

FOCUSON...

Well-being!



Issue 3 (12 May 2020)

Dear Students and Parents

Welcome to our third issue of FocusOn...Well-being! This week's focus is on **celebration**. We miss you and want to hear what you have been up to so please keep sending us updates. Anything you would like in the newsletter? Please let Mrs Blanchard know.



Physical Well-being

Our very own Mrs Hannaway has recorded a challenge to keep you fit and active during lock down. Access the video here: S:\Remote Classroom\Wellbeing\Well-Being Video.mp4.

Get Cooking!

Food is Fuel and by adding bananas to your daily diet, you are not only eating the most convenient snack food around, which is providing you with excellent fuel for exercise, you are also supporting a healthy digestive system too. Bananas contain lots of nutrients essential to our bodies, they are rich in Potassium, Vitamin B6 and Vitamin C – boosting your immune system with lots of good stuff. Check out Mrs Stark's all-time favourite Banana Bread recipe ever. It's such an easy recipe and always turns out well; you can also toast a slice and spread some peanut butter on – delicious!!

Mrs Stark's Banana Bread

You will need:

- 210g/7oz plain flour
- 1x teaspoon baking powder
- 1 x teaspoon bicarbonate of soda
- pinch of salt
- 125g/4oz unsalted butter (or Stork works well)
- 250g/8oz sugar
- 2 x eggs (beaten)
- 3 x ripe bananas (mashed)
- 125ml milk (or dairy free alternative milk, e.g. almond milk)
- 1 x medium loaf tin (greased and lined)

How to make:

1. Pre-heat your oven to 170c fan or gas mark 4.
2. Place all ingredients either in a food processor / mixer or in a bowl and mix with a wooden spoon.
3. Put mixture in a lined and greased tin.
4. Bake for 55 minutes to 1 hour. Cool for 10 minutes and turn out on a cooling rack.

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

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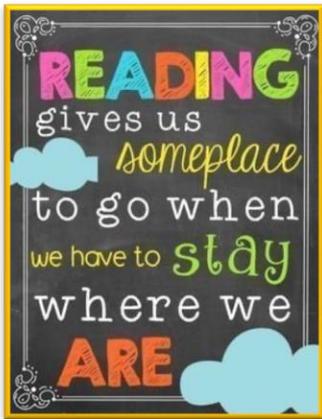
Well-being!



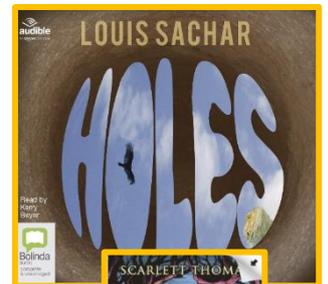
Lockdown Art

One of the positives of lockdown has been the benefits to the environment. Whilst you are out and about exercising, take a photograph of something that you've noticed – bonus merits if anyone can spot a red squirrel! Please email to admin@formbyhighschool.com.

Library Book Club



'HOLES', this week's book is a little different! I've chosen an audio book so that after working hard on your school work you can sit back, relax and have the book read to you! Again, we can all get this book at the same time using Borrowbox, available on the Sefton Library website. Stanley is sent to Camp Greenlake, and with his family's history of bad luck he's not surprised to discover there is no lake! With the **SUPPORT** of his new campmates, Stanley is about to embark on an adventure like no other.



'DRAGON'S GREEN' – did you start to read last week's book? What do you think? Send a Chapter Review and let's compare what we think! Or tell me about any book you are reading – just email me at l.ambrose@formbyhighschool.com.

Mindfulness

Now that you are becoming Mindfulness experts try this special 'Formby Beach' technique to help with getting ready to fall sleep:

Get comfortable:

- * Take a moment to check in on your breathing
- * Breath in (belly expands like a balloon)
- * Breath out (belly is sucked in)
- * Now close your eyes
- * Try to visualise you are on a beach
- * Every time you breathe in imagine the waves are lapping onto the shore
- * Every time you breathe out the waves retreat back to the sea
- * Repeat 20 times and you will feel sleepy and relaxed!

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Science Challenge.

Do you fancy some home craft? Try these challenges suggested by our Science Technician team. This week they have suggested [jumping jack bugs](#). Or if you are interested in the weather how about your own [wind anemometer](#)? Or if those don't interest you how about making your [own lava lamp](#)? Remember to take a photo and send it to us at admin@formbyhighschool.com.

Mr Silcock's Stitches

He is back by popular demand! A school-based theme this week to make you chortle...

- ☺ Why were the teacher's eyes crossed? **Because he couldn't control his pupils.**
- ☺ What do you say to comfort an English teacher? **"There, their, they're."**
- ☺ Science teacher: "What's the chemical formula for water?" Student: "HIJKLMNO."
Science teacher: "Who told you that?" Student: **"Yesterday you said it was H to O."**
- ☺ What's the colour of wind? **Blew.**
- ☺ I was wondering why the cricket ball kept getting bigger and bigger... **Then it hit me.**

Whilst Mr Silcock is reasonably funny we need some of your jokes (ones we **can** share please!). Please email them to rsi@formbyhighschool.com.

Riddle of the week

The answer to last week's riddle? Heroine. Well done to everyone who emailed Mrs Brooks! Can you do the same with this week's puzzler? Below you can see pairs of words, and your goal is to find a third word that is connected to, or associated with both of these words.

1. LOCK — PIANO
2. SHIP — CARD
3. TREE — CAR
4. SCHOOL — EYE
5. PILLOW — COURT
6. RIVER — MONEY
7. BED — PAPER
8. ARMY — WATER
9. TENNIS — NOISE
10. EGYPTIAN — MOTHER
11. SMOKER — PLUMBER

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

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Help and support

The Pastoral team are back with more ways to help you through this difficult time. This week is a challenge shared by one of our parents. Have a look at the list below and tick off how many of the challenges you can do:

Vacuum the carpets	<input type="checkbox"/>	Whistle through your fingers	<input type="checkbox"/>
Change a light bulb	<input type="checkbox"/>	Boil an egg	<input type="checkbox"/>
Re lace your shoes	<input type="checkbox"/>	Make pancakes	<input type="checkbox"/>
Test the smoke alarm	<input type="checkbox"/>	Iron a shirt	<input type="checkbox"/>
Polish your shoes	<input type="checkbox"/>	Change a bike tyre	<input type="checkbox"/>
Shuffle a deck of cards	<input type="checkbox"/>	Mow the lawn	<input type="checkbox"/>
Clean the bathroom (properly!)	<input type="checkbox"/>		

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

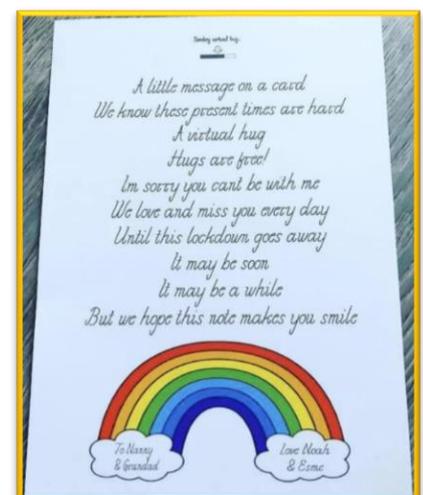


Macy (Year 7) and her younger brother, Ethan, have been very busy during lockdown. They have been spending their time making up Easter chocolate treats and selling raffle tickets. The raffle has



generated £250 in total which they have since kindly donated to people making masks and shields for frontline NHS staff. In addition to this, Macy has been helping friends and family at FHS to stay positive by sending out cards that she

has created herself. The cards are a lovely way to cheer people up and remind them that this will all come to an end. Well done, Macy!



Sending virtual hugs

A little message on a card
We know these present times are hard
A virtual hug
Hugs are free!
I'm sorry you can't be with me
We love and miss you every day
Until this lockdown goes away
It may be soon
It may be a while
But we hope this note makes you smile

