

“What do you think the Village of Wellington, or you, can do to help keep yourself and/or the Community safe?”

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Imagine, living in a world where you can rest and be safe with nothing concerning you. Ways I believe we can keep the Village of Wellington safe is with more COVID concern and other things.

To begin with, the first thing I believe we can do to keep the Village safe from COVID-19 is that every restaurant and shop should have one of the things they have at amusement parks that counts how many people are in it. When you press a button it adds one number to it. Another Idea is more online delivery so there is less touching things at restaurants and/or shopping goods. Everyone can remind others to wear a mask if they do not have one. Maybe people can get bumper stickers that say things like "Stay Safe Wear A Mask". You can also make max capacity for public buildings (amount of people depending on size). Every building should have hand sanitizer for people coming in. Businesses and other places should have spare masks for people who do not have a mask with them. One article from CDC states, "A mask is NOT a substitute for social distancing. Masks should still be worn in addition to staying at least 6 feet apart, especially when indoors around people who don't live in your household."¹ This proves that you should wear a mask and keep maintaining social distance. The reason for stress over outdoor time is not as much as indoor is because there is no fresh air coming through. That is why we should add things for COVID-19.

To conclude, the Village of Wellington could be a lot safer if we add all the things just listed. Now what do you think you could do to keep the Village safe?

¹ <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cloth-face-cover-guidance.html>

What do you think the Village of Wellington, or you, can do to help keep yourself and/or the Community Safe?

Avery Appel

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Grade 7

3/8/2021

What I think I can do to help keep myself and my Community Safe

Internet safety is a very important topic for families today. It is hard for kids sometimes to make good choices especially online when everything happens so fast. The things I can do to help keep myself and my community be safe on the internet is being honest about my internet activity with my mom, speaking up to my friends about what is the right thing to do and say online, and by reporting anything I know is dangerous or inappropriate.

First of all, parents need to have a good relationship with their kids so their kids trust them to tell them stuff but kids can always make the right choice even if their parents aren't watching. When I am not sure if I made a right choice or even if I make a mistake online, it is important that I talk to my mom about it so it doesn't get worse.

Secondly, I can keep an eye on my friends online and tell them when something feels inappropriate., I can warn my friends about the dangers and block people who I am not sure about or stop chatting with them at all.

Finally, I know to report anything I hear that seems dangerous or inappropriate. In the YouthFirst blog it says, "If you see something, say something." That is the only way to make people aware there's a problem and hopefully it will get fixed so no one gets hurt.

In conclusion, even though the internet can be a fun place for kids to learn a lot, it can also be dangerous so I will always make choices to protect myself and others online.

Stopping Suicide with Speaking

Martin Blanca

Wellington High School

12th Grade

3/5/21

Stopping Suicide with Speaking

Yesterday, I saved a life. I'm not a lifeguard, or doctor, or lawyer. I'm just a kid who connected with another. Scrolling through Snapchat last night, I saw posts of an acquaintance I had met two years ago who wanted to die, to stop feeling what she was feeling. I swiped up, talked to her for a bit on the phone, and picked her up at 12:30am to go breathe and get some Taco Bell. After about a minute in the car, I asked her to put some music on, and we both sang and laughed to some dumb song she chose. At that moment, I saw her pain go away, maybe temporarily, but it was gone, fought away by the laughter and the singing in the moment. The night continued and after 30 minutes, she was back home safe, both mentally and physically.

145 words used already, but with good reason. As we've socially distanced, we've mentally distanced as well. Quarantining has been a culprit of suicide rate increases anywhere from 1% to 145%. Because of our social distancing, we've become entranced in a life of sleeping, zoom calls, napping, more zoom calls, and eating, with no real pleasures in life anymore. People not only feel disconnected with others, but with themselves. Due to this, the city should focus more on events getting people to find themselves again. A buddy program, allowing people to connect with one another and just talk, would save others, same way it did my friend. It's hard for people to connect with random therapists on the phone, but being with others their age can help a lot more. Thirty minutes of my life saved another person's 17 years, and I know a program like this funded by the city would save countless others.

WC: 300

Sources: John A, Okolie C, Eyles E, et al. The impact of the COVID-19 pandemic on self-harm and suicidal behaviour: a living systematic review. F1000 Res2020;9:1097doi:10.12688/f1000research.25522.1