



# The Eirias Chronicle

March 2022

## Women's History Month by Carys Lamb

### STUDENT VOICE our projects

March is Women's History Month; it was established to represent the contributions that women made throughout the history of the United States of America. However, as we live in Wales, I will discuss some British events as well as American. The theme for this year is "Providing Healing, Promoting Health." This can lead us to many events that happened in history and the many famous women that have helped society to be what it is today.

#### COMMUNITY TEAM

Wellbeing Mornings  
Complete Notice Boards

#### ENVIRONMENT TEAM

Reusable Bottle Project  
Ingredient labels on foods  
Garden arrangements

#### 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

Relating to the theme is Florence Nightingale, also known as: the Lady with the Lamp, who was a remarkable young woman. She served as a nurse in the Crimean war and made a significant contribution by organising the care of wounded soldiers and training other nurses at Constantinople. The reason for her peculiar nickname was that at night she would take her lamp and walk around the ward, checking to see if the wounded men were alright. She passed away on the 15<sup>th</sup> of August 1910, but her kindness and selfless nature is still taught today.



Emma Watson - actress

Also on the topic of healing is Clara Barton, who was the founder of the American Red Cross in the United States. She risked her life to bring supplies and support soldiers during the civil war. She is one of the most honoured women in History and to me, that is not a surprise. She founded the Red Cross at age 59 and led it for another 23 years. She remains a true inspiration to others today!

Lastly, let us not forget the work of the Suffragettes, for which all women should be grateful for. The leader of the British Suffragettes was Emmeline Pankhurst, while the later American Suffragettes were led by multiple women of which Susan B. Anthony is the best known. From breaking windows to lighting houses on fire, the Suffragettes were brutal. They tried to be sweet and peaceful in their protests, but that wasn't heard, forcing them to result to more violent means. The British Suffragettes gained widespread attention after Emily Davison died after being run over by the king's horse at a race on the 4<sup>th</sup> of June 1913. They succeeded in winning the vote for British women in 1918, whilst the American Suffragettes followed in 1920; finally, their voices were heard!

Although these women have made significant contributions, the world we live in today remains unequal. In some developing parts of the world, access to education, personal freedom and democracy is often restricted. Even in democratic countries, where woman have a vote, there is still work to do in gaining equal opportunities in employment and pay.

This world now needs the next generation of strong, inspirational women to stand up for their beliefs and continue the fight for worldwide equality.



Marie Curie - scientist



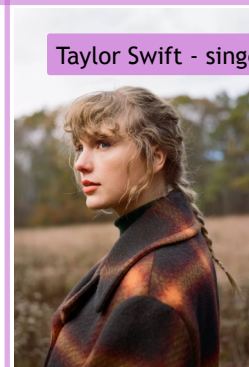
Michelle Obama - attorney



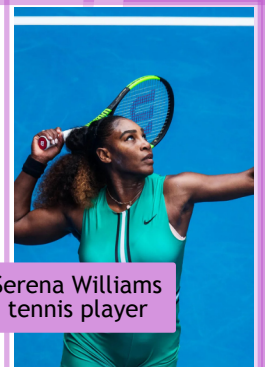
Malala Yousafzai - activist



Sylvia Plath - novelist



Taylor Swift - singer



Serena Williams - tennis player





## About the Betsi - Kenya Health Link

For nearly two years now the Ysgol Eirias community has been hit hard by the COVID-19 pandemic. But how are people around the world coping and how are countries working together?

Here in the UK we are used to being looked after by the NHS. The six counties of North Wales - a population of around 700 000 people - are covered by the Betsi Cadwaladr University Health Board (BCUHB). We have all seen how the NHS has provided COVID-19 support, such as vaccinations, alongside all its usual healthcare responsibilities. In some other countries around the world, healthcare provision is much more challenging because of circumstances such as a chronic shortage of funding. Additional pressures created by the pandemic have caused serious problems for healthcare services and for the populations that they serve. The country of Kenya, in East Africa, is relatively well off compared with many other countries in sub-Saharan Africa but is desperately short of healthcare funds in comparison with countries such as the UK.

This is a meeting of the BKHL team with the County Governor and his staff.



A member of staff from Ysgol Eirias, Dr Greenslade, has been working for the past four years with colleagues from BCUHB on a number of projects in support of a rural community in Kenya. The *Betsi Kenya Health Link* has brought together doctors, nurses and community health specialists from North Wales and from Western Kenya to exchange ideas and to share good practice between our two communities. The two projects ongoing at the moment in Busia County, Kenya, involve monitoring the spread of COVID-19 and developing a 'health needs assessment' to determine what types of healthcare are most needed by the population. Busia County has an overall population similar in size to that of North Wales, but healthcare facilities are very different. For example, in the whole of Busia County the main hospital has just around 200 beds and ten qualified doctors; when a team from North Wales visited in 2019 there were no sheets for the beds and just one ambulance available to bring patients to the hospital in case of emergencies. Many in the population suffer seriously from conditions such as malaria and HIV. You can imagine how the COVID-19 pandemic has made the situation even more challenging.

This is the only functioning operating theatre in the hospital.



This is the orthopaedic workshop. The senior technician (second from left) is showing us how he fabricates artificial limbs, etc., using very basic resources.

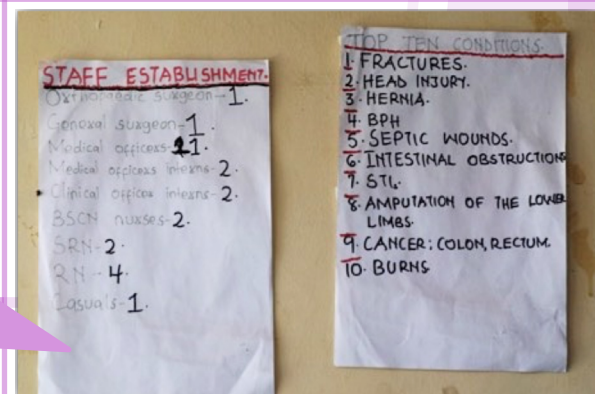
The projects currently being worked on both involve collecting and using data gathered by volunteer health workers across a wide range of communities in Busia County. This kind of data usage is essential for all modern healthcare

settings and is the basis for healthcare provided throughout the UK and most other countries. As learners here at Ysgol Eirias, you will have covered data handling tasks in many of your subjects, from Mathematics to Welsh Baccalaureate and beyond. These skills are highly valued in a wide range of workplaces, not just in healthcare.

If you would like to learn more about the work currently undertaken by BKHL, watch this (7-minute) news report from Kenya:

<https://youtu.be/iVA-zqpb3Mk>.

This handwritten note on the wall details the staff complement on one particular ward, together with the ten most common causes of admission.



### STAFF ESTABLISHMENT:

Ophthalmologist - 1.  
General surgeon - 1.  
Medical officers - 4.  
Medical officers interns - 2.  
Clinical officers interns - 2.  
BSCN nurses - 2.  
SRN - 2.  
RN - 4.  
Lasia's - 1.

### TOP TEN CONDITIONS:

1. FRACTURES.
2. HEAD INJURY.
3. HERNIA.
4. BPH.
5. SEPTIC WOUNDS.
6. INTESTINAL OBSTRUCTION.
7. STI.
8. AMPUTATION OF THE LOWER LIMBS.
9. CANCER: COLON, RECTUM.
10. BURNS.



## Your Mental Health and You by Cadi Watkin-Evans

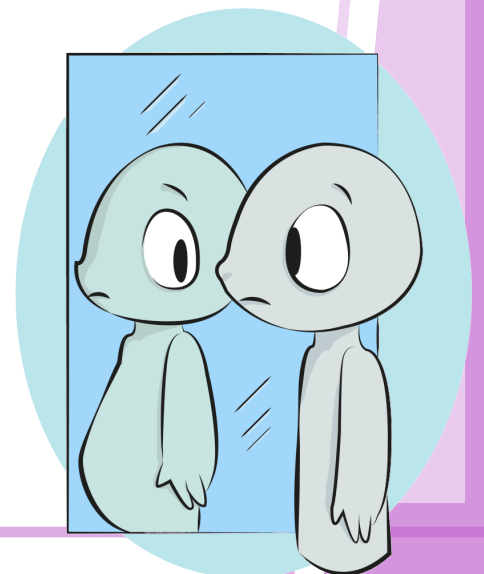
The first week of March is eating disorder awareness week. An eating disorder affects around 1.25 million people in the United Kingdom. People frequently confuse eating disorders for lifestyle choices, trends, or phases throughout their lives. However, in reality they are serious mental illnesses that can affect a person's psychological, physical, and social wellbeing. Because they might be life-threatening, it's critical to understand and recognise the various forms and symptoms of various disorders.

Eating disorders don't have a specific appearance and are different to each individual, but they are all valid and warrant help. Eating disorders can be difficult to identify and recognise symptoms of, particularly for the average person. This could be due to how they're portrayed in the media, but it doesn't reflect the whole spectrum of eating disorders and who can develop them.



- It's hard to know how you can help when someone you care about has an eating disorder, despite how helpless you might feel, there are still many ways you can help them:
- Give them your time, listen to them, and refrain from offering advice or criticism - this can be difficult if you disagree with what they say about themselves or what they eat. It's important to remember that you don't need to have all of the answers. What matters is that they know you're there for them. This is especially true if you believe your friend or relative is rejecting your friendship, assistance, or support.
- Make no assumptions. Try not to make assumptions about what their eating disorder means without first listening to them. This may worsen their sense of helplessness. It may also make them less able to express and seek help for their difficult emotions.
- Learn more about eating disorders to acquire a better understanding of the difficulties your loved one may face during recovery.
- Be mindful of potential triggers to their eating disorder. Any discussions regarding food, eating, or weight should be avoided. Be aware of your own point of view and any negative statements you may make about your physique. In order to provide an example of having a healthy relationship with food, try to eat normally in front of someone with an eating disorder.
- Socialising can be a stressful problem, especially in the early stages of recovery from an eating disorder: Many group activities include going out to eat, which can be difficult for someone who is trying to rebuild their relationship with food. Make your friend's recovery less lonely by suggesting non-food-related hangouts or group trips.
- You don't have to confront your friend about their eating habits or their seemingly obsession with food and fitness if you notice them restricting at mealtimes. In fact, if you did, they could deny it and try even harder to disguise it. Instead, inform a responsible adult in your friend's life (such as a parent or teacher) that you suspect something is wrong.
- Remember that informing an adult that you believe there is a problem is not being a bad friend; rather, you are being the best friend you can be by assisting them and recognising the signals of a relapse before it spirals out of control. Even if your friend is unaware that you are assisting them.

If you are recognising an eating disorder within yourself, it is important that you talk to someone who you trust about it as soon as possible, even if you feel that they wouldn't understand, there is still support you can get from professionals like a school counsellor.





# Revising Effectively

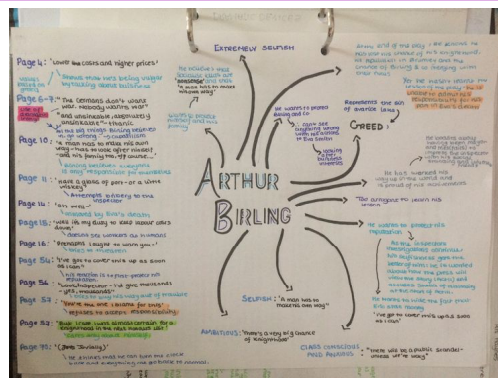
1. **Start early.** Don't leave revision to the last minute. We know that all of your teachers tell you this already, but it's actually very helpful. By starting your revision early, your brain will be able to process the information it receives better, essentially making you remember it more effectively. Further, by starting revising at an earlier date, you'll reduce the amount of stress that comes from cramming and day-before-revision.



2. **Create a revision timetable.** Another thing that your teachers have probably mentioned, however, this is once again very useful. By creating a revision timetable, you can easily stay on track with your revision. It will make you more aware of how much you need to spread out your workload, alongside

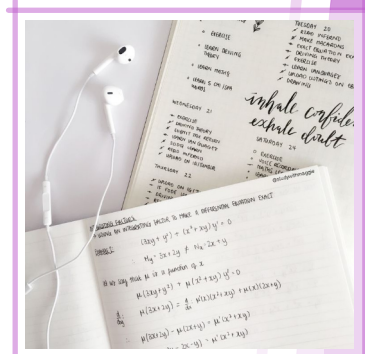
how much time you have until your exams. (See page 8 for a template for a revision timetable)

3. **Unplug and eliminate distractions.** When studying, we've found that we get distracted by social media or apps on our devices. While these may often be fun and a way of relieving stress, we have to see that they can become a mechanism for avoiding the work that we've set out to do. So our tip is, unless it's necessary, turn it off to save yourself both stress and time.



4. **Attend revision classes.** Considering that exams are going ahead this year, many of your teachers may be offering revision classes. These could be very useful if you have specific questions about a topic or if there is something that you don't quite understand or missed and you need to catch up on it. Please don't feel that you'll be a burden to your teachers, we can assure you, they want you to get the best grades possible.

5. **Past paper practice.** This is something we can't stress enough. Practising Past Papers will help you to develop essential application skills for your exams. You do need to know the content of your course, but you also need to be able to apply that knowledge.



6. **Take breaks.** Although revision is very important and you need to be able to learn a lot of knowledge, it's very important that you're also kind to yourself. If you feel like you physically can't force yourself to do the work, try to do something fun for a couple of hours and then go back to revising. Or, if you've been non-stop revising for hours, make sure that you take a 10 minute break every so often, just to stretch your legs, hydrate or get some fresh air.

7. **Make a to-do list.** This tip might not be for everyone, but making a to-do list can significantly lower stress levels. Having all of your tasks written down in front of you can help you organise your thoughts and help you keep track of your work.

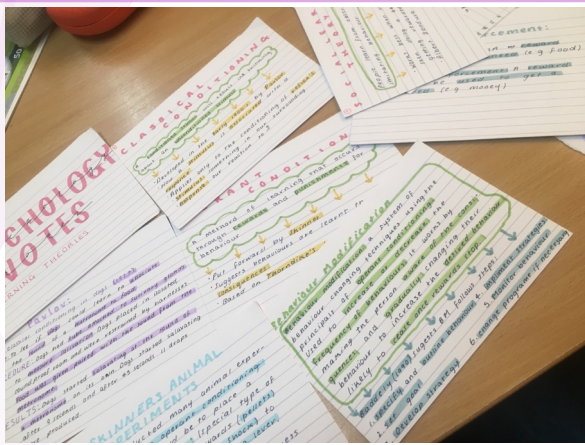
8. **Find the best technique for you.** There are a multitude of different methods for revision. You might prefer to use mindmaps, flashcards, boards, etc. However, if you're doing something that doesn't help the knowledge sink in, stop and change. Don't be tempted to do something a certain way, because it works for you friend or

your teacher. Use a method that works for you, even if it seems bizarre.



9. **Focus on one thing at a time.** When we have a lot of work to do, we are tempted to jump from task-to-task, without actually finishing one before the other. Try to focus on one task at a time. This will make not just your concentration better, but also your work will be more effective.

10. **Try not to worry about time.** Staying on track on a tight schedule might be intimidating and you might not get through as much work as you've initially planned to do. This is okay and it happens to everyone. Try not to worry about how much time you've spent revising a specific topic or how long it took you to do this task or that. All that matters is that you're doing it and getting through it.



Some useful websites to help you with your revision:

<https://www.bbc.co.uk/bitesize>

<https://resources.wjec.co.uk/>

<https://quizlet.com/en-gb>

<https://questionbank.wjec.co.uk/question-bank/question-search.html>

<https://senecalearning.com/en-GB/>

<https://www.physicsandmathstutor.com>



## Stars of Eirias

### Running for Mind

On March 26, 2022, Tom Yorke (Year 13), has set out to run 2.5K every hour for the 24 hours of the day. This means that he will run a total of 60 kilometres. He opened up about his motivations in a very touching and inspirational essay where he tells us about how he wants to give back to a charity that has helped his family through a tough time. Since this is a charity fundraiser, any and all donations will be forwarded to his chosen charity, Mind UK. He said that "It's a nice thing to do to show how grateful I am for everything that they've done, especially with Covid, it's been a hard time for everyone."

Mind UK is a charity that aims to provide support for those who are struggling with their mental health. It is vitally important that those who are going through a hard time, get not just the advice and support that they need, but also the respect that everyone deserves to be treated with.



Tom's fundraisers are becoming an annual event, since a year ago, in March 2021, he ran 10K every day to raise awareness. He has further mentioned that he's looking at more fundraising opportunities and ideas for the future. When asked how he prepares, he said that he has an advantage, because he's naturally athletic and outgoing, but he works on his stamina by running daily.

If you'd like to get involved with Tom's journey and cause or read more about his intentions, follow the link below to his gofundme, where you can donate.

Unfortunately, due to a change to his circumstances, he had to reschedule his fundraiser to the 30 April. We wish him all the best.

<https://gofund.me/3f3c6c53>



## Global Recycling Day by Molly Williams-Owen

Global Recycling Day was established in 2018 to raise awareness of the necessity of recycling in conserving our valuable natural resources and ensuring the planet's future as well as the importance of education about recycling and pollution. It is a Day for the entire world to unite and priorities the earth and its future.

Every year, the Earth yields billions of tons of natural resources and at some point, in the not-too-distant future, it will run out. That is why we must reconsider what we discard, viewing it as an opportunity rather than a waste.

The last decade has been the warmest on record, and we are currently amid an ecological crisis on unprecedented scales. We may see continuous rising global temperatures, icecap melting, continents on fire, and widespread deforestation unless we make big and rapid adjustments.

Increased poverty, immigration from displaced people, job losses, waste mountains, and the disappearance of natural habitats are all direct consequences of this. We have the potential to create long-term changes to combat this, and with recycling included in the United Nations' Sustainable Development Goals for 2030, many individuals, governments, and organisations are already taking direct action to promote the global green agenda.



Global Recycling Day has a goal:

1. To tell world leaders that recycling is far too essential to be treated as a national issue, and that a coordinated, global approach to recycling is urgently required.
2. To ask people all around the world to think resources, not waste, when it comes to the products they come into contact with.

## World Book Day by Tilly Davies

World Book Day was created by UNESCO on the 23<sup>rd</sup> of April in 1995, and the 3<sup>rd</sup> of March 2022 marked its 25<sup>th</sup> anniversary. It was founded by Baroness Gail Rebus, who wanted to create a way to reposition reading as fun, relevant and easy to access.



It was made to promote the pleasure of reading to young people and to celebrate a variety of books and authors. It was first celebrated in the UK and Ireland in 1997. UNESCO decided that World Book Day would have been celebrated on the 23<sup>rd</sup> of April because it was also the anniversary of William Shakespeare's death and the death of Inca Garcilaso de la Vega.

Today World Book Day continues to encourage others to read and to engage with various authors, illustrators, bookshops and libraries and by the help of tokens, publishers, booksellers and schools, World Book Day distributes over 15 million £1 World Book Day tokens to children.

Ways to celebrate:

- Using your token and choosing a £1 book from the line-up
- Sharing your stories
- Going onto the World Book Day website and reading recommendations and using the free resources
- Buying T-shirts, earning badges or organizing events
- Joining their book club

You can find out more on the World Book Day website: <https://www.worldbookday.com/>

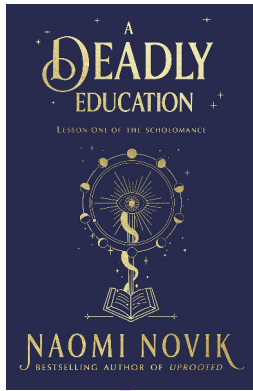


## Book Recommendations for March - A Magical Adventure

### Year 7+

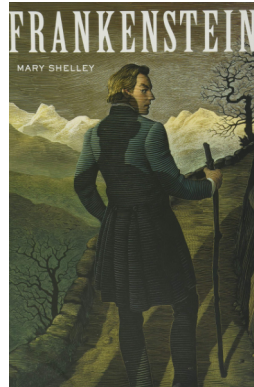
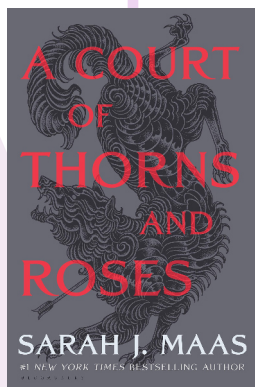


- Skulduggery Pleasant by Derek Landy
- Harry Potter and the Philosopher's Stone by J. K. Rowling
- The Lion, the Witch and the Wardrobe by C. S. Lewis
- Shadow and Bone by Leigh Bardugo
- Carry On by Rainbow Rowell
- A Deadly Education by Naomi Novik



### Year 11+

- Legendborn by Tracy Deonn
- Throne of Glass by Sarah J. Maas
- The Final Empire by Brandon Sanderson
- A Dark and Hollow Star by Ashley Shuttleworth
- A Court of Thorns and Roses by Sarah J. Maas



### Classics

- Lord of the Rings by J. R. R. Tolkien
- Frankenstein by Mary Shelley
- Dr Jekyll and Mr Hyde by Robert Lewis Stevenson
- The Once and Future King by T. H. White

## STUDENT VOICE

### Planet C

4 students from Yr 7; Harry Palmer, Daniel Warrell, Denver Caton and James Hilditch have created a new group called 'Planet C'. This has been now brought in to Student Voice as a part of the Environment Team.

The group has plans to arrange frequent litter picks, plant more trees, all whilst working with the Environment Team to make the school a greener and more friendly place.

If you'd like to join or get involved in any way, with the Environment Team or Planet C, please email:

Chair Person: Katie Thompson:  
thomsonk22@hwbcymru.net

Planet C Leader: James Hilditch:  
hilditchj@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:

Editor: Katalin Mattison:  
mattisonk5@hwbcymru.net

Chair Person: Katie Thompson:  
thomsonk22@hwbcymru.net



# Revision Timetable



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Topic							
15 mins break							
Topic							
15 mins break							
Topic							
15 mins break							
Topic							
15 mins break							
Topic							
Total hours							