The Head Girl Team

What we have achieved so far?

At the end of Last Year…

- We celebrated Pride
- We helped organise the summer fest
- We danced all day at the Danceathon

where unrealistic thoughts will bombard your mind. Try to collect yourself together and wonder what you would say to a friend as advice.

- **Rocket Boost Your mood**: When people are sad they tend to engage themselves in activities which keep them in that mood e.g. listening to sad songs, isolating yourself in your room etc. To feel better you have to take positive action. Things you could do instead:

- - Listen to uplifting music

  - Call a friend (talk about positive things)

  - Take a walk

  - Meditate

you can recover from an eating disorder.

Recognise your Symptoms

Some symptoms include spending a lot of time worrying about your weight and body shape, avoiding socialising when you think food will be involved, eating very little food, deliberately making yourself sick or taking laxatives after you eat, exercising too much or even changes in your mood. There are also physical symptoms that can be noticed; problems with your digestion, your weight being very high or very low for someone of your age and height, not getting your period. Once you recognise your symptoms try and identify a type the two most common diagnosed are anorexia (trying to keep your weight as low as possible) and bulimia (when you sometimes lose control and eat a lot of food in a very short amount of time and are then deliberately sick.)

Articles in Friday News

Macmillan Coffee Morning

- We raised approximately £1,400 in one morning
- We had too many cakes!
- We remembered those who have passed away and those suffering from cancer

Black History Month

- We raised £161 just at the Talent Show (the money went to the Stephen Lawrence Trust)
- Plantain Day/Afro-Caribbean food day was a success!
- Afrobeats Dance Workshop
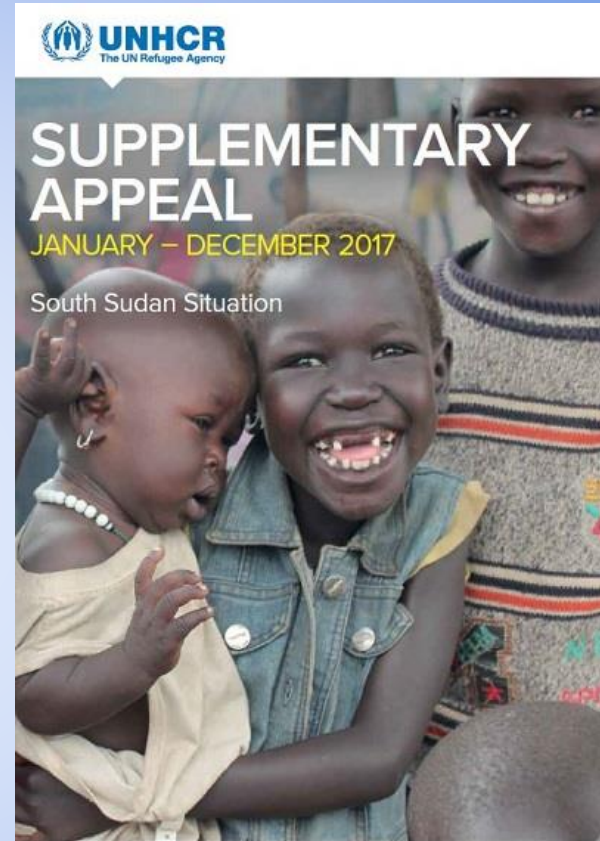- We remembered important and influential black people in the Banda and displayed them in foyer

STEPHEN LAWRENCE CHARITABLE TRUST

Sudan fundraiser

- We collected money from everyone who kindly donated to support people in Sudan during the Sudan crisis
- We ran a talk on what was going on
- We raised about £300.

UNHCR
The UN Refugee Agency

SUPPLEMENTARY APPEAL
JANUARY – DECEMBER 2017

South Sudan Situation

(We've also raised money for Children in Need on Pyjama Day and will organise an event for Red Nose Day to support Comic Relief)

Clubs we're currently running

- LGBTQ+ Club
- Feminist Society
- Yr 7 Club
- School Council

Pink Day

- We had the theme "Dream for the future"
- We raised £3158.80

Jumble Sale 2019

- We broke the record raising over £8000 which will all go to supporting CSG
- We had clothes, electronics, toys, books etc
- It was a really fun event and lots of people came along

Christmas stall in the foyer

Vintage clothing

Setting up

Looking Forward…

Compost Bins

- We want to fundraise for compost bins in the school
- Compost from our waste can help us in growing our own food
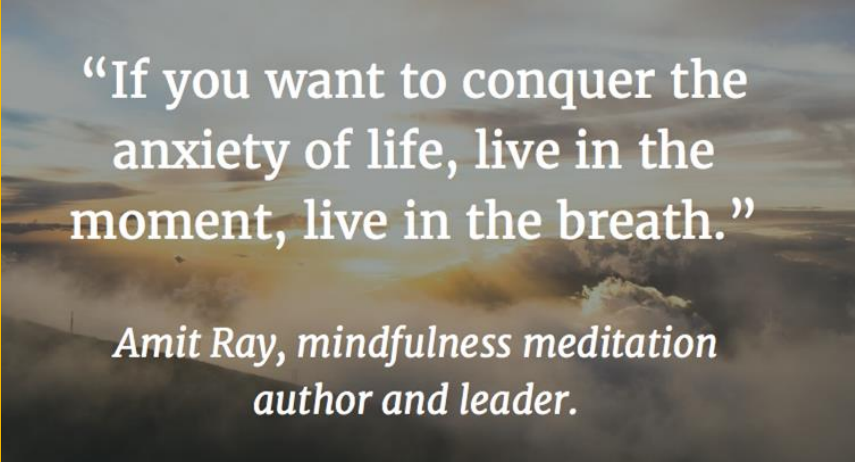- First Meeting on Friday (Listen out for notices in the Banda if you want to be involved)

Breast Cancer Talk

We're going to invite in some speakers from Coppafeel (a breast cancer charity for young people) to talk about how to look after your body and notice signs of breast cancer.

Have more games, mindfulness clubs at school

- We want to help and support everyone here to ensure positivity in our school environment
- We want to invite in speakers to help with mindfulness, relaxing and taking out time in the day for yourself.
- We want to run more clubs dedicated to taking time out for yourself ie group games, colouring, mindfulness sessions and just talking to people

"If you want to conquer the anxiety of life, live in the moment, live in the breath."

Amit Ray, mindfulness meditation author and leader.

Student and Staff Cooking Competition

- To celebrate the stunning new refurbishment of the food technology room C12 we want to host a student and staff cooking competition later this year.

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