

FOCUSON...

Well-being!



Issue 5 (2 June 2020)

Dear Students and Parents

Welcome to our fifth issue of FocusOn...Well-being! As lockdown has eased a little and we are busy preparing to welcome many of you back to school, our focus is on **welcome back**. We still miss you and want to hear what you have been up to so please keep sending us updates.



Get Cooking!



GET INVOLVED IN THE KITCHEN AND LEARN NEW SKILLS! Learning to cook is an essential life skill, from talking about what food to make, shopping and preparing, to sitting down to eat. Select recipes with one thing in mind: making it easier for you to feed your family and friends good food and enjoy the experience. We all have busy lives, so being able to provide good fast food, food that tastes good and does you good. Food that's fun, fresh, fairly priced and swiftly served by people who smile. A good burger is so easy to make. You can cook them just how you like them, and everyone can pick their own favourite garnishes; you could even bake your own bun!

SUPER TURKEY BURGER; low in fat, big on flavour...

- 500g minced turkey
- 2 cloves of garlic, finely chopped
- 2 spring onions, finely chopped and a large handful of fresh coriander, finely chopped
- 1 small chopped medium chilli or dried chilli flakes (optional)
- 1 tablespoon of olive oil, pinch of salt and ground black pepper



1. In a food processor or in a bowl, mix the turkey, garlic, spring onions, coriander and chilli together. Turn the mixture out on to a board and work it into four equal sized patties.
2. Heat the olive oil in a non-stick frying pan over a medium heat. Season the burgers on both sides with salt and pepper, then fry until cooked through, about 8-10 minutes each side. Alternatively, you can barbecue the burgers.
3. Serve in a bun of your choice with a slice of tomato, lettuce, cheese and ketchup or mayo.

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

FOCUSON...

Well-being!



WAYS into WELL-BEING



Formby High School PE Department

Let's Get moving 

Active Sefton have a good range of fitness based classes for adults / children / families on their YouTube channel! Why not give them a go; have fun together while keeping fit: <https://m.youtube.com/user/SeftonActiveLife/videos>.

Hopefully you tried an online yoga class last week and we are delighted that one of our very own Formby yoga teachers is offering you a chance to take up a live lesson this time. Sophie runs weekly yoga classes from our studio but since the pandemic started she has taken her classes online. Sophie has kindly offered everyone associated with Formby High School a free trial class and her full schedule can be found on either Instagram (Instagram.com/samsarayogabysophie) or Facebook (Facebook.com/samsarayogabysophie). For further information, see her social media pages and use the following link to book; don't forget to quote 'formby high' for a free class pass! <https://instabook.io/s2/samsarayogabysophie>.

Library book club

What have you read over the last few weeks? For next week's edition of FocusOn...Well-being, I'd like some of your own recommendations! Email me at l.ambrose@formbyhighschool.com and share a book you have read and enjoyed or even NOT enjoyed! This week I am recommending an author rather



than just a book. Jacqueline Wilson is an award winning author. Sometimes boys think she just writes books for girls but this really isn't the case; try 'Cliffhanger' or 'Biscuit Barrel'! Jacqueline's books are always a popular read in our school. For our older readers, take a look on

BorrowBox at the young adult section where you will find books topical to today's news headlines, such as 'The Hate U Give' (15+) and 'On the Come Up' (13+), both by author Angie Thomas. Angie writes based on her upbringing; her books are a compelling march into the most sensitive and contentious subjects in America today: race and privilege.



Science Challenge

Fancy trying a 'Storm in a Glass'? You will need the following items and, if you need inspiration or more information, [watch this video](#).

• shaving cream	• a large glass	• water
• food colouring	• a spoon	

FOCUSON...

Well-being!



Instructions:

- ☞ Fill the glass $\frac{1}{2}$ full with water
- ☞ Spray some shaving cream on top of the water to fill the glass $\frac{3}{4}$ full
- ☞ Use a spoon to spread the shaving foam evenly over the top of the water. The top of the shaving cream should be flat
- ☞ Mix $\frac{1}{2}$ cup water with 10 drops of food colouring in a separate container. Gently add the coloured water, spoonful by spoonful, to the top of the shaving cream
- ☞ When it gets too heavy watch it storm

What is happening?

Clouds in the sky hold onto water; they can hold millions of gallons! The layer of shaving cream is our pretend cloud in this experiment. The shaving cream layer can also hold onto water. Clouds can't keep storing more and more water forever, eventually they get too heavy. When that happens, the water falls out (precipitates) as rain, snow, sleet, or hail. Have a go and send us a photograph of your efforts!

Mr Silcock's Stitches

Here's a further selection of funnies from our very own Mr Silcock:

- 😊 Geography teacher: 'Where are the Pyrenees?' Student: 'Next to your pyrananckles?'
- 😊 Same Geography teacher: 'Where are the Andes?' Same student: 'On your wristees?'
- 😊 Do people in Dubai like The Flintstones? No, but the people in Abu Dhabi do!
- 😊 What do you call a boomerang that won't come back? A stick.
- 😊 What do the donkeys on Blackpool beach get for lunch? Half an hour.
- 😊 Where do sheep get their hair cut? At the baa-baas.
- 😊 Why did the golfer wear two pairs of trousers? In case he got a hole in one.
- 😊 What has four wheels and flies? A bin lorry.
- 😊 How long does it take a teenager to tidy their room? If it ever happens I'll tell you.
(Courtesy of Mr Silcock!)

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

Mindfulness

The Listening Walk. Mindfulness is a great practice to be able to do alone but it is also useful and fun to do it with others. On your daily walk with family or when meeting a friend in the park

FOCUSON...

Well-being!



(socially distancing of course), ask them to be silent for at least two minutes and just listen. Really pay attention to sounds around you whilst walking along. Can you hear the birds, any traffic, trees blowing in the wind? Can you hear other people talking? Once the two minutes is over discuss what you could hear and how these sounds made you feel.

Riddle of the week

Remember this one? *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?* Did you work it out? It would take 51 days. If the number of flowers doubles every day, half the garden would be full the day before, on the 51st day.

So, for this week five teasers:

1. What has to be broken before it can be used?
2. Jimmy's mother had three children. The first was called April, the second was called May. What was the name of the third?
3. What begins with T, ends with T, and has T in it?
4. What has a head and a tail but no body?
5. You can hold it without using your hands or your arms. What is it?

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

Beach Safety

We are all lucky enough to live very close to one of the most beautiful stretches of coastline in the country. But at the moment our beaches are not protected by our lifeguards and this means that we need to be even more aware of potential risks. When out enjoying the beach or walking along the Sefton Coast, watch out for:

-  Rip currents – strong currents that run out to the sea, which can quickly take you from the shallows to out of your depth: <https://rnli.org/safety/know-the-risks/rip-currents>
-  Understanding tides – Formby has a huge tidal range and this means that the tide can come in and out very quickly, potentially cutting you off or turning the solid sand you were walking on into a squidgy quick sand: <https://rnli.org/safety/know-the-risks/tides>
-  Dune fires – because we have had such a dry spring our dunes and woodlands are bone dry and can easily catch fire. Please think about this before starting even a small fire or having a beach BBQ. We need our dunes to help protect us from coastal erosion so please help to look after them!

FOCUSON...

Well-being!



A curious incident!



At Formby High School we love reading for pleasure but even we were delighted when a very famous author, Mark Haddon, wrote to three of our super talented correspondents. During lockdown, students in Mr O'Shaughnessy's Year 7 English class have enjoyed reading Mark Haddon's fabulous book, 'The Curious Incident of the Dog in the Night-Time'. Mr O'Shaughnessy challenged the class to pen a letter to the author giving their thoughts and feelings about the book and also what he said in an interview in 2015. Mr O'Shaughnessy then selected three stunning examples and sent them to Mark Haddon. We were delighted when the acclaimed author took the time to write back – a copy of the letter is on our school website (click here to view). Very well done to Jessica, Naomi and Oscar!



Help and support

Some of you will be preparing to return to school in small groups in the next few weeks. All of you should be working at home on your school work. Well done that so many of you have worked tirelessly on your school work. Some of you have though found working at home tricky and our advice to you is to make each day a fresh start and try to complete at least one hour of your school work each day. We all need to be gearing up to getting back to our new normal!

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

Stay safe, stay happy
and see you next week!