



The Eirias Chronicle

February 2022

LGBTQ+ History Month

The LGBTQ+ community (short for Lesbian, Gay, Bisexual, Transgender, Queer, Plus) is the umbrella term for the community that embraces all sexual orientations and gender identities. The acronym first started to appear during the 1990s, however, it has become increasingly popular. Many people struggling with their sexual or gender identities, feel that they don't belong or that they aren't accepted by their peers, friends, and families. The LGBTQ+ serves the important purpose of providing these people with not just a healthy and nurturing environment, but also a family that is bound together by acceptance.



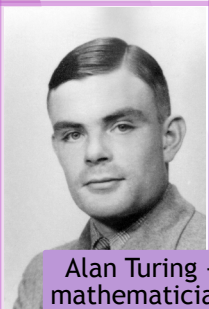
Nicola Adams - boxer

The start of February marks the beginning of the LGBTQ+ History Month. It is essential to learn from the mistakes of the past, and although the discrimination and prejudice against the community hasn't dissolved yet, the first few steps towards a better world have been made.



Hunter Schafer - actress

Remembering the hardships that this community has been through can only make us appreciate their standing more. This month provides an occasion for all to learn about the battles the LGBTQ+ faced before being able to establish its rightful place within society. We remember the movements for gay rights, we celebrate the achievements of the community, and most importantly, we raise awareness of not just the prejudice that the community faces, but also its inclusivity and diversity.



Alan Turing - mathematician

But what do we mean by "inclusivity"?

It's an all-encompassing way to recognise all of the different sexual orientation and gender identities. By belonging to a larger community, people are able to gain greater recognition and acceptance. By offering an inclusive and approving environment, individuals will have a greater sense of self-affirmation, -awareness and -acceptance. Receiving this recognition can also lead to people having a greater feeling of pride in personal identity, alongside a boost to self-esteem, self-worth and mental wellbeing.

STUDENT VOICE our projects

COMMUNITY TEAM

Wellbeing Mornings
Planners

ENVIRONMENT TEAM

Recycling Bins for classrooms
Ingredient labels on foods in canteen

LEARNING TEAM

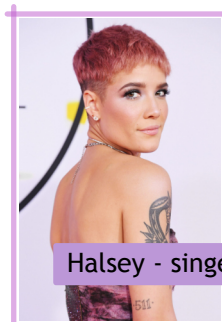
Homework Provision
Improving Talaxy

PUBLICITY TEAM

Publishing and writing
monthly newsletter
Publicising school events

YANA

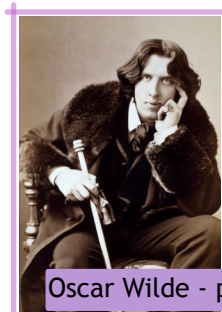
Equality in the school
environment
Creating an inclusive school
community



Halsey - singer



Gareth Thomas - rugby player



Oscar Wilde - poet



Sarah Paulson - actress



Your Mental Health and You

by Cadi Watkin-Evans

January signifies a start of new beginnings; this involves new goals and new plans all to be obtained with motivation. January can also denote something significantly different to some, as the upcoming weeks can seem like the exordium to an overwhelming abundance of responsibilities, deadlines, and expectations as the days get colder and shorter while the festivities have ended. It's easy for the days to merge into one and getting caught in a negative cycle. Some feelings associated with this are low mood, sadness, lack of motivation, low energy, and tiredness. Approximately 2 million people in the UK are thought to have the "winter blues". If you feel that you have this, be assured that it is very common at this time of the year and it can happen to anyone.

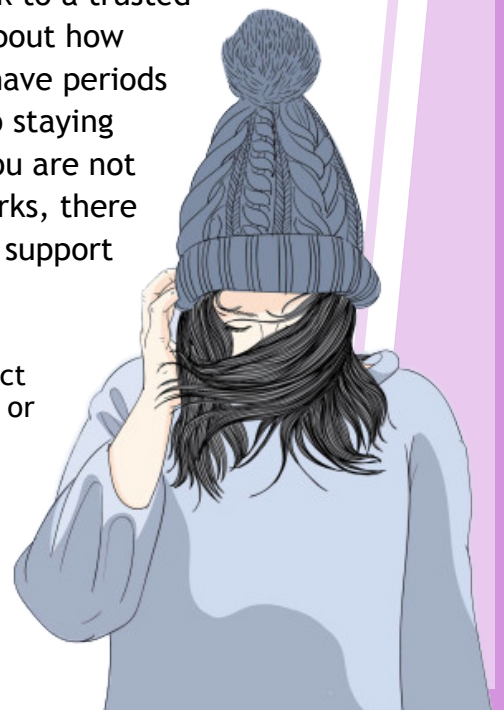
There's plenty of helpful advice on how to manage with the Winter Blues. Here is some valuable top tips and advice we have received from Dr Aaliya Goyal:

"There is a lot you can do to help get you through the "January Blues". My top tips are: Be kind to yourself and prioritise self-care. Eating well, staying hydrated and moving more can improve wellbeing. Sunlight exposure, such as going for a short walk in the daytime, can make a positive difference, even if it's for as little as ten minutes a day. Lack of sleep can make it harder to manage the "January Blues" and a good bedtime routine can improve sleep. This can mean no caffeinated drinks after 6pm and stopping screen use for the hour before bed. Try not to stay up late to work on homework or assignments. Scrolling on your phone just before bed can make your brain more active. Instead, use the time before bed to relax, listen to music or read a book to help you wind down. Most importantly, if you're worried about anything, speak to a trusted friend, family member or teacher about how you're feeling. It's very common to have periods when you feel low or lack energy, so staying connected to others is important. You are not alone, and as well as support networks, there is a lot of self-help and professional support available if you need it."

However, if you feel that this time is too overwhelming, please contact someone that you trust, such as a guardian, a teacher, a good friend, or a helpline.

Useful Helplines:

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





Stars of Eirias

RGC Rugby - U16 by Nana Mintah

Every year the RGC host their Under 16s Regional Age Grade season and although this year the main events of the term were slightly delayed, the hard trial period has now officially ended. We are proud to announce that two students from our school, in Year 11, have gotten into the Welsh U-16s Rugby Team! I caught one of them, Reardon, for an interview.



I started by asking him how he felt when he found out that he got into the team. He replied by saying that he was 'pretty excited' especially given that he was one of only 30 people to pass a trial that was made up of 150 people.

I inquired if he had any advice for younger people looking to get into rugby and he acknowledged that when rugby players start young, they tend to not be allowed to use contact in the sport. But when they get older, they are allowed more freedom in the game and due to it, learn many life skills like teamwork.

The RGC have a strong viewpoint on the importance of these life skills. They provide coaching, conditioning, and an educational programme to improve and cement the performance and development of talented prodigies.

We wish the best for these two young players and anybody looking to enter the world of national sport!

Safer Internet Day 2022 by Molly Williams-Owen

Every year in February, Safer Internet Day is noticed around the world to encourage the safe and positive use of digital technology by children and young people, as well as to spark a national discussion about how to use technology responsibly, respectfully, critically, and creatively. Safer internet day explores a new issue or theme which is impacting the lives of young people in the UK. On February 8, 2022, Safer Internet Day will be celebrated under the topic 'All fun and games? Exploring respect and relationships online'.



Internet safety day is led by three leading charities, which are Childnet International, Internet Watch Foundation and the South West Grid for Learning. It involves over 1,700 organisations across the country, which spread awareness to schools and their students. The main goal for safer internet day is to teach children and young people how to stay safe on the web, which can be a brilliant tool, since it can be dangerous for young people who aren't fully aware of how to stay safe and protect themselves online. Having a safer internet day helps young people to know what to do if they encounter something they aren't sure about, like being asked for personal information, using different websites that may seem sceptical, and much more.



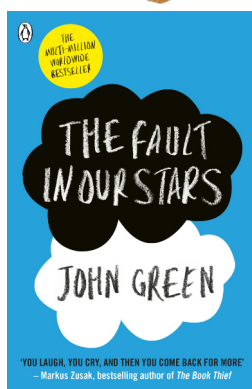
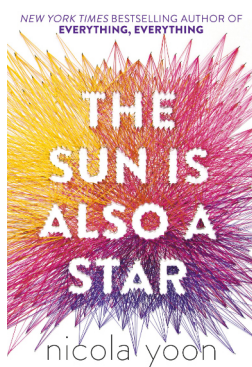
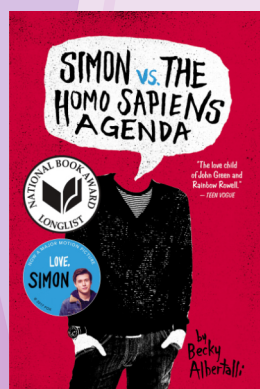


Book Recommendations for February - Love is in the Air

Year 7+

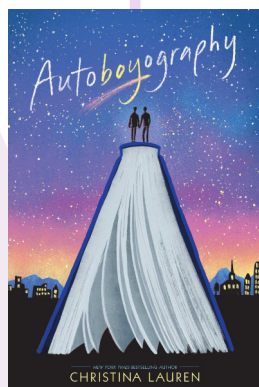
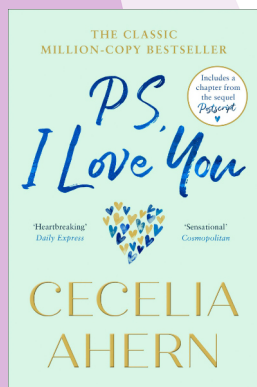


- Girls in Love
by Jacqueline Wilson
- Tough Love
by Anne Cassidy
- Simon vs. the Homo Sapiens Agenda
by Becky Albertalli
- How I Live Now
by Meg Rosoff
- The Sun is Also a Star
By Nicola Yoon
- The Fault in Our Stars
by John Green



Year 11+

- P. S. I Love You
by Cecelia Ahern
- Defy the Night
by Brigid Kemmerer
- Autobiography
by Christina Lauren
- The Flatshare
by Beth O'Leary
- Me Before You
by Jojo Moyes



Classics

- Pride and Prejudice
by Jane Austen
- Wuthering Heights
by Emily Brontë
- Gone with the Wind
by Margaret Mitchell
- Jane Eyre
by Charlotte Brontë

STUDENT VOICE

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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