

FOCUSON...

Well-being!

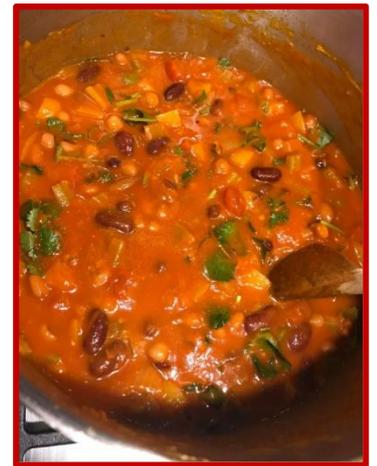


Issue 7 (15 June 2020)

Get Baking!

Brilliant Beans & Pulses

Beans and pulses come in all different colours, shapes and sizes and offer us so many different nutrients. As well as contributing to our daily veg intake, they provide us with a source of fibre and are high in protein, so are a great meat alternative. The type of fibre found in beans and pulses is 'soluble fibre', which contributes to lowering and maintaining healthy cholesterol, helping to protect us against heart disease. On top of this, they are also a source of important micronutrients – for example, lentils and kidney beans are a great source of iron. The type of iron found in plant-based foods is harder for our bodies to absorb compared to that found in animal products, so it's best to consume them with foods high in vitamin C to increase absorption – so try having a 250ml glass of fresh orange juice with some of your meals, especially if your vegetarian or vegan.



Mrs Stark's Bean Chilli

- 1 x tablespoon of coconut oil or vegetable oil
- 1 x large carrot, chopped & diced into small pieces
- 1 x large stick of celery, chopped & diced into small pieces
- 1 x onion, chopped
- 1 x 400g tinned tomatoes
- 1 x 400g kidney beans
- 1 x 400g black beans
- 1 x 400g mixed beans
- A splash of red wine (optional)
- 1 x Colemans Hot Chilli Con Carne mix (vegan/no added MSG/no artificial colours)
- Handful of coriander
- Salt & pepper
- Grated cheese

How to make:

1. Heat the pan, add oil and lightly fry the carrot, celery, onion and pepper until softened.
2. Add all the beans and tinned tomatoes and empty the sachet of chilli mix, remembering to also add 125ml of cold water at this stage and the red wine too.
3. Bring to the boil, stirring continuously, then lower heat and let it simmer for 10 minutes.

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4. Season with salt & pepper.
5. Served best with boiled rice, baked sweet potato or tacos.
6. Serve with either grated cheese, sour cream or natural yoghurt and coriander.

Let's Get Moving 



Can you take on the toilet roll high jump challenge? How many toilet rolls can you jump? Starting with your feet together, swing your arms, bend your knees and jump over the toilet rolls landing on the other side. Sounds easy! Merits up for grabs for those who can jump more than five stacked toilet rolls.

Film or photograph yourself jumping and send to Mrs Hannaway (kha@formbyhighschoolc.om). The current record for the most toilet rolls jumped at Formby High is: 8 (Kyle, Year 9) and 7 (Liam, Year 7).

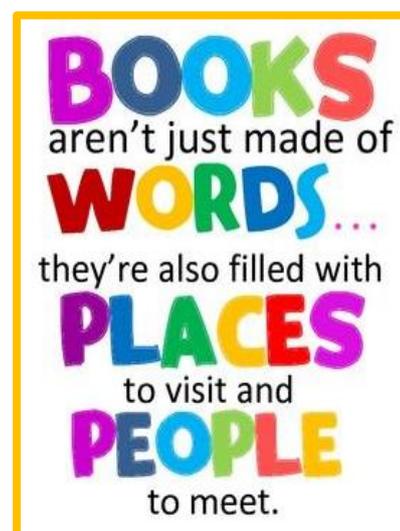
WAYS into WELL-BEING



Formby High School PE Department

Library Book Club

You don't have to read a 'traditional book' to enjoy reading. There are lots of different ways to give reading a chance and create a love of reading! [BorrowBox](#) provide audio books, you can sit back, relax and have a book read to you! You could also look at reading shorter articles found in newspapers and magazines. Right now some of these items are actually free to read online or you can subscribe for free delivery. *The Week Junior* is offering six free editions and *Lego Magazine* is always popular (it's free and is posted to you at home quarterly: <https://www.lego.com/en-gb/life/magazine>). There are also apps and websites providing some amazing non-fiction resources, such as <http://www.kidsdiscover.com/kids-discover-online/> which offers some great science-based reading. Get in touch to tell me what you like reading. Atlases? Cookery books? Whatever it is, let me know via email at l.ambrose@formbyhighschool.com. Finally, this week's student recommendation is a book series called 'The School for Good and Evil' by Soman Chainani. I have been told that these books are the best ever series – everyone should know about them (and I understand that they are finally being made into a movie!).



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Mindfulness

This week we are going to start our mindfulness exercise by jumping around and creating energy.

- * Do 20 star jumps and then run on the spot for 20 seconds.
- * When you have finished, sit down comfortably and pay attention to your heartbeat. Take a deep breath in and out, closing your eyes on the out breath. Then place your hand on your heart and feel your heart beating.
- * Focus on your heartbeat by counting and noticing the rhythm. Keep breathing normally in and out.
- * Note how your heart returns to its normal beat.
- * Once this happens take a deep breath in for a count of 4, hold for 4 and then breath out for 4.
- * Do the whole exercise a few times in a morning to wake you up and get ready for the day ahead.

Science Challenge

Invisible ink

In the olden days before mobile phones we used to communicate by writing to each other. But how did we send a secret message? Read on to find out and why not try it yourself!

-  Squeeze lemon juice into the bowl and add a few drops of water. Stir with the spoon.
-  Dip the paint brush into the juice mixture and write a message on the paper.
-  Allow the paper to dry completely. Your message should become invisible.
-  Hold the paper very close to the light bulb to heat up the message area (adult supervision required).
-  Watch your message appear!



What is happening?

The lemon juice is an organic substance which reacts with oxygen in the surrounding air, oxidises and turns brown. By placing the paper right next to the lamp we speed up the oxidation process. The heat from the lamp causes the chemical bonds to break down.

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Mr Silcock's Stitches 

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

- 😊 Knock Knock. Who's there? Yowdelheyhee. Yowdelheyhee who? I didn't know you could yodel!
- 😊 Knock Knock. Who's there? Candice. Candice who? Candice door be opened, it's freezing out here!
- 😊 Knock Knock. Who's there? Deja. Deja who? Knock Knock.
- 😊 Knock Knock. Who's there? Attish. Attish who? Bless you, Now open the door!
- 😊 Knock Knock. Who's there? Alex. Alex who? Alex-plain when you open the door!

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

Keep engaged! Keep happy!



Even though we are now lockdown experts you still might like to think about some of these ideas:

- create a virtual quiz for family and friends
- watch a virtual tour of a museum or gallery; [click this link](#) to lead you to 12 international museums you can explore from home
- check in with your neighbours and make sure they're ok, especially if they're elderly or in isolation
- watch a theatre production from the comfort of your sofa; [click this link](#) to find out what's available to watch from home
- have a spring clean at home and sort out any unwanted clothes, books etc ready to donate to charity when donations restart
- if you can sew, get involved with local groups sewing scrubs and face masks

Riddle of the week



Last week's riddle was tricky; what do the following words have in common?

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

Solution: If you take the first letter and move it to the rear of the word, you get the same word when read backwards!

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This week's teaser:

What flies when its born, lies when its alive, runs when its dead?

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

Keep Safe - Handwashing

Hard to think back in March that we would be fighting a global pandemic through staying two metres away from others and washing our hands. As some of you are preparing to return to school, it is really important that you understand **why you must wash your hands as soon as you arrive on the school campus**. We are doing this because it is the single most important thing we can do to remove the virus and stop it getting inside our bodies. We were probably last taught how to wash our hands when we were little but look at the poster below for a quick reminder.

Whilst everyone talks about singing the handwashing song you can of course generate your own 20 second version using this fabulous website: <https://washyourlyrics.com/>. We have put lots of hand sanitisers around school – these are not instead of handwashing but can be used alongside handwashing. 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.



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Help and Support

What might you be feeling about lockdown easing? You might feel relieved or excited when lockdown is eased where you live. However, you might also find yourself feeling less positive about the changes. You may move through a range of difficult feelings and thoughts; for example:

- Stressed and unprepared for the changes that are coming.
- Anxious, afraid or panicked that the changes may cause an increase in infections.
- Angry or frustrated. Perhaps because people aren't following social distancing rules, and now can't avoid them. Or you feel that the changes are wrong, or the measures in place aren't enough.
- Grief for people who have died, and that you want to avoid more loss.
- Reluctant or unmotivated to rearrange events that couldn't happen during full lockdown. This could be big birthday celebration, prom or examinations.
- Uneasy about friendships that might have changed during full lockdown.
- You're having to make an unfair sacrifice; for example, if you are being asked to go back to school when others are still able to stay at home.

Remember:

- There's no 'normal' response to lockdown or lockdown easing.
- Your feelings might change. You might feel one way one day, and another way the next. It might not feel logical.
- Its ok not to be ok all the time.

What could help me manage these feelings?

- Get practical support from school – use the email below or ask for a phone call from Mrs Stirling.
- Talk to someone you trust. It might feel hard to start talking about how you are feeling but many people find that sharing their experiences can help them feel better.
- Try online peer support: try kooth.com – it is brilliant!
- Express your feelings creatively. You might find that it helps to express how you are feeling about the easing of lockdown by writing, drawing, painting or any other creative way that feels helpful to you.
- Make choices to control the things that you can. It might be helpful to list the things you can change on one piece of paper and all the things you can't on another.

Remember we all miss you and are busy planning for when you safely are back with us!

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