

FOCUSON...

Well-being!



Issue 10 (7 July 2020)

Welcome to this week's bumper **competition edition** - how many competitions **can you get involved** in this week?

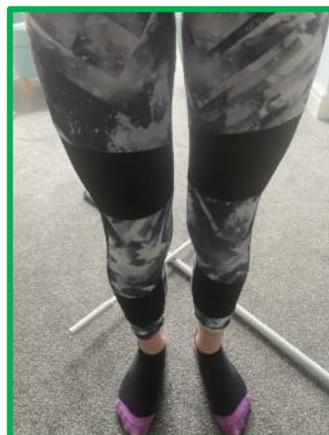
Get Baking!

During lockdown many of us have developed new skills such as baking. So our own Mary Berry, Mrs Brooks, is challenging you to a lockdown bake-off! Can you create a cake that represents your experiences of 2020 so far? If you need inspiration, have a look at one of Mrs Brooks' celebration cakes that she has worked on over lockdown. Up for the challenge? If so, please send photographs of your creations to Mrs Brooks for judging – there will be a £10 Amazon voucher for the winner! abr@formbyhighschool.com



Let's Get Moving

How many times can you jump inside and outside (moving forwards and backwards) the X in 30 seconds? You will need good speed, agility and balance for this challenge. Email kha@formbyhighschool.com with your results. If you can send a video the winner will receive a £10 Amazon voucher.



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Don't forget next week is virtual sports week. Get involved through Class Charts and keep your eye on Twitter and the school website for updates to the leader board.



Library Competition

What is your favourite book of all time? On October 5th 1779 the first US President, George Washington, borrowed a book from the New York Library and forgot to return it! It was found in some papers 221 years later! His late return fine, adjusted for inflation, would have been more than £200,000! What book have you ever received or borrowed from the library that has been your absolute favourite? A book you just wanted to keep forever, just like George! It could be a book from when you were younger or a book you finished reading just last week. I want you to convince our school teachers that they need to read your favourite book! Why do we need to read it? What is so good about it? Where does this book take you? Tell us about the amazing characters. You can enter this competition in various ways... design a poster telling us all about the book, write an amazing book review, or redesign the front cover of the book. Send your entries, titled My Favourite Book, to l.ambrose@formbyhighschool.com. £10 Amazon voucher for the entry judged by Mrs Ambrose to be the most engaging read.

500 Words Short Story Challenge

Your words have the power to change you and the world around you. People can make a change based on their actions – you'll already have encountered examples of this. We want you to use your imagination and draw on your own thoughts and experiences when it comes to Black Lives Matter and some of the changes we are seeing in 2020. Then, write a creative short story in no more than 500 words. Remember, it's the way you tell your story that makes or breaks it. The descriptions, the adjectives and the imagery that you use shape your story. Still, you only have 500 words! That means that while you're writing, you need to make your key moments stand out with similes and metaphors, without taking away from the plot. Your story might be hopeful, inspiring, fun or angry. Have fun making your characters come to life! Lastly, don't enter to win...enter because you want your voice to be heard and enjoy storytelling in a way only you can. Everything can give you a creative spark that fires a story. Be unafraid and see where your ideas take you! What everybody wants to read is an amazing story. Good luck! Email your entries to Mrs Hughes – the lucky winner will receive a £10 Amazon voucher. ehu@formbyhighschool.com

Grown Your Own!

Mrs Kenyon will be awarding a £10 Amazon voucher to the person who can send in a photograph of the best lockdown growth. To enter just send in a photograph of something you have cultivated over lockdown – it could be a sunflower or a vegetable, or even your hair! Entries to Mrs Kenyon k.kenyon@formbyhighschool.com.



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Cheerio Challenge



Thanks to Mrs Weaver for her fabulous suggestion of the annual Formby High School 2020 Lockdown Cheerio Stacking Challenge. If you conveniently have a little brother or sister then a sleeping baby is ideal but this could be done equally as well on someone else in your household! How high can you get your stack without it falling? Bonus points if your victim is asleep! Photographs to Mrs Weaver please – highest stack receives a £10 Amazon voucher! jwe@formbyhighschool.com

Maths Focus

The answer to Mrs Bennett's teaser was 64 and 20 years old.



Recycled Art

Recycling is a hugely important part of our day to day life but can you turn something we would send to recycling into a work of art? The most creative work will receive a £10 Amazon voucher. Email your creations to Miss Barson: lba@formbyhighschool.com.

Upcycling Fashion

Mrs Bevan is running our fashion competition. She is challenging you to upcycle fashion, turn something old and unfashionable into something individual and exciting. To enter, send in your photograph of before and after, and the most creative will win a £10 Amazon voucher. Entries to Mrs Bevan sbv@formbyhighschool.com.



Help and Support

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