Top African Magazine. Brianna McCarthy will live in Trinidad and Tobago. Although her work is highlighted in many places including the Caribbean, United Kingdom, and United States.

Picturesque, and long-suffering from poverty, abuse, and scorn. In her art, she represents the issues with beauty, and stereotypical trends of the black body, spirituality, Creole and West-Indian women. Her books, 'Stupid Black Girl' and 'If Dominican Wars a Colour', explore topics ranging from night terrors to schizophrenia, to gentrification, to cultural celebration.

I chose this artist because I have never discovered her work. She represents the issues with beauty, and stereotypical trends of the black body, spirituality, Creole and West-Indian women. Her books, 'Stupid Black Girl' and 'If Dominican Wars a Colour', explore topics ranging from night terrors to schizophrenia, to gentrification, to cultural celebration.

Brianna McCarthy uses a variety of materials and concepts through her work. She uses a lot of different materials, including paper, ink, vellum, and fabric. She also uses a lot of different concepts, including spirituality, Creole and West-Indian women, and the black body. She uses a lot of different materials and concepts through her work. She uses a lot of different materials, including paper, ink, vellum, and fabric. She also uses a lot of different concepts, including spirituality, Creole and West-Indian women, and the black body.

McCarthy takes pencil to paper, ink to vellum and knife to cloth, to mend the parts of her experience, to fill in its gaps with beauty, questions and expressions of the social and relational. She uses a lot of different materials and concepts through her work. She uses a lot of different materials, including paper, ink, vellum, and fabric. She also uses a lot of different concepts, including spirituality, Creole and West-Indian women, and the black body.

I decided to create this presentation about Brianna McCarthy because I find her a huge inspiration. I believe her work stands out from other artists because it is aimed at changing the perception of Afro-Caribbean women who struggle with the stereotypical trends made about their appearance and body. As a black, West-Indian, female, she hopes to share the beauty of her culture through a range of materials and colours. In this piece, I discuss the long-suffering many Creole and West-Indian people have endured, as well as her unique detail to expressions and emotions. 'McCarthy takes pencil to paper, ink to vellum and knife to cloth, to mend the parts of her experience, to fill in its gaps with beauty, questions and expressions of the social and relational!'

#Black History Month

Nifemi

Year 7



I chose this because it is a celebration of traditional African culture. Black History Month is about celebrating the contributions of people of African heritage and African culture - what better way to do this than to share traditional cultural attire?

Proud to Be

Otonye

Year 11

Proud to be
Proud to be black
Proud to be black because our skin comes directly from the sun
Melanated bodies who have had it hard yet are the back bone
and are together as a village and stand as one
Proud to be black

Proud to be
Proud to be black
Proud to be black even when the white man attack
Melanated bodies standing side by side in the face of adversity and still pushing on
When slurs are thrown at us and unjustful law systems break our black families up
Mothers becoming single parents and children growing up fatherless
Still
Proud to be black

Proud to be
Proud to be black
Proud to be black because our hair is from nature herself
Our kinky coils oxidising with Mother Nature
that the white man is offended by our magical fros and magical codes
that is how our ancestors escaped the hand of slavery
Our magical glows in so many different tones you can't throw shade
Proud to be black

Proud to be
Proud to be black
Proud to be black because our food is seasoned and rich in culture, love and diversity
We stand together as one
Past, present and future
Because we are proud to be black
And as long as we are proud to be black there will be people who hate us
That's why we stand
That's why we fight
Proud to be
Proud to be black

Brilliant Barack

Obama

Thia

Year 7

I drew Barack Obama because he is an inspiring person. He was the first black president of the USA and in 2009 he was awarded the Nobel Peace Prize. Since then he has gone on to inspire millions across the world.

