

UVHS Learning Through Enrichment

Week Five
16th May to 22nd May



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Memory Maker

Christmas 2020 was one you will never forget, but what about 2021? Hopefully you all managed to spend lots more time with friends and family and celebrate in style! Everyone can find something positive about each day, so why not collage your happiest winter moments from your Christmas break?

My example on the right includes:

- ✓ My Christmas starting a little bit early with the UVHS' annual super Foodbank donation
- ✓ Watching a Covid friendly theatre performance
- ✓ Celebrating the winter solstice with my dogs at a local tarn
- ✓ A Christmas Eve fire in the garden to keep toasty in the cold air ready for Christmas Day
- ✓ Walking Helvellyn in winter conditions

This was made with an App on a phone, but you may want to collage any day using photos, scissors and glue. Hang it in your house, relive the memories and smile!



Recommended by: Mrs Ford



Don't forget to share your progress on Teams ☺

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Quick Family Games

Have a go at some of the following tasks with your family:

- The Tea bag Challenge: Throw a tea bag into a mug from the furthest distance away.
- Spot the difference challenge: Blindfold each team member and ask them to blow up a balloon. Create a scene beforehand and change it afterwards. Ask them to spot the difference without telling them that was the initial task.
- Portraits: Create a portrait of a family member with items from the kitchen. All items must be put away after the portrait is complete. You have 5 minutes to complete the portrait.



(Note: Always check with parents or who ever is at home that you are allowed to complete the task)



Recommended by: *Miss Dixon*



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River Or Canal Birds



River bird spotter

Come And Take A Walk On The Wildside!

During the current Covid-19 restrictions we should all try to stay fit with **daily exercise**.

We are lucky to be surrounded by so many **different habitats**.

Find somewhere local that you can explore to **identify the wildlife**.

Keep visiting the same place until you have found all the species on the spotter sheet.

When the restrictions are relaxed try to explore **other local habitats** further from your home.



www.wildlifewatch.org.uk

Credits: Grey heron (c) Amy Lewis / Moorhen and mallard (c) Steve Waterhouse / Kingfisher (c) Margaret Holland / Mute swan (c) Neil Aldridge / Dipper and grey wagtail (c) Tom Marshall / Coot (c) David Longshaw / Great crested grebe (c) Don Sutherland / Little egret (c) Gary Cox



Recommended by: *Mr Nayler*



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Joe Wicks Keep Fit!

Mrs Morris says:

"I am a big fan of PE with Joe (The Body Coach) and his HIIT (High Intensity Interval Training) sessions are suitable for all the family!

The benefits of this type of training include:

- ✓ It's fun
- ✓ Increased cardio-vascular fitness (Heart health)
- ✓ An increased ability to concentrate
- ✓ Increased muscular fitness (Strength)
- ✓ Increased flexibility
- ✓ Exercise increases our feelings of wellbeing as it releases naturally occurring 'happy' chemicals in our body such as serotonin – you can MOVE your MOOD.
- ✓ Exercise can also help us to sleep better at night."



Joe Wicks "...it really is going to help you get through your day and help you feel happier. I can't stress how important it is this year to be exercising, moving your body, getting out and doing what you can...even if you have to do it in your living room or your bedroom; just do something!"

Joe Wicks 20 minute sessions are all online – check the link out below now!

<https://www.youtube.com/watch?v=WDvjqO2VXa8>



Recommended by: *Mrs Morris*



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The Great Debate!

The Great Debate is a public speaking competition where students have five minutes to present their speech arguing their answer to this question:

“The 70-year reign of Queen Elizabeth II has seen global and widespread changes including in: societal infrastructure, industry, rural life, the environment, and ideas: Which changes of the last 70 years have affected your local area the most?”

You may want to consider topics around:

- ✓ Different types of employment
- ✓ The houses or accommodation that people live in
- ✓ The technology in people's lives
- ✓ The different types of communities that are in their area
- ✓ Food and eating choices
- ✓ Leisure activities and what you think is important about the area you live in.

How will you present your argument?

- ✓ You can write a speech and record yourself presenting it or
- ✓ write it and send it on paper instead 😊

Check out this web link for more information!



<https://www.history.org.uk/student/categories/921/news/3886/the-great-debate-2021-22>



Recommended by: Mrs Fairclough



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Garden Butterflies



Garden butterflies

These beautiful butterflies will only be around in summer but it's worth checking out what they look like now ready for when you spot your first one of 2022!



www.wildlifewatch.org.uk

Credits: Peacock, Comma, Painted lady and Red admiral (c) Richard Burkmar / Brimstone (c) Neil Philips / Orange-tip and Small White (c) Les Binns / Green-veined white (c) Mike Breedon / Holly blue (c) Philip Precey / Small tortoiseshell by Neil Aldridge



Recommended by: *Mr Nayler*

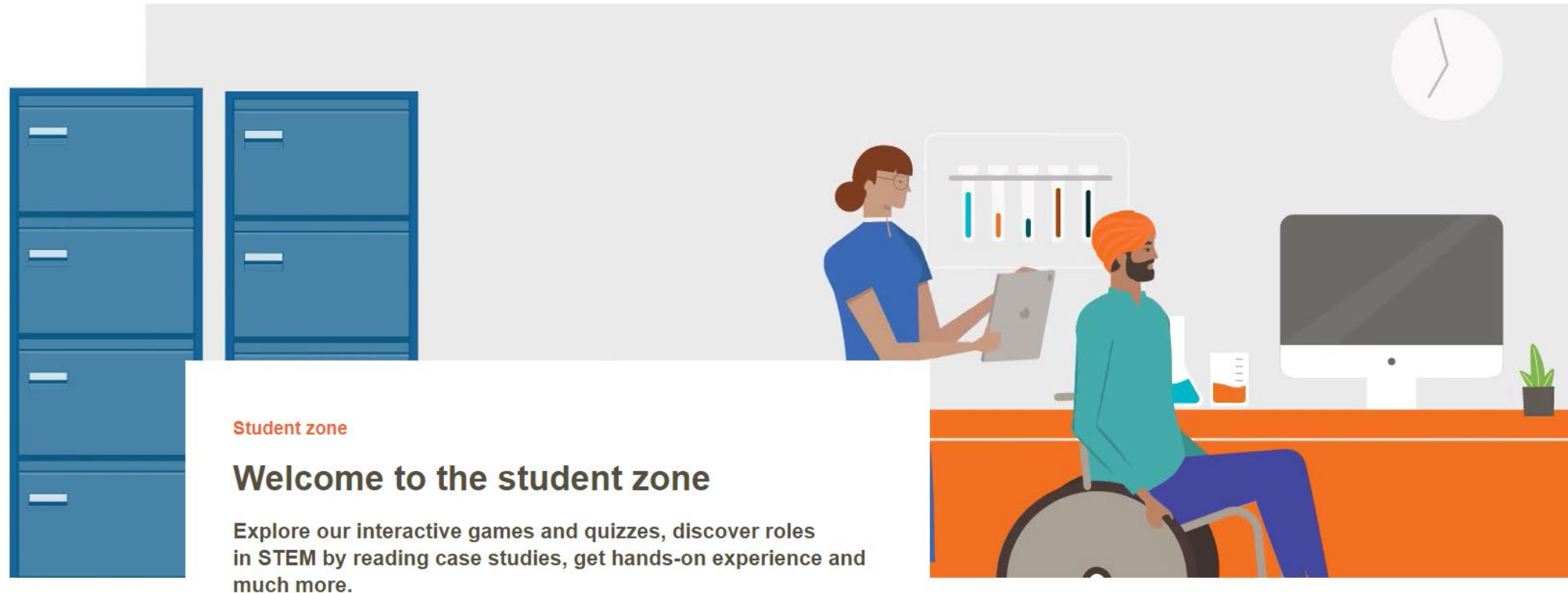


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GSK Student Zone



Student zone

Welcome to the student zone

Explore our interactive games and quizzes, discover roles in STEM by reading case studies, get hands-on experience and much more.

Use the link below to explore the GSK's student Zone that has access to experiments, quizzes and activities relating to STEM <https://www.gskstemeducation.com/student-zone>



Recommended by: *Miss Dixon*



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Regrow Your Leftovers!



The next time you make a salad or help with chopping vegetables, why not see if you can regrow your scraps into a new plant? Its fun and makes free food!



YouTube

Got 70 seconds? Watch this super quick video on how to re-grow your leftovers and how quickly you can be eating free food!

https://www.youtube.com/watch?v=7Vu_gzOzb_oE



Recommended by: *Mrs Ford*



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National Vegetarian Week 2022!

It's National Vegetarian Week!

- ✓ Join people across the country taking part in National Vegetarian Week 2022!
- ✓ Whether it's just for one meal, one week or longer, why not try a new recipe out and share your dish with everyone else?

Do I Need To Be Veggie To Take Part?

- ✓ Absolutely not! You don't have to be vegetarian or vegan day to day to take part; this is all for fun!

What Do I Need To Do?

- ✓ Have a look at the recipe ideas on the right or talk to your family at home about a recipe you could prepare
- ✓ Photograph your final outcome with the name of your dish and email it to ffo@uvhs.uk
- ✓ These recipes will then be collated and shared on Teams

Due to restrictions last year we ran our Vegetarian cook off from home, but why not check out the in school competition entries from 2019 to inspire you:

<https://www.uvhs.uk/news/?pid=6&nid=1&storyid=1518>

Or why not check out this years chosen recipes from famous chefs and celebrities such as the Hairy Bikers, Stephen Fry, GBBO star Kim-Joy Hewlett, Joanna Lumley and more!

<https://www.nationalvegetarianweek.org/get-cooking/>

Art & DT: Design, Make, Create!

Take Part In UVHS' Annual Cook Off From Home This Year!

What do you need to do?

1. Cook your favourite vegetarian or vegan sweet or savoury dish
2. Present it as best you can as if you were being judged
3. Make a menu card or name tag to go alongside your dish
4. Email your photo entry to Mrs Ford at ffo@uvhs.uk from your school email account (Even if it is past the 17th May!)

Do I need to be vegetarian or vegan to take part?

Absolutely not! You don't need to be vegetarian or vegan day to day to take part. It's all for fun ☺

What did people cook last year?

Check out the photos below and link to the UVHS website to see what everyone cooked in the 2019 cook off!

<https://www.uvhs.uk/news/?pid=6&nid=1&storyid=1518>

NATIONAL VEGETARIAN WEEK 11 to 17 MAY 2020

Are you a budding artist? Use the web link on the right or design your own National Vegetarian Week poster ☺

<https://www.nationalvegetarianweek.org/design-your-own-national-vegetarian-week-poster/>



Recommended by: *Mrs Ford*



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Write A Poem

Why should you write poetry?

Poetry can be a really healthy, artistic way to express yourself. Even if you decide not to share your work with anyone else, writing can be a form of mindfulness.

Don't know where to start?

Every poet is different and no one method will work for everyone. Looking at a blank page can be intimidating so don't be frightened to get lots of jumbled or messy ideas down on the page before you turn them into something more structured.

What should you write about?

Think about what you feel passionate about. You could write about whatever makes you really happy, angry or frustrated. Or you could take inspiration from a person, a place or even an object.

Does it have to rhyme?

No! Most poets only include a regular rhyme scheme or pairs of words that rhyme if it will help them to express their ideas. Your poem doesn't have to rhyme and the lines can be whatever length you like. You're the poet and you make those decisions!



Recommended by: *Mrs. Shaw*



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Make Fat Balls



Melt 250g lard



Weigh 500g seeds



Stir into the lard to combine fully



Portion into a tray



Or add a string to hang



Or roll by hand into balls



Carefully freeze your fat balls and wash up!

- ✓ STOP! Always ask permission first and work with an adult
- ✓ The fat and hob can burn so be careful
- ✓ Different birds like different foods – why not try adding frozen berries into one batch?
- ✓ More ideas here:

<https://www.gardenersworld.com/how-to/diy/how-to-make-fat-cakes-for-birds/>



Recommended by: *Mrs Ford*



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