

VORTEX

THERE ARE GOOD ADVANTAGES TO LOCK DOWN!



Stay home unless essential.

STAY SAFE STAY HOME

BY EMILY DUFFY 19/05/20

Lockdown means you cannot leave your house unless your going to the shop or going on a walk and if you are an essential worker you can go to work.

Even though you do not get to play with your friends you can still see them using Facebook messenger, WhatsApp, ZOOM and more. Stay connected with other people and do not be scared, it will all end soon.

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COVID 19 and lockdown means less people are driving that makes less cars on the road and less pollution.

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This photo was taken in India the lockdown is a helping stop air pollution.



CORONAVIRUS OR COVID 19

EMILY DUFFY 19/05/20

Coronavirus or COVID19 is a virus that infects the nose and throat. It travels through water particles in the air that are so small you can only see them under a microscope.

If you have any symptoms of Coronavirus you should contact your GP the symptoms are a fever, coughing, shortness of breath, fatigue, chills (sometimes with shaking), body aches, headaches, sore throat, loss of smell or taste, nausea, diarrhea, all of these are symptoms. The virus can kill people with significant health issues or people over 60 years old.

Coronavirus can lead to pneumonia which causes the air sacks in your lungs to inflame they are called aveoli. Then the aveoli fill up with pus or fluid wich makes it hard to breathe which can cause death.

Coronavirus isn't one virus it's hundreds but COVID19 is causing more damage than other viruses.

There is a question your probably asking yourself: Why is Coronavirus called Coronavirus? It's called Coronavirus because it is shape like a crown and in latin corona is crown.

IN THIS ISSUE

AMEGENCY SERVICES

KEY WORKERS

NHS

BY EMILY DUFFY 19/05/20

Our key workers are all putting their lives on the line to save us. Do you want to know if you are a key worker here is the list of key workers: Health and social care workers, Child care workers, Key public services, local and National government, Utility workers, public safety and national security workers and transport.

Health and social care workers mean all NHS workers even cleaners, canteen staff or any one else who works in a hospital. It also includes anyone in the chain of making medicine.

Childcare workers look after other key workers children. This does include their children.

To find out more about other key workers go to: <https://www.telegraph.co.uk/news/0/key-essential-workers-uk/>



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Plant trees to save your knees



PROTECTIVE GEAR

How to stick together, by staying apart



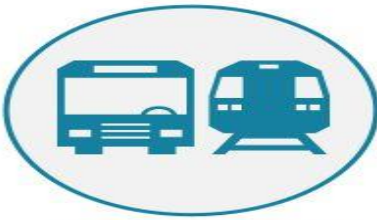
Stay at home
no unnecessary journeys or social contact



Only leave home for **essential shopping** or **medical needs**



Or exercise once a day



Or travelling to work if **absolutely necessary**



Public gatherings of **more than two people** are banned - excluding people you live with



Police may be able to **fine you** if you don't follow the rules



THE EARTH UPDATE

LOCKDOWNS GOOD ADVANTAGES

BY EMILY DUFFY 19/05/20

COVID19 has made people lockdown, that means there less people on the streets and less cars which means much less pollution in the air. There are also less people going out to town but more at the beach which means less litter in town but more at the beach but the side effect of that is more litter in the sea.

Do you want to stop the sea from getting devoured by plastic and litter to help you can use search engines, litter pick and the most important thing do not litter!

I have made up a new thing called stroll, where you take a litter picker on your walk and pick up litter and put it in your bin bag. The alternative to a litter pick is cleaning gloves or old gloves.

There is one big problem the world the leaders won't help and it's mostly only children who actually stand up for our planet, we should all stand up for our planet and stop the big bully plastic from hurting it.

Have you ever planted a tree? I have 17 trees in my garden and 3 of them were planted this month.

In my garden I have 4 fruit trees an apple tree, a cherry, a pear, and a plum. My plum tree is 6 years old that is the oldest tree my family planted.

STAY SAFE STAY HOME

LOCKDOWN

BY EMILY DUFFY 19/05/20

These are the rules you must follow but you can still have fun. One of these rules have actually just changed, now you can exercise more than once a day and for longer than an hour, but you can't hang about so that means you can't go to the beach for a swim, but you can go for long walks.

At 8:00pm on Thursday, people go out onto their driveway or lean out of there window and start clapping their hands or banging pans to thank the NHS for working hard to stop the Coronavirus.

Special thank you to Gemma & Will Duffy for looking after their children while working their backsides of.

GOOD THINGS

HOW TO MAKE A BIRD FEEDER

BY EMILY DUFFY 19/05/20



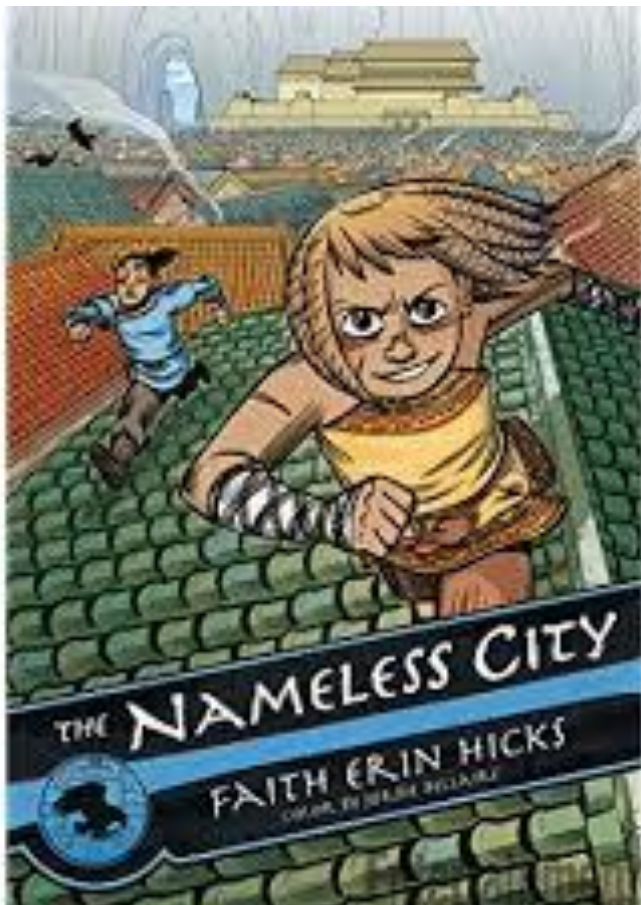
What you need:

Plastic bottles

String

Lolly pop sticks

1. Make holes in your bottle for lolly pop sticks and more for birds to eat out of.
2. Put the lollypop stick into the holes.
3. Fill your bottle with seeds.
4. Make two holes at the top of the bottle loop the string through the holes and tie securely to a tree.



THE NAMELESS CITY

COMIC OF THE WEEK

THE NAMELESS CITY

REVIEW BY EMILY DUFFY 19/05/20

The nameless city was written by Faith Erin Hicks. It is amazing with a tremendous story line and stunning ART this book really caught my attention and is one of my favorites.

My favorite character is Rat. She is adventurous and will not be bossed around, she is independent and strong.

Kaidu is a young character who wants to be like rat instead of being a warrior, but he was born in a fighting nation called the Dao

HOME BAKEING

ROCK SCONES

BY EMILY DUFFY 19/05/20

You will need:

- *225g (8oz) self-raising flour
- *pinch of salt
- *100g (4oz) margarine
- *100g (4oz) raisins (optional)
- *50g (2 oz) caster sugar
- *1egg
- *milk to mix

Instructions:

1. Pre heat the oven to 200C,400F-gass mark 6.
2. Grease two baking trays.
3. Mix the flour and salt, rub in the margarine.
4. Stir in the raisins and
5. Mix to a stiff dough with egg and milk
6. place in rough heaps on the baking tray and bake for 10-15 mins.

sugar



Hello this is capitan marley I am afraid that we might be going down please get your life jacets.

