

## Solar fan in ghana

This is a list of sportspeople who also worked as politicians and vice versa.1;1;2;3;4;5;6;7;8;

As the end of 2024 approaches, students face a unique set of challenges that can impact their social and emotional wellbeing. The conclusion of the school year, finalising assessments, and the anticipation of holidays can create a stressful environment for students.

This period often sees an increase in anxiety as students strive to keep and maintain connections over the extended break. On top of this, exhaustion sets in, and tolerance levels diminish ever so slightly. This is a time for caution and a reminder to all that the words we speak are held and interpreted and can have a lasting effect on those around us.

One of the key social impacts during this time is the potential for strained relationships. The pressure to perform academically can lead to reduced social interactions, as students may prioritise study time over socialising.

This can result in feelings of isolation and loneliness, which can further exacerbate stress and anxiety. Additionally, the end of term can bring about changes in social dynamics, as students prepare for transitions such as moving to a new grade and friendship issues, which can create uncertainty and affect their sense of belonging, particularly over the Christmas break.

Fostering a supportive and inclusive school and home environment is essential to supporting students during this challenging period. Take time to notice if your daughter's mood has changed. Is she disengaging from you and others, or is she taking care of herself the way she normally would? Is she irritable and snappy? These are just a few indicators; each young person shows different signs.

The important part of recognising the signs is then how to support without trying to save but guide and assist in problem solving, being firm in regards to social media and how they interact on it. The Christmas break provides more time to engage with social media without the school routine.

Being a teenager is not easy, and with the added "here-to-stay technology/social media world," we need to come together to support, guide, and provide guardrails that set limits and allow for learning and understanding. Most importantly, face-to-face social interactions are at the core of schools and the wider outside world, which provides connection and belonging, providing opportunities for teens to disengage from their phones.



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I found it a little confronting on November 1st, to already see the Christmas joy and spirit alive in supermarkets and shops in the form of nutcrackers and marshmallow Santas. I've certainly seen busy shoppers crowding Queen St already.

But I think that it's also important to recognise that not all people's Christmases look the same. For some, Christmas is a big family gathering. For others, it might be small and intimate. For some people in our local communities, it might be more challenging.

Personally, I am a massive fan of BuzzFeed Quizzes, and one that has always intrigued me is that of "love languages." The way that people express and receive love is personal, and different for everyone. Hugh Grant had tea and chocolate biscuits, and Keira Knightley had handwritten cards at her doorstep.

While gift-giving is often seen as the hallmark of Christmas, I think that it's important we recognise that it is not the sole way to show love and appreciation for our family and friends. The holidays are also about connection, and spending quality time with those whom we care about.

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