

THE BOSWELLS SCALLOP



The Boswells School
Burnham Rd, Chelmsford, CM1 6LY

End of the First Half Term!

We are quickly approaching the end of the first half term, and it has been a busy one! Rehearsals for the whole school production are well underway, and the Prefect team are organising many exciting events. It has been a very successful start to the school year, and we hope everyone has a relaxing break before our final term of 2021!

Eloise Howell, James Russell, and Frances Hudson

Editor: Frances Hudson

Editor: Eloise Howell

Editor: James Russell

Contributing Articles:

- Isabel Dunton
- Connie Threadgold
- Evie McDaid

What is Fast Fashion?

Fast fashion is cheap clothing from fashion brands, which focus on rapidly producing high volumes of clothing. The reason why the global fashion industry is so threatening to our environment is because of the greenhouse gases generated during clothing production, which contribute to the ongoing global warming crisis. These brands go to great lengths to make their products easily accessible and convenient for the everyday person. For example, Shein, Pretty Little Thing and Boohoo. While they are affordable and efficient, they are also just a few of the brands that violate both the environment and human rights for the sake of fashion. On the other hand, there are many alternatives such as slow fashion, charity shops and up-cycling your clothing. So, next time you want a new piece of clothing to add to your wardrobe, maybe think of some other options instead of going straight to fast fashion.

Evie McDaid, Eco Prefect

In This Issue

- Interview with Sixth Form Student.
- Contribution from Pastoral and Eco Prefects.
- Recap of events in the school.
- Reflection on Perseverance.

Interview With: Lucy Burrows

Alongside being one of our charity and social prefects, Lucy is building an impressive portfolio for her acting career outside of school. Lucy has enjoyed drama from a young age, partaking in different youth organisations for acting and drama. She was nine years old when she performed in her first show. She finds that acting allows her to express herself, whether it's acting on stage or on screen. Previously, Lucy has played a leading role in the stage production of 'Heritage' at Cramphorn Theatre. Unfortunately, the Covid-19 pandemic prompted the closure of theatres which meant that there were no shows for Lucy to perform in.

Nevertheless, Lucy has not stopped acting. She has been an extra in the popular Netflix series 'The Crown' where she met Dominic West, the Golden Globes nominated actor, on set and she will be appearing as an extra in the 'The Essex Serpent' TV series, which does not come out until next year. Lucy will also feature in an upcoming Christmas commercial for the charity Centrepoint UK. After sixth form, Lucy is planning to attend drama school.



Sixth Form Vs Staff Tug of War

On the 1st of October, the Sixth Form assembled a team to compete in a tug of war game against various members of staff. The Sixth Form team consisted of Matthew, Nathan, Jessica, Caitlin, Abigail, Oli, Ben and Jonathan.

Taking place on the field after school, there was an excellent turnout of students to support both the Sixth Form and staff alike. Despite an admirable effort, the Sixth Form were defeated by the staff after only 30 seconds.

Images of the tug of war are available on Boswell's Instagram and Twitter pages: @boswellsprefects

Eloise Howell



Reflecting on: Perseverance

Scallop Prefect, James, draws on his personal experiences and writes about the importance of perseverance.

Recently, I broke my wrist falling over backwards in an embarrassing dodgeball-related incident (or rescuing a drowning puppy from a river, depending on who I'm talking to). While it has only been a few days since it happened, my respect for amputees and those with disabilities has increased tenfold. Suddenly struggling with simple, everyday tasks such as tying my shoelaces (you try it one-handed – it's harder than it sounds!) has left me in awe of those who have to cope with problems like this on a daily basis, with no hope of it "being better in a few weeks". An incredible example of this was the Paralympics, which happened only a few months ago, and is a testament to the resilience and grit of those who were able to compete. Each contestant had a different background, a different set of disabilities, but I believe they all had one thing in common: their perseverance. Not only deciding to keep trying over and over again but to keep getting back up when they have failed, until they finally succeed.

In the past few days, I've learned I've had to persevere with simple tasks that have suddenly become annoyingly complex, such as putting on socks with only my left hand (yet again, harder than it sounds!). In the same way, perseverance doesn't have to be limited to something huge – it can be for simple, everyday tasks; whether it be putting in extra time to improve your mark after a test that didn't go as well as you were expecting; or trying hard in a subject you find particularly challenging. It may seem small to begin with, but through constant practice, we can begin to develop the skill of perseverance.

James Russell

PA Film Night

One of our first events organised by the Prefect Team took place on the 13th of October; an 'Everybody's Talking About Jamie' film night organised by our Performing Arts Prefects, Abigail Wiltshire and Megan Bethge. It was a free event with sweets and popcorn available to buy (which proved to be a huge hit!), and the film was thoroughly enjoyed by everyone in attendance. It was a great way to celebrate musical theatre all together again after the events of the past 18 months!

Eloise Howell



How to Support Someone Who Is Struggling with Their Mental Health

Having just recognised World Mental Health Day on the 10th of October, we thought it would be helpful to provide some guidance for supporting someone who is struggling with their mental health. Specifically, we wanted to focus on ten things that should be avoided in these sorts of conversations:

1. **It's all in your head** - While mental illnesses do indeed affect the brain, this comment dismisses the struggles that the person may be going through.
2. **It could be worse** - This can make a person who is already struggling with their thoughts and emotions feel guilty and ashamed.
3. **Everyone can be a little down/OCD sometimes** - This can make people feel like the way they are feeling is normal, meaning they might not get the treatment that they need.
4. **Try to be positive** - Mental health conditions are illnesses and there are very few illnesses that can be treated by trying to be happier. It can be so difficult for someone struggling with their mental health to be more positive.
5. **Don't be selfish** - Lots of people believe that suicide is a selfish act when it is a result of the pain and desperation that mental illness can put you through.
6. **You don't look depressed/anxious** - Mental health conditions do not have a particular appearance. Even if somebody doesn't look like they are struggling, there could be something going on beneath the surface.
7. **Cheer up** - @mentalhealthceo describes this as "like high-fiving someone who's drowning instead of helping them".
8. **You have no reason to feel this way** - Mental illness does not discriminate; it can affect anyone from the homeless to the richest people in society.
9. **It will get better soon** - Recovery from a mental health condition can be a long and challenging process. Dismissing this as quick and easy belittles the huge amount of effort that is needed to reach this stage.
10. **You wouldn't feel this way if...** - This can make a person blame themselves and feel like they deserve to feel the way they do.

While it can be difficult to find the right words to say to someone in this situation, it is important to listen to them and find out ways that you can help without trying to put a positive spin on things or being dismissive of what they are going through. Some useful phrases are: "Do you want to talk about it?", "I'm here if you need me", "What can I do to help?", "That sounds really difficult" and "I'm sorry you're feeling this way".

Isabel Dunton and Connie Threadgold