



The Eirias Chronicle

October 2021

Small Steps to a Big Difference by Cadi Watkin-Evans

On the 5th of October, a litter pick took place between 3 and 4 pm on the school yard. All students and teachers were welcome to come along and walk around the surrounding areas of the school to pick up litter. It was organised by the Environment Team to help make a difference to the local community. Litter picks are a great way to do so, because it helps to raise awareness around the issues of waste and to encourage people not to discard their unwanted items.

Littering is an increasing worldwide problem. It can have staggering effects on our planet. For example, when plastic litter drifts out to sea, animals inhabiting the area may ingest it. This usually causes a blockage of their stomachs and intestines. As their systems cannot break down the plastic, this causes their death. One million seabirds are killed by marine litter every year.



It is saddening that littering also affects the welfare of humans too. Hazardous chemicals leach out of the litter and pollute the soil and water bodies that are located nearby. As a result, these toxins can enter the human body through the food chain.



Furthermore, the manufacturing and careless disposal of our waste significantly contributes to global warming. Single use plastics are a common example, since they are derived from fossil fuels that emit a considerable amount of greenhouse gasses while in production. These plastics then move on to build up landfills, while more are produced, creating a continuous cycle, that will only continue to escalate further if nothing is done to prevent it.

We need to think about how we can reduce this by making more environmentally friendly choices in our day-to-day lives. We can start to try to reduce these

overwhelming effects of littering by making sure that we recycle our waste instead of letting it pollute our community.

The small, organised litter picks help the school become greener, since nearby litter is removed from the grounds, which makes the surroundings more clean, sustainable, and friendly. They help to raise awareness in our community and encourage people to make better environmental decisions, since the world needs all the environmentally conscious thinkers it can get to sustain the generations to come.

The leaders of the Environment Team, Annabel Gibson and Ophelia Boase were interviewed on how the litter pick went:

Do you think that the litter pick was successful?

"I think the litter pick was successful. We were maybe hoping for a few more people, but we collected almost 5 bags of litter so that definitely made up for it!" - AG

"Yes, I agree the litter pick was successful. We are of course very grateful for the participants of the litter pick and proud of the team effort". - OB

Are you planning to have another litter pick soon?

"Yes, we are definitely planning on having another one as soon as we can!". - AG

"We're hoping to organise another one soon and it would be really great if we could see more people there!". - OB

STUDENT VOICE our projects

COMMUNITY TEAM

'Bring your own device'
scheme
Updating notice boards

ENVIRONMENT TEAM

Changing to biodegradable
sanitising wipes
Recycling promotion
Arranging the school garden

LEARNING TEAM

Introducing current world
issues into the curriculum
Improving student-teacher
understanding

PUBLICITY TEAM

Producing monthly
newsletter
Weekly bulletins

YANA

Equality in the school
environment
Creating an inclusive school
community





Your Mental Health and You

by Tilly Davies

Students face multiple mental health issues globally. In fact, 1 in 5 children face significant mental health challenges during their school years. The 5 most common mental health difficulties include depression, anxiety disorders, eating disorders, sleeping issues and OCD (obsessive-compulsive disorder).

A mental health issue may arise from genetic factors, but most commonly they are caused by stress, abuse and/or traumatic events. These factors could influence, trigger, or aid a mental illness to develop in a person.

Common symptoms to look out for:

- Common symptoms of Depression include hopelessness, lack of excitement in activities once enjoyed, insomnia, fatigue, trouble concentrating, irritability and appetite and weight changes.
- Anxiety has symptoms such as increased heart rate, trembling, breathing rapidly and senses of impending danger or panic.
- Anorexia Nervosa (a type of eating disorder) includes symptoms such as dramatic weight loss, dry skin and nails, thinning hair, poor wound healing, and unrealistic body image. Binge eating (another eating disorder) includes symptoms such as feeling you are out of control, depressed, eating alone or in secret and whilst your body is full.
- Sleeping disorders such as Insomnia include difficulty concentrating, irritability, weight gain and impaired work performance or like Parasomnia includes sleepwalking, sleep talking and teeth grinding/jaw clenching.
- OCD symptoms include fear of dirt or contamination, doubting and difficulty tolerating uncertainty and unwanted thoughts such as aggression.

If you notice these symptoms in either yourself or someone else, please speak to someone you trust, a medical professional, the school nurse or counsellor or a helpline, who can provide you with further support.

Useful helplines:

Childline - 0800 1111

Young Minds - 020 7089 5050

Mental illness is a global issue because we see more and more people being diagnosed with mental health disorders. To put this into perspective, more than 300 million people (4.4% of the world's population) suffer from the most common mental illness, Depression. Furthermore, it is also a leading cause of disability, and an untreated mental illness can cause severe emotional, behavioural and physical health problems.

YOUNGMINDS



About World Mental Health Day

by Tilly Davies

The World Health Organization recognizes World Mental Health Day on the 10th of October. It is a chance to be vocal about mental health in general, its issues, its importance and where to get help whilst struggling.

World Mental Health Day was created in 1992. It began as an annual activity of the World Federation for Mental Health by the then Deputy Secretary General Richard Hunter. World Mental Health Days usually have specific themes (except for the first time it was celebrated). Some of the themes include; Women and Mental health (1996), Children and Mental Health (1997), Depression: A Global Crisis (2012) and this year, the theme was Mental Health in an Unequal World, which highlights the impact of an increasing polarised and unequal world on people's mental health.

The pandemic has had a massive impact on people's mental wellbeing and during the World Health Assembly in May earlier this year, governments globally recognized the need to scale up mental health services at all levels. Also, some countries have discovered new ways of providing mental health care to their populations. World Mental Health Day campaigns to showcase the efforts these countries have made, and the campaigns encourage you to highlight positive stories as part of your own activities, in hopes of inspiring others.

It is important to celebrate World Mental Health Day because it raises awareness around mental health and highlights the struggles people face globally. If everyone were to contribute, it would aid to ensure the people struggling with mental illnesses are able to live their lives comfortably and with dignity.

STUDENT VOICE

PUBLICITY AND NEWS

ChildLine
0800 1111



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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