

POLTAIR *UNFILTERED*

Festival of sleep day 2022

What is it and why was it created?

The festival of sleep day will be celebrated on the 3rd of January 2023. It was created to encourage people to sleep after the busy few weeks around Christmas and New Year.

Why is sleep important?

Sleep is important because it helps us grow, develop, and regenerate. Without sleep, we would not be able to do anything, as we would not have the energy to do so. Also, if we are injured or ill, our immune system would not be able to regenerate our physical and mental health.



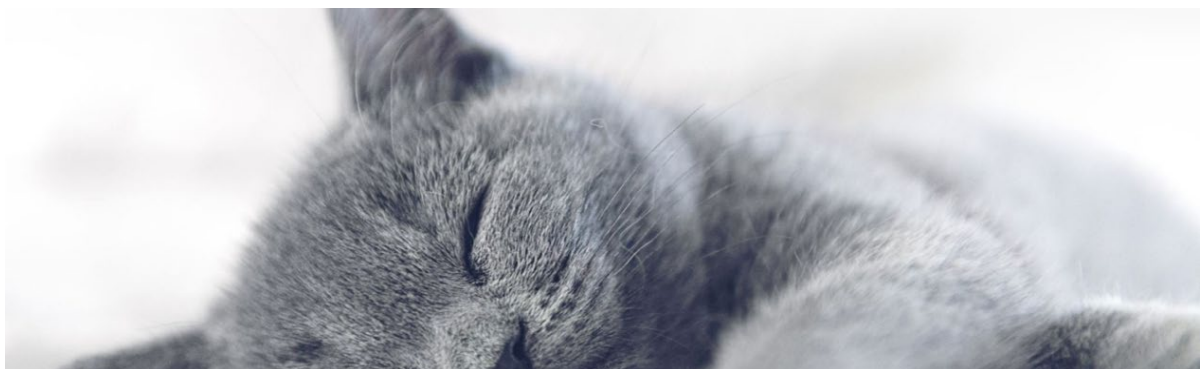
What can I do to take part?

There are many things that you can do to take part but here are my favourite few:

- Have a sleepover with friends.
- Sleep outdoors or in a tent although this option is only recommended if you have lots of layers.
- Make a den under a table or desk and sleep in it.
- Have an early night or sleep in.

Unfortunately, January third was the day that the Spring term begun, so sleeping in was not such a good idea, but an early night, sleepover or den are perfect ideas.

Isobel (7GOE)



Is Dubai sustainable?

Sustainable

On one hand, Dubai is sustainable since the government is launching an ingenious plan to transform this megacity into a smart city with an eco-friendly economy. The region has encouraged construction of green buildings. They are doing this by reducing energy and water use but also decreasing waste production. Additionally, more than 80% of household waste is sorted and then recycled. Somewhere in the west of Dubai, a group of people sort through heaps of rubbish that they can recycle to help the planet. Generous villagers bring it to them, which they find on beaches, coasts, streets, you name it. In exchange, they are rewarded with a small sum of money, but this is just a minor change in the Earth's



Not sustainable

On the other hand, Dubai is not sustainable due to pirate fishing which is illegal worldwide. This is also known as overfishing. Although its country is smaller than the UK, Dubai is 3x the amount of carbon footprints as the United Kingdom and it is increasing every year since it was a desert. It is highly dependent on imports for most raw materials and largely bases its economy on manufacturing and construction. While it spends on projects like 'The World', and the country's population gets better because of it, the environment is failing to reach our expectations.

Macy (7GOE)

Charity of The Week: MS Society

MS Society are the UK's largest charity which work to support people suffering from Multiple Sclerosis (MS). They also fund research into the disease. MS is an autoimmune disease which effects the central nervous system.



William the Conqueror

With the recent anniversary date of William I coronation (December 25), we remember him as the first Norman King of England. In this article, I am going to go into more detail about William the Conqueror and the things that happened to him during his lifetime.

William was born in 1028 and was the son of Duke Robert of Normandy and his unmarried mistress, Herleva. Due to his illegitimate status and youth, it caused him many problems after receiving his father's title.

His childhood and adolescence consisted of members of the Norman aristocracy battling each other for not only control of the young duke, but also their own benefits. In 1047, William quashed a rebellion and began to gain authority over the duchy.

In the mid 1050's, William married Matilda of Flanders, which proved him with a powerful ally (Flounders).

In the late 1050's and early 1060's, William became a competitor for the throne on England, of which was currently obtained by Edward the Confessor. There were other potential claimants, including Harold Godwinson, a powerful English earl.



William invaded England, leading his forces against Harold Godwinson and his Anglo-Saxon army during the Battle of Hastings.

He was crowned later that year on Christmas Day.

His final years were of some difficulties in his continental domains and issues with his son, Robert. He also had been threatened of invasions of England by the Danes.

In 1086, he ordered a survey of all landholdings in England, known as the doomsday book. William died on the 9 of September 1087, age 59. He was buried at Saint-Etienne de Caen in Normandy.

Ellie (9SSP)

DRAGONS

See, sometimes we think of dragons to look like this.



Or but sometimes we think of them like this.



But what did they genuinely look like in 6200–5400 BC (BCE) when they were said to be first discovered?

After some research you could say they looked like the first image. Although again after some research you could say that they were kind of cowardly beasts because they were said to be afraid of lions, snakes and eagles.

The Riddle Master Challenge

As a tutor group, see if you can solve this riddle and when you do, email us the answer! The first tutor group in each tutor group to send us the answer will be added to our tally.

Then, whichever tutor group in each year has guessed the most first by the end of the year wins

Poltairunfiltered@poltair.cornwall.sch.uk

I am an odd number. Take away a letter and I become even. What number am I?

But there are dragons like this. Dragons that look like this are considered as cute (although people have a fear it).



But let's not forget about their other ancestors, the dinosaurs, such as: the T-rex, carnosaurus etc.

So, in conclusion I think that now they are cute and in 6200–5400 BC (BCE) were horrifying.

Charlie (7CMO)



Out with the old, in with the new

In April 2021, I was in year 9 and had only been at Poltair school for 5 months, as I had moved to Cornwall from out of county. After joining the school's new writing club, becoming its only member, I wrote an article about how the students and teachers were finding coming back to school after lockdown. This was published in the school's parent bulletin and was the seed for what has now become Poltair Unfiltered.

For the last 18 months I have then held the position of Editor of Poltair Unfiltered. Therefore, it's likely that you have met me through assemblies, or possibly heard me on the podcast.



Our first full edition was published on June 13th, 2021, and contained three articles, written by its only three writers. Now we have a phenomenal team of talented reporters, ranging from year 7 – year 11. I am so unbelievably appreciative of their dedication and work for the newspaper.

Being part of Poltair Unfiltered has given me some incredible opportunities and memories that will last me a lifetime. Such as

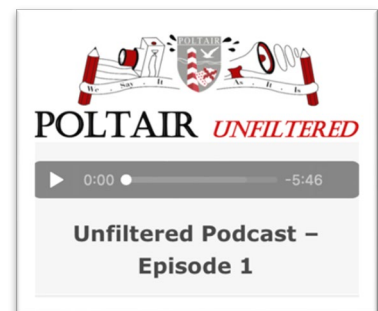
three of us being accepted onto a team of young journalist, reporting on the G7. There I interviewed lyricist, Sir Tim Rice, visited the international media



centre and got to speak to the professionals – interviewing journalists from all over the world such as reporters from BBC Persian.

As our newspaper was a success, I wanted to be able to expand it to make more opportunities available. That's why we created the podcast. Although I haven't been the most successful at ensuring episodes come out every two weeks, I have enjoyed the experiences it has given me. For example, being able to interview Olympian Denise Lewis OBE on the day of the Queens Baton Relay through the Eden Project was incredible.

Being in year 11, my focus is switching to my GCSEs. Therefore, it's time for me to hand over Poltair Unfiltered to a new team of writers. Although I feel I am doing this with gritted



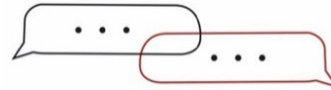
teeth, I have full confidence in every member of the new editorial team, and I can't wait to see what they do in their roles.

Looking back on my journey at Poltair School almost every aspect of it links back to Poltair Unfiltered. And it is for that reason, that I am so thankful to it. Its contributors, readers, and supporters. Our team make me proud with every article and in every meeting as they work together and support each other. Poltair Unfiltered has worked so well in regard to connecting people in different year groups – giving them the chance to meet others with similar interests and building friendships. It has also

created positions of leadership and mentorship for the older year groups. Watching them portray these roles is so special, as I can see how much they have grown and developed as people, themselves.

Ultimately, Poltair Unfiltered will always be a huge part of me as it has played such a monumental role in my life. So, as I step back, I wish the best of luck to the new team and once more want to thank everyone involved.

*By Ella (11TWI)
Editor,
Founder*



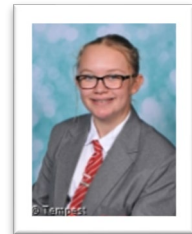
Meet your new team

Caleb(10SWA)
Editor of Poltair
Unfiltered:
Specialising in the
newspaper



Since the beginning of last year, Caleb has been writing articles about everything premier league related. Personally, sport is a large hobby of his and he plays a variety of sports here at school. Away from sport, his favourite subjects are History and Design Technology.

Holly (10SWA)
Editor of Poltair
Unfiltered:
Specialising in the
podcast



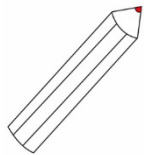
Holly joined Poltair Unfiltered for the creative freedom and ability to speak about what she loves, that being physics and history. In her free time, she often writes poetry and loves playing the drums. Holly also speaking various languages.



Abi (10JTU)
Deputy Editor

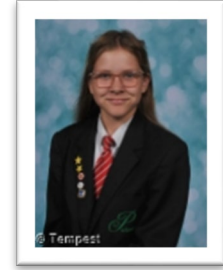


Abi puts her creative writing skills to the test with her short story articles, each one putting the reader on the edge of their seat. In Poltair Unfiltered she likes that people of all years have ability to express their passions through language in the newspaper. Despite her way with words, Abi's favourite subject is



science, particularly, biology and chemistry.

Ellie (9SSP)
Deputy Editor



Ellie's articles have a variety of topics, from Historical figures to interesting facts about unusual animals. She has been writing for Poltair Unfiltered for over a year, and she enjoys the freedom of being able to write about anything. Linking with her talent for writing, her favourite subject is English. In her free time, Ellie enjoys painting and she loves taking part in school productions.

A Message from the School



Whenever you come to the end of anything, I firmly believe that you need to both look back and look forward.

Looking back, you reflect on the things that went well, the things that you leave behind and the change that you have either instigated or completed, to make things better. People talk about legacy, and this to me is what it is.

Looking forward, you learn. From when things didn't go well or when you had challenging times. If there is one thing that Ella and the team from Poltair Unfiltered have probably learned, is that getting me to complete my piece for the newspaper is a challenge, and they have demonstrated great determination, perseverance, and tenacity in making it happen!

They have done extremely well, in both getting a newspaper off the ground, ensuring that it remains quality and ensuring a legacy in its sustainability.

Ella is now handing over the newspaper to the new editors:

Caleb (10SWA), Editor of Poltair Unfiltered specialising in the newspaper.

Holly (10SWA), Editor of Poltair Unfiltered specialising in the podcast.

Abi (10JTU), Deputy Editor

Ellie (9SSP), Deputy Editor

Who will, I have no doubt, learn from her experiences, and take it

on to its next stage of development.

I would like to wish them all the best in the future and to thank Ella for the legacy that she has left behind. When you are thinking about your own time in school, an inspiration for you should be students like Ella who have contributed massively to the school and left something behind as well.

- Mr M Everett
Headteacher

Have any Questions, or want something put in the paper, Email us!
Poltairunfiltered@poltair.cornwall.sch.uk

20/01/2023
Edited by Ella (11TWI)