

UVHS Learning Through Enrichment

Week Six
23rd May to 29th May



UVHS Learning Through Enrichment



Doodle - A - Day

On paper or in a note book or sketch pad spend 5 minutes a day doodling with the topic in mind.
Here is a doodle a day for a month to get you started!

1 Yourself	2 Favourite animal	3 Favourite book character	4 A quote you like	5 Favourite TV show	6 Favourite movie	7 Turning point in your life
8 Favourite outfit	9 Family picture	10 Inspiration	11 Favourite plant/flower	12 Something new	13 Something red	14 Something you've always wanted to do
15 Anything you like	16 A place you want to go	17 Your favourite singer	18 Just a doodle	19 Something you want	20 Something you miss	21 Something you need
22 A couple	23 Scenery	24 Your greatest fear	25 Someone you love	26 Draw something with your eyes closed	27 A part of your body that you like	28 What's in your bag
29 An emotion	30 Draw a big smile for finishing this challenge!	Done!		 30 Day Doodle Challenge!		



Recommended by: Miss Dixon



Don't forget to share your progress on Teams 😊

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Make A Memory Box

- ✓ Find a box big enough to hold lots of items
- ✓ Even a shoebox will do!
- ✓ Decorate the box and then fill it with lots of your favourite memories from over the last few years
- ✓ For example pictures and concert tickets.
- ✓ Here is a sneak peek at Miss Dixon's memory box.

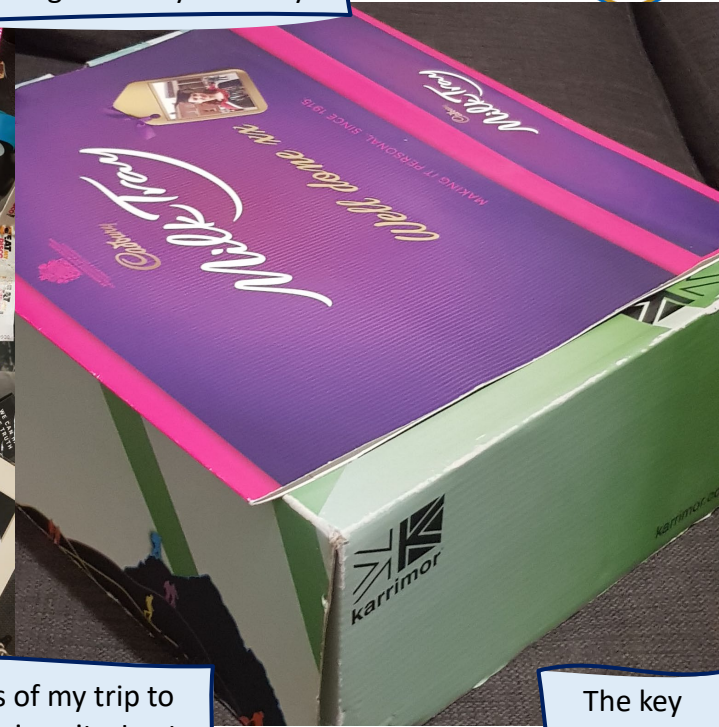
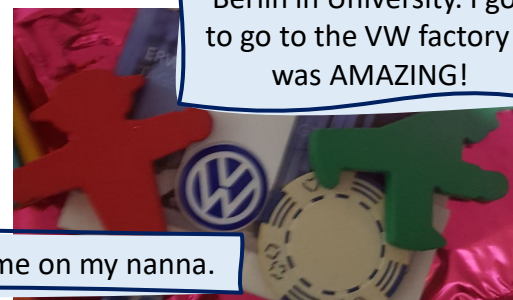
The badge and the 3 £1 coins that came in a card with exactly £18 in it. My brother thought he was so funny!



The place settings and notes from Mrs Fords wedding.



Reminders of my trip to Berlin in University. I got to go to the VW factory it was AMAZING!



The key and estate agent advert to my first house.



A very old ice cream tub from a kids meal shaped like Pingu. It reminds me on my nanna.



Recommended by: Miss Dixon



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5 Ways To Wellbeing

Question: Can you do at least 1 thing every- day that links to each of the 5 ways of wellbeing?

- ✓ Research shows there are five simple things you can do as part of your daily life – at school and at home – to build resilience, boost your wellbeing and lower your risk of developing mental health problems.
- ✓ These simple actions are known internationally as the **Five Ways to Wellbeing**

Five ways to wellbeing



Talk with someone in your family or group of friends and really listen to what he or she has to say. Perhaps ask about something that happened at work, at a club or perhaps how he or she is feeling today and why that is.



Do something active with your family or friends like going for a walk or playing a game that gets you moving.



Take a bit of time to notice things around you, perhaps have a mindful moment, notice what you can see, hear, smell, feel. Perhaps notice what the people around you are up to, how they are feeling or acting.



We're learning new things all of the time. See if you can find out about something new, or an interesting fact, perhaps learn a new skill.



Think of an opportunity to show kindness to someone else. Being kind to others actually makes you feel good so it's a kindness for you as much as the person on the receiving end!



Recommended by: *Mrs Morris*



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Best Bench View

- ✓ Now the days are getting longer and you can travel much further and easier than last year why not get out in the fresh air?
- ✓ Can you find the bench with the prettiest view?
- ✓ Take a picture from your bench to remember the time you spent there.
- ✓ Don't forget to share the photo too and spread some happiness!

Check our Miss Garne's gorgeous view!



Recommended by: *Miss Garne*



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Geocaching!

Geocaching! Join The World's Biggest Treasure Hunt!



Geocaching®
Find your next adventure

OPEN



6.9K RATINGS

4.8



AGE

4+

Years Old

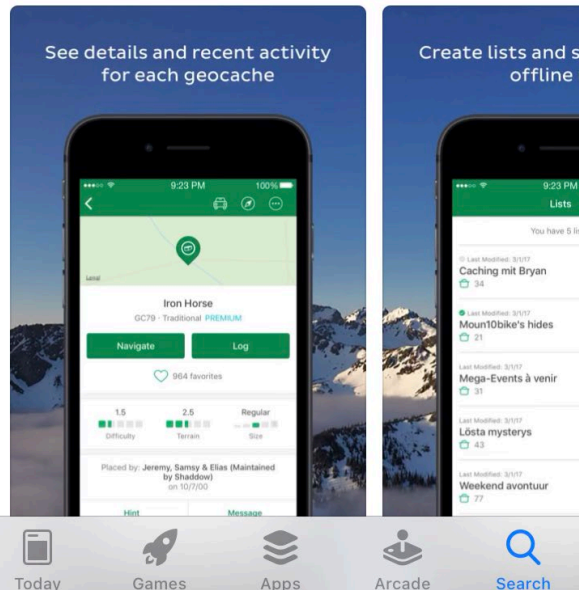
CHART

No8

Navigation

DE

Group



GEOCACHING

Mrs Ralph Says: “There is a great geocaching app which has lots of local locations which you can complete in your village/town afterschool or on a weekend. This could be a great outdoor activity as part of your daily exercise too!”

Check out the
link below for
what
Geocaching is!



https://www.youtube.com/watch?v=vuFiLhhCNw&feature=emb_logo



Recommended by: *Mrs Ralph*



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Puddle Jumping!

Did you know 2021 will mark the 9th year of the **World Puddle Jumping Championships**?!

Normally based at Wicksteed Park, they had to be held remotely last year due to Coronavirus and were won by 3 year old Welsh toddler Theo Burkett-Watkins from Monmouthshire. Over 1,200 contestants entered via video from as far away as Australia!



Sometimes you just have to jump in a mud puddle because it's there. Never get so old that you forget about having fun.

Judges score contestants on **height of jump, enthusiasm, distance of jump and stickability** (How much mud clings to each competitor!)

With rain forecast frequently in Cumbria, why not start training for the perfect jump whilst out for your daily walk and **have fun if you get caught out by the rain!**



Recommended by: Mrs Garnett



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The World Inside My House

- ✓ Explore the human and physical (natural) geography inside your house.
- ✓ Now we have lived through lockdowns, worked from home and even celebrated Christmas and birthdays in unusual ways, why not have a look at how well connected your household is to the outside world.
- ✓ These connections can be physical, digital or emotional connections.

What do I need to do?

- ✓ Produce a collage (any shape or size) to show how your house (and the things in it) are connected to geography.
- ✓ There are some ideas to the right if you need some inspiration!



Recommended by: *Mrs Mardell-Burns*



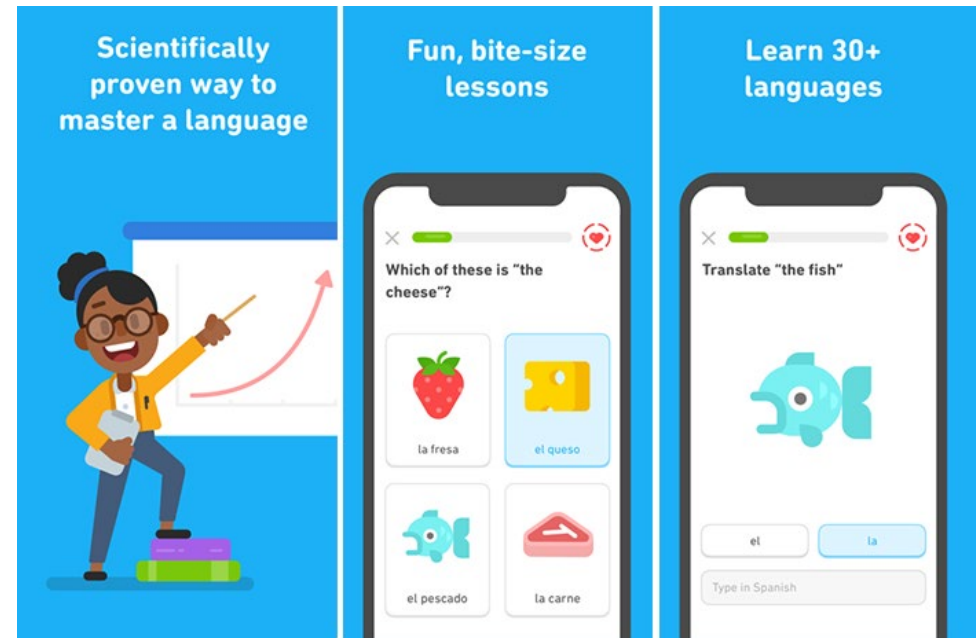
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Learn A New Language!

- ✓ Now we can all travel again why not learn a new language ready for your next adventure?
- ✓ **Duolingo** is a really great website for helping you to learn a new language.
- ✓ Fancy learning Japanese, French or even Russian?
- ✓ On this fun website you can take quizzes or even create stories in another language.
- ✓ We'd love to hear about your progress and see your stories written in another language!



Recommended by: *Mr Bates*



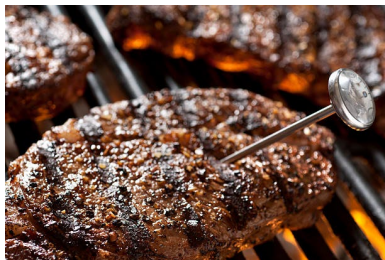
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National BBQ Week

Did You Know... It's the **26th National BBQ week** celebration from the **6th to 12th June!** Even though we're a little early, we wanted to make sure you had the opportunity to get a practise Al Fresco meal ready ahead of the big week!



Don't forget to cook raw meat to 75°C in it's core!

Recipes! There is so much more to try now than burgers and hot dogs! Over a 1/3 of BBQ options are plant based (Suitable for Vegetarians and Vegans.) If you want to try something new, why not look at these delicious recipe ideas?

<https://nationalbbqweek.co.uk/recipes/>

Tips, Advice & BBQ Legends! These pages have lots of information to help you have the best BBQ possible! Check out the legends sections for some interesting reading on the scariest, most expensive, biggest and strangest BBQs globally!

<https://nationalbbqweek.co.uk/tips-advice-legends/>

Fun Fact! The average number of BBQ's held per family during the summer has risen sharply from around 2 a year ten years ago, to over 10 now! We think this is due to Covid restrictions encouraging us to socialise out in the summer sun more! For more awesome facts and figures check out this section of the website

<https://nationalbbqweek.co.uk/bq-facts/>



Recommended by: *Mrs Ford*



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Cooking Club!

Our usual Cooking Club has gone digital! Check out the school website for recipes, most of which can be done in 30 minutes and cost less than £5!

Why not have a go at making some of these dishes ...

Recipes for everyone, including sweet treats!



Huevos Rancheros



Honey figs on toast



Chorizo, egg & hash brown bake



All the recipes and step-by-step picture guides can be found on the school website and on Teams!

<https://www.uvhs.uk/virtual-cooking-club>



Recommended by: *Mr. Hall*



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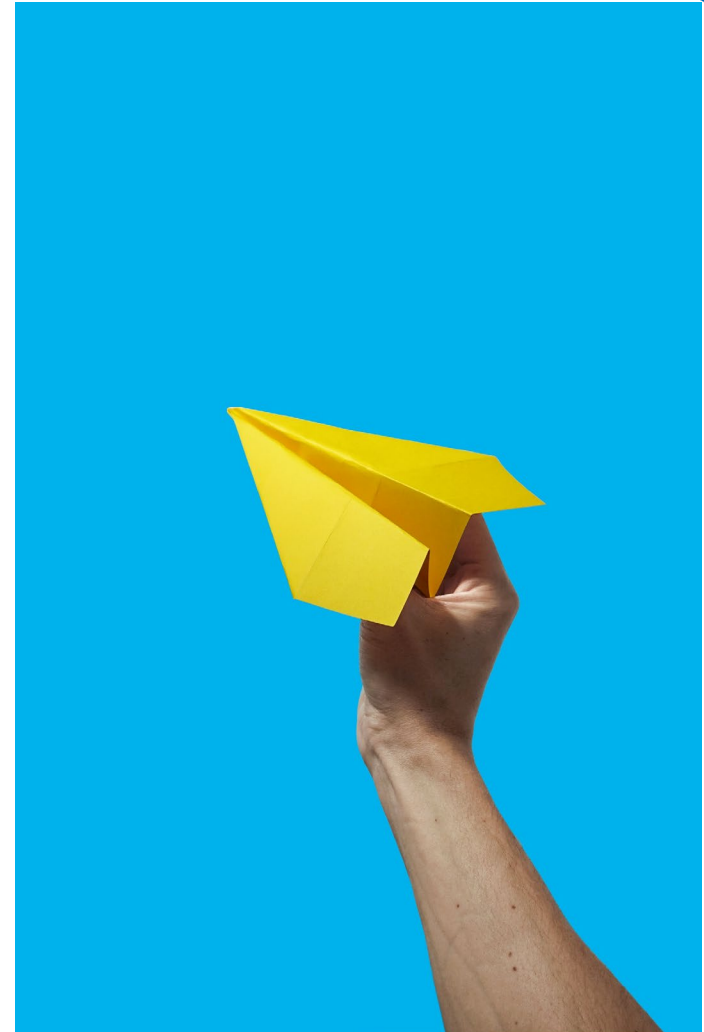


Paper Plane

Who in your house can make the best paper plane that flies the furthest?!



Click here for paper plane instructions:
<https://www.origamiway.com/paper-airplane-instructions.shtml>



Recommended by: *Miss Dixon*



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Build A Theatre!

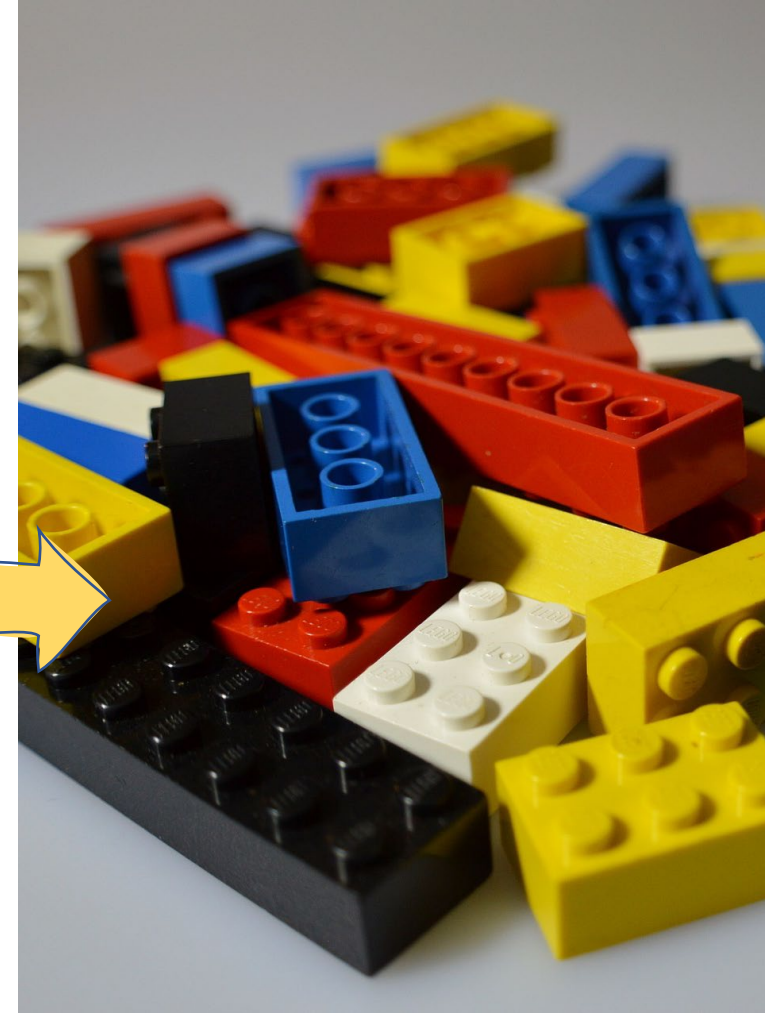


Can you re-create the Ancient Greek Theatre of Epidauros from natural materials like sand, sticks and rocks from your garden or daily walk?



What about building Shakespeare's Globe Theatre from recycling and junk materials?

Could you recreate a famous scene or moment from a well-known play or film using Lego, toys or plasticine?



Recommended by: *Mr Vogler*



Don't forget to share your progress on Teams 😊