

THE VOICE 2024

EASTER

SMITH HILLS SCHOOL

QUESTIONS WITH MISS DEWSE

1. What is one thing you enjoy outside of school?

I enjoy going to the gym. So I actually go to the school gym and I often go before school at about 5 o'clock in the morning and I go at the weekend at about 7 o'clock in the morning and I like going on the treadmill running for a bit, then I do some weights and listen to music then I usually go on one of the cross trainers. I usually do about an hour and a half, I also like yoga. Obviously looking after my children as well which is important to me.

2. What is a film that made an impression on you and why?

It's a long time ago and it was an Italian film called 'Cinema Paradiso' and it's probably about 20 years old now and I watched it with subtitles because I don't speak Italian and why, I don't want to spoil it for everybody, but it's about a boy who grows up to be a man and he leaves this little community in Italy and he leaves it to go to a big city in Italy and then somebody close to him dies and he goes back and right at the end it's all about cinema and the different films and the catholic church. It's basically a story of him growing up and moving back then him coming back and perhaps recognising what he had and all the memories of his childhood.

3. A book you think everyone should read.

The Little Prince by Antoine de Saint-Exupéry, he's French, and it's about a hero who was a pilot in the war. It's only a very thin book and I think everyone should read it because it could be read on many different levels. It could be read to a child, around the age of 13, not a very young child or it could be read by an adult because of all the different meanings in the book and it's called the little prince and it's about a little prince's quest to get back to his planet but it's everything that happens in between. It's really about life and love and loss.



WORD SEARCH

Celebration

I	E	E	S	O	I	R	F	E	E	O	I	O	R
L	I	E	T	A	O	M	O	M	D	T	D	D	R
I	C	N	D	Y	R	C	Y	I	M	D	H	E	R
G	N	M	I	F	E	I	P	T	H	I	I	A	I
P	A	A	E	G	O	M	P	Y	O	T	O	Y	I
B	F	N	D	O	T	O	A	L	E	I	R	H	G
U	A	R	I	A	E	M	H	I	A	M	M	E	H
N	A	P	R	L	M	I	D	M	S	E	T	I	A
N	F	S	A	N	M	A	S	A	T	R	E	A	O
Y	E	D	U	F	G	E	R	F	E	A	I	M	S
E	S	P	R	I	N	G	I	T	R	F	Y	R	O
O	N	I	G	O	D	F	R	I	D	A	Y	D	
C	H	O	C	O	L	A	T	E	A	E	H	N	A
E	I	F	A	I	S	A	C	R	I	F	I	C	E

EASTER
CHOCOLATE
SPRING
BUNNY
RAMADAN
FAMILYTIME
GOOD FRIDAY
EID
HAPPY
SACRIFICE

BEING RESILIENT

This means the ability to be happy, successful, etc. again after something difficult or bad has happened. This is what resilience means. As young people we often struggle to be bounce back from difficult experiences or feedback on a piece of work that is disappointing. We often focus on the negative rather than using it learn, improve and grow. Sometimes to do this, this can be incredibly hard. A vital part of becoming resilient is acknowledging your situation, knowing that there is a way to overcome and having a clear plan in place to make progress. You could...

1. set up a reward system. The way this works is at every significant milestone you reward yourself with something that doesn't demolish the progress you have made. This increases motivation to continue pursuing your goal.
2. set a goal and track how often you make progress towards your goal. This can help you develop a steady habit.
3. make those around you aware of what you are dealing with so they are more aware and able to offer support if possible.
4. ask a friend to support you in keeping on track with your goals, ask them push you when you are close to giving up as they can encourage you towards the right path. They can also support you with your goal even if it is a small one.
5. DON'T GIVE UP! All it takes sometimes is for you to believe in yourself. So keep on going.



OH DEER! CWD EXPLAINED



As you may have heard about this on the news, seen this on Tiktok or YouTube recently we thought we'd clear up the misinformation about whether we are all about to turn into Zombies...

What is CWD?

Chronic wasting disease or CWD is a disease found in Elk, Deer, and other members of the deer family. It is caused by Prion, a misfolded protein that weakens the muscles rather than strengthening them. Chronic wasting disease is a fatal and transmissible disease of wild and captive deer.

The history of CWD

The first case of CWD was recorded in the late 1960's in Colorado, USA and in 2016, cases of CWD was confirmed in wild reindeer in Norway and in 2018 and 2019, single cases in moose were documented in Finland and Sweden. In total it has been reported in 26 US states, 3 Canadian provinces, and 3 European countries.

Symptoms of CWD

Some symptoms of CWD include the host of the virus drooling, feeling lethargic, stumbling and a blank stare hence it being nicknamed "zombie deer virus" and there are no treatment or cure for the disease.

Are we at risk?

The Centre for Disease Control in America have stated, to date, there is no strong evidence for the occurrence of CWD in people, and it is not known if people can get infected with CWD prions. Nevertheless, these experimental studies raise the concern that CWD may pose a risk to people and suggest that it is important to prevent human exposures to CWD.

INTERVIEW WITH MRS WORSLEY

1. How would you describe mental health?

Mental health refers to how you feel at a given time. It can be good and it can be bad. If your mental health is in a good place you are able to learn better, cope with day to day activities and be a positive member of the community. If however, your mental health is not 100% this can affect how you cope with situations, how you learn and how you feel.

2. Why is mental health important?

It is important because the state of your mental health can impact on everything you do. Basically the better you feel, the better you will be able to cope, succeed and progress.

3. What are the effects of bad mental health?

Bad mental health can make everything harder for someone to deal with. It can contribute to anxiety, sleep problems and anger issues. This is why it is so important to ask for help if you are feeling this way. There will always be someone who will help you.

4. What things can cause bad mental health?

Lots of things can contribute to poor mental health, for example bereavement, loneliness, poverty, long term stress, being ill, trauma and many other factors.

5. What techniques do you need for good mental health?

Be aware of how you are feeling. We all feel good and bad from time to time but we need to take care of our wellbeing and that will make our mental health feel better. Have a healthy lifestyle. Eat well and exercise. Make time to meet with friends and family. Have a hobby to focus on and help you to relax. Make sure you rest and get enough sleep and if you need help ask someone.

Remember that we have our Be Kind to my Mind

Champions in school and you can always speak to any member of staff.



Look out for the next issue of
THE VOICE
out next term