

UVHS Learning Through Enrichment

Week Three
2nd May to 8th May

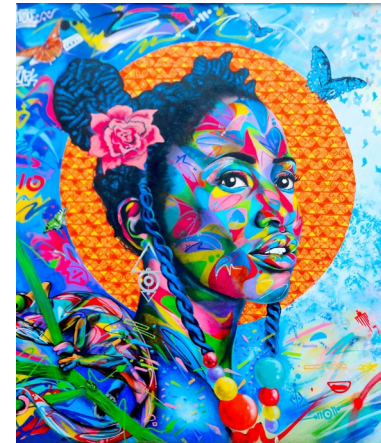
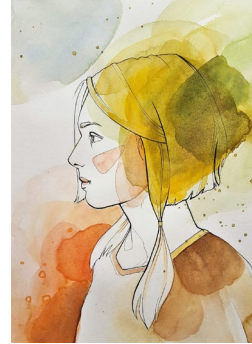
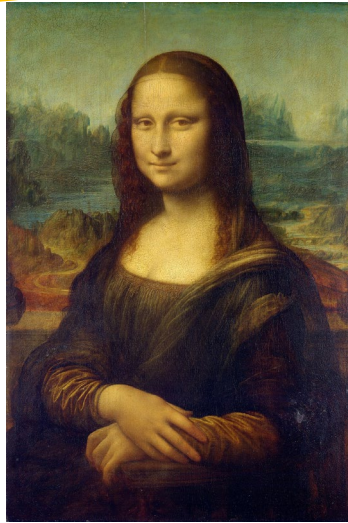


UVHS Learning Through Enrichment



Recreate Art!

Choose a
work of art
and
recreate it
at home!



Recommended by: *Mrs Desbottes*



Don't forget to share your progress on Teams 😊

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Heathland Wildlife

Heathland wildlife



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.



Common lizard



Small copper



Heather



Stonechat



Green tiger beetle



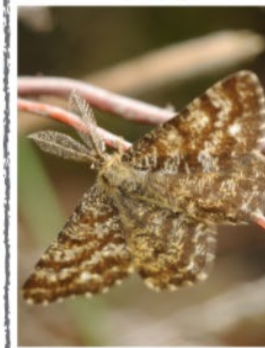
Gorse



Dartford warbler



Adder



Common heath



Merlin

www.wildlifewatch.org.uk

Credits: Common lizard, small copper butterfly and common heath moth (c) Amy Lewis / Stonechat (c) Steve Waterhouse / Green tiger beetle (c) Rachel Scopes / Gorse (c) Neil Aldridge / Dartford warbler (c) Andrew Mason / Adder (c) Tom Marshall / Merlin (c) Stefan Johansson



Recommended by: *Mr Nayler*



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Meditation

Worried about anything?

Having trouble getting to sleep?

Do you find it difficult to switch off your mind?

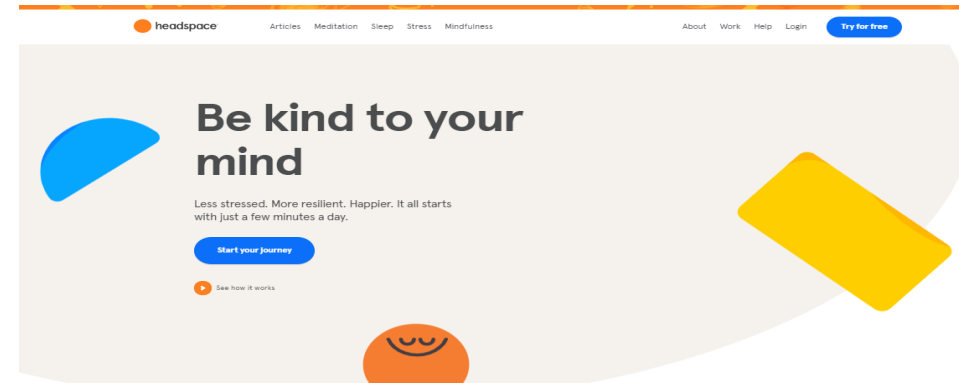
Why not try a guided meditation?

You can enjoy a free trial of guided meditations at Headspace.

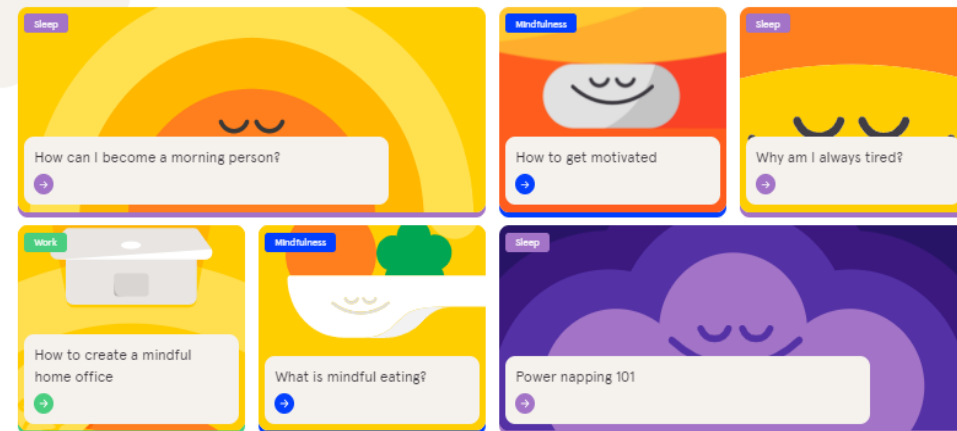
There is also a new series streaming on Netflix: Headspace- Guide to Meditation.

<https://www.headspace.com/>

Be Kind To Your Mind!



Latest articles



Recommended by: *Mr Barton*



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Cold Shower Therapy

Its so good for you,
but do you dare give it a go?!

What are the **benefits of cold shower therapy?**

- ✓ **Reduced stress levels!** Regularly taking cold showers imposes a small amount of stress on your body, which leads to a process called hardening. This means that your nervous system gradually gets used to handling moderate levels of stress. The hardening process helps you to keep a cool head, the next time you find yourself in a stressful situation.
- ✓ **Higher level of alertness!** Cold showers wake your body up, inducing a higher state of alertness. The cold also stimulates you to take deeper breaths, decreasing the level of CO2 throughout the body, helping you concentrate.
- ✓ **More robust immune response!** Scientific studies have found that taking a cold shower increases the amount of white blood cells in your body. These blood cells protect your body against diseases. Researchers believe that this process is related to an increased metabolic rate, which stimulates the immune response.
- ✓ **Increased willpower!** It takes a strong mind to endure the cold for extended periods of time. By incorporating cold showers into your daily routine, you are strengthening your willpower, which benefits many aspects of (your) daily life.

Keep these rules in mind and you'll do fine!

- 1) Turn the water temp down a little, but not so cold that it makes you shiver!
- 2) Focus on your breath!
- 3) Don't hide from the water!

Cold water therapy is the practice of using water that's around 59°F (15°C) to treat health conditions or stimulate health benefits. It's also known as cold hydrotherapy. The practice has been around for a couple of millennia!



Recommended by: Mrs Hine-Johnson



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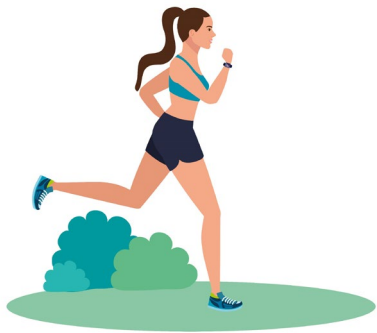


Couch To 5k!

"I followed the NHS couch to 5K app and took up running last lockdown. I went from barely being able to get down my street to running 5km in a few weeks.

The app gets you running 3 times a week and it slowly builds up!

Give it a try! It has made a huge difference to me!"



**Don't worry it starts off easy
with running for just 1
minute at a time!
Even I could do it!**



**Download the NHS 'Couch to 5k' app onto your phone.
And listen along to guided
runs/walk until you can run
5km (3.1 miles) in one go!**



Recommended by: Miss Bosson



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Farmland Bird Detective

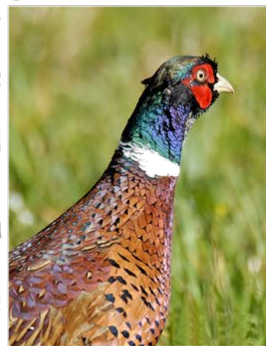
Come And Take A Walk On
The Wildside!

Farmland bird detective



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.



Pheasant



Grey partridge



Red-legged partridge



Yellowhammer



Kestrel



Corn bunting



Linnet



Rook



Meadow pipit



Skylark



Recommended by: *Mr Nayler*



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Minibeasts!



Garden minibeasts

Why not explore the wildlife in your garden or local park? Minibeasts are a little bit harder to find but always there and an invaluable part of our eco system!



Spider



Earthworm



Wasp



Ladybird



Snail



Butterfly



Earwig



Bumblebee



Shieldbug



Hoverfly



Recommended by: *Mr Nayler*



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Computing Ideas

There are so many interesting topics to learn about online. Here are some to get you started!

iDEA (idea.org.uk): earn badges by learning about a wide range of interactive topics:

Citizen: Farm Tech, Cyber Spies, Fake News, Data Play

Worker: User Interfaces, Sysadmin, Digital Careers

Maker: Vlogger, Animation, GIF Making, Colours

Entrepreneur: Growth Mindset, Problem Solving, Innovation

Google Interland (beinternetawesome.withgoogle.com): learn about being a good digital citizen through an interactive 3D world.

Hour of code (hourofcode.com/uk): develop your problem solving and coding skills with interactive game creation workshops.



Click the link below for even more...

<https://ulverstonvictoria.sharepoint.com/sites/ComputingIdeas>



Recommended by: Mr Evason



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Make An Apple Puzzle!

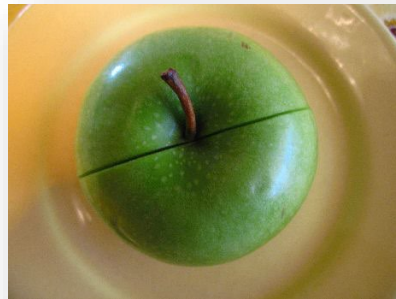
The perfect activity for when it's wet outside and you've only got 10 minutes to grab a quick snack. Why not jazz up your apple and make an apple puzzle?

Step 1

Grab yourself an apple and a kitchen knife (be careful!)

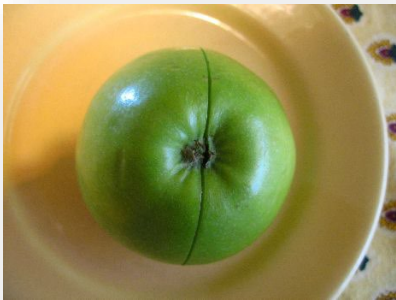
Step 2

Make a cut across the top of the apple, about half way through.



Step 3

Turn the apple over, rotate 90° and make another cut half way through (the 2 cuts should be perpendicular)



**SAFETY
FIRST**

- Always ask at home before you use kitchen equipment
- Use the bridge and claw grip

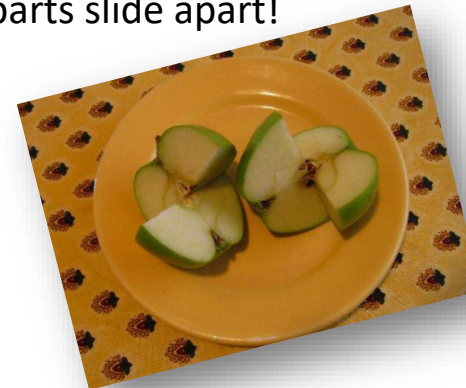


Step 4

Make a horizontal cut to join up the 2 ends of the cuts you've already made (make sure you go all the way to the core)

Step 5

Flip the apple over and do the same on the other side. You should find that the 2 parts slide apart!



Recommended by: *Mrs Twyford*



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Try Italian Cookery!

**Always ask permission before cooking
and work with an adult 😊**

Scaloppine al limone

Chicken escalopes with lemon

Ingredients:

Chicken breasts

Flour

Lemon Juice

Butter



Slice chicken then beat slices until thin. Dust in flour. Fry in butter until cooked then add lemon juice and seasoning

Patate al forno con aglio e rosmarino

Garlic and rosemary roast potatoes

Ingredients:

Potatoes

6 cloves of garlic

Finely chopped rosemary

Sunflower oil



Peel, wash and dry potatoes. Cut into small cubes. Finely chop rosemary with salt. Heat oil in oven. When hot add potatoes, whole unpeeled cloves of garlic and sprinkle with rosemary. Cook for approx. 40 mins until crisp.

Pasta con salsicce e finocchio

Sausage and fennel pasta (Serves 4)

Ingredients:

500g Lincolnshire sausages (or other herby sausages)

3 cloves garlic crushed

2 red chillies (I use birds eye)

1 tin tinned tomatoes

Dessert spoon fennel seeds ground in mortar and pestle

100g pasta per person

Splash white wine (optional)

Extra virgin olive oil

Parmesan cheese



Remove sausage from casing. Gently cook in olive oil (breaking up sausages) with fennel seed, garlic and chilli until browned. Add wine and cook for further 2 minutes. Add tomatoes and seasoning and cook for approx. 20 mins. Cook pasta and serve with sauce and lots of grated Parmesan cheese.

Pasta con zucchini

Courgette pasta (Serves 4)

Ingredients:

2 large courgettes or 3 / 4 smaller ones

3 cloves garlic crushed

Extra virgin olive oil

2 red chillies (I use birds eye)

Fresh basil (optional)

100g pasta per person

Parmesan cheese



Chop courgettes into small cubes. Cook in lots of olive oil with garlic and chillies until soft. Season to taste, add chopped basil and a tablespoon of pasta cooking water then serve with pasta and lots of grated parmesan cheese

**As many of you know
my heritage is Italian
and, like all Italian
families, we love to
sit around a table, eat
lots of delicious food
and chat! My passion
is cooking so here are
some recipes to try. I
find it very relaxing
and creative.**



Recommended by: *Mrs Desbottes*



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Try A New Craft!

Do You Remember?

In September all of KS3 refreshed their hand embroidery skills!

Why not
make
someone
smile with a
surprise
lockdown
creation?



Are you a fan of sewing and have a hoop, thread and needles at home already? Why not look for some pattern inspiration here!



Apart from having an amazing masterpiece at the end of it, sewing has lots of other benefits such as: increased hand eye co-ordination, helping calm the mind, reduce stress and stimulate creativity.

Want to have a go at embroidery but haven't got any equipment but do have some pocket money? Try a quick kit like the llama with everything you need!



Recommended by: Mrs Ford



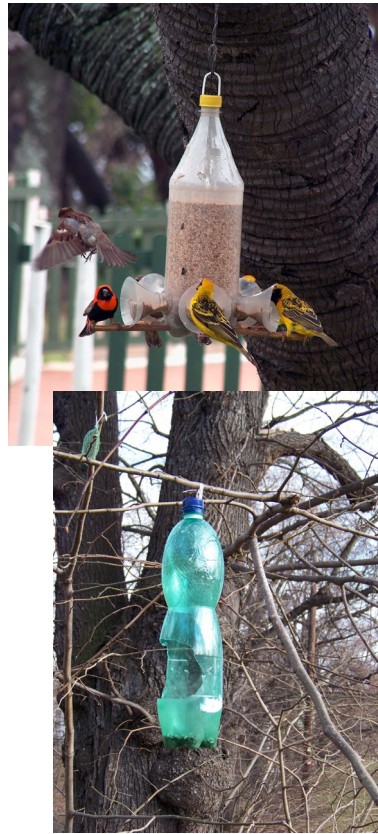
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Recycled Bird Feeders

Top Tip! Different foods attract different birds!



Have you got anything at home you could recycle into a new bird feeder?



Recommended by: *Mrs Ford*



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