

FOCUSON...

Well-being!



Issue 1 (28 April 2020)

Dear Students and Parents

Welcome to our first issue of FocusOn...Well-being! This newsletter is designed to support you as we all do our best to manage some sense of normality during these challenging times. We want you to spend as much time on supporting your emotional wellbeing as your schoolwork so have put together some suggestions to help you to 'Take Time to Breathe'.

TAKE TIME TO Breathe

Break | Routine | Eat | Active | Talk | Help | Exercise

Physical Well-being

Try to get fitter this week by trying out some PE, not with your usual teacher but with Joe Wicks! He posts a new 30-minute video on YouTube every morning – just Google 'PE with Joe'. Why not set yourself a challenge to complete 5 days next week? Anyone who can do this and send an email to Mrs Melia to tell her the favourite part of the session each day will receive a PE distinction. Give it a go!

Get Cooking!



How many of you are guilty of shouting over the last few weeks "Mum, I'm hungry!" or "There's nothing to eat!"? Have you thought about making a snack station for your family? Each morning make some sandwiches, put out some fruit, maybe a few biscuits, crisps – enough to keep everyone happy for the day and then over to you! No more asking, help yourself... but once it's gone, it's gone! Have a go and when you're done, send your photos to admin@formbyhighschool.com and we will display your hard work on our Well-being webpage! Feeling even braver? Absolutely Catering has provided schools with a fabulous menu and recipe book – [look on the website](#) and give it a try!

Poetry

Why not get your creative juices flowing and enter the 'Penned in Poetry' competition? Your younger brothers and sisters can join in too. The closing date is Sunday 3 May 2020 and your poem must be based on the theme 'staying at home'. Just do a quick Google search for [Penned in Poetry Competition](#) for all the details. Please email a copy of your poem(s) to Mrs Ambrose who will choose her own winner (l.ambrose@formbyhighschool.com)!

FOCUSON...

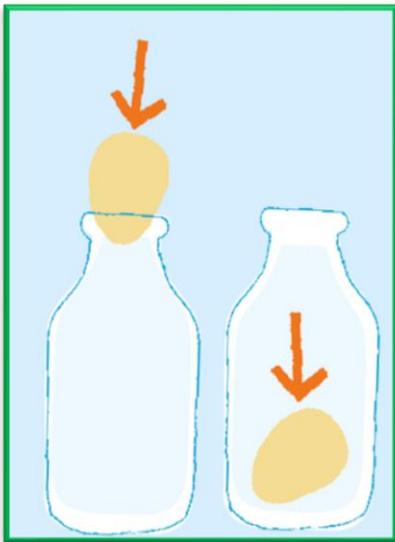
Well-being!



Puzzled



Here is a quick and easy puzzle to test your observation skills! Look closely, can you find the cleaning gloves hidden in this picture? If you can, great. If you can't, the forfeit is helping out with some cleaning at home – those stairs won't Hoover themselves!



Science Challenge



Can you get an egg into a bottle? Sounds impossible right? Try this solution... but can you actually do it? Email your photographs to Mr Rush and we will see.

1. Submerge the egg in a glass of vinegar for two days (the shell will become rubbery).
2. Heat the bottle in hot water. **Remember** to use gloves or a tea towel when handling it.
3. Rest the egg on the neck of the bottle.
4. As the air inside the bottle cools down, it will contract and suck the egg down.

Local walk



We are allowed out for a daily walk but who can devise a route around Formby that includes the following places: starting at Formby High School and includes passing Range High School, St Luke's Primary School, St Jerome's Primary School, Woodlands Primary School and Freshfield Station. Email your suggested routes (marked on a map of course!) to Mr McGuinness at dmc@formbyhighschool.com. Anyone who can accurately measure the distance of their walk will receive a wellbeing distinction.

Mindfulness



Mindfulness can help during lockdown. Mindfulness isn't complicated and can help us to cope with all the uncertainty. We will start with a really easy technique to try this week – practise it every day before you go to sleep and see if it helps you to relax. It is called the 'tense and relax' technique.

- * Starting at your toes, pick one muscle and squeeze it tight
- * Count to five
- * Release, and notice how your body changes
- * Repeat exercise moving up your body