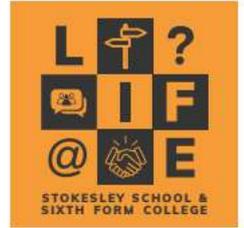


# Larger than LIFE

Stokesley school's weekly LIFE bulletin



Stokesley School  
& Sixth Form College  
Being the best we can be



Week beginning 3rd May 2021

Edition Twenty Seven

## Half Term 5: Ambition

The irony of this doesn't escape us (you're reading this on a screen...), but this week is National Screen Free Week. It's also Children's Book Week, and in our opinion the two things go perfectly hand in hand.

Both weeks have great websites, with a whole host of resources that you can access for free and with ideas and suggestions of things that you can do. Perhaps you could use tutor time today to have a look at one of these sites?

[National Screen Free Week](#)

[Children's Book Week](#)

Monday 3rd May is also World Laughter Day and we feel like this ties in really nicely with last week's theme of friendship. We know that some of you will be reading this after Monday, but here at team LIFE we think we should have a Stokesley week of laughter - why not?! We know that recent events that have happened in our school community may make it feel that there is nothing to laugh about or that perhaps we shouldn't be laughing, but actually it's often in times of difficulty that we value laughter the most. It's something that helps us to get through difficult times.



So, what are the things that make you laugh? What's the best joke that you know? Who makes you laugh more than anyone else you know? Who has an infectious laugh? Why do you think laughter is so important? If you'd like to find out more, visit the [World Laughter Day website](#) and get your giggle on!

Have a great week.

Team LIFE

<b>Word of the week</b>	<p><b>Integral</b> - necessary and important as part of a whole.</p> <p><i>The engine is an <b>integral</b> part of a car.</i></p> <p><i>Protein is an <b>integral</b> part of a well-balanced diet.</i></p>
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<b>Oracy challenge</b>	<p>This week we want to hear you making one another laugh during your breaks and lunchtimes. We genuinely believe that there are fewer better sounds on earth than that of laughter, and it's one of our favourite sounds to hear as we're patrolling the school during your free time. Come to school equipped with jokes, tell funny stories, enjoy being in one another's company this week and we can guarantee that you'll feel better for it. Don't forget, we want to hear your best jokes too!</p> <p style="text-align: right;">Good luck, Team <b>LIFE</b></p>
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<b>Fact of the week</b>	<p>Rather than one fact, we've got 10 for you (don't say we never treat you!) Click <a href="#">here</a> to read 10 things you may not know about laughter!</p>
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<b>Good news story</b>	<p>A nice story from lockdown is that <a href="#">these deer</a> have decided that they're pretty comfortable with grazing on an East London housing estate. Imagine waking up to see a deer munching the grass on your front lawn!</p>
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<b>Lighthouse messages</b>	<p><b>Bereavement</b></p> <p>The Health and Welbeing drive contains a document about <a href="#">bereavement</a>, which includes a lot of practical advice on grief, how people grieve differently, working through grief, communicating grief and how to help a friend who is grieving. You will also find a list of helplines and services that are available.</p> <p>The <b>concerned/worried</b> button on your dashboard can be used throughout the day if you need to talk to a member of the Ethos team.</p>
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<b>Safeguarding messages</b>	<p>We are a community at Stokesley School and as a staff team we want to make sure that everyone feels safe and everyone feels protected. Safeguarding means protecting the health and safety of children and staff alike. If you are struggling with something that is happening in your life then staff are here to listen if you need to talk to us. We will always know someone who can help whether they are in school or out of school.</p>
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<b>News from the OLC</b>	<p><b>Children's Reading Week 2021.</b></p> <p><b>Fancy an easy read this week? Why not have a listen to my Recommended Free YA audiobooks for teens and tweens.</b></p> <p>From spy capers to sci-fi stories, there is sure to be something for even the most discerning of listeners. As well as being free, you don't even need to log in, so no passwords or emails are required.</p> <p>Here are a few books from the sections 'for older children' to give you a flavour of what you'll find, but there are plenty more available:</p>
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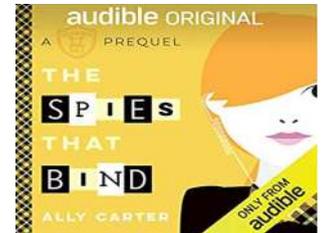
**'White Fang' by Jack London, published by Macmillan**

This classic book by Jack London tells the story of a wolf who is captured and abused. But one man sees the intelligence and nobility of this animal. Will White Fang be affected by his kindness? [Listen now](#)



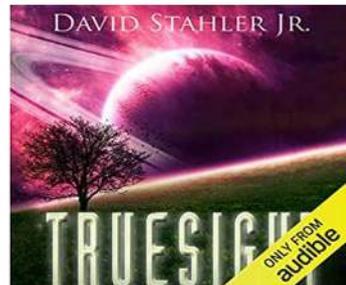
**'The Spies that Bind: A Gallagher Girls Prequel' by Ally Carter, published by Audible Studios**

This story acts a precursor to *The New York Times* bestselling Gallagher Girls books, which are full of teen spies and boarding-school drama. [Listen now](#)



**'The Return of Sherlock Holmes' by Arthur Conan Doyle, first published by George Newnes**

If you like a mystery, you can't get better than a Sherlock Holmes tale. This audiobook runs for an impressive 11 hours and 21 minutes and includes stories like *The Adventure of the Solitary Cyclist* and *The Adventure of the Priory School*. [Listen now](#)



**'Truesight' by David Stahler, published by HarperCollins**

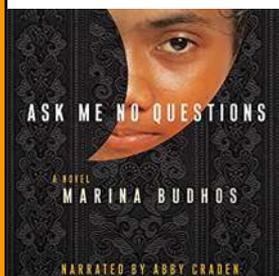
There's an interesting premise to this tale: everyone in Jacob's colony is born blind and their philosophy is that blindness brings unity, purity, and freedom. [Listen now](#)

**'Interview with the Robot' by Lee Bacon, published by Audible Studios**

Young sci-fans should enjoy this audible original about a girl called Eve, who's actually a robot. When she discovers the truth of who (or what) she is, she escapes the lab she has called home.



This story explores the vast potential of technology as well as the deep complexities of being human. [Listen now](#)



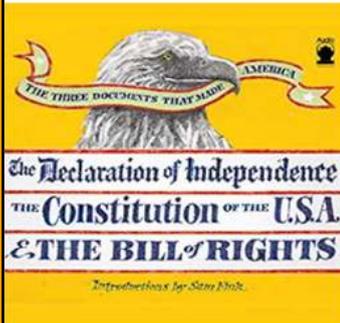
**'Ask Me No Questions' by Marina Budhos, published by Atheneum Books.** This book tells the story of Nadira and her family, who move from Bangladesh to New York when she's 14-years-old. But, after 9/11 happens, Nadira finds things change for her family, who are Muslims. Her father is arrested and the family splits apart. Nadira is the one that needs to bring them back together. [Listen now](#)

**'The Complete Stories' by Clarice Lispector, published by New Directions**

Lispector was an acclaimed Brazilian writer, and this audiobook of her works includes fictional short stories about a range of characters: from older people not sure what to do with

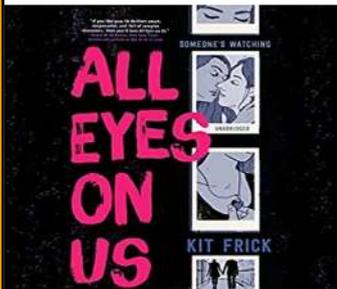


themselves to teenagers first becoming aware of the sexuality. There are 89 stories in all, making for a multi-sitting, 22-hour listen. [Listen now](#)



**'The Three Documents that made America' by Sam Fink, published by Blackstone Publishing.** After the 2020 election, there has been plenty of media coverage about the US recently. This non-fiction audiobook could be a popular choice for a worldly teen who enjoys politics.

[Listen now](#)



**'All Eyes on Us' by Kit Frick, published by Simon and Schuster**

Here's a thriller that tells the tale of two teens whose lives become connected when they both get anonymous texts that threaten to uproot their lives. [Listen now](#)

**'Night Sky', by Suzanne and Melanie Brockmann, published by Sourcebooks**

This is a paranormal suspense book written by a mum and daughter duo. Skylar is shaken when a little girl she looks after is kidnapped. Things get stranger when a new girl in town with extraordinary abilities starts to stalk Skylar and finally tells her she has hormones that make her faster, stronger and smarter than the average human being. [Listen now](#)



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## St. George's Day & Shakespeare's Day.

*'Friends, Romans countrymen, lend me your ears'.....*

Friday April 23rd, was both St George's Day and Shakespeare's Birthday. The Open Learning Centre is still running **FOUR Prize Competitions** to celebrate Saint George, our patron saint and William Shakespeare, who was one of England's greatest poets and dramatists.

### Prize Competitions

1. **Shakespeare Quotes & Trivia.** A 10 minute quiz on some of Shakespeare's most famous quotes and general knowledge questions. To enter, please download the Google Form / Sheet.

[SHAKESPEARE QUOTES & TRIVIA COMP'. Click here](#)

2. **Saint George and the Dragon - Design A Book Cover.**

Design a book cover to depict the Story of Saint George and the Dragon. It can be designed using the computer or drawn by hand. Email it to me at [r.roberts@stokesleyschool.org](mailto:r.roberts@stokesleyschool.org) or hand in a hard copy to your head of year.

You can find the story of George & the Dragon in the link at the end of this message.

3. **Great Britain's Great Britons - T.V. competition.** Name the famous (or infamous) British figures. Pop your answers in an email and send them to me at [r.roberts@stokesleyschool.org](mailto:r.roberts@stokesleyschool.org)

[Great Britain's Great Britons TV Quiz. Click here](#)

#### 4. Short Story Competition

Write a short story of 750 words or less. The story can be any genre but it must contain at least one dragon and one famous Shakespearian quote!!

Miss Roberts.

If you would like to read a short version of the Story of Saint George and the Dragon, please click the link below.

[The Legend of St. George & The Dragon, click here](#) or [Click here!](#)

Closing Date: 7th May 2021

### Spotlight on careers

#### Make Time to Enjoy Life!

Now that we are beginning to come out of lockdown and things are slowly returning to normal, businesses are re-opening and people are able to get back to work at last. We can now start thinking about what we can do to enjoy ourselves, have a laugh with friends and family and take advantage of all the [things to do in the Tees Valley](#). Think about all those people employed in the **Leisure Industry**, providing us with things to do in our free time - how fab it must be to have a job where you do what you love!

Explore the various jobs in these sectors here:

[Leisure,](#)

[Sports](#)

[Tourism](#)

[Events](#)

[Food & Drink](#)

[Hotels](#)

[Customer Service](#)

[Retail](#)



### Mrs Metcalfe

I bet you will have heard the phrase that “laughter is the best medicine”. Even in difficult situations sometimes laughing about something can just make things a little bit easier to deal with. **Laughter** strengthens your immune system, boosts mood, diminishes pain, and protects you from the damaging effects of stress. Nothing works faster or more dependably to bring your mind and body back into balance than a **good laugh**.

You probably use the term **lol (laugh out loud)** a lot these days on messages and chat (I think we all do). **But where did lol come from?** Before it existed online lol was

common in letter-writing and meant “lots of love” or “lots of luck”. The online use of lol is said to date back as far as the early ‘80s in Canada, when a student called Wayne Pearson coined the term with friends on a bulletin board that was sort of like a physical chatroom. It was meant to be used only if you truly laughed out loud. Pearson believes he was the inventor of it. The first documented use of lol online was in May 1989. So whilst you may think it is a fairly new thing, it was used even before you were born!

Think about how many times you laugh or write lol in a day. The average adult laughs around 17 times a day whereas a child laughs 300 times a day! That’s a bit sad really isn’t it? If laughter is so good for us why does it massively decrease as we get older? Something to bear in mind I think! Let’s get that number up today and [take a look at this video](#) which always makes me laugh! [This edited version with lightsabers is even funnier!](#) Enjoy!

**Mrs Bailey**



This week I would like to talk about something we should all do more of. What is she on about now? I hear you ask. [Laughter!](#)

Laughter is the response to humour and consists of 2 parts:

1. A set of gestures and
2. The production of sound.

When we laugh our brain sends out a message to the rest of our body to do both of these things.

When we laugh changes happen to our lungs and heart, our eyes and even our muscles.

So why should we laugh?  
There are lots of reasons....

Laughter is a great cardio workout. It gets your heart pumping and appears to burn calories! Research shows that laughing for about 10-15 minutes burns 50 calories!

Laughing can help release chemicals called endorphins, these are the body’s natural feel good chemicals which can give you an overall sense of well being and can even temporarily reduce pain.

When you laugh you release T cells, these are specialised immune system cells, that immediately start to fight off illness. Next time you feel a bit ‘under the weather’ try a bit of chuckling!

Laughing has also been proved to reduce stress!

So Y8, who knew that laughing could be so good for us!  
- Now you know the reason for my weekly jokes!!

Laughter is contagious! Let’s try and laugh every day.



**Mrs Brosnan**

Good morning Year 9.  
Yet another week has passed and we’ve had some wonderful mature attitudes recently - I could not be more proud of you as a Year Group!

I appreciate that talking about laughter at this moment in time may feel odd to some people, but laughter and smiling is a great way to relieve stress and tension. Have you heard of the laughter mindset?  
Essentially, the expression of laughing, chuckling, giggling etc. combined with a change in attitude, frame of mind leads to a positive inner change in mood, behaviour and disposition.

Remember back to the assembly Mrs Millett delivered on laughter and think about

	<p>the advantages of laughing: When you start to laugh, it doesn't just lighten your load mentally, it actually induces physical changes in your body. It can stimulate organs, it enhances your intake of oxygen-rich air which increases endorphins that are released by your brain. This can be contagious and have a positive effect on everyone around you.</p> <p>This week, laugh with friends, smile at everyone and most importantly stay positive!</p>
<p><b>Mr Wilson</b></p>	<p>Laughing &amp; Smiling</p> <p>What is the importance of laughing?</p> <p>A good, hearty laugh relieves physical tension and stress, leaving your muscles relaxed for up to 45 minutes after. Laughter boosts the immune system, decreases stress hormones, increases immune cells and infection-fighting antibodies thus improving your resistance to illness and disease.</p> <p>Thus, there is some truth in the saying that "laughter is the best medicine"</p> <p>What is the importance of smiling?</p> <p>Smiling not only offers a mood boost but helps our bodies to release cortisol and endorphins that provide numerous health benefits, such as reducing blood pressure and increased endurance, reduces stress and a strengthened immune system.</p> <p>Smiling is also said to help people to appear more likable, courteous and competent. Smilers also tend to be more productive in the workplace and reap the regards by making more money!!</p> <p>Even though there has not been a lot to smile or laugh about recently, let us all try to smile and laugh more, we will all reap the benefits of these two simple things. It will make our pod a happier place.</p> <p>Remember, a simple smile, can make someone day!!!</p>
<p><b>Mr Hamer</b></p>	<p>I know that it may seem strange to be thinking about laughter during recent times, and we can easily be excused for saying that there is nothing to laugh about. However, it is often that in times of difficulty that we need humour the most. Research has shown variously that laughter can help reduce the symptoms of stress and the feelings of sadness and depression.</p> <p>Whilst at the funeral of my friend's Grandma, for which his Mum was in charge of the music, I suspect it was her scrawled handwriting that made it difficult for the curate to know exactly what track to play from the Frank Sinatra CD. As his Gran's coffin slowly departed through the velvet crematorium curtain, no one was expecting the trumpeting parts of New York, New York ("start spreadin' the news, I'm leaving today...") to come booming out of the chapel speakers. We all knew that his Gran would be laughing about this and would be glad to see that we were leaving the chapel with big smiles on our faces.</p> <p>So look for the happy moments and grasp them with both hands, do not feel guilty for laughing during adverse times - it is what makes us human. You are at a wonderfully exciting time in your lives and in a few weeks time you will have plenty of opportunities to relax and enjoy yourselves as you step happily into the next part of your adventures. Do it with a smile!!!</p>

