

FOCUSON...

Well-being!



Issue 6 (9 June 2020)

Get Baking!

With the sudden surge for flour, suppliers have struggled to keep up with demand. However, things are starting to look up and flour looks like it's making a comeback on our supermarket shelves. Baking is one of the greatest joys; it makes you stop and really enjoy your time in the kitchen. It's warming, comforting, and nurturing, and fills the house with such welcoming smells. This week's recipe, **Peanut Butter and White Chocolate Blondies**, are a bit of a sweet treat; they are great on their own or eaten with ice cream. If you have a peanut allergy – leave out the peanut butter and add some cranberries or other dried or fresh fruit like blueberries and strawberries. The recipe below makes 12 small squares.

PEANUT BUTTER AND WHITE CHOCOLATE BLONDIES

- 20 x 20cm (8 x 8in) square cake tin
- 125g plain flour
- 1tsp baking powder
- 100g butter, softened
- 150g crunchy peanut butter
- 175g soft light brown sugar
- 1 egg, beaten
- 1 tsp vanilla extract
- 75g white chocolate, chopped

METHOD

1. Preheat the oven to 170C (325F), gas mark 3. Butter the sides of the cake tin and line the base with greaseproof paper.
2. Sift the flour and baking powder into a small bowl and set aside.
3. In a large bowl, cream the butter and peanut butter together until very soft. Add the sugar, egg and vanilla extract and beat until combined. Add the flour, baking powder and the chopped chocolate and mix to form a dough.
4. Place the dough in the prepared tin and bake in the oven for 25-30 minutes or until golden brown and almost firm in the centre.
5. Allow to cool in the tin, before removing and cutting into squares.

FOCUSON...

Well-being!



Let's Get Moving 

We know you will all be familiar with TikTok but have you seen the Coronavirus handwashing video? A song put out by Vietnamese officials to encourage people to wash their hands has led to a TikTok dance challenge! The song was made by singer Khac Hun and Vietnam's National Institute of Occupational Safety and Health and is based on a popular pop song called Ghen. It explains how to wash your hands properly and tells people to be careful in crowded places. A dancer in Vietnam named Quang Dang put together moves that match the lyrics and started a new TikTok craze. The challenge is for you to do your own version...so, let's get moving!

WAYS into WELL-BEING

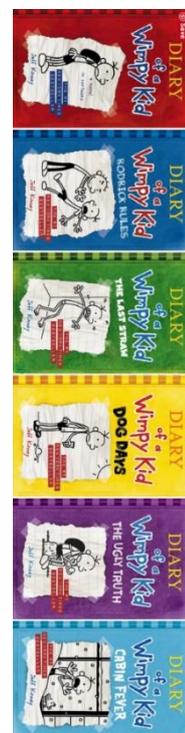


Formby High School PE Department

Library Book Club



As always, we are asking you to share **YOUR** recommendations for good reads and, if possible, put together a review of one of your favourites to help other students choose their next read. Last week we mentioned Jacqueline Wilson which obviously reminded a few of you that you really enjoy reading her books – *The Illustrated Mum* seemed to be a must read for FHS Jacqueline Wilson fans! Also, Sarah Maas, award winning author of the *Throne of Glass* series of books, seems to be very popular amongst our students. How can we forget the fantastic books (and movies) in *The Hunger Games* series by Suzanne Collins?! I did expect these books to turn up and you didn't let me down! *The Diary of a Wimpy Kid* series is still another big favourite, written and illustrated by Jeff Kinney. These books have now been translated into over 60 languages worldwide! Lots of the 'Wimpy Kid' books are available to read on BorrowBox – the Sefton Library website has instructions on how to be part of BorrowBox if you are not already - it's really easy to do. Finally, any book news or reviews, please do get in touch by email at: l.ambrose@formbyhighschool.com.



Range High Literacy Bake Off Challenge!

Range High School have asked us to join in with their Literacy Bake Off! All you have to do is bake a cake, biscuits or cupcakes based upon a book, a character or even a book cover! Post a picture of your cake on twitter and include @FormbyHSLibrary or alternatively send a picture to me via email at l.ambrose@formbyhighschool.com and I will tweet your marvellous bake!

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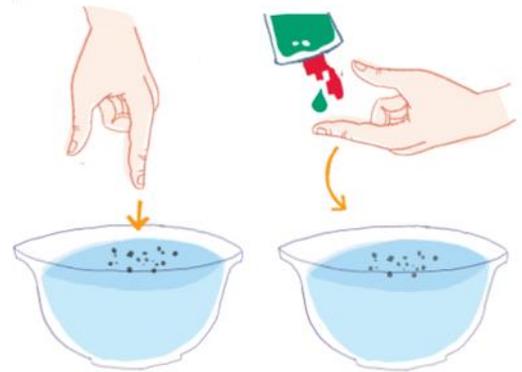


Well-being!

Science Challenge

Scared Pepper

- 👉 Move pepper away from you without touching it.
- 👉 Fill the bowl with water.
- 👉 Add some pepper to the top of the water, do not stir it in.
- 👉 Dip your finger into the water, note down what happens.
- 👉 Put a small amount of soap on your finger.
- 👉 Dip it back into the water.
- 👉 What happens to the pepper?



What is happening?

How does it work? Water normally bulges up a bit. You can see this by looking at a raindrop or by filling a glass slightly over the rim – the water will not spill out. When soap is added to water, surface tension is lowered. The water tries to spread out. As the top of the water flattens out, the pepper on the surface is carried to the edge of the bowl.

Mr Silcock's Stitches

Well, here are a few Doctor Doctor classics from Mr Silcock this week:

- 😊 Patient: "Doctor Doctor, I've got a carrot stuck up my nose!" Doctor: "You're not eating properly."
- 😊 Patient: "Doctor Doctor, I think I'm invisible." Doctor: "Who said that?"
- 😊 Patient: "Doctor Doctor, I like to wear leather trousers, Cuban-heeled shoes and have my shirt open to the waist." Doctor: "It sounds like you've got Tom Jones (ask your grandparents or Mrs Baker who he is) Syndrome." Patient: "I've not heard of that, Is it rare?" Doctor: "It's not unusual!"
- 😊 Patient: "Doctor Doctor, every time I have a cup of tea I get a stabbing pain in the eye." Doctor: "Try taking the spoon out of the cup."
- 😊 Patient: "Doctor Doctor, every time I put my hand above my head and rotate it, it hurts." Doctor: "Well don't do it then!"
- 😊 Patient: "Doctor Doctor, I keep thinking I'm a shepherd." Doctor: "I wouldn't lose any sheep over it."
- 😊 Doctor to patient "You've got a cute appendicitis." Patient: "Thanks very much, you're not so bad yourself."

Please email some of your favourite jokes to Mr Silcock (ones we can share please!) to rsi@formbyhighschool.com – clearly, he needs the help!

FOCUSON...

Well-being!



Mindfulness

This week's exercise is going back to basics! Either sit comfortably on a chair, on the floor or lie down. Breathe in through your nose so your chest and tummy expand and out through your mouth. Do this three times. On the 3rd out breath close your eyes and let your breathing return to normal. Stay focused on your breathing. We are going to practise an exercise called 'noting'. Clearing the mind whilst practising mindfulness is challenging to say the least. We have busy minds with lots of chatter. Use this exercise to relax. Allow your thoughts and feelings to creep in, don't ignore them but note them, and with an out breath let them go. Try and do this for 10 minutes, leaving you feeling relaxed and focused.

Riddle of the week

How did you do last week?

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

This week's riddle is a tricky, so any solutions will receive a distinction. What do the following words have in common?

- Assess
- Banana
- Dresser
- Grammar
- Potato
- Revive
- Uneven
- Voodoo

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

Keep Safe - Social Distancing

We are all being asked to social distance but do you really know what that means? We all know the rules – that we can only meet in groups of six or less outside and must **stay two metres apart** but are you doing that and if not, why not? As teenagers, you will naturally want to walk or cycle close

FOCUSON...

Well-being!



to your friends and this is what we are seeing around Formby at the moment – groups of young people walking side by side and not socially distancing. That tells us you are finding social distancing hard and frustrating. Also, you see it on the news when adults choose not to follow the rules which make it even more frustrating. Nothing like this has ever happened before in our lifetimes and in an ideal world we would just go back to normal. Even though we can't do that yet, we can now meet up as long as we **keep two metres apart** – not perfect but better than it was. Remember, there are lots of people in our community who are vulnerable if they get the virus from someone like you who might be healthy and not have any outward signs of the virus. Staying **two metres apart** protects those people – people like your grandparents and older or poorly family, friends and neighbours. I know it is hard to follow the rules – **we are proud of you and know you will do the right thing for your community**. Remember we are here to talk to when things get really tough.

A Very Special Thank you!



During lockdown, Jack (Year 8) has really taken on the task of supporting both the local Ambulance staff and staff working at the nursing home near where he lives. Each week Jack has been making beautiful cupcakes and then delivering them outside the door for staff to enjoy and show how much they are appreciated. On Thursdays, Jack has been getting his pots and pans out for the 'clap for carers' and has also been encouraging his family to all attend and take part. It's these small, thoughtful gestures of thanks that can cheer people up on the front line and make their day. Well done, Jack!

Help and Support

Recognising that we are all going through a tricky time is important. We are all experiencing the same lockdown and the pandemic, yet we will all view it slightly differently depending on our own circumstances. This is why it is really good to talk to your parents, friends and family about how you are coping. It is ok not to feel ok from time to time but if you are feeling fed up over a longer length of time remember that 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!

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