

UVHS Learning Through Enrichment

Week Four
9th May to 15th May



UVHS Learning Through Enrichment

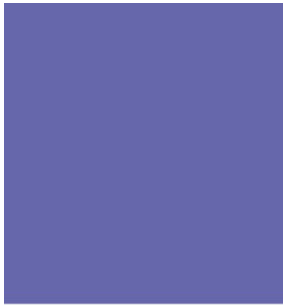
Pantone Colour Of The Year 2022-2023



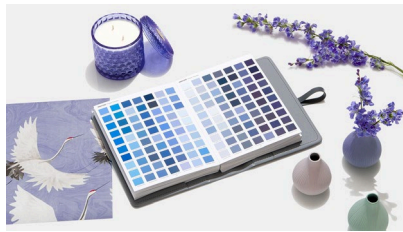
PANTONE®

Pantone Colour Task

- ✓ Choose your favourite colour, name it and see if you can find items in that shade like this years collection below.
- ✓ Can you say why it's your colour for 2023?



PANTONE®
17-3938 TCX
Very Peri



Check out the link below for more information on this years colour Very Peri and the previous 21. You can also see what harmonises, is opposite this and other colours and more on the Pantone website

[Pantone Color of the Year 2022 / Introduction](#) | [Pantone](#)

Can you decide on the next on trend colour for 2023?

Pantone are always looking for everyone's next favourite colour. They look at trends, films, fashion, nature, music, influences and communities worldwide.

What's your inspiration?

2021 PANTONE® ULTIMATE GRAY 17-5104	2021 PANTONE® ILLUMINATING 13-0647	2020 PANTONE® CLASSIC BLUE 19-4052	2019 PANTONE® LIVING CORAL 16-1546	2018 PANTONE® ULTRA VIOLET 18-3838	2017 PANTONE® GREENERY 15-0343	2016 PANTONE® ROSE QUARTZ 13-1520	2016 PANTONE® SERENITY 15-3919
2015 PANTONE® MARSALA 18-1438	2014 PANTONE® RADIANT ORCHID 18-3224	2013 PANTONE® EMERALD 17-5641	2012 PANTONE® TANGERINE TANGO 17-1463	2011 PANTONE® HONEYSUCKLE 18-2120	2010 PANTONE® TURQUOISE 15-5519	2009 PANTONE® MIMOSA 14-0848	2008 PANTONE® BLUE IRIS 18-3943
2007 PANTONE® CHILI PEPPER 19-1557	2006 PANTONE® SAND DOLLAR 13-1106	2005 PANTONE® BLUE TURQUOISE 15-5217	2004 PANTONE® TIGERLILY 17-1456	2003 PANTONE® AQUA SKY 14-4811	2002 PANTONE® TRUE RED 19-1664	2001 PANTONE® FUCHSIA ROSE 17-2031	2000 PANTONE® CERULEAN BLUE 15-4020



Recommended by: Mrs Ford



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Stargazing



Let Your Curiosity Soar High As The Sky!

- ✓ Stargazing is a fantastic activity!
- ✓ Sitting in the dark admiring the constellations can be a great experience with your family and can be done from your very own garden or even on your doorstep.
- ✓ Learn how to identify different constellations by using a guide
- ✓ Why not try making a constellation viewer or keep a stargazing diary?



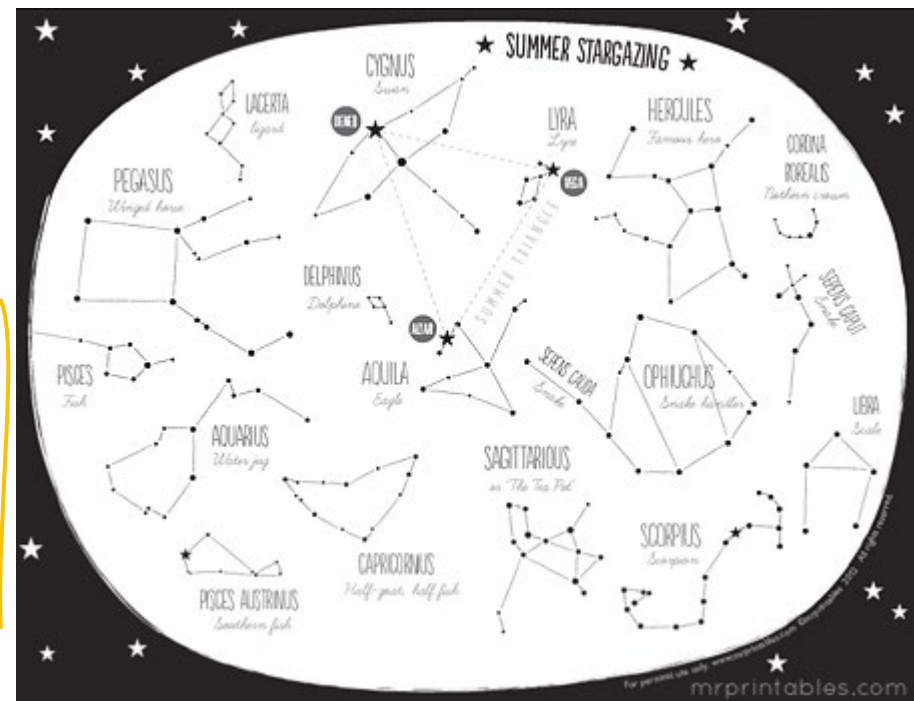
Use this sky diary link to check what you can see every night!

<https://www.star-gazing.co.uk/WebPage/sky-diary/>



Constellation Viewer

<https://inventorsof tomorrow.com/2017/02/27/make-a-constellation-viewer/>



Recommended by: Mrs Shufflebottom



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Jar Of Hearts

How it works:

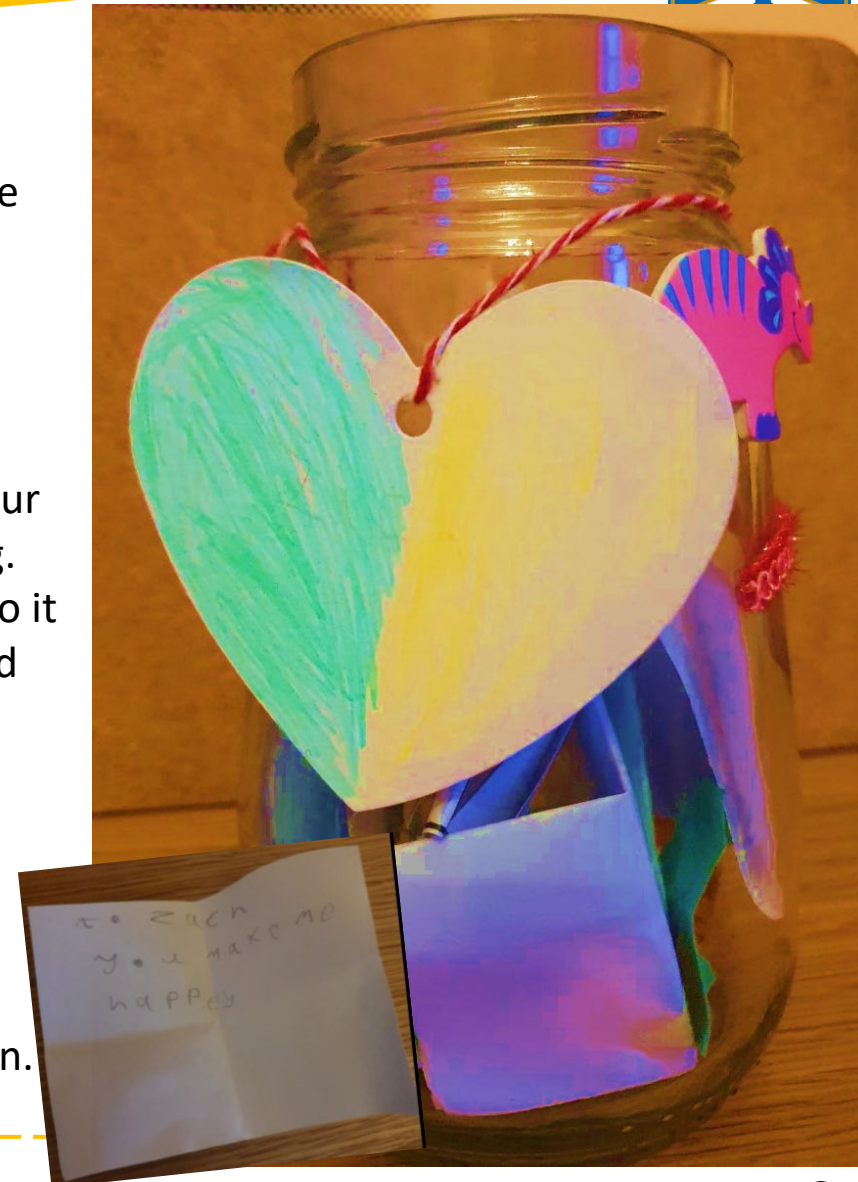
You decorate an old jam jar and fill it with bits of paper with nice messages about yourself or someone else. My son created this one in March at his primary school and filled it with things he really liked about himself.

How to do it?

- ✓ The simplest way is to draw a heart on a piece of paper, colour it in, cut it out, make a hole in it and tie it to a piece of string. Then tie the string in a knot around the neck of the jam jar so it stays fastened in place. If you are feeling ambitious you could go as far as decorating the jar with glitter etc.
- ✓ This is a really nice present to give other people, especially those who need a bit of TLC. The idea is that each piece of paper is like a mini hug.

Why should I do it?

Everyone needs a hug and a bit of positivity every now and again. My son pulls out a piece of paper every time he feels sad.



Recommended by: Mrs Beswick



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Hedgerow Heroes!

Come And Take A Walk On The Wildside!

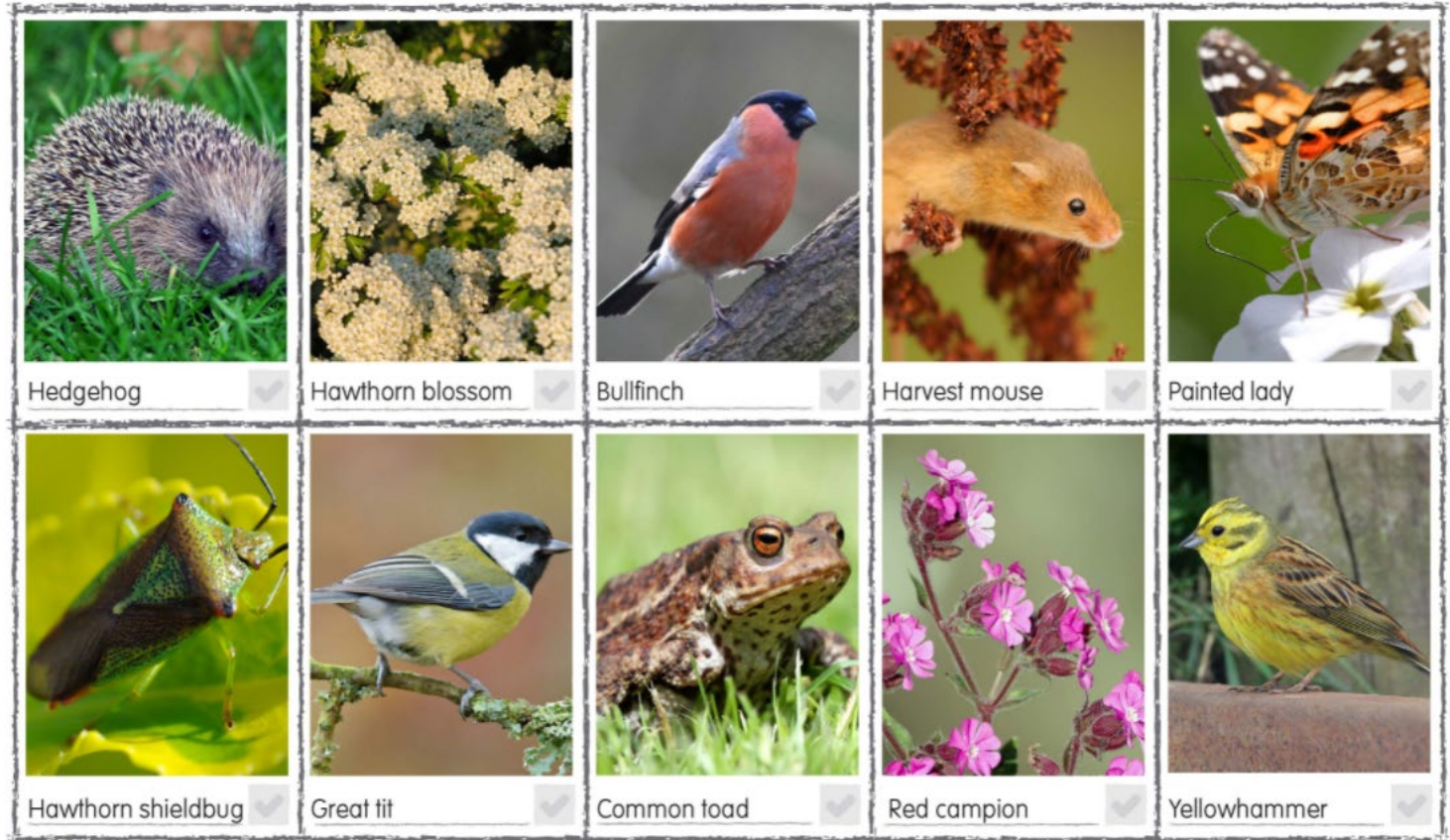
We should always try to stay fit with **daily exercise** and we are very lucky to be surrounded by so many **different habitats**.

Why not start off by finding 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.

Then, when you next have the chance, aim to explore a **different habitat** further from your home.

Hedgerow wildlife detective



www.wildlifewatch.org.uk

Credits: Hedgehog and red campion (c) Gillian Day / Hawthorn blossom, harvest mouse and hawthorn shieldbug (c) Amy Lewis / Bullfinch (c) Adam Jones / Painted lady and common toad (c) Jon Hawkins Surrey Hill Photography / Yellowhammer (c) Margaret Holland / Great tit (c) Richard Bowler



Recommended by: Mr Nayler



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Yoga! 30 Day Journey!

Dr Hirst would love everyone to take part in Yoga everyday! Even a quick 15 minute routine can help:

1. Reduce stress and anxiety
2. Improve memory and attention span
3. Improve flexibility, balance and posture
4. Encourage self-care

So lets get up, grab a friend at home and stretch together!

YOGA
WITH
ADRIENE



Try the 30 day
challenge on
"Yoga With
Adriene"



<https://www.youtube.com/user/yogawithadriene>



Recommended by: *Dr Hirst*



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Plogging!

What Is Plogging?

- ✓ Plogging is a Swedish fitness trend that involves picking up rubbish as you jog
- ✓ You could plog on your own or with your bubble and make a big difference to litter levels in your local area this lockdown!



Already out running?

Why not give Plogging a go? You'll feel great and help the planet too!



Recommended by: *Mrs Ford*



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National Geographic



Want to widen your understanding of animals, science, history and geography? Read through these amazing fact files and test your friends and family on your new found facts!

[Discover: fun facts for kids | National Geographic Kids \(natgeokids.com\)](https://www.natgeokids.com/)



Have a look at the link below to enter lots of competitions from National Geographic. There are lots of prizes on offer including:

- ✓ The National Geographic <https://www.nationalgeographic.com/> and National Geographic Kids <https://www.natgeokids.com/uk/> reports on a wide variety of environmental, health and wildlife issues
- ✓ Could you write an article in the style of these publications, or take a spread of photographs as if you worked for the magazine?
- ✓ It could be really exciting to create a mini reel style video to inspire people your age to follow the National Geographic topics!

- ✓ Hot air balloon rides
- ✓ Mountain bikes
- ✓ Adventure maps
- ✓ Leopard adoption
- ✓ Books and more!



Recommended by: Mrs Ford



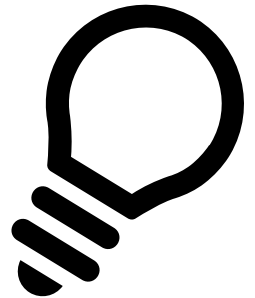
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Learn A Life Skill

- ✓ Be more independent and learn an essential life skill.
- ✓ Ok, it might not sound like the most exciting thing to do, but there are some life skills that are essential for later life.
- ✓ For example, knowing how to operate the washing machine, changing a tyre or light bulb, sewing a button on, cooking a simple meal, budgeting for food shopping, knowing how to iron, etc.
- ✓ Why not ask your parent or carer to teach you an essential life skill and show us what you have learnt to do that you didn't know how to do before?



Recommended by: *Mrs Desbottes*



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British Tomato Fortnight!



Did You Know?

- ✓ In Britain we eat around 500,000 tonnes of fresh tomatoes every year. That's 160g per person!
- ✓ British growers currently produce around a fifth of all the tomatoes we grow – around 100,000 tonnes.
- ✓ In total, Brits spend £921M on tomatoes annually. Of this, around £190M is on British grown tomatoes!
- ✓ High in lycopene, tomatoes increase your defences against cancer, heart disease and other chronic diseases.
- ✓ They're packed full of vitamins A, C and E. Combined, these help keep your skin, bones and teeth in tiptop condition, as well as boosting your immune system.

Do You Have The Best Tomato Recipe?!

It's time to celebrate **British Tomato Fortnight!** Check out this link for delicious recipes: <https://www.britishtomatoes.co.uk/recipes> and here for information on the **#tomsontoast** competition online to be in with a chance to win a George Foreman Grill 😊
<https://www.britishtomatoes.co.uk/news-and-views/british-tomato-fortnight-2021-competition>



Recommended by: *Mrs Ford*



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Theme Night of the Week

- ✓ If you have a spare jar hanging around, cut up some paper and on each piece add a theme this could be anything from a colour, letter, country, decade or celebration. e.g British, Disney, Bollywood, Purple, Blue, American, 80's, Easter etc.
- ✓ Each week pick out one of the pieces of paper and this is your theme for the day. You could give yourself a couple of days to plan and think about how to meet the theme
- ✓ See if you can plan a range of activities based on this theme
- ✓ For Example if I picked out American:
 - ✓ Dinner: Chilli cheese fries
 - ✓ Dessert: Apple Pie
 - ✓ Movie: Karate Kid
 - ✓ Decorations: Red white and Blue name cards or cups.
 - ✓ Game/activity: Hacky sack
- ✓ Different people in your house could be in charge of different tasks, you could choose the movie, your sister could plan and make the dessert etc



Recommended by: Mrs Sherrington



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Plant Seeds!

Winter Is Cold!

We all know nature can seem a little dormant at this time of year, but you can start seeds off in the coldest months!



Pick a winter-friendly seed. I have chosen Antirrhinum



Add moist, peat free compost to a tray. About 2-4cm deep.



Carefully sprinkle your seeds thinly across the compost



Add another thin layer of compost and label your trays



Once germinated you can prick out seedlings from the tray

<https://www.thompson-morgan.com/static-images/tandm/in-the-garden/veg-seed-guide.jpg>

Click here for an infographic on what to sow and when in the UK



Are you already green fingered and want to know more about what you should be doing in your garden each month? Click here!

<https://www.gardenersworld.com/what-to-do-now-march/>



Recommended by: Mrs Ford



Don't forget to share your progress on Teams 😊