

# The Shaftesbury Lockdown Times

Monday 8th June 2020

**The Amazing Bodies**  
**Issue**

Volume 5

## The Amazing Body Within Each of Our Amazing Bodies

Inside our intestines we have trillions of beneficial microbes which collectively are known as our gut microbiome.

Scientists are still trying to fully understand the role the gut microbiome plays in our health. Some scientists believe it has a more influential role in determining our health than our genes. Unlike our genes, which are inherited and fixed at conception, we each have the ability to influence our gut microbiome, by eating a wide variety of different plant fibre. It is thought the variety of fibre produces a variety of microbes, which in turn produce a variety of biochemical resources for the body to heal and maintain itself from. By getting this maintenance right we avoid many of the illnesses that are only seen in so called western countries.

Some of the science has focussed on the diet and gut microbiomes of the Hadza tribe of Tanzania, one of the last hunter gatherer tribes in the world. The last remaining link to our East African ancestors. This radio programme from 2017 is well worth a listen if you want to know a little more:

<https://www.bbc.co.uk/programmes/p058jh5q>

Some scientists reckon we ought to be aiming for 25-30 different types of plant fibre in a week. They stress it is the variety that is key, so the more herbs, and spices the better as although they are only used in small amounts they count towards the total in the same way a carrot would, because it is the variety that is important.

I thought I'd make a start examining my breakfast cereal: oats, blackcurrants, cranberries, pumpkin seeds, almonds and sunflower seeds is 6 different sources of fibre.

A good start, I thought, but then it struck me, I tend to have the same thing most mornings, so by the end of the week my breakfast cereal contribution to the target of 25-30 types of fibre is still stuck on 6, because it is the variety that is the key to developing the variety of microbes in the gut biome. What is more, being a creature of habit I stick to the same cereal week after week, which only compounds the lack of variety of fibre.

My EBI for breakfast? Sometimes I have grapefruit as well, I am going to start eating the pips too!

If you want to know more about creating a healthier gut microbiome:

[https://www.bbc.co.uk/food/articles/what\\_should\\_you\\_eat\\_for\\_a\\_healthy\\_gut](https://www.bbc.co.uk/food/articles/what_should_you_eat_for_a_healthy_gut)

To find out why the Hadza are all over this tree watch the National Geographic Video at:

<https://www.nationalgeographic.org/video/the-hadza-of-tanzania/>

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RESOURCE LIBRARY VIDEO

Evolution of Diet - The Hadza of Tanzania

A video exploring the sights and sounds of meal time with a family in Tanzania. The Hadza of Tanzania are the world's last full-time hunter-gatherers. They live on what they find: game, honey, and plants, including tubers, berries, and baobab fruit.

GRADES 6 - 12+

SUBJECTS Arts and Music, Geography, Social Studies

TOASTED WHOLEGRAIN OAT & HONEY CLUSTERS  
WITH FREEZE DRIED BERRIES, SEEDS AND  
SLICED ALMONDS.

INGREDIENTS: British Wholegrain OAT Flakes (76%), Sugar, Vegetable Oils (Rapeseed Oil, Palm Oil), Freeze Dried Berries (2.5%) (Whole Blackcurrants, Whole Blueberries, Sliced Cranberries), Pumpkin Seeds (2%), Sliced ALMONDS (2%), Sunflower Seeds (1%), Honey (1%), Natural Flavouring.

# Amazing Bodies

Scientists have estimated that the body contains 30 trillion cells. That's 30 million million cells!

- An adult male body is about 60 per cent water.
- Our lungs breathe in 8,000 to 9,000 litres of air every day.
- The heart pumps five litres of blood through the body at any one time.
- An average heart beats over 100,000 times a day.
- There are about 100,000 miles of blood vessels in an adult body. That's the equivalent of going four times around the world!
- We consume 30 tons of food throughout our life.
- The body's bacteria could fill a soup can.
- The average head has 100,000 hairs, each living for about two to four years.
- Under normal conditions, during strenuous exercise, we can excrete two pints of sweat per hour.
- We excrete an average of 17 gallons of tears throughout our lifetime.

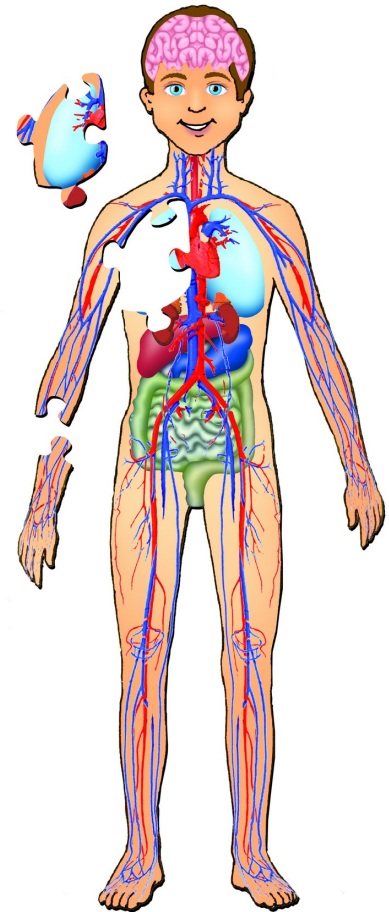
Put simply, the human body is marvellous. Every time we raise a finger or take a step, a huge number of cells and nerves interact to produce such seemingly simple movements.

In the New Testament part of the Bible (1 Corinthians 12.12-27), St Paul likens the Church to the human body:

'The body of Christ has many different parts, just as any other body does. Our bodies don't have just one part. They have many parts. Suppose a foot says, "I'm not a hand, so I'm not part of the body." Wouldn't the foot still belong to the body? Or suppose an ear says, "I'm not an eye, so I'm not part of the body." Would the ear still belong to the body? If our bodies were only an eye, we wouldn't hear anything. And if they were only an ear, we wouldn't smell anything. But God has put all parts of our body together in the way that he decided is best.

'A body isn't really a body unless there is more than one part. It takes many parts to make a single body. That's why the eyes cannot say that they don't need the hands. That's also why the head cannot say that it doesn't need the feet. In fact, we cannot get along without the parts of the body that seem to be the weakest. God put our bodies together in such a way that even the parts that seem the least important are valuable. He did this to make all parts of the body work together smoothly, with each part caring about the other. If one part of our body hurts, we hurt all over. If one part of our body is honoured, the whole body will be happy.'

This passage in the Bible is speaking about the Church that was established after Jesus returned to heaven. However, we can also apply it to other situations. Just as each of our individual cells and the gut microbiome, contributes to the whole body, each of us must play a vital part in ensuring that each community we belong to - whether it is our family, school or local neighbourhood - works in the best way possible. Without the cooperation and joint effort of our brains, bones and muscles, our human bodies cannot move. Likewise, without our cooperation with our fellow humans, the world would be paralysed.



**The following poem has been attributed to St Teresa of Ávila.**

Christ has no body now but yours. No hands, no feet on earth but yours.

Yours are the eyes through which he looks compassion on this world.

Yours are the feet with which he walks to do good.

Yours are the hands through which he blesses all the world.

Yours are the hands, yours are the feet, yours are the eyes, you are his body.

Christ has no body now on earth but yours.

Dear God,

Bless our hands, that we touch what is good.

Bless our feet, that we may walk in your path.

Bless our eyes, that we may look with compassion.

Bless our ears, that we may heed those in need.

Bless our mouths, that we may speak words of comfort.

Make each of our bodies a vital element of the body of Christ.

Amen.

## Amazing Amphibian Bodies

Thank you to Noah Begg-Routh SLV, for these pictures of tadpoles. He has which have been feeding them on bloodworms and tadpole pellets.

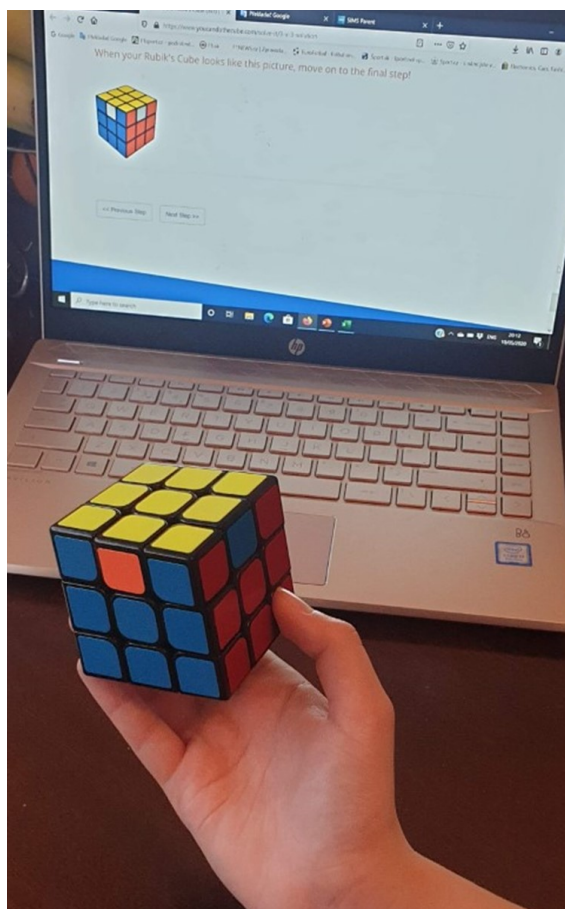
It would have been fascinating, watching them grow and develop from spawn into tiny frogs, which Noah has now released into the wild for the next phase of their life.



## Amazing Brainpower

Oliver Letavay SLV has been mastering the Rubik's Cube and will soon be ready to take Mrs Sheldon on in a race at Rubik's Cube Club. Try for yourself:

<https://www.youcandothecube.com>



**Shaftesburian Birthday  
Only 1 birthday this  
week!**

**Happy birthday Emilia in SLS  
from the rest of the house!**



## Guess the Shaftesburian:

Last week it was Miss Robinson was up to her neck in sand.

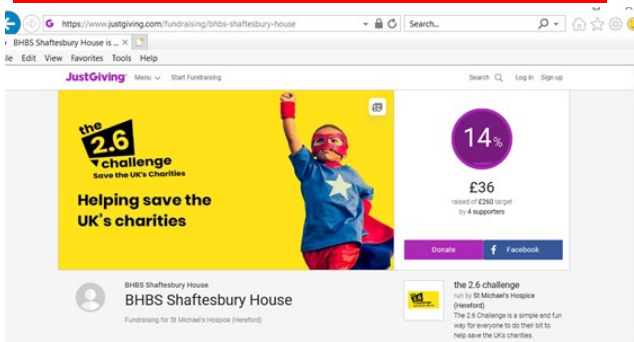


Another happy, smiling little Shaftesburian girl this week, but who is she? Big clue, she is still smiles a lot today!



**We are stuck!!**

Can you help St Michael's Hospice & get us off £36?



## BHBS Together in Lockdown Map

Mr Banks would like us to help create a our own lockdown map:

You will need to go to:

<https://digimapforschools.edina.ac.uk/>

User: hrlluu

Password: bloots4985

open the BHBS map challenge map in the file and drop a pin to create a 'BHBS Together in Lockdown' map.

**To ensure compliance with GDPR names will not accompany pins and any pinned images should not identify people.**

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The difference between a numerator and a denominator is a short line. Only a fraction of people will understand this!

What's the difference between a poorly dressed man on a tricycle and a well-dressed man on a bicycle? Attire!

What do sprinters eat before a race? Nothing, they fast!

A cheese factory exploded in France. Da brie was everywhere!

Now I am sure you can do better? Email them to the SLT Editor:

[rmlburgess@bhbs.hereford.sch.uk](mailto:rmlburgess@bhbs.hereford.sch.uk)

Otherwise, there are plenty more where they came from....

The SLT Editor would also welcome stories & pictures for the next edition.