

Keeping busy in lockdown



SECTION 01
Page 3

Best series to binge online



SECTION 02
Page 4

Ways you can stay positive



SECTION 03
Page 5

What Castell Alun is doing to help with PPE shortages

As global supplies of personal protective equipment have been in shortage, teachers have begun manufacturing products of PPE.

David Wilson Sub-Editor

With Coronavirus spreading around the world, this has placed an unprecedented demand on personal protective equipment. PPE provides health and social care workers the vital protection that they need in-order to continue their life-saving work. Unfortunately, due to the high demands across the world for this equipment, many governments have been unable to acquire and distribute it sufficiently.

The U.K. government have been criticised for not having large enough stock piles of protective equipment. For many NHS staff, the right protection has not been there when they have needed it. It's resulted in many NHS hospitals and care homes having to rely on donations of PPE from their local communities.

At Castell Alun, some members of staff have, in addition to their normal teaching responsibilities, voluntarily given up their own spare time to produce PPE equipment for local care homes and hospitals. Mr Swale who has been coordinating the operation told me that he spoke to one local GP who explained to him

that "When you are in a small room with an infected patient, you want all the protection you can get", however they have been left with "nothing [to cover] our eyes and face". This was what sparked the idea to produce protective equipment in school using the available 3D printers.

Not only has the school been producing visors, but also a team of school staff led by Mrs Caswell-Jones and Mr Gadie have been working with local community volunteers to sew face masks. These face masks are similar to surgical masks, but they are made out of fabric. Face masks like these are able to protect our carers and the most vulnerable, but are currently in short supply. In 8 days, the team were able to assemble 700 face masks.

Many workers in social care do not have a privilege of choice whether to wear a mask or not. If they don't have any form of protection against the virus, they are putting their lives at risk.

Continued on Page 6



BAKING & COOKING

Flour-free recipes

Since everyone has been at home, what better time to give baking a try? However, since many people have had the same idea, supermarkets are selling out of flour. We've got some recipes that you can try at home, that don't need any flour.



Page 8

ARTS

Lockdown book reviews

With the extra time that we now have on our hands, what better way to pass the time, than to get stuck into a good book. When the world seems more uncertain than ever, reading a book can help us to alleviate some of that uncertainty.



Page 7

CONTENTS

Page 2 - Contents/ Editors Note

Page 3 - Ways to keep busy during lockdown

Page 4 - What to watch during lockdown

Page 5 - How to keep a positive mindset

Page 6 - What Castell Alun is doing to help PPE supplies

Page 7 - Lockdown book reviews

Page 8 - Flour-free recipes

EDITORS NOTE

Hi everyone,

First of all, I'd like to say I hope you're all doing well! The current climate and situation that we are faced with is like nothing any of us will have experienced before. However, if lockdown has taught me anything, it's our ability to pull together as a community, despite being physically pulled apart. A few students of Castell Alun have taken it upon themselves to write an article for their fellow students to enjoy, and hopefully learn something from in relation to the current lockdown situation. If I were to take one thing from this issue of The Hive, it would be to stay positive and be grateful for everything and everyone we have around us!

Best wishes, Katie Newns.

10 ways you can keep busy during lockdown

Most of us have never had so much time on our hands, and finding ways to fill the days can be difficult! To combat this, I have accumulated 10 easy ways to keep busy in this time! Whether you do everything on this list or nothing at all, staying positive and hopeful is all that matters!

Maddison Scott
Features Editor

1) Send your friends a postcard

The one thing you're probably missing the most is your friends, so what better way to contact them than to send a postcard! Postcards are so fun to write and are even more fun to receive. Tell them what you miss the most or something interesting you've done that day, even if you just let them know you're thinking of them will brighten their day.

2) Try a fitness challenge

Working out at home can be great, not only for your body but also your mind. Instagram has been overrun with people taking part in the 5K challenge - where friends run 5K, and donate £5. This is such a fun challenge while supporting an NHS charity at the same time! Joe Wicks offers a fun workout every morning which isn't super hard but will still push you! (Even better, it's only 20 minutes so it is bearable!)

3) Go outside

Since we're only allowed outside the house for a limited amount per day, we really should make the most of it! Explore the place you live or get that bike out the shed! Get out in the garden and help out with some gardening. In the warmer weather, why not have a water fight with your siblings? Read a book in the sunshine or have a family barbeque - do something to get everyone involved.

4) Organise your wardrobe.

Organising your wardrobe can be a big, time-consuming task which is easily avoidable. However, now is a great time to get it done as you have so much time on your hands. As boring as it may seem, it may lead to you finding something you didn't even know you had, like an old board game that you play with all your family. Hope

House has started the Big Sort Out campaign, which urges everyone to save their unused clothes to donate when the lockdown is over. This stops them being wasted and instead goes to help someone in need!

5) BAKE!

For me, baking is the best way to spend free time! Following a recipe will keep your brain active in a fun way while allowing you to be creative. Baking takes up a big portion of the day and you get a nice reward at the end of it! Although many ingredients are hard to get our hands on right now, I have included two tried and tested flour-free recipes later on in the newspaper!

6) Get all the small jobs done that you never have time to do.

Before lockdown, we were all so busy that jobs such as deep cleaning your bedroom or sorting out the cupboards often got neglected. In all of this free time, it would be silly not to get them done! Doing the housework for your parents, especially if they are at work, will take a lot of stress away from them and give you a sense of satisfaction for contributing to the family workload! Write a list of what you need to do and you will have a great sense of achievement when crossing jobs off the list.

7) Learn a new skill

Remember that time you wanted to learn a new language? Well now is a great time to do so! There are so many online courses to help you in learning your new skill, whether its sign language, knitting or dance there will be something online to help you!

8) Challenge your friends and family

Challenging your friends and family is such a fun way to pass the time! You could challenge your family to board games or even garden games such as swingball or a water fight - perhaps even learn a new card game! There are so many apps available so that you can challenge your friends from the comfort of your own home. Tik Tok is a fun and creative way to have some fun and challenge your friends to dance challenges! The app version of monopoly is great for playing a game of monopoly with your friends, especially if you're all competitive!

9) Meditate

Many people will be feeling worried about this anxiety triggering time, however, meditation and mindfulness are proven to reduce anxiety and stress levels. Meditation has so many benefits such as increasing self-awareness and improving concentration. Mastering this skill now is hugely beneficial as you can put it into place when life gets stressful.

10) Nothing!

We often feel guilty for doing nothing or being unproductive, however, often it is the best thing we can do! Many of us will not usually have the time to fully relax and be utterly lazy in the busyness of normal life, so now is the time to watch all your favourite films, stay in bed all day or read a book! Doing nothing is just as important as being busy as it allows us to recharge, reflect and consolidate our thoughts.

What to watch during lockdown

Being stuck at home is a strange experience which is proving to be a challenge for many. Although it's important to keep active and productive during this time, I think it's equally as important to take the time to relax and enjoy the time off. A great way to do this is to binge a good Netflix series or watch your favourite tv programmes back to back! I wanted to share with you the most binge-worthy entertainment to keep you occupied during the isolation period!

Katie Newns
Editor

Our planet: *Netflix*

Documentaries are a great way to keep your brain working during lockdown! If you're sick of staring at the same four walls and want to see a bit of our amazing world again, I would definitely recommend *Our planet*! The topic of climate change and its effect on the natural world is portrayed throughout the programme. For me, *Our planet* was a real eye-opener to the severity of climate change and its destructive impacts on the animal kingdom. Parts of the series are quite emotional (particularly the second episode) but it's 100% worth the watch if you want to learn more about our current climate or are just generally fascinated by our earth!



The Stranger (15): *Netflix*

For those of you that love TV thrillers, packed with unexpected twists and shocking revelations, I'd highly recommend 'The Stranger'. This Netflix original drama series is based on a crime novel by Harlan Coben. The programme takes us on the journey of a man and his encounter with a stranger, who reveals a secret about his wife that forces his life to take a 'disorientating turn'. This series is jam-packed with deadly secrets and cold-blooded crime, the makings of all the best binge-worthy telly! If this series taught me anything, it's the power of a good secret.

The Great British Bake Off: *All4*

For all the bakers out there, whether you're new to baking or consider yourself a practised professional, *The Great British Bake Off* is guaranteed to inspire any home baker. The program consists of amateur bakers competing against each other over a multitude of challenges. Hosted by Paul Hollywood and Prue Leith, 'The Bake Off' is a light-hearted yet addictive tv series, guaranteed to lift anyone's spirits during this uncertain time! Also, for everyone that's taken up baking since the lockdown, *Bake Off* is a great program for recipe inspiration, as well as for picking up tips and tricks.

If you love Mary Berry, as many of us do, you can find the old episodes of *GBBO*, where she judges alongside Paul on *Netflix*!



Stranger Things: *Netflix*

Stranger Things is an exciting, action-packed, addictive series which will leave you completely absorbed in its retro-sci-fi world. With elements of supernatural and an often spine chilling tone, *Stranger Things* is the type of programme that will keep you on the edge of your seat for hours on end. Season one follows the story of a boy named Will Byers who goes mysteriously missing. With clues pointing towards a supernatural explanation for his disappearance, we as the viewer enter a whole new world known as 'The upside-down', on a journey to find Will. The cast includes the likes of

Millie Bobby Brown, Finn Wolfhard and Winona Ryder, all who play characters that you're sure to fall in love with! Overall, this family-friendly Netflix hit is a must-watch if you haven't already.



Gavin and Stacey: *BBC iPlayer/ Netflix*

If you've never watched *Gavin and Stacey*, you're really missing out. Lockdown, in my opinion, is the perfect time to revive this absolute classic, especially if you're craving a good laugh! If you are a fan of this comedy classic, the familiar faces of Nessa, Smithy, Pam and all our other favourite characters are sure to lighten any gloomy days in lockdown. The programme follows the lives of a family from Barry in Wales and a family from Billericay in Essex, who are united through the relationship of Gavin and Stacey. This classic is packed with hilarious, as well as heartwarming moments, the perfect pick-me-up if you're feeling low in isolation.

Gavin & Stacey



How to keep a positive mindset during lockdown

For many of us, being confined to only our homes has been a testing time for our mental health. With the added anxiety that a global pandemic may bring, it's important to remind ourselves that it's okay not to feel 100% in these unusual times. We now have the spare time to look after ourself and indulge in a bit of self-care.

Angie Prior

1) Go outside

Ensure that you stay active. Find a physical activity that suits you and your fitness level, it doesn't have to be extreme! You could do things such as walking, running, cycling or dancing. Countless amounts of research have shown that going outside has been scientifically proven to improve your mood.



2) Appreciate the little things

Focus on the here and now. Observe the environment around you and notice the beautiful things that you may not always pick up on. Whether it is the vivid brightness of the leaves on trees, the familiar scent of spring, the reflection in a raindrop, or the birds flying by. Be immersed in the moment and reflect on the beauty around you.

3) Do something nice for someone you know is struggling

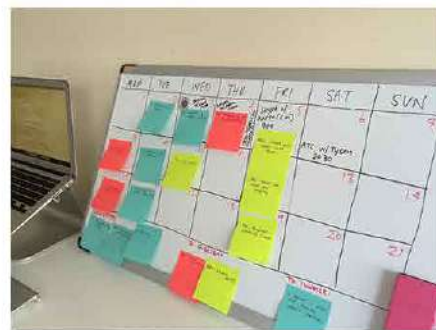
Doing something nice for those around you reaps numerous psychological benefits. You could send a card to friends and family, smile from a distance at your neighbours, or reach out to someone who may be feeling lonely by giving them a text or a call. These tough times may bring you closer than ever to those you care about, even if it may not always feel like that.

4) Be your own friend

Remember that it's okay not to be okay. These tough times will pass. You can look after yourself by eating plenty of fruit and vegetables, and drinking enough water to help boost your energy and immune system. You could write down a list of positives from each day and reflect on them.

5) Create a routine

Creating a daily/weekly routine provides purpose, structure and a sense of achievement. This will help to increase motivation. Think about activities that are important to you, things that you need to do but haven't yet got around to doing, and how you can carry them out most efficiently. You could create a daily 'should do' and 'could do' list.



What Castell Alun is doing to help with PPE shortages

With coronavirus spreading across the world, it has resulted in some of our essential health care workers and social carers left exposed and vulnerable. We have experienced a global shortage of personal protective equipment, or PPE, which protects people from catching the virus. It is vital that our health workers and carers have this protection so that they can continue their vital life-saving work.

David Wilson
Sub-Editor

Due to the pandemic, there has been a global surge in demands for PPE and the government has been criticised for not ensuring that the right protection is in place for the right people. Many NHS hospitals and care homes have relied upon donations of PPE from their local communities.

At Castell Alun, an operation run by science teacher, David Swale has been producing PPE products for the local care homes and hospitals in their spare time. Mr Swale told me that he spoke to one local GP who explained to him that "When you are in a small room with an infected patient, you want all the protection you can get" however they have been left with "nothing [to cover] our eyes and face". This was what sparked the idea to produce protective equipment in school using the available 3D printers.

Mr Barnes (DT Teacher), and Matt Wynne (Technician), have been able to take the 3D printers home so that they can be used 24 hours per day. This has allowed them to rapidly manufacture face visors which are laser cut and then assembled by hand at the school. They have the capacity to produce between 100 and 200 per day. Miss Gittins, has now turned her hand at organising the logistics of the operation.



She is now contacting care homes in the local area and registering their requirements. One member of staff remarked that these visors are the "same specification and design as those used in all hospitals".

Not only has the school been producing visors, but also a team of school staff led by Mrs Caswell-Jones and Mr Gadie have been working with local community volunteers to sew face masks. These face masks are similar to surgical masks, but they are made out of fabric. Face masks like these are able to protect our carers and the most vulnerable, but are currently in short supply. In 8 days, the team were able to assemble 700 face masks.



Many countries across the world like France, now strongly recommend that a face mask is worn when leaving the house. The UK government have been reluctant to put in place similar measures. However, for the mean-time, the UK Prime Minister has advised that face-covering should be worn on public transport and some shops. Johnson, also stated that the general public wearing face masks "will be useful" as we come out of lockdown, but is not yet essential for everyone.

Unfortunately, many workers in social care do not have a privilege of choice whether to wear a mask or not. If they don't have any form of protection against the virus, they are putting their lives at risk.

The nurses pictured below are from Lache Health Centre. They are equipped with the PPE produced by Castell Alun which is protecting them whilst doing their vital jobs on the Covid-19 ward.



With all of this protective equipment the Castell Alun staff have been producing, Mr Swale believes that they "have almost certainly prevented cases and maybe even saved lives". It is testament to the hard work and resilience of the staff that in a national crisis they, in addition to their teaching and learning responsibilities, have also come together to do what what teachers do best. That is to protect and care for the most vulnerable members of our society, whether that is school children or front-line workers.

Lockdown book reviews

With the extra time that we now have on our hands, what better way to pass the time, than to get stuck into a good book. When the world seems more uncertain than ever, reading a book can help us to alleviate some of that uncertainty.

Alice Webb
Arts Editor

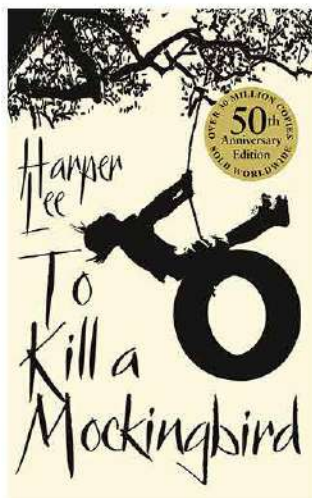
To Kill A Mockingbird by Harper Lee

'Shoot all the bluejays you want, if you can hit 'em, but remember it's a sin to kill a mockingbird'

To Kill a Mockingbird is a novel by Harper Lee published in 1960. Harper Lee explores the irrationality of adult attitudes to race and class in the Deep South of the 1930's through the eyes of children Jem and Scout Finch. The story is told in the voice of Scout, the daughter of a lawyer, allowing the serious and hard-hitting issues to be told in a youthful and innocent way. The conscience of the town is steeped in prejudice and violence as one man struggles for justice.

This book has truly opened my eyes to the weight of history. Every page teaches a new lesson of bravery, oppression, corruption and inequality. It teaches us that people should only ever be judged by their characters and their actions, despite their background, race or class.

"You never really understand a person until you consider things from his point of view. . . until you climb inside of his skin and walk around in it."

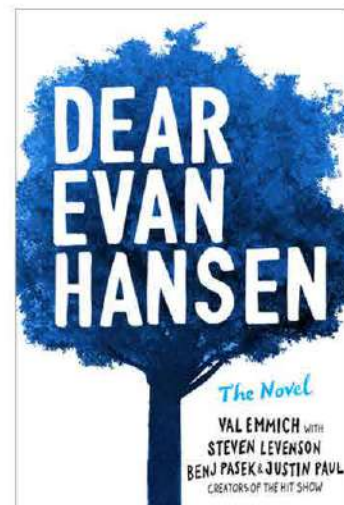


Dear Evan Hansen by Val Emmich

*"Dear Evan Hansen,
Today's going to be an amazing day and here's why..."*

When Evan writes a letter that was not meant to be seen by anyone but his therapist, his world is turned around as he is given the chance of a lifetime: to belong. However, in order to keep up with his new life, he must lie that he and the notoriously troubled Connor Murphy were best friends.

This book takes you on a journey which revolves around a lie. However, through living this lie, Evan is no longer invisible. He is finally seen and heard, despite struggling with extreme social anxiety. His new found confidence results in him supporting Connor Murphy's grieving family and creating an amazing online support website for people struggling with mental illness. This book covers such important issues in our current society such as anxiety, depression and friendship, as well as carrying the message that no one deserves to be forgotten or to feel alone.



Flour-free recipes

Since everyone has been at home, what better time to give baking a try? However, since many people have had the same idea, supermarkets are selling out of flour. We've got some recipes that you can try at home, that don't need any flour.

Maddison Scott
Features Editor

Peanut Butter Cookies

Ingredients:

200g Peanut Butter (crunchy or smooth)
175g Caster Sugar
¼ tsp Fine Salt
1 Large Egg

Method:

Preheat the oven to 80C/160C fan/gas 4 and line 2 large baking trays with parchment paper.

Measure the peanut butter and sugar into a bowl. Add ¼ tsp fine table salt and mix well with a wooden spoon. Add the egg and mix again until the mixture forms a dough.

Break off cherry tomato sized chunks of dough and place, well spaced apart, on the trays (they will spread out so keep some distance!). Press the cookies down with the back of a fork to squash them a little.

(The cookies can now be frozen for up to 2 months if you want to bake them another time, but cooking from frozen adds an extra minute or 2 to the cooking time).

Bake for 12 mins, until golden around the edges and paler in the centre. Cool on the trays for 10 mins, then transfer to a wire rack and cool completely. Store in a cookie jar for up to 3 days - if they last that long!



Chocolate Brownies

Ingredients:

120g Unsalted Butter
150g Chocolate Chips (broken up chocolate bars will be fine as it will be melted)
100g Granulated Sugar
3 Large Eggs
30g Cocoa Powder

Method:

Preheat oven to 175C/375 fan/ gas 4 and lightly grease an 8x8 inch baking pan with parchment paper.

Place the butter and chocolate chips in a large bowl and melt until smooth. (If melting in the microwave, use a microwave-safe bowl and it should take around 2 minutes but keep checking!).

Whisk the eggs one at a time and then add the sugar and cocoa powder until well incorporated.

Spread the batter evenly into the prepared baking pan and bake for 25-30 minutes.

