



Fyling Hall Matters

Friday 8th June 2018 (Issue 23)

Why We Should All Exercise!

Physical activity is often one part of our busy lives which is often overlooked, especially when exams start. Most of you are aware of the physical benefits that exercise has on the body, but did you know that there are mental benefits to be gained as well? Here are some facts why taking part in regular exercise is much more important than you think and will make your revision far more productive!

1. Physical exercise causes the brain to grow new brain cells and new connections to cells!
2. Due to these new connections your memory and mood are much improved! You can retain information far better!
3. There is a link between good cardiovascular endurance and a high IQ! Why do you think your PE teachers are so smart?
4. You can switch from one task to another much quicker, as the brain becomes more alert!
5. In a world where we hear so much about mental health issues, it is proven that people who exercise are far less likely to suffer from depression.

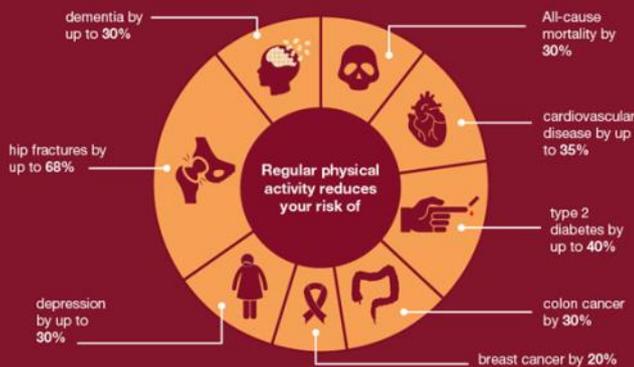
The Science:

You may have heard of morphine or codeine, as they are used in the medical world in cases of serious accidents to relieve extreme levels of pain. Well your body has its own kind called Endorphins. As you exercise your body releases Endorphins to counteract the stress it is being put under. Your brain picks up the endorphins and essentially gets high! This stimulates the brain to get bigger and stronger, helping you fight off things like dementia in later life. As your brain starts to make more cells and connections between cells, the next time you exercise your brain is able to pick up even more endorphins, meaning you got it you get even higher! After exercise you are often able to think clearer, and work more productively.

If you plan to do a day's revision do 30 minutes of aerobic exercise first, knowing your bigger brain will be able to handle all the information you throw at it! And next time you see someone going for a run, don't think they're crazy, they're just getting high!

Mr Coates

What are the health benefits of physical activity?



Damon's Facts of the Week

Space fact: The Sun's mass takes up 99.86% of the solar system's mass.

Environment fact: 27,000 trees are cut down each day so we can have Toilet Paper.

Science fact: There is enough DNA in the average person's body to stretch from the sun to Pluto and back — 17 times

Technology fact: Email existed before the World Wide Web.

History fact: In ancient Egypt, servants were smeared with honey to attract flies away from the pharaoh.

Collective Nouns Fact: A party of visitors

Random fact: What is called a "French kiss" in the English speaking world is known as an "English kiss" in France.

Damon Kelly

Words of the Week

	This week	Next week
Tricky:	fair	gushing
Trickier:	balanced	servile
Trickiest:	magnanimous	sycophantic

Wordsearch—The Planets

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

EARTH
 JUPITER
 MARS
 MERCURY
 NEPTUNE
 SATURN
 URANUS
 VENUS

By Amber Beeforth-Miller

Dr Richardson's Year 7 science class have been investigating the thermal decomposition (breakdown) of metal carbonates. When the metal carbonate decomposes, carbon dioxide is produced. The students tested for carbon dioxide using limewater, which goes cloudy when carbon dioxide is present. The time taken for the limewater to turn cloudy was used to place a number of metal carbonates in order of the ease with which they could be decomposed.



A vital skill in Biology is to study biodiversity. Here, year 8 are learning the technique of the quadrat, counting the distribution of daisies, buttercups and dandelions in the field. Good work for a fine Friday afternoon!



Year 9 girls played excellently last week in rounders, losing only one match to Ryedale and placing 2nd out of 5! Woman of the match went to Anisia for her outstanding resilience.



Year 10 are creating a piece based on the suffragettes and worked on a force feeding scene today. A very soggy rehearsal but very effective.

Year 8 visit York's Fairfax House

What a carve up! Year 8 enjoyed their history visit to Fairfax House, a fully restored Georgian townhouse, and the opportunity to study historical evidence at first hand. As an integral part of the new GCSE curriculum, students are required to study the historic environment and how it has helped to shape our understanding of the past. In light of this, our year 8 pupils' visit to Fairfax house provided a good introduction to the role of historical evidence. In particular pupils were able to gaze upon the amazing work of Britain's leading carver, Grinling Gibbons, the subject of a remarkable exhibition. Amongst other things, they were able to view the sort of tools that he would have used to complete his masterpieces. The exhibition, as well as the fabric and permanent collection of the house, assist pupils to better

understand and appreciate the development of trade industry, the lifestyle, tastes and ideas, of previous generations. They are able to admire the quality of workmanship produced by previous generations. Here's what some of our students thought:

"It was a good opportunity to see Grinling Gibbons work" - Sophia

"I thought that the carvings by Grinling Gibbons were astounding and the rooms were beautiful" - Freddie

"The woodcarvings of Grinling Gibbons were intriguing and the house of Fairfax was very fancy." - Minsung

"The carvings were interesting and informative about the time they came from." - Arthur



Freddie the Bird!

It's Monday the 4th of June 2018, 4:30 pm. Amy and Maria are on their way back from a nice stroll to the mill. On approaching the school, they saw the victim, limp and disorientated, perched right next to Mrs Park's lethal, metallic beige *Kia Sportage*. Of course, this was not a problem for the school vets, Doc. Maria and Prof. Amy. In seconds they knew exactly what to do and got their expensive and high-quality equipment. Prof. Amy stripped off her Jacket, which is specifically made for these kinds of occasions. And before the little patient could blink he was wrapped in the warm, cosy jacket (which was definitely not a school cardigan!).

Just seconds later he was sitting in a specially made box for emergencies like that. Our nurse Emma took care of him while we were making our vitally important calls to our colleagues. Now you may be wondering why we weren't able to give him the adequate care he needed. Well, you have to understand, that we have many other patients and A-Levels which made us make the decisions to bring him to our good friend and colleague, who runs *Whitby Wildlife Sanctuary*.

Our personal driver, who drives our ambulance, is always ready and waiting. Thanks to our driver Ayd! In his high speed MG it didn't take us long to arrive at WWS. Our colleague was just waiting for us as we pulled up the rocky drive. As soon as she opened our professional bird rescue box (which was definitely not a card board box!) she was ecstatically happy to see this special kind of woodpecker.

Before we were rushed off to another emergency we christened him Freddie. We are really happy to see how well he's doing and we will keep you up to date about how he is and what his future is going to be like. If you are now wondering if you can call us 24/7 to rescue the animals you found we sadly have to tell you, that this is not possible because of our busy time table. If you believe it or not A-levels take quite a lot of our life time and the rest is filled with Netflix, eating and sleeping, in emergencies please call the WWS and not us. Thank you. Over and out, Doc M and Prof A.

Amy El-Barghouty and Maria Matschke



The Weeks Ahead

Mon	11 th	9:00	Y12 Geography Field Trip
Tue	12 th	8:00	Y8/9 German Exchange pupils go to Bremerhaven
		9:00	ESL First Certificate Exam in York
		10:00	Small Schools Athletics competition
Wed	13 th	9:00	ESL Advanced Certificate Exam in York
Thu	14 th	9:30	Y12 Biology Fieldwork Trip
		9:30	Y6 Crucial Crew
		14:00	U15 Cricket v Scarborough College (Away)
Sat	16 th	9:00	ESL Key and Preliminary Exams in York
Sun	17 th	9:15	Trip to Flamingoland
Tue	19 th	20:00	Y8/9 German Exchange pupils return
Wed	20 th	10:30	Town v Country Athletics at York
Thu	21 st	9:30	Junior School Swimming Gala, Whitby Leisure Centre
		14:30	U15 Cricket v Red House
		16:30	Staff Meeting - no clubs or 2nd buses
Fri	22 nd	9:00	KS2 pupils "Hit the Surf"
Sat	23 rd	8:00	DofE Bronze qualifying expedition, return Sunday 17:00

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!

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