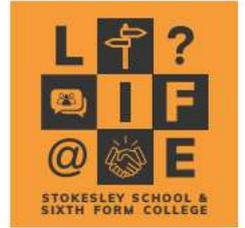


Larger than LIFE

Stokesley school's weekly LIFE bulletin



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



Week beginning 14th June 2021

Edition Thirty Two

Half Term 6: Remember and recall

With the theme of this half term being 'remember and recall', team LIFE thought that we would focus this week's edition of the bulletin on memories. We like the quotation below, because we think it really sums up how you should live your life to the full:

"Sometimes you will never know the value of a moment until it becomes a memory"

What do you think? Think back on some of your strongest memories - did you know they were going to become so important to you at the time? Here at team LIFE, we're amazed at how music and smells in particular can bring back specific memories. Why not spend some time this week giving your memories some attention? Why do you think these are moments that have stuck in your head? Why not have a conversation with some of your friends about your memories and what they mean to you?

Have a good week.

Take care

Team LIFE

Word of the week

Recollection - a memory, or a thing remembered.

Oracy challenge

As stated above, this week we would like you to spend some time talking to your family or friends about some of your favourite memories. Talking about memories is lovely, because it brings the people and places captured in them to life. Enjoy your conversations!

Fact of the week

Scientific research has shown that the human brain starts remembering things from the womb. In fact, memory begins to work 20 weeks after conception.

Lighthouse messages

Nostalgia is recognised as a powerful tool in the battle against anxiety and depression. What memories do you have from your childhood? What television programmes did you used to watch? Who was your favourite band? What did you watch on youtube?

For more ideas on self care visit the NHS website - [Mental health and self-care for young people](#).

Safeguarding messages

Keeping yourself safe - we are trying to support Network Rail in promoting safety on railway lines. Please use the following links to view a safety video:

Age 11-16: <https://learnliveuk.com/network-rail-secondary-school-safety-talk/>

Age 16 plus: <https://learnliveuk.com/network-rail-college-safety-talk-lnw>

News from the OLC

Memory Games

Memory Games exercise the brain, making it more sharp and alert. If you play memory games at least thirty minutes every day, your concentration and focusing ability will improve. Memory games enhance other brain functions, such as attention level, and reading and reasoning skills. Here are a few to try:

STORYTELLING MEMORY GAME: Players sit in a circle and one person begins a story using any sentence they wish. The players take turns repeating the sentences and adding a new one. If someone misses a sentence out - they are out. The person able to tell the story without a mistake is the winner.

MEMORY TRAIN: The game begins with a player saying the statement: "I am going on holiday and I am packing my suitcase. I am taking my . . ." The next person repeats the phrase and adds an additional item. The game continues, with each player saying the phrase, all the previously mentioned items, and adding a new one. Players are eliminated if they make a mistake. The person able to repeat the phrase for the longest time wins. You may use any phrase you wish to start the game. For example, you could go shopping and purchase items, or on a picnic and take food.



ONLINE QUICK MEMORY GAMES:

[Matching Pairs Game - Click here](#)

[Click here for a quick Animal Memory Game](#)

[A very tricky Spot the Difference brain game - click here -](#)

[Test your PHOTOGRAPHIC memory by clicking here](#)

[A Name & Face Memory Game - click here](#)

[Test your short term memory by clicking here](#)

Spotlight on careers

19 to 90: What big life questions would you ask a 90-year-old?

Have you ever wanted to ask someone who's been there, done that, about what to expect growing up?

It is fascinating to find out how the older generation views the hot topics of today, how things have changed over time, attitudes, beliefs and experiences. In these short films you can watch young people talking to elders about topics affecting the youth of today fake news, immigration, mental health and climate change were all on the table.



Mrs Metcalfe

Memories - this word means a lot to me at the moment with everything that has gone on over the past year. Of course we could think about memory in regards to school but also life in general. Can you remember your first ever memory as a child? Mine was my Great Grandma's kitchen, as when you walked in all the pans used to shake! I think I was about 4 or 5 years old but I always found it funny and it has stuck with me.

Of course we can have bad memories as well as good but surely these help shape us as a person? To ensure we don't make the same mistake twice or perhaps to remember how something made us or others feel?

I absolutely love taking photographs (I currently have 29,460 photos on my phone) and for me photographs take me back to the time it was taken. It transports me to the moment it was captured and then leads on to other things that may have happened at that time. The photo below I took in 2015 and it was whilst I was riding around in a Cuban car in Havana. Just looking at it triggers all sorts of memories including the atmosphere, the people I met when there and the hours of dancing! Makes me smile! Just think of all the memories you are making on a day to day basis! Isn't the mind a wonderful thing?



Mrs Bailey

The word memory means the ability to store and retrieve information, and the brain is one of our largest organs that gives us the power to speak, to imagine, to solve problems and to remember!
The brain is a truly a-maz-ing organ. (Yes, I do watch Strictly!)

	<p>Our short term memory lasts for about 30 seconds. Which is why when you look up a new telephone number, you have forgotten it by the time the call has ended! Long term memory may last for the whole of your life.</p> <p>When you sing your favourite song you are using your long term memory. Although you may complain about how difficult it is to learn/revise new things, there is actually no limit to how much information you can store in your long term memory. So, what is the secret to good revision?</p> <p>To keep things in our long term memory we need to use it for short periods of time but <u>often!</u> If you have a test to learn for - don't leave it the night before. Get out your book and try to remember short chunks for about 10 mins at least a week in advance!</p> <p>It's not what you do but the way that you do it!</p>
<p>Mrs Brosnan</p>	<p>"My memory is shocking" this is something I hear quite a lot from students in year 9. Well, having the ability to recall events, facts and moments is something that needs to be practiced. Just like anything, you need to learn the technique in order to be able to recall the past.</p> <p>I want you all to have a look at this BBC article: an effortless way to improve your memory and see if this surprises you.</p> <p>Sometimes, in order to recall meaningful memories, we have to just sit and think - clearing our minds from today and taking a moment to reflect really can help with recall.</p>
<p>Mr Wilson</p>	<p>Memory refers to the processes that are used to acquire, store, retain and later retrieve information. There are three major processes involved in memory: encoding, storage and retrieval.</p> <p>Human memory involves the ability to both preserve and recover information we have learned or experienced. As we all know, however, this is not a flawless process. Sometimes we forget or misremember things. This gets worse as you get older, trust me, I know about this!!!</p> <p>Your memory and ability to recall information is going to be vital to you for the next few years and will hopefully enable you to go on to great things in the future, starting with your Year 10 exams.</p> <p>Thus you need to make sure that you try to follow the top tips to keep your memory in perfect condition.</p> <ol style="list-style-type: none"> 1- Include physical activity in your daily routine as it stimulates the brain.. 2- Stay mentally active, don't just switch off. 3- Socialise regularly to help your mental health. 4- Be organised, use a diary and avoid clutter. 5- Sleep well, as rest is good for the brain. 6- Eat a healthy balanced diet.