Year 9
Enrichment
Week 3

What enrichment activities have Y9 been up to this week?

MINDFUL IN MINUTES

Guided Meditations
By Kelly Smith
+ Yoga For You

xation Meditation- REVISITED
Mindful In Minutes Meditation

0:16   15:16
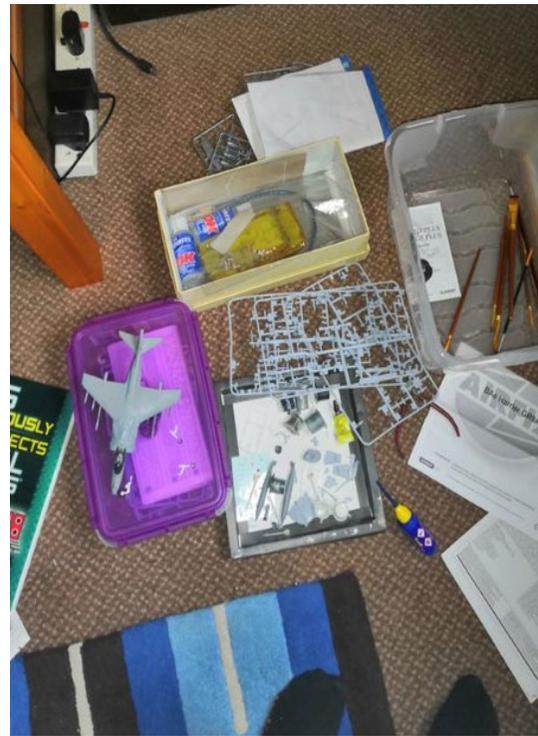
How did this activity make you feel?

calm
refreshed
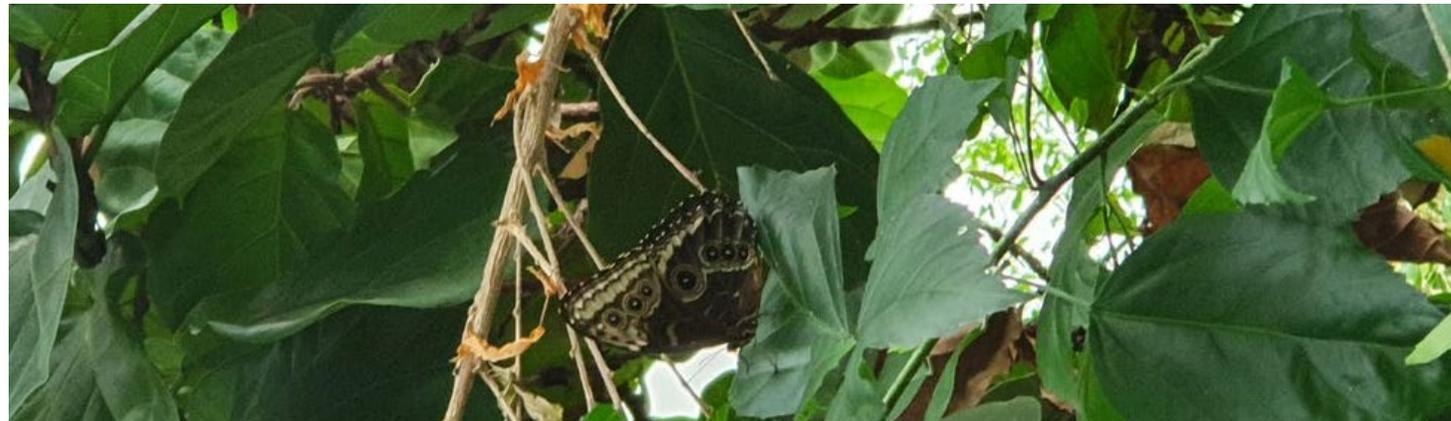
I completed cold shower task! 😄 💧

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Lots of Year 9's have taken part in cold shower therapy this week!

Practice complete!

XP EARNED 10

SCORE 100% PERFECT!

M&S FOOD
seriously saucy lasagne hot dip
Meaty ragu, rich béchamel and oozy mozzarella hot dipping sauce. Dare to share

NEW PARTY FOOD DEAL

COOKS AT 180°c | COOKS IN 25mins

Back
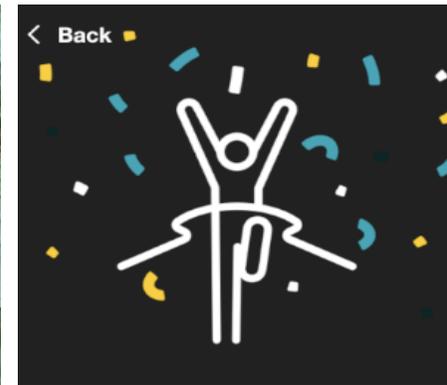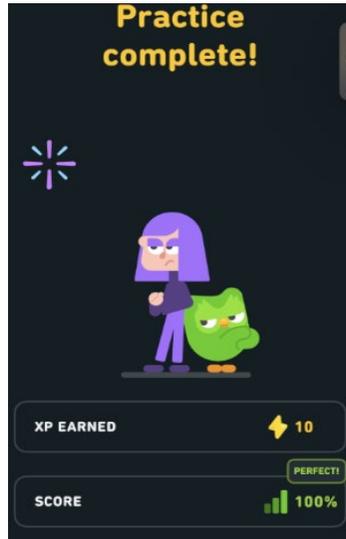
Week 1 • Run 1

You last completed this run on 03/05/2022
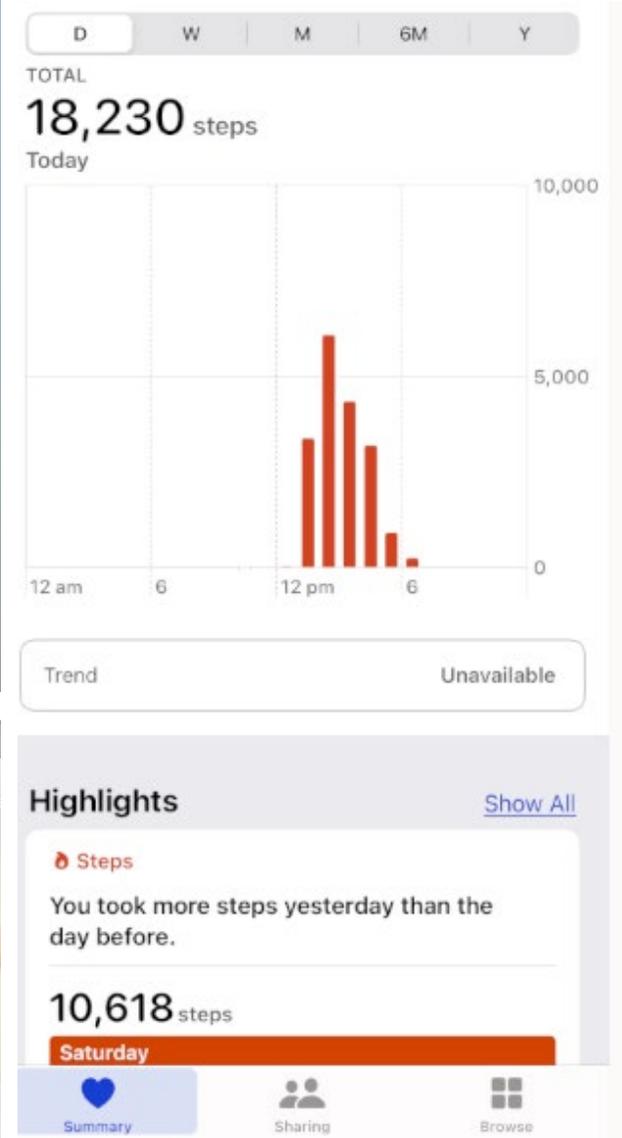
Dear Summer,

I'm sure, by now, you know it's true, my favourite time of year is you.
So, here's a list of things we'll do when you come visit in '22.

A jubilee party on the village Green, to help to celebrate our lovely Queen.
Tombola's, raffles, lucky dips, a cake stall to make us lick our lips.

I think it would be a big mistake if we don't go paddling in the lake.
Catching fish and skimming stones, cooling down with ice-cream cones.

Like every summer that's ever been, we'll take a picnic to the stream.
A blanket to laze, a woodland glade, gilded by your golden rays.

Also, we should be aware of the thrill and spills of a seaside fair.
The candy floss, the penny arcade, a reading of our future made.

And, as it is within our reach, we'll spend some time on Bardsea beach.
The warm and salty summer breeze is sure to make us feel at ease.

Oh, yes please don't let me forget, I know it's something we'd regret.
The top of the list, my number one sunny day thing to do is feed the animals at Dalton Zoo.

I know what you're thinking, and of course you're right we must fly my brand-new kite or walk the steep and winding road and lose our breath when we climb Hoad!
But wait, you see there's always more, like collecting shells along the shore. And tell me who wouldn't like, to peddle fast upon a bike or put on boots and take a hike.
Perhaps, my friend, if you agree, we'll spend time splashing in the sea, or read a book beneath a tree?

I think what I am trying to say, is that for me, nothing beats a sunny day.

So, thank you, is what I'd like to say, my dear friend Summer I hope you'll stay.

This weekend I helped out at a big charity event it was amazing. I help out here every year and see some teacher on it. The event is called the Fred Whitton Challenge and it has been going for 23 years and over time it has raised 2 million pounds for various charity's. It has been very nice going to it and seeing some Friends. Anyways Fred himself is my grandad and he loved cycling so much, it was his hobby. When he died in 1998 his friends thought that they should do something in memory of him so in 1999 they organised the first event and over time it has been so popular that we have over 2,000 people every year. Sometimes we have very close to 3,000 people. From when it started in 1999 with about 80 riders it has grown massively compared to what it was. We have people from all over the world coming to if and we've even had people from as far away as Australia. It is a 112 mile bike ride through the lakes and I happen to be related to the man who it was in memory of.
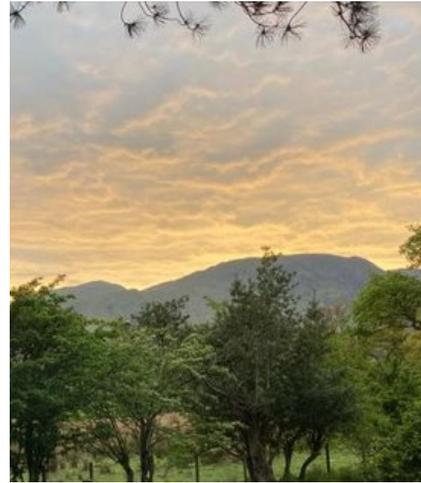
One of the most common underlying causes of insomnia is stress overload. While we may feel tired when we go to bed, a busy mind tends to keep us suspended in a state of hyper-arousal, meaning we're unable to come down from being on high alert. Studies have shown that meditation-based mindfulness helps regulate this kind of rumination and stress, and with a calmer mind, people report improved quality of sleep.

READ MORE

Listen to Meditation for Sleep: Part 1 – 12 minutes

11:30 ————————● 11:30
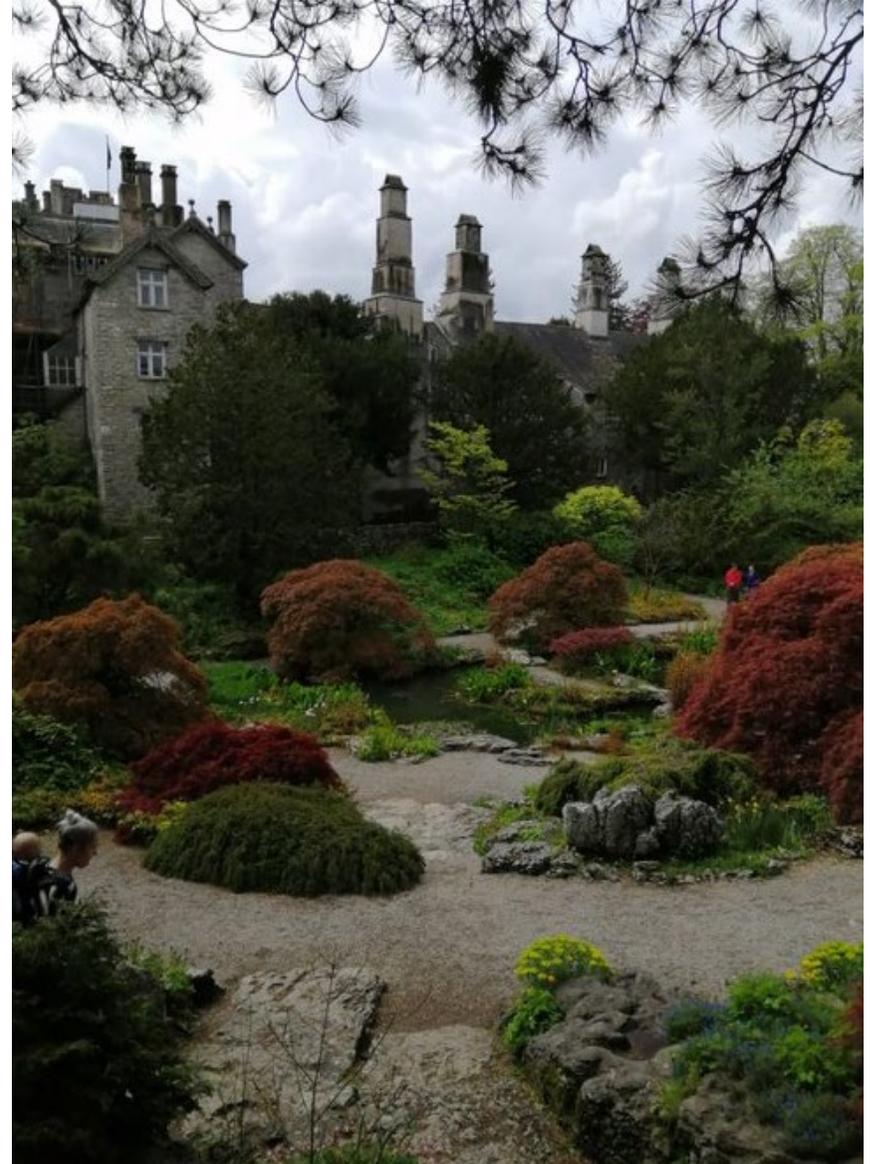
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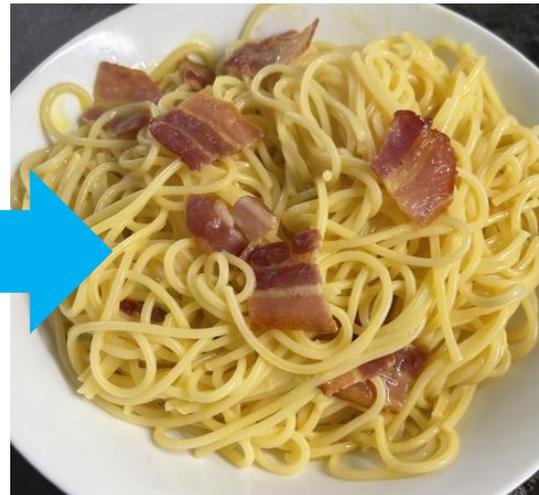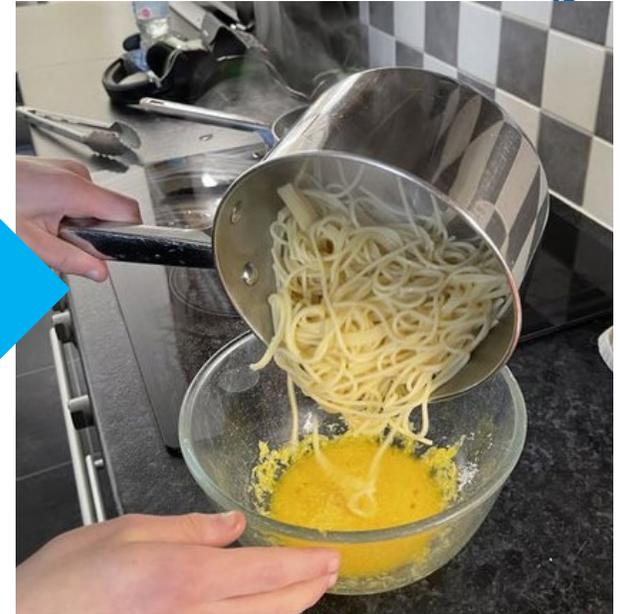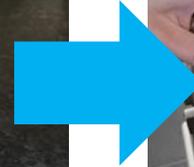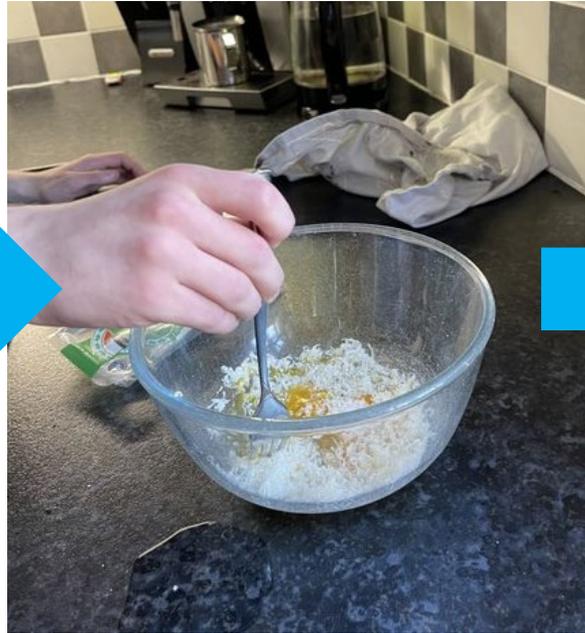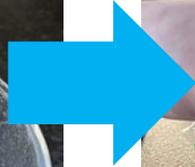
Delicious Italian Cooking From This Year 9!

Coniston to Barrow

Windermere
Grange-over-Sands
Dalton-in-Furness
Morecambe

Congratulations, this activity is your longest run on Strava!

Distance	Avg Pace
20.82 mi	9:12 /mi

Elapsed Time	Elevation Gain
3:11:42	1,645 ft

Enrichment Homepage:

https://www.uvhs.uk/ks3-learning-through-enrichment