



## ...#HandsUp4HealthyMinds

World Mental Health Day took place on Wednesday 10 October. This year's focus was on young people and mental health in a changing world. Mental ill health often starts in young adulthood. It's vital that we give our students access to the support they need to grow up happy, healthy and resilient. To help raise awareness of the importance of talking about mental health, all students received an assembly from our

School Nurse who reinforced the vital message that talking helps. A poster campaign around school reinforces our key message and attempts to reduce the stigma that can be associated with mental health. We are delighted that one of our First Aiders, Mrs Eastwood, is now fully trained as our Mental Health First Aider and students can speak with her any morning of the week. Our School Nurse, Stacie Brown, is available every Monday lunchtime and students are encouraged to drop in and share concerns.

As parents, talking about mental health with young people can be daunting. We would always encourage the following:

- ✓ Give yourself plenty of time so you don't appear to be in a hurry
- ✓ Sit down even if your son or daughter is standing — it will make the conversation less intimidating
- ✓ Meet in a neutral space such as a quiet room in the house
- ✓ Make it clear that they are not in trouble
- ✓ Keep your body language open and non-confrontational
- ✓ Be empathetic and take them seriously
- ✓ Do not offer advice such as "pull yourself together" or "cheer up"
- ✓ Keep the chat positive and supportive, exploring the issues and how you may be able to help

Ask questions such as:

- ✓ How long have you felt like this?
- ✓ How can I help you?
- ✓ How are you feeling at the moment?
- ✓ What kind of help and support do you think you need?

Visit [mhfaengland.org](http://mhfaengland.org) or contact the Pastoral Team at school for further advice and support.

## ...Duke of Edinburgh's Silver Award

Last weekend, 45 Year 11 students completed their Silver qualifying expedition in Carnforth and Silverdale with our expedition provides YCP. The students had to complete an unaccompanied expedition, working together in their groups to navigate their way around beautiful countryside, finding their way to their end goal. They demonstrated huge improvement in their map reading skills and camp craft, and had to support each other more than ever before to boost morale as the dark evenings meant shorter walking times. All students displayed great resilience and determination in completing their expedition, having to overcome some difficult routes and weather conditions, particularly on Saturday evening when temperatures dropped to a freezing -1! YCP and FHS staff were very pleased with the maturity shown by the students in completing their expedition and all students should be immensely proud of their achievements. They now need to produce a video of their expedition to complete the award and gain their badge and certificate at the presentation evening, now taking place in January.



## ...Festival of Remembrance



On 8 November our Creative Arts department will host a Festival of Remembrance at Holy Trinity Church (7pm). The event will bring together a moving collection of music, dance and poetry performances in remembrance of lives lost during the world wars. Tickets to the event will be on sale shortly via Parent Pay. This promises to be a very special event which we hope you will be able to attend. On Remembrance Sunday, as we do every year, representative students and staff from our History department will attend the

parade and commemoration services with the Royal British Legion Formby Branch and will lay a wreath on behalf of FHS at the war memorial. Josie (Year 10) will read her moving poem, 'We Remember', which was chosen by RBL Formby Branch earlier this year to feature on their wreath which was laid at the Menin Gate as part of remembrance events marking the centenary of the end of World War I.

## ...Cultural Exchanges

FHS has been very busy with several cultural exchanges over the past week. Just last Friday, we hosted 80 visiting teaching and support staff from Katedralskolen in Sweden. Our visitors received the signature warm FHS welcome as they toured classes and met with staff and students throughout

the school. They particularly enjoyed the 'Question Time' session with the Senior Leadership Team at the end of the day and were also delighted to receive welcome poems written by our Creative Writing Club. Also on



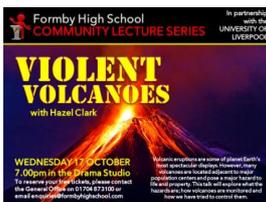
Friday and throughout the weekend as the Giants were roaming Liverpool, our very own Modern Languages teacher, Mrs Halton, was acting as a translator for the French theatre company responsible for the event – she is pictured here translating for them on BBC North West Tonight! Just yesterday, thanks to the Confucius Institute at the University of Liverpool, a group of students from Years 7 to Year 12 had a taster session in Mandarin. They all had great fun learning some key phrases and pronunciation tips, as well as how to count to 10 on one hand!



Friday and throughout the



## ...Talking Volcanoes



The next in the University of Liverpool Community Lecture series is coming up on Wednesday 17 October, on the volatile topic of violent volcanoes! Hazel Clark will explore the hazards of volcanoes, how they are monitored and how we have tried to control them. To reserve your free tickets, please contact the general office at FHS or email [enquires@formbyhighschool.com](mailto:enquires@formbyhighschool.com).

## ...Sporting Matters

This week's busy fixtures schedule delivered some great results – especially the Year 7 boys football team who won under a deluge of rain on Thursday! At the netball tournament on Wednesday, all three teams secured decisive victories and both the Year 7 and 9 teams remain unbeaten! Year 11 boys also stormed ahead in Merseyside Cup football with a decisive 5-0 win. The Year 9 boys also clinched a 3-1 win.

## On the Horizon...

- ★ Y13 Meet the Professionals – 17 Oct (PM)
- ★ Y11 Maths Parent Info Eve – 17 Oct (6pm)
- ★ Violent Volcanoes Lecture – 17 Oct
- ★ INSET Day (school closed to students) – 19 Oct
- ★ Half term – Mon 22 to Fri 26 Oct
- ★ Return of Staff and Students – 29 Oct