
GREENSHAW CHRONICLES

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Who I want to be VS WHO I HAVE TO BE

ARTICLE BY JILLIAN (Y10)



Art by Angeline (Y7)

SCHOOL NEWS

SPRING TERM EVENTS

Greenshaw high school had an Easter fair before the Easter holidays. It took place in the afternoon just after school where the Sixth formers held games trying to help the charities we were trying to raise money for.

Activities included painting eggs, musical statues, an egg race, a raffle and a dance. You could buy sweets, fizzy drinks, doughnuts!

Everybody had a really fun time!

What did Year 7 enjoy the most?

Year 7 enjoyed the easter egg painting and also enjoyed the raffle. There were catchy songs and games with prizes such as a massive chocolate egg. We look forward to it next year!

TEACHER INTERVIEWS

Hello everybody, and welcome to another article on questions and teacher responses! We heard you loved the last one, so we have some brand new teachers for you!

Here are our questions:

1. What helps you recharge after a long day of school?
2. If you spot a student struggling or going through a tough time, how do you respond?
3. What do you think can improve the students' wellbeing?

Miss Hughes:

1. Listening to a podcast, chatting with friends and reading
2. Check in with the student to see if they're alright, find more support
3. Limited screen time, longer breaks(20 min)

Those are some good answers, though I'm not sure many of us will agree with number 3.

Miss Larkin:

1. Connecting with kids/do yoga/spend time with family.
2. Check in the office, support and consider who is the best staff member to support them.
3. Getting off phones, connecting with others and doing exercise.

Mr Jones:

1. Playing F1 or building LEGO!
2. Talk to them, be there for them
3. Consistency in routines

Wow, I never knew that about him before!

Miss Harrington:

1. Listen to music, drive home and watch TV
2. Check in lesson, maybe after lesson, PSHE portal
3. Drop in service - PSHE

Miss Ridley - Hammond:

1. Eat something sweet or watch TV
2. Ask if they're okay and find others in the school to help
3. Less screen time, going to bed early and connecting with others.

We hope you enjoyed this term's Q&A teacher article!

By Arya and Sanaya (Y7)

SPORTS

STRONGER INSIDE AND OUT

At Greenshaw most of us aim to get into the school teams for most sports. However, not a lot of us know the challenges such as doubt, stress, anxiety and more. Even talented athletes can struggle mentally, especially when they feel expected to perform well all the time because they feel pressured.

It's important to remember to try your best and aim to improve. Sport should support your wellbeing, not harm it.

Sport can have a powerful positive effect on mental health. It releases feel-good endorphins, reduces stress hormones like cortisol, and boosts self-esteem. Regular exercise can increase self confidence and boost self esteem. Being part of a team adds even more benefits to your wellbeing and others wellbeing.

To support mental wellbeing in sport you can manage both performance and wellbeing is through the 5 C's:

- Commitment (dedication to a goal)
- Communication (creating a constant flow of information with your teammates)
- Concentration (analyse the field to have a constant understanding about the game)
- Control (The psychological and physical ability to manage)
- Confidence (an athlete's belief or degree of certainty in their ability to succeed and successfully execute tasks)

These qualities enhance an athlete's ability to handle stress, stay motivated, interact with teammates, and maintain focus.



By Archie and Mitko (Y7)

BASKETBALL

Game	Score	POM
Southborough	L 61-31	Ben
Glenthourne	W 34-27	Ben
Richard Challoner	L 38-29	Not awarded
Rutlish	L 20-14	Milano
Carshalton Boys	W 40-24	Milano

FOOTBALL

Game	Score	Boy or girls team	Player Of the Match
Cheam High	L 6-1	Boys	Not awarded
Carshalton Boys	L 10-1	Boys	Baran Yildiz
Harris Sutton	L 4-3	Boys	Not awarded
Wallington girls	L 8-0	Girls	Fran]

STEM

CYBER SAFETY - ONLINE SAFETY

Cyber Safety is important wherever you are; online, with friends, or alone. It doesn't matter! You still need to be safe. Read on and find out how to keep you and others safe online.

Oversharing

Firstly, to keep yourself safe online, you shouldn't share private information. Now, you may be thinking 'That's common sense! Of course I won't share private information online!' Well, it's not quite that simple. Sometimes you may not even realise your giving out private information. For example, you may be talking to someone for a while on an app, then, because you trust them and eventually give them your full name or address, just because you think they are someone safe doesn't mean that they will be. Giving someone something as simple as your name or number can also be quite dangerous as that may help them trace back to you. With private information, they may be able to hack into your accounts, making it possible for them to take money, addresses, government information, private messages and photos etc.

Nearly half of 8-17 year olds in the UK have encountered online scams monthly and 46% of kids the same age have been scammed online in the UK. It is also common for people to share your information online. This is called doxxing/doxing.

Catfishing/AI usage.

Since AI is now more advanced, it is way easier to fake your identity. Older people can ask AI to generate pictures or videos of younger people and claim that is them. A few ways to spot AI videos and videos are things like blurred writing, voices that sound slightly off, small accessories appearing or disappearing or seeing extra limbs like seeing an extra finger for a split second.

People can also use voice changers that don't necessarily have to be AI and can sound perfectly human. Ways to spot things like this is seeing details in their 'room' change over and over and hearing voices change, if you ever encounter something like this immediately tell a trusted adult the block and report the person.

Apps this usually happens on are Snapchat (40%),

WhatsApp (9%) and Facebook/Instagram (9%). The age mostly targeted is 13.

Meeting or talking to strangers.

We also need to discuss online friendships escalating offline. Things like meeting up with online friends can be very dangerous.

Firstly, you would probably meet up somewhere close to your house, giving them access to your town. Things like this may seem harmless at first but can end up dangerous majority of the time, things like this can end up with stalkers etc.

In the UK, 1.4% to 2% of children aged 10-15 have reported speaking to someone online who have actually ended up lying about their identity. About 19% have chatted with strangers online and 4.4% have met them in person.

In the end, it's important to stay safe and think carefully about your actions online as digital footprint plays a big role in life, and it's not always safe to talk to others you don't know.

Thank you for reading!

By Karina (Year 7)

ART AND CULTURE

THE FUTURE - DREAMS AND AMBITIONS - SOCIAL RESPONSIBILITY

Wondering what you want to be when you grow up? Well you're not alone. This is a common question asked by teachers to students and children to themselves. It's important to remember, and it's completely normal not to have all the answers yet.

When we're younger, we often choose careers based on our passions, that's a great place to start as it can be hard to decide what you want to be at our age. But it's also important to remember to choose a job you get paid for doing.

Following our passions:

Sometimes, we might dream about jobs that seem fun, like being a gamer or a motorcycle stuntmen. While most people who enjoy playing video games want to become a gamer/motorcycle stuntman and build self-esteem (Around 39% of young people in Gen Z show a choice for becoming professional gamers.), very few people actually LEARN something from a game, like me. My point here is that being a gamer is not a realistic job-it's more of a hobby to spend time with.

When thinking about future careers, it can help to ask yourself a few simple questions:

1. Does this interest and attract me?
2. Can I learn and grow my skills in this area?
3. Does it help others or contribute to society?
4. Will it support my mental health, my wellbeing or lifestyle?
5. Will it pay for my cost of living (rent, tax, etc)

For example, I want to become an investigator as it attracts me and I can learn a lot from a single case. Also it helps stop crime in cities for others and finally supports my lifestyle as I get a lot of money for the job. Finally the job gives me a lot of money for salary so I can definitely afford a living.

Most importantly, your future should support your wellbeing. A good career isn't just about money or difficulty, it's about how your mind is affected.

If you're unsure about your future, try talking to teachers, parents, or friends. You can also check ways to practise your career online as well.

Well, see ya on the next article!

By Dharun (Year 7)

AMBITION AND WORKING HARD

What is ambition?

Ambition is a very powerful and strong desire in setting and achieving goals constantly. It is connected to future life and success. Think of it as a tool to use to guide through your future safely and successfully.

The importance of being ambitious

It is extremely important to be ambitious as it fosters resilience and boosts your passion and productivity. This leads to higher career success or encourages further education. But, ambition is not permanent and you will have to keep setting goals in order to keep up with your passion or interest.

The downsides of ambition

Ambition is not the perfect tool for everyday day-to-day stuff. If you can't achieve your passion, some people feel worried, pitiful or even think 'I am not good enough'. It feels like it ruined your entire future. You might actually start to yearn for more that you can handle or even start to be overconfident.

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Also, success does not mean happiness and victory. Make sure your ambition does not get in the way of your daily routine or habits and hobbies. It is like the Sirens in the Odyssey trying to lure you away to death by their songs. Be the men who put wax in their ears so they will not get in their own way.

How does ambition affect your mental health and wellbeing?

If you achieve something there is a chemical in your brain called dopamine which activates your reward system which makes you happy and content. It is a way of feeling achievement. But, on the other side, there is another one which causes stress. The stress could add more cholesterol (bad ones) and cortisol (a bad stress hormone) which is dangerous for heart. However, this kind of depends on your body and how it reacts to the positive and negative things around the world. It's important to take care of yourself as you chase your ambitions!



Summary

Ambition is an excellent tool to make but it really depends on the type of skill and adaptations of the body ambition fits on some or maybe not. Remember everyone is unique and nothing is perfect. Even machines have some faults and flaws like a popular chess player beat deep blue (a super chess computer machine) with his creativity and ultimately tricked him eventually making his victory.

By Anish (Year 7)

WHAT IS MENTAL HEALTH AND WELLBEING?

People regularly think that eating healthy, exercising, sleeping early etc. is all it takes to be healthy but people always forget one type of health, and that is mental health. *Just like you need to care about your physical health you also need to care about your mental health.*

What is mental health?

Mental health is how you feel, think and act. It is how your brain feels and decides what you should do such as feeling angry when your sibling took the last cookie. Having good mental

health makes you feel happy some of the time and makes you capable of dealing with minor stress.

Tips on how to have/maintain good mental health.

1. One tip of having good mental health is when you are anxious, try to do breathing techniques.
2. Another technique is the 54321 technique. That is name 5 things you can see, 4 things you can feel, 3 things you can hear, 2 things you can smell and 1 thing you can taste.
3. Lastly, remember to tell a trusted adult if you feel you are struggling.

By Lesley (Year 7)



ART AND CULTURE

DAY IN THE LIFE OF A STUDENT

Marina is a student that attends a secondary school called Greenshaw. Life for her there is alright, good essays, understanding the teacher in class, etc. Although, there are of course downsides of school, no school is perfect after all, some of these are: lack of motivation, stressing over tests and worrying that her projects won't be good enough.

At school one day, she was sitting through a boring science lecture. She didn't like science very much, she wasn't the best at it. As she was trying to focus, the teacher suddenly announced that they had an upcoming exam, covering everything they've learnt. Her heart dropped at her words. A science test? Oh no, I'm going to fail! I'm so bad at science, I can't do this! She thought. She was so scared yet didn't know what to do!

Once she got home, she had a nice rest yet she knew that it wouldn't take away her stress forever. She avoided the subject as much as possible as she was too overwhelmed by the things she may not know and didn't want to face.

She flipped through her exercise book to try to remember things from class and realised that she can't understand any of it. At this, Marina felt an even bigger lack of motivation and confidence. At times she would see how well other students were getting on with the subject and would wonder: will I ever be as good as they are?

A few days later, she had nothing to do and remembered about the upcoming exam. She decided to face the things she didn't like, she had to eventually. And so she sat down and started to read the booklet and her exercise book, studying herself. She made a habit of studying a bit everyday, and eventually, she could understand the subject better! In class she would put her hand up more often and was able to answer questions with no issue! Yet of course, she did make mistakes but she wasn't so hard on herself this time, she just learnt as she went on.

As time flew, as quickly as an eagle soaring through the skies in sovereignty and in an ever so bright passion, the day of the exam had arrived. Marina was a lot more confident than she was a few weeks ago.

She was studying quite a lot these past few days for the upcoming exams. She was prepared and ready for the day where she would have to sit down and fill in the blanks, and she did so! Marina did pretty well on the exam, she was stuck on a few questions but was otherwise okay. One hour later, she handed in the paper and declared it finished.

The following weeks, she waited nervously for results, wondering if she studied enough and it actually paid off or if she failed miserably and would have to stay hunched over a desk for long periods of time like before. But she convinced herself that everything would be okay even if she got a low score since she tried her hardest.

Then a few weeks later, results came. Marina's heart pounded with excitement and also a bit of fear, she wanted a good score, wanted to know that her effort paid off. Then she opened it, and she got... 85%! Marina was overjoyed, yes she didn't get full marks but she made a big improvement from the last exam they had. At the end, Marina was very proud and learnt that even though things may be tough at the start, it's okay because



with practice you can get so much better at the things you aren't good at. It's always great to step out of your comfort zone and try new things even if it takes a while to really just get out there and try even if you aren't good at it, it's never impossible to improve.

By Jessica (Year 7)

WHO I WANT TO BE VS. WHO I HAVE TO BE

Do you ever stop and wonder what it could have been like if you had chosen another path? A life where you could be who you want to be, rather than what society wants you to be .

Nowadays, people talk about yearning to have a high-paying job like a surgeon or a lawyer, or they want to be something that keeps them wealthy enough to be happy. Many people believe that high-paying jobs are unrealistic and suggest that dreamers should lower their expectations so they won't be disappointed in the future.

As a year 10 student, I recall when I was choosing my GCSE subjects, and I was really conflicted between choosing triple science or art. After a deep debate, I

decided to pursue triple science. Looking back, I realise that I was driven by duty rather than what I truly desired.

My duty that I conformed to, was to make my parents feel proud of me, even though they told me that they would be proud no matter what, I still had that idea drilled into my head.

Despite these expectations I had set for myself, I wanted to be an artist, even if it meant that I wasn't always going to earn money at the end of the day. Back then, I had set my goals to a more realistic one, which was to follow in my parents footsteps and become a nurse.

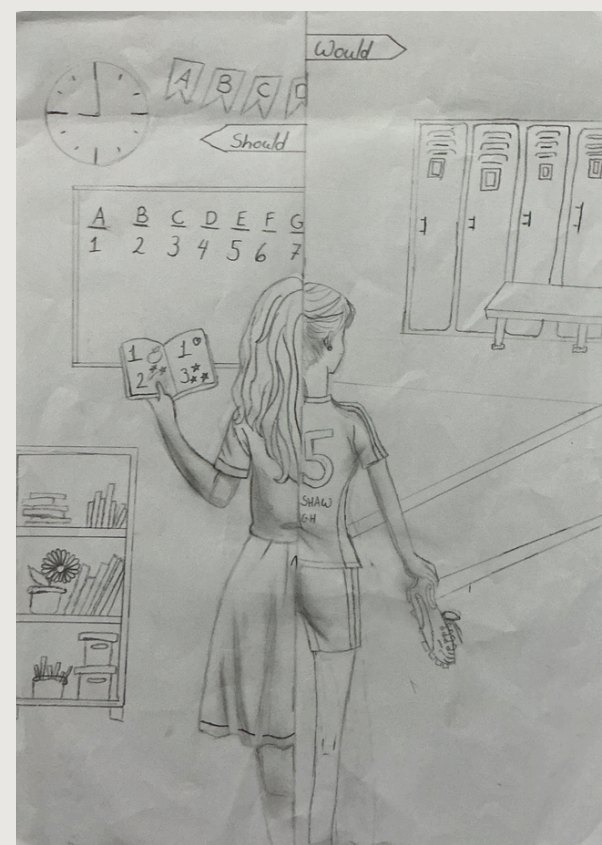
Due to that, I made myself bottle up my inner dreams. In that case, I followed the idea that I had to conform to what society wanted of me. As a result, I masked my dream future and aspirations.

I think that I would be much happier if I had chosen subjects that I had liked rather than what I was good at, or what seemed expected to others.

Even though I've found myself an appropriate

occupation that I now genuinely want to be, I urge those who wonder about their future to think about what they enjoy.

By Jillian (Year 10)



Artwork on 'A student's choice' by Angeline (Year 7)

Book reviews

WHAT IS GREENSHAW READING?

Komi can't communicate (Volume 1)

The manga (like a comic but left to right) *Komi can't communicate* is about Shoko Komi, a princess to her classmates. She wants to make 100 friends but has one problem - she has a speaking disorder, where she has problems speaking to other people. To help her with that, she meets shy Tadano. Overall this manga was one of my favourites, and told me if you put your heart to it ❤️ you can achieve it! - Arya

The Last Bear.

The Last Bear by Hannah Gold is a moving, acclaimed children's novel about 11-year-old April Wood, who travels to a remote Arctic outpost with her scientist father. Believing there are no polar bears left, April instead discovers a lonely, starving bear stranded by melting ice. She embarks on a dangerous, heartwarming mission to save him - Karina

Delicious in dungeon (dungeon meshi)

Delicious in Dungeon is a manga published by Ryoko Kui. It follows the story of a team of adventurers exploring the dungeon, but the main character, Laios,'s sister, Falin, gets eaten by a red dragon! They are now in the overworld and unfortunately two of the party members left leaving just: Laios the knight, Chilchuck the half-man, Marcille the mage and Senshi the dwarf and who's also a chef! Together they work together to go rescue Falin before time's up! -Jessica

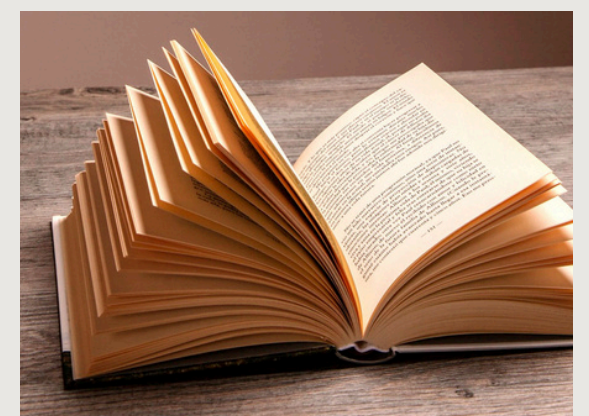
The Day My Dog Got Famous

This is a funny and heartwarming story about an ordinary boy and his ordinary dog.

Ferris Foster has a dog, Aldo, who is food-obsessed and slobbery, but also loyal and lovely to hug. His mums regularly foster children, and Ferris often has to say goodbye to siblings, and yet the

family dynamic is ordinary too - full of love, with parents that occasionally do embarrassing things.

When Ferris's annoying neighbour Destiny Dean challenges him to get more likes on dog videos than her with her amazing poodle, and offers her state-of-the-art drawing tablet as the prize, Ferris agrees. After all, he loves drawing. But if he loses, he has to give Destiny his little 'foster' sister's beloved blanket. Luckily, a new foster sister, Tia, arrives - and together they might have a plan to make Aldo go viral. But will they get enough likes? Ferris is a kind boy, who loves drawing cartoons, and the book is full of illustrations and comic strips, and I love comics (but not mangas). This story focuses a lot on family and popularity - Dharun.



Book reviews & Jokes

Cherub: The Recruit

Cherub is an action packed book full of emotion and suspense. It follows the story of 12 year old James whose mum has just died. He faces emotional challenges but has his younger sister and friends to support him. But one day he finds himself in an empty mysterious room. It turns out that he is in the center of a secret spy base... - Archie

Percy Jackson: The Lightning Thief

The Lightning Thief begins with the narration of the protagonist, Percy Jackson. Percy is unsure of his identity and insecure about his life. This resonates as it's a common rite of passage for a twelve-year-old but is complicated by the sudden appearances of monsters and other figures from Greek mythology. Percy values family, exemplified most notably in the love he has for his mother and his belief that she is the best person he knows. Because he values family so highly, he longs to know more about his father. He finally learns that he is the son of Poseidon, the god of the sea. - Mitko

Front desk

Front desk by Kelly Tsang is a book about a 10 year old girl named Mia and she is an immigrant. She manages the motel's front desk. She cleans rooms while secretly hiding behind other Chinese immigrants. She wishes of becoming a writer. Will she may pursue her dream as a writer? (Later on in the series) But right now she needs to work hard. I think this book was really good and also talks about the challenges Mia faced as an immigrant. - Lesley

PUNCHLINES ABSOLUTE TOP HUMOUR

What do you call a belt made of watches?

A WAIST of time

Now you see, this joke 'a waist of time' sounds awfully like 'a waste of time' as in, it doesn't matter. The punchline is 'a waist of time' because you put a belt on your waist and a clock tells the time, so if you have a waist and time. If you put that together it sounds like 'waste of time'.

Why should you stand in a corner if you're cold?

Because it's 90°(degrees)

For those who don't have a strong- suit in maths, a corner is 90° but many mistake degrees in an angle as degrees in temperature, leading to a common misconception between the two terms. But in this joke it is used to its advantage. Telling someone to stand in the corner because it's 90° can make people think that it's hot instead of you just stating a fact, I hope you get it now.

What did the sushi say to the bee?

WasaBEE

This joke, 'wasaBEE' sounds like 'wasabi', as in the condiment for sushi. But 'wasabi' has a 'bi' which sounds like 'bee'. Also if you get 'wasabi', you can see that kind of sounds like 'what's up bee' hence why the bee was added to the joke.

By Jessica (Y7)