



EIRIAS CHRONICLE

EIRIAS HIGH SCHOOL

STUDENT VOICE

PUBLICITY TEAM



The Tempest Review

The New Enfys Club

You and Your Mental Health

Get it Grey

The Tempest Review

By Margaret McLean

Palm trees, Prospero and pizza; Wednesday, 12 October, was a day to remember. 6am saw the Drama and Literature classes of Years 11, 12 and 13 loading onto a coach for a 7-hour, music-filled ride to Shakespeare's Globe, London.

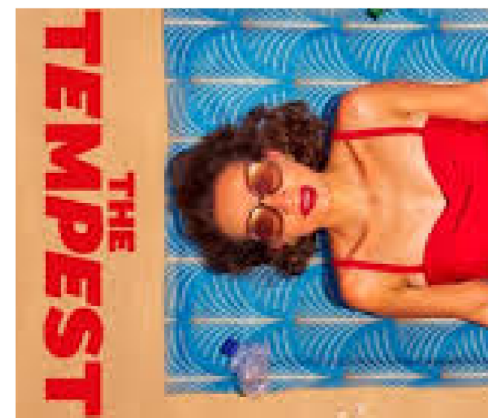


Shakespeare's *The Tempest* is a wild ride in its tamest form. However, we were unprepared for the delightfully chaotic, zany, roguish rollercoaster of a comedy we experienced. Sean Holmes' modern, beach-resort take on this classic play was the perfect combination of slapstick humour, drunken frivolity and fiery romance.

The stage was brimming with captivating actors. The enslaved fairy, Ariel, quickly won the audience over in a bedazzled cowboy suit, and the sweet but witty Miranda was enchanting.

The most poignant moment of the performance was undoubtedly the closing scene. We stared, spellbound, up at Prospero as he gave his final speech. Silence reigned as he climbed down from the stage and made his solemn exit through the crowd. We wordlessly formed a pathway for the Duke, transfixed by the sorrow that gripped the whole theatre. I will never forget the thrill in the breath I released as we cheered during the final bows, smiles and laughter all around.

We spent a happy evening at a nearby Pizza Express, touched with thespian inspiration by the legacy of the Bard. We discussed the play's quirks and quibbles next to a pleasant twilight view of St. Paul's across the Thames. Overall, it was a wonderful day and an even greater memory.



What is Enfys Club?

By Chloe Williams

A new after-school club, Enfys currently has around 40 members that attend the club every Thursday after school in C37. But what is it about? What kind of activities do you do? Those are the kinds of questions this article will be answering.

1: Which teachers are involved? - The main teachers are Miss Sime and Mrs Zachara, though Mr Bowen-Jones often attends.

2: Who can attend? - Anyone! LGBTQ or Ally, Enfys is a safe space for all.

3: What activities do you do? - As said by Mrs Zachara, Enfys is similar to a youth club for like-minded people, and hosts a variety of games and free food and drink every week.

4: Why would I attend? - To better answer that question, I went around and asked various members why they attended, "A sense of welcoming." said Rose Pierce "An inclusive and safe environment for everyone." said sixth former, Dylan Rogers.

As well as those wonderful statements, I was lucky enough to have a more in-depth answer for Helena Morgan, about from when she first attended to now. "When I first came to Enfys, I was anxious, but soon felt welcomed. There are loads of fun snacks and activities, and great people!"

In conclusion, I hope this article makes what exactly Enfys is about a bit clearer, and perhaps convinced you to attend.



Mental Health

By Tilly Davies

Maintaining our mental health is a vital part to living a healthy school life. It is especially important to have a healthy mindset and partake in relaxing, mindful activities throughout your week. By practice mindfulness it improves your concentration, helps regulate your emotions and helps improve your memory.

Meditation:

Whenever you have spare time, you should practice 'full body scan' meditation. It involves moving attention through different areas of your body.

1. Get into a comfortable position
2. Focus on how the weight of your body feels
3. Move your attention slowly throughout your body, going from your head to your
4. shoulders, to your legs and feet
5. Take deep breaths throughout

Never let your attention drift from your meditation

Journaling:

One of the best ways to improve your wellbeing is to write a journal, it is an effective way to release pressure and helps improve your overall mood.

Journaling creates a space where you can express both positive and negative emotion freely, it helps to use writing to separate your thoughts to collect yourself. Writing will help you find new goals which will aid you during school or in after school activity, setting a goal for yourself is a good motivator to keep you well. Journaling helps you understand yourself more because you are able to freely express your thoughts and you are able to acknowledge your interests and find ways to improve yourself as you write. You can begin a journal simply using paper and pens, so it is very accessible and easy to begin.

If you are concerned with your own or someone else's mental wellbeing, please contact someone you trust, this can be a medical professional, form tutor or a Healthline, they will provide you with further support.

Useful Helplines:

Childline - 0800 1111

Young Minds - 020 7089 5050

Get it Grey

By Margaret McLean

Here is how turning your phone to greyscale can reduce your screentime, increase your productivity and improve your mental health.

The results of a recent study show that one in four young people spend an unhealthy amount of time on their phone. This behaviour can lead to mental health risks, such as depression and anxiety, as well as causing teens to neglect other activities like socialising and looking after personal wellbeing. I often find that my phone looks more interesting than the world around me: glossy icons, colourful pictures and flashy badges are all scientifically designed to appeal to the human eye. The endless glittering entertainment on my phone is well worth the cost of the guilt I inevitably feel after I have wasted a whole evening.

I'm sure many of you wish there was a way to numb the effect of this irresistible, time-eating device in your pocket. That's why a friend and I came up with GET IT GREY, an unofficial campaign encouraging people to turn their phones to greyscale. Sounds unappealing? Exactly! A grey screen looks boring and uninteresting, not something you'd be tempted to pick up in a dull moment. Suddenly your TikTok FYP isn't quite as dazzling, notifications don't seem to scream for attention and mobile games lose their addictive power. GET IT GREY enables you to focus on what really matters by painting the real world with colours brighter than those on your phone.

You can easily turn your phone to greyscale in:
Settings>Accessibility>Display & Text Size>Colour Filters>Greyscale.
GET IT GREY today!

