



## Sixth Form Wellbeing Student Newsletter

Issue #3

Welcome to the third 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 to feel downcast but research shows that learning about good news increases wellbeing!

This issue 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!

*'If you want to find happiness, find gratitude.'* - Unknown





## TikTok users rallied to design a better pill bottle for people with Parkinson's:

Jimmy Choi is an amazing athlete who at age 27 was diagnosed with Parkinson's disease. He has participated in 16 marathons, 100 half marathons plus several 5Ks, 10Ks and triathlons but he considers his biggest accomplishment to be raising \$500,000 for Parkinson's research. While dealing with the big stuff rarely fazes him, little things—like something as simple as opening a prescription bottle—have left him stymied.

In a recent TikTok video, he shared that frustration with his followers, which drew the attention of the designer, Brian Alldridge. He quickly came up with a Parkinson's pill friendly bottle but since he didn't have a 3D printer, he posted his design and offered to share his files with anyone who could help. A man called David Exler created a 3D working prototype of the bottle. Currently Exler and Alldridge are discussing manufacturing plans while Choi, who was understandably blown away by the energetic response his TikTok video received, stated he was happy to be able to harness the power of social media for a good cause for a change. You can follow Jimmy on tiktok @jcfoxninja.

## Geologist finds rare formation inside rock that looks exactly like cookie monster on sesame street:

When geologists go on research trips, they're normally looking to observe specific rocks, minerals, and fossils. What this Californian scientist wasn't expecting was to open up a volcanic rock in Brazil—only to find an uncanny resemblance of the Cookie Monster. From the outside, the rock looks pretty ordinary—it's plain brown, and shaped like an egg.



On the inside? It's a glorious cream and blue. And it looks just about ready to growl "om nom nom nom nom" at the world.

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## Amanda Gorman is the youngest poet ever to recite at the presidential inauguration:

Amanda Gorman is a 22 year old from Los Angeles and is the national youth poet laureate. Growing up, Gorman had difficulty saying certain letters, especially R's however this didn't hold her back. She overcame her speech impediment and found her voice. On the 20th of January she performed her poem at Biden's inauguration. Watch it [here](#).

## Tips to cope with online school:

- Talk to friends; Even though you can't meet physically with people, it's important to try and stay in contact with friends, whether that's calling them every now and then or sending them funny memes or tiktoks. Why not exchange addresses or send letters back and forth?
- Exercise; It's not always easy to fit exercise into your schedule and it can be difficult to muster the motivation to work out, but even a simple 10 minute walk around your neighbourhood can boost endorphins and improve your mood.
- Be organised; clean up your desk and plan your days in advance with a journal, or if you like keeping things online check out [notion](#), a free app that lets you organise your workspace.

Here are some helpful social media accounts:

Instagram - @studyvate provides helpful advice @thegoodquote for some amazing inspiration to brighten your feed

|             | Monday | Tuesday | Wednesday | Thursday | Friday |
|-------------|--------|---------|-----------|----------|--------|
| 9:00-9:45   | LIVE   |         | LIVE      | LIVE     |        |
| 9:45-10:30  |        |         |           |          |        |
| 10:30-10:45 | BREAK  |         |           |          |        |
| 10:45-11:30 |        |         |           | LIVE     |        |
| 11:30-12:15 | LIVE   |         |           |          |        |
| 12:15-13:00 |        | LIVE    |           |          |        |
| 13:00-13:45 | LUNCH  |         |           |          |        |
| 13:45-2:30  | LIVE   | LIVE    |           |          |        |
| 2:30-3:15   |        |         |           | LIVE     | LIVE   |
| 3:15-4:00   |        |         |           |          |        |
| 4:00-5:00   |        |         |           |          |        |
| 5:00-6:00   | LIVE   |         |           |          |        |
| 6:00-8:00   |        |         |           |          |        |
| 8:00-9:00   | LIVE   |         |           |          |        |

Tiktok - check out @blairsbrainiacs who does study lives Monday to Friday [timetable pictured left]

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## After facing extinction, this midwestern bird is now soaring off endangered species list:

The interior least tern, a bird which survived waves of attacks from dam building, hat making, and more, can now be classified as an Endangered Species Act success story as its numbers have increased 900% over 35 years. Weighing just two ounces, the interior least tern is the smallest member of the tern family. In the 19th century, the bird was often hunted for its plumage as part of the demand for its feathers to crown women's hats, a booming industry that reduced numbers of all manner of birds. The U.S. Army Corps of Engineers had a major role to play in the tern's recovery story, as they altered river management strategies and helped to build new habitats. It was announced on the 12th by the Fish and Wildlife Service that it would now leave the Endangered Species List.



## Woman from Arizona frantically pounds on neighbours door to save family from fire:

An Arizona woman, Carolyn Palisch was determined to save her neighbors from a house fire. When she saw smoke floating past her window early in the morning on New Year's Day, she knew she needed to check on the Salgados family of six living next door. At 7:30am Carolyn finally roused them and ushered the family to safety. Nicole Salgado says she's glad Carolyn was so persistent in trying to wake them because minutes after they escaped, the roof collapsed. The Salgado family lost all of their belongings in the fire, but a gofundme campaign has raised \$48,000 of their \$50,000 goal. The rescue was caught on the family's doorbell camera and you can watch it [here](#).

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## The Importance of music

Most of us encounter music every day, whether that be on the radio, tv, spotify or youtube but why is it so important?

Music brings people together, it speaks to us all when words fail and it is understood everywhere. Music is universal and helps to connect so many people. Not only can music help you socially but it improves your health and wellbeing too. Music stimulates the brain which in turn helps with pain relief, reducing stress and memory, it can also improve mood and reduce anxiety.

Lastly, music is fun. It's a fabulous way to express yourself, whether that's by writing lyrics, playing an instrument or singing and dancing along to songs that resonate with you.

Year 13 students and faculty put together a playlist of songs they enjoy, you can listen to it [here](#). Below are some of the songs chosen and reasons why...

### *'Fly before you fall' by Cynthia Erivo*

- Helped me through bad times, might help others

### *'Walk' by Foo Fighters*

- I think we're all learning to walk again right now. A bop about not giving up which I rediscovered in the first lockdown.

### *'Simple man' by Lynrd Skynrd*

- Almost single-handedly got me through the first lockdown. I think a lot of people panic about falling behind and equate their value to their productivity, so this song is a reminder that life isn't a race and you're exactly where you need to be in your life right now.

## music

[mju-zik] **noun**

the art of ordering tones or sounds that have rhythm, harmony and melody.

"Music can change the world because it can change people"