



Fyling Hall Matters

Friday 4th December (Issue 10)

The Secret Formula For Happiness

Being only a few days away from the Christmas break, we can officially say – winter is coming. It's dark when we wake up *and* when we finish lessons and for most of us it's hard to keep away the winter blues.

Not many people know that winter depression is a real mental condition called seasonal affective disorder (SAD), which has similar symptoms to normal depression – a persistent low mood, feeling stressed and anxious, and becoming less sociable. When I found out that people living in countries such as Denmark, where the sun typically rises at 9am and sets at 4pm, have been classified as one of the happiest nations for years, I *had* to research this topic. This is what I have learnt.

Firstly, you might wonder – how can you measure happiness? Social scientists usually use a simple test, asking people to measure their life satisfaction on a scale from 0 to 10. The World Happiness Report 2015 estimates this value for an average Dane at around 7.5. There are many reasons behind Denmark's high

score, however the key to happiness seems to lie in simple pleasures rather than high end lifestyles.

The recently popular in media concept of getting *hygge* is complex, but in its simplest form it means 'creating a warm atmosphere and enjoying the good things in life'. Whether it means staying at home with family playing games, or wrapping oneself in a blanket in the glow of candlelight, there is no better way to tackle winter depression than getting cosy.

The Danish also mention pastries and potatoes as 'the secret formula for happiness' – luckily, we don't have to worry about this, thanks to the school cooks. But maybe instead of requesting a new MacBook for Christmas, it's better to get a pair of warm wool socks and spend some time with family, over a nice cup of tea?

Facts sourced from the book 'The Year of Living Danishly' by Helen Russell

Asia Koter



Christmas spirit in Junior School!



Music Concert

Last Thursday a group of talented musicians formed together to host a concert filled with a variety of performances in the programme, where the students demonstrated some of their musical skills and hard work from the term.

Everybody got involved from the school from all ages and abilities, with our youngest performer from Year 7 to our more advanced A Level music students.

The concert line up included everything from soloist singing to group performances, with the harmony group and school bands performing songs that they had worked on during the term.

We were also delighted to welcome back a former pupil, Charlotte McAdam, who played a complex piano piece.

Many thanks go to Alfie Husband, who was responsible for organising the event and also took care of the stage equipment. Overall, the concert was a great success ending on a great atmospheric buzz from the audience with the song 'Feeling Good'.

Tamino Schirbel

Words of the Week

	This week	Next week
Tricky:	Sheer	Christmas
Trickier:	Translucent	Jubilee
Trickiest:	Diaphanous	Yuletide



About a Gappy—Justin Mayne

Gap students have worked at our school for years. This week our guest reporter Oliwia interviewed Justin Mayne, our 'gappy' who came to Fyling Hall from Australia at the beginning of January this year.

What has been your dream job when you were a child?

At first I wanted to work on a farm at home, but when I went to a boarding school and met gap students I realised that this was what I wanted to do. So since I was 13, my dream job was becoming a gap student.

What do you enjoy the most about being a gap student at Fyling Hall School?

Everything! I get on well with all the students and staff. Fyling Hall seemed to be a perfect place because it is small and in the countryside – the only downside is having games in winter. A gap year is also a great opportunity to travel, as it is easier for me to go to

Europe or North Africa from England than it is from Australia. In just one year I have already managed to visit 18 countries, including Croatia, Poland and Hungary, which I think were my top three.

How has the gap year influenced you?

I have become more confident. Living and working abroad, and also travelling has made me take responsibility for myself and for others. I feel much more independent now. There is just one thing that I miss... I wish my mum was here to do my laundry.

We usually say goodbye to gap students at Christmas, and it is coming soon. Will you miss us?

Yes, they do and so will I – but not until December 2016, as I will spend another year at Fyling Hall!

Oliwia Kotowska

On this day...

...in 1872, a ship called *Mary Celeste* was found adrift in the Atlantic with its cargo intact, but just one thing missing – its crew. Many of us have heard stories of old ships missing and we usually pass it off as a work of fiction. However, some of this 'fiction' is more real than can be told in a story. There are many theories surrounding the disappearance of the crew including a waterspout, pirates, the Kraken, a fungal infection caused by eating moist rye bread which made the crew go insane and abandon the ship, and of course everyone's favourite theory – aliens! This isn't the first ghost ship we have heard of, as there are a number of them – probably the most famous being the Flying Dutchman, whose crew is said to haunt the oceans to this day. With all of these

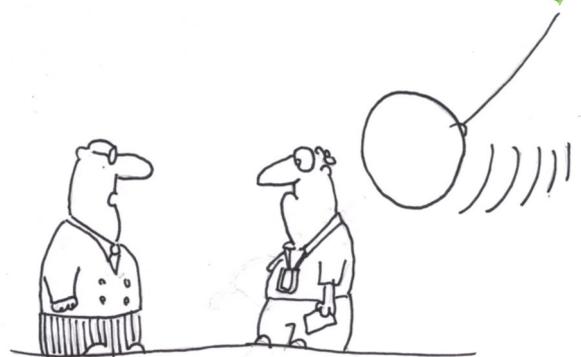


hidden mysteries that surround the seven seas, is it right for us to fear this large body of water? And should we think twice before booking that open-sea cruise for the Christmas holidays?

Inspirational Quote:

Hard work beats talent when talent doesn't work hard. (Tim Notke)

The World According to Tom...



Sometimes the key to a creative breakthrough is a good old fashioned whack on the side of the head.

The Week Ahead

Sun 6th	10:30am	Boarders attend St Stephen's
Mon 7th	2:00pm	Metro Centre Trip
Tues 8th	12:15pm	Christmas Lunch
	7:00pm	Christmas Dance
Wed 9th	11:00am	Carol service @ St Stephen's
	12:00pm	Term ends
Thur 10th		Boarders travel

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