

The Sexeian

February 2020

Brought to you by Sexey's
student magazine team

WHO WILL
BE YOUR
VALENTINE?

Support our
campaign against
loneliness

WORK
EXPERIENCE 101

Read our top tips
for organising
your placement

Plus:

MINDFULNESS COLOURING
PRIZE CROSSWORD AND MORE!



WELCOME

from the editorial team

Hello, we are the editorial team of Sexey's School magazine: Emily, Daisy, Imogen, Izzie and Erin. Welcome to the latest edition of The Sexeian!

This month, we've been struck by the statistics around loneliness and have been raising money for the charity Mind by selling roses for Valentine's Day. See our tips for combatting loneliness on page

Meanwhile, it's work experience season for Year 10s at the moment. Read all about how we've found the process on page

Enjoy!

CONTENTS



Interviews

- 3-5 Focus on loneliness:** Alarmed by the statistics of young people affected by loneliness in the UK, we started a campaign in school to raise awareness and provide advice on what steps to take if you're feeling lonely this Valentine's Day

Features

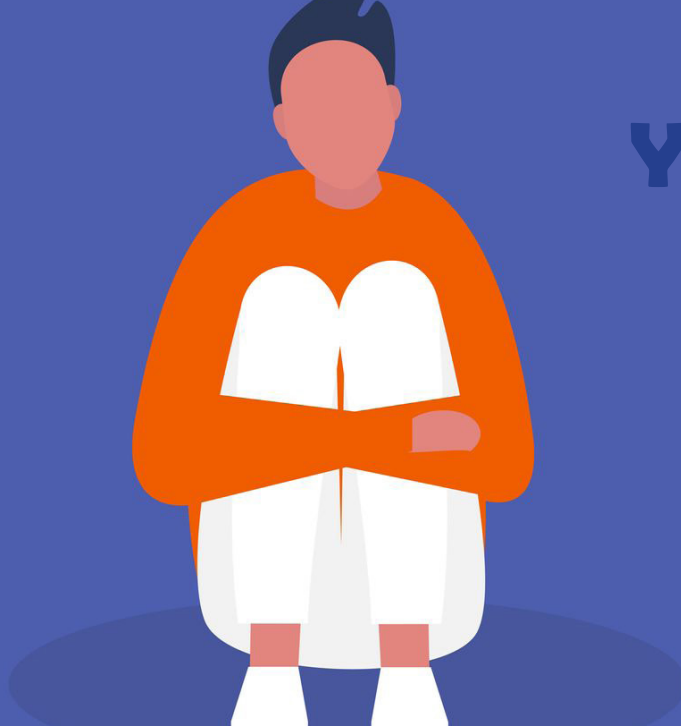
- 6 Jobs!** We talk all things work experience with top tips for starting to arrange your placement
- 5 Mindfulness** Complete our roses colouring page for a moment of calm this half term holiday

Crossword Corner

- 12 Battle your wits** with our prize Cupid crossword - will you be #1?



Feeling lonely?



You're not alone

Reporting by
Izzie Love

In the process of researching this issue of the School magazine - a Valentine's Day Special - we were struck by the huge number of people affected by loneliness in the UK.

A 2019 survey by YouGov of more than 2,000 UK adults found that 31 per cent of 18 to 24-year-olds said they felt lonely often or all the time (compared to 17 per cent of over 55s).

This got us to thinking about our school community - if a third of us could be affected by loneliness when we leave school (if not already), then now is the time to raise awareness and learn

some ways in which to combat loneliness.

First, we decided to sell roses for Valentine's Day, partly to raise awareness, but also to contribute to a local charity in aid of preventing loneliness.



interactions they need. So we thank all of you who have helped with our fundraising by buying a rose to send to your special someone to make sure they don't feel alone this Valentine's Day.

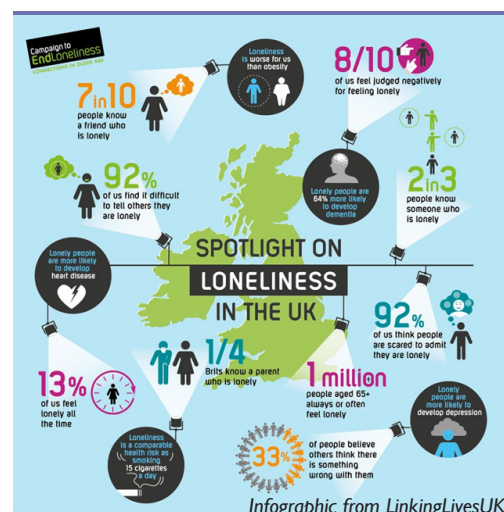
Secondly, we spoke to Mrs Lesley, our Health Centre Manager and trained counsellor, for her tips and thoughts on what we can be doing to combat loneliness in ourselves, and how to support others.

You can read this interview on the next page - we hope that you find it useful.




The charity is called Mind (www.mind.org.uk) and their work is devoted to helping people improve their mental health and well-being.

Especially with Valentine's Day approaching, many people may feel unloved, alone or sad. The work of Mind charity will make sure these people will get the support, help and social



FOCUS ON LONELINESS



Alarmed by the statistics around the number of young people experiencing loneliness, we wanted to find out ways in which we could try to combat it. Here we speak to Mrs Lesley, trained counsellor and our Health Centre Manager, for her top tips and advice.

Reporting by Imogen Martin

What should we do if we start to feel lonely?

Well first of all, you can think about who you know - start connecting with other people. Try and focus offline. Can you think of other people you know who might be feeling lonely too? An elderly neighbour perhaps, who might like some homemade cookies bringing round? A friend from school who you wouldn't usually invite out? Often if we think about making someone else's day, it can help with our own sense of loneliness.

Where can you go if you feel lonely?

There are lots of places. Look around the school community - have a look at the clubs list for after school and try something new. Talk to your friends. Go and see the pastoral team - they are there to help and will have lots of resources to look at. Try a new team sport - exercise can really help with mental health. There's also the Health Centre - our clinic times are 8am, 11am and 12.30pm.

Why is loneliness a problem?

It's not a new problem, but I would say that the hype around being in a 'couple' or relationship is much more in our faces now. It's easy to think that everyone else is out having lots of fun when we look at Instagram or Snapchat when we're stuck indoors on a Saturday night! But just remember that the person we present on social media is not a true reflection of our whole lives and everyone experiences moments of being alone. It's not just you! Learn to enjoy spending time with yourself - think about what you love to do and treat yourself. After all, the person you spend most time with is you.

Mrs Lesley's Top Tips for Combatting Loneliness this Valentine's

- 1: The person you spend most time with yourself is YOU** - think about what you love and spend Valentine's focusing on doing that. Perhaps it's exercise and going for a long walk. Perhaps it's catching up with your family. Perhaps you'd really like a bunch of flowers and a nice meal - why not learn to cook something new and invite a friend around to try it? Valentine's roses are a snip of the price the next day - you can take advantage of that and treat yourself!
- 2: Do something nice for someone else:** When we compliment others, or do things that we know will make others feel loved, we often end up feeling better ourselves.
- 3: Notice things in nature:** we're often so busy being caught up in our lives that we forget to look around us. We live in such a beautiful part of the world - can you discover something new?
- 4: Remember that Valentine's Day is just another day.** It can be easy to blow it out of proportion!

Colouring for Mindfulness





Work Experience: What will you do?

Reporting by Emily Dillon

Work Experience. We've all heard about it, but what is it?

According to Gov.uk, 75% of work experience participants said it provided them with new skills and increased their pay conditions.

We are the first year tens in around a decade to do work experience with the school at this age (it is normally done in year twelve). While it does look very good on your personal statement, it can be a struggle for younger students to find a placement.

Based on our experiences, we wanted to write this article to help those of you coming in to year 10 next year - or even current year 8s - to start thinking about work experience early. A bit more preparation would really have helped us.

For example, you might need to look into your placement early. We've found that places like aquariums and vets are always very popular, so it can't help to try to get a place early - even if you are still in year nine! When we applied, they told us that places had been booked over a year in advance. Register your interest now!

Some professions can also be harder to find work in - I tried to do a placement with a solicitor, and I found that every single one was unwilling to give me a place. This could be to do with the insurance required, or perhaps the time it involves to support a work experience student. Talk to Mrs Watson, our Careers Advisor, about the kinds of industries that realistically will take a student at Year 10.

Daisy found that her own connections were the best way to get work experience.

She found a placement with her Aunt in London. It can't hurt to see what your parents, siblings and other family members do and whether you think you would be interested. It also has the added bonus of easy transport - you can travel with your family to and from the placement, saving time, money, and emissions.

Talk to your friends - they'll be struggling too. Perhaps you could think about starting your own business venture!

We'll report again once we have completed our work experience placements and can give more advice on what it's like to actually do them.

The following page has some of our top tips for arranging work experience... good luck and happy hunting!



TOP TIPS

COMPILED
BY EMILY
DILLON

THINKING ABOUT WORK
EXPERIENCE FOR THE FIRST
TIME? LET US HELP YOU OUT
WITH THESE TOP TIPS



THINK *about what's relevant to you*

What subjects do you like and are you good at? This can be a great way to find out about a profession. And think laterally - if you like English, but can't get a job in journalism, how about trying a PR agency, or writing for a legal adviser?

2

MAKING CONTACT

Remember to keep your emails formal and polite. Tailor them - why do you want to do work experience with them in particular?



START EARLY

We can't stress the importance of this enough. Often placements get booked up months in advance - and of course, applying early looks keen and makes a great impression!

FIND *something new*



Don't be afraid to try something you're usually unsure about! The great thing about doing work experience when you're in Year 10 as well as Year 12 is that you can try new things out! Maybe you're not a massive STEM fan but don't rule out something like software engineering - you might find out that when science is applied, it's actually lots of fun in the workplace!



Don't give up!

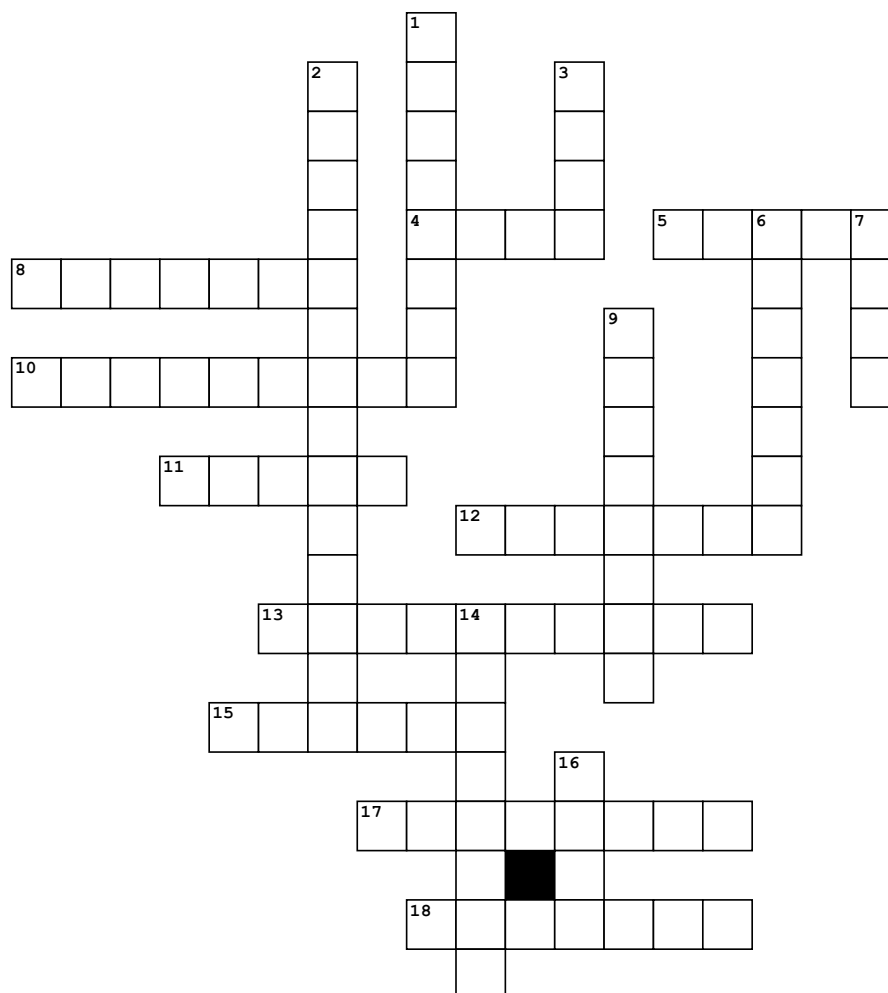
We've had lots of rejections because of companies not offering work experience. Keep trying - there'll be something out there for you! Have you looked at your friends and families' contacts?



Cupid's Challenge

compiled by Emily Dillon

Can you complete the crossword? Send in your answers to schoolmagazine@sexeys.somerset.sch.uk and the first correctly completed entry that we receive will win a prize!



Across

4. Zero or nil in tennis (4)
5. Roman god of love (5)
8. The noise a ghost makes and the 11th letter of the alphabet (7)
10. Dogs cannot eat this! (9)
11. The food that never spoils (5)
12. Anagram of 'Tim sent' (7)
13. Translation of 'petite amie' (10)
15. Celestial winged being (6)
17. If you are born on February 14th, what star sign will you be? (8)
18. Anagram of 'serpent' (7)

Down

1. Anagram of 'even pole' (8)
2. Third century Roman saint (5,9)
3. To get up from a lying or sitting position (past) (4)
6. _____ fruit (7)
7. The only bird that doesn't have to lift its head to swallow water! (4)
9. How many sides does a cuboctahedron have? (8)
14. In Old English this word translates to 'solmonath', or 'mud month' (8)
16. The Greek god of love (4)

Enjoy!

www.sexey.somerset.sch.uk/extracurricular/school-magazine

