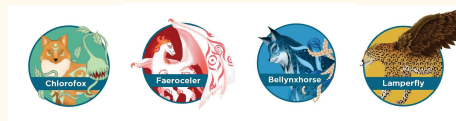


Le Collège Français Bilingue de Londres vous présente chaque mois le journal écrit par les élèves :

CFBL NEWS



N°02 Mercredi 6 Janvier 2021

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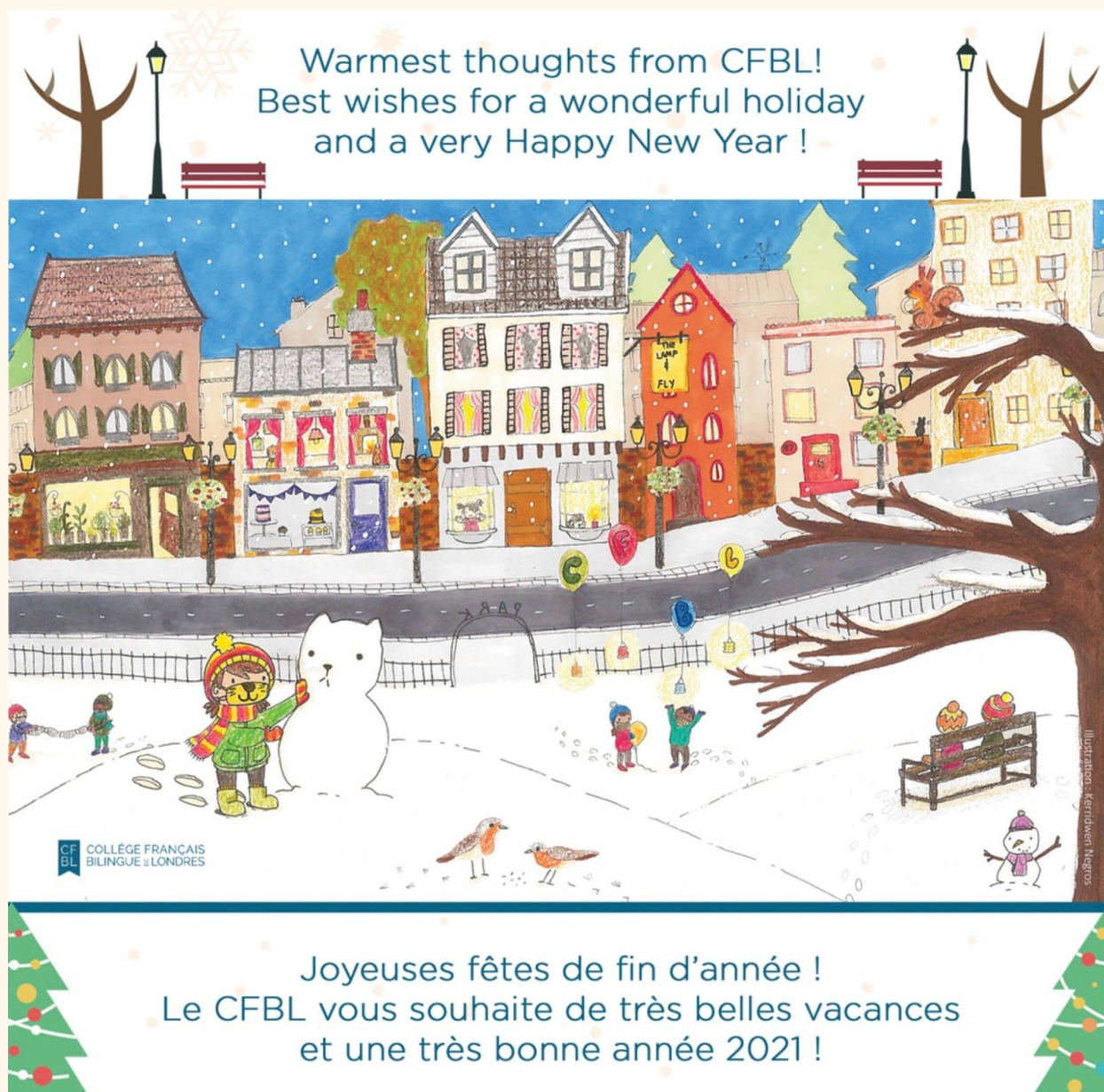
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1/ VIE DE L'ÉTABLISSEMENT



Meilleurs voeux pour l'année 2021





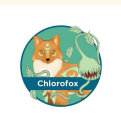
Les projets en cours 🇫🇷

Quel esprit d'initiative !

Ce mois-ci, le CFBL NEWS met à l'honneur les 4èmes qui ont proposé de nombreuses réalisations (vidéos, articles), dans le cadre du MOCKINGBIRD PROJECT, basé sur le roman de Harper Lee, *To kill a Mockingbird*, publié en 1960.



Les points maisons au Lundi 4 Janvier 2021 🇫🇷



Chlorofox : 16105 points



Bellynxhorse : 12615 points



Faeroceler : 16350 points



Lamperfly : 14045 points

Faeroceler a pris la tête du classement juste avant les vacances mais reste au coude à coude avec Chlorofox ! Bellynxhorse ferme la marche, devancé par Lamperfly. Mais cette nouvelle année devrait laisser une chance à toutes les maisons de reprendre la place d'honneur !



Appel aux rédacteurs volontaires 🇫🇷

Pour être publié chaque mois, le CFBL News a besoin....des élèves du CFBL ! Chaque mois, vous avez la possibilité de mettre en valeur vos projets réalisés en cours ou à l'extérieur de l'établissement sur ce journal. Avant le **15 de chaque mois**, envoyez vos articles sur l'adresse suivante : cdi@cfbl.org.uk ou à votre documentaliste c.hamm@cfbl.org.uk. Vous pouvez également participer en réalisant des dessins, montages photos, et développement du site internet du journal.

Les articles peuvent être rédigés au choix en français ou en anglais. Les parents d'élèves, membres du personnel, peuvent également participer (traduction, aide à la mise en page, site internet).

CF BL 2/ LANGUE - LANGUAGE

For now, the newspaper's articles are written both in english and french in the same number. Depending on the number of volunteers, it may become possible to publish english  and french  versions separately.

Pour le moment, le journal propose des articles en français et anglais au sein du même numéro. En fonction du nombre de volontaires, il sera envisageable de proposer deux versions, l'une en anglais, l'autre en français.

Nota Bene : les drapeaux insérés dans les titres indiquent la langue dans laquelle l'article est rédigé.

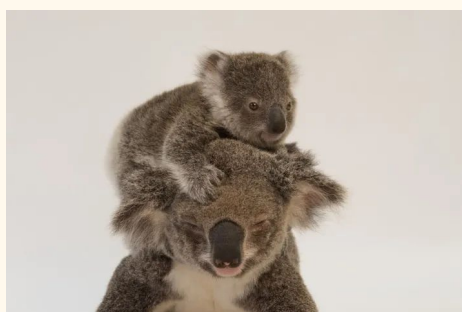
CF BL 3/ Que s'est-il passé ? / What happened recently ?

1. Le Brexit, c'est maintenant

Vous en avez sûrement entendu parler depuis... juin 2016. Mais c'est uniquement depuis le 31 décembre 2020, à 23h que Big Ben a fait retentir sa cloche pour annoncer la sortie officielle du Royaume-Uni de l'Union Européenne.

Que cela signifie-t-il pour les français vivant à Londres, et pour vous, les étudiants de demain ? Le CDI est abonné à de nombreux journaux qui répondront à toutes vos questions sur le Brexit (I love English World, Le Monde des Ados, Go English, et bien d'autres).

2. Biodiversité : les Koalas d'Australie par Lila, 6ème



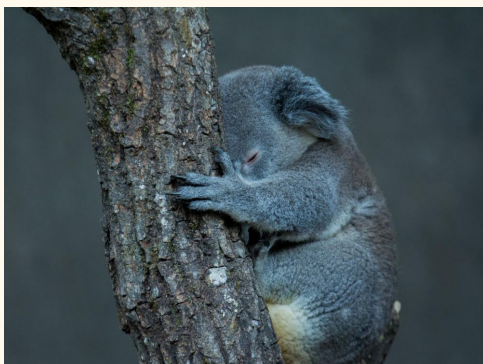
¹ Que se passe-t-il ?

Les koalas d'Australie sont décimés par les incendies dans les forêts eucalyptus. On dit que 8000 koalas ont péri dans les flammes, ce qui est très alarmant pour cette espèce « considérée comme fonctionnellement éteinte », et en tout, plus d'un milliard d'animaux sont morts.

¹ Source : <http://nationalgeographic.fr/>

La Nouvelle-Galle du Sud est une région de l'Australie qui abrite 10% des koalas. A cause des incendies, de la sécheresse et de la déforestation, ce territoire a perdu un koala sur 4 durant ces vingt dernières années selon WWF, l'organisation de protection des animaux.

2



Que peut-on faire pour aider ?

On peut "adopter" un koala via WWF, ou le "Australian Koala Foundation". En faisant cela, vous pouvez sauver la vie des 40 000 koalas qui restent à l'état sauvage. Et le nombre continue à décliner: la WWF estime que le koala pourrait disparaître en 2050 !



4/ LECTURE

3. Le coup de coeur du mois



Les avis des lecteurs peuvent être consultés dans cette rubrique ou sur le tableau situé au 2ème étage en face de la salle 203 (tous les élèves peuvent accrocher leur critique littéraire. Les feuilles à remplir sont à décrocher du tableau.

Le but ? Conseiller ses camarades sur les livres à ne pas rater et partager votre ressenti !

Avis des bouquineurs rédigé par Mahe, 6ème : « Cette histoire d'aventure des ciels m'a beaucoup plu. Je l'ai lue en une journée et ça m'a fasciné ! Comme note sur dix je le classerais 8/10. J'aime bien le style de l'auteur qui a bien joué les tons de la voix (exemple : chuchoter - **crier**). »



² Source : sciencesetavenir.fr

4. Le défi lecture du mois de Janvier 2021



En cette période particulière, pourquoi ne pas imaginer à quoi pourrait ressembler l'avenir ? ³

Ce mois-ci, lisez un livre de science-fiction (en français ou en anglais). En remplissant la [fiche défi lecture](#), vous pouvez rapporter 10 points à votre maison CFBL.



5/ The 4C present their MOCKINGBIRD PROJECT 🇬🇧

5. AbleBirds, a project about mental health - Eren and Felix

AbleBirds is a project made by two 4eC students, Eren Uyar and Félix Vermorel, it aims to help people getting bullied because of a mental disorder. If you have a mental disorder you should TELL SOMEBODY. This article is about who can have a mental disorder, what are the feelings of when you have a mental disorder and what can help you and others.

If you have a problem go and email us at ablebirds@gmail.com and go check [our website](http://ourwebsiteablebirds336423877.wordpress.com) ablebirds336423877.wordpress.com to have some more information.

³ Source : Unsplash

1. What are the main psychological disabilities present? The main psychological disorders are the following:

- Mixed anxiety and depression
- Depression
- General anxiety disorder
- Post-traumatic stress disorder (PTSD)
- Phobias
- Obsessive compulsive disorder
- Antisocial Personality disorder
- Bipolar disorder
- Psychotic Disorders (including schizophrenia)
- Autism spectrum disorder
- Development/Behaviour disorder (ADH)

2. Can everybody have a psychological disorder?

Everyone can experience some kind of psychological issues at some point in their life we have to diagnose when it becomes a disorder.

As the World Health Organization famously says, "There is no health without mental health." In the course of a lifetime, not all people will experience a mental illness, but everyone will struggle or have a challenge with their mental well-being (i.e., their mental health).

We do not fully understand what causes mental illness, or why it can be passed on in family members. Mental illness may be passed on for different reasons, not just genes.

Having a family member with a mental illness doesn't mean that you or a family member are also going to become unwell. Environmental factors, like loneliness or a stressful life event, can cause mental illness. If you have a family history of mental illness you have a higher chance of developing mental illness in these situations. This doesn't mean that you will definitely develop a mental illness. People with no family history of mental illness can develop a mental illness too

3. How do we recognize these disabilities?

- Excessive paranoia, worry, or anxiety
- Long-lasting sadness or irritability
- Extreme changes in moods
- Social withdrawal
- Dramatic changes in eating or sleeping pattern
- Self-harming, suicidal thoughts
- Excessive lack of focus/dissociation

4. How can we help those in need to cope with their disabilities?

If you have a family history of mental illness it can still help to take good care of your mental health.

Below are some steps you can take :

Having a healthy diet

Food can have a lasting effect on mental health. Your brain needs different nutrients to stay healthy and function well.

Mindfulness

Mindfulness is becoming more aware of your thoughts, feelings, body and world around you. Mindfulness can help improve mental wellbeing. It can also help you to notice signs of stress or anxiety and deal with them better.

The first step to mindfulness is to remind yourself to take notice of your thoughts, feelings, body and the world around you.

Getting regular exercise

Regular exercise can help to improve your mood. It can also help you to feel better about yourself.

Getting enough sleep

The NHS recommends that adults get between 6 to 9 hours sleep a night. And keep to regular sleeping hours. Problems with sleep can affect how you feel physically and mentally. In turn, how you feel physically and mentally can also affect how you sleep.

Connecting with others

Good relationships with other people are important for mental wellbeing. Connecting with others can help build a sense of belonging and self-worth, help you to chat about how you are feeling and provide emotional support.

Supporting others

Supporting other people can have a positive impact on our own mental health and wellbeing. Even small acts of kindness can make us feel good. You can support others by volunteering for a local cause, helping a neighbour or by having a simple conversation with a friend or relative.

Learn a new skill

Learning a new skill can have a positive impact on mental wellbeing. It can help boost self- confidence, help you connect with others, build a sense of purpose and support recovery. There are lots of different ways to bring learning into your life. You could learn to cook something new, try a new hobby such as painting or learn how to do something practical like changing a car tire.

Stress

Try not to get too stressed. A lot of things in life can cause stress, which can impact your mental health. Sometimes stress cannot be avoided. But you may be able to use coping techniques to limit the effects of stress.

Drug and alcohol use

Using alcohol or drugs can cause mental illness in some people. Some people have told us it caused problems with getting the right treatment when they were unwell.

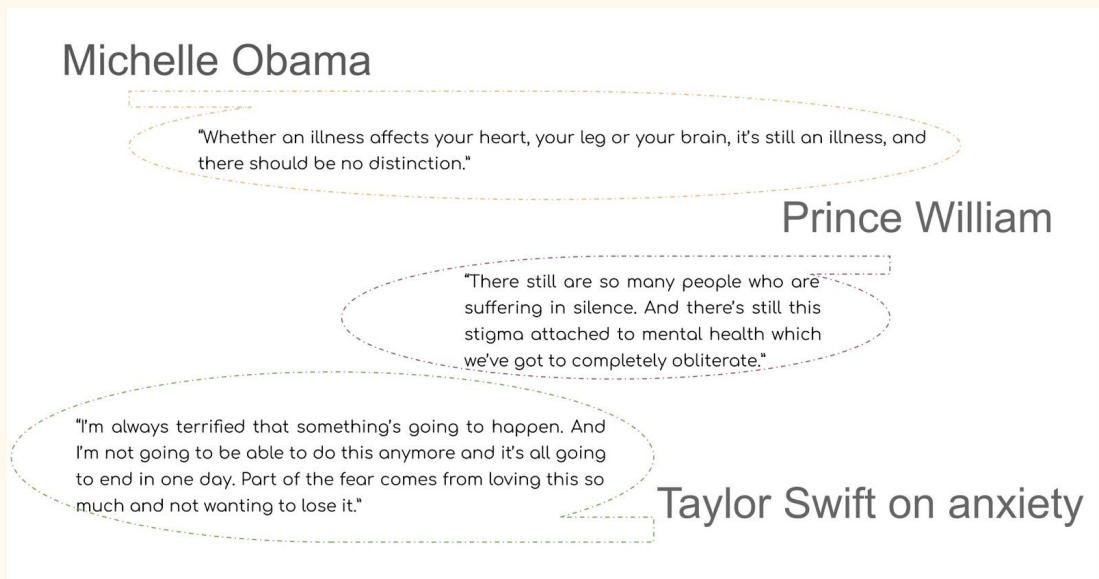
If you find that you use alcohol or drugs to deal with problems or stress, then you could try some of the options listed above. For example, if you feel stressed, you could try exercising, or talking to someone.

5. Can everybody have a disability?

Everybody can get unwell and experience anxiety or low moods but it becomes a disorder when you can't function properly, like can't get to work, can't sleep, can't get out of bed, can't communicate...

6. Quotes from people with the same disabilities that could motivate and help others to cope

Lots of famous people are now opening up about their experience of mental illness which is really good to break the stigma attached to it.



⁴ Image: CDI CFBL



6/ Fake news and giggles guaranteed 🇬🇧😄

What is this new trend ? Year 8 students have been publishing several articles in December that could seriously discredit the school. But, hopefully, once read, the stories have been classified in the fiction category !

6. Mysterious Murderer at CFBL

Daily Report

Mysterious Murderer at CFBL

Man murdered

By Mairi, Crime Reporter



The school where Shakespeare the cardboard man has been murdered.

The exact time of the murder is not known however several teachers reported hearing Ms.Watts scream around half past twelve.Apparently, she walked in the storage room and saw Shakespeare lying lifeless on the floor with his limbs ripped to pieces. It is assumed the murder happened shortly before then. Ms. Watts was found over Shakespeare in tears, asking herself who could have done such a cruel action.

Right next to him, were a pair of scissors lying on the floor which are presumably the criminal's weapon.

A few months ago, one of the CFBL teachers was arrested as he was part of a crime, then went to prison. He had a partner in the building which the police tried to question but never found him. The police have now discovered that his partner is Wail. After questioning Mr Bittmann they also learned that Wail had and Ms.

Watts had an argument recently. The police will be bringing him in for further questioning.

Ms. Watts is an English teacher at CFBL, which explains her love for Shakespeare. When we interviewed her, she had the following to say: " I can't believe that my Shakespeare has died. When I walked into the storage room he was the first thing that I saw bleeding right there on the floor. What a horrible moment that was for me to see my dead and lifeless friend right in front of me. I didn't know what to do, so I started sobbing on his body until Mr. Berland came. He kindly tried to comfort me but my emotions were beyond repair."

The investigation will continue with Wail as the key suspect and if he is found to be the culprit he will likely not go to prison because Shakespeare the cardboard man is not a human but he will be punished severely. Mr. Bittman indicated that nothing like this has ever happened to this school since he has been working here or even before.



7. A case of Covid-19 in a Year 8 Class

Kentish Town Times

A Case of Covid-19 in a Year 8 Class

Students obliged to stay home as a result.

By Evelyne, Interviewer and Journalist

At the Collège Bilingue de Londres (a bilingual school in Kentish Town, London). The administration attempted to resist Covid-19 , by formulating new rules, such as: everyone in the establishment must wear masks, children must sanitize their hands when entering a classroom or the canteen and must respect rules of social distancing.

Dismally, on the afternoon of Tuesday the 12th of October, all of the Year 8 pupils were sent home in a panic; after a student (who wishes to maintain an anonymous figure) was suspected of being infected with Covid-19.

⁵ *Shakespeare the cardboard man.*



The subsequent Thursday after 2 days of online learning, the student's test results were confirmed positive. Meaning the children will have to undergo a 10 day self isolation for evident purposes. It is not mandatory to get tested for the virus, unless they begin to develop Covid-19 symptoms which are: a continuous cough, an

elevated temperature, headaches and loss or alteration of gustation and/or olfaction.

A message announced to us by Ines, who is a pupil in Year 8 : 'This will be a slight inconvenience as some of our holiday will be spent in self isolation, but I genuinely hope that their recovery will go smoothly.' Best of luck to all of the students. A new statistic shows that 40.7 million people worldwide are currently infected with Covid-19, it is far from over, stay safe and stay inside!



7/ LE POÈME DU MOIS 🇫🇷

Dans le cadre de la semaine contre le harcèlement, les élèves se sont exprimés sur un padlet. Un poème anonyme d'une grande qualité s'est distingué !

Non au harcèlement

Tout ceux qui harcèlent,
finiront à la poubelle,
toutes les victimes,
ce sont ceux qu'on enquiquine.

Non au harcèlement,
ça ne va faire aucun changement,
tout ceux qui sont en train d'assiéger,
franchement vous faites pitié.

Si vous êtes des harceleurs,
n'oubliez pas vous finirez surment affligés,
car comme vous le savez,
les bonnes personnes vont encore gagner.

Les victimes agissez,
ne vous ne laissez pas faire,
si vous n'agissez pas,
vous finirez dévalorisés.

Anonyme



8/ EN ATTENDANT LE PROCHAIN NUMÉRO ... 🇫🇷

Les élèves ainsi que le personnel travaillant CFBL sont encouragés à envoyer des **dessins, articles, travaux** réalisés dans le cadre des cours afin d'enrichir chaque mois le journal.

En attendant, rendez-vous sur le **blog du CDI** ou le **site de l'établissement** qui vous propose des informations et activités chaque semaine !