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POST



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LEARNING TRUST



Brain Tumour
Research
TPLT charity for
2021/22

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Issue 11, Spring 2022

NEWS THAT'S GOOD FOR YOU



LIGHTING UP THE WORLD

By Josh, 16, Olivia, 11, Lewis, 14, Archie, 14 Jill Dando News

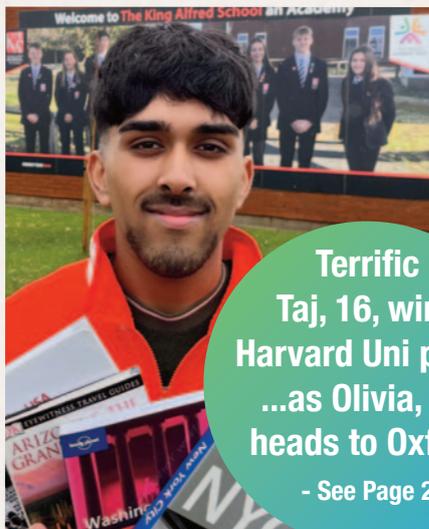
Young people have sent out a BIG hope-filled message – good news wins.

They say there is more good news than bad with acts of kindness, charity, success, grit, inspiration and hope lighting up the world.

We have over 100 Jill Dando News reporters finding positive stories near YOU and worldwide.



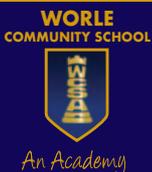
Potential
British Swimmer
Izzy, 14 sets
sights on 2024
Olympics
- Full Story Page 4



Terrific
Taj, 16, wins
Harvard Uni place
...as Olivia, 16,
heads to Oxford
- See Page 2



Super
Kira, 13,
wins prestigious
Oxford Uni
scholarship
- Full Story Page 8



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FED UP OF ALL THE BAD NEWS? WE ARE.

By Josh, 16, and Tamsen, 14, Student Editors

With current world news and so many people needing help with their mental health, it's more important than ever to highlight good news.

There is far more good news around than bad in our communities. Jill Dando News exists to spread stories of good-out-of-bad, the positive, the inspirational, the courageous, kind and even funny. Just reading positivity boosts our morale and inspires – like all the money raised by so many to help the people of Ukraine (see picture opposite).

So with all that's going on – this edition is a **Feel Good Special**. Not only is there tonnes of positive news, but we have tips to boost our mood. **Happy reading!**



Tragic death of policeman Jim sparks charity help

5,000 students and 750 staff have launched their charity of the year after the sad death of a much loved community policeman.

By Aimee, Jill Dando News



The eight Somerset schools of TPLT are supporting Brain Tumour Research as their official charity of the year.

The charity was chosen after Jim Murray sadly died of the disease in December 2020, aged 53. Jim was the community police officer for PCSA, helping hundreds of people and serving the town in so many ways. Jim's family have set up Canoeing for a Cure under the umbrella of Brain Tumour Research, to help find a cure.

Neville Coles, CEO of TPLT, said: "Jim was a superb gentleman and community policeman. He is so incredibly missed by all of us. We are delighted to partner with Brain Tumour Research."

TPLT is passionate about helping people, the community and its civic duty. In recent years schools across the trust have raised more than £130,000 for charities.



Super Taj heads to Harvard as high-flying Sixth Forms soars

By Josh, 16, Jill Dando News

Taj, 16, a Year 12 student at TKASA, is heading to a prestigious summer school at Harvard University.

TKASA Sixth Form has a 100% pass rate, with 80% going to Russell Group Universities, and increasing numbers heading to Cambridge and Oxford universities.



Founding Jill Dando reporter, Olivia, 16, wins prestigious Oxford University place

By Josh, 16, Jill Dando News



Olivia Finch, who left WCSA in September, has made it onto the university's MasterClasses to prepare for medical school.

Olivia was the first Jill Dando News reporter while in Year 7 at WCSA, started in memory of the school's former student and Britain's best TV journalist.

Head of Sixth Form Jonathan Gaskell said: "Well done to Taj and Olivia and all our incredible students."

See <https://www.tkasa.org.uk> or email jgaskell@tkasa.org.uk

Dozens of amazing students at WCSA and PCSA win stunning awards



See goodnewspost.co.uk for full story.

Student, 11, inspired to start own charity after meeting town mayor

By Kiaran, 12, Maria, 12 and Kelsey, 12



Oliver, Year 7 at WCSA, was so inspired after meeting a town mayor that he now plans to start his own charity.

Oliver was one of many students met by Weston-super-Mare Town Mayor, James Clayton.

Cllr Clayton urged students to stay positive even when things go against them.

He added: "There is greatness within everybody" which left the students feeling very inspired.



Children dress as Gangsta Granny and others to bring books alive



See goodnewspost.co.uk for full story

50-year old Time Capsule discovery finds amazing link to community school teacher

By Lewis, 14 and Kaitlyn, 14, Jill Dando News

A former student of a community school found a historic time capsule in her new home – then incredibly discovered it to have been buried by a current teacher, 50 years ago.

Charlotte moved into her dream new home with her husband and baby near to her former school, Worle Community School Academy, just before Christmas.

During remodelling of the main lounge, they discovered a tin 'Time Capsule' behind a brick that was placed there in 1971.

Charlotte's father Mark Antoine, who is the Chief Operations Officer at The Priory Learning Trust and former Business Manager at WCSA, recognised the photo as current long-serving WCSA maths teacher Laura John when she lived in the house as a young girl. Laura's family Time Capsule contained mementos and family photos.

There was also a pristine copy of a Freemans mail order catalogue from the same era and other items.

Laura said: "It was so wonderful to see these old items that we had put there so long ago. WCSA is such a wonderful community school it brought back so many memories of the school from the 1970s."



WE LOVE THIS SCHOOL

A full English breakfast, sports, music, gingerbread making and much more was on offer at an academy's family community breakfast

By Archie, 15, Jill Dando News

Hundreds of prospective students of WCSA turned up with their parents, carers and grandparents.

There were a host of fun activities on offer for the Year 5 and 6 pupils to enjoy including science experiments, Performing Arts, football, basketball, music, English and maths challenges.

After tours of the school, the whole family could also tuck into a full English breakfast.

Principal Jacqui Scott said: "It was wonderful to meet so many pupils and their families at our family breakfast. There was a fantastic atmosphere."



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Izzy – potential British swimmer of the future?

Brilliant Izzy has her eyes firmly set on the 2024 Olympics



The sensational swimmer from WCSA has recorded years of sensational race times and gold medal victories.

The former Worlebury Primary School pupil has been winning races and achieving times a year ahead of

her age setting her on course for swimming stardom.

She is also Under 15s junior south west champion for both the 100m and 200m Freestyle events.

In 2020, she brilliantly qualified for the Olympic trials, but had to pull out because of COVID-19 restrictions, and is now eager to make the 2024 Olympic Games.

Izzy has just been presented with a prestigious WCSA Sports Captain badge for outstanding character and leadership - along with other students from across the school.

Principal Jacqui Scott said: "Izzy is an exceptionally high attaining student both academically and with her swimming pursuits. She is incredibly driven and hardworking and is a superb role model for the younger students."



“I would absolutely love to be an Olympic champion. When I started swimming at age 6, I realised how much I loved the sport.”
Izzy



Eco Archie, 14, gets personal praise from TV's Alan Titchmarsh

By Liam, Jill Dando News



A teenage school eco warrior was been wowed after receiving a personal handwritten letter from his hero global TV gardening guru Alan Titchmarsh.

Archie, who is the new Eco President at WCSA, was praised by Mr Titchmarsh after his heroic environmental work in gardens and parks across the town over the last two years.

In the letter, Alan said: "I'm absolutely delighted that you have taken to gardening, especially since it involves the school of someone I know and admired – Jill Dando".

"Do keep on growing things. It is so important and I am cheered to think that you have decided to join me on my mission to spread the word about its importance to others." He added: "Good luck in all you do".

Archie said: "Mr Titchmarsh is a hero of mine. I would love to be a TV gardener one day. I really enjoy what I do and I'm delighted to be the new Eco President of the school."

Meet the real life Hero students who help charities, the homeless, and the community

By Josh, 15, Jill Dando News



Inspirational students received Hero Awards for their incredible feats of kindness.

The WCSA students were winners in the 'Do You Know a Hero' project sponsored by the Grand Pier.

Principal Jacqui Scott said: "These students are real life heroes and we are so thrilled at the way they have helped people in the community."

Maths UK whizz Mia, 14, to shadow some of world's best doctors and professors

By Olivia, 11, Jill Dando News

Mia Chilman, who performs in the top few percent in Britain in maths, is to spend two weeks with the University of the West of England.



The Year 10 WCSA student (pictured) will do two weeks of work experience by supporting academics and researchers at UWE.

She will support them in their teaching and research across areas including Biological, Biomedical, Forensic and

Environmental Sciences and Psychology.

Mia has been performing excellently in maths and across her studies over the years.

She was also near the top of the UK intermediate maths challenge online, for the second year running.

Mia is also a brilliant netball player and athlete.

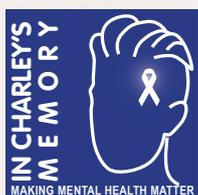
Principal Jacqui Scott said: "Mia is a tremendous role model for other younger students, showing excellent leadership skills, maturity and enthusiasm."



Top mental health tips from In Charley's Memory Smile, walk, deep breathe and more...

Over the past decade, we've seen a considerable change in how people view mental health issues. We're starting to recognise that people's mental health is as important as our physical health. But we've also seen a dramatic increase in students with mental health problems. In Charley's Memory is helping the mental well-being of hundreds of 11 to 25 year olds in Somerset, encouraging, training and giving ongoing counselling support for as long as needed.

The amazing charity was set up in 2014 by the mother of a former TKASA student in Highbridge, who sadly took his own life after mental health issues. Nationally, the demand for mental health support has rocketed and In Charley's Memory now find themselves helping on average 145 young people each year in their local vicinity.



Uniquely the charity will never turn away anyone asking for help, the sessions are open ended.

01278 557490

Tips to boost mental well-being

- ✓ Realise a bad day is totally normal. Everyone has them.
- ✓ Regularly just stop for five minutes and breathe deeply. Do really long, slow, deep breaths in through your nose.
- ✓ Turn off social media or stop using it so much. It can be a real time waster and can be bad for mental well-being. People forget that social media is not real life. To get the perfect picture, sometimes people would have taken 100 photos and used photoshop. Never ever compare yourself with anyone.
- ✓ Spend at least 20 minutes away from technology
- ✓ Do regular exercise - walking, running, cycling or games such as tennis. *This is a crucial way to relieve stress, short five minute bursts are good.*
- ✓ Talk, share your emotions and be proactive with friends.
- ✓ Laugh. It is a good stress reliever.
- ✓ Take up any support from friends and family and do a random act of kindness for someone else.
- ✓ Saying something kind, or doing something good for others, is a great way to boost our own mental well-being.

For more on this and all of our good news stories see goodnewspost.co.uk



FED UP OF ALL THE BAD NEWS?

FEEL GOOD SPECIAL



Life can sometimes be tough. Here are five quick habits to develop to boost your mood.

1. Connect

Turn off the bad news and meet face-to-face with positive friends who listen and also make you laugh. Do it over tea and cake, or other happy foods for an extra boost. Laughter boosts your brain with a release of happy chemicals.

2. Move

Being active boosts your body and brain - releasing positive happy chemicals to make you feel good. Walking outside is powerful or try tennis, cycling, or a mini-trampoline.

3. Think

Thinking positive thoughts is vital for a positive mood. Instead focus on positive things, mix with positive people, turn off the phone and TV.

4. Give

Being kind has been proved to boost mood, while generous and grateful people are the happiest people. Do-it.org is a database of UK volunteering opportunities.

5. Mindfulness

Pay more attention to the 'right-now' moment is incredibly powerful. It is a habit you need to make over 21 days. Really focus. Try mindfulness breathing.



If you need to talk to someone, contact www.incharleymemory.org

“

To get the perfect picture, sometimes people would have taken 100 photos and used photoshop. Never ever compare yourself with anyone.”

”

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Top Oxbridge scholarship paid in full by Grand Pier for superb Kira

By Josh, 15, Jill Dando News



Future neuroscientist Kira, 13, over the moon after winning incredible unique world Oxbridge scholarship with fees all paid by a charitable trust.

Kira, a Year 9 student from WSCA in Weston-super-Mare, is delighted after securing a unique Oxford and Cambridge universities scholarship.

She won the scholarship to the Immerse Education's Cambridge summer school in Medicine after her amazing

essay 'Should all vaccines for all diseases be made mandatory?' was chosen out of tens of thousands globally.

She will now take up the prestigious Oxbridge summer program in medicine after the Grand Pier's charitable arm, the Axentis Michael Charitable Trust provided the funds plus a laptop for her course.

A Go Fund Me page has also given enough money to provide stationery and other materials.

Kira's big dream is to become an award-winning neuroscientist with specialisms in brain disease research. She hopes to one day find treatment for Alzheimers and brain cancer.

Kira said: "I would like to thank everyone including teachers, donators and Michelle Michael for all their encouragement and support in helping me to achieve my dreams."

In the pursuit of her dream, she has also taken four Open University free courses in civil rights, youth mental health, child psychology and emotions and emotional disorders.

Kira is also part of WSCA's youth choir and is also in the band R3ckl3ss (Reckless) with five other friends at school.

Terrific students win prestigious accolade

By Oliver, 11, Jill Dando News



Superb students who show outstanding character as well as sporting excellence have been rewarded with a prestigious 'Sports Captain' accolade.

Some 12 students at WSCA were given the prized Sports Captain Badge for being brilliant role models for others.

For full story see www.goodnewspost.co.uk

3D Gaming Technology to boost mental health for young people

By Jill Dando News



The virtual 3D world

Hundreds of 11 to 25-year olds are to get mental health support through a 3D virtual world based on gaming technology.

Young people in Weston-super-Mare and North Somerset will be boosted by the amazing Self-Help Space. They will get the chance to explore their thoughts and feelings in the virtual world.

Find out more at www.goodnewspost.co.uk