mental health

WINDMILL

By Co-Editor
Liv Brown
Meet the team...

Want to be a part of the best club in town? Come along to our meetings,
Thursday afternoons in E1, 3.30-4.15pm!
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This issue, we’re celebrating Mental Health Awareness Week and Healthy Schools Week with our theme—Wellbeing!

Thank you to all our fantastic contributors for their hard work on this month’s issue.

Happy reading!
Miss Kemp
Creating an efficient schedule can make all the difference when revising and completing homework in time. Although it probably isn't best to revolve your life around your homework and revision, sacrificing a few episodes of your favourite show and setting aside time to do your homework and revision is best if you're aiming high.

If you find it distracting to revise or complete homework at home you can always find a nice environment for working. If you have a library near you, find a nice, uncrowded place and sit back and watch the magic happen. No library near you? Not a problem, lunch times at school are a great chance to pop up to our library and get a head start at homework and revision. I'm sure Mrs Marillat will be pleased to see you there.

If you have two pieces of revision or homework, prioritise. If you are stronger in one subject choose the piece of homework you aren't as good on. This piece will probably take you more time and take more research so if you start this first then you can finish it before starting your other piece. Prioritising can help you get organised and is a great time management. Choosing to binge watch your favourite Netflix show for the fourth time over revision/HW isn't going to get you the good marks you want.

Work Smarter, Not Harder says Co-Editor Liv Brown

Exam time can be extremely stressful, and whilst a healthy dose of nerves can be a good thing, you should try to avoid a burn out! Here are some top tips to promote a good revision process, whilst also keeping your mental health in check.

When completing your homework or revising AVOID TEMPTATIONS like: your phone, TV, or your newest favourite song which always manages to distract you. By hiding your phone somewhere out of reach and turning off all distractions homework and revising can speed by. However, some people may enjoy some background music and find it helps. The best thing to do is find what's right for because everyone is different in the end.

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Celebrities are people that most of us look up to. How many of you want to look like Kylie Jenner or Chris Evans (Captain America)? Is it important to be healthy or have abs? And yet, many celebrities have had their physical appearance changed through many surgeries, or are actually being photoshopped. This leads to negative body image and low self esteem in many young people, with some getting obsessed with their weight, workouts and image.

Something we see everywhere are products to help you lose weight. Even some of our favourite celebrities are promoting weight loss instead of promoting to be confident with how you look already. Recently on Instagram, I saw a post by Sam Gowland (from Love Island) promoting and advertising weight loss through his paid partnership with ‘Boombod’. ‘Boombod’ is a 7-day weight loss shot drink which retails at a price of £23.99. What we need to keep in mind is that with these types of products the aim is to create money and weight loss is a clear way to. Sam is not the only one promoting weight loss because I am sure that some people we follow on Instagram promote products that change our appearance.

None of us are perfect, even the people we consider to be are not. With our generation, it’s hard to change because we have grown up in a society which believes that slim is beautiful. Love Island is a show that some of us watch and I’m sure that we have realised that most of these ‘islanders’ are slim. I will admit that I used to miss meals so that I could look like Sara Ali Khan and Nayanthara. I desperately wanted to look like a Victoria Secret model, not a Victoria sponge cake. Little did I know, it was actually the worst way to lose weight because even though I did, I became very ill, very soon which is not advisable. After this terrible mistake, I realised I didn’t even need to lose weight because I had a healthy BMI. I would like to emphasise that some celebrities do have so much time to maintain their body because they have a very different life to us. Some celebrities don’t work like we do and their job is to look a certain way. We don’t have a nutritionist or a gym coach that many celebrities do to help them look like they do. Also, we need to understand that not everything we see on Instagram is true because some celebrities have had their posts photoshopped. I also don’t entirely blame people for wanting to lose weight because if we look at celebrities and society’s opinion, not many ‘beautiful people’ are size 16 or more. Losing weight is entirely one’s choice. In order for society to change, each one of us needs to change and like Nelson Mandela said: “one of the most difficult things is not to change society but to change yourself.” If each person changes, eventually society will. With things like weight loss, I think that we all need to come together and actually share our opinions. I know that sometimes that it’s easier said than done but many of us probably have very similar opinions.

What we need to understand is that no one is ugly and a ugly person doesn’t exist. Something that defines a person is not their appearance, but their personality. Something that many of us need to improve on is being confident with who we are. You do you! Our flaws shape who we are. We need to stop highlighting our flaws and start highlighting our beautiful features. If we all looked the same, life would be boring. We never really compliment ourselves and when others do, we usually deny it. Celebrities may be slim but none of them are like us. We can never relate to them. We have a completely different life to them. We should stop wanting to look like others because we all are different and we are all beautiful in our own way. Something that everyone should remember is that it’s not about how you look, it’s about how you are as a person. Be confident with who you are!
The recipe you are about to read will make your skin glow if you drink it regularly…
A smoothie made with most things yellow!

1/2 cup plain coconut water
2 frozen ripe bananas, previously peeled & sliced
1 cup chopped pineapple (frozen or fresh)
1 cup chopped mango (frozen or fresh)
2 cups spinach or kale
1/2 avocado, sliced
optional: 1 Tablespoon ground flax or flaxseed oil

Another recipe for yet another super beneficial smoothie:
This might sound disgusting but it tastes really good!

1/2 banana.
1/2 cup chopped kale.
1/2 cup blueberries fresh or frozen.
1/2 cup plain low fat yogurt.
1 scoop protein powder 1/2 c water optional.
1 tablespoon flax seed meal.
1/2 teaspoon cinnamon.
two handfuls ice or more to taste.

These smoothies are also a good refreshment break from your studying—keep your brain fuelled with energy-boosting snacks like these and you’ll feel ready to face your exams!
Struggling to find some healthy recipes? Then look no further! These recipes are easy, healthy and super delicious...

### Caesar Salad

Caesar salad is a perfect salad that could even be a meal as it is really healthy and balanced. It is really delicate and has a creamy aromatic sauce.

- 75g cooked chicken breast (optional)
- 1 tsp sunflower oil
- 1 baby lettuce
- 5 cherry tomatoes, halved
- 1 handful of croutons
- flaked sea salt
- freshly ground black pepper
- 50ml Caesar salad dressing

### Carrot and Beetroot Salad

Carrot and beetroot salad is really crunchy and full of amazing anti-oxidants.

- 1 carrot (grated)
- 25 g finely chopped parsley
- 1 tsp balsamic vinegar
- 1 tsp olive oil

### Classic Fruit Salad

A classic fruit salad is a great replacement for sugary desserts, it is really colourful and therefore nutritious.

- 100g halved strawberries
- ½ mango
- 1 kiwi
- 1 apple
- 100g blueberries
- any other desired fruits

### Blueberry and Banana Smoothie

Blueberry and banana smoothie is very simple yet tasty.

- 100g blueberries
- 1 banana
- 50ml milk

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The Windmill team recommend a healthy, balanced diet (always!), particularly during exam times. It’s absolutely fine to treat yourself to some chocolate or a sugary Starbucks, but make sure you’re also getting your 5 a day!

A healthy body is a big contributing factor to a healthy mind—plus, fruit and veg gives you lots of brain-boosting energy, helping you to perform better in your exams!

Try one of these great energy-enhancing healthy recipes before your next exam, and thank us later!
As you may have heard, many people suffer from mental health illnesses. But what really are mental health illnesses, you may ask yourself, what mental health illnesses are there? How do people deal with mental health? How can I help? Well in this report I will hopefully answer those questions.

**What is mental health?**

Mental health is the person you are on the inside, and just like your physical body it can be harmed. Mental health can affect a person’s emotions so one moment they can be happy but the next they can be crying and upset. If this is harmed or hurt it can lead to negative thoughts or self-harming. There are different types of mental health issues that can lead to the negative thoughts but all mental health issues have a cause.

**Causes**

The causes for mental health can vary from person to person and what may affect some people may not bother others. Some causes can be their family situation (parents arguing or having lost someone they love), school (people bullying and saying mean things), social media (wanting to look like people or believing things that aren’t true), lack of sleep and if too much stress is put on the person. Another cause may also just be people re-thinking their lives or looking on the negative parts of situations.

**Depression**

Depression is when a person can feel down or sad for long periods of time - but if you’re sad that doesn’t always mean you’ve got depression. Depression doesn’t just go away; you feel sad for a lot of your day, for a long time, and it can affect the way you’re living. So you may have a sudden change on wanting to be with your friends to wishing they weren’t there at all. But how can you stop depression? One method to stop depression is to just talk about it and let someone know about it all. But you can also get medications or therapy. But if your friend has depression the way you can help is to just support them and be wary on what you say.

**Eating Disorders**

Eating disorders are diagnosed struggles relating to food, but there are many types of eating disorders, three of them are Anorexia, Bulimia and B.E.D (binge eating disorder). Anorexia is when people don’t eat at all or very little, they do this because they have a fear of getting fat or already see themselves as fat. Bulimia is when a person over-eats but make themselves purge after. They do this because they may consume too much food in too little of a time, when they purge afterwards it removes the food they’ve just eaten. Binge eating disorder is when you eat uncontrollably and cannot stop yourself. For treatments you can get medications, therapists but like depression speaking about it is the best thing you can do.

**Obsessive Compulsive Behaviour**

Obsessive compulsive behaviour is also known as O.C.D. It is a disorder were images needs or worries constantly come to mind. This can result to people doing the same activity constantly such as double-checking things, saying the same word or sentence more than once and checking in on loved-ones so they know that they’re alright. It can affect the person’s life but also their family’s life. Ways you can cure it is to get therapy and talk. With every mental health diagnosis, the best thing you can do is to talk about it.

If you have a mental health diagnosis you may not want to talk to someone you know or face to face, so a good charity is ‘Mind’. They are a charity with lots of information on mental health disorders and if you need to talk they have a phone number, emails and so on. They also have ways to cope with mental health disorders and stories of people who have had mental disorders and how they got over. If you also notice that someone you know has some symptoms for a mental health disorder ask them about it and keep an eye out because you can save that person’s life by doing that.

If you need support with mental health, remember you can speak to your tutor, head of year, or a student support worker. There are lots of people on hand to listen and support you!
Beautiology

Exam Season Skincare

Feeling stressed, a bad night’s sleep, sugary revision snacks and drinks… Exam season can play havoc with your skin! But there’s no need to let it get you down—our Beauty Expert Parveena is on hand with some top tips to keep your skin glowing all the way to prom...

1. Sleep
Scientists aren’t lying when they say sleep makes a person glow. Sleep is one of the most important parts of looking your best. Having a good nights sleep will allow your body to take its time to refresh and deprive all the excess oil and unnecessary material on the face.

2. Cleansing
Cleansing is a major part of keeping your skin healthy and clean. If you are a heavy makeup wearer then it is advised that you wash your brushes once every week. The build up of excess oil often triggers acne breakouts and if you are having exams on top of that, the stress is likely to give you more acne.

3. Clean your phone
Let’s face it, we use our phones almost every hour (after school of course) and there is a lot of dirt and bacteria on the screen. So if you are just curiously scrolling through Instagram (who doesn’t?) make sure to grab a wet wipe once in a while and clean the screen.

4. Drink enough H2O
Water is essential for good face healthy. 8 glasses of water is ideal. While you are studying, you could drink a glass of water every time you finish studying a topic or when you complete writing a paragraph. Just keep it on your desk and expect yourself to drink it. The bottles which measure how much water you should drink per hour are also useful.

5. Don’t touch your face!
Students tend to rest their face in their hand while they are studying. Stop! You touch almost everything and you have learnt in biology that bacteria is everywhere. Touching your face and transferring those germs may not be the smartest idea.

News  Films  Features  Music  Books  Art 
Social Media’s Impact on our Wellbeing

Social Media is, as you probably know, extensively used around the globe. In fact, a recent study with ‘smart insights’ states that in 2018, the number of social media users worldwide was 3.196 billion people. Another interesting study shows some eye-opening statistics concerning 12-15 year olds:

Now, if all these people spend a large majority of their time on social media, then consequently they will be influenced by it. I’m sure that there are people reading this article that are thinking ‘social media doesn’t affect me, I can handle it’, and although you might not think so, everything influences us. You may not realise it but it does… It’s like seeing a nice outfit on a model and thinking, ‘she’s got really nice hair, I wonder if it would suit me’. You are being influenced by her ‘style’; Social Media uses the same context. However, this is in no way suggesting that all influence is bad. It can inspire you to try new things. But it can have some negative impacts too. For instance, spending a large time on any platform on Social Media can result on you building up unrealistic expectations whether that be in life, relationships or looks.

I spoke to a few students, including Bleunn, Romia and Imani. Bleunn commented, “I always want to see what my friends are doing so I spend quite a lot of time on social media, and I see quite a lot of things and go ‘oh I wish I could do that or I wish I had that.”

Romia added, “I think, on Instagram let’s say, everyone has to look very pretty, they have to use a filter and have lots of makeup on and stuff. So I would say it has affected my self-esteem because I feel like If I were to post a picture which was just like all natural, no filter, no nothing and post it, it would be like everyone would say that it was ‘ugly’ and it would disappoint people as if it wasn’t up to their expectations of me.”

Imani finished off by saying “I feel that social media affects me, as I feel a lot of the celebrities and people such as YouTube influencers that post pictures emotionally effect children, causing them to feel like they need to go on diet or feel like they may need to act that the way that these famous people act, or feel like they may need to eat the way that they eat just to get the body that they have.

Although social media has some benefits like helping young people to become independent and build resilience, they need to recognise and manage risk, to learn to judge and evaluate situations, and to deal effectively with a world that can sometimes be dangerous or hostile. There are consequently more negative aspects like cyberbullying as before social media, bullying was something only done face-to-face. However, now, someone can be bullied online anonymously. Today everyone knows what cyberbullying is, and most of us have seen what it can do to a person. Since screens hide our faces, it is much easier to bully someone online than in real life, even if we don’t realise it. While social media made making friends easier, it also made it easier for predators to find victims. The anonymity that social networks provide can be used by the perpetrators to gain people’s trust and then terrorize them in front of their peers. Social media can also affect your mental health and if you spend too long on it, it can result in anxiety and, in extreme cases, depression.

Overall, it’s clear that Tolworth Girls’ students feel that social media has a lot to answer for, and not all of it is positive…
There are many benefits of reading to help with mental health such as...

- Reading helps you calm down
- It can give you inspiration to write anything in any style.
- Reading can also stimulate your mind which means it can wake your mind up can make it more active,
- Reading can reduce your stress as you get to witness a highly different world than your own and makes you forget about your own problems,
- Reading can expand your horizons meaning it helps you develop different perspectives towards things.
- It can expand your vocabulary bank and makes your work higher standard
- It can also help you to focus on something for a while as you want to keep reading it on and not wanting to stop with many books.
- Both non-fiction and fiction contain many facts and many help us gain knowledge.

Mrs Marillat says…

Read for Pleasure. There’s no better way to switch off from whatever’s bothering you.
Nicola Morgan, author of Know Your Brain, coined the phrase ‘Readaxation’.

There has been lots of scientific research to prove the benefits of Reading and specifically how it helps to reduce stress, lowers the heart rate, provides temporary escape from worries, whilst giving the pleasure of escaping to another world or lightening your mood.

Thank you for Aimen for raising some good points around Mental Wellness and Readaxation.

I would like to challenge the Windmill Readers to keep a Readaxation Diary for 7 days—see the next page. Send in your completed diaries to the editor and The Windmill will publish the results in the next issue.
MY READAXATION DIARY

First name or just initials:  Age:

Lots of people say that reading an enjoyable book is a useful way to reduce stress. Nicola Morgan calls this READAXATION. Would you like to see whether it works? You just need to record some feelings for seven days.

First, read these statements and score 0-4 depending on how much you agree. So, if you don’t agree at all, circle 0; if you strongly agree, circle 4. Think carefully about your answers.

1. ‘It is usually easy for me to find a book I’ll enjoy.’ 0 1 2 3 4
2. ‘I would like to read for pleasure every day if possible.’ 0 1 2 3 4
3. ‘It is easy for me to make time for reading.’ 0 1 2 3 4
4. ‘Often when I read I get carried away and involved in the story.’ 0 1 2 3 4

Now, each day for 7 days, follow these steps:
- Find a time when you won’t be disturbed for about half an hour and a book you want to read. Find a comfortable place to read.
- On the chart below, record your stress levels **before** you start reading, on a scale of 0-4. Think about symptoms such as racing heart, shallow breathing, tight muscles, feeling anxious, not the actual things you might be worried about.
- Then read for about half an hour, letting yourself be carried away into the book.
- Note your stress levels **after** you finish reading.

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<th>0 = (no stress at all)</th>
<th>1 = (slightly stressed)</th>
<th>2 = (medium stressed)</th>
<th>3 = (pretty stressed)</th>
<th>4 = (extremely stressed)</th>
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If you didn’t read one day, DON’T record that day. Stop when you have 7 days of records.

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<th>DAY</th>
<th>BEFORE 0-4</th>
<th>AFTER 0-4</th>
<th>Did reading make you feel any less stressed? Yes/No/Maybe</th>
<th>COMMENT – eg if something happened to spoil your reading session</th>
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Did reading an enjoyable book help you relax?
Do you think reading for pleasure might help lots of people feel better and be healthier?
Do you think there should be more research into this?

Happy readaxation!

From BRAIN STICKSTM – Multimedia materials – Copyright © Nicola Morgan 2014 – www.nmorgan.com
Many would argue that students today face more pressure and responsibility than many generations before. I interviewed some of the TGS students and got their opinion on homework, responsibilities and who they look up to as inspirations. They also revealed some of their biggest inspirations, those that help them to keep calm and carry on…

How do you balance between activities and school work?

Ava: Yes, because I do a lot of activities but I also get time to finish off my homework
Niamh: I get stressed sometimes on my homework
Elizabeth: I play hockey but I do manage with homework
Freya: I play netball and I get plenty to do my homework

What are some of your responsibilities on you and how you manage it?

Ava: I do homework first and then I have time to do different things like doing my activities, I am also the charity committee in our form
Niamh: I am the school council and I am proud of it
Elizabeth: I have an older sister and I get time to do my homework am I am the vice-captain of my form
Freya: I have a younger sister and her responsibility on me

What are some of your inspirations from others that inspire you?

Ava: Not really, I believe in myself
Niamh: My mum is my inspiration
Elizabeth: Not really, I believe in myself
Freya: My mum is my inspiration

The results of my interview were interesting. BBC Reporter mode on, Deepta!

Most of my peers didn’t have any stress or issues with homework and could also cope with it if they are stressed. But some of them thought that homework was stressful for them and couldn’t find time to do it, and this led to stress. Many of them were a part of some activities and even they didn’t get stressed when homework came through. This tells that many students have a good balance between outdoor activities and homework or schoolwork.

Many students are a part of the school’s activities but also complete their responsibilities at home or for their siblings. These students get enough time for their schoolwork too and if stressed, they know how to cope with it as well. Some of them don’t have an activity at school but they do complete their responsibilities for their siblings or school. This tells that most of the students are able to manage multiple responsibilities and take care of their loved ones.

Half of the students say that their mum is a great inspiration for them and they look up to them as their stars. It was also said that they are proud of their mum and look up to them as an inspiration. The other half say that they do not have any role models and want to make their own path in life. They believe in themselves and look up to themselves being very successful one day. This tells that half of the students have role models and look up to their mum and the other half say that they don’t have any role models and want to make their own brand new path of life.
Study Break Tips

By Pratyaksha, year 9

Regardless of what age we are, or what we’re studying about, I’m sure that we can all agree that the best part of studying is taking a break! Here are some ideas on making the most out of your well-deserved break:

Go for a walk! - Some fresh air can definitely clear your head, increasing your level of focus when you finally go back to revising. Not to mention, allowing you to sneak some exercise in, whilst studying. Going for a walk will also allow you to stretch out your tense muscles after hunching over revision notes for most of the day. The greenery will also help improve your eyesight.

Take a shower! - A perfect way to refresh you, this is especially effective when you are feeling sleepy, as a shower can help you feel more awake.

Meditate! - This can aid in relaxing your mind, in addition to preventing any built-up stress or anxiety you may have for the upcoming exams. Studies also show that mediating helps increase memory and concentration.

Hobbies! - Doing things you enjoy is a great release of any tension you may have. This is also something to look forward to, like a treat after some rigorous studying.

Talk to your friends! - Your friends are most likely going through something similar as you are. Talking to them can help you realize that you’re not the only one who doesn’t feel prepared for an upcoming test, or is nervous for an exam.

Whatever you do, make sure to take some breaks. It is important to allow your brain to rest for a while in the midst of the laborious revision. Find what is best for you, whether it be taking many short breaks, or just a few long breaks. All the best for the upcoming exams!
Benefits of Horse Riding

What can you gain from this amazing hobby? Well, a LOT, since you’re asking! Kitty and Kiri talk us through the mental and physical perks of time in the saddle...

PHYSICAL

Horse riding develop core muscles, balance and improves coordination! Other advantages include strengthening arm muscles, reflex acceleration, prevention of muscle cramps, increased joint mobility, boosting the cardiovascular system, improving blood circulation, stimulation of sensory integration, improved visual perception of space, the development of responsibility, patience and self-discipline, increasing self-confidence. All of these skills could help you in the future if you decide to take up Horse riding as a sport / hobby.

EMOTIONAL

If you enjoy time alone, horse riding can provide a space for you to relax in your life and you can think about what you achieved that day. Many horse owners feel their horse is a kindred spirit in tune with their own feelings and emotions; more so than any human companion. In stressful times a horse can be a quiet, meaningful friend, who will not judge you.

MENTAL

Riding provides an active avenue for keeping your brain exercised. Riding can provide many opportunities for success. Whatever you achieve you’ll feel good about what you are doing! It also provides a positive mindset for any other activities during your day. A horse also provides that one animal who is always there for you as if you can create a good bond with your horse, they will stay by your side for the rest of your life.
All of this is real!

Plastic pollution is the most significant problem in our world. It is polluting our oceans and nobody is doing anything to stop it!

If this continues, our planet wouldn’t be able to survive. Scientists say that if we don’t do anything in the next ten or eleven or so years we would be too late to save the world. Not only does the plastic ruin our beautiful seas, it endangers and traps animals in the water such as turtles who don’t even have enough space to give eggs on the beach as its too polluted. Dolphins, seals and many more are still today getting trapped and slowly dying.

Another big reason our planet is dying as in the earth’s atmosphere many greenhouse gases and fossil fuels are creating a wall which is not letting the heat out of our atmosphere - however the heat still comes in and rebounds to hit the earth again. If this carries on, then many parts of the world like Africa and hotter places will be all dried up and will suffer droughts.

Not only would the water dry up but the ice glaciers will melt and cause flooding of the sea as it would be more water than the world is supposed to hold. Another huge problem with the ice glaciers melting is that artic and animals who are living in those areas would be stranded on small platforms or would drown.

To stop the fossil fuels and greenhouse gases to increase in volume, countries would have to stop leaking the gases from their industrial areas and technology. In some very poor parts of the world people are having to burn materials which create fossil fuels however they need it as they don’t have any electricity.

All these problems are very real and very harmful, there are many solutions to them if people react.
- Australia has already started putting nets at the end of their sewage pipes to catch the big pieces of materials which would end up in the ocean.
- Most restaurants have put paper straws instead of plastic now.
- A couple of weeks or so ago the first ever flight which was very eco friendly took off creating a huge impression on people to do the same.

If you want to make a difference you can start by making sure your everyday items have been replaced by something other than plastic - such as instead of many plastic bags you could use a cloth or recyclable material bags. You can also just buy a metal straw instead of going to the shop to go get plastic ones

We CAN make a difference!
On the 16th April 2019, a handful of year 10 and year 12 students from Tolworth Girls School and a handful of year 10, 11 and 12 students from Southborough boys school went on a residential trip to Switzerland. There we had a guided tour of the UN and saw part of CERN (where the Large Hadron Collider is), altogether it was very informative. It was also a good opportunity to make new friends both with people from another school and people who you don’t normally talk and I personally made some new friends. That was one of the highlights of the trip.

For me what really stood out was the guided tour of the UN as I am very interested in studying politics at A level and potentially at University. I also really enjoyed exploring the wonderful city of Geneva which was like a lovely combination of Paris and Barcelona with a lake view reminiscent of Scandinavia.

My least favourite part of the trip was the pillows at the hostel (it felt like sleeping on a brick), however I decided to make do and slept on one of my jumpers instead. The hostel was clean and the staff were friendly.

Thank you to all the staff who helped organize and run the trip!
Aiming High & Taking a Challenge
www.carnegiegreenaway.org.uk

CILIP Carnegie Medal Shortlist
Find out more about the 2019 CILIP Carnegie Medal Shortlist
Read More

TGS BOOKMUNCH
Surrey,
Group status: Meet every Weds lunchtime with Mrs M. & Vanessa RBK Youth Librarian

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OUR WEB REPRESENTATIVE
Mrs M

Star Review
Things A Bright Girl Can Do by Aidana
This the first of my challenge books. I really enjoyed the way Nicholls presented London in 1914 as I got the chance to really reflect upon how lu . . . read full review

Our Reviews
A Skinful of Shadows by Fariha
WOW!!! From all the books that I have read, there is no doubt that this book will have to be the best one. It is all so detailed and it feels like . . . read full review

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