
**Education Echo* Edition 12

St Bernadette's
St Philip Evans
Christ the King
St Joseph's



St Bernadette's Current Affairs and ECO News

Britain's new Prime Minister



Our new Prime Minister, Rishi Sunak is the first Asian Prime Minister and also the first to be greeted by King Charles III. Rishi Sunak is a British Politician who has served as Prime Minister of The UK since 25th October.

By Megan Hood

Pollution

Our oceans are sources of the water; we use water to cook, clean, swim and drink. But pollutants carry chemicals, bacteria and parasites making our water unsafe to use without thorough cleaning.

Air pollution it is harming us, animals and our world. It is creating a hole in our ozone layer which acts like a shield, protecting us from the sun, too much exposure to UV Rays (which is created by the sun) causing skin cancer, sunburn and cataracts.

By Olympia and Cassidy



COP 27

For the first time ever, children will have an official space at a UN climate change conference in Egypt next month. The newly-announced Children and Youth Pavilion at COP27 will enable them to hold discussions and policy briefings.

The world has failed to reach an agreement to phase out fossil fuels after marathon UN climate talks were "stonewalled" by a number of oil-producing nations.

Negotiators from nearly 200 countries at the COP27 in Egypt took the historic step of agreeing to set up a "loss and damage" fund meant to help vulnerable countries cope with climate disasters and agreed the globe needs to cut greenhouse gas emissions nearly in half by 2030.

The agreement also reaffirmed the goal of keeping global warming to 1.5 degrees Celsius above pre-industrial levels.



St Philip Evans Primary School

All Saints Day

All Saints' Day, also known as All Hallows' Day, the Feast of All Saints, the Feast of All Hallows, the Solemnity of All Saints, and Halloween, is a Christian solemnity celebrated in honor of all the saints of the church, whether they are known or unknown. It is celebrated on the first of November. In places where All Saints' Day is observed as a public holiday but All Souls' Day is not, cemetery and grave rituals such as offerings of flowers, candles and prayers or blessings for the graves of loved ones often take place on All Saints Day. In East Syriac tradition the All Saints Day celebration falls on the first Friday after resurrection Sunday. This is because all departed faithful are saved by the blood of Jesus and they are resurrected with Christ. Normally in east Syriac liturgy the departed souls are remembered on Friday.

Tim and Seona

The Feast of Christ the king

The Church celebrates the Feast of Christ the King, also called the Solemnity of Our Lord Jesus Christ, King of the Universe, on the last Sunday of the Liturgical year. The Feast was established by Pope Pius XI in 1925 with his encyclical *Quas primas*, to respond to a world that was rejecting Christ and was being dominated by secularism. Tim and Seona



All Souls' Day

All Souls' Day is a holiday for all Roman Catholics and it is celebrated on the 2nd of November. The Catholic Church is the time of prayer and remembrance to all those who've departed, we pay tribute to them as they go up to heaven with God. In 1915, Pope Benedict XV gave permission for all priests to celebrate 3 masses on All Souls' Day, making it the only day besides Christmas. Aifel

Remembrance day

On the 11th day, on the 11th hour of the 11th month every year we remember all those who died in the wars all around the world. For America, it is Veterans day, veteran means, 'someone who served in the wars, for Britain, it is Remembrance day or Armistice day. On Armistice day, we remember all of the souls that gave their lives in vain and in faith of their country. We held a 2 minute silence to commemorate all those who gave up their lives for us. We also wore poppies to show our respect to them. We put the green leaf pointing towards the 11 on the clock.

Jacob and Neveah



HEALTH & WELL-BEING

CHRIST THE KING

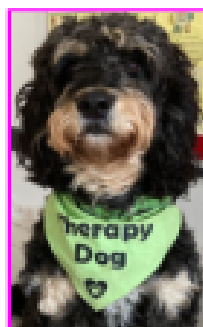


Animals

Animals can help to ease your anxiety and boost self-confidence. Animals can be great listeners and won't criticise you. This is good for when you feel alone or upset.

Animals have been shown to decrease a stress-related hormone called cortisol to lower blood pressure. Other studies have shown that interacting with animals can reduce loneliness and boost your mood. If you don't have a pet, you can visit someone else with a pet.

Elin CTK



Rubik's Cubes Good for Mental Health

The Rubik's cube was invented by Erno Rubik in 1974. Not only is it a fun way to problem solve, it's also good for your health! Here are the 3 reasons why Rubik's cubes are good for wellbeing:



1. Learning to solve a Rubik's cube will improve the connection between your brain and your hands.
2. Once you have solved it it gives you relief and a sense of achievement; you can relax knowing that you solved it.
3. It increases focus and attention span.

by Finn CTK

Health Tips!

If you eat too much unhealthy food (for example sweets, cake and ice-cream) it means you have too many calories, which could lead to weight gain, heart disease and type 2 diabetes. If you lack vitamins in your diet, you may become so ill you need to go to hospital.

Some Tips on How to Stay Healthy:

The key to a healthy diet is to eat the right amount of calories every day, so you can balance the energy you consume with the energy you use. You should eat a wide range of food to make sure your body is getting all of the vitamins that it needs. Make sure you don't use too much salt. Even if you don't add salt to your foods you could still be eating too much.

by Tegan, Cora and Bella R.



Push yourself harder to become better!



Fitness

To have good health and well-being you need fitness, so you should aim to do exercise, for example jogging ten minutes a day. Not only that, but you can also do workouts, or yoga is a good way to keep fit and relax. Keeping fit is a really good way for you to stay healthy, so you don't put too much pressure on yourself. You could go on a jog around your streets each day. Or you could go to the gym every other day and have a treat on the weekends.

by Amelia and Bella L, CTK

Anti-Bullying Week

This week is Anti-Bullying week and that means we need to get bullying out of Wales and especially the World. Bullying is when someone acts intentionally and repeatedly in a way that makes you feel sad, depressed or alone. This year's message is 'Reach out!' Reaching out is a good way to destroy bullying because it means more is discovered about it. You can reach out to friends, family, teachers and anyone who can comfort you. On Monday we wore odd socks to symbolize we are all special in our own unique way. No one has the right to make you feel disrespected or unvalued!

By Ralph

