



Fyling Hall Matters

Friday 27th November (Issue 9)

Su Interviews FHS Champion Runner **Racheal Bamford**

Fyling Hall has a lot of successful alumni all around the world performing their best at all times (just look at our wonderful headmaster Mr Allen!). However, I would like to draw attention to one of our most successful sporting alumni, British steeplechaser Ms Racheal Bamford who graduated from FHS in 2007.

Ms Bamford's career highlights so far include: 2015 Westminster/British road mile champion; representing the country in the Commonwealth games final of the 3000m steeplechase and 2013 winner of the intercounty athletics championships.

We are very proud of her here at FHS and wanted to find out more about some of her school experiences.

I emailed Ms Bamford asking her to recount some of her memories of FHS, and unsurprisingly most of them involved sport, and in particular, Mr Blackwell's infamous 'river run'. *"I have no idea where this actually went as it was never repeated."* (I wonder why?)

I am pleased that Mr Blackwell seems to have become more realistic in his lesson plans, as Ms Bamford also

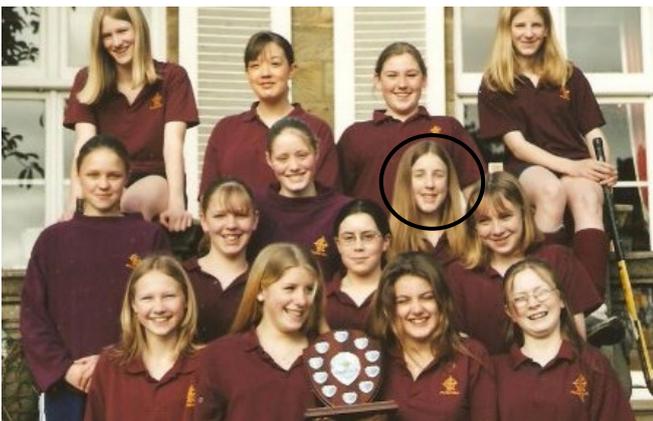
added *"I am pretty sure I had hypothermia... and to this day I am also pretty sure it is the coldest I have ever been..."*

Luckily Ms Bamford's experiences of sport at FHS were not all bad. She also told me how she was inspired by all of her games teachers at the time: Mr Allen, Mr Coates, Miss Quick and Mr Blackwell and occasionally Ms Easton for tennis.

She believes that she became "tough" because of her teachers and the unpredictable weather conditions on the hockey field. It was clear from her email that she really enjoyed sport at Fyling Hall School and she said that *"it helped shape me into a more rounded person and athlete."* I will try to remember that, when I'm next told to go on a muddy run in sub degree temperatures by Mr Coates...

Suyean Kim

The FHS Journalism club would like to thank Ms Bamford for providing us with a photo of her posing with the Year 9 hockey team (below) and her kind reply.



Ms Bamford's U14 Hockey Team

Airstrikes in Syria

As I write this article, the British Parliament is discussing whether to attack ISIS positions in Syria from the air. ISIS holds significant territory in Syria including the city of Raqqa, the capital of their self-declared Caliphate. Britain is already attacking ISIS positions in Iraq. However, the Labour leader Jeremy Corbyn believes that air strikes are not the answer to Britain's problems. David Cameron has promised that there will be no "boots on the ground" in Syria or Iraq but has said it could be "many years" before military involvement ended completely.

Sandy Williams

Words of the Week

This week Next week

Tricky: **foolish** **sheer**
Trickier: **deranged** **translucent**
Trickiest: **demented** **diaphanous**

On this week in ...

... November 1976, Jacques Mayol (at the age of 56) managed to break the world record by diving 105 metres underwater! This extraordinary record was completed in the waters of Italy with no breathing equipment, one breath of air and the determination to handle the extreme depths and coldness of the outdoor waters. Mayol completed this challenge during the scientific phase of his career and he believed that man has this hidden aquatic ability that could be achieved by strict psychological and physiological training. However, I would rather not attempt to prove him wrong, would you? Connor Asprey

Owen's Swimming Success

Last weekend Owen Robson (Year 9) ended: the next day he competed in travelled to the North East Regionals. the 200m freestyle (8th place), the Despite qualifying for 7 events, he 400m freestyle (6th place) and the only competed in 4 races on advice 50m freestyle, achieving PB's in all from his coach. three.

His first race was a 1500m freestyle However, Owen was still not ready to (which is 60 lengths more than any of hang his trunks up...he then went on us could ever swim early on a to attend his club championships at Saturday morning!) and he came first Whitby seals on the Saturday night in his heat which put him second and swam four 50m races winning overall. three 1st place trophies, making him the fastest boy in the club this year. I

Rather impressively, Owen achieved a 'Personal Best' (or PB to those in the know) which keeps him on track for a possible national selection next year. Well done Owen, we are all very proud of you here at Fyling Hall. But this is not where Owen's weekend

Bel McMahan



Corbin is Moooved by Cows (!)

Cows are quite possibly the most underrated animal in modern society, except when they are eaten! They are social animals and they voluntarily get into herds, loving the company.

Cows bond for life and just like humans they will make friends and, purposely avoid others. If a cow is separated from a friend they will become stressed. One dairy cow will employ at least four people in the local community and she will produce roughly 8 gallons of milk a day.

Despite popular belief, cows enjoy being milked. The more milk a cow has inside of it, the more the cow becomes discomforted. It will feel relieved when milked. All in all cows are a lot more like us than you think, so the next time you stare at a cow in a field, be aware that the cow might be string right back at you thinking the same things.

Cowbin Shearing

The World According to Tom...



DIAGRAM SHOWING THE
PROCESS OF HAVING
NO CARTOON
IDEAS.



FHS Senior and Intermediate 'Youth Speaks' Teams

The Week Ahead

Sun	29th	8:30am	Paintball @ Battlezone Yarm
Wed	2nd	2:30pm	1st XV Rugby v Scarborough College (Away)
Thur	3rd	2:30pm	U15 Hockey v Red House (Home)
		2:30pm	U15 Rugby v Scarborough College (Away)
		4:00pm	Badminton competition @ Lady Lumley's
Fri	4th	7:30pm	A Christmas Carol @ the Stephen Joseph theatre
Sat	5th	1:15pm	Splash session @ Scarborough indoor pool
		2:15pm	1st XV, U15 Rugby v Ampleforth (Home)
Sun	6th	10:30am	Boarders attend St Stephen's
Mon	7th	2:00pm	Metro Centre Trip
Tues	8th	12:15pm	Christmas Lunch
		6:30pm	Christmas Dance
Wed	9th	11:00am	Carol service @ St Stephen's

News Team

Editors	Bel McMahan Asia Koter
Reporters	Sueyan Kim Sandy Williams Corbin Shearing
History	Connor Asprey Corbin Shearing
Cartoon	Tom Clarke