

Points of interest:

- Stoning law in Brunei
- Why we need sleep
- Sleep hygiene
- Statistics
- How sleepy are you
- Knife crime talks

Brunei introduces death by stoning for gay sex amid international condemnation



The legal change in the oil-rich monarchy also includes the same death penalty for adultery and rape, and amputation for theft.

New Islamic criminal laws in Brunei that would allow death by stoning or whipping for gay sex came into force from 3rd April 2019.

The move has sparked international condemnation, including from celebrities such as George Clooney and Elton John.

Human rights group Amnesty International has condemned the punishments, which it says would also apply to children, as "vicious".

Human Rights Watch said Brunei's new penal code was "barbaric to the core" and called for the

immediate suspension of "amputations, stoning, and all other rights-abusing provisions and punishments". Under international human rights law, corporal punishment in all its forms constitutes torture or other cruel, inhuman or degrading punishment and is prohibited.

Brunei has defended the Sharia laws, saying "apart from criminalising and deterring acts that are against the teachings of Islam", the legislation "also aims to educate, respect and protect the legitimate rights of all individuals, society or nationality of any faiths and race".

<https://news.sky.com/story/brunei-introduces-death-by-stoning-for-gay-sex-amid-international-condemnation-11682848>

SLEEP

Why do we need sleep?

Sleep is a normal and essential part of our lives. If we don't sleep, we are unable to function in a proactive manner. During the day, brain cells build connections with other parts of the brain in relation to new experiences. Our brain needs to recharge and embed these experiences during sleep. Our brain also deletes unimportant information from our memory during sleep. We tend to think of sleep as a time when the mind and body shuts down but this is not the case.

Sleep is an active period in which a lot of important processing, restoration, and strengthening occurs. Exactly how this happens and why our bodies are programmed for such a long period of slumber is still somewhat of a mystery, but scientists do understand some of sleep's critical functions and the reasons we need it for optimal health and wellbeing.

One of the vital roles of sleep is to help us solidify and consolidate memories. As we go about our day, our brains take in an incredible amount of information. Rather than being directly logged and recorded, however, these facts and experiences first need to be processed and stored; and many of these steps happen while we sleep.

Overnight, bits and pieces of information are transferred from more tentative, short-term memory to stronger long-term memory—a process called "consolidation". Researchers have also shown that after people sleep they tend to retain information and perform better on memory tasks. Our bodies all require long periods of sleep in order to restore and rejuvenate, to grow muscle, repair tissue, and synthesise hormones.

Statistics

45% increase in depression due to lack of sleep

23% increase in concentration lapses due to lack of sleep

40% of men suffer from insomnia

30% higher risk of obesity due to lack of sleep

30% of women suffer from insomnia

Good Sleep Hygiene

- Establish relaxing pre-sleep rituals
- Avoid caffeine within 4 – 6 hours of bedtime
- Avoid nicotine close to bedtime or during the night
- Use bedroom only for sleep
- If unable to fall asleep within 15 – 20 minutes, leave the bedroom and do a non-stimulating activity
- Reduce use of alcohol, especially within 2 hours of bedtime

How sleepy are you?

Do you fall asleep in the following situations?

Situation	Yes	Sometimes	No
Reading			
Watching TV			
Talking to Someone			
Riding in a car			
Sitting down for lunch			
At your desk or in a meeting			



If you answered "Yes" or "Sometimes" to some of the above questions, you may not be getting enough sleep.

Teachers told to talk about knife crime with pupils from age of 9



Primary teachers are being encouraged to raise the issue of knife crime with their pupils. Dan Freedman's new young-adult novel *Unstoppable* deals with the issues of gang culture and knife crime. Mr Freedman has said that the idea for the book was prompted by over-hearing a primary pupil talking about knives.

"Some primary schools may feel as though parents wouldn't approve of the subject of knife crime being raised with their children," said Mr Freedman. "Whilst I don't think it's something you would cover with the youngest kids, I do very much think that for Years 5 and 6, it's a positive conversation to have with them."

"It's about empowering, educating and inspiring them to make the right decisions at a key point in their lives as they get ready to make the leap to secondary school."

Mr Freedman, best known for his Jamie Johnson footballer books which have been made into a CBBC series, added: "One of the catalysts for writing this book came when I heard a boy in a primary school boasting about stabbing someone."

"Whilst he may have just been trying to look tough, I immediately thought, 'Whoa, this is serious. We need to talk about this with children as soon as possible, before it's too late'." The plea comes after a recent rise in knife crime, with schools being urged to work with local agencies to reduce violence and keep young people safe.

Mr Freedman's message is supported by actress Brooke Kinsella, whose 16-year-old brother, Ben Kinsella, was stabbed to death by three youths in 2008. The Ben Kinsella Trust delivers workshops for primary schools as well as secondary schools.

"No child is born holding a knife," said Ms Kinsella. "It is a learned behaviour. Therefore we must start with educating all young people that carrying, and using, a knife is not acceptable."

"That's why I founded the Ben Kinsella Trust, to educate children and young people away from knives and to help them to stay safe."

<https://www.tes.com/news/teachers-told-talk-about-knife-crime-pupils-age-9>