

Facilities at Eirias

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World Book Day

Facilities at Eirias, by Evelyn Jackman and Katherine Bukari

The Library is one of Eirias's many fascinating places to visit before registration, break time or after school. You must take off your bag and coat before entering the Library. There are over 1000 books to choose from, all books have been carefully handpicked and rated for each year group.

During break time you can enter the Library to play some board games, finish off homework or read books, we have a wide range of books to choose from, these books are ordered from A-Z. In the week you may have a Library lesson where you can read with your classmates. There are opportunities to become a Library Assistant/helper at the start of the year.



The New Gym is a place for all learners that would like to try more physical activities. During PE lessons the New Gym is the place to go for gymnastics, basketball etc. For each year group there are 6 groups for PE, 3 girl groups and 3 boy groups. Our well-known PE team are Mr. Wilkinson, Mrs. Rogers, Miss McCann, Mrs. Hodgkinson, Mr. Johnson, and Mr. Metcalfe. If you are interested in after-school activities, you can attend without the need to ask. There are many activities to attend, just ask the PE team and they will let you know or you can check out the school website.

The Food Technology room in Ysgol Eirias is a place where young minds can be educated about kitchen safety and the dangers of cooking. Eirias is proud to instruct our students in cooking and getting them ready for the years ahead. Children in Year 7 to Year 11 can cook fruit salads, fruit crumbles, pizza, scones, and many other interesting dishes. Cooking can lead to a variety of opportunities in your future.



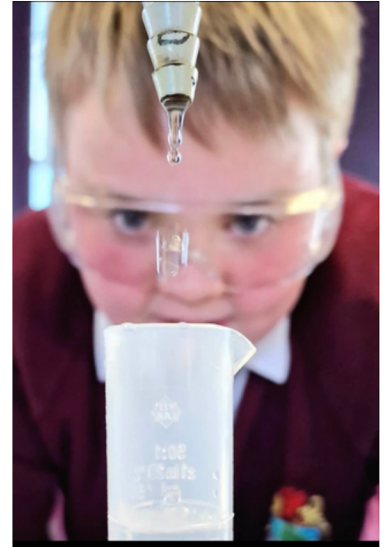
Our Music Room is heaven for music lovers. It is full of a variety of interesting musical instruments that you can check out and even have a go on. You can get music lessons through Miss Hammerton (after paying a fee for your lesson). You may discover you have a music lesson by viewing your timetable. If you want to take up music then go ahead, the spotlight is all yours. Our music teachers are exceptionally talented and experienced in a number of the expressive arts. They will guide you through the history of music and help you try it out yourself. In fact, research shows that playing or listening to music can release stress, decrease anxiety, and overall improve mental health.

Clubs at Eirias, by Tia-Nicole Kappler and Lacie Mai Keriggan

This term lots of new interesting clubs are being introduced to us which is a great way to socialise with others. There's plenty of new sports clubs for you to enjoy, like tennis or cricket, but don't worry if that's not your thing because there are others too, like Curious Children's Theatre Company or Photography Club.

There are a wide range of after school activities that you can go to, including Enfys Club (LGBTQ+) and even language clubs, like Mandarin. It's also good to remember that there are indoor inter-house athletics meets through the year.

Experience Eirias is a new initiative that encourages pupils to participate in a variety of activities in and outside school. We have had a wonderful response during our AOLE (Areas of Learning Experience) weeks when pupils got involved in a range of activities.



Sports Benefits, By Ariana Bukari

We have many sports extracurricular activities here in Ysgol Eirias that many people have joined. Sports plays a significant role in the school's curriculum as there are many teams which also help with meeting likeminded pupils from other schools. There are clubs that happen every day except from Tuesday and there are many benefits to participating in school sports. You can try some of the sports and if you are not happy with one option there are many other sporting activities for you to choose from.

When you participate in extracurricular sports it can boost your performance in school and it is on your reports, showing that you are joining in with what the school offers. Studies have shown a positive connection between sports and the brain's cognitive function. It also shown to help most students push through setbacks and to develop a growth mindset.



Participating in school sports also helps improve the ability to be a team player with schoolwork and other sports outside of school. Team sports can help to develop social skills with other students and to make more friends and develop social confidence. If you are heavily dedicated to a sport, you may meet friendly rivals from other schools and people who also shared your passion. Classic sports like rugby, hockey, football, netball, and cricket demand students to demonstrate a high level of team support.

How do sports help with mental health?

Research shows that not only do sports help with physical health they also help with mental health too. In fact, research over the past five years suggests that mental health is part of physical health. It has been shown that exercise can help reduce anxiety, which can help with people facing difficult challenges in daily life. Studies also show that playing sports increases well-being, self-esteem, and confidence. With the sporting facilities at Ysgol Eirias and the coaching staff on hand to help, you're sure to find an interesting sporting activity that you can develop over the course of a lifetime.



Different Types of Love, by Cerys Lambe

Valentine's Day is not for everyone, yet there are many distinct types of love we can celebrate for the occasion. Starting with Philia. This kind of love is the one we would share with friends and family or platonic love. We do not love them romantically, yet we still love them by our side. This love is morally built on loyalty and caring in the relationship.

Next, Agape. This type of love is more empathetic and selfless love, for example, your love for nature, the less fortunate or if you are religious, your god. Agape is not knowing the person but feeling empathy towards their situation or their physical attributes.

After that, there is Storge. This is the love that matures over time in a romantic relationship, it might begin as a friendship and then lead more romantically after this. Even if the relationship broke it would be the people in the relationship would still be friends.

Finally, we have Philautia. Self-love. To the ancient Greeks, the most important. We need self-love to be able to give and receive love from others. We all deserve self-love, never put yourself down, as remember we all deserve love – all types of love too.

metta



*May I be filled with loving kindness
May I be happy and healthy
May I feel connected and calm
May I be free from suffering
May I live in peace*

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May you live in peace*

World Book Day, by Mr Nicholls

"And what is the use of a book, 'thought Alice, 'without pictures or conversation?"

There was plenty of conversation around the school on Friday 3rd March when English teachers made their way through school as though "They were all mad". Hmm, "Curiouser and curiouser". Following in a long spanning tradition of inspiring young learners to see the positives and the joys of reading and engaging with these fantastical characters; the English Faculty donned their seasonal garb, this time to a theme that's close to home.



Alice in Wonderland, the much-loved tale of adventures in a dreamy world, that contains wonderful language as well as colourful characters, has spawned generations of admirers and has enabled teachers and students to dress up in all manner of bizarre costumes. With a nod of the mad hat to the dress-up efforts of our Sixth Form for Comic Relief, last week saw Alice, the White Rabbit, Cheshire Cat, The Queen of Hearts, Mad Hatter, mice and playing cards wandering around school with more than a bemused grin to greet them. Literacy Co-Ordinator Miss Sinkinson said, "Bringing awareness of the joys of reading is paramount to the school environment."

Diolch yn fawr iawn to the English staff for bringing a smile to a few faces.

Coming soon...

In the Summer Chronicle:

An interview with the new Headteacher Mrs Zoe Evans.

A pupil account of the Easter Ski Trip

What to do over the summer months, activities and organisations who are there to make your summer full of things to do.

Duke of Edinburgh Awards: a pupil experience.

Exam season over - A moment to pause and reflect.

