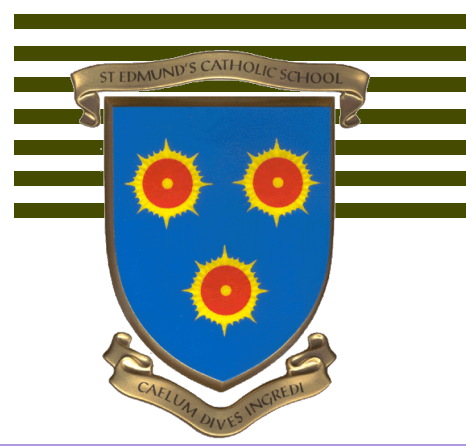


# THE EAGLE

BY THE PUPILS. FOR THE PUPILS.

ISSUE NO 68 | MAY '21 |



Included in this month's issue is: a final reflection of the years spent at St Edmund's from the Head Girl and Boy, an interview with the excellent new Head of Year 8, Miss Tudor, an article condemning the misuse of mental health terminology in everyday life, and more...

We hope you enjoy reading and wish the best of luck to year 11 who are leaving soon!

## ARTICLES

Goodbye from our  
Head Girl and Boy

Teacher Interview-  
Miss Tudor

The Misuse of Mental Health  
Terminology

COVID Variant in India

The Science of Dolphins

Book Series Review:  
The Summoner

## Goodbye from the Head Girl and Boy

By Emma Annan-Jackson and Euan Ama,Y11

As our time here at St Edmund's is coming to an end, it has been an exciting chance for us to reflect on the opportunities given to us throughout our time here. Whilst at St Edmund's, I have done various things such as plan and participate in the OAP party, participate in sponsored walks and runs, school productions and more. These events provided by the school have helped me build friendships, become less nervous when speaking to large crowds, and learn more about myself along the way. These have all lead me to become the outspoken, determined and hard-working person that I am as I leave. When we leave, we will miss all the kind faces of the staff and the teachers who have been helping us throughout our time here, especially over the last few months as we have been doing assessments. We have had the school's ethos and overall support backing our accomplishments over the years here and pushing us to be the best we can!

St Edmund's has had a large impact on our lives as a year group and I personally have achieved many accomplishments during my time here. I have accomplished many things such as earning badges and becoming head boy. I have learned that I have grown from the person I was in year 7, who didn't contribute much and who was a very quiet student, into someone who is outgoing and friendly towards everyone. Even though our journey as a year group is coming to an end, I'll miss seeing those who make me happy every day, participating in school productions and even learning new things in lessons! I will also miss the great staff who have guided us throughout the years.

## Teacher Interview: Miss Tudor

By Charis Hargreaves and Sophia Peacock ,Y8

### **What inspired you to become a Head of Year?**

Two and a half years ago I was working in events management. I always loved children but I also wanted to be a police officer. I organised a conference on child safety and I realised that I could make a difference with children so wanted to work with them. However, because of Covid I was made redundant and moved home to Portsmouth. I applied to the police and to a teaching assistant job here at St. Edmund's. I was offered both jobs and decided to take the teaching assistant job. Then, when Miss Holt's position came up, Mr Graham kindly gave me the opportunity!

### **Ten years ago, did you imagine yourself in a leadership position and if not, what did you want to be when you grew up?**

I definitely wanted to be in a leadership position, but I wanted to be a wedding and events planner.

### **Do you see yourself in a job like this in five years?**

Yes, definitely!

### **What is your favourite thing about your job?**

My favourite thing about my job is talking to you all daily and helping people out; I love getting to know you all!

### **What is your least favourite/toughest thing about your job?**

My least favourite thing about my job is having to deal with unkindness and conflict.

### **What advice would you give to a young person hoping to be in a role like yours in the future?**

I would say to always follow your dreams and go for it! As well as to try your hardest to achieve whatever you put your mind towards.

### **What are some of your hobbies?**

I am really sporty! I love to play cricket with Miss Hammond and Mrs Lunn. I also enjoy netball and swimming and I go to the gym every day.

### **What is your favourite food?**

I love all food, but Asian food particularly like sushi and dim sum noodles...

### **Who were your celebrity role models when growing up?**

The actor Isla Fisher was a big one for me. I looked up to her as she was a funny, strong, redheaded female in the public eye. I idolised her!

### **If you were to win the Nobel Peace Prize, what would it be for?**

I would like it to be for charity work amongst childrens' charities!



# The Misuse of Mental Health Terminology

By Faye Spencer, Y7

The misuse of mental health terminology is something we all experience in our everyday lives, often without even knowing. It is everywhere and a majority of people unknowingly do it, from your friends, to the media. In this article I hope to shed light on the issue and how this can be avoided in the future.

OCD is the most misused mental health term, with many people believing that it means to be overly organised and clean and people mislabelling themselves as OCD because they like to be neat and tidy. This is completely ridiculous as it stands for Obsessive Compulsive Disorder (OCD), a diagnosable mental health condition where sufferers experience reoccurring and unwanted thoughts which can cause them to do actions or tasks repeatedly, not always related to cleanliness and usually because of the irrational thought that there will be tragic consequences if they do not partake in these 'rituals'.

Bipolar Disorder is another commonly misused term with many thinking that bipolar is an adjective to describe someone who is unpredictable, but it is much more complex than this. The medical definition is 'A mental health condition that causes extreme mood swings. The main symptoms of Bipolar disorder are episodes of extreme highs and lows, which can last for several weeks to months', as well as many other symptoms. Mislabelling actions as 'bipolar' does not only offend those with mental health conditions, it also spreads more false information which can make it harder to diagnose and the misuse of it become more socially accepted.

Concerningly, even the media misuses mental health terms; for example, a popular news writer described both former prime minister Gordon Brown and Richard Nixon, a former US president, as having 'Political Asperges Syndrome'. Also, in 2010 a government official in charge of the economy stated that 'the world's economy is bipolar'. In addition to this, another famous newspaper described Gok Wan, a famous British fashion consultant, as having a 'schizophrenic' fashion sense. All are complex mental health conditions and not descriptive words to use for dramatic effect!

Let's be honest, we all make mistakes sometimes... but making a comment about an illness which is obviously being used in the wrong context may be overheard by someone who finds the comment offensive. So how do we stop this? We can think about what we say before we say it and ask ourselves if we are educated enough about the mental health condition before we use it in comments. Should you state someone has OCD because they are organised? No. Should you call yourself bipolar because you are unpredictable on rare occasions? No.

In conclusion, we should stop making comments about topics that we do not fully understand. Some might argue that ignorance about mental health conditions is another form of discriminating and isolating those who are 'different' in some way. I hope reading this makes you think twice about what you say and hopefully helps stop mental health stigma.

**OCD is NOT an  
adjective**



## Covid Variant in India

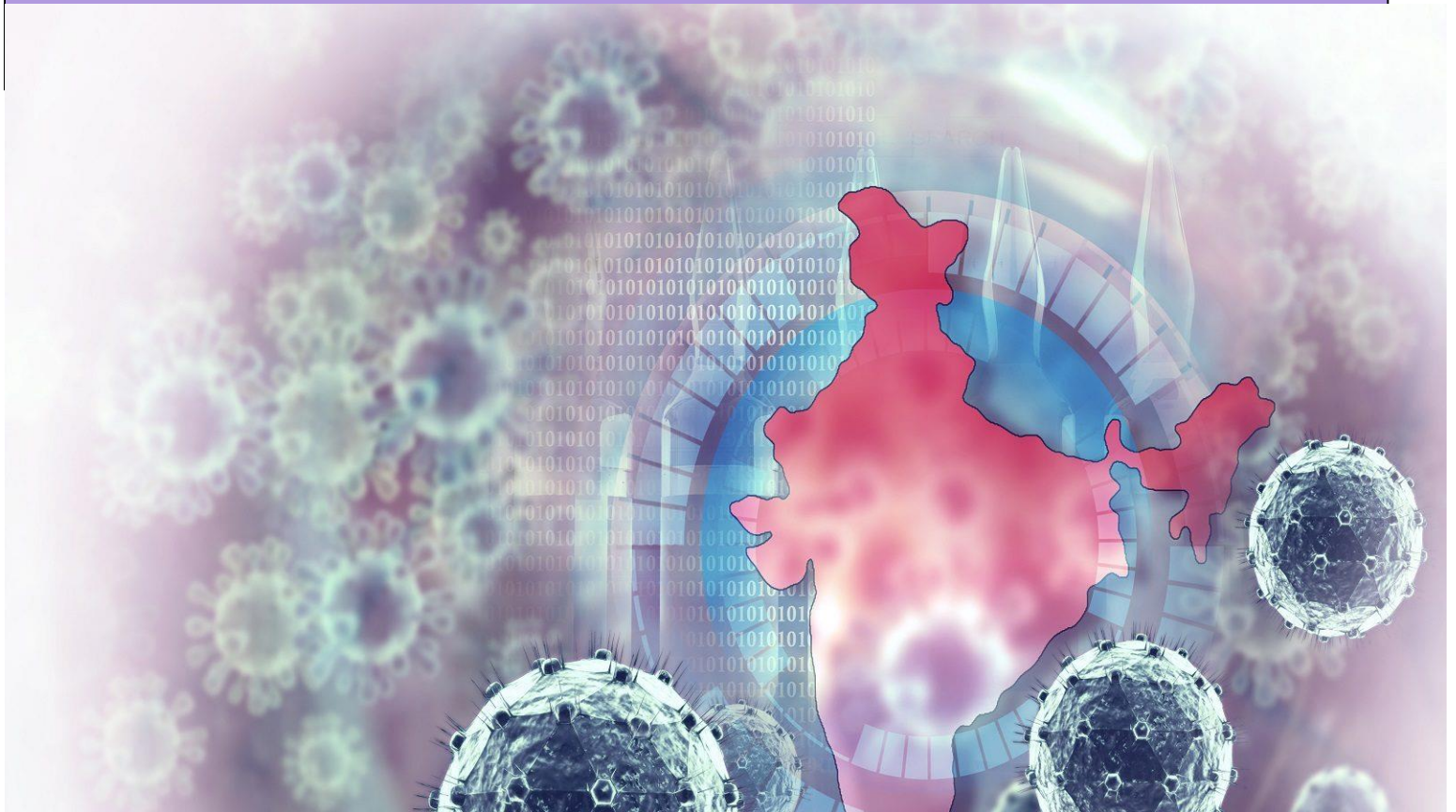
By Elissa Conn, Y7

You may or may not be aware, but lately India's population has been growing with Covid 19 cases as another new variant of the virus has emerged.

There have been over 25,500,00 cases, 284,290 deaths and 22,118,072 people recovered. That is approximately 99% recovered and 1% deaths. Even though 1% doesn't seem like much, it is gradually rising if more citizens do not get vaccinated, bringing India's population down until a solution is found.

India have reached out for vaccines to give their large population and 185 million doses have been given, 40.9 million (3% of the population) have been fully vaccinated. The struggle for vaccinations is impacting the environment because of the urgency to ship them out and the cost is affecting the economy. These issues are causing panic to spread amongst the country.

This is going to affect India in the long term if more vaccines are not made available soon and something is not done to solve the economy crisis surrounding this issue.



## The Science of Dolphins

By Emily Newman, Y7

The way that dolphins and whales communicate has been much debated by scientists over the years. The current concept is that they use a series of patterns, squeaks and whistles to not just communicate with each other, but to make under water civilisations and communities. Dolphins are social animals meaning that they stay in pods in which they hunt, play and live together in.

Just like some other species, such as whales and bats, dolphins have also adapted to use echo location so that in dark and murky water, they can easily find prey and 'see' where things are in relation to them. This is a vital skill for them and their survival as plastic pollution and global warming grows ever more in our oceans, and their numbers rapidly decrease. Yangtze river dolphins live in water that is so full of silt that without their echo location to rely on, life there would be impossible.

Recently, dolphins have faced even more struggles that make their lives harder. Every year hundreds of dolphins are killed due to tuna fishing. As tuna are such large fish, dolphins often get caught in the nets and unfortunately die.

To help this amazing species, we can do many things such as buying 'dolphin friendly tuna' which ensures that no dolphins are killed in the process of fishing. Also, we can reduce our use of harmful plastics which pollute the aquatic food chain affecting our dolphins greatly. Lastly, we could even make a new technology that can make ships quieter so that dolphins can communicate in peace!



## **Book Review: The Summoner Series by Taran Matharu**

By Tristan Goodwin , Y7

One of my favourite current set of books, the Summoner series, had me hooked from the first few lines. Opening up to a whole new concept of demonology and magic, I have come to love every word of it. Introducing an interesting new system of politics intertwined with wars and personal feuds, the books have everything they need to attain a high standard of enjoyment for young readers. Targeted at a teenage audience, they really connect to the reader by presenting characters and traits that make the series all the more interesting. Taran Matharu has done an excellent job!

I would rate them extremely highly, despite sometimes lacking sophisticated vocabulary, the creativity and inventiveness is a spark of genius. A gripping storyline is exactly what makes these books shine. Though from the look of the front cover of the book I was a little put off, I am glad of my decision to give them a read!

Contextually, Matharu can relate to the abuse the main character, Fletcher, suffers. Having personally felt racial abuse and harm such as this, he is able to incorporate a better understanding of how this feels and how people would react.

In conclusion, I would rate these books a definite 5 out of 5 purely for their gripping and interesting nature.

