



Sixth Form Wellbeing Student Newsletter

Issue #2

Welcome to the second edition of the Sixth Form Wellbeing Student Newsletter where we aim to bring attention to all the good news stories happening across the world. It's easy in the midst of all the chaos that has occurred this year to feel downcast but research shows that learning about good news increases wellbeing! We hope you get into the Christmas Spirit by reading our festive articles! Why not listen to the [spotify Christmas playlist](#) as you read?

This week Abbie Pledge, Sharon Berhane, Janeni Raveenthiran, Sharon Yohannes, Sorina Bejinaru and Sureya Kurji have put together several inspiring articles on a variety of topics. We hope that reading these stories will put a smile on your face!

You must not lose your faith in humanity. Humanity is an ocean; if a few drops of the ocean are dirty, the ocean does not become dirty.' - Mahatma Gandhi





A Miracle On 34th Street For Tiny Owl Found Stowed Away in Rockefeller Christmas Tree:

When a worker was helping to set up the iconic New York Rockefeller Christmas tree, he found a tiny bird tucked in amongst the branches. When the bird wouldn't fly away, the worker's wife called Ravensbeard Wildlife Center for help. A staff member from the centre met the worker and bird and identified it as a tiny male screech owl. These owls grow up to be 8.3 inches tall. After giving the owl lots of food, fluids, x-rays and check ups the owl has been declared fit and healthy and ready to be released back into the wild.

As for what they decided to name the owl...Rockefeller!

Zoom Lifted its 40 Minute Time Limit, for Thanksgiving, So Families Can Hang Out:

Thanksgiving, an annual national holiday in the United States and Canada and many other countries, celebrates the harvest and other blessings of the past year. For many families this year, the celebration looked a little different. Throughout this year, at least 300 million of us, longing to see people outside the walls of our homes, now use Zoom. During the pandemic, Zoom has been very much in demand and favoured because it brings people together. Friends and families with no technical knowledge now know you can join a Zoom assembly with just a click. Just like that, you see familiar faces and begin chatting away! A psychologist, Dr Doreen Dodgen-Magee sees video-calling as being an essential but contentious part of our lives. *“As social animals, we fail to thrive when we can't have meaningful connections with others, so video-calling is really important at the moment for helping us feel part of a community.”* This technology is a manageable way, in which we can keep relationships ongoing, through the pandemic. It changes your repetitive day to day routine, seeing faces other than those you live with. Having a tedious routine can make you feel trapped and alone during the lockdown. Zoom allows you to feel like you are with your loved ones, through the screen. As a thank you to its customers, from midnight ET on November 26th through 6am ET on November 27th, Zoom lifted their 40-minute time limit on free meetings! Paid packages are usually between \$150 - \$200, now for the special occasion people were able to meet online as long as they wished, free of charge. What a great way to find light in the dark by bringing people together!



A study published by the University of Oxford has demonstrated that video gaming during lockdowns increased mental well-being due to a variety of factors:

The combination of more national lockdowns across Europe and North America during the Christmas season likely has video game developers expecting increased sales. However, as a pre-print study by Oxford University scientists demonstrates, it might not be a bad thing to get a copy of Animal Crossing or Plants vs. Zombies in your stocking this year. Professor Andrew Przybylski, Director of Research at the Oxford Internet Institute explains that “Recent evidence suggests self-reports of digital behaviours are notoriously imprecise and biased, which limits the conclusions we can draw from research on time spent on video games and well-being,” Video games can provide positive or calming stimulation to the mind, as concepts like interacting with well-designed characters, dialogue, or storylines can be even more engaging than the same three aspects in other media forms like films, since in a video game you get to act out the story. A Study during Lockdown shows video gaming – even in hours – can improve your mental health. One study found that games like Tetris can place you in flow states that reduce anxiety and can help prepare you for stressful situations.

Professor Andrew Przybylski states “In fact, play can be an activity that relates positively to people’s mental health—and regulating video games could withhold those benefits from players.”

Garden Centre brings the Christmas Spirit to Chesterfield earlier than usual:

With this past year being difficult for most, many people have decided to bring some extra joy into their life by putting up Christmas decorations earlier compared to other years. Dobbies Garden Centre in Chesterfield have an annual ‘bring your Christmas Tree home day’ half way through the month of December. However this year, they’ve moved the date up to the 5th of December to help the town get into the festive mood early! They’ve got trees of all kinds, including pot-grown trees that can later be planted in the garden which is an amazing environmentally friendly option!





Advice on sleep and mental health:

Sleep is as important to our health as eating, drinking and breathing. It allows our bodies to repair itself and our brains to consolidate our memories and process information. Sleep deprivation can leave you feeling irritable and exhausted in the short-term, but it can also have serious long-term health consequences as well. If you're having trouble sleeping here are some things you could try:

- Limit napping. Too much sleep during the day can have an effect on your ability to fall or stay asleep at night. Naps of 20 to 30 minutes a day can help you feel more alert and rested without interrupting your nightly sleep.
- Sleep hygiene. Maintain a regular sleep-and-wake schedule, using the bedroom only for sleeping, and keeping the bedroom dark and free of distractions like the computer or television. Some experts also recommend sleep retraining: staying awake longer in order to ensure sleep is more restful.
- Avoid caffeine or stimulants too close to bedtime. Consuming coffee, alcohol, fizzy drinks, or other caffeinated products in the late afternoon or evening can make it difficult to fall asleep.
- Turn off your devices. Watching television or playing on your phone at bedtime can make it more difficult to relax and settle down for sleep. Try setting limits on when you quit using your devices before bed.
- Physical activity. Regular aerobic exercise during the day helps people fall asleep faster, spend more time in deep sleep, and awaken less often during the night.
- Cognitive behavioral therapy. Helps to change negative expectations and try to build more confidence that they can have a good night's sleep. These techniques can also help to change the "blame game" of attributing every personal problem during the day to lack of sleep.

Windsor Wonderland:

The Queen and Duke of Edinburgh will be spending Christmas in the Berkshire Royal Residence. The castle has been transformed with twinkling lights, festive garland and a towering 20ft christmas tree topped with angels! Visitors can view the dazzling decorations in the State Apartments.





Lesbian Pirates Get Justice:

The figures of Anne Bonny and Mary Read have been unveiled at Execution Dock -where pirates and smugglers were executed more than four centuries ago – in Wapping, east London. Both Anne and Mary were disguised as boys growing up to dodge “*poverty, propriety and disgrace.*” Once older though, the two went off to finally have a taste of freedom at the sea where they eventually meet each other and fall in love. A spokesperson for the campaign behind the statue stated that: “*Anne and Mary sailed the Caribbean leaving a trail of looted treasure, outfoxed law enforcement, and treacherous ex-lovers in their wake.*” Artist Amanda Cotton, who worked alongside a team of sculptors, said: “*The sculpture’s design is a metaphor for Bonny and Read’s personality, fire and earth. Individually they are strong independent women but when Anne (fire) & Mary (earth) combine they are dangerously unstoppable.*” “*Anne’s passion fuels Mary’s determination, and Mary’s patience channel’s Anne onto a path. Together they erupt like an inexorable volcano.*” Professor Kate Williamson, a prominent historian, told The Independent it was critical to unearth the “*hidden voices and histories*” of women and LGBT+ people. She noted history books have scant information about the pair – despite them being two of the most famous pirates in the 18th century. Professor Williams added: “*They broke gender boundaries and stunned people at the time. They were trailblazers in an incredibly male-dominated society who forged their own way. They were lovers and both fluid – moving between living as men and living as women and it is true, they have been forgotten from history.*” “*They lived determinedly and followed their hearts – both in being pirates and seeking their own destiny but also following their desire to love each other – when society demanded marriage.*” “*They were written about at the time, but you see a fear of them creeping in, a desire to downplay or ignore their story in the history of piracy, and I think that it’s because writers in the later 18th century and the 19th century worried that women – supposed to know their place as wives or servants – might get some ideas about living as men’s equals and love for each other.*” The statue of Bonny and Read will now be taken to Burgh Island, off the south of Devon coast which saw pirates come and go for centuries. Members of the public will be able to go visit the statue early next year.

Derby’s tallest santa makes Christmas Comeback:

As Christmas approaches, decorations are appearing everywhere, but no decoration is as big as Vijay Kumar Madara’s six-metre tall Santa. The Santa first appeared in 2018 and is now awed by all. However, the Santa is not the only thing bringing Christmas joy at the Madara’s household. Every day, weather permitting, Vijay goes onto his balcony and plays music through his speakers for an hour or so. ‘*Everyone starts listening and the kids start waving.*’



Santa's Little Helper? Koala climbs up Christmas



Tree:

Christmas has come early for one family after an adorable koala made her way into their home and climbed up their tree. The Koala was spotted sitting in the middle of all the tree decorations. The Koala rescue group was called in to remove the furry creature. The team said that while they do often remove Koala's from unexpected places: 'chicken coops, bathrooms, bicycles...' a christmas tree is a first for them! This charity group has been running since August last year and they work to rescue and rehabilitate koalas in need across South Australia.

Research reveals the nations top ten Christmas films:

1. Love Actually
2. Home Alone
3. The Grinch
4. The nightmare before Christmas
5. The Snowman
6. The Holiday
7. Nativity
8. Klaus
9. Christmas Carol
10. It's a wonderful life

Do you agree?

Other Classics include:

- Elf
- Die Hard
- The Polar Express
- Miracle on 34th Street

MAKE YOUR PERFECT CHRISTMAS NIGHT IN

 A ELF	 B THE GRINCH	 C HOME ALONE	 D DIE HARD	 E LOVE ACTUALLY	 F A CHRISTMAS CAROL
@thisisplanetfood					
 1 QUALITY STREET	 2 TERRY'S CHOC ORANGE	 3 MINCE PIES	 4 LINDT LINDOR	 5 AFTER EIGHT	 6 FERRERO ROCHER