

FOCUSON...

Well-being!



Issue 8 (23 June 2020)

Bienestar español...

...welcome to our Spanish themed edition!

¡A cocinar! 

Spanish food has popular dishes like tapas, paella, tortilla española, sangría... but the Spanish cuisine is much more! Food in Spain is the result of a great variety of cooking cultures that have been living together in Spain as well as the different climates and ways of life of each region. It is mostly surrounded by water which makes fish and seafood important ingredients for many Spanish recipes. The two basic ingredients of all Spanish food are olive oil and garlic. However, because Spain has very distinct geographical regions settled by different ethnic and cultural groups, and because the weather varies from province to province, the regional cuisines are very different. Often the *only* common ingredients are olive oil and garlic!

Pollo español fácil (easy Spanish chicken)

Ingredients:

- 1 tbsp extra virgin olive oil
- 2 boneless, skinless chicken breasts or 4/6 skinless/boneless thighs, sliced
- 1 onion, thinly sliced
- 1 yellow pepper, seeds removed, cut into 4cm pieces
- 1 courgette, trimmed, halved lengthways and cut into 1cm slices
- 100g cooking chorizo, sliced
- 100ml red wine
- 400g tin chopped tomatoes
- 400g tin butter beans, drained and rinsed
- 1 tbsp tomato puree
- 1 tsp dried oregano
- ½ tsp dried chilli flakes
- 1 chicken stock cube
- 160g long grain rice
- 175g green beans, trimmed (optional)
- chopped fresh flatleaf parsley, to garnish
- sea salt and freshly ground pepper
- 4 cloves garlic, crushed



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Method:

1. Heat the oil in a large, non-stick frying pan or sauté pan. Add the chicken and season with the pepper. Fry for 2 minutes, stirring regularly.
2. Transfer the chicken to a plate using a slotted spoon or spatula and add the onion, garlic, pepper, courgette and chorizo to the pan. Fry over a medium-high heat for 3 minutes, stirring regularly.
3. Add the wine, tomatoes, butterbeans, tomato purée, oregano, chilli flakes and chicken stock cube to the pan. Refill the tomato tin with cold water, pour into the tomato mixture and stir. Season with a little salt and pepper.
4. Bring the sauce to the boil, return the chicken to the pan and simmer for 8–10 minutes, or until the chicken is tender and cooked through and the sauce has thickened.
5. Meanwhile, half-fill a large saucepan with water and bring to the boil. Add the rice and simmer for 10–12 minutes, or until cooked.
6. Place the green beans, if using, in a small saucepan of boiling water and cook for 5–6 minutes, or until tender. Drain the beans and the rice and set aside.
7. Garnish with the parsley and serve immediately with the green beans and rice alongside.

¡Disfruta!

WAYS into WELL-BEING



Formby High School PE Department

You might be surprised to hear that school sports in Spain is generally very different to in England. They don't have all the school fields like we do – they often play basketball on a small court and this means that, along with football, these are the main school sports. Although we can't use our school fields at the moment, we will do soon and, in the meantime, we have lots of exciting virtual events coming up for you!

Let's Get Moving 



1. Many of you have already downloaded the TopYa! app and tried some of the School Games challenges on there. Please upload descriptions of which challenges you have done onto Class Charts to get merits from your PE teacher!
2. Next week is National School Sport Week 2020 – at home! Choose activities and challenges to compete against friends / family or try a personal challenge!
3. The week beginning 6th July is Merseyside Virtual School Games.
4. Then, to cap it all off, we will be hosting a Virtual FHS Sports Day – which tutor group will come out on top?!



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Library Book Club

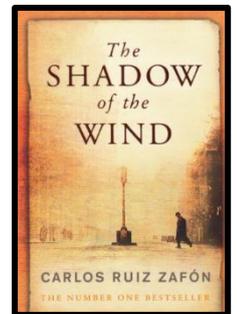
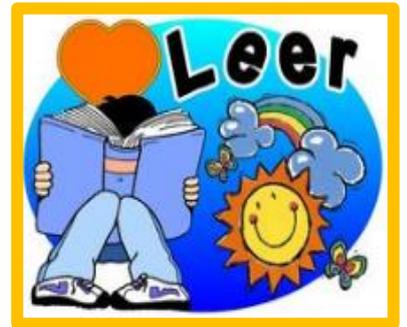
¡Hola! Library Book Club wanted to join in with the Spanish theme this week, so we are recommending you take a look at [The Spanish Experiment](#). This website offers the chance to read some well-known children's stories translated into Spanish and spoken by a native Spanish speaker. It's great for kids... and adults too! You can read along in Spanish or English, or have the book read to you!



Why not try Pollito Tito, Los Tres Cerditos or Caperucita Roja! (Chicken Little, The Three Pigs or Red Riding Hood).

For our slightly older students, Ms Lonsdale recommends the author Carlos Ruiz Zafón, who sadly died last week. His book '*The Shadow of the Wind*' is always a popular choice with our modern language students up in the FHS Library. Please take a look at <https://www.carlosruizzafon.co.uk/>.

Don't forget... any book related news, please email Mrs Ambrose at this address: l.ambrose@formbyhighschool.com.



Mindfulness

This week our mindfulness session has a slightly different feel ... ¡Disfruta!

- * <https://www.youtube.com/watch?v=iFAEGnQxiiQ&feature=youtu.be>
- * <https://www.youtube.com/watch?v=DwwPiZN7X0M>

Science Challenge

Science – why are Spanish houses often painted white? Have a go at this experiment and see if you can reason why Spanish houses are often painted white.

What you'll need:

- two identical drinking glasses or jars
- water
- thermometer
- two elastic bands or some Sellotape
- white paper
- black paper



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Instructions:

- 👉 Wrap the white paper around one of the glasses using an elastic band or Sellotape to hold it on.
- 👉 Do the same with the black paper and the other glass.
- 👉 Fill the glasses with the exact same amount of water.
- 👉 Leave the glasses out in the sun for a couple of hours before returning to measure the temperature of the water in each.

What is happening?

Dark surfaces such as the black paper absorb more light and heat than the lighter ones such as the white paper. After measuring the temperatures of the water, the glass with the black paper around it should be hotter than the other. Lighter surfaces reflect more light, that's why people wear lighter coloured clothes in the summer – it keeps them cooler.

Mr Silcock's Stitches

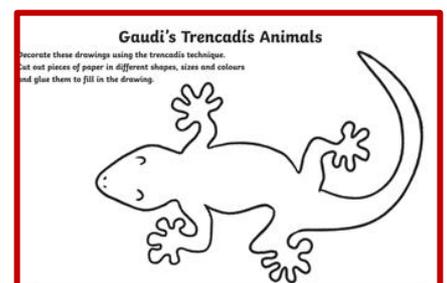
This week Mr Silcock went in search of our Modern Languages teachers to find some Spanish rib ticklers:

- 😊 ¿Cuál es la fruta más divertida?
La naranja ja ja ja
- 😊 ¿Qué pinta el fantasma?
¡dibuuuuuuuuujos!

Translate and have a chuckle – Miss Gilmour would love to hear from you if you have any of your own jokes in a modern language cgi@formbyhighschool.com.

Keep engaged! Keep happy!

Gaudí was a revolutionary in his time. His highly imaginative work drew inspiration from plants and animals found in nature and his interest in using organic shapes that are curved instead of flat led him to create his own architectural language expressed through the innovative technique of trencadís mosaics, one of his most personal hallmarks. Why not take inspiration from his work and create your own trencadís lizard? Have a little Google search for inspiration... Email photographs to tlo@formbyhighschool.com and we will share on our website.



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Riddle of the week



What flies when its born, lies when its alive, runs when its dead? Easy-peasy last week: a snowflake!

This week's teaser:

- ¿Quién es la hermana de mi hermana que no es mi hermana?

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

Keep Safe - changes to our systems

When you come back into school there will be many things the same but some systems will be changing to help keep you, the teachers, your family and our community safe. This will mean that you will need to take responsibility for your own actions and listen carefully to the new systems we will put in place. For instance, we may ask you to follow some new one-way systems and wash your hands more frequently. We would like you to walk or cycle to school – if parents are dropping you off they must not drive onto the school grounds. You will need to walk in single file, keeping your distance from others. These new systems are going to take time to get used to but be reassured we will explain what we are doing and why we are doing it. It is important you understand these systems apply to all students in the school from Year 7 to Year 13 – even you!

Help and Support

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

TAKE TIME TO
Breathe 

Break | Routine | Eat | Active | Talk | Help | Exercise