

(Continued from page 6)

things outside the school. Ms. *Manusah Tabassam, Forest Gate School director of study for science and technology and head of Michael Faraday House*

When I found out that I had been nominated, I was very shocked and really pleased and all that. I think the ceremony was good. What I liked most was when I won the award. *Chanel Jones*

It was good to see the young people being rewarded for their work in different areas. I do hope that it will become an annual event. *Ms. Alex Fellowes, Langdon School assistant head*

The youngsters that do extraordinary things for the society, relatives and even themselves, are nominated for the Spotlight award. It shows that they've done something uncommon and out of the ordinary, and deserve to be noticed and appreciated. It's necessary that young people's efforts are recognised, otherwise they won't bother to try harder because they haven't been encouraged. But as long as the Newham Youth Spotlight continues, it'll encourage other youngsters to put a lot of effort in whatever they're doing, so that they might get nominated. *Nataniel Bode Ojuola 15*

The girls (in the Plashet School

Steel Band) have worked hard. They put in a lot of effort, and we're very proud of them. I'm also glad for Amber Ahmed, because she's one of our senior students who deserve recognition before they leave the school. *Ms. Cheryl McIntosh, Plashet School assistant head*

It's a good thing, because it recognises young people who spend time helping other people. *Anthony Karinski 15*

As a youth, to discover something positive that you actually like to spend time doing, is a valuable thing. *Charis Parker of 57<sup>th</sup> Dynasty*

I think it's a good idea. *George Brown 18*

I was shocked when I found out I had been nominated. I didn't think I would win. *Fozia Ali*

I was happy to find out we had won. *Zainab Masaudi, member of Plashet School Steel Band*

Well done. It was an excellent event. I really enjoyed it. It was good to see young people, some of whom do so much at home, like helping disabled members of their family, being recognised. I hope there will be another one next year. *Councillor Maureen Jones*

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#### AIM HIGH: THINK BIG!!!

One of the prizes was the 'Think Big' book by Dr Ben Carson, an African-American who rose from humble beginnings to graduate from Yale University. He became director of paediatric neuro-surgery at Johns Hopkins University hospital. Two principles stand out: 1. With hope, and encouragement, you can turn things round. In primary school, Dr. Carson was made to feel he was stupid. However, with the constant encouragement of his mother, he turned things around. She realised he was not living up to his full potential, and made him read two books a week from the library and write a report on

them. His grades soon began to improve. 2. Knowledge counts: no knowledge is wasted. Dr. Carson was one of two interns (out of 125 applicants) accepted into the neuro-surgery residency programme. He believes that his knowledge and appreciation of classical music played a role in his success at the interview. Here's Dr. Carson's philosophy for success:  
T - Talent/Time: recognise them as gifts. (We all have talent)  
H - Hope for good things and be honest. (Honesty is important in all our dealings)  
I - Instill from people and good books.  
R - Be nice to all people. (Be nice to people regardless of who they are, do unto others what you would like them to do to you)  
K - Knowledge: recognise it as the key to living (Knowledge is crucial. Acquire as much knowledge as you can. Don't limit yourself to just your interests or your core subjects in school)  
B - Books: Read them actively. (Love books and reading)  
I - Invest in learning skills: develop them. (Invest in learning, not just what is necessary to pass exams)  
G - God: Never get too big for Him. (Respect for God, the creator)