

SpaceX Successful Launch:

On the 5th May, SpaceX managed to finally land their reusable Starship prototype after having 4 failed attempts dating back to July 2019. All the previous prototypes launched but all of them failed when trying to land. Nasa has also now accepted the model to carry its astronauts to the moon scheduled for around 2024.

Elon Musk (the owner of SpaceX) set up the brand in 2002 and his mission is to enable a human to land on Mars. So far, he has made numerous models that have been successful since the start of the brand and many more that have been unsuccessful. However, his progress is being slowed due to his absorption into another one of his brands which is more well known called 'Tesla' which is a

sustainable energy-focused brand most well known for its electric cars. Musk is still competing with Jeff Bezos for the richest man in the world and this is mainly due to Tesla and its growth projections as well as its popularity rising.

Musk is not slowing down despite juggling even more than these 2 businesses mentioned and is known by his staff to work up to 120 hour weeks. This is a staggering number compared to the average employed person working 43 hours a week in the UK. He lives on his infamous quote, "No matter how hard you work, someone else is working harder." This emphasises his motivational and strategic way of thinking and is also inspiring to all who are in awe of what he has achieved and what he will achieve in the near future.

K. Callanan

Sir David Attenborough: an inspirational environmentalist

Sir David Attenborough is a blinding light in the world of natural wonders. A leading naturalist and pioneer, he has shown millions incredible sights and sounds of our 'Blue Planet'. He has brought the rarest mountain gorillas and creatures from the depths of the oceans into our homes and transfixed us in stories such as an octopus' attempt to camouflage itself.

Sir David, in recent years, has been a fighting campaigner to stop climate change. He has previously said on the heated topic that "We don't seem to be acting very quickly. I'm sure things are going to get worse before they get better, if they get better.". In 2019, he made a documentary titled 'Climate Change - The Facts', which aimed to educate those who did not understand the devastating impacts climate change will ultimately have. The one hour film explored in depth what future years have to come and held interviews with some of the world's leading climate scientists, who explored recent extreme weather conditions such as catastrophic wildfires in Australia. Many, after watching the documentary, reported how shocked they were at how fast the globe is heating up and hoped for a more positive future than the documentary suggested. Attenborough

said that 'this was the last chance to address climate change'.

The Environmentalist turned 95 on the 8th of May, reaching the halfway point of his tenth decade, having spent the majority of his life travelling, exploring all of the natural world. Most Climate Change activists have not yet reached 50 - they have the rest of their lives ahead of them and the effects of a two degree increase in temperature will affect them greatly. But Sir David unfortunately does not have long left, so why is he making such an effort to educate the public and reverse the effects of climate change? He has said himself that he has been extremely lucky to have experienced the world as it was, seeing species that have now gone extinct and managing to travel all over pre-covid times. A dream that he once had was to go back to the world of his early adult life, and as that now does not seem possible, David wants to give younger generations the experience of the Earth that he had as far as possible.

There is a 77 year age gap between Greta Thunberg and David Attenborough, yet both are extremely passionate about the climate issue. In April, the two collaborated on a documentary entitled 'A Year to Change the World'. The 95 year-old said in this that his 'generation has made a mess of things. [They] knew what was happening and yet did nothing about it.' But Greta, by starting her movement of striking school every Friday for the cause

'has brought hope', seeing that her generation will be the 'one that has to deal with the big mess'. The impactful duo discussed how younger people are speaking up and making changes, but it is the older generations who need to be active in this crisis, as 'we need everyone'.

David Attenborough has been an inspiration for all throughout the entirety of his life. I'm sure there is a young David Attenborough somewhere who will follow in his footsteps and bring the world back to its original glory. He has told us what the problem is. It is up to us now to fix it.

Z. De Waal

Mental Health Awareness Month

Last week was Mental Health Awareness Week and as you may have heard, the theme for this year is Nature. However, **May is Mental Health Awareness Month**. So why not find out more about a mental health illness you have not yet heard of? You can use the MIND website to do so. Just a few examples of the mental illnesses that are not spoken about as much include... Schizoaffective Disorder, Borderline personality disorder (BPD), Bipolar disorder and Obsessive-compulsive disorder (OCD).

Our aim as Mental Health Ambassadors is to encourage our school community to talk about mental health whenever we want to; not just during Mental Health Awareness Week.

We hope you were able to spend some time outside and have a look at the slides and activities we had prepared for Mental Health Awareness Week. If not, please read this week's edition of the MHA NewsTues as it will be a quick recap of the slides and activities. Thank you!

We are currently looking for more students to join our team! If you are interested, please email Miss Martos (c.martos@stmaryleboneschool.com).

Z Soni and M. Soni

The connection between mental health and nature

Research has shown that your wellbeing can be affected through nature- social, mental and physical behaviours. For example, doing things like growing food or flowers, exercising outdoors or being around animals can have lots of positive effects.

An experiment by Mike Rogerson and his team working with the Wildlife Trust found out that 95% of study participants with low wellbeing at the start reported an improvement in six weeks, which increased further over the next six weeks. The mental wellbeing of all participants improved significantly over a period of 12 weeks. This experiment shows us irrefutable scientific evidence that the brain reveals patterns of relaxation when in a green environment.

To celebrate, on 8th May, broadcaster, naturalist and national treasure Sir David Attenborough turned 95 and he released some pictures of his relationship with nature. For him, as for many others, nature is not only about beauty, but about learning, health and love.

In this short video - [Sir David Attenborough on Mental health and Nature](#), he discusses

ways that nature has been shown to improve mental health, how nature has helped him during stressful times, and suggests ways that people can better connect with nature. If you can, ask yourself the following questions while watching it. Do you agree with the video? Can you think about a time when nature helped you?



What can you do to be more connected with nature?

1. Go to your local park and go for a walk, this is a wonderful way to get fresh air
2. Interact with wildlife rather than staying indoors (could be something simple like feeding birds but it could make a big difference)
3. Plant a tree or grow some vegetables in your garden
4. Play sports or exercise outdoors whenever you can

5. Meditate outside
6. Do your homework or revision outdoors if you can

Year 7 Ambassadors - Anahi , Biba & Esme

Mental Health Awareness Quiz

The Y10 ambassadors; **Anisa, Lea and Mennah** have created a short quiz that aims to spread more information about mental health and spark some discussion. People with mental health disorders say that the social stigma attached to mental health and the discrimination they experience can make their difficulties worse and make it harder to recover.

Try the 10 questions below to check your knowledge on mental health around the world and click here for the answers!

1. What proportion of people with mental health problems experience stigma?
a. 10% b. 50% c. 90%
2. How many people are estimated to have experienced a common mental health problem in the UK in the past week?
a. 1/100 b. 1/50 c. 1/6
3. What fraction of the world's children and adolescents suffer a mental health disorder?
a. 1/10. b. 1/5 c. 1/2
4. Half of mental disorders begin before which age?
a. 11 b. 14 c. 25
5. People with severe mental disorders die how many years earlier than the average?
a. 2-3 b. 4-5 c. 10-20
6. What fraction of adults with a mental health problem are getting some form of treatment?
a. 1/8 b. 1/2. c. 1/40
7. How many times more likely is someone who identifies as LGBTQIA+ to report having a mental health problem in England?
a. 2.5 b. 3 c. 3.5

8. What percentage of adults don't know the warning signs and red signals of mental health problems?
a. 56% b. 38% c. 26%

9. How many million people does depression affect?
a. 400 b. 264 c. 92

10. Which of these famous historical figures experienced mental health conditions?

- a. Abraham Lincoln
- b. Winston Churchill
- c. Florence Nightingale

Wellbeing and Self-care

What is mental health?

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Everyone has mental health and we need to learn how to take care of ourselves and our mental health.

Why should we look after it?

Imagine you are using your phone and you get an alert that its battery charge is on 20% but you ignore it, then 10% then 5% and finally 1%. And at the last second, as it is about to die you

rush to find your charger. Mental health can be like this, sometimes we ignore our mental health deteriorating but only seek help when we are at your breaking point (everyone has different breaking points and boundaries). However, we shouldn't treat ourselves. that way. It is important we take care of and check in on ourselves often.

Year 8 ambassadors: Mia and Myra

Mental Health Awareness Month - Art Competition

As the theme was nature, Year 12 Ambassadors (**Freya and Zoya**) have created an Art competition. Please have a look below if you are interested in taking part. You don't have to be an artist to submit a piece! We have extended the day that pieces have to be submitted by to **Monday, 24th May**.





Mental Health & Nature

- This year the theme for Mental Health Awareness Week is Nature
- Spending time in nature has been found to help people cope with the symptoms of mental health problems including [anxiety](#) and [depression](#)
- E.g. research into [ecotherapy](#) (a type of formal treatment which involves doing activities outside in nature) has shown it can help with mild to moderate depression



- **Time in Green Spaces** You could try going outside for a walk in the park this week or even spend some time outside during lunchtime!
- **Nature in Cities**
- **Staying Active**
- **Relaxation & Mindfulness**



How to take part:

- As part of the activities planned for Mental Health, the Mental Health Ambassadors have organised an Art Competition!
- Create a piece of art that reflects to you **how nature can make us feel**. It doesn't matter how good you are at drawing! It could be **any form of artwork** you like... a sketch of your surroundings, a poem or even a song
- Along with this, you could add **1 or 2 sentences to describe how nature made you feel**
- Please submit your entries to Ms Martos (c.martos@stmaryleboneschool.com) by **Monday, 24th May**

The only rule of the competition is to enjoy completing it! :)



Why is meditation good for you?
Meditation is a good way for you to calm your mind and head and it makes you calm down. The benefits don't just end when your meditation finishes it stays with you throughout the day. It helps you have a good attitude and concentration during the day. It has been scientifically proven that meditation lowers stress levels, improves concentration and can reduce symptoms of anxiety and depression.

Did you know there are many types of meditation such as:

1. Loving-kindness meditation
2. Body scan or progressive relaxation
3. Mindfulness meditation
4. Breath awareness meditation
5. Kundalini yoga
6. Zen meditation
7. Transcendental Meditation



well-being so below there are a couple of small meditation activity attached. Pick one or two of them to do together as a form or even do all of them if you have time.

- [Headspace | Mini Meditation | Let Go of Stress](#)
- [5-Minute Meditation You Can Do Anywhere](#)
- [Short Guided Meditation for Anxiety | Calm Your Mind](#)
- [Wake Up Morning Meditation – 5 Minutes of Gratitude to Start Your Perfect Day! \[2021\]](#)
- [4-7-8 Calm Breathing Exercise - Relaxing Breath for Beginners | Hands-On Meditation](#)



Thank you for reading this week's edition. We hope you found it helpful. Best of luck to anyone who has any upcoming exams or assessments, be proud of all the work you have done. Have a lovely week!

Please feel free to contact the Mental Health Ambassadors using the email below if there are issues you want to discuss, learn more about or if you have an idea for a Feel Good Challenge. Thank you!
c.martos@stmaryleboneschool.com

- [Headspace on stress](#) - there are loads of other Headspace meditations on Youtube to explore if you don't have Netflix
- [Guided meditation to build resilience](#)
- [Resilience exercises you can facilitate](#)
- [Ted Talks](#) - there are so many to choose from
- Anna Freud website: suggestions for self-care strategies: <https://www.annafreud.org/on-my-mind/self-care/>
- Youngmind: general information about all related to Mental Health <https://youngminds.org.uk/>

Seeking mental health support

Text **YM to 85258** for free 24/7 support across the UK if you are experiencing a mental health crisis.

All texts are answered by trained volunteers, with support from experienced clinical supervisors.

Your online mental wellbeing community

kooth.com

Including online chat

Talk to a trusted adult:

Your **tutor** is always a good place to start. We also have counsellors, your Head of Year, your Director & Deputy Director of Sixth Form, Father Jack. If you need some support, you can talk to any member of staff.

Hello
my name is

THE MIX
Essential support for under 25s

THE FEEL GOOD CHALLENGES OF THE WEEK!

Pick one to do or, try and do all three to be a feel good master!



Go for a walk. Not only could this help lift your mood, but it is also a great form of exercise and physical activity. During the walk, why not listen to your favourite songs!



Find out more about a mental health illness you have not yet heard of. You could use the MIND website to do so. For example, schizophrenia and borderline personality disorder (BPD).



Take part and submit an entry to our Mental Health Awareness Month Art Competition! Information on this is available above :)

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0800 7...
Friendly
Talk to us on
0808 801 0400
Helpline Open Monday to Friday, 9am to 9pm
Calls to Mermaids are confidential and any details recorded will not be shared

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