



**Blatch Magazine**  
**Spring 2025**

# Dear Reader,



Our first edition of 2025! A new team, a different name, a fresh line-up of articles, but still going strong. Once again we hope to provide a broad spectrum of writing from across our school community from history to interviews, from sport to recipes. But if you spot any gaps, come join the team and write for us :)

A quick reminder of who we are and what we do. We are the *Blatch Mag*, a student-led magazine here at Blatch. Any student is welcome to join, or welcome to write any article they wish on any topic of their choice (making sure it complies with [our core principles](#)). Feel like joining? Come along to Room 113 most Wednesdays after school.

We aim to release two to three issues per year that truly reflect the views and thoughts of our school community.

And of course we couldn't do this without our help in the teaching staff. Although we are entirely student-led, we are indebted to Ms Holland for facilitating our meetings and Ms Goodwin for taking the time to publish our work.

We hope that, despite all the changes to our team, we can continue to provide as best as before. Happy reading!

- ***Blatch Mag Team***

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# Features



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# Changing Monarchs



## The Changing Monarchy and what King Charles III is doing differently

Ever since Queen Elizabeth II died in 2022, King Charles has taken over the throne. He's changed numerous things in the United Kingdom including making himself a more approachable monarch than his mother (Queen Elizabeth II) such as letting the crowd kiss his hand as she would not do that.

### Before Queen Elizabeth II:

King George VI started his reign in 1936 and was Elizabeth's father. His personality was more formal than the later Monarch. He was most well known for his achievements in World War II such as remaining in Buckingham Palace which was bombed 9 times during the war. He was a dedicated and conscientious man. He was King during the last part of World War II and died in 1952.

### Queen Elizabeth II:

She was born in 1926 and took over the throne in 1952 aged only 25 and reigned for 70 years. She achieved six jubilees in her time: Silver in 1977; Ruby in 1992; Gold in 2002; Diamond in 2012; Sapphire in 2017 and her last one, Platinum in 2022. She was known for being a much loved, global monarch. She passed away in early September 2022.



## King Charles:

King Charles III took over the throne in 2022 and ever since has made an impact. On the 6th of May 2023, he was led by the Archbishop of Canterbury in a coronation alongside his wife Queen Camilla. He is known for being environmentally friendly and doing organic farming. He is also known for his most famous charity: The King's Trust. The King's Trust helps people from 11-30 to build confidence, get a job or launch a business.

## Princess Diana:

Princess Diana was married to King Charles between 1981 and 1996 before they divorced. Princess Diana was known for her charitable work and was highly associated with the fashion world. She was President or patron of over 100 charities such as Centrepoin (a homeless charity), English National Ballet (which brings world class ballet to the widest possible audience through performances across the UK) etc. Princess Diana tragically died one year later in Paris, in a car crash in 1997 with Dodi Fayed.

## Next in succession:

The next in line to the throne is King Charles's eldest son Prince William married to Princess Catherine of Wales. Prince George, their eldest son, is second to the throne followed by Princess Charlotte, and Prince Louis (their other children). William is most well-known for his ease and relatability; he's sought to honour Princess Diana's Legacy

- By Ori M

Illustration by  
Mrs Wratten





# Women leaders worldwide

After the US election in November, people might be wondering if the US is even ready for a female president. In this article I'll be diving into the different female leaders\* around the world to see if the US population is really too prejudiced against the possibility of a woman president.

Globally, as of 2024, there are 87 countries who have already had a (democratically elected) female leader. The first recorded country with a woman leader was Sri Lanka in 1960 with Sirimavo Bandaranaike - the late prime minister's wife. She rose to power after the assassination of her husband - the prime minister Solomon West Ridgeway Dias Bandaranaike. India was second six years later with Indira Gandhi, followed by Israel with Golda Meir, Argentina with Isabel Peron, Central African Republic with Elisabeth Domitien, Pakistan with Benazir Bhutto and Britain with Margaret Thatcher.

In total, there have been 175 democratically elected female leaders in total with some countries having multiple female leaders like San Marino which has had the most female leaders at 20, then Peru with eight and Switzerland at six.



Now, here are some fun facts about the details of female presidents relating to the USA! Janet Rosenberg Jagan was born in the US, moved to Guyana, and got elected president there (December 19, 1997, to August 11, 1999). She's American, and she was elected president, just not the president of the US. She was also the first female prime minister of Guyana.

The US technically had a female president but this was kept behind the scenes. In the Early 1940s, Franklin Roosevelt fell ill due to Polio and had to be treated. In the meanwhile, his wife - Eleanor Roosevelt got more involved in office and lead many decisions that otherwise the president would've done. Technically making her temporary president in that timeframe.

In conclusion, I do think the US public are wrong in being prejudiced to a female president. Many presidents today are women and have lead their country perfectly fine - just as or even better than a man could.

- By Jack C

\*By "female leader" I mean head of government. For example, prime minister and not 'head of state' as that would be discounting the many female monarchs who ruled centuries before that and even Cleopatra would be an example of head of state.



RUN OF THE

MILL



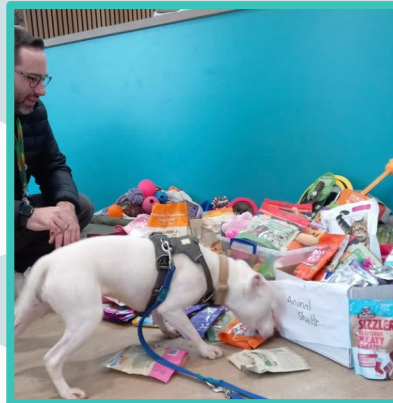
## Week of Action



At the end of the first half term, we had an amazing Week of Action with a wide range of activities. We painted murals, picked litter in the community, held bake sales, sent letters to care homes, mentored, donated to food banks, planted bulbs, and supported multiple charities along the way.



A lot of people contributed to our animal shelter appeal during Week of Action. Mr Bennison received a warm welcome from Biscuit the dog at the RSPCA when he delivered food, bedding, toys, and treats.

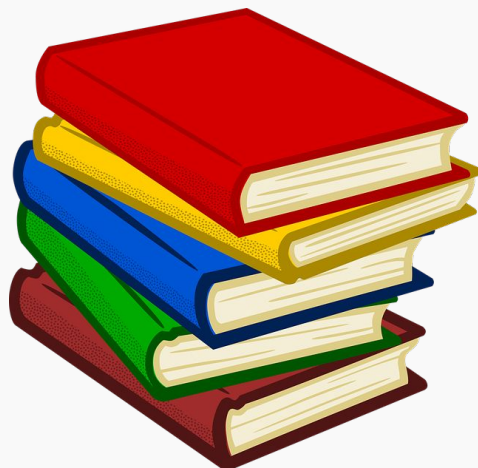


As well as the animal shelter appeal, a lot of people contributed to our Week of Action food bank appeal. Our senior students delivered supplies to the Hangleton & West Blatchington Food Bank who were so grateful.





Also during the week, some students wrote to our local MP Peter Kyle with some of their comments and concerns about our local community. They were so happy to receive letters replying back to them and know that their views are being heard and taken into consideration.





## Year 9 - PSHE

As part of our PSHE curriculum, some of our Year 9 classes were visited by a local police officer during their lesson as part of the police's 'Voice of a Child' project. Everyone was asked to speak their beliefs and opinions in our local community and safety concerns.



Also in our PSHE programme, 'Positive voices' from Terrence Higgins Trust visited our school to offer educational talks about personal experiences of living with HIV.\* A lot of great questions were asked and there was a lot of respect and understanding from students.



\*HIV - Human immunodeficiency virus that attacks the body's immune system, weakening the immune system.

## Year 10 Girls - Mentor Programme

Since last year, some of the Year 10 girls at Blatch have been involved in a ten month programme where professional women from numerous industries and walks of life mentor them. They finished in January and celebrated their final session with a quiz and completion certificates. Well done for completing the programme!



## Anna Bouch - Social Worker of the Year

Anna Bouch, an ex Blatch student, has won the Social Worker of the Year Award 2024. She is a Professional Education Consultant in the adult social care team and won her award as a finalist in the Practitioner-Led Research Category.



Anna has worked at the Brighton and Hove City Council since 1996 and supports as well as educates students, newly trained social workers and certified social workers. She is also known for working across the Regional Teaching Partnership as an ambassador for social work with adults.

## Year 7 v. 10 - What are their insights of Blatch?



### Year 7 student

#### How are you finding Blatch?

It's great! The lessons are interesting, the clubs are great and the community is welcoming and kind. The food is great as well!

#### How was your experience joining?

My experience joining Blatch was exciting- hard at times but I found my way.

#### If there was one thing you could change about Blatch what would it be?

There's not a lot I would change about Blatch, it's great as it is!

#### What advice would you give to Year 6 about secondary school?

Don't worry about it! If you're worried about getting to classes on time then it's alright! I was too! After a while you know where you have to go, or if you are worried about making friends you don't need to worry! I didn't come with any friends and within the first week made 5 friends.

#### What did you wish you knew before you started secondary school?

I wish that I knew that I was going to make friends and that I will still keep in touch with my old friends.

#### What advice would you give about making friends?

Just be friendly, speak to people, make conversations and if you see anybody by themselves go see them and talk to them. They will be as happy as you are to make a friend.

#### What is a club that you wish existed?

Well, there are so many clubs already! Maybe drama, acting and backstage work.

#### How are you finding your new teachers and lessons?

Amazing! The teachers are really nice and kind, they're all welcoming and make sure you're okay.

#### What has been your biggest challenge at Blatch so far?

I think that my biggest challenge at Blatch so far are the tests that we had.



**What clubs do you enjoy the most?**

I enjoy the Magazine club, Warhammer - Dungeons & Dragons Club and Art Club which this year are making costumes and masks for the Children's parade which is really fun!

**What accomplishment are you proud of so far?**

I think my biggest achievement that I have this year is probably reaching 100 Achievement Points and getting a Bronze Award, or writing my article for the Blatch magazine.

**Year 10 student**

**What was your experience joining Blatch?**

Good, big change but needed and exciting.

**What advice would you give to a Year 7 about their future at secondary school?**

Don't care too much about assessments yet, they are important but don't stress.

**If there was one thing you could change about Blatch what would it be?**

Update the classrooms and make the food cheaper in the canteen.

**What do you wish you'd done more of during your time at Blatch?**

Gone to more clubs and seized more opportunities, saying yes to more things I'm not sure about.

**Do you have any regrets? If so, what and why?**

No regrets.

**What is a club that you wish existed?**

More revision clubs.

**What advice would you give about making friends?**

Be confident and don't try too hard, be yourself.

**How are you finding your teachers and lessons?**

Good, I enjoy doing GCSEs as it is taken more seriously; people in your classes are only people who want to be there.

**What advice would you give about GCSEs?**

Choose carefully and don't be directed by which teachers you like/ what your friends are doing. Do what you enjoy and what you're good at without influence from friends.



**What has been your biggest challenge in all your years at Blatch?**

Dealing with revision for assessments.

**What clubs do you enjoy the most?**

Football club and being a part of the football team.

**What accomplishment are you proud of most in all your years at Blatch?** Scoring for the football team, the sense of achievement and playing with your mates.

**What advice would you give about end of topic assessments?**

Focus during and before your assessment, use your score as feedback and work on what you got wrong. Try not to be too disappointed as it only shows your strong points and weaker points.

- Questions by Mehrin M





# BLATCHINGTON MILL SCHOOL PRESENTS

Back to the 80's was a spellbinding performance by our upper school students. It was funny, engaging and shows just how hardworking Blatch students are. It included a great display of acting and personality of the students. I hope that in the future I will be able to show my abilities in the upper school performance.

Shout-outs to the set makers, the people backstage who did lighting and prompting, as well as the music department who did some amazing work on the songs. I really enjoyed Girls Just Wanna Have Fun in particular. I was very lucky to watch it seeing as tickets were sold out every night!!

Congratulations to everybody who was a part of the show-I felt inspired and everyone I know enjoyed it!!!

- By Ellen H

**BACK  
TO  
THE 80'S**

Booked by  
**NEIL GOODING**  
Bookings and box office enquiries, visit  
www.blatchingtonmillschool.co.uk

**BRETT FOSTER**

4<sup>TH</sup> TO 6<sup>TH</sup> MARCH 2025, 7PM

**WINDMILL THEATRE**

TICKETS £8 (CONCESSIONS £5)

TICKETSOURCE.CO.UK/BLATCHINGTONMILL



## RECIPE- **Pancakes-**



Ready in 7 minutes

Serves 4 people

Calories- 22g

Fat- 4.7g

Carbs- 28g

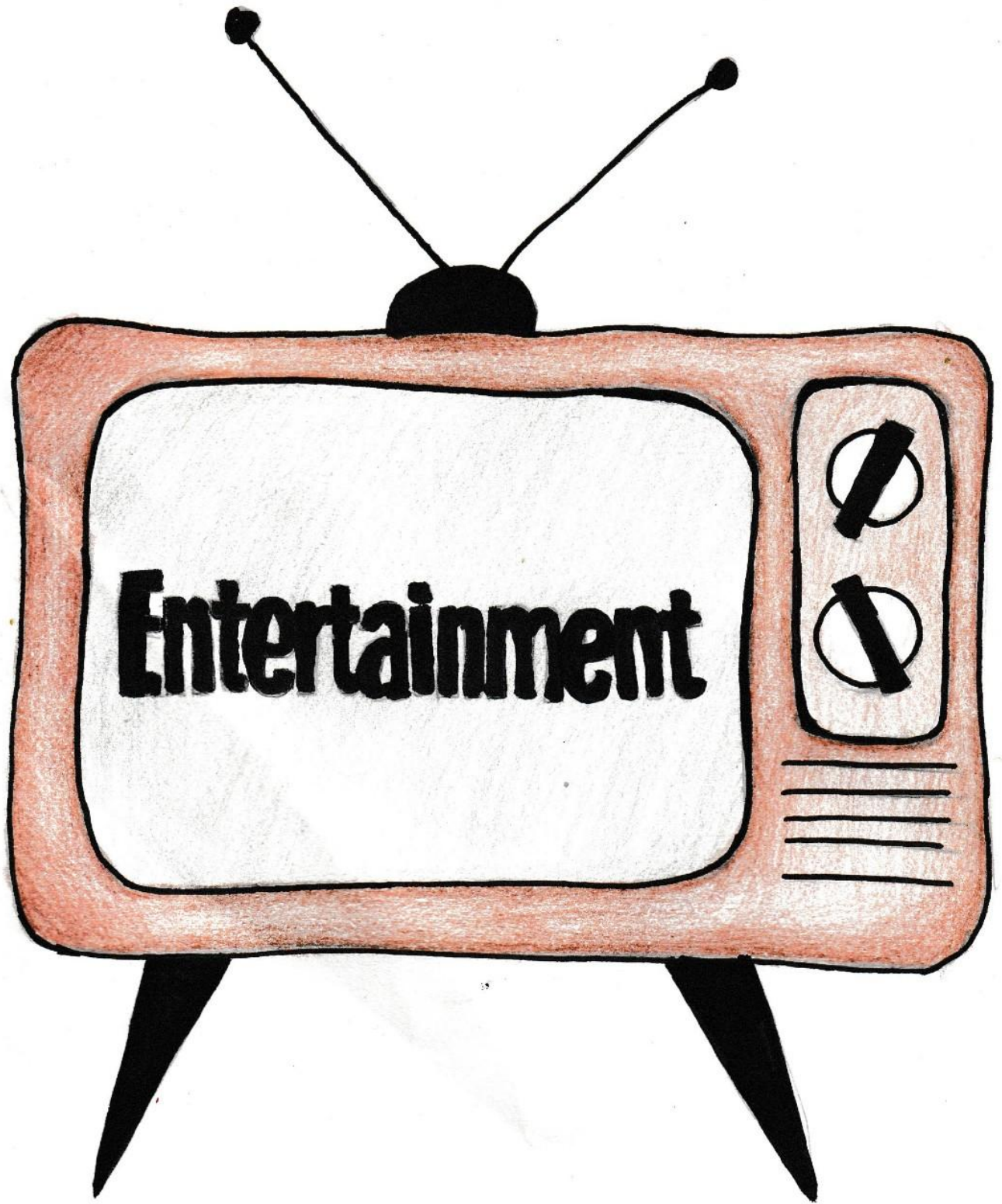
Protein- 6g

### Ingredients-

- Flour
- Milk
- Eggs
- Sugar
- Baking powder
- Salt

### Process-

1. Start by combining all the dry ingredients in a bowl.
2. Next, add the wet ingredients and mix.
3. Heat a pan with a little oil, then pour the batter into the pan.
4. Cook until you see golden brown surface, then flip it over and cook the other side until golden brown.
5. Once done, serve your dish warm and enjoy!



# The Spider



It was a hot day. The rays of sun warmed my skin. The smell of grilling meat filled my body with a sense of comforting belonging. My younger sibling playing games and running around made it more lively. This was my favourite day - July 23rd 1995. It wasn't the most eventful day, just a family barbeque. Nostalgia brings this back every once in a while and I always think about the adventure I made up in head. The story of a spider I never saw, just the web drying off in the sweet summer sun.

I imagine the spider crawling across the neighbourhood. From house to house looking for the perfect place to make its home. Guessing by how many flies came to our house, that's why it chose ours. There was a big difference between before and after the web was there. I can't help but smile when I see or remember the spider and its little story. I wonder where it is now?

- By Eliza N





**Blurb:**

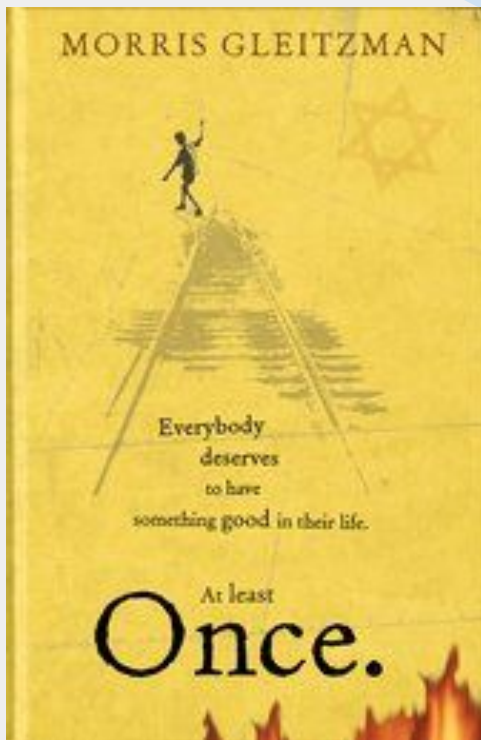
WINNING WILL MAKE YOU FAMOUS. LOSING WILL MEAN CERTAIN DEATH.

In a dark vision of the near future, 12 boys and 12 girls are forced to appear in a live TV show called The Hunger Games. There is one rule: kill or be killed.

When 16 year-old Katniss Everdeen steps forward to take her sister's place in the games, she sees it as a death sentence. But Katniss has been close to death before. For her, survival is second nature.

**Review:**

The Hunger Games is a gripping dystopian tale that captivates audiences with its intense action, compelling characters, and thought-provoking scenes. Katniss Everdeen is a girl from a poor family, she has a tough heart and is willing to sacrifice herself to keep people close to her safe. This book is the first novel of 'The Hunger Games' trilogy. This book is a portrayal of love, sacrifice, willpower, working as a team, survival, and so much more.



**Blurb:**

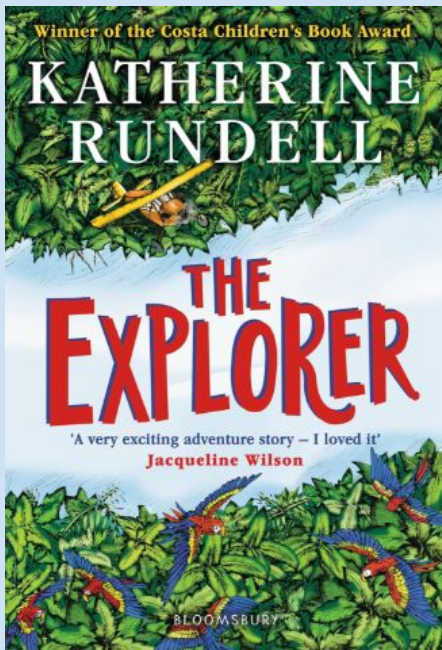
**Once** I escaped from an orphanage to find Mum and Dad.

**Once** I saved a girl called Zelda from a burning house.

**Once** I made a Nazi with a toothache laugh.

**Our Review:**

Aimed at children aged 11-16, Once is a captivating tale that uses real-life events mixed with fictional characters to show key features like love, drama, friendship and courage. The book follows Felix, a young boy, experiencing prejudice and discrimination. Battling through WW2 to find his parents. But what missions will he face on the way? And will he find them dead or alive???



**Blurb:**

When their plane crashes, four children are stranded in the Amazon jungle. Now they have to survive alone. But was someone there before them?

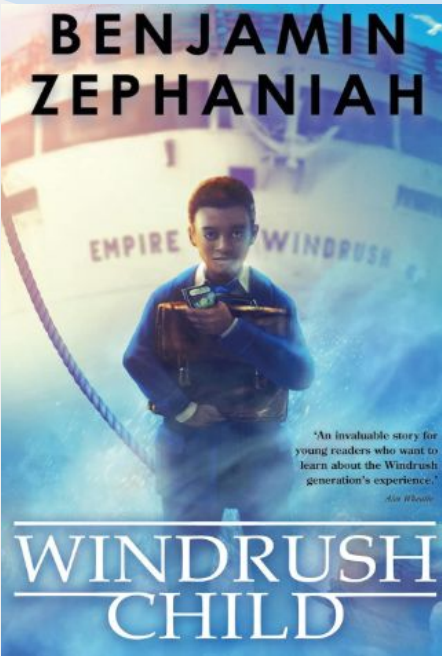
‘A very exciting adventure story- I loved it’

Jacqueline Wilson



**Our Review**

The Explorer is an exciting adventure novel about four children: Fred, Con, Lila and Max who find themselves stranded on an exotic island. For days they survive alone. That lasts until Fred, the youngest of the group, finds a clue that sends them on an adventure. But will this mission succeed or will they find themselves stranded left to starve?



**Blurb:**

GRANDMA SAID THAT LIONS ALWAYS ROAR. AN' WE SHOULD BE LIKE LIONS- WE SHOULD NEVER BE AFRAID TO SPEAK. How can a boy so far from home learn to enjoy his new life when so many things count against him?



**Our review:**

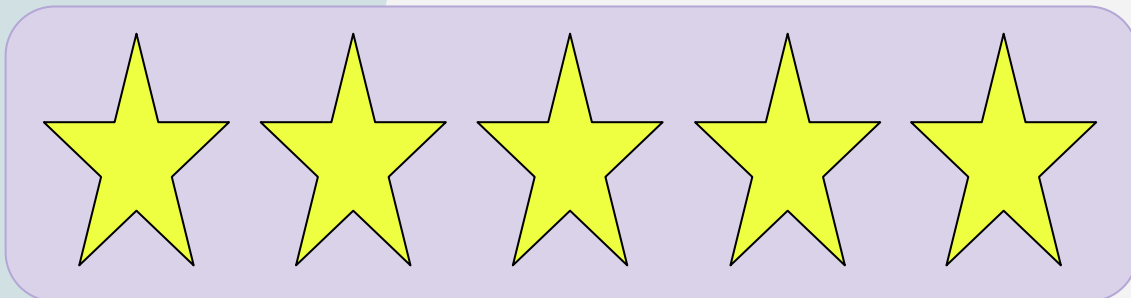
This book doesn't just display a fictional character's life, it dictates a truly incredible part of history. This book shows the undeniable truth. This novel about the Windrush Generation shows the hard work that they put in just to rebuild the present day and to secure the future of our country. The love they felt to help us in the aftermaths of WW2 was displayed in this book along with the hardship they faced. Benjamin Zephaniah packs a punch in his words making you feel for this community. Now you get to feel what a Windrush boy would feel.

-Reviews by Charlotte D & Khaliyah M



## Our Review:

This heartwarming film transports you to a place of true friendship and love. It reminds me of my childhood where I grew up watching this little bear go through so much. It isn't just a story for me, it is a little piece of home. With gripping twists, Paddington 3 pulls you into a world of humour, joy, mystery and adventure. So the question is do you want to feel what a bear feels?

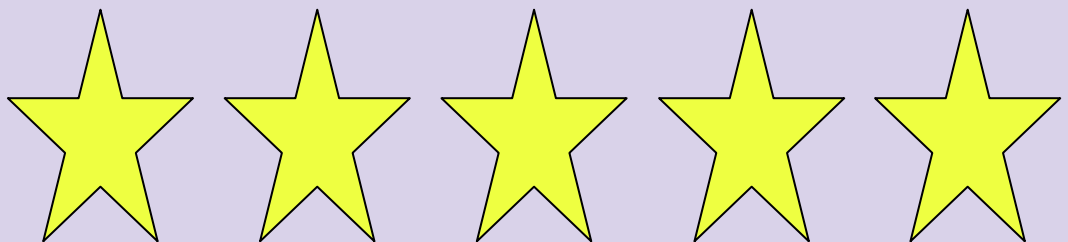






## Our Review:

The Wild Robot is more than just a family movie—it's a story that touches on profound themes such as survival, community, and belonging. The film's visual style is nothing short of breathtaking. The animation feels like a moving painting, blending the richness of nature with the cold precision of technology. Every frame is beautifully crafted, making The Wild Robot not only emotionally powerful but also visually mesmerising. The film tackles complex themes like survival, sacrifice, and the harmony between nature and technology. Roz's journey teaches us about individuality, resilience, and the beauty in embracing differences.



-Reviews by  
Charlotte D &  
Khaliyah M

# INTERVIEWS!



## Interview - Mr Bromfield

Last year, Mr Bromfield left Blatch and took a great opportunity all the way in Australia. Therefore, we have interviewed him to see how he's finding his new home and job in Australia.

### How are you finding Australia?

Hot and friendly.

### How are you finding your new school?

My new school is a little smaller than Blatch in both size and number of students, but a lot more complicated to find your way around as there are lots of different buildings that aren't connected.

### What was your experience moving to Australia?

I found it exciting but stressful! It is always exciting to go somewhere new and explore it, especially when the weather is so nice. The stressful part was, as I am going to be here for a while I had to do a lot of admin tasks like setting up an Australian bank account, applying for an Australian drivers license and registering with the tax office, and they didn't all go as smoothly as I'd hoped!

### How are you finding your new classes and colleagues?

Great, but not as good as the ones at Blatch! They keep calling it soccer instead of football...

### Which year do you find best and why?

Year 11 is my favourite year to teach because as a teacher I have had a chance to see those students grow and develop throughout the years and to see their hard work pay off when they get their results.

### What are you missing most about Blatch?

The people, both staff and students. I think Blatch has a truly unique blend of individuals that makes it a delight to work at.

### What's an interesting fact about you?

I used to play the violin, keyboard and guitar.



### Why should people have an interest in science?

People should have an interest in science for two main reasons (in my opinion). Firstly, you can only hope to understand the world around you if you understand science, and if you don't understand the world around you then it's harder to control what happens. Whether it's the physics behind friction or the psychology behind people's behaviour, understanding these concepts allows us to tackle these challenges better. Secondly, the harder you work at learning, understanding and using science, the better you get at problem solving and thinking critically, which are skills that can help you in all areas of life.

### Why should people have an interest in computing?

The ability to use computers, program code and understand how computers can make tasks easier is becoming increasingly important. It opens up a whole world of fun things you can do, gives you great job prospects and also (like science) helps develop problem solving skills that can help you in all areas of life.

### What age did you realise you wanted to be a teacher?

I thought teaching would be something I would like to do from about 19. I realised for sure I wanted to be a teacher after teaching my first lesson when I was doing my teacher training.

### Who or what inspired you to become a teacher?

I had some excellent teachers when I went to secondary school who I still remember now, and they were a large part of what inspired me to become a teacher.

### Who is your favourite scientist and why?

Dimitri Mendeleev. His work creating the modern periodic table was a spectacular achievement and, in my opinion, the very embodiment of science.

### What area of science do you like most and why?

Electricity and circuit building. I enjoy being able to build something with my own hands and get a lot of satisfaction when it works. Something that I find even more satisfying is when I build something and it doesn't work, but I am able to find the problem and fix it.

### What advice would you give to people who want to have a career around science or computing?

**Work hard at it.** The only way to get better is to constantly put effort into your lessons, homework and any learning you do in your own time.

**Enjoy it.** Find the things that interest you the most about the subject and then research them or experiment with them in your own time.

**Don't worry when you get something wrong.** All the best scientists in history have made wrong calculations, had bad ideas, or have been confused by an area of science. The important thing is that you keep on trying.

How do you feel about Max Verstappen winning his fourth Formula 1 World Championship?

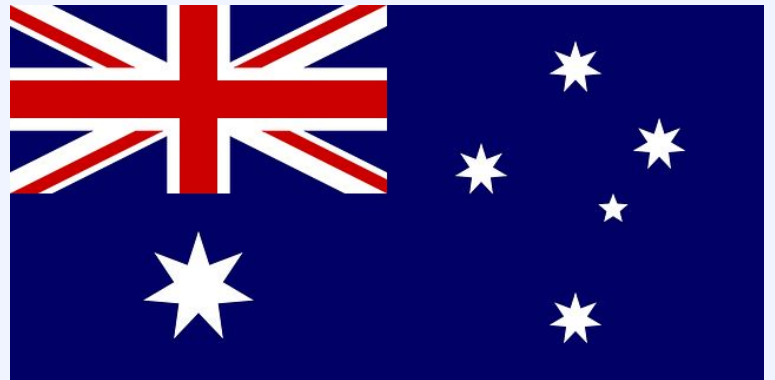
Max Verstappen has truly proved his name belongs besides the top drivers to have ever raced! He's an artist with a car, and his masterpiece is still being drawn.

How are you liking the new change?

I am enjoying being able to make more use of the beach due to the excellent weather and the coffee is far better here than in the UK. Seeing the different wildlife here is fun, I have seen kangaroos, koalas, dolphins and a stingray, all here in Adelaide.



- Questions by Mehrin M



## Mr Burrows - A New Teacher

This year we were joined by a new maths teacher, Mr Burrows. Therefore, we have interviewed him to see how he's finding Blatch and to get to know him.

### What was your experience joining the school?

"All the teachers and students were really nice and welcoming."

### How are you finding your new classes and colleagues?

"There are always challenges, but on the whole, I like all my classes and colleagues who have all been very supportive of me as I settle in."

### Which year do you find best and why?

"I don't really have a specific favourite, but I find the best whichever year/group try the hardest and give it their all."

### What's an interesting fact about you?

"I like to play drums! I used to be in a rock band when I was younger!"

### Why should people have an interest in maths?

"Because it's EVERYWHERE!"

### What age did you realise you wanted to be a maths teacher?

"About 23. This proves you have plenty of time to decide what job you want to have!"

### What inspired you to become a maths teacher?

"Many good teachers. The best of which was Mr Parham!"

### Who is your favourite mathematician and why?

"Isaac Newton - he wrote most of the calculus we still use today."

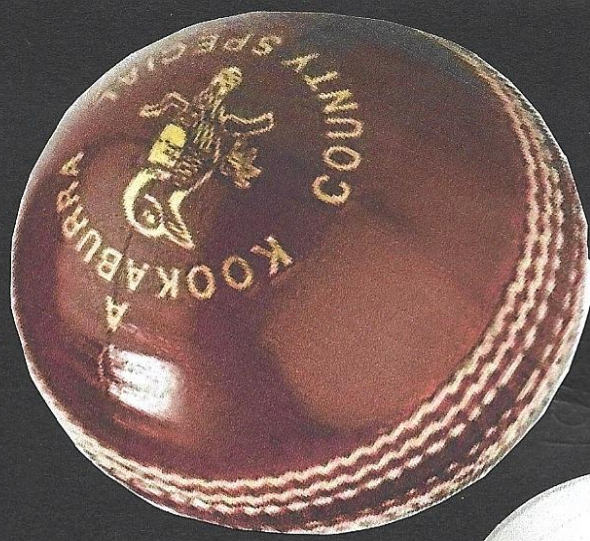
### What area of maths do you like most and why?

"Algebra - it just gives me the greatest satisfaction completing it."

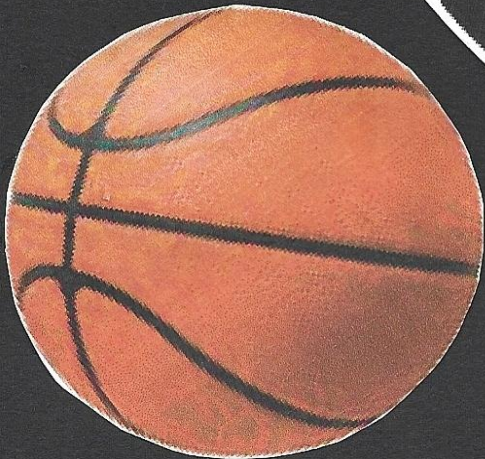
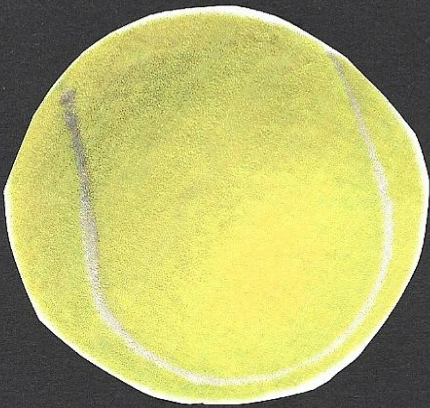
### What advice would you give to people who want to have a career around maths?

"Nobody is born gifted enough to go all the way. It's practice, practice, practice."





# S P O R T





## Year 7 - Athletics



Congratulations to our Year 7 athletics team who won the city athletics event at BACA last term! The girls team won by over 12 points and the boys by nearly 30. They are now scheduled to represent Brighton and Hove at the Sussex indoor event hosted at the Triangle in May. Good luck!

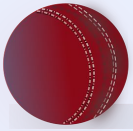




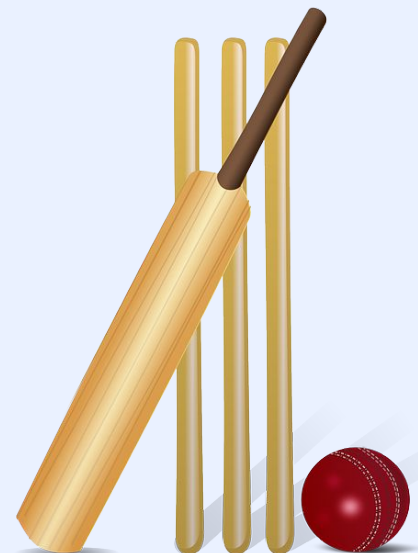


## Cricket at Blatch

Well done to our under 13s mixed cricket team last term! They won 3 of their 4 games with a chance to compete in a competition at BACA, an academy specifically for cricket.



Also last term, Sussex Cricket Foundation hosted a cricket coaching session at Blatch. A Q&A was also followed afterwards with Sussex CCC player Fynn Hudson-Prentice. They all had an amazing time!





## Year 8 Boys Football

Well done to the Year 8B team who had an amazing start to their season last term. They beat Hove Park 3-2 after going a goal down. MOM\* Luke T scored a hat trick and Precious K saved a penalty. Well done to all 15 players in the match.



A 2nd win within 3 days for the 8B team and a 2nd hat trick from Luke T. They moved up to the Brighton Schools Cup 1/4 final to play Longhill after winning 3-2! MOM was Blake.

Just a few days later was our first game of the season for our Year 8A team and they continued where they left off with a mind blowing National Cup win with hat tricks from Reuben, Alfie and Lewis. There was a goal each that came from Jude and Blake. They demonstrated what a good team performance looks like! Reuben was awarded MOM.

Only two weeks later, the 8A team progressed to the next round of the County Cup. Lewis, Jude, Reuben, Billy and Josh were all on the scoresheet.



The following match led the 8As to progress to the 1/4 of the Brighton Schools Cup!

Not long after, the 8As came on top of a rough game. After going 1-0 down they bounced back to win with goals coming from Alfie x2, Cody x2 and Evan.

\*MOM - Man of Match





## Year 9 Boys Football



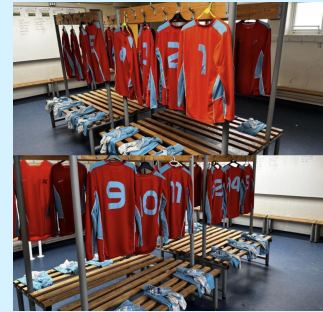
2 games in 2 days for the 9A team! They performed brilliantly in both matches with a 3-1 win at an away game in Patcham. Goals coming from Shayne and Jasper x2. Unfortunately, they lost 2-1 to a very strong and tough Regis team in the County Cup. One goal coming from Jasper.





## Year 11 Football

The start of the Year 11A football season was amazing! What a first game against Newman. At half time the score was at 3-0 but after 2 goals from Ryder and a late goal from MOM Harrison, the match was settled at 3-3.



Just a few weeks later, the 11A team beat a powerful Shoreham Academy team 4-2 in the county cup. After leading 2-0 our visitors weren't afraid to retaliate well to make it 2 all but Tom and Henry sealed the win by managing to scrape in two very last minute goals. MOM\* was Sami.



Only two days later, the year 11B team smashed their first game of the season. They drew 2-2 against Varndean and it was very unfortunate and unlucky they couldn't win. We had two sensational goals coming from Lenny E and Henry A. We also saw a superb 18 yard bicycle kick volley from Lenny E. Joint MOMs were Conor A and Seamus C.





The last game of the term the 11As progressed to the County Cup final with a penalty shootout win! They mastered the 1st half but Hazelwicks really showed their capability in the 2nd half. It was an excellent game and it deservedly ended 2-2. MOM was Harry B. Goals coming from Harrison and Henry G. Well done on a great team effort by all. Good luck everyone for the rest of the season!

\*MOM - Man of Match

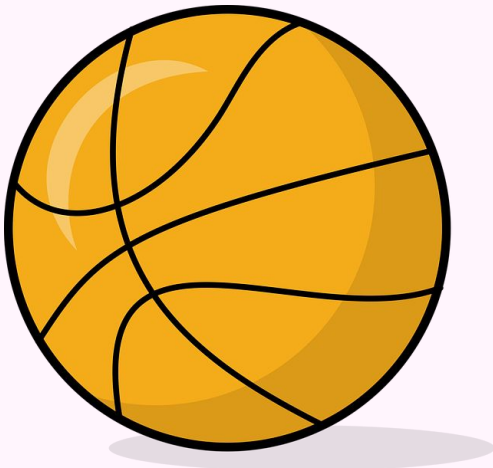




## Netball at Blatch

Well done to our Year 7, 8 and 10 girls netball teams who had a winning start to their season against Hove Park last term.

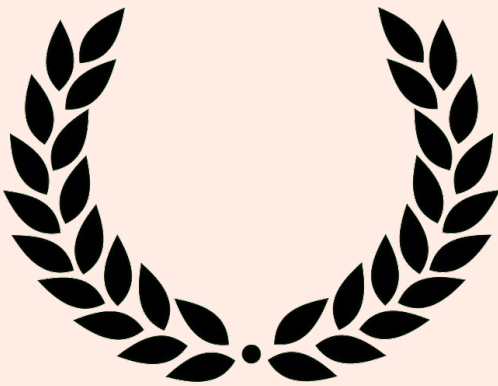
The 8A's won 9-0, and the 8B's settled for a 1-1 draw. The year 7 yellow team won 5-2, and the red team secured an astounding 18-0 victory. The year 10s also secured a victory. Congratulations and good luck for the rest of the season





## Rugby at Blatch

Congratulations to our Year 8 boys rugby team for winning 20-1 and 10-5 in two matches against Dorothy Stringer last term. They played brilliantly and had an amazing time. Well done, and all the best for the rest of the season!



For many Year 7 girls, it was their first experience of rugby at the Worthing RFC Rugby festival last term. They had a great time and gave it their all as well as being great role models for our school. They're looking forward to the next tournament!

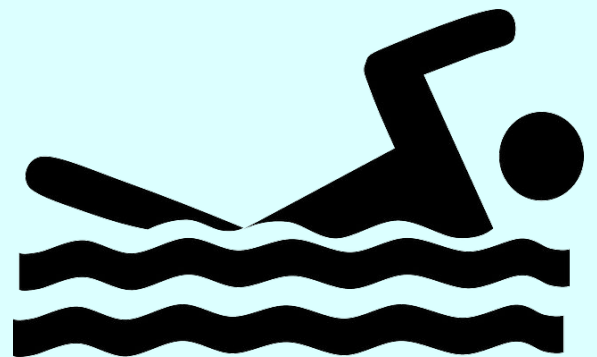
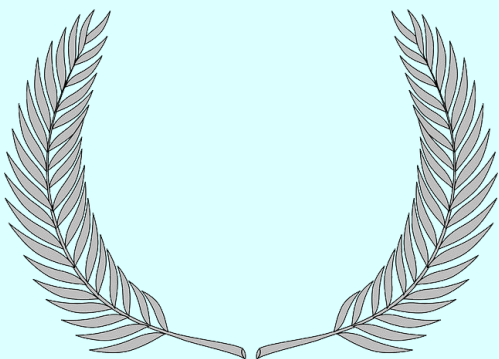




## Swimming at Blatch



Our swimming team did a fantastic job representing the Blatch swimming team at Hurst College last term. They had a lot of fun and did a fantastic job. Congratulations to Betty G and Oliver W, who both finished second in their 100m freestyle races, and well done on a great relay team performance too!







Wellbeing.



## **Screen Time and Solutions**

The internet is one of the best places to socialise with people and to discover many new things. However over the last few years there have been increasing concerns about addictions and long-term use of the internet by young people. Amongst the many concerns, links between declining mental health and use of social media have been found.

Addiction is when you can't stop doing something, to the point of it being harmful. Maybe at first doing that thing felt good and now you keep doing it because you can't stop. Or perhaps you're chasing a good feeling because you're going through something tough. But doing this thing over and over again can harm you and make it a difficult habit to break. The good news is there are things you can do to help yourself recover.

### **How do you know if you've been using the internet too much and are addicted?**

You might have to start thinking about your relationship with the internet and social media if:

- You're spending more time online than with friends and family
- Your use is affecting your work ethic at school
- Your use is affecting mental health and wellbeing (e.g. lack of sleep and exercise etc)
- Your use is a way of escaping your own problems/feelings
- You're unable to maintain daily schedules or routines
- You're losing track of time and spending much longer online than intended
- You're always needing more time online
- You're hiding or being dishonest about how long you're spending online
- You're feeling irritated or unhappy when not on the internet
- You feel guilt or are getting defensive around internet usage
- You're developing physical symptoms (e.g. backaches, headaches, strained vision, or repetitive strain injuries etc)

If you have an internet addiction, it's important to catch it before there starts to be consequences or risks. Teenagers are advised not to exceed a maximum of 2 hours of sedentary screen time per day. However, according to the latest research, teenagers spend an average of 7 hours and 22 minutes per day in front of screens.

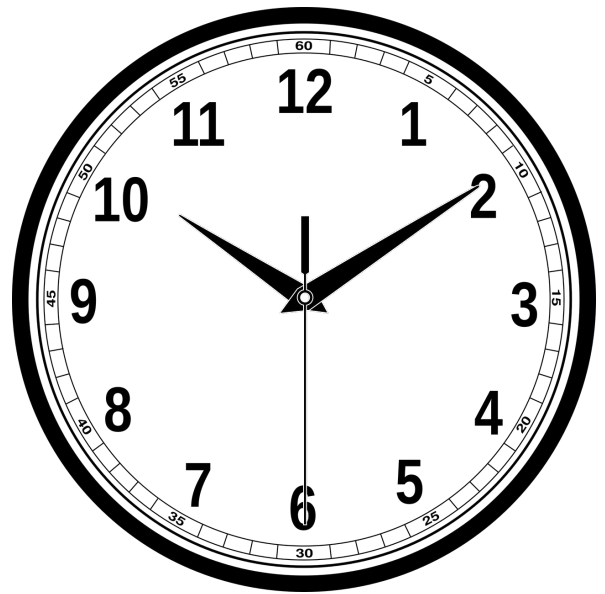


## What you can do to help lower screen time

Many teenagers use the internet as a type of coping mechanism. Digital addictions are not currently recognised by the NHS or World Health Organization, so where can you turn when the scrolling takes over your life?

- Monitor and limit your internet habits.
- Set time limits for usage. Try to shorten your internet sessions. Use external shut down devices on your computer and phone.
- Know how to stay safe
- Talk to a trusted adult
- Young minds has advice [https://www.youngminds.org.uk/media/nkvb\\_qk20/online-safety-updated-feb-2020.pdf](https://www.youngminds.org.uk/media/nkvb_qk20/online-safety-updated-feb-2020.pdf)

Thank you to Ms Broad for advising us :)





# Thank you!

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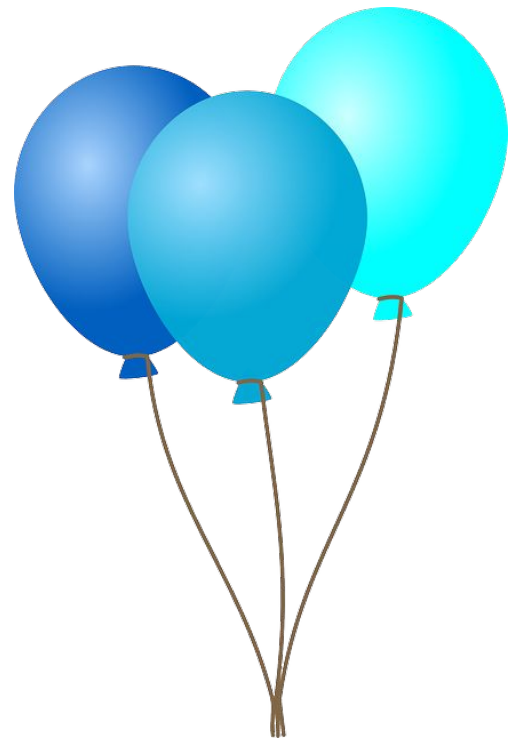
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**Thanks to Pixabay for supplying images**

# Blatch Magazine Policy

These are some of our basic principles we follow to make great editions.

- No plagiarism
- Avoiding conflict of interest
- No defamation
- Being sensitive and inclusive on all subjects
- No fabrication
- No offensive language/ statements of any kind.
- No explicit content
- All images to be appropriately sourced and credited
- All opinions to be qualified/ referenced
- All permissions to be sought for contributions including people who features in photographs

## Style Guide

To make our newspaper accessible and easy to read for all, we have these guidelines.

- Lexend font
- At least 12 point in size
- Articles to be mostly printed on pale colours linked to the relevant section of the magazine