

**What's happening  
in the news this week?**



**Let's have a look at this week's poster!**

**9th - 15th January 2023**



# Can you learn how to manage under pressure?



EUROPEAN AQUATICS CHAMPIONSHIPS

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# Let's look at this week's story



18-year-old Andrea Spendolini-Sirieix has been named as a BBC Young Sports Personality of the Year finalist.

She is one-time National Champion, two-time Commonwealth Champion, and two-time European Champion across 10 metre diving and 10 metre synchronised diving. Skateboarder, Sky Brown, and gymnast, Jessica Gardirova, were nominated alongside Spendolini-Sirieix. Andrea is continuing with her A-Levels, attending school 3 days a week.



Learn more about this week's story [here](#).  
Watch this week's useful video [here](#).  
This week's Virtual Picture News [here](#).



# How does it make me feel?



<b>sad</b>	<b>angry</b>	<b>happy</b>	<b>confused</b>	<b>excited</b>	<b>worried</b>	<b>shocked</b>	<b>afraid</b>
despondent disconsolate dismal doleful downhearted forlorn gloomy melancholic miserable woeful wretched	aggrieved annoyed discontented disgruntled distressed exasperated frustrated indignant offended outraged resentful vexed	beaming buoyant cheery contented delighted enraptured gleeful glowing joyful	addled baffled bemused bewildered disorientated indistinct muddled mystified perplexed puzzled	animated elevated enlivened enthusiastic exhilarated exuberant thrilled	agitated anxious apprehensive concerned disquieted distraught distressed disturbed fretful perturbed troubled uneasy	astonished astounded disconcerted distressed dumbfounded horrified staggered startled stunned surprised	alarmed apprehensive daunted fearful frantic horrified petrified terrified

# This week's story looks at events related to ...





Read the information below about Andrea and her achievements.



View more on Instagram



15,695 likes

andreassirieix04

🏆 CAMPIONESSA D'EUROPA 🏆

I don't know how to describe what I'm feeling. From being too scared to dive in January to Commonwealth and European Champion... God showed His might and strength and moved a huge mountain into the ocean. Emotions and fatigue were running high and in that moment (pictured above) I reflected on how far I had come. From having a home crowd in Birmingham to having another in Italy. I am so happy and overjoyed... it's been 3 long years since I last came to Italy and the pizza and pasta did not disappoint :) Thank you @alex.doud for believing in me when I couldn't believe in myself and for pushing me to be the best you knew I could be. The words "hard work always beats talent" will forever ring in my head and motivate me to improve and better myself as an athlete. I am so grateful to have you by my side, tu es un entraîneur incroyable ☺☺  
Grazie a tutti quelli che sono venuti a guardare, significa molto per me. Italia ti amo ❤️  
Onto the next competition... @lois\_toulson I can't wait to close this season with you. Last big push !!

## Who is Andrea Spendolini-Sirieix

Andrea Spendolini-Sirieix is a British professional diver who is 18 years old. In 2022, she became a World junior, two-time European senior, two-time Commonwealth Games and two-time national senior champion as well as a World senior medallist in the team event!

She made her international debut in 2018 at the age of 13 and won her first solo international gold medal at the 2020 FINA Diving Grand Prix. Later that year, Andrea was recognised as the BBC Young Sports Personality of the Year. She won the gold for the women's individual 10 metre platform at her first Commonwealth Games in 2022 - the first English woman to win the event since 1966!

Andrea admitted to nearly giving up on diving earlier in 2022 after developing a sudden fear of diving and wanting a normal life.

**Left:** Andrea Spendolini-Sirieix, speaking about her diving success earlier this year on her Instagram page.

**Source:** Instagram/Andrea Spendolini-Sirieix



**Talk about the challenges she has faced and how she has overcome them.**



Look at the resource below, which shares some examples of situations when people might feel under pressure.

When there isn't enough time to do everything



Before a race

Having money worries

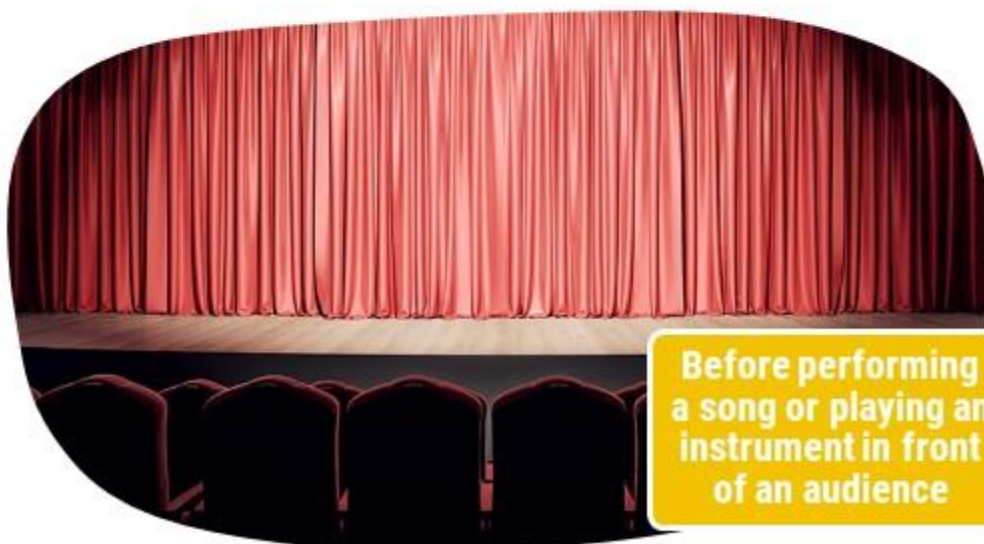


When family members are arguing

A fallout with friends



Before a spelling or maths test



Before performing a song or playing an instrument in front of an audience

Have you ever felt under pressure in any of these situations?



Look at the resource below, which shares some of the strategies we can use to help us manage stressful situations.



Some people find squeezing a stress ball or toy can help.

Talk to someone you trust about how you are feeling.

Think about something you like or are looking forward to.

Make sure you get a good night's sleep.

Write down or make a list of how you are feeling.

Use breathing techniques to help you feel calm.

Take a break and do something you enjoy.

Have a reward for overcoming/facing the stressful situation.

Remind yourself of the things that are really important to you and focus on them.

Exercise.

Squeeze a stress ball or toy.

Writing down how you are feeling and what your stressful situations are can help. Making a list of things you need to do can provide focus and help you prioritise.



**Have you ever used any of these strategies to manage stressful situations?**

**Which do you think would help you?  
Are there any that you feel would make your situation worse?**

**Can you think of any other strategies you might use?**





# Can you learn how to manage under pressure?



EUROPEAN AQUATICS CHAMPIONSHIPS

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# Reflection



At times, we will find ourselves in situations where we feel stressed and overwhelmed with things around us. It's important for us to find strategies that help us deal with pressure, to ask for help when we need it and also to support others when they are feeling things are too much.





# British Values



## Mutual Respect and Tolerance

We are all different so the way we respond to the demands or pressures we may face will be different too.

We understand and respect that not everyone is the same and everyone needs to be treated as an individual.

## Protected Characteristics

‘I think this year especially has shown that women are strong and nothing can stop you doing what you want to do. Your age or gender don’t stop you.’ – diver, Andrea Spendolini-Sirieix



Sex



Sexual Orientation



Age



Disability



Gender Reassignment



Marriage and Civil Partnership



Pregnancy and Maternity



Race



Religion or belief



# UN Rights of a Child



Governments should let our families and communities guide us. They can help us find ways to respond to life's pressures and learn to use our rights in the best way. As we grow, we will need less guidance.



# Useful vocabulary



## Nominated

To officially suggest someone for an election, job, position, or honour.

Skateboarder, Sky Brown, and gymnast, Jessica Gadirova, were **nominated** alongside Spendolini-Sirieix.

## Overwhelmed

Feeling a sudden strong emotion.

At times, we will find ourselves in situations where we feel stressed and **overwhelmed** with things around us.

## Preliminary

Coming before a more important action or event, especially introducing or preparing for it.

It shows GB diver Andrea Spendolini-Sirieix competing in the Women's Platform **Preliminary** in Rome, Italy.

## Strategies

Ways of doing something or dealing with something.

It's important for us to find **strategies** that help us deal with pressure.

## Stressed

Feeling tense and anxious because of difficulties in life.

Have you helped someone else when they felt under pressure or **stressed**?

## Synchronised

Happening together, at the same time or rate.

She is one-time National Champion, two-time Commonwealth Champion, and two-time European Champion across 10 metre diving and 10 metre **synchronised** diving.

**Can you use them in your writing this week?**



## Can you learn how to manage under pressure?

18-year-old Andrea Spendolini-Sirieix has been named as a BBC Young Sports Personality of the Year finalist. She is one-time National Champion, two-time Commonwealth Champion, and two-time European Champion across 10 metre diving and 10 metre synchronised diving. Skateboarder, Sky Brown, and gymnast, Jessica Gadirova, were nominated alongside Spendolini-Sirieix. Andrea is continuing with her A-Levels, attending school 3 days a week.



- Look at this week's poster image. It shows GB diver Andrea Spendolini-Sirieix competing in the Women's Platform Preliminary in Rome, Italy. As she stands on the diving board, what do you think she is thinking and how do you think she might be feeling?
- Read the information found on the assembly resource about Andrea and her achievements. Talk about the challenges she has faced and how she has overcome them.
- Can you think of times when you have felt under pressure? How did you deal with it and did anyone around you help?
- Have you helped someone else when they felt under pressure or stressed? What did you do?
- Watch this week's useful video, which shows one of Andrea's dives. How do you think Andrea will have felt before, during and after the dive? How do you think she felt when she heard that she came in 1<sup>st</sup> place?

### Reflection

At times, we will find ourselves in situations where we feel stressed and overwhelmed with things around us. It's important for us to find strategies that help us deal with pressure, to ask for help when we need it and also to support others when they are feeling things are too much.



## KS1 focus

### What are some of the situations when we might feel under pressure?



- Have you ever heard anyone say they feel under pressure? What do you think it might mean? Under pressure can mean different things but today we are using it to explain a feeling people might get when they are facing something difficult or challenging.
- Look at resource 1, which shares some examples of situations when people might feel under pressure. Have you ever felt this way in these situations?
- Can you think of a time when you have felt under pressure? When was it? What was it? How did it make you feel? Nervous, stressed, overwhelmed, worried, sad? How did you deal with the pressure? Were you able to overcome it?
- Not all pressure is bad. Can you think of any examples of times when pressure might help you e.g., only having a small window of time to tidy your room makes you do it quickly or feeling nervous and worried before a race helping you run faster?
- Some people work well under pressure or find it helps them do something better or quicker. How do you feel about being under pressure? Does everyone feel the same? Are there times when you like it and times when you do not?

### Reflection

There are many situations when we might feel under pressure. We are all different so we respond to pressure differently. We can learn to recognise pressure and ask for help if we need it.



## KS2 focus

### What are some strategies we can use to help us manage stressful situations?



- Think about some of the stressful situations you may have found yourself in or have seen someone else struggle with. Record a list e.g., money worries, struggling with homework or schoolwork, nervousness before a performance, race or match, fallouts with friends, being teased, people expecting too much of you.
- Discuss how you feel when you find yourself in a stressful situation e.g., overwhelmed, worried, angry, sad, nervous, excited. What do you do when you find yourself in a stressful situation? How do you manage it? Has there ever been a time you don't think you managed a stressful situation well?
- There are many times in life when we will face stressful situations. Being able to recognise when we are feeling this way and finding strategies to deal with the stress can help. Look at resource 2, which shares some of these strategies. Have you ever used any of these? Which do you think would help you? Are there any that you feel would make your situation worse?
- Everyone is different, so some strategies for managing stressful situations will be more effective for some people than others. Recognising what works for you can help to keep you healthy and ensure that stressful situations don't build up, get out of control and become unmanageable.
- Go back to the list of stressful situations you recorded at the beginning. Discuss which we can manage easily and which might be more tricky. How does it feel if you overcome/manage a stressful situation?

### Reflection

There are many stressful situations we may need to manage or overcome throughout our lives. We can learn which strategies work for us and use them to help us.

# Picture News



## KS2 follow-up ideas

### Option 1

Imagine you are standing, waiting for your competition/performance to begin.

- What are you about to do? A race, a dive, a singing solo?
- How do you feel? Excited, nervous, worried?
- What is your body doing? Legs trembling, heart racing, palms sweating, fists clenched?
- What can you see/hear when you look up? Crowds mumbling in anticipation, the clock ticking?

Write a description of the build-up to your competition/performance in first person.

### Option 2

Feeling pressured can alter our heart rate. You can find out your heart rate by feeling your pulse. Your heart rate is how many times your heart beats in one minute. Explore this further by completing the following:

- What is your resting heart rate? Find your pulse and record how many beats per minute.
- If you close your eyes and take deep, slow breaths, does this alter the number of beats per minute?
- Focus your mind on something you are excited about and looking forward to. Tell somebody near you about it. Afterwards, measure your heart rate again.

Continue to investigate heart rate and how it can change. Remember, some people find using breathing techniques or focusing their minds can help them to cope with life's demands and pressures.

# Picture News



## KS1 follow-up ideas

### Option 1

Make a card or write a letter to say well done to Andrea Spendolini-Sirieix. Think about:

- Why do you want to say well done?
- Have you learned anything from her?
- Do you have any questions for her?
- What design or layout will your card/letter have? Will you include any pictures?

If possible, send your cards and letters to Andrea Spendolini-Sirieix!

**Teacher note** - you can find Andrea on Instagram.

### Option 2

Explore having a time pressure during a PE session. Work in pairs or small groups (either give each group a stopwatch or time everyone together) to complete the following:

- How many star jumps can you do in 30 seconds?
- How many times can you throw the beanbag into the hoop in 1 minute? If you stand further back, how many times can you get it in in 1 minute?
- Can you balance on one leg for 20 seconds?
- How many shuttle runs can you complete in 1 minute?

Once you have completed your time pressure challenges, think about the following:

- Did you like having a time pressure to complete these challenges?
- Do you think it is easier or harder with people cheering you on or watching you?

# Picture News



## This week's useful websites

### This week's news story

[www.swimming.org/diving/spendolini-sirieix-bbc-young-sports-personality-year-finalist/](http://www.swimming.org/diving/spendolini-sirieix-bbc-young-sports-personality-year-finalist/)

### This week's useful video

Andrea Spendolini-Sirieix competition dive  
[www.youtube.com/watch?v=Cjzo1MebDBQ](http://www.youtube.com/watch?v=Cjzo1MebDBQ)

### This week's Virtual Picture News

[www.picture-news.co.uk/discuss](http://www.picture-news.co.uk/discuss)

## This week's vocabulary

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# 3D printed violins



Pictured: A child playing a violin. Source: Canva

The Acoustical Society of America is 3D-printing violins to make the instrument more affordable for hundreds of children and adults who want to learn how to play. The 3D-printed violins are created in two sections, with the violin's body being made from a plastic polymer material. The neck and fingerboard are printed in smooth ABS plastic, which clips on to the body and gives a comfortable grip for musicians. The violins are much cheaper than a traditional violin, which can cost over £600. The 3D-printed violin cost only

around £30 (with printing costs being around £6 and the assembly at about £24). The instrument produces a different sound, a darker, more mellow sound than traditionally made instruments. 'Our goals were to explore the new sound world created by using new materials, to leverage the new technology being used in other disciplines, and to make music education sustainable and accessible through the printing of more durable instruments,' said the Montreal-based AVIVA Young Artists Program director, Mary Elizabeth Brown.



I C YOU Boy  
Arshdeep Singh



Talk to the Fin  
Jennifer Hadley

## Funny photos

The winners of the Comedy Wildlife Photographer of the Year 2022 have been announced. Amongst the hilarious snaps was a photograph of a winking owl called 'I C You Boy', which won the World Junior Comedy Wildlife Photographer of the Year 2022 award for Arshdeep Singh. Arshdeep is a young wildlife photographer from Jalandhar, India, who was born in 2007. He is passionate about birds, primates and small world (macro) photography. He said, 'I learn everyday, learning helps me become a better photographer every day'. US photographer Jennifer Hadley's 'Talk To The Fin' photograph of two gentoo penguins, who were hanging out on the beach when one shook himself off, giving his mate the snub, was taken in the Falkland Islands. The contest was founded

**Pictured: Left** - Arshdeep's picture of a winking owl titled 'I C You Boy' won the World Junior Comedy Wildlife Photographer of the Year 2022

**Right** - Affinity Photo 2 People's Choice Award 2022, Talk to the Fin by Jennifer Hadley

**Source:** Comedy Wildlife Photography Awards @ComedyWildlife Twitter page

in 2015 by professional photographers and passionate conservationists, Paul Joynson-Hicks and Tom Sullam, who wanted to create a competition that focused on the lighter, humorous side of wildlife photography. They tweeted that the competition is 'The funniest pictures of wildlife near and far, promoting sustainability through positive imagery'. The free competition is open to all, with novice, amateur and professional photographers all welcome to submit entries. It celebrates the hilarity of the natural world while also highlighting what needs to be done to protect it.

Share your thoughts and read the opinions of others

[www.picture-news.co.uk/discuss](http://www.picture-news.co.uk/discuss)





# Unicorn license



The Department of Animal Care and Control in California (DACC) has issued its first ever Permanent Unicorn License. A girl, called Madeline, wrote a letter to request a license from her state, which said, 'Dear LA County, I would like your approval if I can have a unicorn in my backyard if I can find one.' After reading the letter and assessing the case, DACC Director Marcia Mayeda responded by issuing the license and a plushie unicorn pictured above. There are conditions to the license, which include that Madeline must take great care of the unicorn if she finds one, as they are very rare. The unicorn must be given regular access to sunlight, moonbeams, and rainbows along with

**Pictured:** The Permanent Unicorn License and the plushie unicorn that accompanied it. **Source:** LA Dpt. of Animal Control Facebook page.

being fed it's favourite snack, which the director states is watermelon, once a week. Madeline must ensure the good health of her unicorn's horn by polishing it with a soft cloth at least once a month. The girl must make sure that any glitter or sparkles used on the unicorn are biodegradable and non-toxic so they are safe for her pet. Marcia Mayeda commended Madeline's thoughtfulness and sense of responsibility in considering what she would need in order to provide a loving and safe home for her unicorn.

Last week's topic:

## What would it be like to live on the Moon?

Fun because you would need to bunny hop everywhere, but annoying because wearing a helmet and a suit would interfere with eating and doing normal things.

**Venice Class**



I think it will be a great experience to live on the moon.

**Lenny**

I thinking would be good but difficult to live on the moon and a bit scary. That's because it would be difficult to get food and water that you need to live. However, the good thing is you would get to discover lots of new things about the moon and space.

**Timo**

## Let us know what you think about this week's news?

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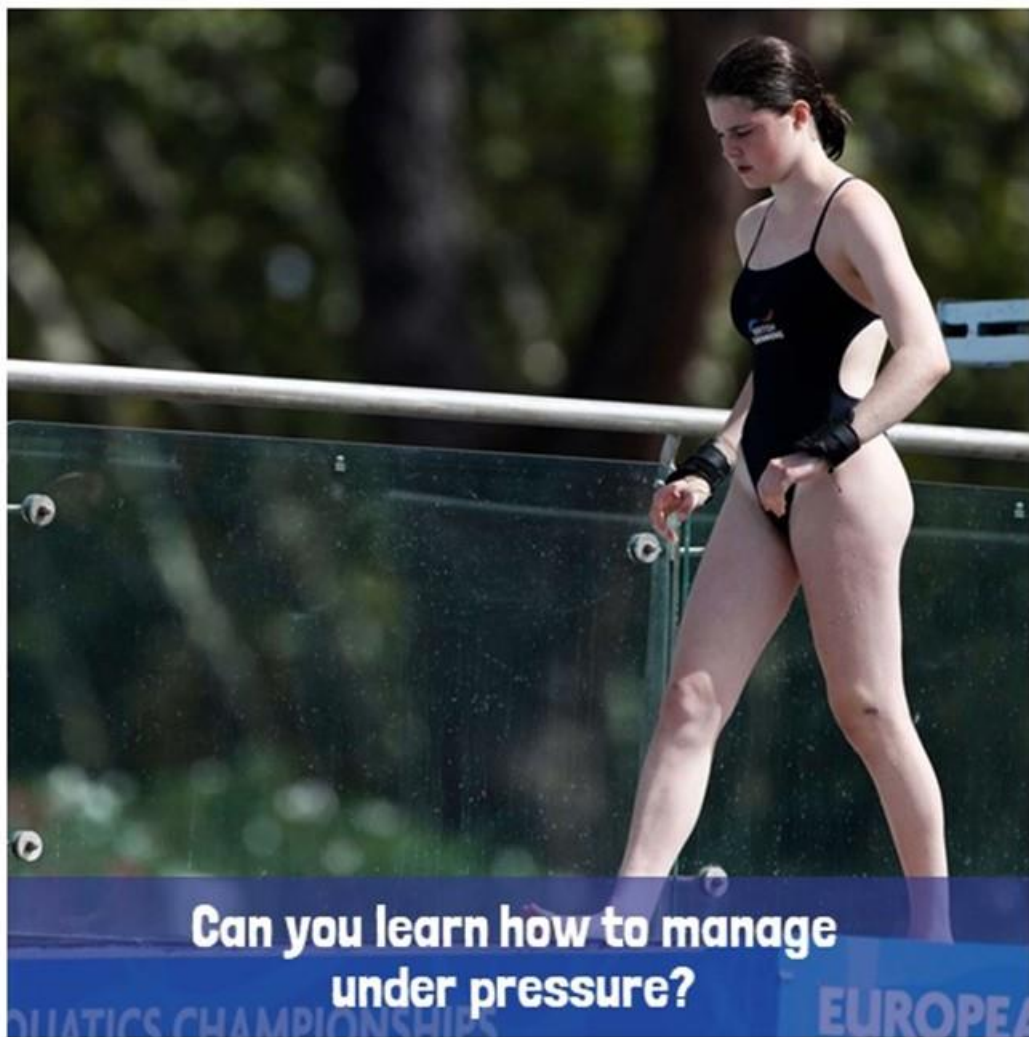
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# TAKEHOME



Can you learn how to manage under pressure?

## In the news this week

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### Things to talk about at home ...

- > What do you think Andrea is feeling as she prepares to dive?
- > Can you think of a time when you felt under pressure? What happened and what helped you manage?
- > Do you think some people are better at dealing with pressure than others?

Please note any interesting thoughts or comments

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