

WESTWOOD CHRONICLES

NEW

TERM TWO

● 31 JANUARY 2023 ●

NEWSLETTER



ARE YOU LOOKING AFTER YOURSELF ENOUGH?

Self-care has been clinically proven to reduce and/or eliminate anxiety, depression, reduce stress and increase one's happiness. It can help you adopt changes, build strong bonds and teach you how to deal with certain situations. It is a reliable medicine for the mind. Knowing that you are worthy of such love can ease one's mind. It also teaches us not to look to others for acceptance. Self-care isn't a specific thing; it can be anything that helps you learn and adopt through life. Additionally, it teaches us how to be different from one another. Keep a free mind and know that it is also okay to be different from one another.

You should know there are three types of self-care:

- Social self-care
- Mental self-care
- Emotional self-care

Social self-care is extremely crucial for everyone. Just making the effort to maintain social connections is integral. This involves being mindful while preventing social exhaustion. Create a timetable for yourself on how much you expose yourself to social media; create healthy boundaries for yourself. Remember you are important to yourself. Love yourself. Look after yourself.

Khadija Razi and Amira Khan Year 9



MINDFULNESS TIPS

ARE YOU SAD?

A tree grows. Develops stems and buds. But where does it all begin? Seasonal depression, also known as (SAD), is most commonly experienced in the cold winter times during the short hours and long thoughts. We begin to be infiltrated by this incurable sadness from this undetectable place. Today I will walk you through the solution to ALL of your winter blues. But first of all, what are the symptoms of seasonal depression? Symptoms can be as follows:

- a persistent low mood
- a loss of pleasure or interest in normal everyday activities
- irritability
- feelings of despair, guilt and worthlessness
- feeling lethargic (lacking in energy) and sleepy during the day
- sleeping for longer than normal
- craving carbohydrates and gaining weight
- difficulty concentrating

The root. The tree stems from the root. All mineral benefits and all incurable diseases stem from the inevitable root. So, what is the root of your depression? You may be thinking...my sadness only relies on the sun or if there is snow falling from the sky (sounds pretty straight forward, right) but in reality, the majority of the time you experience seasonal depression based on a traumatic event that happened during that season. Many describe their seasonal depression occurring during winter months. This can be due to many different things. One of those is the drop of temperature which can be the cause of your low mood - stemming from the lack of vitamin D. To find out more, visit the NHS website! So how can we cure this? Unfortunately, there is no pill to cure this sadness. The effective cure is to be loving & kind to yourself. There are different ways to do this. Ways to help ease your pain whilst experiencing seasonal depression:

- try to get as much natural sunlight as possible
- make your work * home environments as light and airy as possible
- sit near windows when you're indoors
- take plenty of regular exercise, particularly outdoors and in daylight - read more about exercise for depression
- eat a healthy, balanced diet
- if possible, avoid stressful situations and take steps to manage stress

Well, I hope this news takes you out of your blues! (If your symptoms worsen, do not hesitate to visit your GP)

Fathima Hussain Year 9

Love Yourself

WESTWOOD CHRONICLES

NEW

TERM TWO

● 31 JANUARY 2023 ●

NEWSLETTER

MISSING

HAVE YOU SEEN THIS BOY? Friday 6 January 2023

A search went underway to find a missing teenage boy who disappeared from outside of his school, Oasis Academy Oldham. Police became increasingly concerned as more pressure from the community came forward to find the boy as soon as possible.

Mohammad Tahmid Islam, a 14-year-old Bangladeshi male with a dark complexion and light facial hair, is also around 5ft9 in height. Islam was last seen wearing a sky blue Nike Jordan hooded top, black school trousers and black shoes along with a black Nike rucksack.

Islam vanished around 2:50 pm after he did not return home from school. He had been missing for several weeks. Family and friends searched frantically with heavy hearts as the disappointment of his discovery continued.

Eventually, by the Will of God, Islam was found all the way down to London. What many described the young boy as "well behaved", is now safe and sound with his family.

No more information has been revealed.

Maryam Shahid and Hibah Malik Year 8

BOOK OF TRUTH OR BOOK OF LIES? Tuesday 10 January 2023

Spare, the world's number one best-selling book right now, features a pack of bombshell claims about the royal family by Prince Harry - The Duke of Sussex. This comes after an explosive Netflix documentary consisting of serious allegations about royal life. The book Spare, which was released on Tuesday 10 January, provided a deeper look into the life of Prince Harry, the once loved favourite of the nation. The Duke of Sussex tells all about the disappearance of our beloved Lady Diana. In an extract, the royal made an accusation that Prince William, his older brother, "physically attacked him" after labelling Duchess of Sussex, Meghan Markle as "difficult" and "rude". Evidently, Spare will forever change the reputation of Prince Harry and his wife, Meghan Markle. Will you be reading it?

Madiha Zazai Year 8

ANNOUNCEMENTS AROUND THE GLOBE

SHADY SHEHBAZ VS INNOCENT IMRAN FRIDAY 27 JANUARY 2023



On 10th April 2022, Imran Khan lost his job as the Prime Minister of Pakistan. He was succeeded by Shebaz Sharif. Shehbaz and his family were sent into exile in 2007. The Shehbaz family have committed many atrocities and crimes over the last decade.

Later on that year, on 3rd November 2022, Imran Khan was shot in the left leg in Wazirabad. The person accused of this crime is Muhammad Naveed. Six days later, he was interviewed by Piers Morgan about the danger of his assassination attempt. Another rumour says Khan's assigation was paid thousands of dollars by Shehbaz. Additionally, journalists have faced hardship from speaking up about Shehbaz's crimes. Numerous protests have come from this incident, causing an uproar across the world. One journalist even reported, "I was walking along the streets of Manchester, going for dessert, I saw so many protests in solidarity with Imran Khan."

What will be the fate of the Pakistani government?

Yousaf Mushahid Year 5

HAVOC WITH HER HIJAB Thursday 29 January 2023

Iran is arguably one of the most difficult places to live for women, according to articles. Whether it is their attire, education or lifestyle, everything is heavily controlled by the state. In Northern Western Iran, the policing brigade arrested a 22-year-old named Masa Amini for not wearing a headscarf, also known as hijab.

Eyewitnesses claim that police beat Amini inside their van. The injuries led Amini to enter a coma, which then resulted in her unfortunate death. Since her disappearance, the Iranian state has led an elaborate cover-up of their corruption. First, the police denied assaulting Amini, then they insinuated she had suffered a heart attack. Nevertheless, hundreds of women from around the globe have stood up in solidarity against this oppression. Amini has now become a rallying point in Iran. The world is currently in uproar to raise awareness about women's rights.

Rumaisa Khan Year 9



WESTWOOD CHRONICLES

NEW

TERM TWO

● 31 JANUARY 2023 ●

NEWSLETTER

GETTING BETTER AT BRAILLE Wednesday 4 January 2023

Do you know what braille is?

Braille is the world's most popular tactile reading and writing system. Named after its creator, Louis Braille. It is a combination of raised dots to spell out letters and punctuation. People who have impaired vision read braille with their fingertips and can write using devices such as the Perkins Braille.

Fun Facts about Braille

Did you know that Braille is not a language?
Braille started off as a military code.
Braille takes up more space than the traditional alphabet.
Lastly, there is a special machine that produces Braille.

My Challenge to You

Learn to write your name in the Braille code and try to recognise it by closing your eyes.

Rayhaan Alim Year 6



INFORMATIVE NEWS

MARTIN LUTHER KING DAY 2023 Monday 16 January 2023

Martin Luther King. A noble man, a noble figure, not only a remembrance to all, a saviour too. Recognised for his most well-known speech, "I Have a Dream", at the landmark March: Washington 1963. This hero saved lives and assisted in changing the future. Our future. To commemorate his great existence.

"Martin Luther King Day" (MLK Day) is celebrated to honour King's life and the contributions he made to helping society. People are endorsed to use the day to, "reflect on the principles of racial equality and nonviolent social change espoused by King." The federal holiday is commonly determined by events consisting of marches and rallies, speeches by way of politicians and civil rights leaders. He was one of the most important civil rights leaders of the 20th century. He helped lead the Montgomery bus boycott in 1955 that followed the arrest of Rosa Parks- when she violated segregation laws- as she didn't give up her seat to a white passenger. King advertised the use of nonviolent intentions to carry an end to racial segregation in the United States. He was then awarded the Nobel Prize for Peace for his efforts in 1964. There were many campaigns to create this day into a national holiday. After King's assassination in 1968, the campaign for this day began. President Ronald Reagan signed the holiday in 1983 and soon later on.

January 20 1986, the holiday was first observed. People are extremely grateful due to the blood, sweat and tears King sacrificed for the current living generation. On celebrating MLK Day, some workplaces, schools and other organisations can take the day off to contribute to parades and speeches presented on this special day.

Lubabah Khan



WESTWOOD CHRONICLES

NEW

TERM TWO

● 31 JANUARY 2023 ●

NEWSLETTER

HADITH OF THE MONTH Tuesday 31 January 2023

Do you know the dua to read after drinking water?

Drinking water in three sips is something our Prophet Muhammad ﷺ did and emphasised on.

In a Hadith it states:

Ibn Abbas (R.A) reported that the Messenger of Allah ﷺ said: "Do not drink in one gulp like a camel, but in two or three gulps. Mention the name of Allah (say Bismillah) when you start drinking and praise Him (say Alhamdulillah) after you have finished (drinking)." [At Tirmidhi]

We should always sit down and drink as the Prophet Muhammad ﷺ has told us to do so. There are also many benefits to sitting down and drinking, such as:

- Our kidneys filter better
- Saves us from facing problems with the digestive system. (Standing up and drinking causes it to go down with great force on the lower stomach directly and can be harmful)
- Sitting and drinking saves the muscles and body from being tense. (It makes it easy for the water to go down)

أَلْحَمْدُ لِلَّهِ الَّذِي سَقَانَا عَذْبًا فُرَاتًا
بِرَحْمَتِهِ وَلَمْ يَجْعَلْهُ مِلْحًا أُجَاجًا
بِذُنُوبِنَا

KEEPING UP-TO-DATE

DANGEROUS DEATH DOINGS Monday 23 January 2023

Thousands of medical workers, including call handlers, and paramedics are all on strike over the dispute, that the payoff offer of 4.75% is considered too low for the rising cost of living.

Although the strikes are intended for the greater good of England and its people, they have gotten out of hand. A clearer picture of this would be the ambulance service. People's lives are in danger because they cannot get on ambulances when their condition requires them to do so. This could be life-threatening. Take Martin Clark, aged sixty-eight, as an example. His wife and son had called the ambulance twice and then again for a third time after 45 minutes. They had no choice but to drive him off in the car. After the call handler had told them that an ambulance had not been distributed yet. As soon as they got there, Clark's wife told her husband she loved him, and he soon left the world.

I ask, how would you react if that was you?
I ask what is the government doing?
I ask why are the leaders so quiet?

As you can see, it has been very hard. Women going through labour will be classed as the third sector. In simple terms, not so important. This is all because the government are too lazy to increase pay after everything the NHS has done in Covid 19. All they got was a clap! The strikes are intended for the best, but is that what is happening? Another example would be of a woman who had to take a patient in her Fiat 500 with a portable oxygen machine because there was no ambulance to assist. I understand as a writer and I hope you do as a reader, that those yellow rowdy poses play an integral part.

Eimaan Bibi Year 8

