

FOCUSON...

Well-being!



Issue 4 (19 May 2020)

Dear Students and Parents

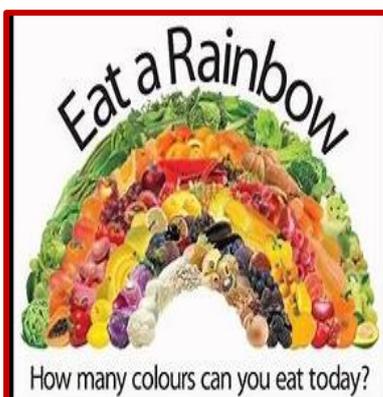
Welcome to our fourth issue of FocusOn...Well-being! This week's focus is on **happiness**. If there is something you would like to see in the newsletter then please let Mrs Blanchard know.



Physical Well-being

According to yoga philosophy, happiness or *santosha* is a skill we can all practise. Happier people do not have easier lives, they just choose to respond differently by being grateful for what they have and use mindfulness to help deal with difficult times. Practising yoga can help to achieve *santosha* so why not give an online class a try? Mrs Blanchard recommends Yoga with Adriene which is available to everyone through YouTube: <https://www.youtube.com/watch?v=7kgZnJqzNaU7>.

A message from our PE Team: Why not walk your way to health... A daily brisk walk can make you feel better in so many ways. It can boost your energy, clear your head and lift your mood. The NHS have brought out a new app called 'Active 10' to help set goals etc when walking. Please see this link for the information and how to download the app: <https://www.nhs.uk/oneyou/active10/home>.



Eating the rainbow is a fundamental healthy eating tip. Fruits and vegetables get their colour from naturally occurring micronutrients—such as vitamins and phytonutrients—which are essential for good health and happiness. Making sure you are eating a variety of colours is one sure method you get as many of those vitamins and minerals as possible into your daily diet. Eating healthy will also help you to function and flourish, you will not only feel good afterwards, you will also feel energised and in a great mood too!

This week's recipe is Tabbouleh which originated from middle eastern cuisine, it is so easy to make, full of colour, can be made in advance and eaten cold. You can adapt this recipe to suit your own taste buds, maybe add some chopped peppers or add some kidney beans.

Get Cooking! 

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Tabbouleh Ingredients:

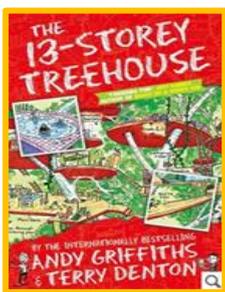
- 50g bulgar wheat
- 50g fresh flat leaf parsley, chopped
- 20g fresh mint, chopped
- 100g tomatoes, cored & diced
- 6 spring onions
- 2 tablespoons lemon juice
- 3 tablespoons olive oil
- a pinch of all spice
- a pinch of sumac
- salt & pepper

Method:

- Put the bulgar wheat into a bowl and pour over 100ml of boiling water.
- Cover tightly with clingfilm, leave for 30 minutes (or until fluffed up), then uncover and leave to cool.
- Place the soaked bulgar in a large bowl and add all the other ingredients. Mix well and season.

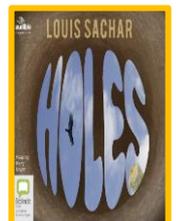
Mrs Stark would love to see some pictures of your creations, please send them to her at email address admin@formbyhighschool.com.

Library Book Club



This week I've chosen more of a graphic novel by Andy Griffiths and some might say it is more for our younger readers, but take a look at Terry Denton's illustrations! Amazing! The book itself is a laugh out loud adventure of living in the world's best treehouse! There is some text to read but mostly the story is told by Terry's fantastic cartoon animations. Any budding artists could have a go and send their work to the email address below? How are you getting along with our previous books?

Any book news get in touch l.ambrose@formbyhighschool.com



Mindfulness

Try and do this outside in your garden, close to a window or where you can get some natural light. It's great to get outside for a few minutes in the morning if possible.

Get comfortable:

- * Sit comfortably somewhere... on a bench, chair or even on the ground.
- * Take a deep breath in through your nose for the count of 4 and then slowly out through your mouth for the count of 6.
- * Keep your eyes open and let your breathing return to normal.
- * Then focus on an object, maybe a plant, a tree or anything your eyes land on.
- * Don't stare too intently but just gently let your eyes focus.
- * Concentrate on this for 10 slower breaths.
- * When you feel ready stand up tall and stretch up as far as you can then release your arms slowly down.
- * Ready to start your day in a happy way. 😊

FOCUSON...

Well-being!



Secret Stylist



We are sure that you will have spotted on social media that visits to the hairdressers and barbers are not allowed so we've asked Formby High School's very own secret hairdresser for some lockdown tips for your locks; this is what she suggested...

- Support your hairstyle with the use of styling products such as mousse, gel, wax or spray-this can help to tame unruly outgrown styles.
- Keep your hair natural; cut down on the use of heated styling equipment (for example, straighteners) to give your hair a break. Try one of the un-heated curling methods from simply braiding your hair before bed whilst slightly damp to one more recent way using ' *dressing gown belt method* ' ...Google it, it's fun and easy!
- Treat your hair to an overnight soak with conditioner on.
- Grown out fringes can be kept tidy using a headband or scarf tied around.
- Roots can be disguised using a zig zag parting.
- If all else fails, it is hard to go wrong with clippers – just don't expect to be able to fade your own hair without practising on the dog or your little brother first!



Heatwave

Our very own weather forecaster Mr McGuinness has reliably informed us that a heatwave is on its way this week. So why not head outside to enjoy the lovely sunshine (after you have completed your remote learning of course!)? Exposure to sunlight increases the brain's release of a hormone called serotonin. Serotonin boosts your mood and makes you feel happier, calmer and more focused. Sunlight also boosts your levels of vitamin D – good for strengthening your bones and some people are saying good for fighting the virus. But, too much exposure to sunlight is not good for us. The World Health Organisation suggest you need only 15 minutes direct exposure to sunlight each week to boost your levels of vitamin D. Anything over 15 minutes outside in the sunshine and you need to take protective measures.

This is as simple as:

- applying sunscreen to your skin – at least SPF 30 and with a 4-star UVA protection (check the bottle!)
- wearing sunglasses to protect your eyes
- choosing loose long-sleeved clothing
- wearing a hat

FOCUSON...

Well-being!



Mr Silcock's Stitches

Sadly, Mr Silcock is almost out of jokes and so has enlisted the help of some others around school!

- ☺ Why do we tell actors to, 'break a leg'? Because every play has a cast!
(Thanks to Olivia, Y8)
- ☺ Why did the M&M go to school? Because he wanted to be a smartie!
(Thanks to Monica, Y11)
- ☺ Dad: There's been a big fire at Tesco's! Son: Has there? Dad: No, Tesco's!
(Thanks to Mr Damen)
- ☺ What do you call bears with no ears? B.
- ☺ Did you hear about the kidnapping at school? It's okay, he woke up.

Great to have some help from students and staff...keep them coming! Please email them to rsi@frombyhighschool.com.

Riddle of the week

How many did you get right last week? Mrs Brooks is thrilled that she is getting so many emails from you and is busy putting merits on Class Charts; however, she has time to share last week's answers and this week's puzzle.

1. LOCK — PIANO = Key
2. SHIP — CARD = Deck
3. TREE — CAR = Trunk
4. SCHOOL — EYE = Pupil
5. PILLOW — COURT = Case
6. RIVER — MONEY = Bank
7. BED — PAPER = Sheet
8. ARMY — WATER = Tank
9. TENNIS — NOISE = Racket
10. EGYPTIAN — MOTHER = Mummy
11. SMOKER — PLUMBER = Pipe

Try this one – Mrs Brooks doesn't think Mr Hegarty can help you here...

You plant sunflower seeds in your back garden. Every day, the number of flowers doubles. If it takes 52 days for the flowers to fill the garden, how many days would it take to fill half the garden?

Can you work out the answers? Email abr@formbyhighschool.com and get a Merit if you are correct!

FOCUSON...

Well-being!



Help and support



The Pastoral team are focussing on things that make you happy. Below is a list of prompts to help you trick your brain into a state of pure bliss. If you can tick off all the list in one day, we promise you will feel spot on.

Decide what was the best thing that happened today.	<input type="radio"/>	Think of something that always make you laugh.	<input type="radio"/>
Name something that made you smile today.	<input type="radio"/>	Name someone that makes you smile.	<input type="radio"/>
What is your favourite thing to do in lockdown?	<input type="radio"/>	Give a hug to someone in your family, say thank you.	<input type="radio"/>
Who is your best friend and why?	<input type="radio"/>	Tell someone what you are most looking forward to after lockdown.	<input type="radio"/>
What do you like best about your family?	<input type="radio"/>	Open the window what are you grateful for outside.	<input type="radio"/>
Name someone that you feel grateful for.	<input type="radio"/>	Send an email to say hi to one of your teachers.	<input type="radio"/>
Name the best thing that has ever happened to you.	<input type="radio"/>	Which artist author or musician are you glad you have found?	<input type="radio"/>

Remember the Pastoral Support Team are here to help if you need us:

-  Mrs Taylor: sta@formbyhighschool.com
-  Mrs Baker: sba@formbyhighschool.com
-  Mr Silcock: rsi@formbyhighschool.com
-  Mrs Stirling: est@formbyhighschool.com
-  Mrs Hayes: ahy@formbyhighschool.com



Good News Story

During the lockdown period Ben (from Year 8) and his family, along with a group of volunteers, have set up a local community initiative collecting donations for local food banks. At present, food bank demand has jumped by 81% (March 2019 vs March 2020) and, added to this, people staying at home and social distancing has reduced donations dramatically. In the first two weeks Ben and his team has collected 12,000 items! What a result and such a kind thoughtful thing to do. Ben is still collecting food donations and if you would like to donate please contact Ben and the team through either Sefton Foodbank Collections or Foodbank Collections Formby. Alternatively, Ben has set up a drop off point at Formby High School. Well done, Ben, for all your hard work and dedication.

