

**Education Echo* Edition 11



October Heatwave Includes African Plume!



A rare Indian summer could see temperatures reach 22C in parts of the UK this month. Temperatures across the country will be pushed up over the next two weeks by an "exceptionally warm plume" from Africa. The mild spell is tipped by some forecasters to last until Halloween on October 31, with the South expected to be warmer than the North. Some showers are expected but forecasters say there should also be sunny spells alongside hot temperatures. Netweather forecaster Nick Finnis said: "Some computer models show 22oC or 23oC by midweek, bringing an Indian summer. AN exceptionally – 77 warm plume of air from northwest Africa looks like being pumped across Europe and to Britain, with up to the low 30s in France, and over 20C in southern Britain." As the plume arrives over the east side of the coast, the temperature will be going up and down between spurts of high and low temperatures. The size of the plume is unknown but the temperature will be high and low with heatwave spells and showers of rain. Weather forecast states, Heat surge to hit UK for October half term as African Plume blows in. Tim and Jacob.

Prime minister resigns: What will happen next?

Liz Truss resigns now Boris is back in the game with Rishi Sunak and Penny Mordaunt MP! The day before Liz Truss resigned she said "I am a fighter not a quitter." she didn't guarantee that very well! Liz Truss resigned after only 44 days of being Prime Minister which is shockingly the shortest amount of time anyone has ever been a Prime Minister in the whole of British history! She was declared PM on the 6th of September 2022 and resigned on the 20th of October 2022. We now have Boris Johnson running for PM mind the fact that the party had kicked him out before Liz Truss and now are putting him back in! Public says that there should be another general election because the party is making this political situation worse. They are supposed to be helping us but it turns out that's not what they are doing. Some say that it is because of Putin declaring war and making us suffer financially. Now we luckily have a new Prime Minister...Rishi Sunak lets hope he makes a change and helps! He was in the race to become pm last time and was a great friend of Liz



Truss. Seona and Neveah

The Energy Crisis!

The energy crisis is when the cost of living is increasing because there is a lack of energy after the covid pandemic also there being less gas supplies from Russia so Europe needs to find gas supplies from somewhere else. Also winter is coming so you need to have warmth, so you should use energy to have warmth. To make this not happen we need to wear warmer clothes so we can be more eco-friendly and also save our money. We need to be more resilient with each other so we can make sure that we can save our environment. If we don't do this, in the future, something bad might happen in this world. We need to also be more sustainable and think of choices that we can make to be positive on what is better for our world. An example of this is using public transport instead of cars. This would help us in the future for icebergs to stop melting so the polar bears will stop being isolated from their families and for our world to stay safe and not get too hot. So we need to stop using electricity to save our planet and our money. Aifel and Sara

SPOTLIGHT ON SPORT

The Netball Guide to Success!

Netball is a sport enjoyed by millions of people around the world and it is also popular in schools up and down the country.

How to play: The game is played on a rectangular court, split into 3 parts. In a team there are normally around 7 members, meaning that in a whole match there are 14 players.

Aim of the game: To score more goals than the opposition team. You score one point by throwing the netball into a hoop. At either end of the court there is a semi-circle area and that is where you shoot. The Goal Attack (GA) and Goal Shooter (GS) are the only players allowed to score a goal. Players have to pass the ball between team members without moving more than 2 steps. This is similar to basketball, but unlike basketball, if you take more than two steps it would be called 'footwork' and the ball would pass to the other team.

In netball, the person who makes sure everyone follows the rules of the game is called an 'umpire'.

Bella & Cora, CTK



General Gymnastics

In gymnastics there are a variety of different events such as beam, bars, floor and vault and rhythmic gymnastics

You may be familiar with gymnastics maybe from the Olympics or you might even do it as a hobby. Gymnastics is a demanding sport which includes tears, hard work, strength and flexibility. But if you don't think you fancy gymnastics that's fine because everything has their thing...



Gemma Frizelle is a gold medal-winning Welsh Gymnast

By Bella

GAMING

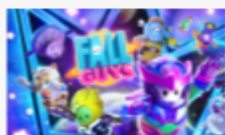
Fall Guys

Most people already know of the new release of 'Fall Guys' which can now be played on all platforms such as: Playstation, Xbox and PC.

So for those who haven't played, it's like a game show with different levels, each one getting harder. It has an elimination process where if you win, you get the **WINNING CROWN!**

There are loads of different events and activities but the new version of the game is lots more fun, since there are new updates, game changers and more.

Finn, CTK



Record-breaking Solo Swim Across the Red Sea

A swimmer from the UK is hoping to be the first person to swim across the Red Sea, which is a salt water inlet between the continents of Africa and Asia. Lewis Pugh will face 100 miles of salty water and harsh sun exposure. He's planning to complete the swim over two weeks, hoping to manage 6 miles a day. If he succeeds, he will be the first person on the planet to cross the Red Sea on his own. Luckily, Lewis is no stranger to swimming outdoors- he was the first person to complete a long distance swim in every ocean in the world.

By Amelia, CTK



Football World Cup

Wales' Gareth Bale has been injured just four weeks from the world cup. But will he be available for October 31st? Head coach Cherundolo said Bale's leg injury is getting better. Cherundolo also said Bale will be back to training soon and will be fully recovered by the second round.



This World Cup, Wales are in Group B with the USA, Iran and England. First they are playing the USA on 21st November, then Iran on 25th November, and England on 29th. The matches against the USA and England are at 7pm but the one against Iran is at 10am. The World Cup this year is being hosted by Qatar, which is in Asia. Wales have only once before qualified for the World Cup in 1958 where they reached the quarter finals. Also, next year there is a women's World Cup from 20th July- 20th August. It is going to be hosted in Australia and New Zealand..

Elin, CTK

Game of the month!



We have just heard about a spectacular new series about the world of Pokemon. In this new series, Ash and Pikachu enter a Pokemon Olympics and there's loads of intense excitement. The sports are Pokemon ping pong, Pokemon hurdling and even Pokemon swimming!

In other news, we would like to tell you about Pokemon Go! Wherever you go in the world, you can meet, discover and catch new Pokemon and raise them to be the best. Or, you can battle it out in the Pokemon dens!

By Tegan, CTK

St. Bernadette's Well-being

10 ways to keep calm

By Olympia Murray, Cassidy Burdon and Isabel Norman.



Keeping calm can sometimes be a tricky thing to do when feeling sad, upset or angry, but here are 10 ways to keep calm and relaxed:

1. Take a break from your devices.
 2. Get fresh air.
 3. Cuddle a teddy.
 4. Listen to music.
 5. Read / listen to a book.
 6. Do something that makes you happy.
 7. Make crafts.
 8. Focus on the good things.
 9. Watch a movie.
 10. Talk with family.
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Autumn Exercises

by Jack Moore.



Now that Autumn is rolling in more people are suffering from Seasonal Affective Disorder. This causes them to have a lack of energy meaning they exercise less. Not exercising would be the wrong thing to do in this situation as the reason we get energy is from releasing endorphins and this can only be done by exercising.

Ways of exercising:

1. Going for a morning walk/run.
 2. Finding an online class to do at home.
 3. Going to the gym.
 4. Go swimming.
 5. Go hiking.
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Healthy eating

By Megan Hood and Lara Norman.



Fruit and vegetables are healthy because they include little fat and few calories. They are great sources of vitamins and minerals. Here is a fruit salad recipe:

1. 2 Kiwi.
 2. 1 Mango.
 3. 150g pineapple.
 4. 100g grapes.
 5. 400g mixed berries etc strawberries, raspberries.
 6. 1 large orange.
 7. 2 tsp honey (optional).
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You will need an adult for supervision.

You will need:

A knife, a bowl, a tablespoon and a weighing scale.

