



The Eirias Chronicle

December 2021
/ January 2022

Personal Finance Teacher of the Year 2021

For many, finance is one of the most concerning aspects of life. In truth, finance influences everything. Opportunities, ideas, decisions. Further, due to the ongoing COVID-19 pandemic there has been a negative impact on not just physical and mental health, but the economy, in such as inflation rates and income. If the rise of the epidemic caused an economic crisis in the world, it's essential not to take financial stability and economic prosperity for granted. This is why having the correct education and literacy in the field of finance matters so much.

However, most pupils in secondary schools have little interest in learning about finances and the economy before they enter the world of work. To counter this issue teachers have been continuously adapting their techniques in educating, by engaging with their students using real-life scenarios from them or tactile learning styles, which allows learners to gain first-hand experience in money-matters. The pandemic has limited these opportunities and educators had to find new ways of making lessons entertaining and informative.



Eirias's Mrs Butler, who is a finance and mathematics teacher, has shown exactly these and more techniques and qualities and has been awarded with a well-deserved Personal Finance Teacher of the Year Award 2021. This award was organised and funded by Interactive Investor, an investment platform, who want to give recognition to teachers who are adamant on giving beneficial and indispensable education about the world of money. The selected winners of this prize are granted with funding for their respective institutions of £5000.

Mrs Butler gave us insight into her journey to receiving the award. After being nominated by two of her A-level students, she was asked to showcase her teaching techniques through lessons and a letter covering the fundamental elements of Financial Capability at Eirias. After a long wait, it was announced that she was among the few who ultimately received the title of Teacher of the Year 2021.

When asked how she plans to invest her reward, she replied with: "In the past we have done annual school trips to banks including the Bank of England in London and I would like to use some of the prize money to take the current pupils on a school trip before they leave, Covid allowing. They have had a difficult period in their learning but have shown so much determination and resilience; especially as their LIBF exams are not in line with WJEC exams and went ahead during lockdown last January. I am extremely proud of each and every one of them!"

We'd like to congratulate Mrs Butler on behalf of the Student Voice and the whole student body.

STUDENT VOICE our projects

COMMUNITY TEAM

Wet-break provisions
Multi-gender sport

ENVIRONMENT TEAM

Reusable bottle project
Litter picking
Canteen project
Reusable sanitary towels

LEARNING TEAM

Homework Provision
Lesson Structure

PUBLICITY TEAM

Publishing and writing
monthly newsletter
Publicising school events

YANA

Equality in the school
environment
Creating an inclusive school
community

"I've been taught by Mrs Butler for two years now and I can't think of anyone more deserving of this award. Her teaching style is very informative and detailed, yet she still finds ways to make her teaching involve the whole class and to be more interactive. We're encouraged to ask questions whenever we may have them, and her knowledge goes much further than what is in the subject contents, which provides us with the information but taken a step further in detail. Mrs Butler is also a very providing teacher, giving support even beyond her duties. In the last few weeks she has helped me with apprenticeship applications for commercial banking that I would have not been able to complete without her support and I am extremely grateful for."

E. Casey (Mrs Butler's Student)



Your Mental Health and You by Tilly Davies

As keeping your mental health well is an essential part of maintaining a healthy school life. It is important to be aware of common things students may face, their symptoms and who to contact if they have any concerns.

About Anxiety:

The definition of anxiety is a feeling of unease such as worry or fear. These feelings can range from mild to severe. Even though nearly everyone has had feelings of anxiety at some point in their lifetime, some people with an anxiety disorder find it difficult to control their worries, their feelings of anxiety happen to be more constant and can often affect their daily lives.

Some mental symptoms of anxiety:

- Racing thoughts
- Feelings of dread or panic
- Changes in appetite
- Difficulties concentrating
- Dissociation

Some physical symptoms of anxiety:

- Dry mouth
- Sweating
- Shaking
- Extreme tiredness or lack of energy
- Stomach aches and sickness

About ADHD:

ADHD standing for Attention-Deficit/Hyperactivity Disorder is a mental condition that is known to cause unusual levels of hyperactivity and impulsive behaviours. People with ADHD may also face trouble focusing their attention on one task or being able to sit still for long periods of time.

Symptoms of ADHD include:

- Having trouble concentrating on tasks or focusing
- Being easily distracted
- Being forgetful about completing tasks
- Excessive talking
- Take issue in organising their daily tasks

ADHD has been grouped into three categories. These types are known as predominantly inattentive, predominantly hyperactivity-impulsive and finally a combination of both.

About predominantly inattentive ADHD:

This type of ADHD causes someone to have extreme difficulty focusing, finishing tasks and following instructions. Many children with this type of ADHD may not receive proper diagnosis because they do not tend to disrupt the classroom.

About predominantly hyperactivity-impulsive ADHD:

People with this type of ADHD show hyperactive and impulsive behaviour, which can include: Fidgeting, Interruption and Difficulty waiting.

About Combined ADHD:

This is the most common form of ADHD; it displays symptoms of both inattentive and hyperactive ADHD such as:

- Impulsive tendencies
- Difficulty paying attention
- Above average levels of activity

If you notice any of these symptoms whether that be in yourself or others. Please contact someone trusted, this can include medical professionals, the school nurse, counsellor, or a helpline. They will be able to provide you with further support.

Helplines:

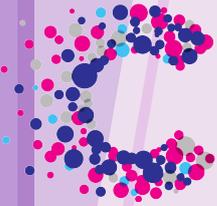
- Childline- 0800 1111
- Young Minds - 020 7089 5050





Our Charities of the Year by Nana Mintah

1 in 2 of us will get cancer in our lifetime. Cancer Research UK is an organisation that focuses on beating cancer by funding scientists, doctors, and nurses. Their vision is to accelerate progress towards curing all cancers.



CANCER RESEARCH UK

They focus their efforts in four key areas: working to help prevent cancer, diagnosing it earlier, improve current cancer

treatments and develop new ones. But is it working? Well, in 1970, the survival rate for cancer was 24%. Over the years, it steadily increased. Now in 2020, the survival rate is 50%! They hope to further increase the survival rate to 75% by 2030. By donating on non-uniform day, you are helping them achieve that goal!

Another charity that is battling cancer is the Osborne Trust, founded by Emma Osborne after her cancer diagnosis. The Osborne Trust provides recreational activities to children of parents who have cancer. These recreational activities include cinema trips, play centre visits and meals out, all of which are supervised by an adult family member or friends. Their mascot is the elephant Ozzy, that symbolises an animal aiming to provide comfort to the children of cancer diagnosed parents. Since they started their support programmes in January 2015 to the date June 30th, 2020, they have supported 1751 children within 865 families.

Lastly, Hope House Children's Hospice aims to provide good palliative care (care for the terminally ill and their families.) They make sure that there is support for those who will lose their children. Their current ambition is to raise £2.5million each year. In 2020 they joined forces with the group Ty Hafan Children's Hospice who helped them with their Family Voices Report called Our Lifeline. The Osborne Trust personally reached out to our Student Voice to raise awareness of their campaign, while the other charities were chosen by our students. On non-uniform day, we asked our student to donate £1 to these causes. We can proudly say that we've raised £880.21, of which 100% of the profits went to these charities.



Share What You Can Spare by Cadi Watkin-Evans

From the 6th to the 17th of December, the Student Voice collected donations for the Colwyn Bay Food Bank in reception. Many pupils and members of staff donated a range of products including tinned food, tea bags, pasta, rice, lentils, toiletries, and so much more, which people at the Food Bank were incredibly grateful for, especially as it was the Christmas season. On behalf of the Student Voice, we would also like to thank you for your donations and for making the holidays more cheerful for some.



It is very important that Food banks receive donations so they can feed the people in the local community who are in a crisis and are unable to afford food. Food banks across the country have warned they are experiencing a drop in donations despite bracing for what many fear will be their busiest Christmas to date due to the rising fuel costs, inflation, and the recent removal of the £20 a week Universal credit uplift, which is why it was very important that as a school we shared what we could spare so that we could contribute to our local community to increase the chance of struggling people and families having enough food this Christmas.

Although during the holidays we tend to be more charitable, it's also important to think about others and help our communities during the rest of the year. Many people experience hardship in their day-to-day lives, which can be several things from hunger to loneliness. Even though, we are aware of these factors, there are few of us who know how to help.

Here is a list of ways you could help your community, to make a difference:

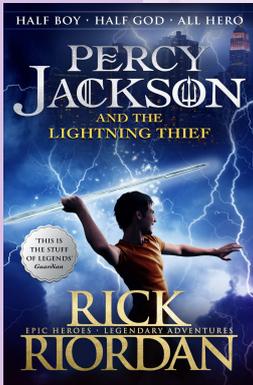
- Checking in on neighbours, elderly, people who live alone.
- Volunteering.
- Advocating for rights.
- Planting trees.
- Recycling and Litter picking.
- Donating to charities and food banks.



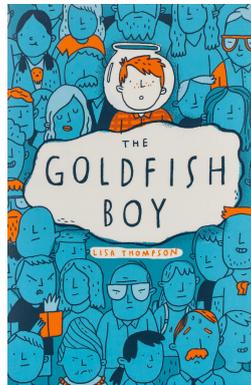
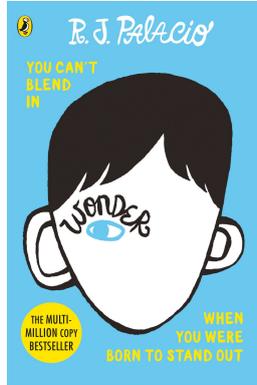
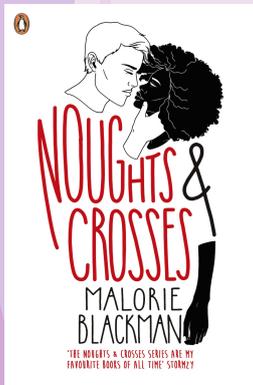
Book Recommendations for January - New Beginnings

STUDENT VOICE

Year 7+



- ▶ Percy Jackson and the Lightning Thief by Rick Riordan
- ▶ Series of Unfortunate Events by Lemmy Snicket
- ▶ The Boy at the Back of the Class by Onjali Q Rauf
- ▶ Noughts and Crosses by Malorie Blackman
- ▶ Wonder by R. J. Palacio
- ▶ Goldfish Boy by Lisa Thompson



In Search of a New Student Governor

We're like to encourage any year 12 students to apply to fill the position of Student Governor.

The role consists of attending a series of meetings separately with the School Governors and the Student Voice Steering Group. More importantly they will pass on the most crucial information from each meeting to the other party.

Benefits: You'll gain a familiarity with official meetings, insight into the backbone of education, interesting point on your application for further education.

To apply please contact Katie Thompson, Chair of Student Voice at thompsonk22@hwbcymru.net

Student Voice Elections

Student Voice Elections will be announced soon to the whole school community, if you're interested in any positions, we recommend that you start preparing for your interview.

If you do want to take on any roles, you will have to be a part of that team in advance, if you're not yet, please contact Katie Thompson, Chair of Student Voice at thompsonk22@hwbcymru.net



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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Year 11+

- ▶ A Place Called Here by Cecelia Ahern
- ▶ The Difference a Day Makes by Carole Matthews
- ▶ Life After Life by Kate Atkinson
- ▶ The Kite Runner by Khaled Hosseini
- ▶ A Little Life by Hanya Yanagihara

Classics

- ▶ Great Expectations by Charles Dickens
- ▶ The Waves by Virginia Woolf
- ▶ Lord of the Flies by William Golding

