

The Winch-being Bulletin

The official Well-being Newsletter of The Winchester School,
Jebel Ali



Seeds of Solidarity

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Event Spotlight:

Science Week: Igniting Innovation

The stretch from a mere key on our laptop to zoom call on our screen, is a stretch brimmed with fulfillment & innovation, under the disguise of distanced realities, ingenious breeds of costumes, domains of experiments, and many more than an article introduction could ever summarise. Here's an event log of Winchester's Science Week 2020-21.

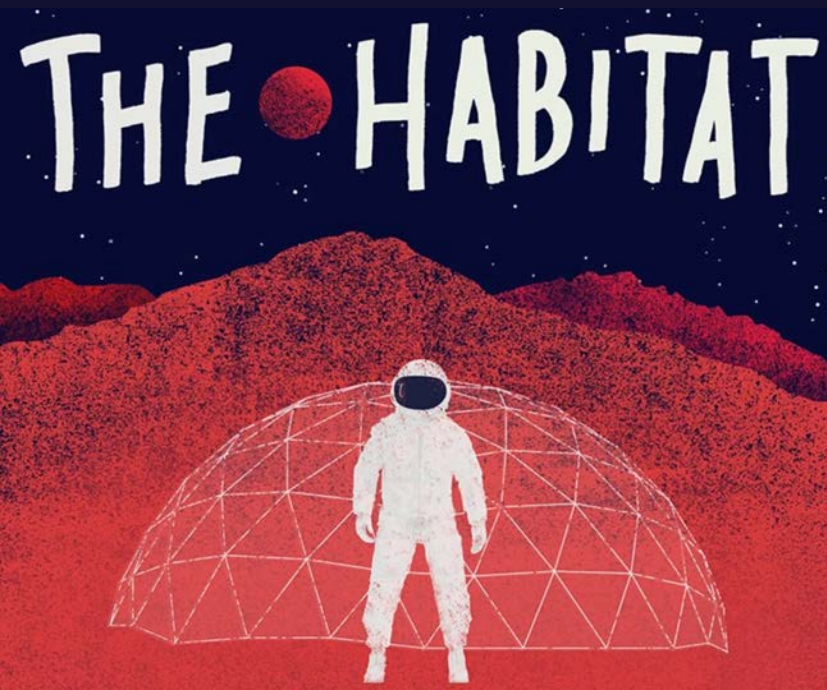
Foundation Stage 1 & 2

Celebrated Science Day by dressing up as their favourite body parts; listening to the story of "My busy body" and talking about the importance of each body parts; making body artworks with pasta; sorting healthy food and junk food for happy tooth and sad tooth. Furthermore, they also conducted activities to create a multi-sensory experience. Students also participated in experiments, observed videos and talks about the 5 senses and dentists in action.



Year 1 & 2

Conducted a 'Plant Parade' which was an exciting event with children having different activities. Children took pride in sharing their work during the 'Show and Tell' session during registration time. Year 2 young explorers participated in the Science day celebration conducted in their respective classes following their theme 'Habitats'. The explorers' curiosity knew no bounds! The enthusiasm of all the students in creating videos was one of the highlights of the week which was shared with students during



registration time. Their creativity in reporting, researching, creating poems about habitats and the animals that live in; was done with excitement



Year 3 & 4

Year 3 Students explored the method of investigation through fun experiments on the units of Light and Shadow and Keeping Healthy. They researched, investigated and explained the experiments confidently. They went straight into the week and proved that science and song and dance can go together. Year 4 students dressed up as dentists and shared tooth health and hygiene facts. They discussed and described the tooth structure in all its detail and explored experiments to show decaying of a tooth. They were successful in establishing cross curricular links with English through a variety of tooth poems and stories.

Year 5 & 6

Year 5 contributed towards science week by researching about various Missions that was planned to explore the possibility of Survival of Humans on planet Mars. The students were confident, enthusiastic while presenting their research work using scientific vocabulary and making real life connections. Year 6, our budding researchers participated enthusiastically as they celebrated Science week with excitement. They researched about investigation of their choice based on the three streams of Science- Chemistry, Biology and Physics. They carried out the experiment at home and explored the Science behind it. Creativity, real life confections, innovation was the key to the tasks presented by them.

KS3 & KS4

Students of KS3 & KS4 selected one project per team in all classes and presented for the class. They all selected topics which impact on future of science. They made small groups and discussed the projects before presenting them to the whole class. The confidence and enthusiasm were visible in all presentations.

Sixth Form

Sixth form exhibited their skills of scientific enquiry by researching and participating in Chemistry Dialectics. Ready for "world transforming breakthroughs", the activity revealed many aspects of research revolving around the different fields of Chemistry. Students enlightened the audience with topics like scope of medicinal chemistry, prospects of CO catalysis and converting waste plastic into hydrogen fuel. Every group of participants were applauded for their presentation and logical reasoning. All the teams gave a healthy competition to each other. The activity was highly appreciated by the audience.

Student Spotlight

The Faces of WINRADIO

The power of any radio is its unique ability in connecting listeners from wherever – it is boundless! With the obvious distancing that accompanies this moment in time, our need to share, connect and converse has reached new heights. At WinRadio, our aim is to create that golden opportunity, whereby the entire school has one shared experience. A radio begins and ends with a promise. A promise to have a great show in store, and a promise for a great one next time. Our promise is to strive to meet that 'greatness'.



Adonia Joseph
Founder of WinRadio



Yomna Ahmed
Head of Organisation



Nyah Lawrence
Social Media Rep



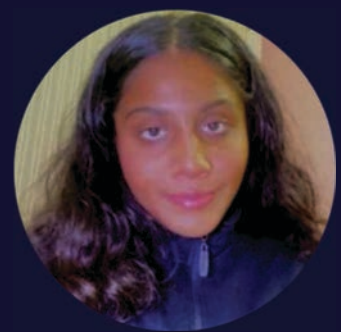
Tanvi Singh
Social Media Rep



Natasha Bhatia
Playlist Coordinantor



Rida Rehman
Head of Promotion



Sakshi Shiv
Host of Notes of Harmony



Evan Radithya
Host of Mornin' Chatters



Nada Khalifa
Host of Whispered Stories



Katie Ramanayaka & Hafsa Khan
Hosts of Winchester's Declassified Survival Guide



More than 50%, but not yet equal

Maryam Khan, 13D

In the twenty-first century, equality between the genders should already be evident, in adherence to the fundamentals of basic human rights. Yet, we still see a disparity between men and women in all walks of life. Be it in the workplace, at home, or in the streets, girls and women are at a disadvantage every day. Since the first wave of feminism, women's issues have been addressed to the public,



with countless movements and policies introduced in an attempt to achieve some sort of equality. The empowerment of women plays a crucial role in achieving equality. From the infamous decision of Roe V Wade and the Stonewall Uprisings started by Marsha P Johnson and Silvia Rivera to the pioneering work of the late Ruth Bader Ginsberg and the activism of Angela Davis, the empowerment of girls and women across the world has raised spirits and hopes for equality.



Education

Education plays a vital role in the upbringing and empowerment of women. First-world countries, despite having other gender issues, are still better in the provision of education for women, as compared to, third-world countries. Ethiopia, Mali, and South Sudan are just some examples of countries wherein girls are unable to get an education easily. One

factor that supports the lack of educational provision is cultural beliefs. Girls spend their childhood at home, learning domestic work, and how to be a good wife and caretaker. Child marriages are common in lower developed countries and contribute to an alarmingly high rate of illiteracy amongst women. Other issues arise from child marriages, ranging from child mortality to gender-based violence. To combat this, UNICEF, the Malala Fund, and other organizations have dedicated their funding and resources to send girls and women to school. However, even with these initiatives, we still have a long way to go before it is guaranteed that every girl and woman on this Earth can be given an education.^a

Financial Independence and Political Representation



Our population is composed of more than 50% of women, yet they own merely 1% of the world's wealth. Why is that? Emphasis on domestic work and chores still prevail around the world, demanding that women stay at home all day. While there is a wage gap between men and women, it is further divided in accordance to race and ethnicity. The notion that women make 77 cents to a man's Dollar is true to a certain extent. At first glance, this blanket statement cannot be used to generalize all women. Intersectional feminism comes into play here, highlighting issues of women coming from all social, ethnic, and religious backgrounds. Black women earn 61 cents; Native American women, 58 cents, and Latinx women 53 cents.

The bottom line is that women, of every race, are not being paid at an adequate and acceptable rate. There is no further mystery as to why women do not own more wealth; their wage does not suffice.

In governments, globally, we do not see equal representation of men and women. To raise awareness of women's issues, there needs to be more women in higher positions in office, whether it is in local elections, or in the Oval Office. There are some remarkable women who hold a high status in their country's government. Jacinda Ardern is the current Prime Minister of New Zealand and has checked off several momentous achievements throughout her term, including the elimination of the Corona Virus and the banning of semi-automatic weapons. Hillary Clinton served



as the Secretary of State and was close to being nominated as the first female President of the United States. Alexandria Ocasio-Cortez is the youngest person to serve as a member of Congress, alongside colleagues, Ilhan Omar and Rashida Tlaib.

Women's Health

Around the world, there are several debates on women's health. A woman's healthcare rights cover many things, including accessibility to birth control, availability of appointments, etc. Despite this being a prominent example of a basic human right, 76 countries deprive women of making autonomous decisions about their bodies, the strictest being Honduras, The Philippines, and Madagascar. Given the magnitude of this issue, there should be no reason that a woman is not granted her rights in regards to her health, yet, we see women dying each year from pregnancy complications and a bevy of other imbalances in worldwide healthcare systems. In a country as advanced as the United States, we still see women being denied their rights, even after the decision of Roe V Wade in 1973. Around 30 states



are challenging the decision made in the aforementioned case, with policies and laws that make it harder for women to access necessary health products and procedures. With the passing of Ruth Bader Ginsberg, women in the United States are fearful of a possible overthrow of Roe V Wade, and the introduction of stricter restrictions on women's healthcare. In addition to this, HIV/AIDS has become a concerning issue in women's health, as a result of a lack of education and gender-based violence. In developing countries, women lack health facilities, thus, are exposed to dangerous diseases.

Intersectional Feminism



Introduced by an American law professor, Kimberlé Crenshaw, in 1989, intersectional feminism explains how a person's social, and ethnic identity can overlap, creating different variants of inequality. For example, a Caucasian woman might face gender discrimination, but compare her to an Asian or African American woman, and her only inequality is misogyny. Women of color, working-class women, and so forth, all have different struggles and inequalities that cannot be explained or addressed under the umbrella of 'mainstream feminism'. Looking through an intersectional lens also means to look

the historical context of the issue at hand. Systemic discrimination and racism and histories of violence pave the way for current day inequalities in gender, race, and social class. This spans across generations.



Social Media Support

Founded in January 2018, the Time's Up movement has advocated for thousands of women who were survivors of sexual harassment and assault. This movement has addressed the prevalence of these crimes in Hollywood and has highlighted the predatory behaviors of film producer, Harvey Weinstein, who has now been indicted on charges of sexual assault and misconduct. The #MeToo movement is a form of social advocacy that also focuses on sexual misconduct and assault. This movement highlights the stories of survivors and empowers women to share their experiences. It has been an eyeopener to those who were unaware of the widespread reach of this issue. It provides a safe haven for women to talk and to seek help for counselling. These movements urge everyone to believe all women, as the police do not perform their jobs when investigating these crimes, and

more often than not, they prove to be incompetent.

To conclude, gender roles still prevail, misogyny is wide-spread, 35% of women have experienced physical or sexual violence, 132 million girls are out of school, 76 countries deny women their health rights, 214 million women do not have access to contraceptives, 49% of women are human trafficking victims globally, only 1% of the world's wealth is owned by women, and yet, people still claim, "men and women are equal."



Behind the Blinds: Breast Cancer

Madiha Faved, 4D

Breast cancer is a disease in which malignant (cancer) cells form in the tissue of the breast. The breast cancer awareness, marked in countries across the world every October, helps to increase attention and support for the awareness, early detection and treatment as well as palliative care of this disease.



Breast cancer is the most common in women worldwide, both in developing and developed countries. To lower the risk keep a healthy weight and exercise regularly. Although breast cancer, it can help find breast cancer early, when it is easier to treat. Every minute, somewhere in the world, a woman dies from breast cancer. That's more than 1,400 women every day. Women who get regularly screened for breast cancer have a 47% lower risk of dying from the disease compared to those who don't.



Breast cancer deaths have been declining since 1990 thanks to early detection better screening, increased awareness, and new treatment options. A man's lifetime risk of breast cancer is about 1 in 1000. This is caused by damage to a cell's DNA. Many breast cancer symptoms are invisible and not noticeable without a professional screening, but some symptoms can be caught early just by being proactive about your breast health.

Although you cannot prevent cancer, some habits that can help reduce risk are:

- 1) Maintain a healthy weight.
- 2) Stay physically active.
- 3) Eat fruits and vegetables.

There are misconceptions:

- 1) Men do not get breast cancer, it only affects women.
- 2) Finding a lump in your breast means you have cancer.
- 3) A mammogram can cause breast cancer to spread.
- 4) If you have a family history of breast cancer, you have likely to develop breast cancer
- 6) Antiperspirant and deodorant cause breast cancer.

Portraits of Power: The Disney Volume

Representation & Role Models on Screen & in our Hearts



Pocahontas did not only stand for the importance of loyalty & sacrifice, but also how the pigment of your skin should not define your strength. Pocahontas took matters into her own hands when faced with many issues. She does not settle for something that doesn't benefit her and her family, no matter the pressure.

Merida rejects the role of a traditional princess for her love of archery and uses her bow and arrow to save herself from not only her rivals, but an arranged marriage. Nobody was in support of Merida's happiness, so it was her only choice, to take it into her own hands. Merida is an inspiration for all girls finding their own independence in this controlling world.



Mulan tells its audience that the power of women should never be underestimated. To save her ailing father, Mulan disguises herself as a man and joins the army, however laughed at & abandoned by the male soldiers. At the end though, it is Mulan that saves China. Mulan did everything in her power to prove her society that women are not accessories, but indeed warriors. If Mulan listened to the men who underestimated her constantly, would China be what it is today?

Elsa & Anna proved that women who stick together, are women who When Arendelle is trapped in an endless winter, Anna searches the land for her sister Elsa, and ultimately saves her with the true love they have towards one another. Proves the power the unbreakable bond of sisterhood, the unbreakable bond of women sticking together.



Tiana teaches us that if you want something, you're going to have to work for it. That no route in life that has value, is a route that is easy. To fulfill her dream of opening her own restaurant, Tiana works tirelessly to save enough money and later rejects Prince Naveen's offer to keep the dream alive. Do you think the restaurant would have meant anything to Tiana, if Tiana would've accepted Prince Naveen's offer?

Jasmine displays courage by standing up for herself in the face of struggle & inequality. In her song, 'Speechless', she declares that she will no longer be silent and will stand up for herself and her people no matter what. In a culture and time period people believed women should be seen and not heard, but Jasmine defies the odds and proves to everyone that she can be a strong and independent woman.



Which Disney Princess do you Identify with? Do you think you can rise to the challenge & be your own role model?

The Peak of Alliances: A Guide

Abhinanda Basu, 6I

I was given a topic to write something on women empowerment and thought I hear that word all the time, but I never went deep into it. So, I jumped in to find out more about this subject, and trust me I opened my eyes to a whole new world. So, let us address the elephant in the room. What is empowerment? In a simple term, empowerment means giving the authority or responsibility to anyone to make a decision on a task and implement it without giving any pressure.

Women though been very strong by nature, were not given equal rights in society. Women were cornered and not given value, put through a lot of brutal rules of society. Let's give you an idea of how the conditions of women were in 1800 and 1900 across the globe. The women were considered literally as slaves. Even If they were married, they had no right in the family to raise children or give decisions in the family There used to be



The women were considered literally as slaves. Even If they were married, they had no right in the family to raise children or give decisions in the family There used to be

- No education
- No right to vote
- Not allowed to work outside and always dependent on men.

Considered as an item, who could be bought and sold. The dowry system came because of this. Women were considered a burden and parents would either kill them or save money to give to son in law to get rid of them. In India, women were burnt on a pyre with husbands, in Africa women were put through forced operations.

From the end of 1800 women started standing up for their rights. This movement started in America and then flowed into United kingdom & Europe, from there slowly it started flowing into all parts of the world. Suddenly men woke to see women as stronger individuals who had opinions, capabilities to make decisions and see it through. To think about exactly 100 years from 26th August 2020, which is in 1910 women first time got the power to vote for the country and considered official citizens. We have come a long way from there. I feel so happy to be born in this generation where we as girls, and women like my mom, have the right to study, drive, work, make decisions Have we reached the peak of women empowerment? I would say no, a lot of girls still in poor countries do not have the right to simple things like education which we think is normal. I would love to see that by the time I grow up, the world would be a happy place for every girl.

A Primer on Feminism: For Men

Aaditya Gandhi, 10B

Equality of the genders has been a widely debated-on topic for millennia, going as far back as the Classical Era of Ancient Greece, when the philosopher Plato argued for the political equality of women. The true path to equality, however, was jumpstarted by the Women's Suffrage movements less than two centuries ago, who continued the fight for equality under the banner of the Feminist movement. It is largely due to the actions of these inspirational women that we have seen such great strides taken towards the ideal of equality. That said, the fight for equality has not been without struggles. Fallacies and misconceptions have been attached to the Feminist movement by its critics, often without clear knowledge or rationale of why those ideas are flawed, thus preventing humanity from achieving true equality across genders.



Busting the Misconceptions

Anti-feminist views have always found their roots in misconceptions that sought to distort the true values of the movement, and then utilised rhetoric designed to fool the unwary into agreeing with these views. This continues even today. More often than not, many end up believing these falsehoods, considering them to be fact. This segment shall aim to clear the air on the matter by challenging these false perceptions.

What is Feminism, Again?

Feminism calls for the equality of the sexes in social, economic, and political spheres. The movement calls for equal rights and opportunities for all, unhampered by cultural or institutional barriers. It is largely thanks to the Feminist movement that women all over the globe have access to increased education opportunities, the freedom to work and the independence to make their own choices and decisions.

Feminism is a Competition

This could not be farther from the truth. Feminism is not a war waged by women against men, nor is it meant to instigate a competition between the sexes. The core ideal of Feminism has nothing to do with hating or discriminating against men, or promoting female superiority. It is not an attempt to 'usurp power from men' and does not advocate for lesser rights for men either. Its key tenets are brief and simple – equal rights for all.

More rights for others does not mean less rights for you.

It is not a pie.

Misogyny is a thing of the past

As enticing as it can be to tell ourselves that women have equal rights and that we have achieved the pinnacle of equality, this belief is categorically false. The path to equality is a rough and bumpy, and a long one still. Women continue to face discrimination as a result of ingrained societal prejudice, particularly in the workplace and LEDCs.

How can we become Feminists?

Educate yourself, and acknowledge the facts.

As men, we have a different perspective on the matter of equality, for we have always been treated with preference in these matters. Thus, it is crucial for us to educate ourselves, to look at the systems that benefit us from within, and push past those constructs to help all people be equal in ways that they are not, now. As such, by reading this article, you have already taken the first steps on the path to a more equal world for all.

Respect lived experiences.

The women around us have actively lived through societal misogyny, while we have not. As such, we must accept and validate these lived experiences, instead of understating them. It is not our place to determine whether a certain action is misogynistic, simply to recognise these experiences, and offer support if possible.

Speak out against prejudice and oppression where you see them.

Misogyny has numerous indicators. By learning to identify these signs, we can call out the perpetrators of these actions in the hopes of respecting women and preventing future instances of such actions.

Empower the voices of women, and serve as a platform so the disadvantaged can be heard by all.

It is crucial to allow those who have been ignored for so long to have their voices heard without interference or restriction. Instead, you can act as a platform by boosting and supporting their voices.

Educate others.

Once you have learnt the facts of the Feminist movement, you can educate others and pass the message on, in much the same way that this article was written with the intent of educating you. By spreading the word and encouraging others to do the same, you can trigger a positive, self-amplifying chain reaction of events bigger than you with the potential to change the minds of a number of people.

“A FEMINIST is anyone who recognises the equality and full humanity of women and men.”

- Gloria Steinem

The Cliffhanger Interludes Team is looking for:

- 1 Creative Writer from Secondary
- 4 Creative Writers from Primary.

Deadline: 16th October, 2020

Application Form:

https://docs.google.com/forms/d/1vcDpZTMDi-ZUah_c8s4kTXZgEt6Gw4EYKiGZHNOyXQc/edit?usp=forms_home&ths=true



*For further inquiries, email
winchwellbeingpost@gmail.com*



Photography Competition

Theme: Domicile Candidis

Seize this quarantine as a moment to truly notice and descry the beauties & ample keyholes, that may have been veiled from you, even in your own house. Take your time today to capture pictures defining your at-home experience. This can range from the mere objects on your desk to your family in their own element.

The creativity speaks bounds from the filters, details, angles, sky's the limit!

Compile your finds in a Word Document, and email it to

winchwellbeingpost@gmail.com

Submissions:

Deadline: 8th November
[@winchwellbeingpost@gmail.com](mailto:winchwellbeingpost@gmail.com)



Paperback Poetry

My Mother is Empowered

Nuha Danish 2G

She works in the day and she
works in the night,
She is beautiful and she is bright,
She cares for us with all her might,
She is amazing in spite
Of all the judgement,
Because she is good as all the men
Let us all empower her,
And other mommies too,
Because she does just as good as
all the Fathers do.



Shell of a Captive

Eliz Liko, 10C

What is it like to be a woman?
What does it feel like to speak in a tongue
Given to you by your predecessors
Despite it's force ignored in a desperate
Plea of oblivion, a limbo so strong
But spoken so softly as in grief
A sorrow rooted deep
You, the juxtaposition of nature
With your tender hands and Yearning lips,
the creation of words
Shaped by your own mouth You, that has
given us the gift of life
Being known in a way only imaginable by
god
in that part hidden well below the meagre
skin
Hauntingly beautiful is the mind of
A woman who grows to be no one else
But herself, with the eyes of her caring
mother
In the mirror, with the laugh of her sister in
her ears, with the touch of her lover in her
skin
The neverending bliss of femininity



The Eclipse

Rithvick Rao, 13B

As the air vibrates and the notes bend and reach
your ears
You sit and think
about how strange it is
to be anything at all

You wake up
Every single thing you see
Each and every single thing you feel
All the people you trust,
The sound of bread crumbs as they fall off the
crust
Blasting drums, the happiness that goes and
comes
What gets you out of bed every morning
It's
Not there?

So I ask you
Would you mind leaving everything and starting
anew
If everyone vanished, who'd mourn you?
If everyone vanished
Who'd be left to miss you?

The people that come after you
Long after the plagues got to you
Long after the local cluster has collapsed on itself
All that they will know is darkness,
Not just the absence of light,
True darkness because there will be no light left
just like, There is nothing
So just wait, Just wait
Until there is nothing left
And there is nothing left

Everything you see is something you created
in your brain
No two people see the world the same
You wake up every morning for something
that doesn't exist
Except in the reality that you created
Something you came up with to keep yourself
entertained
While you're bored with existence
Just like how you created a god just to give
yourself purpose
Everything you love
Even the big guy above
Is something you made up
The past is nothing but
A story
That you tell yourself
Like a black and white silent film
You watch and do nothing else
It doesn't make a lot of sense
A lot of the time, it's boring at best
But you sit though it like everyone else

But you see it rot away now
Grey leaves blowing across in an eclipse

And now there's nothing that between you
and the plague you see coming towards you in
the distance

A Quentin Tarantino film
It doesn't make a lot of sense
A lot of the time, it's boring at best
But you sit though it like everyone else
But by the end
After all the death
After you look at whatever's left
You think to yourself, then
That wasn't half bad
I wouldn't mind sitting through it again

Until then, All you can do is
Attempt to sit through the filth
And count each and every beautiful thing you
can see
Until the night falls, and the plague sets you
free.

Paperback Poetry

The Covid Pandemic

Asad Ali, 67

Covid, Covid, Covid
What have you done?!
If it wasn't you This would not have begun
Distancing, quarantine, testing The things
that ruin your day
But if we just stop messing We could keep
it at bay
Mask, wash hands, and more
These are the barriers of this disease
And I can guarantee
The World can find a cure



The End

Mehr Ali, 9B

When the earth is in ashes
And smoke all around
And it catches us in its clutches
Then all is gone
Climate change will rise
And there's no bringing back
Life from death light from darkness
There is a solution
But it isn't pretty
But if we work together it'll be easy-
peasy
First are reusable bags
It's a useful helping hand
To nature, it's a peace flag
And to us a new beautiful patch of
land
Then the animals whom we live with
Do deserve a worthy chance
So, build wild conservation land
They'll be extremely glad
Then we need to help our fellow
humans
Who are living off dirty provisions

Submissions:

10th November 2020

Anxiety & its alliance with Exam Season/Studying
: winchwellbeingpost@gmail.com

Sidewalk Sketches

Orcinus

Laris Niazi, 11A



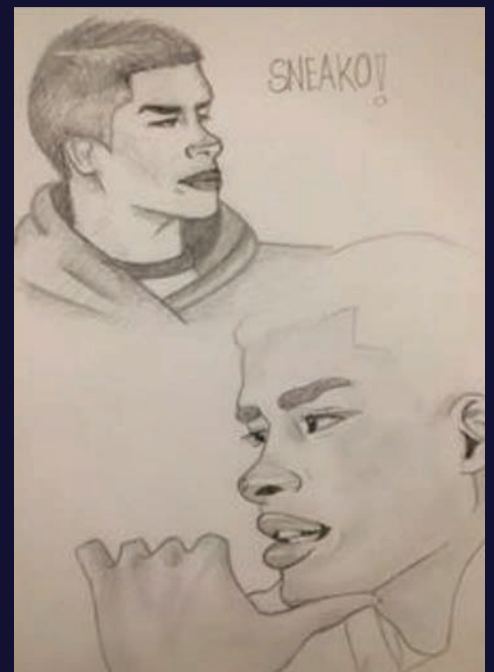
Purple Sea

Aaliyah G. Malacaste, FS2C



Rebel of Neon Gods

Adrian Gomes, 9A



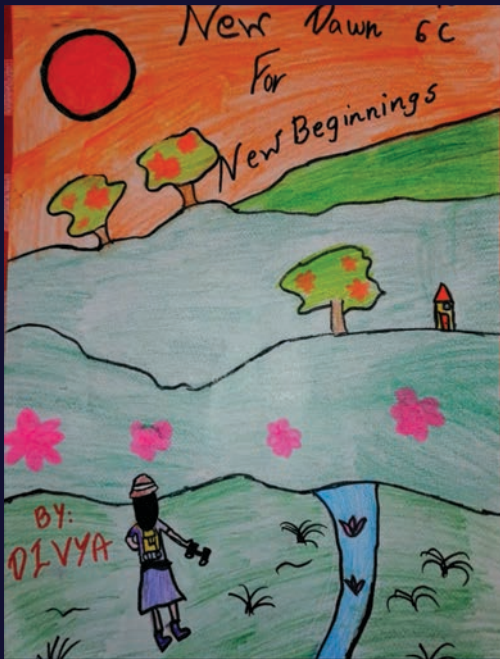
Sneako

Teena Outhman, 10B

Acme Streak

Dhriti Baid, 13B

Sidewalk Sketches



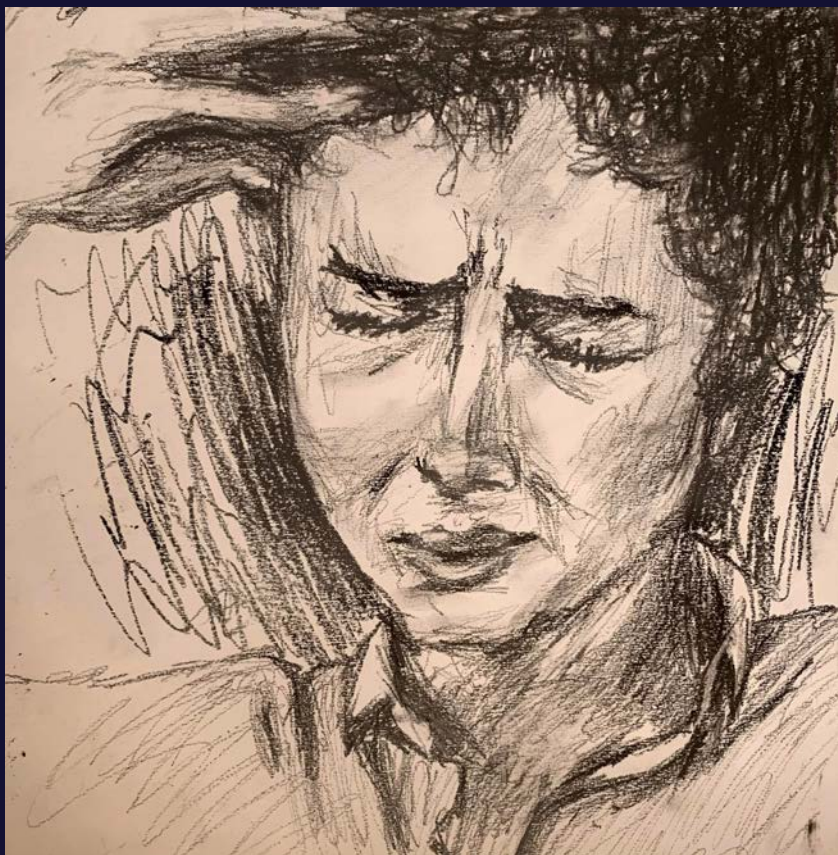
New Beginnings
Divya Arora, 6C



Happy Sunny Day
Xainab Usman, 6I



Contrast
Sanika Padekar, 6G



Distress of the Mind
Khadija Isaev, 12C



The Lone Wolf
Risha Amit Baid, 11C

Submissions:

Email us: winchwellbeingpost@gmail.com

Playlist Digest: Oct Edition

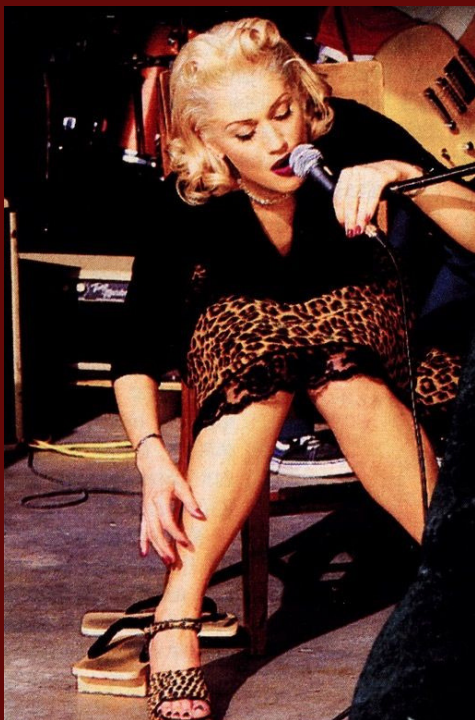
This Month's theme: Women Empowerment

Oct Playlist: Women Sticking to Our Word



https://open.spotify.com/playlist/5CHXNLMIOH5dHHzeCKVo6g?si=d3ncCBayQ8ijv6j-6T4uFg&utm_source=copy-link

Featured Artists:



The Bulletin Search

Manipulate the clues given into a series of words that have more worth than merely being an answer in a word search.

E I Y Q Y S Y U W A E F H D B F R C O D S A I D
G A I Y V D T M F D G L P B D J A D H X S R W C
N Z Q E E D D W O I W S C I T I L O P A E M J R
N D G O W A D O R U W U T X D B N D P C R E R B
N U J F Q X H L Y G G K M V G B F F I W G E M B
H P G U D R S Y H U O G M P D D F P P J O T O O
S K E Z E L A I C O S T M C P F O R F T R S V S
L T C T B L V V M A F W K S R P D Q U Q P E E X
P U S Q Q M J W T O L A E E P E G T W K U F M K
H I U E W W O M E N D Z Y R L K D E O K N L E F
S L A D I B S V S Z Y E E V Q G G A T S E E N X
G I L U V U E N Z L I S E N Z A G H F F S S T C
E B P C X I I M F L S W M R R B L U H H J H C R
W E G A F O N Q P I M O O F F Y C D R D J X T E
W R Z T E H S D O O S U F G E E X D C T F Y E A
L A Y E M I S N I I W U K V C A W O N G S C C T
W T Z Y I K P L N C S E N N E N B E F A T C N I
W I R J N I M O O X A J R L P S T H G I R N E V
S O E I I X R N W E X T Y M B Z Y A C E W J D I
S N F Y S O D C O E C E I N E Z H T T S F L I T
G E O B T L H E Q F R G G O B N M S P U P B F Y
E X R U L Y T Y Y G P U C K N P T T G J I F N R
S W M A C T I V I S T V H O D T O P N X R J O Y
C D J L C E B J L X O S G K E Q U A L I T Y C F

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|-------------|-------------|------------|------------|
| WOMEN | VINDICATION | SUFFRAGE | STRUGGLE |
| SOCIAL | SISTERHOOD | SELFESTEEM | RIGHTS |
| REFORM | PROGRESS | POWER | POLITICS |
| OPPRESSION | MOVEMENT | LIBERATION | GIRLS |
| FREEDOM | FEMINIST | EQUALITY | CREATIVITY |
| EMPOWERMENT | EDUCATE | CONFIDENCE | ACTIVIST |

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Edited & Designed by:

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STAY TUNED!

**Next Issue:
15th November 2020**