



The Golden Lion

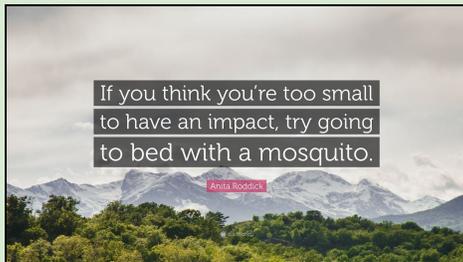
Thursday, 2nd April 2020

Help Save The Climate!

Well, the quarantine continues but there is no reason why we cannot help the planet. Here are some ways in which you can help;

Top 5 Tips!

1. Do not leave your computer on standby or leave it charging all day, (unplug it).
2. Turn off the lights in your room when not needed.
3. Recycle your food packaging.
4. Make your own biscuits and then you don't need packets.
5. Conserve water - turn off the tap when you are brushing your teeth.



MENTAL HEALTH!

Dealing with this new situation is difficult and it is very important in order to have good mental health.

You can try the following strategies:

Reading - download a book onto your iPad or computer.
Accelerated Reader Link-
<https://readon.myon.co.uk/>

Cooking- bake cookies, make a cake, make anything!

Exercise- Do Mr Ryland's challenge every day!

Listen to soothing, relaxing music.

Drawing - Draw a picture of what you see outside.

Meditation/Yoga- Join Mrs Wilson's yoga classes.

Colouring - Colour in a relaxing picture. You can find lots of templates on the internet!
<https://lol.disney.com/games/coloring-pages>

Get more sleep - Go to bed earlier.

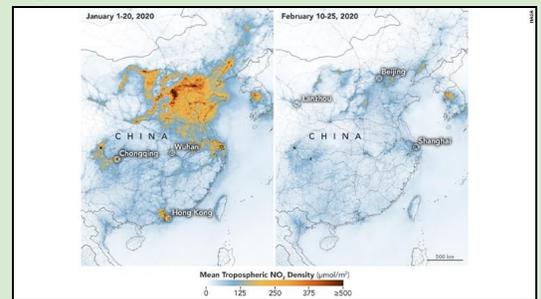
Talk to someone - What you are feeling stressed about.

Spend time with friends, family and pets - Have fun!

WORLDWIDE THIS WEEK

The coronavirus pandemic is shutting down industrial activity and reducing air pollution levels around the world.

E.g. China 2020



We must all work together to make the world a better place.
#standtogether

Healthy Eating!

Why not create a customizable, juicy and fresh smoothie?

You will need a blender and a mix of fruit, vegetables or even a couple of herbs. If you're feeling adventurous, throw some yoghurt or porridge oats (if so, add milk) in the mix.

You can use any combination of:

- Strawberries
- Bananas
- Apples
- Mint / Spinach
- Oranges / Orange juice
- Honey
- Blueberries
- Raspberries
- Watermelon / Melon
- Pineapple
- Cucumber



Try different combinations to suit your taste and enjoy.

Interviews! We asked some teachers how they have been helping the environment.

1. What do you do about your rubbish during quarantine?

Miss Gardiner: We take our bins out as usual, and recycle. We have glass, cardboard/paper, plastic and tins. Being in quarantine definitely gives you more time to wash them out and make sure it is grouped correctly, before tipping into the collection points!

Miss Guilar: I have recently been trying to separate my rubbish. It is relatively easy to do and generally, we try to reuse our plastic bags and bottles.

2. What do you do in quarantine to help reduce electricity at home?

Miss Gardiner: We are very keen to make sure lights are switched off when we are not using them. We ensure that all shutters are up and the blinds are open throughout the day to allow for natural light to enter.

Miss Guilar: The television is generally only used in the evening, however, I am having to charge my laptop more often. I try to wait until my devices are almost completely out of battery before charging them, instead of having them plugged in constantly. I'm also very mindful of turning the lights off and closing doors to conserve heat - growing up with an Irish mummy!

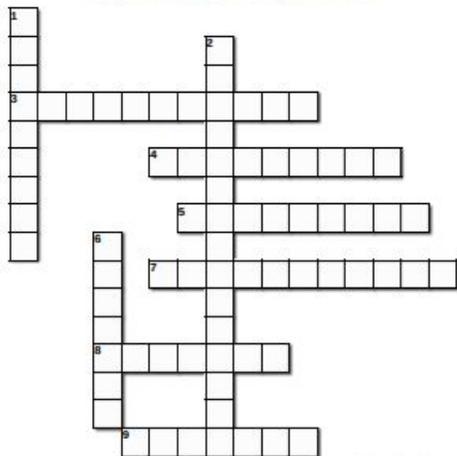
3. Do you think the quarantine in the world will have a positive impact on the environment?

Miss Gardiner: Yes! absolutely! You can already see the changes in just a few weeks! My only concern is that it is going to get worse again, just as quickly as it got better! More education is needed worldwide!

Miss Guilar: Yes! I have read some interesting things about the benefits that lockdown has had on the reparation of the environment. I do feel this is the one very strong positive that will come out of this.

BRAIN POWER! A challenge for the family!

Complete the crossword puzzle below



Created using the Crossword Maker on TheTeachersCorner.net

Horizontal

- Insolation. Renewable Energy. From the sun. (11) (2 words, 5, 6)
- Never running out. (9)
- The act or process of polluting. The state of being polluted. (9)
- An Archaeologists' bony find. Coal oil and Natural gases. (11) (2 words, 6, 5)
- Humidity. Temperature. State of Mind. (7)
- Credit card used for a type of cosmetic surgery. (7)

Vertical

- Coral reef, eg. (9), (2 words, 3, 6)
- Leaving Carbon Footprints (15) (3 words, 5, 5, 5)
- Be Eco-friendly on a bike. (7)

NEWSPAPER TEAM:

Editor: Dominic Gutu

Interviews: The group

Crossword: Ayrton Rigby

Mental Health: Ethan Paylor

Healthy eating: Lili Jansen

Supervising teacher: Dr Browne

