



Fyling Hall Matters

Friday 9th March 2018 (Issue 18)

Self Discovery

I believe that everyone who goes to Fyling Hall School and anyone who goes to a similar school, is extremely lucky, not only for the obvious reasons, but also because our school is such a safe space to explore and grow. I really appreciate the fact that I can just ask to get up in front of the whole school and speak on something I'm passionate about, and I'll not only be allowed to do it, but teachers will give up their time to help me do the best I can. That's exactly what I did last Thursday: I got up in front of the school and I tried my best to explain what I'm going to explain now, the importance of self-discovery and self-improvement.

I personally believe that adolescence, going to school, particularly boarding school, serves as something of a free trial for real life. You get to walk the tightrope of reality but with safety nets; the safety nets of teachers, parents, and friends. That gives children and teenagers the room to explore their identities and better themselves. I think that's a crucial, but highly underrated resource.

When I look up to a person, I look at the qualities that they possess. I can't change my genetics or the circumstances of my birth; I'd probably never be as fast as Usain Bolt no matter how hard I tried. What I can do is try to emulate the qualities those I look up to possess that have allowed them to get as far as they have. I can try and work as hard as they do; if I want to lose weight

and be happier with who I am I can if I work hard enough; if I want to dress better I can.

One person who I look up to a great deal is Carrie Fisher, whom I hope you will know as Princess Leia from Star Wars. Carrie Fisher struggled greatly in her life with depression, bipolar disorder, the weight of fame, alcoholism and drug abuse. Through it all she never sugarcoated what she was going through and never let anyone pity her or push her around. In her book *Wishful Drinking* Carrie wrote: **“Living with manic depression takes a tremendous amount of balls...it's something to be proud of, not ashamed of.”** That is SUCH an important sentiment, because too often, we feel embarrassed discussing mental health, when really, we need to embrace it and talk about it if we ever want to get better. I admire Carrie for her ability to roll with the punches and laugh through her struggles while never not accepting them or not taking them seriously.

These two years I've been a student at Fyling Hall have seen me grow and grow and become happier with who I am every day. I will likely struggle with my self esteem for a long time, possibly forever, but this school has helped me so much, and I just wanted to share my story.

Damilare Williams-Shires

Follow Us!



Words of the Week

	This week	Next week
Tricky:	useless	simple
Trickier:	futile	gullible
Trickiest:	trifling	naive

Damon's Facts of the Week

Space fact: Every year, our moon gets about 4 centimetres farther away from the Earth.

Insect fact: Insects have ears all over the place, yet rarely on their actual heads.

Animal fact: Rabbits begin to mate when they turn three months. Pregnancy lasts around 30 days and in just 9 months one female can become both mother and a grandmother.

Human body fact: After eating, the tongue helps to clean the teeth naturally.

Technology fact: There are so many credit cards in circulation that they could span a total of 86,981 miles if set side by side.

Collective Nouns Fact: A zap of lasers

Random fact: When a hippo is upset, its sweat turns red.

Damon Kelly

Weird Sea Creatures



The name "Dumbo" originates from their resemblance to the elephant of the Disney film Dumbo. They live at depths of 3,000 to 4,000 metres under water, which is the deeper than any other

octopus. They are some of the rarest octopuses in the world. They mainly live in the waters of New Zealand and Australia. The largest Dumbo octopus ever recorded was 1.8 metres. Dumbo octopuses move by flapping their fins, and they use their arms to steer. They are foraging predators and eat small fish like things that swim above the sea floor. As there aren't a lot of predators in the deep sea Dumbo octopuses don't have a lot to worry about so they tend to move slowly. Because they live so deep down they have to withstand very cold and dark temperature.



Laura, Callum and Luke from Y11 visited local restaurant "The Moon and Sixpence" to interview the owner Linda Watson as part of their research for their Business Studies coursework. They were treated to a lovely hot chocolate while they asked their questions and were able to gain a good insight into how a business is managed and run.



Fiction Categories Word Search

ADVENTURE

MYSTERY

FANTASY

ROMANCE

HISTORICAL

SCIENCE

LITERARY

THRILLER

R T L Z Y A Y E A P Z N Z H Y
 V E I M C Q C R L P E D I S R
 G A L F A N T A S Y S S J C A
 D S Y L A X B T O H T M X I R
 W B D M I E Y R D O B V N E E
 M S O A N R Q M R U K X K N T
 X R Z Z E A H I Y J K E Q C I
 I S C L H Y C T F S Y Q Q E L
 F X V Y X A H X G M T E J S W
 F C G K L E O W P U O E Y O R
 E R U T N E V D A S A Y R Z R
 S C R I B N L H S I W Q X Y I
 R C D A I B S D V I W C W S R
 C A D X B M X G E V E W L A S
 X Q X Z O J P J J P L Q L B B

10 Jokes you will wish you never heard!

1. Did you hear about the circus fire? It was in tents!
2. Don't trust atoms. They make up everything!
3. How many tickles does it take to make an octopus laugh? Ten-tickles.
4. I'm only familiar with 25 letters in the English language. I don't know y.
5. What's the best part about living in Switzerland? I don't know, but the flag is a big plus.
6. What do prisoners use to call each other? Cell phones.
7. Why couldn't the bike stand up by itself? It was two tired.
8. The fattest knight at King Arthur's round table was Sir Cumference. He acquired his size from too much pi.
9. I was interrogated over the theft of a cheese toastie. Man, they really grilled me.
10. What do you get when you cross a snowman with a vampire? Frostbite.

Tomas Richardson

The Science Corner!

Introducing... The Voltair Avalanche backpack! This neat piece of kit has been statistically proven to increase the survival of unlucky skiers and snowboarders who get caught in potentially life threatening disasters. This bag is designed to expand on heavy impact, like snow. If in an avalanche, the air inside the bag will help you float on the surface of the snow. It is powered by batteries and uses the very best sensory technology. As if that wasn't enough, it's water

proof as well, so if your bag gets wet then your batteries won't get wet too. You have to refill the canister every time you use it but you can hardly complain if it saves your life. In this backpack it comes with a foldable spade and props. For the Voltair 30L it is \$1,700 to buy, but includes the batteries as well. All in all this is a very good buy that will save your life.

Toby Richardson

Mathematics Presentations

Just before half term, all of the Year 9s worked in pairs for several weeks to prepare presentations on famous mathematicians. The extensive range of mathematicians studied was impressive. There were men, women, and a variety of nationalities, including French, English, Greek, German, Chinese, and more.

The pairs then delivered their presentations in front of the whole Year 9 year group as an exciting finish to the half term. It was wonderful to see everyone working together, helping each other learn new vocabulary, and new skills – including how to talk in front of people. The overall standard of the performances was

very high and everyone did extremely well. However some students were exceptional and were awarded prizes for doing so well. Connie won overall, with her presentation on Archimedes. She was the only person working on her own, but she nailed it. Her slides were easy to understand, her research extensive, and the whole presentation pitched perfectly for her audience.

Josh and Justine received a prize for the best international cooperation and teamwork, with their work on Alan Turing. Last but not least, Jae and Fran received an award for their great PowerPoint on Pythagoras. The maths was well explained, and their questioning was superb.

All of the presentations were brilliant and well thought out. Well done to Year 9s!

Sophie Ferrer



Plastic Crisis!

On Wednesday we had an assembly delivered by year 7 on plastic and how it is causing trouble for sea creatures. In the assembly, we discussed ways to decrease the amount of plastic in the sea. However we were told about the problems that can be encountered when trying to do the right thing.

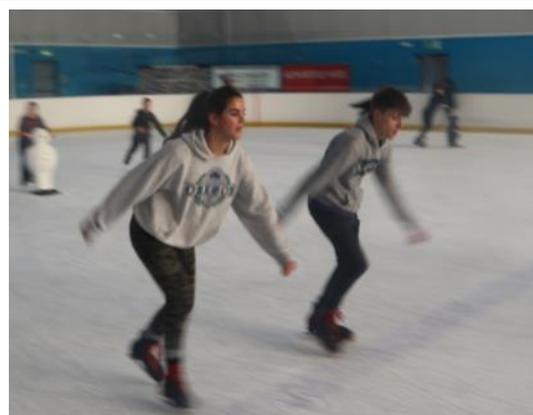
We all know plastic is a great material that's easily moulded into different shapes. It is also really durable and resistant; this makes it hard to decompose. Year 7 showed us a video about a whale that had mistaken plastic bags for squids. The whale was found in agony on the Norwegian coasts and biologist had no choice but to put it down. This is a tragic story but more cases of sea creatures ingesting plastic are appearing.

So what can we do to help?

There are some simple ways in which we can help, such as reusing plastic bottles, or carrying your own plastic bags. You could also organise beach clean sessions, like the one Mrs Jeeves is organizing for KS3 in the coming weeks! We are extremely excited to help out at Boggle Beach. You can also help from home; it's as easy as separating recyclable materials from organic waste. In school we use blue bins for recyclable materials and green ones for organic waste. So next time you throw away plastic, think about the issues it might cause.

Jimena Lopez de la Llave

Photos of the Week



Pupils enjoy a fun trip to the ice rink as part of our regular weekend activities programme.

Juniors celebrated Chinese New Year with a 'real' dragon kindly lent by Mr Normanton. They learnt all about the traditions and the senior EAL pupils came to help.



Beast from the East

One of Fyling Hall's many strengths is its ability to tackle a snow day, so I (a daily) walked two miles everyday so I could join in with the entertainment. Each morning began with the anticipation of the school being cancelled and once I heard the news I began my expedition to school. Once I conquered the Tundra like walk, I gathered with the boarders as we set off to Ten Acres. (Ten Acres is a field which is infamous for its sharp slopes).

We spent many hours sledging, of course, but we made sure we had a team maintaining the slopes as well as a construction team on the ramps. After many collisions we ventured back to school where we enjoyed our lunch prepared by Connor (our Head Boy) and Miss Anders, due to the fact the kitchen staff were snowed in at home. The boarding staff made sure we had time to do some school work but the fun was not over!

Everyone gathered again, but this time in the sports hall, a game of football commenced in 2 degree conditions.

In the evening Justin delivered a cracking quiz, one a pub would be proud of, where all of the boarders had to join in. The boarders were more than happy considering it was a substitute to prep! Of course my team won, but credit goes to Alek (Year 13), as he answered all my teams' questions. So good, I believe he should consider the Chase or Mastermind.

After that, my trek continued as I returned home in deadly conditions. I'll reiterate the school know how to run a snow day or snow week. Although many staff were snowed in, everyone pulled together who could make it and we managed to salvage a great week.

Joseph Husband



We invite you to comment on the articles expressed in our newsletters. Please email news.team@fylinghall.org giving a reference to the article/journalist by name. We are open to new ideas, your suggestions and even a bit of criticism!



The Week Ahead

Sat	10 th	9:30am	Trip to York
Mon	12 th	9:00am	Junior School Eskdale Festival Music
Tues	13 th	9:00am	Junior School Eskdale Festival Music
		1:30pm	Year 7 Hockey Partnership Tournament @ Lady Lumley's Sch
Wed	14 th	1:30pm	Year 10 Netball Partnership Tournament @ Ryedale
Thur	15 th	1:30pm	U12 District Netball Tournament @ St Augustines
		2:00pm	U15 Football v Scarborough College (Away)
		4:00pm	U15 District hockey training @ Lady Lumley's School
Sat	17 th	2:45pm	England v Ireland 6 Nations rugby in the barn

News Team

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