



By Aishah  
Vesamia

WRITTEN BY STUDENTS, FOR STUDENTS

inside



Can you find what's  
inside the mystery box?



Photography  
by Mimuna Hussain



How to Survive Exams by  
Zeynep Sahin

# 6<sup>th</sup> Sense

6th Sense is proudly brought to you by the students of Clapton Girls' Sixth Form. All credit goes to the amazing students who contributed, from the incredibly thought-provoking articles to the details of the art pieces and photography.

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## EDITOR'S NOTE:

Hold tight guys! This issue (like all others) is a good one.

Firstly; Eid Mubarak to everyone celebrating! Included in this issue are some top tips for a healthy fast during Ramadan by Adia; as well as Zeynep's 'How to Survive Exams', thank you to both of them for making time to do this, as we all know, exam season can be a *super* busy time, so kudos to them for squeezing this in!

On the cover is artwork by Aisha, thank you to her for designing the front (and back) of this issue, I think I can speak for all of us at Clapton when I say your art and talent never fails to amaze us. I'm super excited about this issue, and I hope you guys enjoy it! Thank you to Falak for giving me the opportunity to work on the paper, I couldn't be more grateful. Good luck to everyone for the exams this year; I know you'll all get the results you well and truly deserve.

A special thank you to Mimuna for allowing us to use her incredible photographs in this month's issue, we couldn't have done it without you! Happy reading!

## Quick Notice!

Hi everyone!

I'm the new Editor in Chief for 6th Sense, and am super excited having been given the opportunity to take part in something as amazing and incredibly diverse as the sixth form paper.

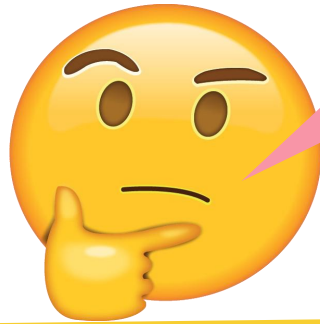
A *huge* thank you to Falak for creating the sixth form paper and allowing this to be a thing in the first place, we couldn't have done it without you. It has been an absolute pleasure

being part of these last few issues, your dedication and ambition goes beyond words. And you, who take part in the paper one way or another, once or over and over again, are incredibly talented: look far we've come! From editors, to writers, photographers, artists and more; you are all amazing; and I (of course) look forward to working with all of you.

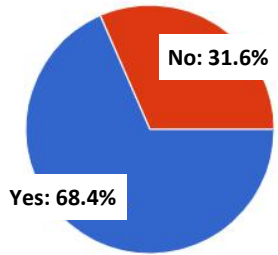
Hope you guys like this month's issue!



Gabriella



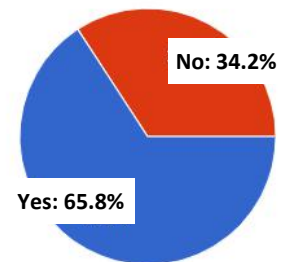
“Who fasts in the Sixth Form?”



Do you fast during Ramadan?

## 10 Quick Tips for Fasting: Ramadhan Diet Section

1. Keep Fasting **Periods Short**
2. Eat a Small Amount on Fast Days
3. Stay **Hydrated**
4. Go for Walks or **Meditate**
5. Don't Break Fasts **With a Feast**
6. Stop Fasting **If You Feel Unwell**
7. Eat **Enough Protein**
8. Eat Plenty of Whole Foods on Non-Fasting Days
9. Consider Supplements
10. Keep **Exercise Mild**



Are you going to fast this year?

Save our Environment!

Please make sure you recycle this.

# THE ACHIEVEMENTS OF MUSLIM WOMEN



## ANOUSHEH ANSARI

Ansari was the [the first female private space explorer](#), she is now also the chairwomen of the internet company Prodea Systems, which she herself cofounded. She also accepted an [Oscar for the film \*The Salesman\*](#), which silently kept away from the Academy Awards because of [because of President Donald Trump's anti-Muslim travel ban](#).

## SAYEEDA WARSI

British lawyer and politician became [the first Muslim woman cabinet member in the United Kingdom](#). She served as senior Foreign Office minister under former Conservative Prime Minister David Cameron's government. She publicly resigned in 2014 due to Britain's policy on Gaza, a strip of Palestinian territory, which was the site of an aggressive Israeli offensive in the 2014 Gaza War.



## MALALA YOUSAFZAI

I couldn't write this without including the incredible Malala Yousafzai, she needs no introduction. She received [the Nobel Peace Prize in 2014 at 17 years old, becoming the youngest person to ever receive the award](#). As a young child, Yousafzai [campaigns for girls' education, anonymously blogging for BBC at age 11](#) about being denied education in her Taliban-run hometown of Swat.

**"This award is not just for me. It is for those forgotten children who want education."**

## DALILAH MUHAMMAD

This Muslim-American Olympic runner [won the gold medal in the Rio 2016 Olympics for women's 400-meter hurdles](#). She's also a activist who uses her platform to highlight minority voices.



## ILYASAH SHABAZZ

Shabazz is the daughter of Dr. Betty Shabazz and [famed Muslim and civil rights activist Malcolm X](#). She is a writer, motivational speaker and activist who focuses on [empowering young people](#). She received the [2016 NAACP Image Award for Outstanding Literary Work for Youth/Teens](#) for her children's book *X: A Novel*, about her father's developing years.

**"I try to remember to be positive and to try to leave all these situations, even if they may be very difficult, with love," Muhammad after she was detained for two hours by U.S. Customs.**

## IBTIHAJ MUHAMMAD

Muhammad is the [bronze medalist sabre fencer](#) who represented the United States in the 2016 Rio Olympics. She has been [vocal about dispelling Muslim female stereotypes](#).



# How to: Survive Exams

## A GUIDE— by Zeynep Sahin



It's that time of the year guys, exam season is right in the corner- and there's no more 'I still have 6 months to prepare'. The majority of us will be sitting in nightingale hall without knowing it. I apologise if the stuff I just said panicked you a little, but that's why I'm going to try my best to give y'all a useful guide on how to survive these exams.

1. Something you hear left right and centre: Stay hydrated. Always have a full bottle of water during exams. I know that there's many people fasting during exam season so make sure to check out the ramadhan diet section of this issue. But regardless drink plenty of water between Iftar and sehri time.

2. Always fuel yourself, don't ever forget to eat because you're too busy revising. You need the most energy you can get and instead of skipping breakfast and grabbing an energy drink on the go which has more costs than benefits- try making some toast or cereal instead. If you don't have time then grab something that's already made e.g. like a croissant.

3. Prepare a strict revision time table based on your exam time table, **that also includes breaks**. For instance don't revise for an exam that's 2 weeks away when you're sitting your history exam in 2 days. Prioritise.

4. DON'T, and I repeat DON'T cram in all the revision the day before. Honestly I know how much revision before the day or on the morning helps but scientifically you are most likely to only remember the first things you revised so if you managed to cover 100% of the content, you will probably only remember 25% of it if you're lucky. If you can manage to

remember almost all the content you crammed in the night before, then you are a superhuman that probably doesn't need to read this article :)

5. Plan a celebration for when you complete the exams so there's something to look forward to- also don't forget that 3 month long summer that you're really excited to live stress free for.

6. Always revise in a clean less cramped area. Honestly if you're one of those people that lays out all the resources you own all over your room, try not do that this time. Seeing books and revision resources everywhere can be very overwhelming. Being in a bright, fresh and empty-ish area will keep the mind and vision more free and less attacked. In other words, DON'T drown yourself in exam stuff.

7. This is going to be quite a hard one for the people who love sleeping in. But trust me you're the most productive in the mornings. It's a fact, and you are most likely going to be able to revise the best and cover content more effectively. That doesn't mean you sleep at 1am and wake up at 5am to revise for your exam at 9. Sleep early, wake up early, go over your ALREADY MADE notes, have a nice breakfast if your not fasting and make sure to drink water and breathe.



8. 20-30 minutes before your exam, instead of stressing yourself out further- take a walk outside to just breathe a little and give yourself some headspace. I don't advise going over notes 15 minutes before your exam, if you revised effectively you shouldn't need those extra minutes. Take that time to rest your brain because you will be writing and probably stressing (hopefully not after this article) for at least 2 hours in whatever exam you're sitting.

9. Avoid having those revision chats before the exam- they are the worst, you may think it's beneficial but if someone blurts out something you didn't revise or come across, you may start panicking thinking you know nothing and before you know it Mr Bradbury's telling you to enter the exam hall. And then your low self esteem is all of a sudden panicking you and convincing you that you know nothing. Try not to put yourself in the presence of stressful energy which is probably 90% of the students sitting the exam.

10. Don't trap yourself at home throughout the exam season although that seems to be the norm. Go outside take a walk. The weather's usually lovely during exams, visit a local park, plug in your earphones and just breathe.

11. Have a mini ceremony every time you complete an exam. Make it a ritual to cross off an exam forever from your time table. And always reward yourself by doing something that makes you happy whether it's to have a bar of chocolate, watch something or see your friends. You deserve more than just a tap on the back. Try doing this every time you complete an exam and when you finish revising big chunks of content.



12. After an exam is over, avoid comparing answers with other students- this one's mainly for the maths and science students out there. I know it usually makes you feel better if you know you got a big question right but if you seem to have a different answer to majority of the crowd then that's going to make you feel even worse. After an exam is over, try not to think of it ever again. Go take a walk to calm down, you've been sitting for 2-3 hrs- get some fresh air.

13. And lastly, DO NOT PANIC. I know it's easier said than done but try your best not to overthink to the point that you're going to fail. There's no way you're going to enter an exam without knowing anything, you definitely know something. If you panic yourself, you may struggle in answering a question that you know the answer to. Just live in the moment and have more trust in yourself. Enter the exam with a positive attitude and tell yourself 'I'm going to slay this'. Only focus on what you need to do rather than what you didn't do because it's really too late to worry about that now.



I hope these tips were at least a bit of a help to you guys. I just want to say good luck to every single one of you. You've worked hard this entire time, and you can do this. And please don't forget to give yourselves a break, you'll be needing that the most.

# PHOTOGRAPHY: My Experience



Hey guys, So I want to make it quick and short on how fashion

friends soon realising that *this is my passion and these were my dreams* and I'm going to chase after them and not caring what others say to me. I did a insight course every Saturday. 6 months later i now work with top agencies such as Select model, Umma models etc. I did a project with Vogue and held an event at Buckingham palace, I soon

photography has changed me as a person and how it turned my whole life around as a professional photographer.

How did I get into photography? My mother bought me a camera for my first birthday and according to my mum I wouldn't stop taking pictures of her, I remember taking my camera everywhere with me and taking photos of literally everything around me even the Sainsbury's shopping. When I moved to London my whole life went upside down, I left all my friends back in the countryside and was forced to make new friends, I was really depressed as I didn't know what I wanted to do in the future. I learnt that when living in the city you really do get distracted by your surroundings and don't pay enough attention to yourselves. Soon after learning that I made myself happy with out anybody beside me. I started to become independent and that's why I came to Clapton Girls as I can focus on my studies and also start to build a career for myself. I created a small Instagram page which only had 50 followers in November 2018, I started to take photos of my

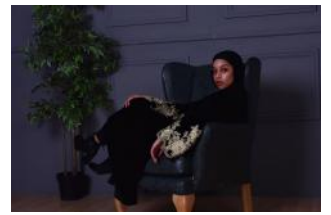
"I learnt that when living in the city you really do get distracted by your surroundings and don't pay enough attention to yourselves."

had over 800 followers on Instagram and work with clients who is wanted to have photo shoots with me at the studios all the time. It took blood, sweat and tears but I was finally truly happy with my life and what I have accomplished at the age of 16. I'm so thankful that I have Clapton Girls and my friend and friends supporting me through this journey it's a endless journey that I go through by myself.

If you guys have any questions to ask me feel free to ask me in person or pop DM on Instagram: @mimuna\_photography

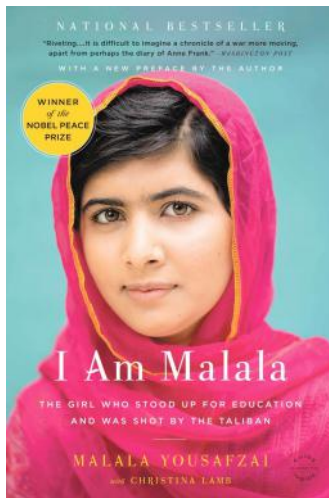
Mimuna Hussin 12D





# Books: In one sentence\* - Eid edition

\*(maybe more)

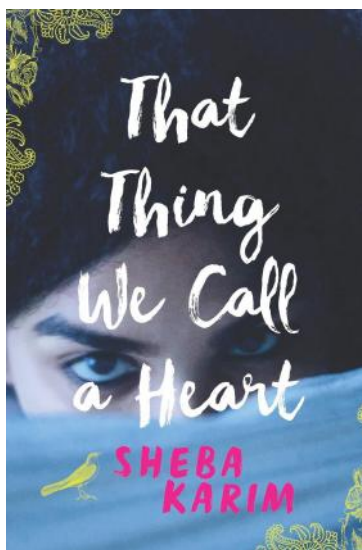
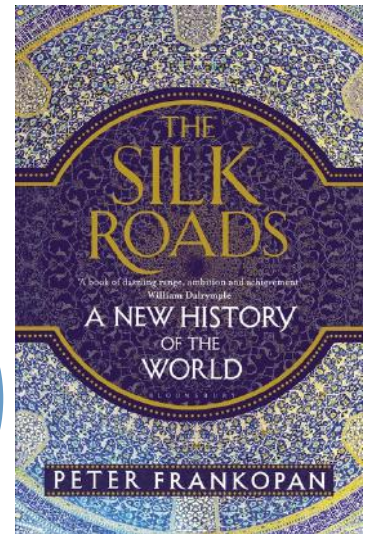


This is a classic. A thought provoking, and inspiring story, dances beautifully around the truth of human morality.

**“We realize the importance of our voices only when we are silenced.”**

A different view on the complex history of the world, not only a trade of silk, but *the* trade of knowledge, religion, and culture.

**“We want to encourage people to look for what unites them instead of what divides them.”**

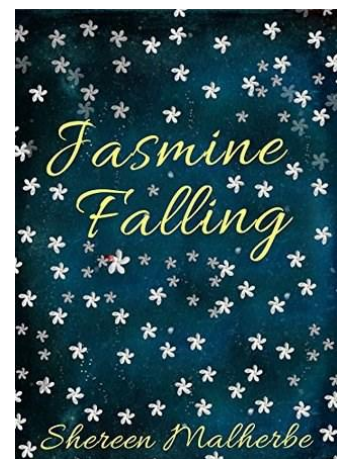


For the romantics, I present to you a heart-warming story of summer-love. Gorgeous.

**“Tell him, I thought. What do you have to lose? My pride, for one. And that thing we call a heart.”**

A brilliant example of fiction bordering dangerously on reality. Heart-breaking and heart-warming all at once.

**“Don't fall in love with someone who says the right things. Fall in love with someone who does the right things.”**



Psst– most of these books should be in the LRC, if not, just ask!