

# Suburb News Youth

## Corona: Some light to brighten its darkness



Support for the NHS

Coronavirus. COVID-19. We know that you're probably tired of the same old topic, again and again, and initially, we too approached the coronavirus with a negative outlook. For us, year 11 students, our GCSEs had been cancelled and the summer ahead of us seemed bleak. Receiving news and notifications constantly made us feel as if we were trapped in a black bubble of anxiety and panic. However, fear not! Not everything about the coronavirus is dark and dismal. In the last few weeks, we have come to see not only the kind and generous actions from people to their local communities, but also, as individuals, we've been able to use the time on our hands to expand our minds and practice self-care in its finest form.

To start off with, the coronavirus has brought the charitable side out of everyone. We have seen this through our own eyes - whether that be through society's appreciation shown for key workers such as the NHS, people's willingness to protect the older generation and the vulnerable, or everyone doing their part by self-isolating in an act of consideration for those around them. To us, the telling moment of this was on March 26, when thousands of people took to the streets to clap for the heroic actions of the front line saviours of the NHS. Companies have also been showing gratitude to key workers with Uber vowing to cover 100,000 free meals and 200,000 free rides for NHS staff, showing the country uniting as one to fight the virus.

Yet positive change is also visible within family dynamics. Have you noticed an increase in the number of shared family meals? Have you also found yourself having more conversations with your siblings about the latest video games or the new Billie Eilish song? It's most likely that you have - for self-isolating has given us more downtime to cherish with the people who truly matter: our family. Granted, one can say that this time allows us to have more arguments

with our siblings, but who doesn't love a good bicker with their brother or sister? (We certainly do!) On a more serious note, not being weighed down by a pile of work on our desks has given us the invaluable opportunity to strengthen our family ties.

As young people, self-isolation is allowing us to flourish. Creatively, we have been able to explore our hobbies and interests in depth now that we are not bound to the restraints of school. We have used this time to practice the saxophone, write a novel, learn new languages such as Korean, draw portraits and participate in fun dance workouts. On top of all this, our self-care routines have improved. We've been able to catch up on much needed sleep, take daily baths with colourful bath bombs, bake cookies and brownies, and spend precious time away from our phones.

And so can you! You can use this time to discover new passions and spend time doing things you normally wouldn't - like reading a good book!

Another positive is how social distancing and self-isolating has benefited the environment. Due to the decrease in the number of cars on streets and planes in the sky, fewer greenhouse gases are being emitted into the atmosphere and the lack of smog has meant that, the other day, we caught a glimpse of the stars! On the cusp of spring, it is fantastic to see wildlife thriving, with less litter blanketing the roads.

So to conclude, while the coronavirus is not to be taken lightly, it's possible to see a sunnier aspect to these difficult days. Remember to stay safe, wash your hands thoroughly, and surprise those around you with good deeds and smiles to brighten their day, even in what seems to be the darkest of times.

ALLIE & KAYA



Time to enjoy a good read

## Lockdown dancing

With all of this newly found free time, this could be your opportunity to rekindle your love for exercise. Not only is exercise good for our bodies, but our minds too, it releases endorphins and can make us happier overall. The government has permitted one outdoor form of exercise a day, however, keeping fit doesn't necessarily mean going out for a run. There are many activities you can do indoors, such as yoga, Zumba or even boxing! Collectively, one of our favourite forms of indoor exercise is dancing.

There are many ways you can get into dancing, there are many dance workout videos on YouTube aimed at beginners, you could also video call a friend and dance with them, but you could also just put some music on and dance by yourself. To help with the latter option we have created a playlist filled with some of our favourite songs to work out to.



To access this playlist, all you need to do is download the Spotify app (but do ask your parents first). Then open up the search bar and click on the camera icon on the right-hand side. It will then let you scan the code shown above. If you don't have a Spotify account or prefer not to download Spotify but want to check out the songs we have chosen then here's the list:

Coldplay - Every Teardrop Is a Waterfall • Queen - Under Pressure • Florence + The Machine - Shake It Out • Of Monsters And Men - Little Talks • The Lumineers - Ophelia • Katrina & The Waves - Walking On Sunshine • Emma Stevens - Riptide • Alistair Griffin - You only live once • Panic! At the Disco - High Hope • Coldplay - Viva la Vida • Foster the people - pumped up kicks • Michael Jackson - Beat it • Taio Cruz - Dynamite • The Beatles - Twist and Shout • The Kooks - She moves in her own way • Elton John - Crocodile rock • Bring me the horizon - Follow you. Enjoy!

MADHU



## Eating Green in Quarantine

### Help the planet without leaving your home

Even though we are stuck at home at the moment, it's important to remember the power that we have to affect the world around us. Although many of our regular habits are currently impossible, we can still have a massive impact on the environment through what we eat. Here's a list of a few easy things to focus on in your diet that mean you can help the planet from the comfort of your own home.

1) Personally, as a vegan, I feel passionately that a plant-based diet is the single best way to reduce our carbon footprints and help the planet. If everyone cut out meat even just for one meal a week, that would have a huge global impact. Meat-Free Monday is an easy way to start incorporating more plant-based foods and protein sources in your diet. Subject to any allergies you may have, chickpeas, lentils, and other legumes; nuts; tofu, seitan are good meat substitutes. An Oxford University study recently concluded that a vegan diet is the 'single biggest way' to reduce our environmental impact on the earth and is increasingly easy in this day and age. So, with all this extra time on your hands why not try making a new vegan recipe?

2) Eat locally sourced foods. Apples flown in from the USA, asparagus from Peru, and grapes from Chile. Many foods in the supermarket have travelled further than some of us will in our lives! Just as humans flying internationally is costly to the environment, food has the same impact. These 'air miles' are a major contributor to the climate crisis. Instead, prioritise goods from the UK where possible - carrots, cucumbers, beetroot, potatoes and more can all grow here in the spring. Animal produce can also be bought from local farms and this way local businesses can be supported.

3) Eat seasonally. Just as air travel is powered by greenhouse gases, out-of-season foods require greenhouses too. To grow 'summer foods' in the UK outside of summertime, massive amounts of heat energy is needed (and in real greenhouses!). Just because we can eat like it is always summer doesn't necessarily mean that we should. Try researching what produce is 'in season' in the UK and aim to mainly include these in your meals.

4) Next, pay attention to the packaging of the food you buy. Lots of the fresh produce we buy has unnecessary amounts of plastic involved. Instead of buying chopped veg in a bag, use the extra time we have to chop it up at home! Opt for unpackaged foods where possible, and of course, bring your reusable shopping bags with you when you go to the supermarket.

5) And finally, I want to defend an old friend that has earned a bad reputation among environmentalists. Palm oil. Found in most packaged foods, palm oil has lately been discussed as having a terrible effect on the rainforest and its wildlife. However, while it is undeniable that the palm oil industry can be damaging to biodiversity and contribute to deforestation, this is only part of the story: truth be told, companies choose it for a reason. Palm oil is efficient to grow (it only uses a quarter of the land needed for other comparative oils, and doesn't require many pesticides or fertilisers), it's cheap and it has a long shelf life. With the growing trend of people boycotting products containing palm oil, companies may be forced to use oils that are actually more damaging for the environment. I urge you not to avoid palm oil entirely, but to opt for products that use RSPO palm oil (certified to prove it is responsibly farmed) and to campaign for sustainable palm oil.

In this unprecedented time, it's important to remember that we are not powerless - we can impact on the world around us profoundly even while locked up indoors. If everyone uses the current lock down to implement a few more sustainable habits into their diets, we can come out the end of this pandemic better prepared to help our planet. There is still time to mitigate the climate crisis. And you can do it from home!

ROSA



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