

The Power Of Ten Climate Festival

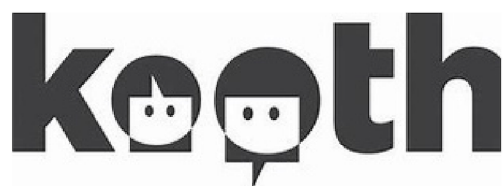
On Friday 23rd February, myself and 19 other students from both the student council, and the grow club, went to Rheged at Penrith for a Climate festival led by Amy Bray and her charity Another Way. **What is a Climate Festival?** A climate festival is an opportunity for people who feel passionate about climate change, to come together, learn, and to feel empowered to take action. Throughout the day at Rheged, we took part in a range of workshops including: Communicating Climate Science, Creating Successful Campaigns, Poetry for our Planet, Why speaking to our MP matters. I spoke to Matilda.B in Y11 who is our Regional Representative for climate action at Cockermouth School. She told me that she really enjoyed the festival. As a Regional Rep, her role involved testing the Power of 10 app prior to the festival and she attended regular meetings to give her feedback. She also helped out during the day. **Changes our school can make.** When I asked her how we could apply some of what we learned from Amy within our school, Matilda said: "I would love to see more environmental education implemented into the school to encourage a more sustainable ethos, and I would also like to prioritize focusing on reducing our plastic waste within the school." I agree with Matilda, and I think having a separate bin for plastic waste in the canteen would be beneficial for minimizing the vast amount of plastic we consume as a school, every lunchtime. **What can we all do to help?** One way Matilda suggested, was switching to refillable water bottles. If we decrease our use of single use bottles in the canteen, this could really reduce our plastic waste. Matilda also said: "We should try to think about how we are impacting issues such as global warming and the decline of biodiversity on a daily basis." **Want to find out more?** At the festival, we were introduced to Amy's website, "The Power Of 10." Here you can find lots of great resources and information to help you get involved and take action. There is also a community space on the website to chat with other campaigners and discuss ideas. **To find out more visit:** <https://powerof10.another-way.org.uk/> Overall, I think the Climate Festival was an inspiring experience for the students involved, and was a thought provoking day.

By Grace Hill (Yr7)

Kooth

As part of enrichment, students in Sixth Form can become a 'Kooth Champion' which prepares students for tackling mental health issues by taking part in various training sessions. Each term the 'Kooth Champions' are given a task to do by the Kooth team. For our first task, we were challenged to raise awareness of Kooth in school by creating our own Kooth accounts. To do this, we participated in assemblies to each year group, demonstrating what Kooth is and how it can benefit mental health, whilst increasing our familiarity with the website also.

Another role the 'Kooth Champions' take on in school is the 'Walk and Talk' program. This is where students who feel they need to talk to someone else for advice can talk to a student who can listen to their concern, which is beneficial in situations where they may not wish to speak to a teacher, but still need advice.



Finally, the 'Kooth Champions' are also focusing on the running of the 'Red Line Project'. This is a project which raises awareness on sexual harassment in the school environment and aims to prevent it. At the end of February, we participated in several assemblies which raised awareness on this behaviour, predominantly focused on the language used in school. A survey has been sent out from years 7-13 to obtain information about people's opinions on sexual harassment and the language used in school. Once we have analyzed the results, we hope to participate in further assemblies to show our findings and hopefully construct an environment where this behaviour is not tolerated.

By Eve Millington (Yr12)



Red Nose Day (Y7)

There was a lot of anticipation leading up to Red Nose Day in Year 7 in particular, because of the prospect of the funfair held at lunchtime in the yard. To help raise money for Comic Relief, Mr Woodcock (Head of Year), with help from some volunteers, set up some fun and exciting fairground games to be played throughout lunch. Some of these included: Bottle Flip, Crossbar Challenge, Hook the Duck and many more. Almost all the students in Year 7 participated and helped to contribute £827.61 to this amazing charity.

With lots of people wearing their Red Noses and writing in red pen for the entire day, along with other activities going on at lunchtime, the Year 7 community all helped to make this day a complete success.

By George Watson (Yr7)



Tree Planting

One of the projects that the student council has worked on with the grow club is planting trees. Why do we need to plant trees? We need to do this because when you plant trees, it can make schools greener and improve and make a difference in the wider community. Planting trees around the school grounds can give many chances for wildlife to thrive around the area, enabling us to have an eco-friendly environment for us all. Trees and hedges provide homes and food for animals, and small animals can spread seeds to plant more. Trees absorb carbon dioxide (CO₂) and release oxygen into the atmosphere, combatting climate change. We helped this process by planting more.

By Hollie Hodgson (Yr7)

Cockermouth Charities Week (15 - 19 July)

We will be looking at events to raise money for Cockermouth Community charities week.

Leadership Workshop

As part of the leadership program, the student council had 2 leadership workshops from an organization called the Centre for Leadership Performance. The speaker, Nicola Woolley, gave engaging and informative sessions on leadership. The first session described growth mindsets and fixed mindsets in leadership. There was also useful training on resilience and leadership styles. Members of the council worked in small groups to discuss and deliberate a variety of leadership issues. The second workshop focused on how to empower others, we worked on creating our vision for the school council. The sessions were extremely rewarding and well received by the council.

*By Lucy Reeve and Nils Muldoon
(Yr7)*

Summer term focus

Sustainability Campaign Launch

See Mrs Tinkler in T6 for more information on this and to get involved with our Climate Action work.



Red Nose Day (Sixth Form)

The Sixth form took part in various activities, such as our Red Nose Day themed quiz, written and presented by Patrick Williams and Billy John. Year 13 students competed against Year 12 on a range of topics all related to Red Nose Day. Unfortunately, Year 12 lost 10 points to 6; congratulations to year 13 on a tremendous victory. On Friday, we could wear red with the donation of a pound, and we had the annual exercise bike race which was, again, year 12 verses year 13 with a 10-minute slot on the bike to go as far as you could during your session. So, the bike race began, and after the year 12s were losing drastically, we realised that there was an issue with the year 12's bike this was that the bike was in miles unlike year 13's bike which was in kilometers! After an intense battle all day, it came down to the last few pedals, where year 12 triumphed by just under 3 kilometers. This win evened out the scores from the quiz after two great days for all of sixth form.

By Patrick Williams (Yr12)