

THE ARK ALERT

The official student newsletter of Ark Acadmey

Children's Mental Health Awareness Week 2019



Mental health in children has been a rising issue in the UK. Currently, 10% of young children aged 5-16 have a clinically diagnosed mental health problem. 70% of these young people have complained that the hospitals have been unable to provide them with the appropriate interventions. We interviewed a few people who would like to be kept anonymous. We asked, 'what do you think about mental health'. They responded saying 'it is an important issue to discuss. We often think about our physical health and forget about our mental health'. In addition to this, we asked 'how much self-esteem does a person with mental health have?' they responded saying 'it affects their self-esteem and if you're not mentally healthy it will affect the way you feel about yourself. We have to remember to allow some relaxation time for us to wind down'.

By Grace Bradshaw

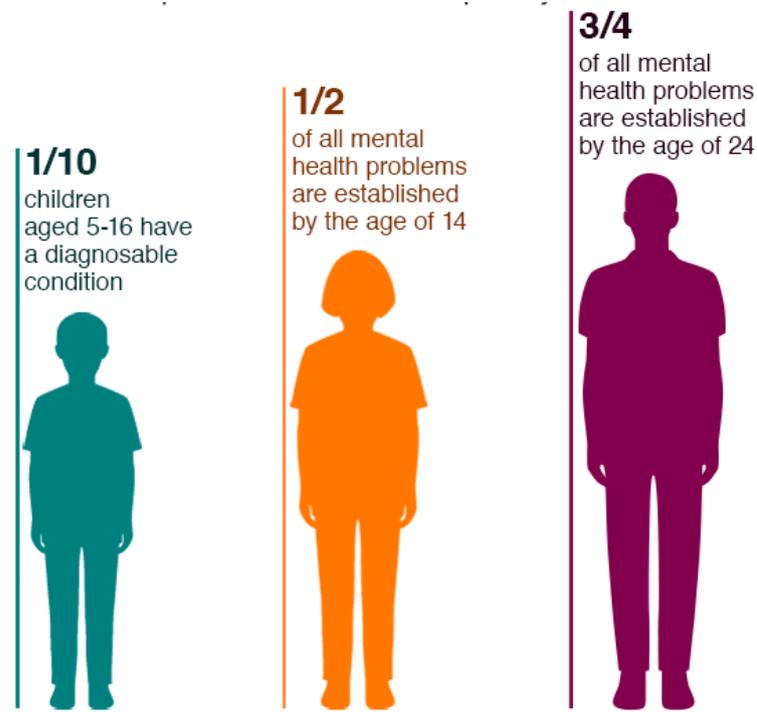
Charity Spotlight - Childline

'Childline is yours – a free, private and confidential service where you can talk about anything. Whatever your worry, whenever you need help, we're here for you'

Mental illness is something we all have.

In the dictionary mental illness is a health condition involving changes in emotion, thinking or behaviour. In the UK the most common mental disorder is depression and anxiety which 7.8% is diagnosed with. Moreover one in eight children have common mental disorder.

It may not be as major as others but it is definitely something we take for granted. However it is not all about the illness itself, research and the amount of help there has been supporting these children wouldn't be the same without the workers, adults, family and good friends that all work together to help children with mental illness such as the pupil support. A group made up of more than 10 teachers to help everyone and anyone around the school who might be struggling with something or just need someone to talk/interact with. So, what happens behind the scenes? Helping students in a school of around 1,200 pupils is a lot of work but think about charities helping in England with a population of 1.1 million? For example, children in need is celebrated every year with more than £1,000 of charity money coming from many schools and shops all over England. So someone has to organise all the incoming money right? Or seeing many people everyday



booking appointments for people to come in. We must appreciate that all this work is frustrating but they always manage to put a smile on their face. We must appreciate the abundant lives we all have, even when you can find your feet when the ground beneath you is crumbling apart, it is good to be thankful for the things in life we already have. If you are ever need to speak about your problems there the pupil support in school and online website called Childline. Childline is a free, private and confidential service where you can talk about anything. Whatever your worry and whenever you need help. So this would be perfect place to talk if you are worried about feeling uncomfortable when talking to someone physically.

By Akshainie Rajan

Mental Health In Children

By Nora Elbana

What do you think of when you hear the phrase 'mental health'? Do you think crazy people or someone who can't think properly? Well those can be symptoms of mental health. Mental health is a level of the psychological well-being of ones' brain. There are many different mental illnesses therefore there are many ways to deal with it. For example, Ms Alwan, a teacher in maths department said "that people with mental health should be treated equally but with just a bit more support. However, this shouldn't give you a reason to bully them." She suggests that if someone you cross paths with has a mental illness and they aren't happy or feeling unwell you should listen to their problem first, if you can't help them after that then try to find someone who can (e.g. parents, teacher or professional; in this field of work). Moreover, a lot of people believe mental illness to be the only cause of crime (such as knife crime) but this isn't the case.

Mental illness is only one small problem out of many. This is believed by some people, for example, a worker at the organization WE, named Ella, works at the organization because she loves to help people. She didn't feel like her role in society was as helpful as it could be. However, what is WE? WE are the charity that was once known as Free the Children. The organization has development programs in nine countries, focusing in education, water, health, food and economic opportunity. To conclude we shouldn't take lightly when someone has difficulties mentally. We should always take their side; help them to get through their daily and show what life is supposed to like since it might be difficult for them to live normally like the others without mental health problems. So would you be willing to give a hand or are you the type who pulls away the hand?

MENTAL HEALTH AFFECTS EVERYONE!

Mental health problems are very common. Nobody is immune to it. Friends, family and even celebrities. Take Oprah Winfrey, the queen of reality, For example. She suffered from depression. The 'failure of her film called 'Beloved' released in 1998 triggered her depression. She was full of negative thoughts and feelings. So she decided to find comfort in food. For six weeks, She stayed negative until she realised that focusing on the bright side in life would help her survive.

Another example is Prince Harry. He explained he "shut down all his emotion" when faced with anxiety after the tragic death of his mother Princess Diana. He battled anxiety for almost two decades and didn't see a professional to address this issue until the age of 28 when he felt close to experiencing a breakdown. Now at 33 years old he is in a good place and has further progresses with his Heads Together campaign which he started in 2016.

Lastly we have Demi Love to who has recently recovered from a drug overdose in 2018 whilst being bipolar. For many years Demi has had many mental health issues from being bipolar to suffering from depression to having eating disorders. But throughout all this she has tried to stay positive and spread mental health awareness by making a 2 part document and publicly speaking about what she went through. This has let her millions of fans know that they are not alone. So why shouldn't you know too?

If you are going through something, you should know there is always someone to speak to.



By Wisam Eltayeb

An Insight - Youth Mental Illness

By Hana Abdelatti

One of the biggest challenges people suffer from mental illness act or react in a specific way that is socially acceptable and fits with societal expectations. This should not be kept inside, this is a common illness that should be accepted and less judgemental. In the 21st century, we have become as a society more judgemental than ever before and that needs to change because it's not wrong to be different from others.



20% of young people suffer from mental illness, this shows that for every 5 young people, 1 is suffering from mental illness. It's a fact that people who suffer from it get bullied and made fun of everyday. They find it difficult to go to school, to socialise with other people or to make a few friends. Some people who have the illness could be dangerous if not dealt with, for example they commit suicide and harm themselves because they think that they don't belong here or feel unaccepted by those people around them. Anyone who suffers from a mental illness is still a person which is hurting from the inside and making fun of another could make them feel worse. Having a mental illness is not a choice, but certainly not a moral failing. If we all work together we can stop this problem, all we must do is to treat everybody equally no matter what they suffer from, stop those people who are making fun of someone by telling an adult or a teacher. When you see someone suffering from mental illness who are alone and upset will you laugh; will you walk away or will you speak to them?

What's Up At Ark!

There are a series of activities coming up at ark. For example, the competitive house music competition, house drama and a whole variety of activities where you can freely make a funny performance or an energetic scenario of your own. Here are some activities that are going around:

- House music
 - NLC
 - Robotics
- House competitions

All four of the houses are getting very competitive. Here is what some people have said from the different houses:

Curie: 'I think curie is going to win because we have some good ideas and everyone is going to like and enjoy our ideas. As usual, we will win this competition just like any other competitions'

Socrates: 'I think Socrates is going to win, because the song we have chosen to perform with different ideas is very good and I think it is going to be the best of them all'.

Plato: 'I think Plato is going to win, because we are always the best of all and we will win this competition very easily'.

Newton: 'I think we are going to win this competition, because we have some great idea which will help us win this competition.

WHO DO YOU THINK IS GOING TO WIN THE HOUSE MUSIC COMPETITION?

By Saleem & Gursimran