

# THE EAGLE

BY THE PUPILS. FOR THE PUPILS.

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MENTAL HEALTH AWARENESS MONTH

We hope that you had a wonderful half term! This issue is based around mental health – please make sure that you speak to someone if you are having troubles with your mental health. A healthy mind is as important as a healthy body!

Remember to see Miss Chapman in 213 if you would like to write for the Eagle.

## ARTICLES

Himalayan  
Climbers

Notre Dame Blaze

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Miss Hutton & Mr  
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Top 10:  
Mental Health  
Charities

## Himalayan Help

By Caitlin Jones, Y10

A team of eight climbers, three of which are believed to be British, set off for their hike of the Himalayas on 13<sup>th</sup> of May not yet returned. The group started to climb the 7816-metre-tall Nanda Devi East Peak and were not present at the allocated base camp time. Search and rescue have been attempting to find the team but difficult weather conditions of heavy rain and snowfall has limited the search capacity.

The group contains climbers from Britain, Australia, United States and India led by the experienced British mountain guide, Martin Moran, whose company has run many previous expeditions. Photos on the group's Facebook pages revealed their scheduled travel plan. Mr Moran's profile showcased the team the day before the start of the climb "starting their journey into the hills at Neem Kharoli Baba temple, Bhowali". Later, on the 22<sup>nd</sup> of May, a post signposted their second base camp arrival at 4870 metres, suggesting that the group would attempt to summit a never before climbed peak on the mountain.

Conflicting reports have been emerging across the media and authorities of the exact scheduled plans for the group to return. Local media revealed that they were due to reach Nanda Devi base camp on Friday 31<sup>st</sup> May and the nearby village of Munsiyari on the 1<sup>st</sup> of June.



A statement by a spokesperson for the British Foreign and Commonwealth Office (FCO) said, "We are in contact with Indian authorities following reports that a number of British nationals are missing in the Indian Himalayas. We will do all we can to assist any British people who need our help."

Meanwhile, the group's current whereabouts continue to be unknown. The global interest in this story demonstrates the unity within the countries and the growing urgency of this matter. Local authorities continue to work tremendously hard to do all that they can to help track down the missing group and ensure their safety.

## Poetry Corner

This week features a ballad from Aine Hoyle from 8 Teresa.

### The Flood

All lessons begin at eight twenty-five,  
Although eight o'clock is when I arrive.  
We all gather together to go swimming,  
But that's when we hear the alarm bell ringing.  
We run to the hall which is nearby,  
But we see people in water thigh high!  
Teachers told pupils to run to the gate,  
As the water was rising at an alarming rate.  
As we were moving we heard a startling voice,  
But we had to move fast we had no choice.  
Teachers, cleaners staff of all kinds,  
Went to find the student that had been left behind.  
Although when they arrived the screaming had stopped.  
And when they arrived their jaws all dropped.  
Floating there at the bottom of the stairs was the purple scrunchie Karen Smith  
always wears in her hair...



## **Heart of Paris in Flames**

By Georgia Love, Y9

The Notre-Dame cathedral endured an engulfment of flames during the evening hours of the 15<sup>th</sup> of April, the 850 year-old architecture surfed extensive damage with the roof and spire collapsing.

The blaze concluded at 20:30 GMT after 500 firefighters came to its aid preventing any further damage also quoted by fire chief Jean-Claude Galle saying 'the main structure had been saved and preserved from total destruction.'

Many people gathered on the streets of Paris in the view of the cathedral singing hymns, saying prayers and some even weeping at the devastation watching such an artefact of the permanence of a nation and how a piece of architecture could be treasured and persistently admired (even lasting through two world wars without sustaining extensive damage) burn is profoundly devastating to any French person.

The origin of the fire is due to the extensive renovation where several sections of the cathedral were under scaffolding; however it is still not clear how the fire started to flare-up.



# **Saffron Sorts It!**

Our friendly neighbourhood agony aunt Saffron Stedall is here to help with all of your worries and woes. This week, it is a mental health special...



## **How do I help a friend who is struggling with mental health?**

Encourage them as much as you can to talk to someone to reach out- if they have reached out and are receiving the help they need, be there for them. Listen to what they want to say but do not force them to speak. Be there as a friend, you are not required to be anything more, support them and honestly, just let them know you are there. If they have not reached out, speak to a trusted adult. It's scary but honestly, you could be taking the leap they were afraid to take. You could be the first step in getting them help- what they do after that is their choice. You have done all you can. Just stay by their side if you can, step away if it starts to take a toll on you.

## **Who can I talk to if I'm struggling with my own mental health?**

Reach out. Please, speak to someone you trust. Preferably an adult but talking to anyone about what is going on will make you feel better. You are not alone. If you feel you cannot/ don't want to speak to anyone you know, sometimes speaking to a stranger is better for lack of a fear of judgement. There are many great places such as the Samaritans and Childline. Childline run 24/7 and you can call them (0800 11 11) or email them (just make an account on [childline.com](https://childline.com)). Samaritans are also 24/7 and you can call them (116 123), email ([jo@samaritans.org](mailto:jo@samaritans.org)), visit them in person or write them a letter and post it to a branch. Honestly, reaching out to people is so hard, yet is the first step to improving.

## **What if I'm a boy struggling with mental health?**

Please read the last questions answer. Reaching out is so hard already but in a lot of cases, it is harder as a boy. Please speak to someone. There are people out there, many boys and men struggling with mental health keep it to themselves as they feel it may damage their masculinity but the sooner you talk to someone, the sooner it will get better. So many males struggle mentally and you will never be less of a man for admitting that struggling against yourself is extremely difficult, you may inspire others and be that light for others. You are a beacon, shred the idea of masculinity because you are strong for speaking up. There are plenty of people, you are not alone.



## Heads Together

By Philip Collins White

Heads together is a charity founded by the Duke and Duchess of Cambridge (Prince William and Catherine Middleton) and the Duke and Duchess of Sussex (Prince Harry and Meghan Markle) which aims to strip down stigmas surrounding mental health and to use fundraising to create and improve services for mental health. Their Royal Highnesses aim to allow people to talk about their and their friends' and family's mental health, as well as help the people around them understand what is happening and how they can help.

This was inspired by something which came to light two years ago on the 20<sup>th</sup> anniversary of the death of the princes' mother, Diana. In preparation for the BBC One programme Mind Over Marathon, Prince William and Prince Harry opened up about how the death of Diana hurt their mental health.

Mental health is such an issue for many people, and this is proof that it happens to everyone. Even now, it is seen that princes should be strong and 'masculine'. In the 2017 documentary Diana, Prince William told the BBC that by going on the documentary, the two brothers were 'Do[ing] our [their] duties as sons'.



This event has had a lasting effect on the two men and shows that everyone is affected by mental health issues, even those who we perceive as being strong and stable. In fact it was that pressure that hurt the two members of the royal family, who have previously said that they had to appear strong, and in fact it was this pressure that made them feel it was important they took part in Diana's funeral, which caused terrible damage to their mental health.

Now, the two princes are working together through the charity Heads Together to help those who are suffering from similar inflictions. Originating in the 2017 Virgin Money London Marathon Charity of the Year, the Heads Together campaign started off with the first marathon run for mental health, symbolic of how they want to change the way we treat mental health.



## Heads Together

By Philip Collins White

The campaign gained another partner in the last month, with Martin Glenn and Prince William meeting to announce that the FA (Football Association) would be working together to 'use one of the most powerful, unifying forces in our society – football – to start the biggest ever conversation on mental health.' – Prince William.

Overall, the Heads Together campaign, with backing from the royal household for financial and publicity support, seems to be a promising step forward in the battle against the stigma of mental health. To find out more go to [www.headstogether.org.uk](http://www.headstogether.org.uk)



## How Manchester City Won the League

By Sam Foord, Y8

Throughout the season Manchester City have been in a title race against Liverpool. The points went to Liverpool the Man city and so on.

Manchester City had gone on a winning streak; in fact, they won all their last 13 games to clench the title. Manchester City had 98 and Liverpool had 97. **So close.** What helped them win the league was some of their star players such as Sergio Aguero (who scored 21 goals) and Kevin De Bruyne, who assisted 34 goals.

This season Man City have won four trophies, which is impressive. At the start of the season Man City were not in great form as we all thought Liverpool were going to win their first premier league title but Man City put a stop to that.





## Meet the Teacher: Miss Hutton

By Caitlin Jones, Y10

### **What inspired you to be a teacher?**

My Irish grandfather's party-piece was reciting a long story poem called 'The Green Eye of the Little Yellow God' by J Milton Hayes. It held us spell bound as children. I loved listening to his powerful performance and the way the words painted a picture in my mind. I was always writing or reading somewhere - behind the sofa was a favourite hiding spot. At secondary school I had an amazing English teacher called Lilianna Evans. She was Italian and also taught us Latin. She introduced me to Greek mythology and to my favourite writer, Charles Dickens (his novels, not the man himself. I am not that old ha ha!).

### **If you could go anywhere in the world where would you go and why?**

One of the jobs I had before becoming a teacher was a travel writer, writing holiday brochures. One day I had to research a place I had never heard of, a destination called New Caledonia which means New Scotland. I was born in Scotland and I love the mountains, lochs and rivers. New Caledonia is described as being "Scotland in the Pacific Ocean", so it has a wild Scottish landscape with the advantage of tropical weather and sunshine. That's where I'd go a-roaming if I won the lottery.

### **What is a secret talent that nobody knows you possess?**

I am a qualified Day Skipper so I can take a yacht out sailing (although even if I had one, I'd still need a very good crew!). I can speak French as I went to school in Paris. I play the guitar and sing.

### **How would you describe yourself as a pupil in three words?**

Bit too chatty!

### **What do you do in your spare time?**

My spare time is mostly about family and my three children (two boys and a daughter). We love going out cycling and for long walks. Arundel Lake and West Wittering are some of our favourites.

### **Who is your role model and why?**

My Dad. He is 82 but still goes to the gym and made a few 147 snooker breaks in his lifetime. He has a great sense of humour. He always listens and offers sage advice. His motto is "Be nice to everyone, not because THEY are but because YOU are". He also used to say "Be nice to everyone and trust no one" but that's from his James Bond days at Scotland Yard.

### **What are you most looking forward to about summer?**

Being with my 3 children, anywhere and everywhere, and seeing my friends and family. Hoping to find some ME time too to sit in the sun and read at least one of the ten books I have permanently piled at my bed side. Very excited about getting ready for the next academic year too, now I have an idea of how the school year works!

# Meet the Teacher: Miss Hutton

By Caitlin Jones, Y10

## **How would you describe your year at Saint Edmund's so far?**

I have worked in Journalism, Publishing, Marketing, Communications and I have taught English as a foreign language but I have never worked as hard as I had to for my PGCE training and NQT first year in secondary teaching. Thanks to my effervescent mentor, Mr Were, and the very talented English team, I have begun to relax and really enjoy what I do. The wonderful students and atmosphere here at St Edmund's have kept me going. My admiration and respect for teachers was always high and it is now immense. I am proud to be in an outstanding school, working with so many dedicated, passionate people.

## **What is your favourite department apart from your own and why?**

I think our amazing Drama and Dance departments play a huge part in how happy the students are here. Some schools don't invest in these subjects but they are vital to the school's atmosphere. The students are always buzzing before and after drama and dance. These creative classes give them a chance to really have fun and express themselves in a more non-academic way, to burn off some of that amazing energy and show off their unique personalities and talents.

## **Do you have any advice for KS4 pupils undertaking exams?**

My eldest is 16 yrs old so right now at home I am seeing how GCSEs impact on Year 11. My advice is to follow the three Rs: REVISE, RELAX, REFUEL. It's very important to look after yourself. Eat well, sleep well. Balance focused revision with relaxation - whatever that is for you, be it a game of outdoors football or a FIFA match with your mates. Don't put too much pressure on yourself. If you are doing your best, we will be proud of you.



## Cyber Safety

By Tabitha Hazlewood, Y9

Hello I'm doing this article on cyber safety and your school ambassadors.

First of all, I am going to give you 5 top tips for staying safe on the internet:

1. On social media do not accept friend requests from people that you do not know, people can also create fake accounts to trick others.
2. Do not go on any unknown websites as that could easily give you a virus or allow you to be hacked.
3. Do not send or give out your personal information e.g. address, full name, card details.
4. Be careful what you post on social media as once you post it there is no turning back.
5. You may not know this but you need to keep your anti-virus software up to date.

It is crucial that you do not do any of these things if you do there are ways to be helped.

1. If you get hacked or get a virus you could either delete your account or restart your device, this will lead to everything being deleted but trust me it will be worth it.

If you are being bullied online then there is no need to worry as its more common as you may think, and to be honest you may not even realise it. Being bullied could mean: being constantly left out of chats, being made fun of and pretty much everything that could happen to you when you are not online.

You could tackle being bullied in many ways such as

1. talking to your parents
2. taking to your teachers
3. talking to your friends
4. report the person or people online
5. go to your school's cyber ambassadors

An example of two ambassadors is Tabitha Hazlewood (9 Damien), Georgia Love (9 Damien) and Lauren Shenton (9 Damien). We are all available if you are having a problem or issue online. We have recently been on a trip to Portsmouth academy to undergo our training where we learnt how to deal with these situations, what they are and who specifically to tell. You can identify other ambassadors as they will be wearing a badge with a blue fish on it. We have many posters put up round the school so keep an eye out for those.

#gofish

GO Find Internet Safety Help

# Manchester City vs Watford- FA Cup Final- 18/5/19

By Albie Topliss, Y8

Man City were the favorites leading up to the final but this was set to be an exciting game as Watford are not a bad team at all.

The teams were quite even for the first 20 minutes and both teams were pushing to try and get the first goal. 6 minutes later David Silva opened the scoring and City were winning 1-0. Man City now looked dominant. 12 minutes later in the 38' minute Gabriel Jesus put City 2-0 up. With City on top Watford weren't looking likely to score. Maxi Peyreya missed a great opportunity to get Watford back in the match.

The score remained 2-0.

HT- Manchester City 2-0 Watford

The second half began and in the first five minutes of the half Watford looked like scoring. But all hope was lost as Man City went 3-0 up through Kevin De Bruyne on 61' minutes. As the ball was played through to De Bruyne he could not miss as he slotted it home past Heurehlo Gomes. The chance was impossible to miss. Just 7 minutes later Gabriel Jesus grabbed his second goal of the game to make it 4-0 to Man City and there was definitely no way back now for Watford. For a long period of time nothing really happened in the game. But on the 81<sup>st</sup> minute Raheem Sterling scored putting Man city 5-0 up. The game was over but just 6 minutes later Raheem Sterling scored to make it 6-0 to City. Man city relaxed for the few remaining minutes.

FT- Manchester City 6-0 Watford

MAN CITY WIN THE FA CUP!

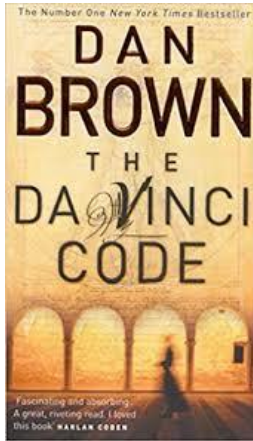




## What's your favourite...?

### with Mr Candy

By Philip Collins Wight, Y10



#### What is your favourite book and why?

Inferno by Dan Brown because I read the Da Vinci Code by Dan Brown and as a result I have read all of his series; I guess it's the twists in the plot line that I've really enjoyed.

#### What is your favourite film and why?

The Titanic just because it's based on the reality of what happened, but I am curious to see how the new Lion King film will turn out.



#### What is your favourite game and why?

Monopoly, because it's fun to be the banker.



#### What is your favourite song and why?

Mr Brightside by The Killers, because it's a good song that everyone can sing along to.



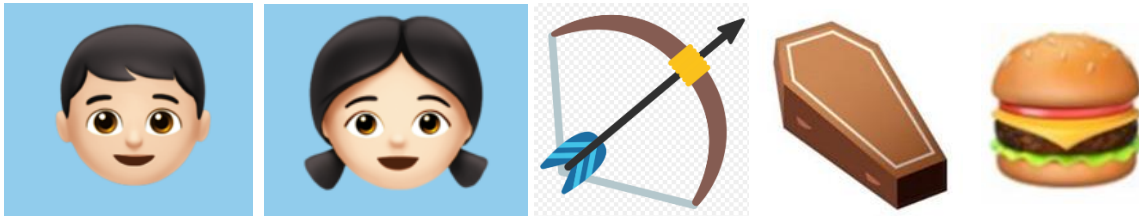
## Puzzle Page

Thank you to the book club for our literary themed puzzle!  
Can you guess the book title from the emojis?

1



2



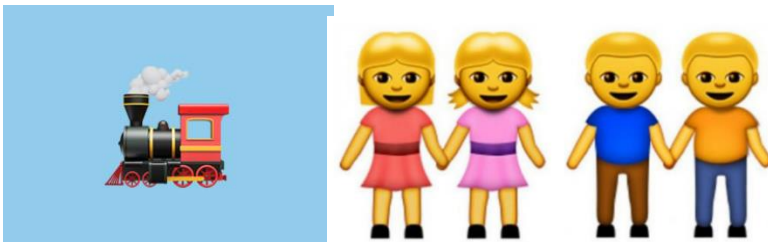
3



4



5



Answers

- 1) Night speaker
- 2) Hunger games
- 3) Wizard of Oz
- 4) Geek Girl
- 5) Railway Children

## Top 10

By Lily Robson

In this issue Top 10, we will be listing 10 Mental Health Charities, in conjunction with this month's issue being around mental wellbeing.

The top ten charities are:

1. **Mind**- this charity provides information and support regarding multiple mental health issues, through helplines and articles. They also campaign for fair treatment for all those who require it, and believe everyone has the right to access it.
2. **Together**- formed in 1879, this organisation aims to provide support to all those with mental wellbeing issues through multiple services. They have established centres throughout the country, which help within areas like assisted housing, one-to-one help and legal advice.
3. **Mental Health Foundation**- this charity strives to find and address the sources of mental health problems, and provide appropriate support to tackle it. They are responsible for organizing Mental Health Awareness Week, with the most previous on one in May focused around body image.
4. **Young Minds**- this is a charity dedicated to the mental health of the youth. They fight to voice young people's health, so we are able to access effective support regarding are mental wellbeing now, but also in the future.
5. **Heads Together**- a campaign set up by the Duke and Duchess of Cambridge, and the Duke and Duchess of Sussex, this charity aims to remove the stigma surrounding mental health, and enable it to become a more open conversation, through fundraising events, and specified goals, like improving mental health across HM forces.

6. **Centre for Mental Health-** this organisation strives to give in depth analysis of mental health statistics and research into improving mental wellbeing. They aim to provide information which will help aid and improve the health of others, and end stigma and discrimination surrounding the topic.
7. **Mental Health UK-** this charity bases its work around supporting those suffering mental health issues. They have sectors which work in each of the 4 countries, and provide advice, support groups and information.
8. **Samaritans-** this group tackle mental health issues, by providing a stable support network via phone, but also through one-to-one contact at branches, prisons and schools. They help with various elements of mental state, but focus on suicide and self- harm.
9. **SANE-** a leading organisation established in 1989, its aims are to combat mental illness to ensure a happier and fairer life for those who suffer with it. Their goals include destroying stigma around mental health, securing equality for those who suffer mental illness and providing funds to help aid scientific research.
10. **Stem 4-** this charity was created especially for teenagers who suffer with mental health issues. Its main aims are to prevent the growth of a problem before it gets too big, and to spread awareness around mental wellbeing, in order to support as many young people as possible. They provide informative help and also an app, which help with anxiety and also other mental health issues.