



Fyling Hall Matters

Friday 13th January 2017 (Issue 12)



New Year's Resolutions

What is a New Year's Resolution?

A New Year's Resolution is a goal or achievement to try and aim for. This could be something to make you a better person or something that you could try and improve e.g. you could try and get better at maths or go for a run more often.

Kayleigh interviewed a few people to find out their resolutions.

Christie Radford Y10 - To go to the gym more

Joshua Buckle Y6 - Go on more holidays

Dylan Greenwood Y4 – To be 7 forever

Karolina Gruzal – Be happy

Mr Allen - to smile more

Mrs Blyth - To be more assertive with her children and not be a push over!

Tomas & Toby Richardson, Kayleigh Brown

New Year Old Size

With every New Year the first thing I do, and I believe most people do, is create laborious New Year resolutions; one me and my family have every year is to lose weight. Or even if it isn't a New Year's resolution, after the festive period most people want to drop some pounds and become their original size again.

It's no surprise that we have filled our boots with all the Christmassy delicacies and meals out. So don't be disheartened; drop those pounds with some tricks to get your better body back. Probably the most common and well proven way to drop the pounds is to drink lots of water every day. This fills you up so you don't eat as many of those fatty snacks. If you drink it before a meal it will fill you up, so you don't have to have that slice of bread to mop up the gravy. Set yourself realistic goals and remember to indulge yourself occasionally so you don't go on a massive binge. Eat small healthy things regularly and drink less alcohol. You will be dropping those pounds faster than you can count them.

Clementine Bentley

Words of the Week

This week Next week

Tricky: **false** **strengthen**

Trickier: **fabricated** **consolidate**

Trickiest: **fictitious** **augment**



Year 7 interviewed our new pupils from Germany and Switzerland.

Why do we really not want to be nice?

Everyone sometimes has a bad day and one of those unfortunately happened to me recently. I tend to pass my moodiness on to other people and at the end of the day have conscious pangs of regret. I asked myself- why I do not try harder?

I searched and found the answer. Niceness is one of the most abused virtues. Through centuries we've been giving it negative qualities to the extent that it becomes almost anti-virtuous. Jesus said "If anyone slaps you on the right cheek, turn to them the other cheek also." And the first archetype of a nice/weak person was created.

Then the period of the Romanticism who had profound influence on our reality. The adventurous Romantics made the connection between being nice and being boring. The romantic hero was spontaneous, seeker of sensations, creative. Key Romantic poet Percy Shelley could leave his wife for Mary Wollstonecraft Godwin in the name of free love: passion before niceness.

As we know wolves tend not to be nice, they prefer to eat grandmas or destroy pigs' houses. Therefore, you won't be the Wolf of Wall Street if you are nice. Ladies and Gentlemen that's the legacy of capitalism.

And last but not least – the nice person is perceived as not attractive. We all know that in our society "bad

boys" are perceived as attractive. Literature, music and films all the time reinforce this image; who does not find Marlon Brando as Stanley Kowalski attractive? Who hasn't heard about Fifty Shades of Grey?

I find this very disturbing as I meet more and more people thinking it's true; that the only way to be a man of success is to trample over people; like Frank Underwood from House of Cards, not only destroying but also killing those who threaten his career. I remember hearing from some of my friends that he is their role model.

Is it not devastating for our society that this is what people feel that they should aim for? We need to remember that maybe nasty characters in fictional works add some Yet, in reality being hurt by those we love in real life is devastating, that somebody's rude behaviour can ruin our mood, that after being nasty we have pangs of regret. At the end of the day we all depend on the "kindness of strangers". At the end of the day we want to have a true bond of love and friendship with the people around us.

Karolina Gruzal



" I think in terms of the day's resolutions, not the year's."

Henry Moore

Journalism Club's Hot Chocolate Reward

At the end of last term many of the members of the Fyling Hall journalism club were treated to hot chocolate and mince pies at the Victoria Hotel down in Robin Hood's Bay. The PTA initially donated funds to the wonderful Mrs Park so that this little outing could take place, as it did last year, and this tradition is very much set to continue.

Personally, I enjoyed this little outing and it is safe to assume that I speak for everyone when I say that. I mean—free hot chocolate, what's not to love? It was great, there were pictures, marshmallows, laughter and a good time was had by all.

It was a wonderful way to treat everyone who works so hard on the newsletter every week - and also Aleks! :-)

Damilare Williams

Life Under “Communism”

Throughout the history and since the establishment of the USSR, this unique country was considered as the embodiment of a true communist state. Nowadays, the term “communism” generally induces association with the stereotypes that have arisen as the Cold War progressed. We tend to be unfamiliar with the conditions and lifestyle that the people of that era have experienced; some may consider it to be a product of soviet secrecy and isolation. Not much was known about the way of life or the functioning of the Soviet society and even now it is heavily overshadowed by its successors.

Knowledge of that era is passed on by nostalgic stories told by parents, grandparents and an enormous collection of Soviet films and books, which most eastern European families own to this day. The way of life and customs, that are still heavily present in post-soviet countries, that have influenced three generations, could also be of particular interest to many. The life for a regular citizen, that has led a relatively simple life, whilst striving to overcome the regular challenges, that

were constantly being sent his way, definitely draws my attention. It is also quite fascinating to think, how the regime influenced the society of the country; despite the country’s population being extremely diverse, everybody’s life had revolved around the same values: work, the State, patriotism and most importantly – survival. The society basically became monotonous due to having a similar lifestyle.

People were constantly dependant on the State, every aspect of behind the Iron Curtain life was dictated by the communist party, everybody had to obey without question, in case of opposition of “communist” fundamental values, one would be abandoned and deemed as a traitor, with harsh consequences, even food was rationed and “equality in every aspect of life” was forced onto everybody. Influence of the Soviet period is greatly present even today; these major aspects will be presented in the upcoming article.

Aleksandr Akulov

The Relation Between Sports, Studying and Sleep!

Being in the final year of sixth form and coming up to our final term, the stress of exams has already begun. Although I do enjoy the subjects I take (not to say that I enjoy the extra studying though), there is a lot of stress and pressure that comes extra from various surroundings.

There are many things which can help with this stress. I usually like to relax by watching endless amounts of Television series, so it came as a surprise for me that engaging in physical activity and leaving the house is actually very important. You will find that getting your body moving helps you to literally sweat off tension. I also know to not study in your bedroom; feeling stressed in the room that you need to relax and sleep in can lead to unhealthy sleep patterns, which is disastrous when you love sleep as much as I do!

Anna-Luisa Ayckbourn

Netball Match

On Tuesday 10th March, both Fyling Hall’s under thirteen team and our under fifteen team played Caedmon College in netball. The two teams switched off by quarters. In the beginning, Caedmon was beating the under thirteens, but in the final quarter, they played much better, and caught up.

We were tied until the very last second... then Caedmon scored right before the final whistle. The older team worked together well despite missing a few players, but in the end they lost.

Sophie Ferrer

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

Tues	17 th	2:30pm	U16 Hockey partnership tournament @ Lady Lumley’s
Wed	18 th	4:00pm	Senior Football v Scarborough College (Away) on astro
Thur	19 th	2:30pm	U15 Netball v Scarborough College (Away)
		4:00pm	U12 5 a side indoor Football v Eskdale and CCW (Home)
Sun	22 nd	10:00am	Boards attend Fylingthorpe Methodist Church
		1:45pm	Trip to Whitby cinema – Rogue one: A Star Wars story

News Team

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