

Sample  
edition...more  
coming soon

DECEMBER 2020

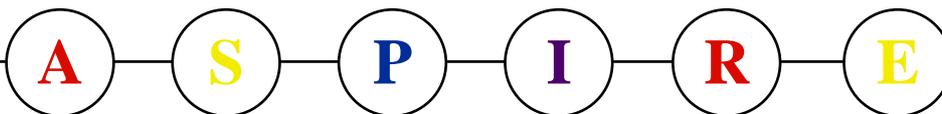
# Walton Times

*For the Students: By the Students*



## Well-being at Walton-le-Dale

With the Coronavirus (Covid-19) Crisis forcing England into a second lockdown, anxiety is becoming an increasingly common problem amongst students and adults alike all across the country. Most people will be experiencing more difficulties as this continues, which is why Walton-le-Dale is doing something to help. *Find out more about the well-being garden on page 2.*



As everyone continues to live a little differently, being aspirational has become even more important than ever.

Turn to page 3 to find some ways to be aspirational even throughout these difficult times.

## YOUR SCHOOL NEWSPAPER NEEDS YOU!

An editorial team is currently being assembled at WLD to produce the first student newspaper. If you would like to be involved, contact any of the English department or Miss Knowles (our school librarian).

## COMPETITION

Email Mrs Long if you have any good ideas for a newspaper name. The winner will have their name used for the first ever edition of the newspaper.



## Well-being Garden at Walton-le-Dale

By EMB

Anxiety amongst students and staff alike has always been a common problem in schools all across the UK, but with the current crisis, things are beginning to get a lot more difficult. Not only has Covid-19 brought changes to everyone's usual way of life, it has also brought a wave of panic and stress with it. 'How can we conquer that?', you may ask.

Here at Walton-le-Dale, we have found a way. Towards the right of the school's car park, a well-being garden is currently being: a tranquil place for those who are feeling worried to go and spend some time.



The garden is being designed by students, which allows them to unleash their creative side in helping the school's environment to become an even nicer place to be.

**“a tranquil place for those who are feeling worried”**

Additionally, unwanted items are being upcycled (tyres, etc) that otherwise would contribute to the plastic pollution of planet Earth by turning them into decorations for the garden. This is a brilliant reminder that you can always use what you have to create something beautiful!



## HOW HAS THE CORONAVIRUS CRISIS AFFECTED US?

Here at Walton le Dale, we are keen to help and support one another throughout these difficult times. We have a team of specially trained Mental Health Ambassadors who are looking to recruit students from different year groups. If you would like to be involved, please message Mrs Shaw (Head of Indigo section) or Mrs Sweeney (PE Teacher).



## Crumbly Christmas Brownies

If you have some time and a little money, why not treat you and your loved-ones to a Christmas treat? Daisy's Christmas Brownies are easy-to-follow and delicious on a cold-day. Perfect with a mug of steaming hot-chocolate.

### Ingredients

- 275g Margarine
- 375g Granulated Sugar
- 4 Large Eggs
- 85g Sugar and Crumbs
- Natural Flavoured
- Cocoa Powder of your choice
- 100g Plain Flour
- 100g Chocolate Chips
- 100g raspberries

### Method

1. Mix margarine and sugar until incorporated and light and fluffy.
2. Add eggs, mix in.
3. Add flour, sugar and crumbs, natural flavoured cocoa powder and half of the chocolate chips. Mix until combined.
4. Line or grease a rectangular baking tray (24 x 33cm) approximately.
5. Pour the mix into the baking tray using a spatula to even the mixture in the tray. Sprinkle over the remaining chocolate chips.
6. Bake in the oven at 140 C, 275 F, Gas mark 1 for 25 to 40 minutes depending how soft and gooey you want them. Don't worry if really gooey, just leave them to set over night. Please note it will rise then fall!
7. It's cooked when it's browned slightly and starts to crack.
8. Leave in the tin for 5-10 minutes to cool then place on a wire rack to cool before slicing.

