

FOCUSON...



Issue 204
28 March 2025

Celebrating our school and community

...(Very) Active Members of our Community

Our very own Geography teacher, Mr Quayle, has been embarking on quite a fitness challenge this month, all for an incredible cause very close to his heart. **Bliss** is a charity that was formed in the 1970s in response to parents of premature and sick babies experiencing long waiting times for life-saving equipment, understaffing of neonatal units and a general inadequacy in the provision of care. Mr Quayle's little boy was born five weeks and one day premature in September. Whilst in hospital at the time, Mr Quayle spotted the Bliss logo around the neonatal unit and researched the wonderful work they do in supporting families of premature and sick babies and the money they put towards funding state of the art technology to be shared equally across Neonatal Units across the country. He learned that Bliss run a challenge called [62 Miles in March](#) and decided to get involved... but, of course, Mr Quayle chose to up it to 100 miles (160km)! He said "I was ambitious and the challenge has been harder than I thought, trying to balance work and my new family life ensuring that my wife is not left with the baby too often, she deserves the breaks! I have been pram pushing, running, golfing and mountain hiking the miles over the month and I will be honest, I feel fantastic! The daily walking/running has genuinely put a spring in my step. My target total has had to change several times after such generous donations! I was only after £150 in order to get myself a little medal, but I am close to passing £1,000. Unbelievable! I want to say a massive thank you to the Formby High School community for their kind donations across the month." Mr Quayle is set to break his 160km target and cross the finish line at lunchtime on Friday, supported by the FHS community. A group of students will be busy in the dining halls at the same time doing a cake sale to add further funds to this fantastic cause.



Let's hope our very own fitness guru, Mr Tynan, will be out there cheering him along! Mr Tynan (who avid readers will recall is scheduled to be taking part in the Hyrox Championships in Chicago this year) has just been named on the longlist nominations for "Fitness Influencer" for the 11th Annual [British Fitness Awards 2025](#). Let's help him add to his accolades by [voting for him using this link!](#)



Continuing with our outstanding fitness and athletic achievements, congrats to two of our cross-country athletes who were selected to represent Merseyside at the English Schools County Championships held in Sussex on Saturday 15 March. Eddy (Year 10) competed in the Inter Boys race and the team finished 9th overall, out of 42 counties! Eva (Year 12) competed for the Senior Girls and who finished 30th overall.

Regular readers will be aware of Year 13 Olivia's amazing accomplishments as part of the British Taekwondo GB Poomsae Team who competed in the World Championships in Hong Kong at the end of last year. This time, Liv has been selected to represent Great Britain, again, in the [European Championships in Estonia](#), taking place over the Easter holidays. Representing GB in every major championship since Covid is an honour and something Liv is very proud of and we are incredibly proud of her too! The FHS community is behind you and we wish you all the very best of luck!



Some fantastic Netball results to report too! Just look at the results from the recent Southport and Formby Tournament:

- 7A- 1st
- 7B- 1st
- 8A- 1st
- 8B- 3rd
- 9- 2nd
- 10- 3rd



In the Liverpool Schools district tournament (Sefton, Knowsley, Liverpool, Halton, St Helens), our U18 team came joint top on points, narrowly missing out on first place on goal difference. In the U15 competition, our U14 team were the overall winners. Our Y7 and Y8 teams represented school in the Merseyside Finals this week, with Y7 finishing 4th in Merseyside! Wow!

...The Great FHS Easter Bake-Off

After all that talk of fitness above, it's definitely time to talk cake! Our Cake Decorating Club did things a bit differently this term. Some of the Year 7s had the opportunity to join us for an Easter Bake Off, working in pairs and required to make and decorate Easter themed Millionaires cookie bars. Mrs Theron, who runs the club, said this year's competition was tough and all the participants did an amazing job. The cookie bars were judged for taste and appearance by some of the teachers in P block (probably not the aforementioned Mr Tynan), and the deserving winners were Alfred and Oliver. Their sneaky addition of orange chocolate did the trick!! Well done to all the students involved for such delicious entries.



... Gold Arts Award



On Thursday 20 March 2025 our Gold Arts Award students came together as an 'artists collective' to showcase their work. Many of the cohort are pursuing their art form to further education and the Gold Award is a springboard to their next step. The showcase is the culmination of a two-year 6th form enrichment course and is worth 16 UCAS points or a 'B' at AS level. Gold Arts Award encourages students of the arts to become independent creators. The work was displayed to an audience of teachers, students and parents, presenting a variety of disciplines including, Fashion Illustration, Fashion Design, Fashion Mannequin

Creation, Filmmaking, Game Design and Scriptwriting. The cohort also organised the showcase creating posters, a programme, an Eventbrite page and a questionnaire.

Each student discussed their themes, influences, and methods and the development of their portfolio during their Gold Arts Award journey. The event culminated in a Q&A session, the cohort highlighted topical issues relating to the importance of the arts in society and voiced their opinions on the transformative effects of the arts. Congratulations to all students who participated it certainly was an entertaining showcase!

... Careers Fair

Our annual Careers Fair took place on Wednesday 26 March, bringing together a veritable army of professionals and associations who kindly volunteer their time to come in for this 'giant marketplace' to talk about careers in their field. Now open to all year groups to attend throughout the day, this amazing event is a unique opportunity for them to discuss career and study options and ideas to help shape their future.



...Duke of Edinburgh's Award



The Duke of Edinburgh's Award students are getting very excited about the expedition season which starts after Easter. They have an action-packed few weeks ahead:

BRONZE

- Training: Wednesday 2 April, 14:20-15:20 (in school).
- Practice: Friday 25 - Saturday 26 April. Scarisbrick Guide Camp, Ormskirk, L40 9RQ.
- Qualifier: Friday 9 - Saturday 10 May. Charity Farm Campsite, Wigan, WN6 9PP.

SILVER

- Training: Wednesday 14th May, 13:20-15:20 (In School).
- Practice: Friday 6th June - Sunday 8th June. Gannies Farm, Lancashire, BB7 3JH.
- Qualifier: Friday 20th June - Sunday 22nd June. Gibraltar Farm, Silverdale, LA5 0UA.

GOLD

- Training: Wednesday 23 April, 13:00 - 17:00 (Meols Cop Youth Centre, Southport).
- Practice: Thursday 15 May - Sunday 18 May. Yorkshire Dales.
- Qualifier: Thursday 3 July - Monday 7 July. Yorkshire Dales.

...Spring Music Concert

Last night staff, students and parents came to celebrate the achievements of our GCSE, A level and BTEC musicians in our annual Spring Concert. This stunning celebration of our student's musical talents featured a diverse range of performances. The students showcased a unique blend of

musical styles from some high energy DJing from Charlie, Year 8 to

outstanding performances on the Harp and Piano from Heather and Sophia in Year 13. It was an unforgettable evening where once again, our students demonstrated their talent, courage and creativity. Well done to all our performers!



...Sixth Form Matters

On Wednesday 19 March we held our annual Sixth Form Taster Afternoon providing an opportunity for both our own Year 11 students, and many others from schools across the borough, to experience all that Sixth Form @FHS has to offer. Students took part in subject 'taster' lessons and spent time in the Sixth Form Centre chatting to our Year 12 and 13 Subject Ambassadors. We were really pleased with how students engaged with the experience and are very

grateful to our Sixth Form students for providing real-life insights into subjects and sixth form life.

Last Monday, Mrs Halton took a group of eight Year 12 students to Haydock Racecourse to attend the Cambridge Conference during which they attended a series of workshops and met with current undergraduate students. Keeping up the momentum with exploring opportunities beyond sixth form, the whole Year 12 cohort will attend the UK University and Apprenticeship Fair at Lancaster University on Friday 25 April. This flagship event is a great opportunity to support our students as they explore their next steps.



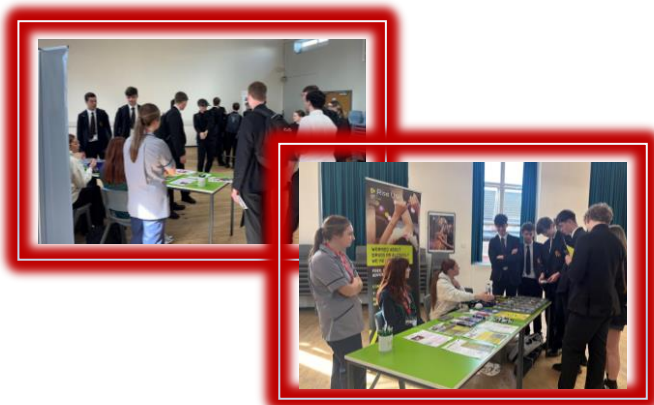
...Library Corner

Our Librarian's choice this issue is one for our older students (Year 10+). *'If You Still Recognise Me'* by Cynthia So is a beautiful, intricately layered tale of friendship and family. *Elsie has a crush on Ada, the only person in the world who truly understands her. Unfortunately, they've never met in real life and Ada lives an ocean away. But Elsie has decided it's now or never to tell Ada how she feels. That is, until her long-lost best friend Joan walks back into her life. In a summer of repairing broken connections and building surprising new ones, Elsie realises that she isn't nearly as alone as she thought. But now she has a choice to make...* If you loved *'Heartstopper'* and need more feel-good LGBTQ+ romance, +). *'If You Still Recognise Me'* is the one for you! Come up to the Library to find out more.



... Sefton School Health Team

The Sefton School Health Team and associated agencies came to FHS yesterday morning to deliver a marketplace event to speak with students about all the services available to them up to their 19th birthday. This was a really positive opportunity for students to be signposted to agencies able to provide support should they need it. Well done, Year 11, for engaging so well with the team during the event.



...Linguistic Inspiration

The Anthea Bell Prize for Young Translators is inspired by the life and work of this great translator and launched by The Queen's College, Oxford, Translation Exchange. The competition aims to promote language learning across the UK and to inspire creativity in the classroom, providing teachers with the tools they need to bring translation to life. Activities such as these help us as a school to motivate and inspire more students to study modern foreign languages throughout their time at school and beyond and understand the potential they offer in future careers. Well done to all the Spanish students who have taken part in the competition at the 'in-school' phase. Students from Year 7 to Year 13 took part with some challenging translation decisions to make. An extra good luck to those who have been selected to have their entry forwarded to the national stage of the competition through Queen's College, Oxford. Will we have more students to add to our list of previous commended entries? Watch out for updates later this year!



...Attendance Matters

Regular attendance is key to academic success, as it ensures that students don't miss out on valuable learning opportunities. We encourage all students and parents to continue prioritising attendance for the remainder of the term, as every school day counts. For any concerns or support regarding attendance, please don't hesitate to reach out to our Attendance Team. Let's continue to work together to ensure our students stay engaged and focused on maintaining or improving their attendance.

