

FOCUSON...

Well-being!



Issue 2 (5 May 2020)

Dear Students and Parents

Welcome to our second issue of FocusOn...Well-being! This week's focus is on **challenge**. 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.



Get Cooking!



Reclaim Breakfast and make a better start to each day

Breakfast is the most important meal of the day, but it can be a challenge to get out of bed and just getting to school on time! Why not take advantage during this 'lockdown' and challenge yourself. Try and stick to some routine, set your alarm, get up and start your day with a healthy breakfast. Check out the Breakfast Muffin recipe below or choose your own ingredients to customise your own flavour adventure...get creative!

Directions

1. GENEROUSLY coat a non-stick muffin tin with oil and divide your ingredients between the cups (they should be about two-thirds full). For example: chopped ham, bacon, onion, pepper, sweetcorn and grated cheese – all optional and completely up to you. Try adding some mixed herbs for extra flavour!
2. Whisk together around 3 or 4 eggs with a couple of tablespoons of milk. Fill each cup three-quarters of the way to the top with the mixture.
3. Bake for 24 to 28 minutes at 180-200 or gas mark 6 until set and have risen. Let cool, then use a butter knife to loosen the outside of the muffins. Serve hot or store for later. ENJOY!

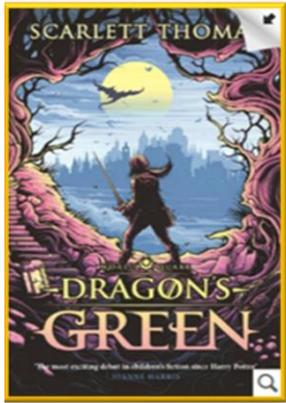
Mrs Stark would love to see some pictures of your creations; please send them to her at admin@formbyhighschool.com

Calling all Artists

Competition time again. This week it's an ART competition suggested by Mrs Butterworth. Now, this is a good competition because if you win your design will be on the side of an Ocado van - and the best part is school will receive £500, which I promise we will spend on something you would like to have in school! If you choose to enter, email your design to admin@formbyhighschool.com. We would love to share your design on the school website. Good luck! <https://blog.ocado.com/design-a-van/>

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Library book club



Our lovely librarian Mrs Ambrose will suggest a book each week – here's the first one...If you had magical powers, how would you know? After the Worldquake, Effie knows about magic – time in her grandfather's library has made sure of that! But, there's still much she has to learn about the Otherworld and about the Diberi, a secret organisation with plans to destroy the entire universe. The CHALLENGE has been set; can Effie and her school-friends stop them? Time is running out. This book is available on BorrowBox and we can all read it together! If you have not joined BorrowBox yet, go to

the Sefton Library website and sign-up. It's easy to do and the instructions are clear. Send your Chapter 1 review to l.ambrose@formbyhighschool.com to let Mrs Ambrose know what you think!

Science Challenge.

Here is a challenge Miss Johnston has suggested. Can you make a birdhouse out of a milk or juice carton? [Watch this video for inspiration \(click here\)](#).

Think about:

- the type of decoration that would be best to attract the most birds
- the colours you should use to camouflage the birdhouse
- is everything safe for the birds?

Please send photos of finished bird house to admin@formbyhighschool.com. Any pictures of a bird actually using the bird house will receive a distinction!



Mindfulness

The art of mindfulness is a technique we can learn that helps us focus on what is happening in the present moment – harder than it sounds believe me! Some people use mindfulness to reduce stress and anxiety. A great exercise to do either by yourself or with the family is a mindful meditation.

- * Get comfortable.
- * Take a deep breath in and out.
- * Close your eyes.
- * Keep taking breaths (in for 4, hold for 4 and out for 4).
- * You will hear sounds around you but just note them and let them float away as you bring yourself back to your breathing.
- * Your mind will wander but let the thoughts go and concentrate on your breathing.
- * Do this for just 10 breaths at first and then practice until you can manage longer.

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Riddle of the week

Every week Mrs Brooks will set you a riddle to get your brains thinking! Here's your first challenge...

"What word in the English language does the following? The first two letters signify a male, the first three letters signify a female, the first four letters signify a great, while the entire word signifies a great woman"

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

Mr Silcock's Stitches

We are all missing Mr Silcock making us smile. So we asked him to raid his joke cupboard and come up with his top five howlers.

-  What did the pirate say on his 80th birthday? **Aye Matey**
-  What do you call a dog that can do magic? **A Labracadabrador**
-  What did the buffalo say to his son as he dropped him off at school? **Bison**
-  What kind of exercise do lazy people do? **Diddly-squats**
-  What's orange and sounds like a parrot? **A carrot**

Try them out on your parents – better still, send Mr Silcock some of your jokes (ones we **can** share please!) to rsi@frombyhighschool.com.

Help and support

Some of you will be finding the lockdown difficult to understand or make sense of. This is normal. If you feel you would like some extra support then we would recommend that you use [kooth.com](https://www.kooth.com). Kooth is a brilliant online resource where you can get help and advice on mental health and, if needed, have a remote counselling session with a trained counsellor. There are lots of safe chatrooms and advice to help you through this crisis.

In the meantime, Mrs Taylor has some top tips for you to challenge yourself to avoid sadness. Why not give them a go...?

-  Do something kind for someone else, make a cuppa for someone or do the dishes without being asked.
-  Listen to music every day and a Brucie Bonus ... *dance like no one's watching!*
-  Write down your thoughts, keep a diary and make 'To Do' Lists. It makes you feel like you've accomplished something when you tick things off your list. Mrs Taylor's Top Tip ... put things that are easy to achieve on your list; this way you get to tick off lots of things and this gives you a sense of achievement.

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Remember the Well-being Team are still here to help you – why not drop them a quick email to let us know how you are doing – we all miss you!

- 👉 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

Have you HERD the news?



You may be aware of the herd of goats roaming the empty streets of Wales in the news recently, but our lovely Mrs Hiller (from the Exams office) has unexpectedly been looking after baby goats herself during lockdown.



The two baby goats called Lake and Lydia were born on 22nd March – Mother's Day. Mrs Hiller's daughter, Lucy (an ex-FHS student), is training to be a vet and luckily was there to assist with the delivery. Unfortunately, things didn't go to plan and the baby goats' mother was unable to provide milk to her babies. Lucy kindly volunteered to bring Lake and Lydia home and hand rear them.

They made a pen in the garden and the baby goats spent the night in a crate inside a small shed. Henry the Cockerpoo loved playing with them. The family had to make up milk bottles and feed them both during the day and night. It obviously worked as Lake and Lydia gained 1kg in the first week at the 'Hiller's Hotel'! Now they weigh 3kg. Soon both were strong enough to return to their goat family. Thank you to the wonderful caring Hiller family!

Stay safe, stay happy
and see you next week!