

FOCUSON...

Well-being!



Issue 9 (30 June 2020)

Get Cooking!

Scouse was first brought to Liverpool by Norwegian sailors and called Labskause. During the 19th Century, its name became anglicised and evolved to Lobscause and then finally Scouse. The original recipe was much simpler than some of its modern variants, but was predominantly the same staple ingredients – meat, vegetables and potatoes. After a day stewing in the kitchen, an authentic portion of Scouse should allow the spoon to stand straight up in the bowl. Everyone makes Scouse differently, but this is a real classic. Try to make it the day before; it tastes so much better.

Scouse Recipe (serves 6)

- 900g of beef (braising works well) or (mix 450g lamb/450g beef)
- 2kg of potatoes (preferably King Edward's) peeled and cubed
- 2 pints of beef stock
- 2 large onions, 4 large carrots, peeled and diced
- Tomato puree
- Salt & pepper



Method

Seal the beef/lamb in a large pan, adding the onions and carrots. Add one pint of beef stock, bring to the boil. Next, add the potatoes, peeled and cubed, then cover with the other pint of beef stock. Add about half a tube of quality tomato puree and salt and pepper to taste. Leave to simmer for four hours until the Scouse is completely cooked and blended together. Serve with crusty bread and pickled red cabbage; enjoy!

Let's Get Moving

At this time of year we are usually busy thinking about our School Sports Day. This year we will soon be hosting a virtual sports day to encourage students, staff and families to engage in a series of sporting activities. So, why not get practising with your own lockdown family sporting challenge? The Youth Sport Trust has a whole host of ideas for some sporting activities you may have never tried such as waste bin basketball – who knows, you may be the next world champion!

https://www.youthsporttrust.org/system/files/resources/documents/YST_NSSW_Activities.pdf

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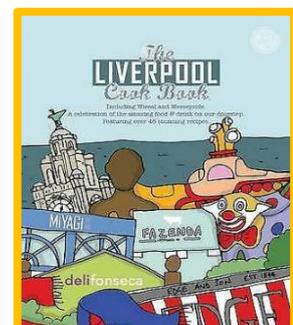
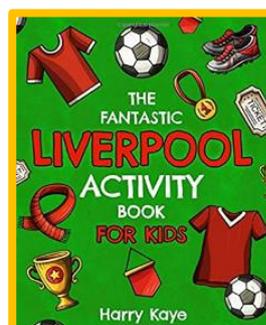
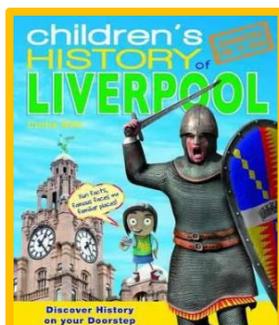
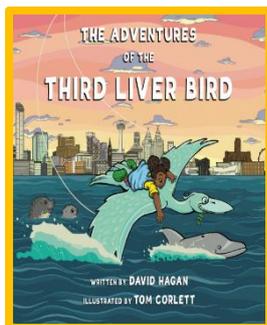
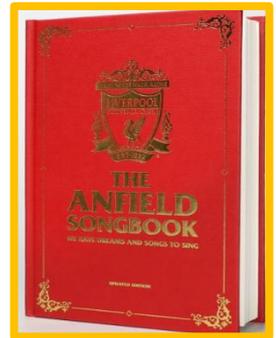
Well-being!



Library Book Club

Liiiiiverrrrpooooool!

There are lots of books all connected to our fantastic City! They are not ALL football based! Although those books are important, there is a lot more to Liverpool than football. We have some amazing factual history books and some creative fiction books all based upon our city. *'The Third Liver Bird'* is a book for our younger readers; it tells how the third liver bird celebrates all things Liverpool as it flies around Merseyside on its adventures. *'Children's History of Liverpool'* delves into Liverpool's past – good and bad – and has some amazing historical facts. Not in the mood for reading? Why not try *'The Fantastic Liverpool Activity Book'*? It's full of creative things to do. We even have our own Liverpool cookery books showcasing some amazing places to eat! Check out *'The Liverpool Cook Book: A Celebration of the Amazing Food on our Doorstep (Get Stuck in)'*. But it wouldn't be fair if we didn't mention LFC for their accomplishments... so take a look at their Anfield Official Songbook, comprising hundreds of songs and chants that have been written and sung by Liverpool supporters over the years. Don't forget, Mrs Ambrose is looking forward to hearing from you about anything book-related; please email at: l.ambrose@formbyhighschool.com.



Cultural Challenge



Tanabata Wish

The Tanabata Festival in Japan celebrates an old love story about a weaver princess and a cow herder. In the story, they are allowed to meet only once a year, on July 7th, so many people celebrate their reunion on this day. The two characters in the story represent two stars in the Milky Way so Tanabata is also called the 'Star Festival'. If you are in Japan for Tanabata you will see lots of colourful decorations, including coloured strips of paper called tanzaku which are hung up on bamboo. Traditionally, people would write a wish on tanzaku to pray for Orihime and Hikoboshi's reunion. Now many people write their own personal

FOCUSON...

Well-being!



wish on tanzaku too. This week's challenge is for you to make your own tanzaku with coloured paper / card by following the instructions below:

Write a Tanzaku!

You will need:

- Coloured paper/card
- Pen
- String or ribbon
- Scissors
- Hole punch

Instructions:

1. Cut out a rectangle of coloured paper or card. It should be roughly 7cm x 15cm, but it can be bigger or smaller.
2. Using a hole punch, make a hole in the top of the rectangle, about 1cm away from the edge.
3. Write your wish and your name on the tanzaku paper with a pen. You can add extra drawings or decorations if you like.
4. Thread ribbon or string through the hole and find a place to hang your wish.

Desert Island Disks

This week we are delighted to introduce a new section – Desert Island Disks. We asked teachers to share their all-time favourite track (for some this was their favourite vinyl record). We are delighted to share the Geography Department's musical favourites...

- Mr McGuinness's favourite artist is The Courteeners and his favourite track '[Hanging Off Your Cloud](#)'. He found it hard to narrow down to one track but he is listening to this at the moment so it is his lockdown classic.
- Mr Gallagher chose the George Ezra anthem '[Get Away](#)', which he wrote about his battle with anxiety, and is an uplifting track for those dark days.
- Mr Quayle surprisingly went with the 1960s classic '[A Day in the Life](#)' by The Beatles, because Paul's verse reminds him of what normal life used to be like!
- Mrs McDunne selected '[Spice up your Life](#)' by the Spice Girls as it is reminiscent of her childhood.
- Mrs Blanchard struggled to narrow down to one track, so decided her two top tracks were the 1980s classic by New Order, '[True Faith](#)' and also from the 1980s The The, '[This is the Day](#)'.

FOCUSON...

Well-being!



Mindfulness

This week we are looking at some apps you can download which you might find helpful to support your wellbeing.

MindShift

MindShift is a free app designed to help teens and young adults cope with anxiety. It can help you change how you think about anxiety. Rather than trying to avoid anxiety, you can make an important shift and face it. It lists symptoms of anxiety, offers strategies to manage worry, panic, conflict, ordinary anxiety, and three specialised categories of anxiety: test anxiety, social anxiety, and perfectionism. It also contains relaxation exercises.

Mood Tracker

A website/app which lets you track your moods and sleep patterns, helping to manage depression, anxiety or bipolar disorder.

MoodGYM

MoodGYM is a free, fun, interactive program to help young people with low mood. Based on cognitive behaviour and interpersonal therapy, it consists of five modules, which help you to explore:

- Why you feel the way you do
- Changing the way you think
- Knowing what makes you upset
- Assertiveness and interpersonal skills training

Rise Up + Recover

Rise Up + Recover is just the app for you if you are struggling with food, dieting, exercise and body image. Based on self-monitoring homework, a cornerstone of cognitive behavioural therapy (CBT), it is a simple and convenient app that has been used millions of times around the world.

SuperBetter

SuperBetter is a free web and app based programme created by game designers. Playing SuperBetter helps build personal resilience: the ability to stay strong, motivated, and optimistic even in the face of difficult challenges. Resilience has a powerful effect on health by boosting physical and emotional well-being. SuperBetter is for young people over the age of 13 who want to feel happier, healthier and more able to reach their goals.

FOCUSON...

Well-being!



Maths focus

A teaser from Mrs Bennett this week...Facebook Fibs! Upon registering for a Facebook account, two members of a family, Jack and Jill, were asked for their ages. They decided to add the two ages together. Jack submitted 44 as the answer. Jill inserted 1280. Jack's answer was obtained by subtracting one age from the other; Jill chose to multiply their true ages together. **Question:** What were their ages?

And a very well done from Mr Williams who has asked us to share the message below...

The Mathematics department wanted to recognise the fabulous work that students have been completing during lockdown. Students were nominated by their teachers to be put into a prize draw and the winners each received a £20 Amazon e-voucher. The winners were:

- Zachary H (Year 7)
- Adam W (Year 8)
- Harry F (Year 9)
- Yasmin H-N (Year 10)

Riddle of the week

The challenge this week is to invent a definition for our (totally made up) word and use it in a sentence. The most convincing definition will receive a distinction. The word is: **sniddle** (verb). Send your definition and sentence to Mrs Brooks by email: abr@formbyhighschool.com and get a distinction if you are correct!

Our Spanish riddles got you thinking! The answer was YO (Who is my sister's sister who is not my sister – answer ME). Well done to those of you who solved that riddle.

Keep on running!

Some of our fabulous cross country and middle-distance runners were back in training at the earliest opportunity. As soon as rules relating to sport and social distancing allowed for small group sessions, the hardy souls met up with Mrs Hannaway who coaches many of our students at a local athletics club. The small groups took to the cinder track at Chaffers Playing Fields, Waterloo, which has recently undergone some refurbishment work thanks to the hard work of volunteers and support from Jamie Carragher's '23 Foundation' (the track is free to use and is located at the top end of Glenwyllin Road).



FOCUSON...

Well-being!



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, 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!