

# CONNECT

ADDING VALUE TO LIVES

JUNE 2023

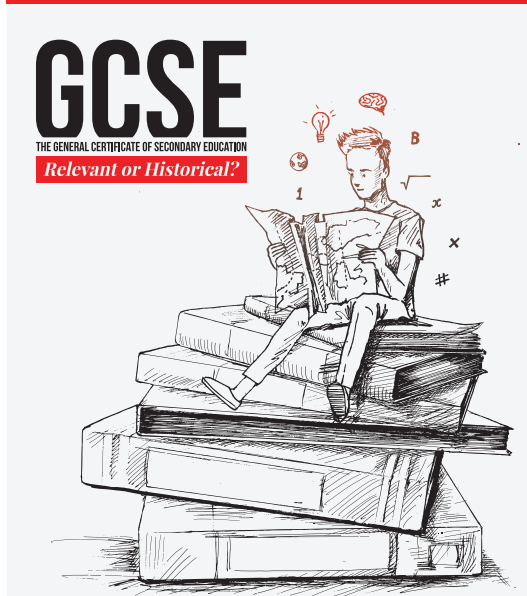
FREE

# GCSE

THE GENERAL CERTIFICATE OF SECONDARY EDUCATION

*Relevant or Historical?*





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Email: [designs@kingsborough.org.uk](mailto:designs@kingsborough.org.uk)

**EDITOR IN CHIEF:** Tunde Balogun  
**EDITOR:** Dorcas Fakile  
**EDITORIAL TEAM & COLUMNIST:** Christine Bamigbola, Jane Domike, Dorcas Fakile  
Azuka Aghadiuno  
**GRAPHIC DESIGNER:** Toluwani Fatuki  
**BRAND ADVISOR:** Pranjali Kanchi

**STARTERS WITH PT**



# It's a New Dawn

BY TUNDE BALOGUN

**A** new dawn is the beginning of a new season! In essence, so much about the past must be put aside and forgotten; a chance must be given for the new to bud, bloom, and flourish. The Bible made mention of this in the book of Prophet Isaiah 43:19, which suggests that we must make conscious and deliberate attempts to plug into a new dawn. It says a new season has already begun and it's loaded with far more potential, opportunities, and abundance beyond our wildest dream.

I don't know about you, but just thinking about it, has already gotten me excited. The experience of the past couple of weeks and all the memories that led to this point in history emphasize that change has come. It is now for each one of us to interpret this dawn in various dimensions in the ways it might concern us, so we can draw it down in an agenda and plan of what it is that we must do to go on from here.

From my reflection, look at what I came up with:

- On the national front, not too long ago, the United Kingdom mourned the death of Queen Elizabeth II. But it's a new dawn to witness the pomp and pageantry of the coronation of His Royal Majesty King Charles III. For me, it was indeed the most remarkable display of joy, emotion, history, spirituality, and the foundation truth that founded the United Kingdom, which must not be lost. As that would be a cost too much to be paid.

- From an organisational point, Kingsborough has been celebrating Twenty years of its existence. The anniversary Thanksgiving service in May was a new dawn. Starting with a twenty-one-hour non-stop worship over three Sunday services prior to the main event on the 21st of May. This event was to

display our gratitude and honour to God for His goodness, mercy and unfailing love for us all.

- Another new dawn, I would like to mention is the change at the Connect magazine. I want to pay tribute to Pastor Wale Adenuga, our first professional graphic designer. Wale took the design brand of Connect magazine to the quality standard it is today. We are sad to see him leave the team in pursuit of other commitments, and we wish him all the best. However, we are glad to welcome into our new dawn, three new people who are joining the Connect team (Dorcas Fakile as the editor, Toluwani Fatuki as the new graphic designer and Pranjali Kanchi, as a brand adviser). I would like to welcome you all to the Connect family as we serve our community by providing this inspiring, informative, educational newsprint.

In this light, are there areas of your endeavours that you are already experiencing the emergence of a new dawn, but you are not giving it any attention to see the drips burst into a mighty flowing river of new opportunities? A

The experience of the past couple of weeks and all the memories that led to this point in history make no doubt that change has come.

rigid approach to life, without any sense of plasticity, has caused many the loss of uncountable fortunes and loss of lives. As I finish my term this time as the Chaplain for the Mayor of Hillingdon, I have already set my gaze

on what is next in my path for community service along with my daily vocation as a church leader. How about you, what is in your new dawn?



*Tunde Balogun is the lead pastor of The Kingsborough Church. He is also the Chief Executive of the Kingsborough Centre, the organization overseeing The Hillingdon Foodbank and the Coat of Many Colours Nursery. He is married to Oluwatoyin.*



# Jokes

## COUNTED THEIR LEGS

As my sister and I were counting the cows in a pasture, Dad glanced over at the herd and said, "There are 127." "How'd you know?" we asked. He replied, "I counted their legs and divided by four." Decades later, my kids give me the same look I gave my dad every time I pull that same gag. —George Brown

## I HAVE YOUR PHONE

On the way to meet my husband at a restaurant, I realized that I didn't have my phone and immediately panicked. I needn't have worried. He saw my phone on the couch at home and brought it with him. When he arrived, I checked my texts. There was only one, and it was from him: "I'm on my way, and I have your phone." —Michelle Steinmetz

## CAN'T REMEMBER THE NAME

I had a chance encounter with a pastor who told me about a wonderful event held at his church. "We had a singing group the other day that performed without instruments," he said. "A cappella?" I asked. He shrugged. "I don't remember the name of the group." —Wade Hampton

## TO ERR

A scientist who made contact with aliens said, "They're nothing like us—all they keep saying is 'Err. Err.'" "Why should that mean they aren't like us?" his colleague replied. "To err is human." —Submitted by Steve Smith

## CATS AND SENTENCES

Q: How are a cat and a sentence different?

A: A cat has claws at the end of its paws; a sentence has a pause at the end of its clause!

*Jokes are culled from [rd.com/jokes](http://rd.com/jokes)*

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to somebody?**

Please text or call **078 4823 7072**

You can also email us at

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Please visit **[kingsborough.org.uk](http://kingsborough.org.uk)**



**@KingsboroughUK**

**Sunday service at 4 New  
Windsor Street, Uxbridge  
UB8 2TU from 9.15am**

**[kingsborough.org.uk](http://kingsborough.org.uk)**



# Healthy June

**Jane's Essentials**  
BY JANE DOMIKE

**I**t is already half the year with the bloom of June noticeable in our gardens. Beautiful blossoming magnolia, roses, poppies and lilies are among the beautiful flowers that adorn the bouquets this season.

In keeping with tradition, this section will try to bring to light a couple of notable dates and simple health tips to improve our health and well-being.

Agreeably, the earth is the one place we are sure about that fully supports human existence, unless science says otherwise in the future. It is therefore of utmost importance that we all do our bit to protect the environment so that we can enjoy our whole lives in it.

earth which might have been caused by our actions or inactions. One of such is plastic pollution which has been a worldwide concern for quite some time. It is one of the major sources of pollution believed to contaminate land and sea heavily. Research has shown that there is heavy plastic pollution choking the aquatic environment causing a breakdown in the normal ecosystem of the seas. This is proven to affect not just the sea animals but also the quality of seafood that gets to our tables. There is an abundant resource on the world environmental day website that dives deeper into the alarming depth of this environmental damage. And indicates what interventions are in place and what more needs to be done going forward.



*This day also brings to light the damage and decay depleting the essence of our earth which might have been caused by our actions or inactions.*

Hence, this year the 5th of June 2023 marks World Environment Day. This date was historically set aside by the United Nations in 1972, to draw attention to the concerns and challenges that affect our environment. This day also brings to light the damage and decay depleting the essence of our

It is safe to say that understanding and caring for our environment is vital to the overall sustainability of the human population, including all other forms of life that thrive on Earth. Other dates to bear in mind this month is the 'Bike Week' (5th-11th June) and 'Healthy eating Week' (12th-16th June).

Bike Week is organised by Cycling UK, with the aim of the week being to encourage people to get to work or generally get about by using the least polluting means of transportation where applicable. Workers are encouraged to cycle to work. And many schools also encourage children to tell their parents to consider more environmentally friendly ways to travel to school.

The Healthy Eating Week organised by the British Nutrition Foundation is focused on offering people healthier food choices. Their advice advocates for sustainable diet choices, which are informed by extensive evidence-based research that connects people, food, science and the impact on the environment.

Notably, both the 'Bike Week' and the 'Healthy Eating Week' tie in with the World Environmental Day theme. All these events are stressing the importance of preserving and protecting our dear Earth.

It is also of note that in this corner we advocate for healthy living and better food choices, hence the weeks marked in this month further stress on the importance of exercising and eating right. With a specific emphasis on how it also benefits our environment. So be sure to check out the resources on Cycling UK and British Nutrition Foundation, to gain a better understanding of how easy it is to make small changes that have big impacts.

The important dates of the month can not be complete if Father's Day is not acknowledged. This year June 18th marks the celebration of our Fathers. It is a good time to reach out not only to our biological fathers but also to those men who have positively affected our lives in diverse ways. Celebrate our hero dads.



## “ King Charles III ”

I Charles do solemnly and sincerely in the presence of God profess, testify, and declare that I am a faithful Protestant, and that I will, according to the true intent of the enactments which secure the Protestant succession to the Throne, uphold and maintain the said enactments to the best of my powers according to law.



# £1000 GIFT TO FOODBANK TOGETHER WITH A REFLECTION



[hillingdon.foodbank.org.uk](http://hillingdon.foodbank.org.uk)

Hillingdon Food Bank is doing an incredible job serving its community! They provide food to 300 families every single week, which is no small feat. What's especially alarming is that a high number of their service users have jobs, but they're not getting paid enough to make ends meet. In fact, 1 in 5 school support staff members are using food banks just to get by. This year has been especially tough, with the food bank being busier than the last 5 years combined. It costs £60 a week to feed a family, so the fact that they're able to provide this essential service to so many people is nothing short of amazing. Hillingdon Food Bank has 8 distribution centres, and they even go above and beyond by dropping off food at people's doors if they can't get to the food bank themselves. They're truly making a difference in their community, and we should all be grateful for their hard work and dedication.

They definitely are deserving of the money, and we owe them thanks as I know they are feeding some of our members.

Kind regards  
CORPORATE DONOR





# brainteaser

A man stands on one side of a river, his dog on the other. The man calls his dog, who immediately crosses the river without getting wet and without using a bridge or a boat. How did the dog do it?

Credit: parade.com

## Let's Play SUDOKU

"There seem to be two main types of people in the world, crosswords and sudokus."  
- Rebecca McKinsey

*In playing Sudoku, the objective is to fill a 9 x 9 grid with digits so that each column, each row and each of the nine 3x3 subgrids that compose the grid contain all of the digits from 1-9. All the best!*

### EASY

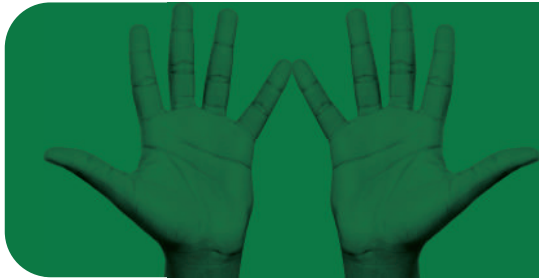
		2			5		8	7
	8	5					4	9
	7	4	9	2				
				9				
4		6	1		7			
	5	3		8	4			
				7	2	9	4	8
	4	9	8	3			7	5
	2	7		4		6	3	1

### MEDIUM

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4	9		1		5			
				7	8		6	
			1					
2	4	5		3	7			
		4		7		6	9	
	6			9			8	
		9	2	5	6		4	

### HARD

			7		2			3	
							6	9	4
			5						7
9					4			3	
4		6		7					
					6				
	3						9		
		7						8	
	2		1	8					



# Green Fingers For All

BY OLUTOMI KAKA

One of the best things about going out on Outreach at Kingsborough is getting to meet the wonderful people in our community. Sometimes, we go out into the high street to reach people in the heart of our community. And to connect with anyone who is not in too much of a shopping rush, to stop for a chat, exchange pleasantries and hear what we have to say.

We tell them about the love of God for all of mankind through Jesus Christ. And share about all the services that the Kingsborough Centre engages in and offers to our community. This includes the Hillingdon Foodbank which has several centres in the north, south and centre of the borough. The service we provide also includes the Coat of Many Colours Nursery which has two centres in Uxbridge and Hayes.

The Kingsborough Church is a family gathering for an experience of love, fellowship, and personal development across various areas of life. We meet face-to-face on Sundays and stream our services online on Wednesdays.

Recently, my Outreach Team ventured into our local Uxbridge Town centre on one fine Saturday morning. After exchanging pleasantries with several passers-by, we got into a discussion with a man who runs a community group that grows its own organic food and aims to encourage others to do the same. He spoke about the avoidance of pesticides and how it was simple to do so. The

conversation was quite intriguing! As he was so passionate about the subject matter. He explained the many benefits that growing our own organic food would have on our health, and the environment, as well as the financial benefits, we can gain from it if we all did it.

It struck us that this was the type of initiative that Kingsborough leadership would love to promote within the church community. As we try to encourage the church community and family to be involved as part of fulfilling our biblical responsibility of being “fruitful and multiply”, to “fill the earth and govern it” as stated in Genesis 1:28. Kingsborough Centre believes in environmentally friendly initiatives because of they enrich our lives and the planet. As such, we have previously supported similar initiatives

Join us for  
**Green Fingers Sunday**  
 at The Kingsborough Church

**Date:** 2nd July, 2023  
**Venue:** 4 New Windsor Street,  
 Uxbridge UB8 2TU

Please save the date in your diary, on Sunday the 2nd of July 2023, we would be having a Green Finger Sunday. The aim of this day is to learn about the joy and benefits of growing some of your own food.

Watch this space for next month in the Connect magazine, we will delve further into this. To

learn how we can grow our own food without pesticides, steer away from processed food to fresh and lush food picked out from our own backyard garden, balcony, or window garden. Get your green fingers ready!



# GCSE

THE GENERAL CERTIFICATE OF SECONDARY EDUCATION

*Relevant or Historical?*



**A**s we enter into the month of June, our year 11s can finally look forward to having a time of rest, as they conclude their final GCSE (General Certificate for Secondary Education) exams. This started on the 15th of May and will end on the 27th of June.

So, with the exam season quickly coming to a head, it is appropriate for us to take this time to reflect on the education practices in the UK. And consider how these national standardised exams like the GCSEs are affecting our students and teachers across the nation.

The introduction of compulsory education for all, from age 5 to 16 (now 18), spawned the National Curriculum and testing regimes, which were established in the early 19th century. The purpose of these educational acts was to provide a guideline for schools to ensure that all children are “taught the essential knowledge in the key subject discipline.”

The GCSEs first teaching materials were introduced in 1986 as part of the national curriculum, taught to students in year 10 and 11 (aged 14-16). The main purpose of the GCSE qualification was to replace the old O Levels (Ordinary levels) and CSEs (Certificate of Secondary Education) qualification, in order to establish a national qualification for those who decided to leave school at age 16; without pursuing further academic study.

The process of the GCSE qualification involves students studying their chosen subjects alongside the three core subjects (English language, mathematics and science) over the course of two years and taking their final exams at the end of year 11. Nick Gibbs, the minister of state for schools, described the decision to launch the GCSEs qualification as a “quiet revolution which began a period of profound change for our education system.” This indicates the main aim of the GCSE as a means to improve the quality of education and raise the standards of attainment. Although, since its introduction, the academic standard and value of the GCSE has been and continues to be subject to much critic.



Education has long been considered to be an important part of British life, as it provides individuals with the knowledge and skills required to adjust and thrive in their community. As a nation built on the Christian faith, the foundation of our educative beliefs was set accordingly on the protestant religion, set to save the younger generation from ‘eternal damnation’. Hence, the primary goal of our education beliefs has always dealt with the matter of inculcation, to ensure our societal norms and values are instilled into the children’s minds. This is why our schools are used as a means of promoting the British values of democracy, respect, tolerance, rule of law and liberty. Further, to this, Nick Gibb once summarised the purpose of our educational system into three main points: to be “the engine of our economy,” “the foundation of our culture” and “an essential preparation for adult life”. This means that education is the fundamental tool that empowers and equips young people with the necessary skills needed for them to effectively participate in the British culture and economy.

Although we can agree that the grounds of these standardised tests are important in assisting the maintenance of schools’ academic standards and recognising the appropriate support for students in meeting these standards. Alongside this, the tests also enable students to assess their knowledge and understanding of the curriculum. It is also clear that the GCSEs examination provide a reliable and clear pathway for student’s academic prospectus, which is especially important now that students are required to remain in some form of educational or vocational training until the age of 18.

Arguably, the position of these standardised testing regimes has assumed a prominent role in our school systems. The growing pressure on schools from the national examination system has made UK education policy highly focused on tests and performance. The implication of this is that the purpose of education is shifting from being a pupil centre curriculum to a more statutory control by the governing education authorities. Michael Gove, who was the secretary of state for education between 2010 and 2014, believed that “by

making GCSEs more demanding, more fulfilling, and more stretching we can give our young people the broad, deep and balanced education which will equip them to win in the global race.” Because of this, our GCSE examination process is now becoming stricter and more challenging for students. Shifting away from the old-style practice of repeat exams and coursework, from year 10 to 11. Students are now solely assessed by the one end-of-year 11 examinations.

However, the current process of these standardised testing systems enforces a specific style of learning and teaching, which is ultimately turning our education practice into a memory game. There is no ‘deep’, ‘broad’ or ‘balanced’ learning space in our schools anymore. Rather, students are simply retaining information for a short period, to then discard it after exams. So perhaps it is now time to reconsider if these GCSE exams are still fit for purpose. Is it really equipping our students to become competent adults in this ‘global race’, or are we just turning our students into cramming machines?

The intensity of exams increasing each year means that the level of stress on our students and teachers is becoming insufferable. Students are mentally drained! And teachers are being overburdened! Research has shown that the GCSE exams places a lot of pressure on students, often resulting in the development of anxiety and depression, in our young people. Other effects of this stress include fatigue, demotivation, self-harming and suicide. Moreover, some research has also indicated that the stress levels associated with the preparation for, and the process during GCSE examinations causes a large number of students to under-perform. On the other side, the state of the education profession is at an all-time risk. A survey conducted by the National Education Union (NEU) in 2022, revealed that more than half of the teachers in state-funded schools are planning to leave the profession by 2027, primely due to the excessive workload. Several studies indicate that many teachers are now choosing to move to another country to teach. Due to the better and more manageable workload and many benefits provided to support teachers in these countries. So, as teachers are leaving, UK schools are

struggling to fill the vacant positions, therefore, leading to a heavier workload and responsibility for those left behind. This issue is a vigorous cycle, that we simply cannot afford to go on for any longer.

It is clear that there is a demand for the UK to set up a better mode of assessing students’ skills and knowledge. Perhaps we need to study and analyse the different approaches towards educational examinations in other countries and adopt some of these strategies in our education practices and polices. In order to improve our education practice and create a better mode of assessments that are not as tedious and straining on the students and teachers. For example, South Korea middle

**The intensity of exams increasing each year means that the level of stress on our students and teachers is becoming insufferable!**

schools’ exam procedures evenly distributes the students’ exams throughout the academic year. This levels out the workload for students and teachers, meaning that students are being assessed on their understanding of the curriculum immediately after the

learning stage of the materials. Thus, students are able to absorb the teaching materials, instead of cramming information. This approach helps to ensure that schools are focused on ensuring the success of each student. Moreover, the exam environment was made to be less hostile, as it was conducted in the student’s classrooms. In opposition to the intimidating and nerve-racking environment of GCSE exams, which are usually conducted in a big, designated exam hall with a large cohort of students.

Regardless of all the varying debates relating to the matter of the standardised assessments, our thoughts and prayers are with our final year students who are concluding their final exams this month. May the Lord Almighty continue to strengthen you and fill you with the wisdom and knowledge needed to complete your examination successfully. May His comforting spirit be with you and continue to reassure you during this stressful period. No matter the circumstances surrounding you this period, remember to fix your mind on the one who has called you, as only He can make what may seem as impossible to be possible.

*Dorcas Fakile*  
*Editor*



# Whispering Winds

*We are all ears!*

**Q** *In a world of quick wins, and vast numbers of followers on social media, I am struggling when my dreams have not come through and I am almost giving up that they may not happen in my lifetime.*

**A** Thank you for writing in seeking advice. We all have dreams whether great or small! And nurture these dreams finding ways and resources to bring them to fruition. Just like everything in life, there will be ups and downs to achieving those dreams. The more you share it, the more expectation of its realisation placed on your shoulders. To be honest, the whole world is waiting for its manifestation and that is a lot of weight but a worthwhile wait.

I would say that dreams come on a scale of 1-10, with 1 being the lowest score and 10 the highest score and the duration of its maturity varies. There is no need to cut corners to speed it up or compare notes with other people when the dreams are lingering and looking far-fetched.

The majority of the world currently lives online, and it is easy to notice these quick wins, through the likes on the posts or the followership count and start having imposter syndrome. Be happy for them and wait for your turn. You need a river full of perseverance if there is ever a term like it, as

well as patience, and a virtue of the ancients.

There is a reason why you are incubating the dreams, it is not a cheat sheet. There is an abundant example of people who have persevered and the often torturous journey of turning their dream into reality. So, I will plead with you not to give up your dreams, as it will happen. There are twists and turns with dreams, trials and errors and without these, one would question if you really have a dream. Some of the quick wins might be airbrushed and the anguish edited out. The world does not seem to want the process, but rather just the gain. A man in the Holy Bible named Abraham waited till he was 100 years for a promised son. Many people would have discarded that dream as they got older. You need to carry that light in your heart as you pursue and make the

dream a reality. Don't allow it to grow cold on its trail, continue to water it, and remove the weeds that stunt growth. If your faith has dissipated find people who could encourage you and

alight your dreams again to keep you going like a cup of morning coffee caffeine fix. We can all borrow a leaf from the longest king in waiting.

**There is no need to cut corners to speed it up or compare notes with other people when the dreams are lingering and looking far-fetched.**

*Whispering Winds is a column where we provide answers to readers' questions on emotional and relationship issues on a monthly basis. If you have a question, please send an email to [whisperingwind@kingsvorough.org.uk](mailto:whisperingwind@kingsvorough.org.uk)*



AN ACADEMIC LECTURE ON

# The Church Strategy on Community Development

 30th September, 2023

 Brunel University

*Save  
the Date*



GUEST SPEAKER

REV. DR SAM  
**ADEYEMI**  
Atlanta USA



# Broom Tree Cafe

- Free Toast
- Friendship
- Reading Newspapers
- Games
- Mutual Support
- Life Courses  
(Money Literacy, etc.)



## Starting:

3rd June, 2023

## Every Saturday from

11am - 1pm

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Kingsborough Centre  
4 New Windsor St,  
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