



# Fyling Hall Matters

Friday 29<sup>th</sup> January (Issue 14)

## 'Please, Sir, I Want Some More' - The Power of Porridge

This might not be the topic you would be expecting in a school newsletter, but in my opinion porridge deserves to have its day beyond any doubt. It is healthy, it is delicious, and many of the greatest people in history treated themselves to this specialty on a daily basis. The 'Famous Porridge Club' members include Bear Grylls, Nelson Mandela, Barack Obama and Jane Fonda - a 1980s fitness guru and a feminist activist.

The following quote comes from our Head Teacher: 'It is a very versatile and filling meal. I like mine with just a little sprinkling of brown sugar. Fruit is optional, if I have enough time to prepare.' Maybe this is not what you are taught in biology lessons, but porridge is a

great option for students who want to stay concentrated through the whole morning - it maintains a stable blood sugar level and provides glucose for the brain. Besides, it has been proven to boost serotonin, which helps to prevent depression, especially in the winter months. (The recent poor weather and with no sign of snow are enough to make some of us feel lifeless).

Thankfully, this term the boarding students can help themselves to delicious porridge every Wednesday morning. There is nothing left to say other than: *'please, sir, I want some more'*.

*(Asia Koter)*



*Olivia Coates' amazing huge fairy cake provided students with something to smile about at break time*

## The Litvinenko inquiry ends

The inquiry into the death of Alexander Litvinenko in 2006 concluded last week. The chairman Sir Robert Owen said that the former Russian spy was poisoned and that the crime was "probably approved by President Putin".

Mr Litvinenko died on the 23rd of November 2006, twenty three days after drinking tea with two former spies, Andrei Lugovoi and Dmitry Kovtum. Sir Robert said that the two men put Polonium 210 into his tea on the orders of the FSB.

Theresa May said the crime was a breach of international law while David Cameron said that negotiations with Russia would be approached with "a very cold heart." President Putin has not yet issued a statement but Mr Lugovoi said that the accusations were absurd and a sign of Britain's "anti-Russian position".

*(Sandy Williams)*

## Words of the Week

	This week	Next week
Tricky:	<b>assume</b>	<b>precise</b>
Trickier:	<b>presuppose</b>	<b>pedantic</b>
Trickiest:	<b>postulate</b>	<b>punctilious</b>

## On this day in ...

... 1547, the infamous king Henry VIII died at the age of 55 in the Palace of Whitehall. Many of you may know Henry as the king with the large protruding belly and his six marriages; but did you know that when he was younger he had a passion for horse riding? Unfortunately, when he got older there was not a horse in the whole kingdom that was suitable to carry him.

However, did you know that this Prince of W(h)ales also wrote and published his own book? It was called the 'Assertio septem sacramentorum' (Defence of the Seven Sacraments) that was made to defend the Catholic Church, despite him leaving the church later to create the Church of England! He was rewarded with the title of Fidei Defensor, the letters FD can still be found on British coins.

*(Jack Starkey)*

## National 'Inspire Your Heart with Art' Day

A little known national day has been created so that we can ponder how art is created all around the world affects your heart, and this day is called 'National Inspire Your Heart With Art Day'.

This day occurs on 31<sup>st</sup> January each year. Whilst the origin of the day is unclear, it is a day about celebrating art of all shapes, sizes and varieties.

Art created by anyone can move someone emotionally due to its simple beauty or the hidden message within created by the artist. Charlotte Harris in Year 10 recently delivered an excellent speech in English explaining why she believed art should be valued and taught.

Different types of art can evoke different reactions; it can make you laugh, or it could make you cry, but one thing is

guaranteed: it will remain with you for the rest of your life.

You can celebrate this wonderful day in many different ways; you don't have to be the next Andy Warhol to enjoy this day! One way is to go to the library and pick up a good book, listen to music, look at all the art put up around the school, or simply be creative and share your masterpieces with others. Instagram is also a place where people can flex their artistic muscles—take a look at the Fyling Hall Instagram page where student entries to the photo competition have been posted.

Celebrating creativity with an artistic flair certainly has a positive effect on our lives, making us happier and more well-rounded citizens.  
*(Isobella Austin)*

## Data Privacy Day

In an era of your elected representatives endlessly trawling through the smut of today's teens' internet history, it seems there are still those that love to rebel against their Lords and Masters.

This Thursday (buried amongst essays and tonnes of homework!) played host to Data Privacy Day: an international effort marking the importance of privacy and security in our Wi-Fi world.

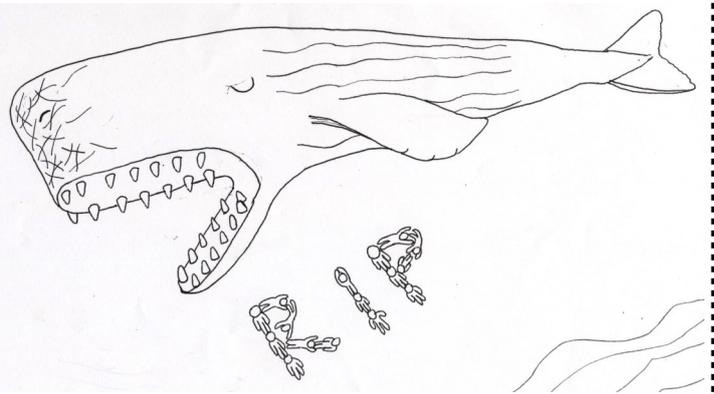
There is no doubt that data security is vitally important. I only have to lift my head to see half a dozen people with their faces glued to their screens and I can tell you exactly what each person is doing.

So it begs the question "Who else knows what they are doing; what we are all doing?" 'Mr Pork Porker' can tell me all he likes about how knowledge of Jihadi John and Isis Ian is a crucial part of our country's defence. But I still don't want his buddies watching me watch YouTube.

*(Asa Jones)*

**"Courage is what it takes to stand up and SPEAK.  
Courage is also what it takes to sit down and  
LISTEN."** *(Sir Winston Churchill)*

## Silas' Soundbites ...



**Silas mourns the sperm whales that were sadly washed up on Skegness beach this week.**

## The Week Ahead

Sat	30th	2:00pm	Senior, U15 Netball v Ampleforth (Away)
Sun	31st	1:00pm	Trip to Clip n Climb
Mon	1st	2:45pm	U13 Cross Country @ Red House
Tues	2nd	2:15pm	U15 Football v Ampleforth (Away)
		4:00pm	U15 basketball tournament @ Malton School
Wed	3rd	2:30pm	1st XI Football v Scarborough College (Away)
		7:00pm	Years 10, 11 & 12 Rock school performance exam
Thur	4th	12:00pm	Intermediate Maths challenge
		3:00pm	U15 Netball v Scarborough College (Away)
		4:00pm	U12 basketball tournament @ Scalby School
Sat	6th	8:30am	Trip to Xscape
		9:00am	Inter County cross country @ Stockton

## News Team

Editor	Asa Jones
Reporters	Isobella Austin
	Asia Koter
	Asa Jones
	Sandy Williams
History	Jack Starkey
Cartoons	Silas Venus-Haslett