**FEBRUARY**

**Guardian Online**

**How to avoid the Sunday night blues**

Steer clear of the familiar dread, says Sharmadean Reid, by making the most of weekends and nailing your Monday morning.

Ah, the all-too-familiar dread. The working week is about to start again, and as you lie in bed at the end of the weekend, you start visualising yourself as a rat on a wheel. But I like to think that, actually, the problem is not the Sunday night blues, it’s your morning routine.

I always try to nail my Mondays. I get up at 6.30am, run for 20 minutes (I bought a cheap treadmill), have a big breakfast and listen to a children’s story podcast with my son. I make sure I listen to bouncy tunes such as Michael Jackson on the way to work. That way, my week is off to a great start before I’ve even got to my desk.

Weekends are sacrosanct for me. I don’t believe in burning the candle at both ends; I am much more productive when I have used the weekend to completely recharge. But I have found myself getting a bit blue – not because of work dread, but because of loneliness. As a single woman, there is nothing to make you feel more like a loser than dodging beautiful couples eating brunch every Sunday. Make the most of your weekend: schedule things that make you happy. Scour listings, book events in advance and invite a friend, or [start a breakfast or dinner club](https://www.theguardian.com/lifeandstyle/2014/jan/11/how-start-your-own-supper-club-do-something).

**MARCH**

**Guardian Online**

**'They are like animals': French shoppers brawl over cut-price Nutella**

The French authorities are to investigate whether a Nutella promotion that sparked [brawls in supermarkets](https://www.theguardian.com/world/2018/jan/26/ce-nest-pas-normal-french-shoppers-bra-over-discounted-nutella) broke the country’s strict trading laws.

France’s finance ministry said its fraud squad was launching an inquiry after the Intermarché chain offered a 70% discount on jars of the hazelnut and chocolate spread.

The promotion, in which the price of a 950g jar dropped from €4.50 to €1.41 (£1.24), caused punches to be thrown and claims that customers behaved “[like animals](https://www.theguardian.com/world/2018/jan/26/ce-nest-pas-normal-french-shoppers-bra-over-discounted-nutella)”, pushing and shoving to grab the cheap Nutella.

Ministry consumer watchdogs will want to establish whether the promotion fell under the official January sales period, which allows for substantial discounts on products, or was a one-off offer on a single product, which could fall foul of “unfair competition” regulations.

Stores in [France](https://www.theguardian.com/world/france) are not permitted to sell food products at a loss or engage in what is deemed “product dumping”. Investigators will want to know how much Intermarché paid for the Nutella.

Under the country’s [strict consumer code](https://www.service-public.fr/professionnels-entreprises/vosdroits/F20566), most shops can discount food during the official biannual sales periods only if they have bought the product more than a month before the sales begin and only if the discounted price is considered “fair”.

The dates of the six-week-long winter and summer sales are fixed by regulation and also cover online stores, though certain shops in specific tourist or border areas are allowed to offer discounts outside these periods.

Before the Nutella promotion, Stéphane Travert, the minister of agriculture and food, announced plans to limit discounts to a maximum 34% of the amount the store paid for a product. Travert also wants to put an end to the relatively recent introduction of buy-one-get-one-free offers, saying he wants to “give value back to products”. His proposals will be presented to the Assemblée Nationale on Wednesday.

Last week’s three-day Nutella discount and the [hysterical scenes](https://www.theguardian.com/world/video/2018/jan/26/discounted-nutella-causes-chaos-in-french-supermarkets-video) it prompted caused astonishment [around the world](https://www.theguardian.com/commentisfree/2018/jan/28/nutella-riots-even-french-go-nuts-for-a-bargain), and a wave of national soul-searching in France.

APRIL

The Independent – Tuesday 26 May 2015, Doug Bolton

Nasa asks for the public's help to identify mysterious bright spots on Ceres

Nasa scientists have asked the public what the bright spots on the surface of dwarf planet Ceres could be, being no closer to the answer despite the Dawn probe taking the most clear and detailed pictures of the planet ever.

The Dawn space probe, which was launched in September 2007, took the pictures of Ceres that show the bright spot from almost 29,000 miles away. The probe is getting closer to being pulled into orbit around the dwarf planet.

The pictures show two clear bright spots on the surface of the planet, which is around 590 miles in diameter and made up of rock and ice.

Bright spots had been seen on the surface of the planet earlier, but only after the Dawn probe took detailed images, could [Nasa scientists](http://www.independent.co.uk/news/world/americas/nasa-pays-11000-to-allow-human-lab-rats-to-stay-in-bed-for-70-days-and-nights-10170777.html) see that there were many bright spots close to each other.

Andreas Nathues, lead investigator for the framing camera team at the Max Planck Institute for Solar System Research in Gottingen, Germany, said: "The brightest spot continues to be too small to resolve without camera, but despite its size it is bright that anything else on Ceres."

"This is truly unexpected and still a mystery to us."

Chris Russell, the principal investigator for the Dawn mission, said: "Ceres' bright spot can now be seen to have a companion of lesser brightness, but apparently in the same basin. This may be pointing to a volcano-like origin of the spots, but we will have to wait for better resolution before we can make such geologic interpretations."

Nasa has now let the public give their ideas on what the spot could be, [launching an online poll on its website](http://www.jpl.nasa.gov/dawn/world_ceres/).

Nasa theorises that the light is due to a reflection of sunlight hitting the surface of the planet, but are unsure what material causes the reflection.

30 per cent of respondents think it is ice, but the winning choice is 'other', with 38 per cent - do they think it could be alien life?

Dawn previously visited the giant asteroid Vesta from 2011 to 2012, taking tens of thousands of images, and many more measurements, of the body.

It is currently studying Ceres, the dwarf planet that is one of the largest bodies in the asteroid belt between Mars and Jupiter.

MAY

The Scotsman Linda Urquhart 13 May 2015

Comment: How do we prepare youngsters for workplace?

**SEVERAL years ago, I attended an education event hosted by the Scottish Government. In discussion, I mentioned the issue of young people not coming out of school prepared for work.**

I was challenged by someone who, from memory, was very senior in a local authority, but had left school at sixteen to work as a hairdresser.  The point she made, rather forcefully I recall, was that her first employer, the owner of the hairdressing salon, had not expected a ready-made employee.  They had been willing to spend time explaining those important little things which contribute towards ‘employability’.  Turning up on time, turning up every day, making medical and dental appointments outside working hours where possible, helping your fellow employees and being nice to customers.  Today, it would include not using your mobile phone during working hours.

Her point was that some businesses were abdicating responsibility for this early support for young people and expecting schools to do the work for them.  Clearly, there is a balance to be struck and there is a lot that can and should be done, in schools and in further and higher education, in families and the broader community to develop employability skills in young people, but her challenge made me more aware of the responsibility on employers to take their part seriously, recognise some of the challenges of employing young people and rise to them.

More recently, as my own children have embarked on jobs, it’s been reinforced to me that some of the support that makes a successful transition into early employment is very much about the little things.  Does someone clearly explain the culture of the particular workplace a young person is joining and what’s expected of them?  Even as simple as, on the first day, does someone show them where to go for lunch?

This is why I’m delighted with Investors in Young People, the framework developed by Investors in People Scotland, which seeks to reward and recognise employers who have a track record in recruiting and training young people, while encouraging others to begin working with young people.  Through their work with organisations which are early adopters of the framework and are now recognised as Investors in Young People, IIP Scotland are seeing excellent examples of how to do all of this well, allowing us to make the most of the great pool of young talent which we have here in Scotland.

JUNE

Guardian Online

(This article has been cut down and only contains 3 main arguments but is still a long article) Still enough here for you to do all the homework tasks!

# Here are six ways to save the NHS, Mr Hunt. Trust me I’m a doctor. By Adam Kay

The service is critically ill and its condition may soon be terminal. But there’s much the health secretary can do.

*Dear Jeremy,*

First of all, congratulations on still being in the job! At this rate, you should probably consider measuring up for curtains at No 10. Maybe you could reuse a few pairs from some of the A&E departments you’re closing down?

But I’m writing because I need a word. You know the sick, wheezing patient who has been under your care for the past five years – the NHS? You recently [claimed there wasn’t a crisis](https://www.theguardian.com/society/2018/jan/14/nhs-not-in-crisis-lie-national-health-service-crisis-winter-interviews) despite thundering evidence to the contrary and you have pretended that cancelling a month of operations and outpatient clinics is a perfectly normal thing to do.

But just ask anyone who works in a hospital, or has been to one recently (and I don’t mean a ministerial grand tour of freshly painted corridors and a quick peek at the one MRI scanner that isn’t knackered). Your patient is currently critically ill, bordering on terminal, and you are pursuing a dangerous course.

I’m here to offer you a second opinion and, since I know you relish the brevity of Twitter, I’ve summarised my treatment plan in six easy-to-follow steps.

**1 Stop blaming the patient**

The [NHS](https://www.theguardian.com/society/nhs) is fit for purpose and it’s time to give up stoking the malicious rumour there is something ineluctably unsustainable about it. Of course it’s a different service from when it was established in the 1940s, but it was actually working perfectly well until … umm … about five years ago.

It’s easy to blame an ageing population, but life expectancy has increased by only about the length of a Corrie omnibus since you took the reins. The much-blamed “expensive new drugs” were already in use then too. If you honestly don’t want to dismantle the service, kill off this lie.

**2 Invest in doctors and nurses**

The NHS is all about the people who work there, beleaguered and exhausted as they may be. Having worked as an obstetrician in the NHS for seven years, I realise that it truly is a calling – nobody’s there to get rich – but that doesn’t mean staff should be expected to take a vow of poverty. In real terms, pay has fallen by more than 10% since 2010, when your mob took over.

Thanks to the number of [GPs](https://www.theguardian.com/society/gps) decreasing year on year, we now boast one of the highest numbers of patients per doctor in the western world. Doctor Legg single-handedly patching up the entire borough of Walford in EastEnders has now become the reality of primary care. Those who remain behind are stressed and burned out, whizzing through patient appointments like they’re fast-forwarding through a disappointing drama.

In these tiny snatches of patient-doctor contact, what’s going unseen or unsaid? It’s unreasonable, unsustainable and unsafe for patients. And for doctors too – there are record levels of stress-related leave, and the suicide rate among young medics is tragically increasing. In our hospitals, with morale 6ft deep and gaps in the rota turning every day into a nightmare, it’s no wonder half of junior doctors are parachuting out of the profession. Encourage new blood to join and existing talent to stay, and all-out crisis may be averted. Wait any longer and the damage will be irreversible.

**3** Don’t be afraid to have grown-up discussions

British people love the NHS. It’s not like any other publicly owned entity. We don’t love the Bank of England or Cardiff airport, but we love the NHS. It delivered us when we were born, fixed our broken arm on sports day, gave our nan chemo, treated the chlamydia we brought back from Kavos, and one day will zip us up in a bag.

I promise you we’ll do whatever it takes to keep the NHS going. I think you will be surprised how much we are prepared to pay for it. Whether that’s in the form of income tax, death tax or some special NHS levy, we’ll do it. Just have the discussion.