

UVHS Learning Through Enrichment

Week One
18th April to 24th April



UVHS Learning Through Enrichment



Creature Creation

Step 1: Draw a random selection of geometric shapes

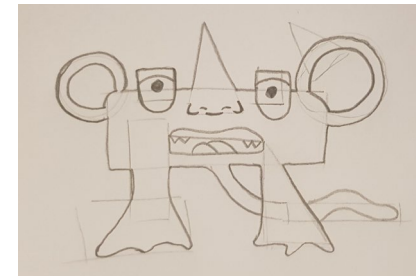
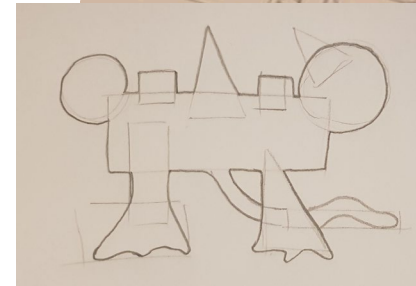
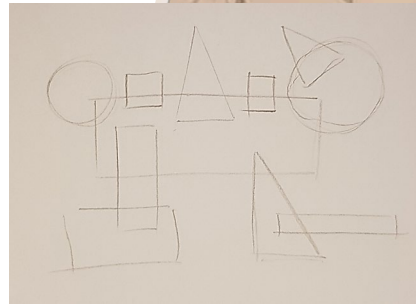
Step 2: Pick out a group of shapes that remind you of an animal or just a selection that you like.

Step 3: Neaten the shapes to create your cartoon style creature/animal

Step 4: Add some colour and an outline to make your new creature/ animal stand out

Step 5: Give your creation a name! It could be the name of a new breed of animal or you might just want to call them Kevin. Its up to you 😊

Top Tip: Swap pages with some one after Step 1, this way you have to create a creature from someone else's shape selection .



Recommended by: *Miss Dixon*



Don't forget to share your progress on Teams 😊

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Make A Face Mask



For Tired Skin: Lemon

Ingredients:

Juice of 1 lemon
2 table spoons sugar
1 table spoon olive oil

Dewy, refreshed, and calm! That's what we're going for here. The sugar and lemon work together to exfoliate dead skin cells, while the olive oil hydrates and restores your skin to a healthy, fresher, happier place!



For Sensitive Skin: Yogurt

Ingredients:

1 tablespoon yogurt
1 teaspoon honey
1 teaspoon cocoa powder

For sensitive skin types who experience redness, yogurt is the optimal base for face mask: it's rich in probiotics and soothing skin proteins. Flavanols (like the ones your adding in the form of cocoa powder) calm irritation, while honey tightens the skin!



For Acne- Prone Skin: Banana

Ingredients:

1 mashed banana
½ teaspoon baking soda
½ teaspoon turmeric powder

Bananas are packed with vitamins, which promotes skin cell turnover and helps pores stay clean. And while the turmeric powder wards off acne-causing bacteria, the baking soda absorbs the excess oil in your skin.

For more food based face masks follow this link : <https://www.allure.com/gallery/homemade-face-mask-recipes?fbclid=IwAR3W9vtKiA56VmHRyO-SEhOHmUnAjTck2wbG1FAfIEwuxt6v2AvTkoHtTB8>



Recommended by: *Miss Dixon*



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Nature in the Bay

Come And Take A Walk
On The Wildside!

Coastal Wildlife Spotter

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.



Barnacle



Thrift



Seaweed



Black-headed gull



Mussel shell



Limpets



Crab



Marram grass



Oystercatcher



Sea holly



Recommended by: *Mr Nayler*



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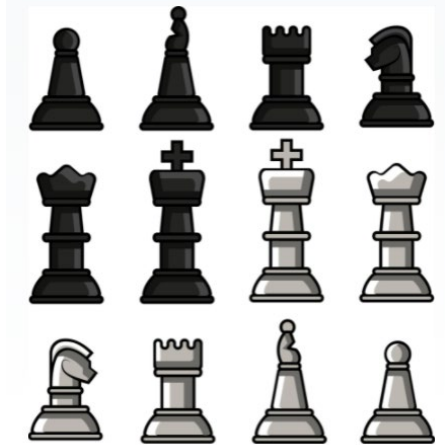


Chess Champions!

Have A Go At Challenging Someone To Chess!

Mr Mach Says: “I would suggest buying a cheap chess set and play with family members. You can often pick them up in Poundland or Home Bargains if you already visit those as part of your essential shopping. Alternatively would recommend you look on Amazon or another home delivery site but they will be slightly more expensive there.

If you can't pick up a physical game board to play on and haven't been on the computer for too long <https://www.chess.com/> does allow you to play virtually against other people.”



Keen to play but need a hand with the rules?



https://en.wikipedia.org/wiki/Rules_of_chess



Recommended by: *Mr Mach*



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Birds Of Prey Detective

Bird of prey detective



All of these birds of prey are present in Cumbria but I have never seen them all in one year.

See if you can see all of the birds before the end of **2022**



www.wildlifewatch.org.uk

Pictures: Red kite and Sparrowhawk (c) Amy Lewis / Peregrine falcon (c) Steve Waterhouse / Buzzard, Kestrel and Hobby (c) Jon Hawkins / Osprey (c) Emrys Evans / Marsh harrier (c) Damian Waters (drumimages.co.uk) / Hen harrier (c) Mark Hamblin/2020VISION



Recommended by: *Mr Nayler*



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15 Minute Fitness

- ✓ Put your favourite song on and warm up to the length of the song! Make sure it lasts longer than 2 minutes!
- ✓ Look at the list below. Spell your name out and for each letter, complete the exercise (MRS = M (10 Leg Raises) R (10 kicks) S (10 punches) etc). REST for 1 minute, then do it again. REST and then again.
- ✓ If your name is short – choose a family member and complete the exercise for their name or you can use mine.... HAYTON!
- ✓ **CHALLENGE** - write the name of the song that you warmed up too and complete the exercises for each letter.

A – 15 ab crunches

B – 15 star jumps

C – 5 press ups

D – plank for 10 seconds

E – 10 high knees

F – 10 full sit ups

G – 10 squats

H – 15 lunges

I – 10 mountain climbers



J – 10 hip raises

K - 10 crunches

L – 15 bicycle crunches

M – 10 leg raises

N – 20 star jumps

O – 5 burpees

P – 20 second wall sit

Q – 10 ski jumps

R – 10 kicks



S – 10 punches

T – 10 squats

U – 15 press ups

V – 10 full sits

W – 10 mountain climbers

X – 5 tuck jumps

Y – 10 lunges

Z – 10 press ups



Recommended by: Mrs Hayton



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Read Something New

Why Not Try Reading Something New?

Why Read?

There are so many benefits to reading from increasing your vocabulary, sparking your imagination, reducing anxiety and helping sleep. Be prepared to turn the pages and be transported to another world with a new book.

Where Can I Get Books From?

- ✓ Even though the library is now back open with hand sanitising stations, why not look ahead at new and exciting book releases from Mrs Downing using this QR code here!
- ✓ Why not see if your daily walk takes you past an old phone box? They normally have lots of books shared by your local community for you to borrow and swap.

What Should I Read?

Whether you love the fantasy of fiction or factual non fiction, why not look at the 20 top books to read before you turn 18?



Recommended by: *Mrs Ford*



Don't forget to share your progress on Teams 😊

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Audio Books/ Pod Casts

If you/ your family have Amazon prime you can use the Audible app or website.

There are also a range of free sites and apps that let you listen to different audio books or pod casts.

Sit back, relax and enjoy!

Why not swap and share audio books you have enjoyed on your Enrichment Team with your friends and teachers? They may have some suggestions for you too!



If you have Amazon Prime:

<https://stories.audible.com/discovery>

Free Audio Books:

<https://www.openculture.com/freeaudiobooks>

**Spend some time
relaxing listening to an
audio book!**



Recommended by: *Miss Dixon*




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GSK Experiments

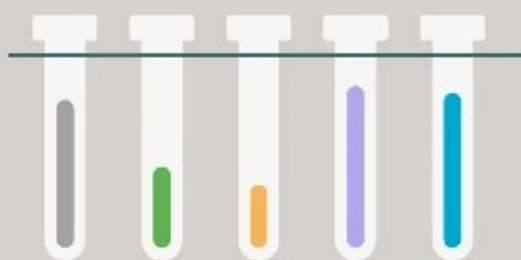



Exploring electrolysis

Chemistry ⌚ 25 minutes

Download resource ↓

Get started >




Discovering chromatography

Chemistry ⌚ 30 minutes

Download resource ↓

Get started >



Use the link below to find the instructions to have a go at the experiments shown above:

https://www.gskstemeducation.com/student-zone?utm_source=newsletter&utm_medium=email&utm_campaign=Feb_Subject_StudentZone



Recommended by: *Miss Dixon*



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Easter Baking



Easter Biscuits

<https://www.bbcgoodfood.com/recipes/iced-easter-biscuits>



Easter Rocky Road

<https://www.olivemagazine.com/recipes/baking-and-desserts/easter-rocky-road/>



Crème Egg Brownie

<https://www.olivemagazine.com/recipes/baking-and-desserts/creme-egg-brownie-cake/>



Easter Cupcakes

<https://www.olivemagazine.com/recipes/family/easter-cupcakes/>



Carrot Patch Cake

<https://www.bbcgoodfood.com/recipes/carrot-patch-cake>



Easter Simnel Cake

<https://www.bbcgoodfood.com/recipes/easter-simnel-cake>



Easter Cookies

<https://www.olivemagazine.com/recipes/baking-and-desserts/easter-biscuits/>



Bunny Pancakes

<https://www.bbcgoodfood.com/recipes/healthy-easter-bunny-pancakes>



Meringue Chicks

<https://www.bbcgoodfood.com/recipes/lemony-easter-chicks>



Hot Cross Buns

<https://www.bbcgoodfood.com/recipes/hot-cross-buns>



Recommended by: *Mrs Ford*



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Warhammer!

Mr Hardwick's Painting Competition:

- ✓ Calling all Warhammer, wargame enthusiasts and modellers!
- ✓ This is an opportunity to show off your skills
- ✓ Paint a single model or a unit and photograph the finished article



Recommended by: *Mr Hardwick*



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Easter Activities



No Sew Sock Bunny

<https://www.youtube.com/watch?v=2SaN3IHUbQA>

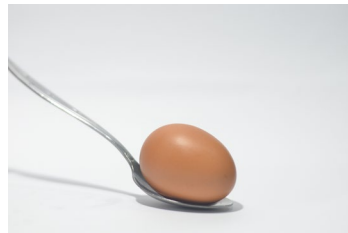


Organise An Egg Hunt (With Or Without Clues!)



Pom Pom Garland

<https://diycandy.com/easter-bunny-garland/>



Host An Easter Egg & Spoon Race



Easter Bowling



Recommended by: *Mrs Ford*



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