

Knole Student News

Summer Edition



Focus on: mental health



**KNOLE
ACADEMY**

That was the year of Covid

Lots has happened in the past few months, here's a quick recap...

Back in March 2020, it was announced that schools would be closing for the foreseeable future. Just days later, on March 23rd, the UK went into a national lockdown. For the next 6 months, families spent their days indoors, home learning, working, and relaxing in their own homes. People had to stay at home, only leave home for essentials and were told to only exercise outside once a day. Gatherings of more than 2 people were banned in public which meant that all events, except funerals, were cancelled.

Clap for Carers became a regular tradition, with people out in the streets banging anything they could lay their hands on. Rainbows popped up in windows all over the country, but these ideas started just days before Boris Johnson tested positive for Covid-19. By this point, there were over 1000 people dying each 24 hours.

Concern over lack of protective equipment levels increased, as 10,000 people had now died of the virus. Since then, we've had two further lockdowns in November and January, and Christmas was put on hold so that households couldn't join together for the festive season and risk passing on the disease.

Face masks have become essential equipment – the wackier the better!

This has been a challenging time with politicians trying to reduce the spread but keep the economy going. Politicians have been blamed for breaking the rules they set, and not setting good enough targets. It may feel like a long time that we haven't been able to do normal activities but supposedly, after the 19th July all social distancing restrictions will be lifted. Does this mean the end of the 'elbow bump'?

15 months after the start of the first lockdown, 3.81 million people have now died across the world from Covid-19. The government set out a road map to lower restrictions and we are already past most of these stages, even though the final stage has been delayed due to the 'Delta Variant', which is thought to be more infectious than the original Covid virus. The vaccine has been a massive help in lifting restrictions and allowing people to meet up indoors.

Some people are against the idea of being vaccinated; these ideas are fuelled by religious views or not trusting the science behind it. In May the vaccine was approved for 12-15 year olds but we could only see the vaccine being produced and distributed for children once all the adults were vaccinated.

Here's hoping the 19th July actually sets us free...

by Joshua
(edited by Mrs Peers-Noakes)



“One small crack does not mean that you are broken, it means that you were put to the test and you didn't fall apart.”

Linda Poindexter

Mental health

Whilst we are in this corona virus situation we all need to be healthy and take very good care of ourselves. Even if corona virus was not here we would still need to look after our health! It can sometimes be hard to be healthy but we all want to give it our best shot so I have some tips for people who don't want to be ill.

First of all, don't eat food with a lot of fat in it because it can add pounds and when you put on weight, it can affect your confidence. This can lead to depression and feeling unhappy.

Another tip for staying healthy is to exercise (even if it's just walking to school or with your dog). This can also help to fight depression.

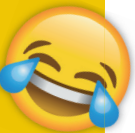
But sometimes, all you need is a best friend to help decide what to do and to help light your way.

Help others to eat healthily and to exercise!

Magazine club

Jokes corner

What did the mayonnaise say when the refrigerator door was opened?
Close the door, I'm dressing!



What did the left eye say to the right eye?
Between you and me something smells

Why are aren't Koalas actual bears?
They don't meet the Koala-fications

A Monster Calls

As this term's Knole Student News issue features mental health, we thought we'd share an insight into Conor (from *A Monster Calls*)'s mind...

Dear Diary

Tonight's nightmare was horrific – or maybe it wasn't a nightmare. Maybe it was a real honest-to-God monster! Before just a plain old Yew tree, now a terrifying monster with raggedy teeth and its fingers made out of intertwined bits of branch with the odd sharp as a sword splinter poking out that could rip your skin apart carelessly. To be perfectly honest, though, it wasn't as scary as I thought. If anything, a disappointment.

With everything that is going on at the moment, I cannot afford to lose any more sleep. Especially with all that's happening with Mum, and me doing the chores, it's really horrible to feel so down and like there is no one to talk to.

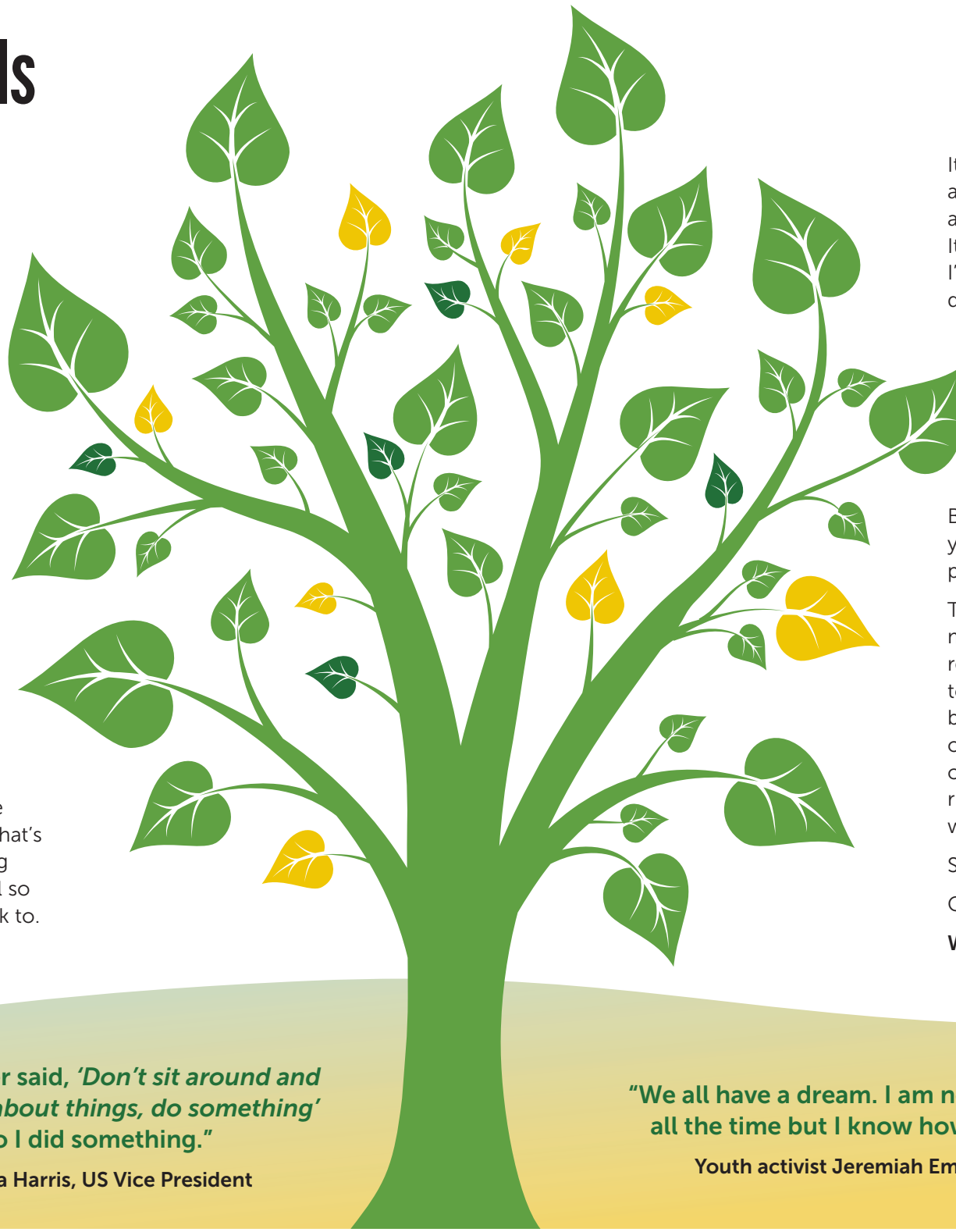
Quotes...

"My mother said, 'Don't sit around and complain about things, do something' so I did something."

Kamila Harris, US Vice President

"We all have a dream. I am not dreaming all the time but I know how to do it."

Youth activist Jeremiah Emmanuel



It feels so depressing to be this way as no one else I know is going through as much of a difficult time as me. It makes me feel hollow inside and I'm so exhausted by the end of the day that my sleep is key.

But with this stupid nightmare (maybe you could say I'm mentally and physically lost.

To be fair, I don't think this whole monster havoc is truly and seriously real! It's a load of my anxiety getting to me at night. Like, seriously, what boy my age would actually be scared of an ordinary tree? Yep, just a plain old tree that we see every day. It's ridiculous! I'm not scared and anyone who is, is a baby.

See you later,

Conor

Written by Amy, 7R1

Wordsearch

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Sevenoaks District Virtual Youth Conference 2020

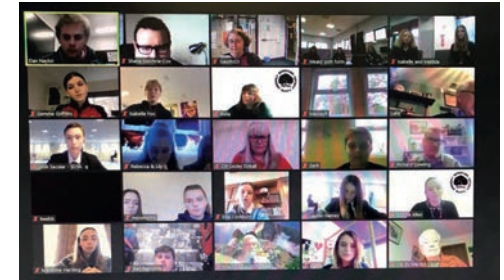
Students from Knole academy attended a virtual youth conference via Teams on 6th November 2020. This conference was run by the Sevenoaks District Youth Assembly (SDYA) to get to know what issues people in Sevenoaks were facing and how we could solve them.

Eight students logged on and gave thoughtful contributions to the discussions and debates. Some of the topics discussed included Covid-19, mental health and current affairs.

The SDYA is a youth organisation run by Sevenoaks district council where young people can help to shape Sevenoaks.

We run some events every year and then make an action plan based on the response we get. We meet once every month (now via Teams).

We have launched a questionnaire for young people to answer to help us make informed decisions on improving Sevenoaks - use the QR code link for access.



If you are interested in joining the SDYA please email: shane.mochrie-cox@kent.gov.uk

Featured Teachers



Miss Meadway

What is the most embarrassing thing that ever happened to you?

Years ago I was walking along a path on a busy road texting, next thing I know I flew back onto the floor after hitting my head on a huge sign that nobody could have missed. Still hoping to see it on You've Been Framed one day!

Name a time you got the most lost

I went for a walk around the nature reserve which I've been to many times, but I often take wrong turns and once it seemed as though I had ended up at a completely different side of the lake. I found an injured bunny which I ended up taking to get help for after I'd found my way out.

Something no one knows about you

I can't draw in a cartoon style or from my head - I have to look at real things to draw! The year 8's are way better with their doodles in the graphics project than I am.



Mr Collins

Name a time you got the most lost
Big power cut in dark corridor

Something no one knows about you
I am very good at Judo

Your strangest hobby
Judo

Who is your favourite band or songwriter?
Oasis + Paul Heaton

Did you always want to be a teacher?
No, a footballer then a geophysicist

What is the most embarrassing thing that ever happened to you?

When getting married I had to repeat vows in a different language, and got nearly everything wrong

Prize winner!



Winning Lockdown Photography Competition entry from Ayse-Rose in 8K2. Ayse wins a £40 Amazon voucher for a beautiful picture – well done, Ayse!

Contributors:

Josh, Poppy
Chelsea, Ali

Come along and join the magazine club to be a part of publications like this! We meet every Thursday in E5 at 1.30. Bring your lunch – and goodies are provided too!