



The Eirias Chronicle

November 2021

Together We Can Change Young Lives by Cadi Watkin-Evans & Molly Williams Owen

Children In Need is the BBC's most well-known and important charity. Their mission is to help ensure every child in the UK is safe, happy, secure and has the opportunities they need to reach their full potential.

The charity raises money both throughout the year and in their annual November appeal, which is then used to help a cause that is seen as the most important at the time. They fund local charities and projects who help remove the barriers that are facing children and young people, so that they can flourish.



The November appeal is a televised event that began in 1980 and with Terry Wogan, Sue Lawley and Ester Ranzten presenting the show which raised £1 million that year. The BBC Children in Need appeal has been able to raise £800 million so far since the first event, which is a staggering amount that can and have helped many young lives.

On the 19th of November, the Children in Need telethon took place, and they managed to raise £39,389,048 just from the telethon, excluding the individual fundraising events. Every year our school's sixth form students dress up as different characters, famous people, fairytale creatures and more, with the intention of raising money for the charity. This is truly a time when we can see our sixth formers' creativity shine. This year we've seen plague doctors, hippies, cheerleaders, pirates, and these are only some of the group-costumes. Kind donations were given by numerous pupils and staff, which will be a huge help to the charity. We thank everyone who gave to this cause.



These donations can make an enormous difference to many young lives because they fund over 2,500 local charities and projects which directly support children that are disadvantaged such as poverty, disability, illness, distress, or trauma. The charity also works to tackle pressing issues that are facing children and young people, including: mental health and wellbeing, violence impacting young people, child sexual exploitation, holiday hunger, access to employment, and social injustice.

If you'd like to know more, visit:

www.bbcchildreninneed.co.uk

STUDENT VOICE our projects

COMMUNITY TEAM

Wet-break provisions
Multi-gender sport
Seating plans

ENVIRONMENT TEAM

Reusable bottle project
Litter picking
Canteen project
Reusable sanitary towels

LEARNING TEAM

Teacher training
Pastoral system
Improving opinion on learning

PUBLICITY TEAM

Publishing and writing
monthly newsletter
Publicising school events

YANA

Equality in the school
environment
Creating an inclusive school
community





Your Mental Health and You by Tilly Davies

For a more eco-friendly future

As a school we want to inspire students to reduce their plastic waste and carbon footprint, and to make eco-friendly swaps in their day-to-day lives.

A great swap to make is from plastic to reusable sanitary pads and towels.

The Environment Team has been working on a Reusable Sanitary Towel Scheme, where they are giving out free reusable sanitary products to interested students and teachers.



Over the course of December, you'll be able to collect these packs from C16 during Thursday and Friday break time or from Student Voice members, who will be taking packs around during Registration time in the upcoming weeks.



About Depression

Depression is a condition that can leave people feeling severely empty, hopeless, guilty or devastated for as long as weeks, months or even years. Depression has been known to be able to affect almost every aspect of someone's life such as their relationships, work, physical and mental health and at its most severe could be life threatening. Everyone with depression can experience it differently and a lot of people have been known to hide or masquerade their feelings out of shame.

Symptoms of depression may include:

- Feelings of hopelessness, guilt, severe sadness
- Fatigue
- Lack of sleep
- Poor appetite
- Overeating

Looking for your stories!

The Publicity and News Team firmly believe that everyone deserves to tell their stories. We also know that many people are not given this opportunity, so our goal is to offer you a chance to share your achievements.

From the next issue, we will publish a "Star Stuff" column, where we will share the success stories you tell us.

If you have an accomplishment, whether school-related or not, that you are particularly proud of, we would love to hear it!

If you'd like to get involved, please email Katalin, the Publicity and News Team Leader at mattisonk5@hwbcymru.net, or find us in person at one of our Thursday meetings.

When we publish your story, you have the choice to remain anonymous, or attach your name, so that we can personally congratulate you.

Please remember that no achievement is too small.



About Bipolar Disorder

Bipolar disorder is a group of brain disorders that affect a person's mood, energy and ability to function. A person with bipolar disorder may experience delusions, periods of overactivity, hypomanic episodes or they may feel periods of extreme sadness and hopelessness, often referred to as depressive episodes.

There are 3 types of bipolar disorder: bipolar I (consists of severe hypomanic or depressive episodes), bipolar II (consists of depressive or manic episodes that are found to alternate, they are usually less severe than bipolar I) and cyclothymia (found to consist of brief hypomania and depression).

Symptoms of bipolar disorder may include:

- Decreased need for sleep
- Fatigue or loss of energy
- Significant weight change
- Engaging in activities that have harmful consequences
- Feelings of worthlessness and guilt

If you notice any of the following symptoms in yourself or others, please contact someone trusted such as a medical professional, the school nurse, counsellor or a helpline. They can provide you with further support.

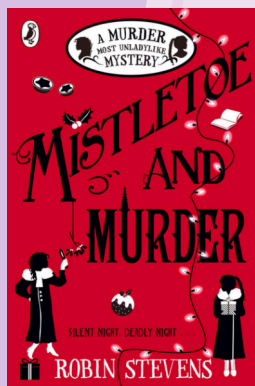
Helplines:

- Childline - 0800 1111
- Young Minds - 020 7089 5050

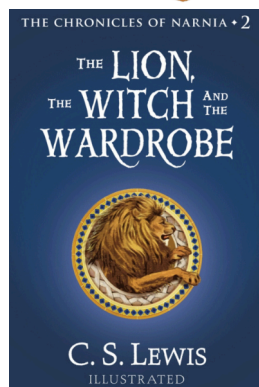
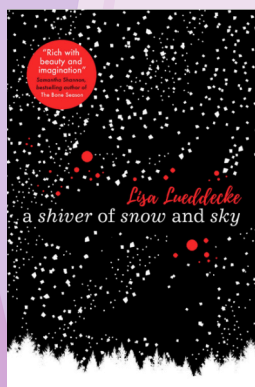


Book Recommendations for December

Year 7+

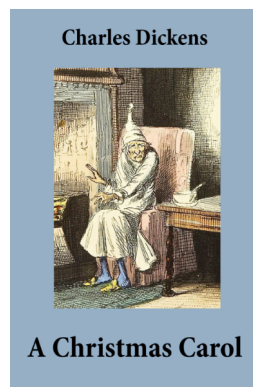
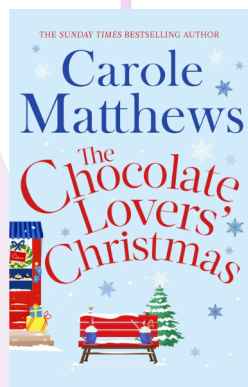


- The Christmasasaurus and the Winter Witch by Tom Fletcher
- A Boy Called Christmas by Matt Haig
- The Lion, the Witch and the Wardrobe by C. S. Lewis
- A Shiver of Snow and Sky by Lisa Lueddecke
- Mistletoe and Murder by Robin Stevens
- Snowglobe by Amy Wilson



Year 11+

- Christmas Magic by Nora Roberts
- The Perfect Christmas by Georgie Carter
- Last Christmas by Kate Brian
- The Gift by Cecelia Ahern
- The Chocolate Lovers' Christmas by Carole Matthews



Classics

- A Christmas Carol by Charles Dickens
- Christmas at Cold Comfort Farm by Stella Gibbons

STUDENT VOICE

Non-School Uniform Day

Please remember that Non-School Uniform Day is on the 22nd December, the last day of term.
Don't forget to bring £1!

The Environment Team Litter-Pick

We are organising another Litter-Pick on the 16th December. We will meet on the yard at 3pm, directly after school.

Food Bank

The Student Voice will be collecting donations for the Colwyn Bay Food Bank from 6th December to 17th December.



Please take any donations to Reception during Registration.

What you could bring:

- Cereal
- Tinned soups and stews
- Pasta, lentils, rice, etc.
- Tinned foods (e.g. beans)
- Tinned fruit and vegetables
- Tea bags
- Sugar

STUDENT
VOICE

PUBLICITY AND NEWS

Thank you so much for reading our newsletter. The Publicity and News Team has worked tirelessly on this edition and we are grateful for both the opportunity and the support we have received.

If you have any ideas, stories, articles or you're interested in writing for us, please don't hesitate to email us.

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