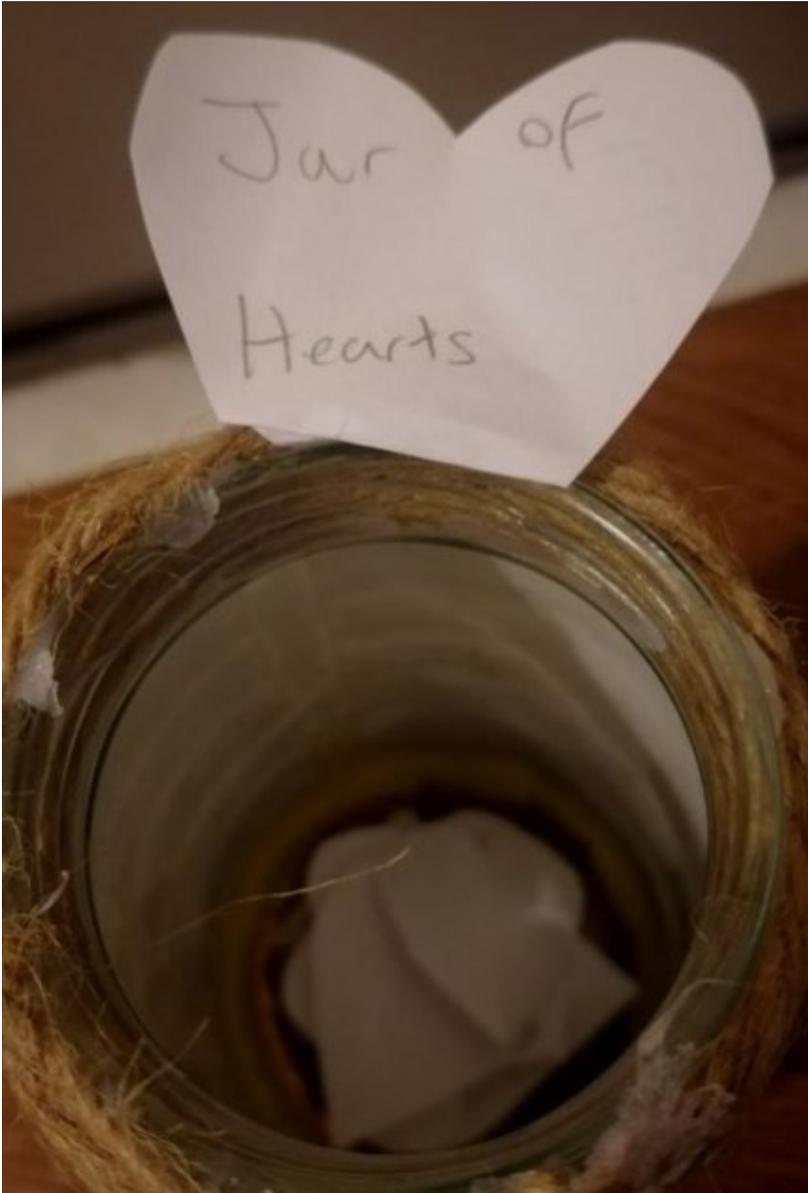


**Year 7  
Enrichment  
Week 4**



# What enrichment activities have Y7 been up to this week?



I learnt how to use the washing machine



Colour: Dusty Pink



What enrichment activities have Y7 been up to this week?



*Year 7 have spent the week learning lots of new life skills!*



What enrichment activities have Y7 been up to this week?



Laundry & Washing Dishes



# What enrichment activities have Y7 been up to this week?



# What enrichment activities have Y7 been up to this week?



Just learnt a life skill how to wash up

## Photo

## What did you have to do for this activity?

### QUIZ

Ostrich



Correct! The ostrich is the largest bird in the world. It stands up to a massive 2.7m tall and weighs as much as 150kg.

Jupiter



Correct! Jupiter has 67 moons (14 awaiting confirmation). Its largest is bigger than Mars.

Queen Elizabeth II



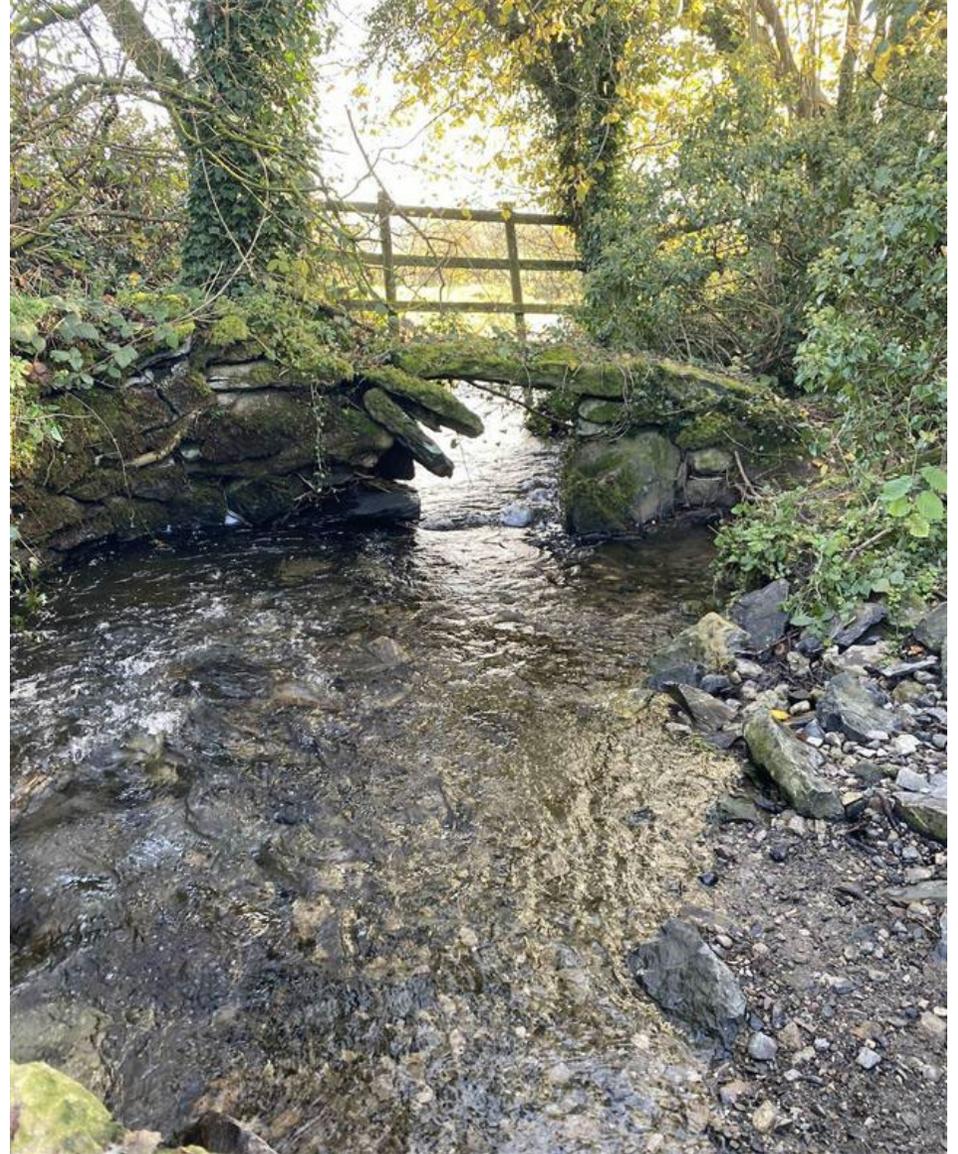
Correct! The Queen has set on the British throne since 1953.

I watched some national geographic and answered some questions

2021  
PANTONE®  
ULTIMATE  
GRAY  
17-5104

“I learnt how to use my washing machine. It was hard at first because there were so many buttons, but after my parents explained it to me I got the hang of it.”

**What enrichment activities have Y7 been up to this week?**



# What enrichment activities have Y7 been up to this week?



*I did classic blue as my favourite colour out of the selection*

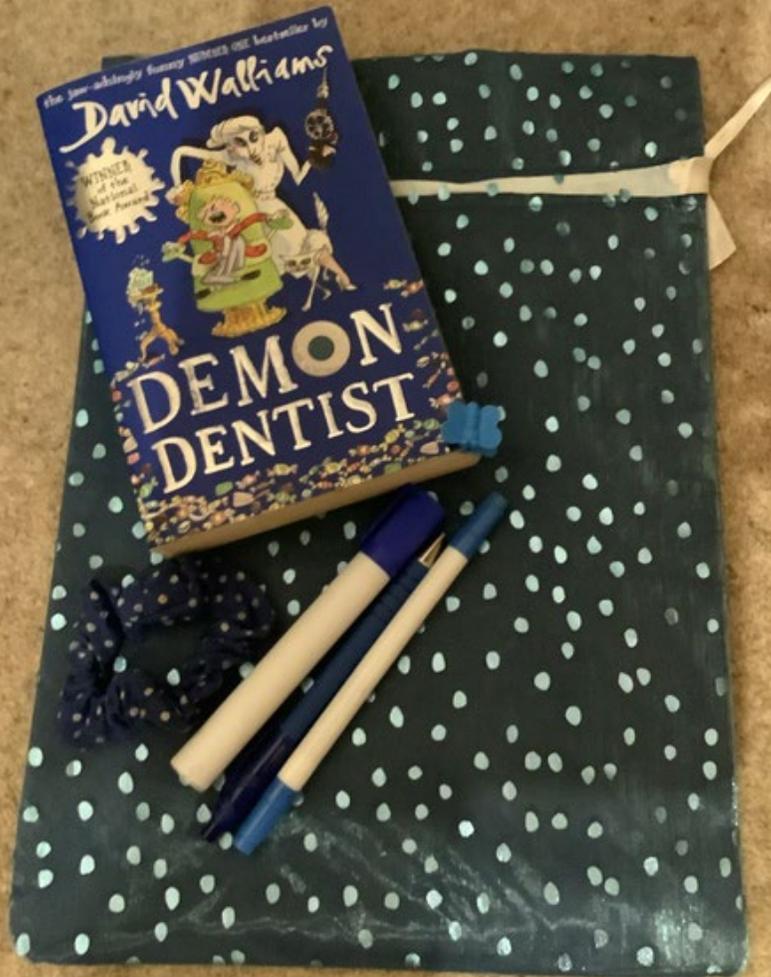


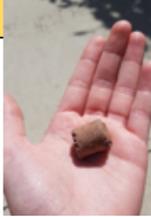
Photo	What did you have to do for this activity?	Did anyone help you or take part?
 	I had to plant a seed in my Garden.	My Mum came and helped me.

Photo	What did you have to do for this activity?
	I had to do yoga.
How did this activity make you feel?	Would you recommend this activity to anyone? Why?

This activity made me feel calm and relaxed.

I would recommend this activity because it's good for your body and it helps relax you.

# What enrichment activities have Y7 been up to this week?



*"I was very relaxed doing my face mask and spa things. It gave me a clear mindset."*

**Slow run did do 4k but stopped it by accident around Ross side**

Distance 2.00 km | Elev Gain 47 m | Achievements 4

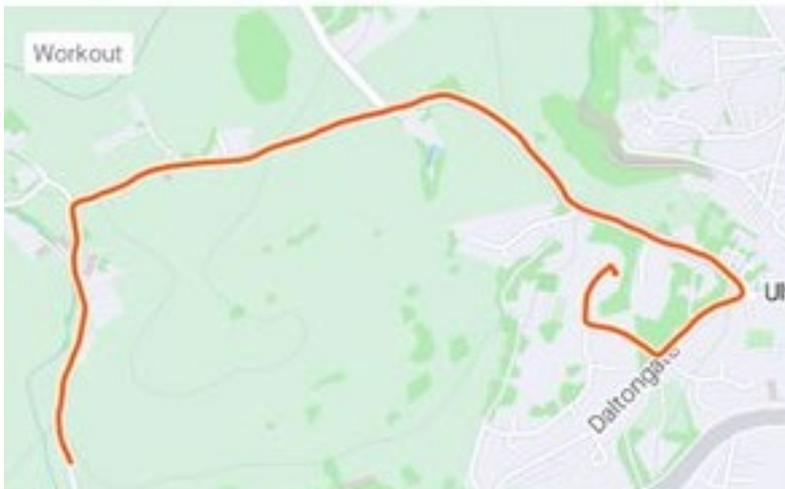


Photo	What did you have to do for this activity?
<p>Streaky plum purple</p>	<p>I mixed and named one of my favourite colours, then I found lots of objects in that colour.</p>
How did this activity make you feel?	Would you recommend this activity to anyone? Why?

It was lots of fun, I enjoyed it a lot.

I would recommend it to my friend who is into art.

# What enrichment activities have Y7 been up to this week?



What did you have to do for this activity?

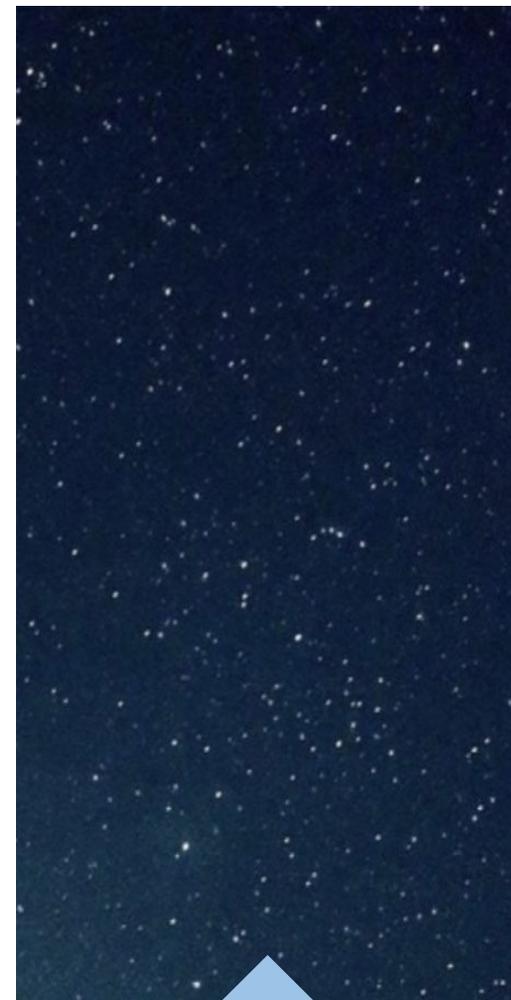
For this activity, I decorated a jar and filled it with some of my favourite quotes that always make me smile.

How did this activity make you feel?

This activity made me feel happy because I like decorating things. I enjoyed searching for quotes to fill my jar with.

Would you recommend this activity to anyone? Why?

Yes, they are fun to make and they make you feel happier when you're feeling upset.



Stargazing!

# What enrichment activities have Y7 been up to this week?



Photo



What did you have to do for this activity?

Plant seeds



How did this activity make you feel?

Happy because I was outside.

Would you recommend this activity to anyone? Why?

Yes because you are outside and having fun.



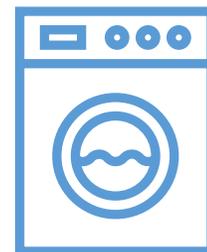
# What enrichment activities have Y7 been up to this week?



What enrichment activities have Y7 been up to this week?



New skill learnt! Changing the bedding and washing it!

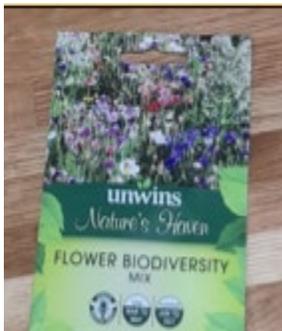


# What enrichment activities have Y7 been up to this week?



Photo	What did you have to do for this activity?	Was this a family task? Did anyone help you or take part?
	<p>I filled pots with compost, then carefully lifted the new plants out of their containers. I had to make a hole for the plant to sit in and then cover over with compost. The plants were watered and then put in the garden.</p>	<p>My mum was weeding the garden while I potted the flowers.</p>
How did this activity make you feel?	Would you recommend this activity to anyone? Why?	Has this activity inspired you to try something else relating to it?
<p>It was a nice day and it was relaxing.</p>	<p>Yes, because it was nice to be in the garden and be helping at home.</p>	<p>We have a flower bed in our garden which needs more plants adding to it. I would like to plant some flowers than attract bees to the garden.</p>

# What enrichment activities have Y7 been up to this week?



*my 1st ever attempt of growing tomatoes from a seed. wont be long and they will be in the garden. Cant wait till they have tomatoes on them.*



I made a chilli and it was delicious!  
Super Chef!



# What enrichment activities have Y7 been up to this week?



Photo

What did you have to do for this activity?

Did anyone help you or take part?



For this activity I had to pick a theme for a night that we had to stick to. This is something completely new to me that is the reason I picked it.

Yes this was a family effort (including the dogs). We each wrote down some themes before putting them all in a bowl and picking one. These were our jobs:  
 Dad- dad was in charge the food  
 Maf- Maf was in charge of the activities  
 Myself- I was in charge of the dogs costumes

# What enrichment activities have Y7 been up to this week?



Photo	What did you have to do for this activity?	Did anyone help you or take part?
	<p>I had to learn a new life skill. It was how to cook a meal.</p>	<p>Yes, mum watched what I was doing and guided me. Then my family ate my meal I had made.</p>
How did this activity make you feel?	Would you recommend this activity to anyone? Why?	Has this activity inspired you to try something else relating to it?
<p>This activity was alright, I enjoy cooking.</p>	<p>Yes I recommend this activity to people who enjoy cooking</p>	<p>This activity has inspired me to do more cooking at home.</p>

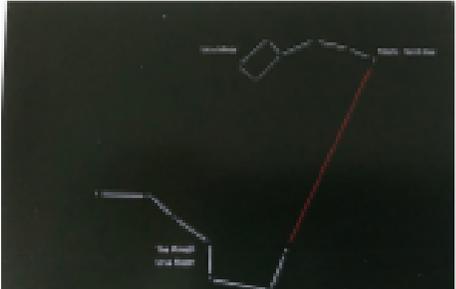
# What enrichment activities have Y7 been up to this week?



Photo	What did you have to do for this activity?	Did anyone help you or take part?
	<p>For this activity I had to fill a jar with themes/colours and then choose one and do it .you'd pick a main ,desert, decorations, movie and game/activity.</p>	<p>My mum and sister helped me complete this task as we planned it together based on our available resources.</p>
How did this activity make you feel?	Would you recommend this activity to anyone? Why?	Has this activity inspired you to try something else relating to it?
<p>This activity made me feel very satisfied as the final product was great however quite tired as it took a lot of work to organise.</p>	<p>I would recommend this activity to anyone who enjoys learning whilst having some fun as you have , to do a bit of research on your topic to know what to do for the different categories.</p>	<p>This activity inspired me to look into the backgrounds of my themes to see what sort of things are traditional in those themes and what to do/use for them.</p>

# What enrichment activities have Y7 been up to this week?



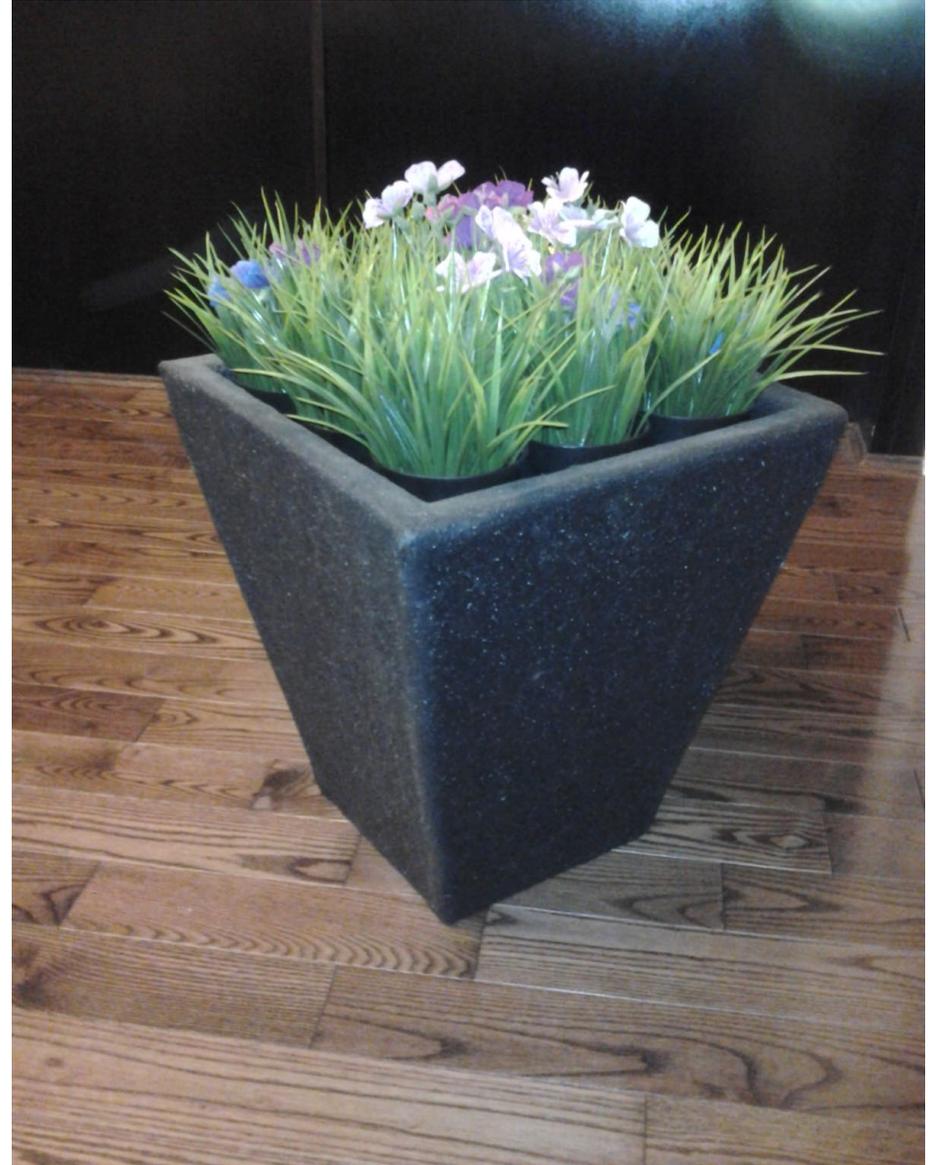
Photo	What did you have to do for this activity?	Did anyone help you or take part?
	<p>We look at stars on a regular basis when it's not cloudy.</p>	 <p>This is something we like to do as a family</p>
How did this activity make you feel?	Would you recommend this activity to anyone? Why?	Has this activity inspired you to try something else relating to it?
<p>I enjoyed doing this activity as we have registered a star after my Grandad and I have uploaded the information with the name of the star and where it can be located.</p>	<p>Yes, I like looking at the star with my mum and would encourage other people to look too.</p>	

# What enrichment activities have Y7 been up to this week?



Photo	What did you have to do for this activity?	Did anyone help you or take part?
	<p>I did learn a life skill which was making a food, I made pizza with a yogurt based dough.</p>	<p>Yes my dad helped roll out the pizza dough but I did everything else.</p>
How did this activity make you feel?	Would you recommend this activity to anyone? Why?	Has this activity inspired you to try something else relating to it?
<p>Full, the pizza was really big and we made two but they tasted delicious!</p>	<p>Yes if you like pizza and like yogurt, well you can't actually taste the yogurt but if you want a pizza for tea or lunch its really nice.</p>	<p>Yes I want to see what other dough based pizzas I can do instead of yeast and yogurt.</p>

What enrichment activities have Y7 been up to this week?



# What enrichment activities have Y7 been up to this week?



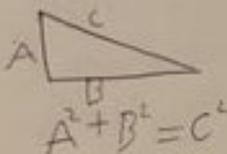
Photo	What did you have to do for this activity?	Did anyone help you or take part?
	<p>For this activity I had to get the seeds, plant pot, soil and water. Then I put the soil in and poked holes in it to put the seeds in. Once I put the seeds in I then covered it back up with soil and then put water on them. I now have to wait for them to grow and the one that's the healthiest I will put in a bigger pot.</p>	<p>Yes my mum and my sister helped me. My sister did separate one and my mum help get out all the stuff.</p>
How did this activity make you feel?	Would you recommend this activity to anyone? Why?	Has this activity inspired you to try something else relating to it?
<p>It made me feel good.</p>	<p>Yes because it's going to be fun watching them grow.</p>	<p>Yes probably grow more things.</p>

Photo	What did you have to do for this activity?
	<p>Choose your favourite colour, name it and see if you can find items in that shade like this years collection below.</p>

# What enrichment activities have Y7 been up to this week?



1. Pythagoras was born in 570BC in Samos.
2. Pythagoras died aged around 75 in 495 BC in Croton.
3. Pythagoras had 2 brothers named Eunomus and Tyrthenus and he had 1 sister named Themistoclea.
4. This is the Pythagoras theorem:



What did you have to do for this activity?

Go onto the beach next to my house with a bin bag and quickly walk. Picking up bottle caps, plastic bags, cans, water bottles, fish nets and etc. When I was finished I put the bag in the bin!

What did you have to do for this activity?

Go to the beach at night and look up

Did anyone help you or take part?

Yes my dad took me fishing so I looked at the sky and saw lots of stars

Would you recommend this activity to anyone? Why?

I would recommend it to people who want to help the planet but do not know how. In addition, for people who want to do a kind act.

# What enrichment activities have Y7 been up to this week?



Photo	What did you have to do for this activity?	Did anyone help you or take part?
	<p>For this activity, I had to run around 3km on the hills of Great Wherside which is near Kettlewell, Yorkshire. I ran for cumbria as I had been selected and came 2<sup>nd</sup> u15 girl. This means, for this race, I was the 2<sup>nd</sup> fastest British fell runner. Within the race I had ran, altogether almost 200m of elevation.</p>	<p>No one helped me take part in this activity apart from my coaches, at the race but I saw lots of my friends some from my club and others I have met through running and racing, who also competed.</p>
How did this activity make you feel?	Would you recommend this activity to anyone? Why?	Has this activity inspired you to try something else relating to it?
<p>This activity made me feel very good and proud of myself when I finished as it was a very tough race. It was also very windy.</p>	<p>Yes, I would recommend running to other people because it is sort of an escape from reality. All your problems go away when your running and you can forget about everything. Also, when you have finished your run it is a very good feeling.</p>	<p>Yes, this activity has inspired me to do more fell races this summer as well at track races because they are very fun and more of my friends do fell so I would see them more often. Also, I am proud of myself because of my result today. (2<sup>nd</sup> fastest British girl u15 fell runner)</p>

# What enrichment activities have Y7 been up to this week?

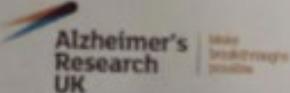


**THE BRITS  
GIANT SUNFLOWER  
COMPETITION**

Sunflowers are easy to grow, yours will come in a pot ready to plant in the ground or a large pot

All you need to do is water it, support it as it grows taller and taller but more importantly enjoy looking at it

On **Sunday 28 August** you need to measure its height and the head diameter, and text 07769828416  
If you have the tallest or have the biggest diameter we will visit to measure and confirm  
There will be a cash prizes and the remainder will go to

 Alzheimer's Research UK Make breakthrough possible

**1 Sunflower £5.00 or 3 for £10.00**

Available to collect on  
**Saturday 14 May**  
But you must order and pay by  
**Sunday 1 May**  
at The Britannia



# What enrichment activities have Y7 been up to this week?



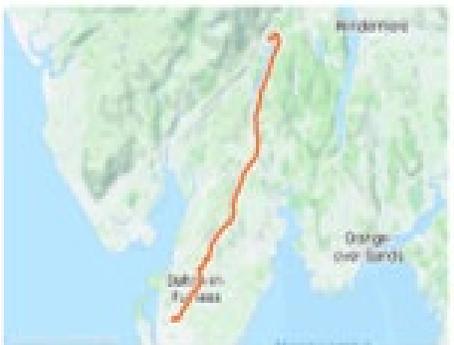
	<p>What did you have to do for this activity?</p>	<p>Did anyone help you or take part?</p>
<p>How did this activity make you feel?</p>	<p><b>Plant any type of seed.</b> I planted a strawberry plant and a succulent.</p>	<p><b>No, i did it by myself.</b></p>
<p><b>Calm</b></p>	<p>Would you recommend this activity to anyone? Why?</p> <p><b>Yes, it's very calming and you get to eat the strawberries after! (if you grew strawberries )</b></p>	<p>Has this activity inspired you to try something else relating to it?</p> <p><b>Yes :)</b></p>

# What enrichment activities have Y7 been up to this week?

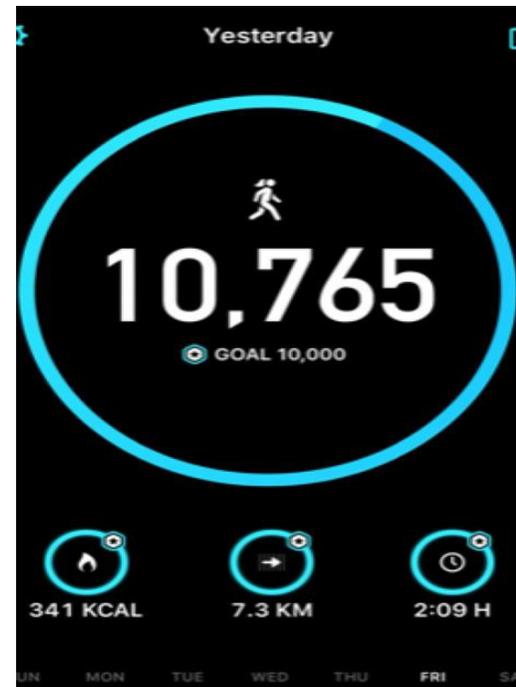


Distance 21.31 mi    Elev Gain 1,600 ft    Time 5h 16m    Achievements 1

Congratulations, this activity completed the May Half Marathon!



10 great photos    4 comments



Photo

What did you have to do for this activity?



For this activity I had to get a jar and write themes on little pieces of paper and put them in the jar. Then on a day you take a piece of paper out and use it as your theme for the day( you didn't have to decorate the jar but I wanted to).

# What enrichment activities have Y7 been up to this week?



Photo

What did you have to do for this activity?



Learn a Life skill, I had to separate the darks and light colour Clothes. Mum wanted the dark washing doing. I put all the clothes the right way and put them into the machine. I then filled up the green cup with liquid and put it in the machine. I put comfort into the drawer. I selected Programme 6 and put the temperature to 30oC as mum is trying to be careful with using the electric



How did this activity make you feel?

Would you recommend this activity to anyone? Why?

It made my feel relaxed and it also told you a few breathing techniques which I used and that made all my stress go away.

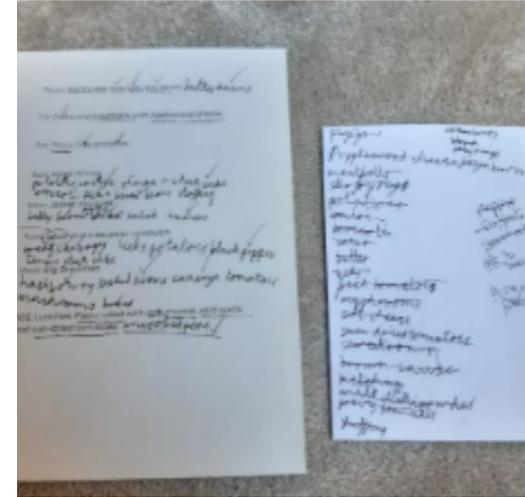
I would recommend this to someone with anxiety or someone with stress or someone how just needs to relax and enjoy themselves.



# What enrichment activities have Y7 been up to this week?

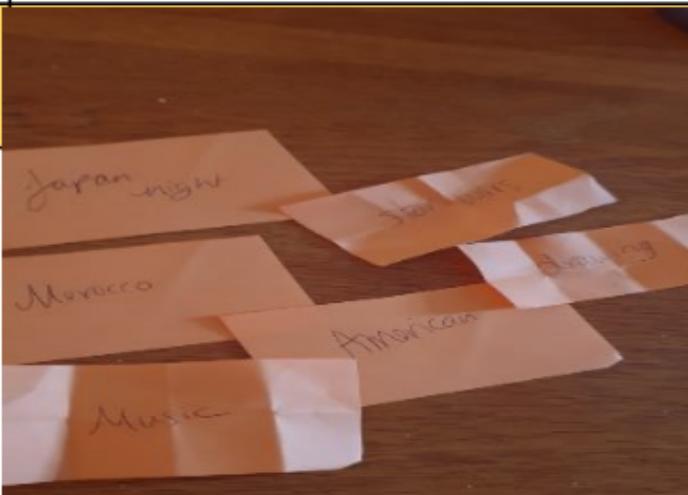


*“For my enrichment homework this week I did this week’s meal plan, and shopping list for our family. First I created a meal plan including certain meals on certain days like on a Tuesday I have a guitar lesson in Barrow so we have soup before setting off and sausage sandwiches when we get back. I then chose some other meals and put them on the other days. I then found out what we need for each meal, seeing if we had the right ingredients, and if not, creating a shopping list on Asda's website. With mum's budget of £55 I bought the things we needed. The price went over the budget but I swapped a few things and managed to get it 35p under £55. I have attached the meal plan and shopping list on paper.”*



# What enrichment activities have Y7 been up to this week?

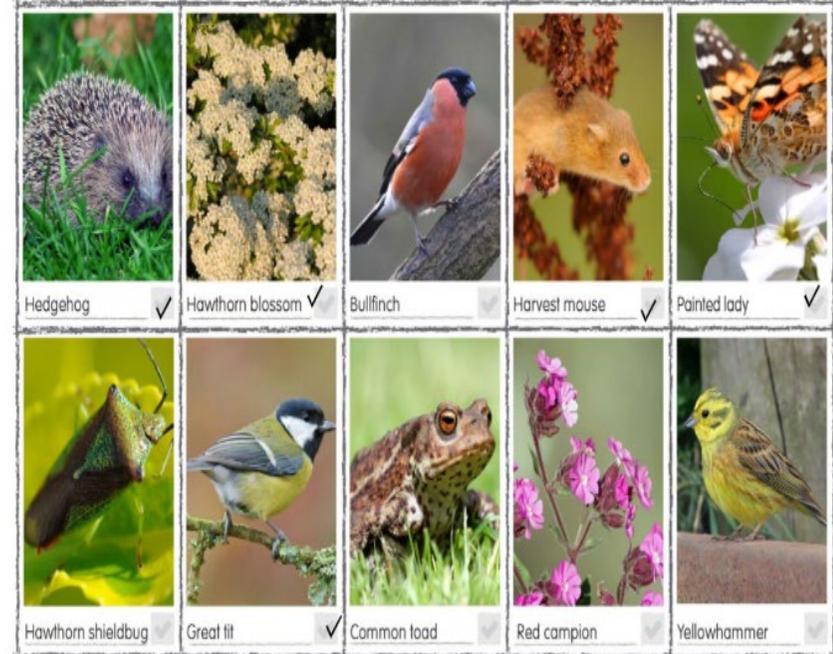


Photo	What did you have to do for this activity?	Did anyone help you or take part?
	<p>We made 6 cut-outs of paper to choose what theme we would go with. As an example, we chose Japanese, so we watched My neighbour Totoro and ate Katsudon! (fried chicken, rice and egg)</p>	<p>My mum prepared the food and I chose the movie to watch.</p>
<p>How did this activity make you feel?</p>	<p>Would you recommend this activity to anyone? Why?</p>	
<p>It made me feel good because my grandma used to make Katsudon for my mum, and now I'm having it with her.</p>	<p>I would recommend this activity to people who like to try new things because it is fun and you never know which theme you will do next.</p>	

# What enrichment activities have Y7 been up to this week?



## Hedgerow wildlife detective



## Maths Enrichment

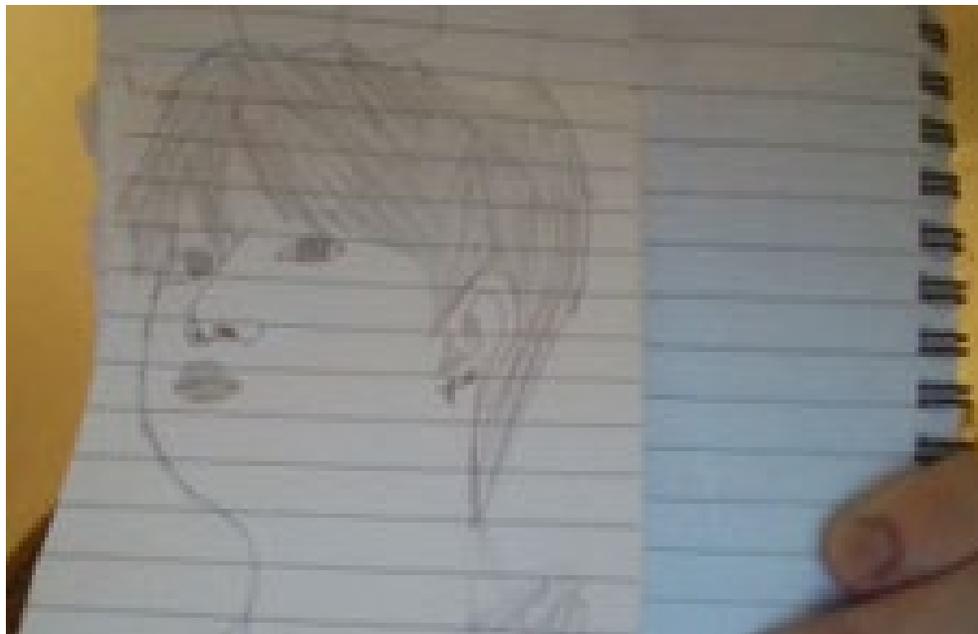
1. Somos, a little island off the western coast
2. Around 75 years
3. It is known he grew up with 2 or 3 brothers
4. Pythagorean theorem, the well known geometric theorem that the sum of the squares on the legs of the right triangle is equal to square on the hypotenuse (the side opposite the right angle) or, in a familiar algebraic notation, a
5. A system of religious veneration and devotion directed toward a particular figure or object.
6. It means his followers followed religion and didn't eat meat.

# What enrichment activities have Y7 been up to this week?



## Enrichment Homepage:

<https://www.uvhs.uk/k/s3-learning-through-enrichment>



Photo

What did you have to do for this activity?



Wash an ink stain out my shirt with hairspray, baking soda, aftershave and bleach.

