

**Year 8
Enrichment
Week 3**



What enrichment activities have Y8 been up to this week?



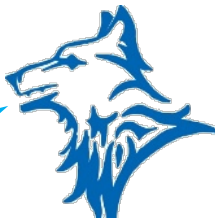
What enrichment activities have Y8 been up to this week?



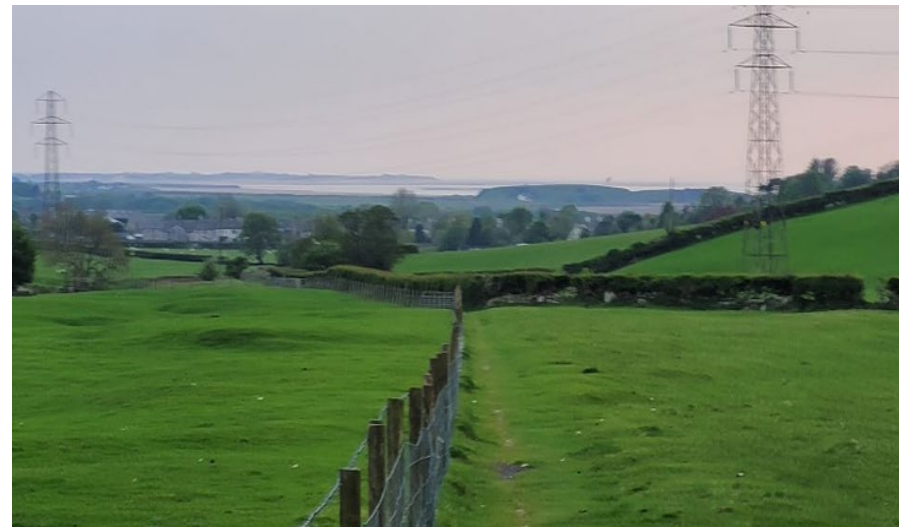
**It looks like
these Y8's
had a
brilliant night
camping out!**



What enrichment activities have Y8 been up to this week?



What did you have to do for this activity?
I went on a walk around the village I live in it was a SK.
Would you recommend this activity to anyone? Why?
I would recommend because theres amazing Scenery and lovely sun sets



What enrichment activities have Y8 been up to this week?



I went up Gummers How at the right time for a beautiful sunset! And a perfect time to try out my new camera! It took us a few hours but I'm amazed with the outcome.



What enrichment activities have Y8 been up to this week?



**Pasta con
salsicce e
finocchio**



What did you have to do for this activity?

I have made Pasta con salsicce e finocchio

Was this a family task? Did anyone help you or take part?

No I made it myself and we all ate it for tea

Would you recommend this activity to anyone? Why?

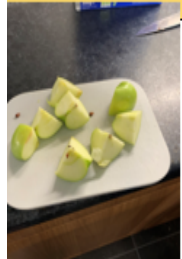

Yes, cooking is a great way to relax and also makes lovely food for you and your family

Has this activity inspired you to try something else relating to it?

I love the cooking tasks on enrichment so will look for more recipes to try in the next few weeks

What enrichment activities have Y8 been up to this week?



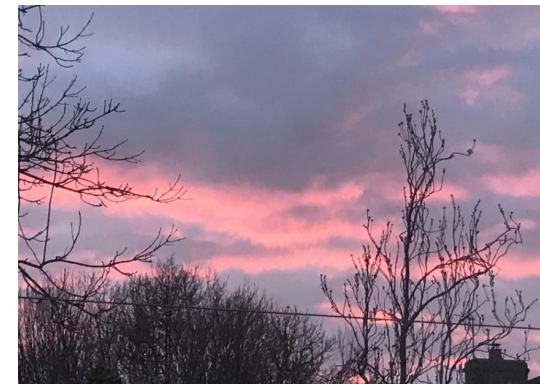
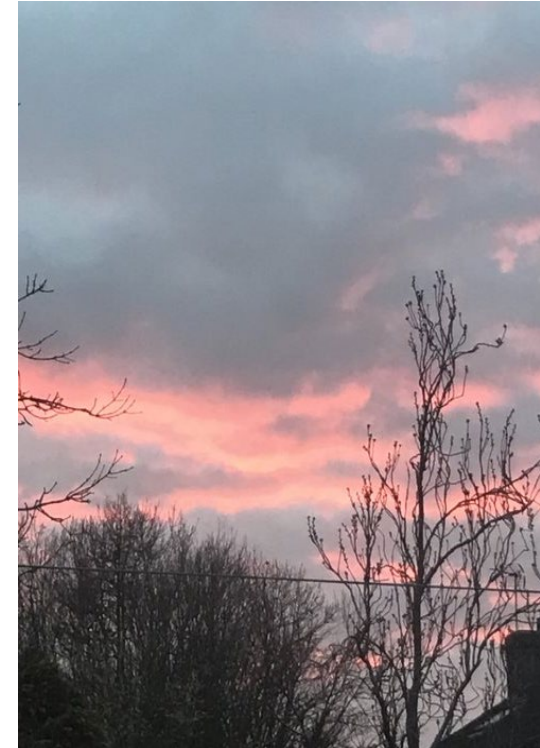
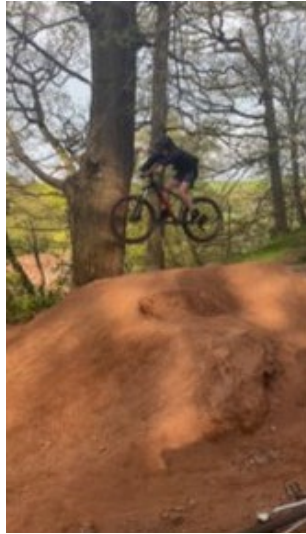
Photo		What did you have to do for this activity?
		I had to cut an apple and try and put it back together

What enrichment activities have Y8 been up to this week?

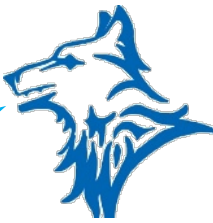


CONGRATULATIONS!

You have completed the Brain Hack badge.



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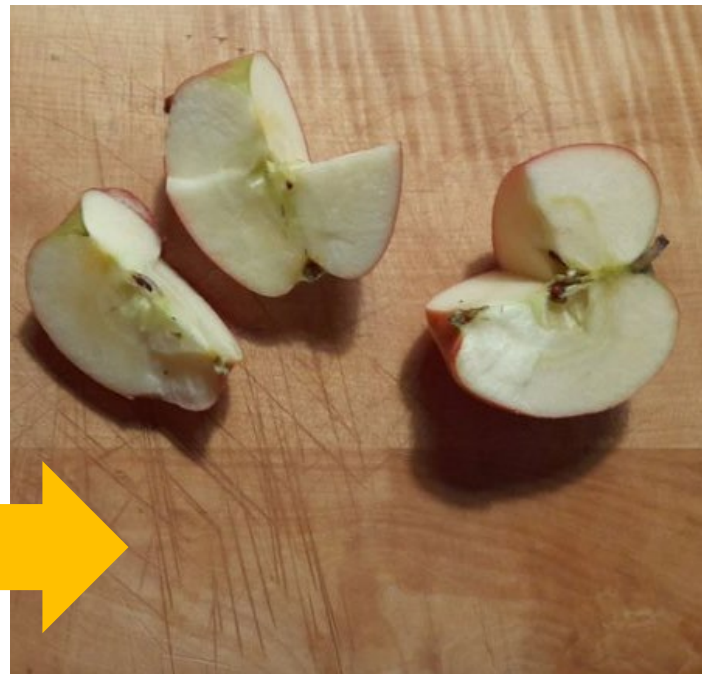
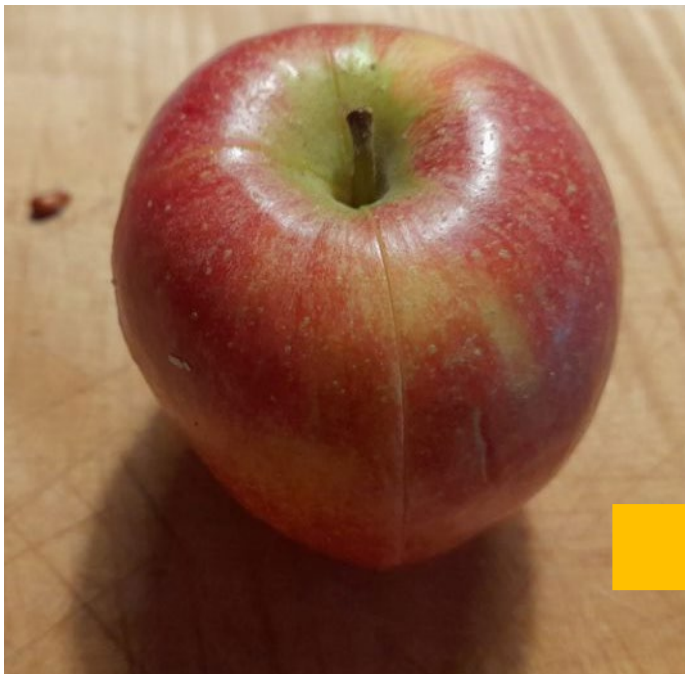
What enrichment activities have Y8 been up to this week?



Hatching
chicks &
ducks
having
their first
swim!



What enrichment activities have Y8 been up to this week?

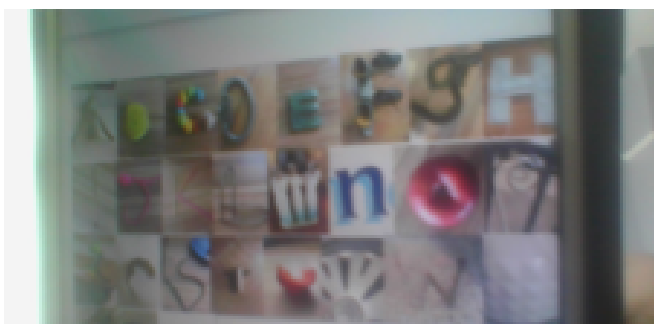


"I meditated for 20 minutes this week!"

Photo

What did you have to do for this activity?

Did anyone help you or take part?

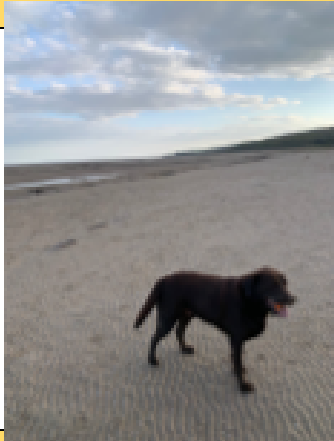


Take photos of objects that looked like the letters of the alphabet

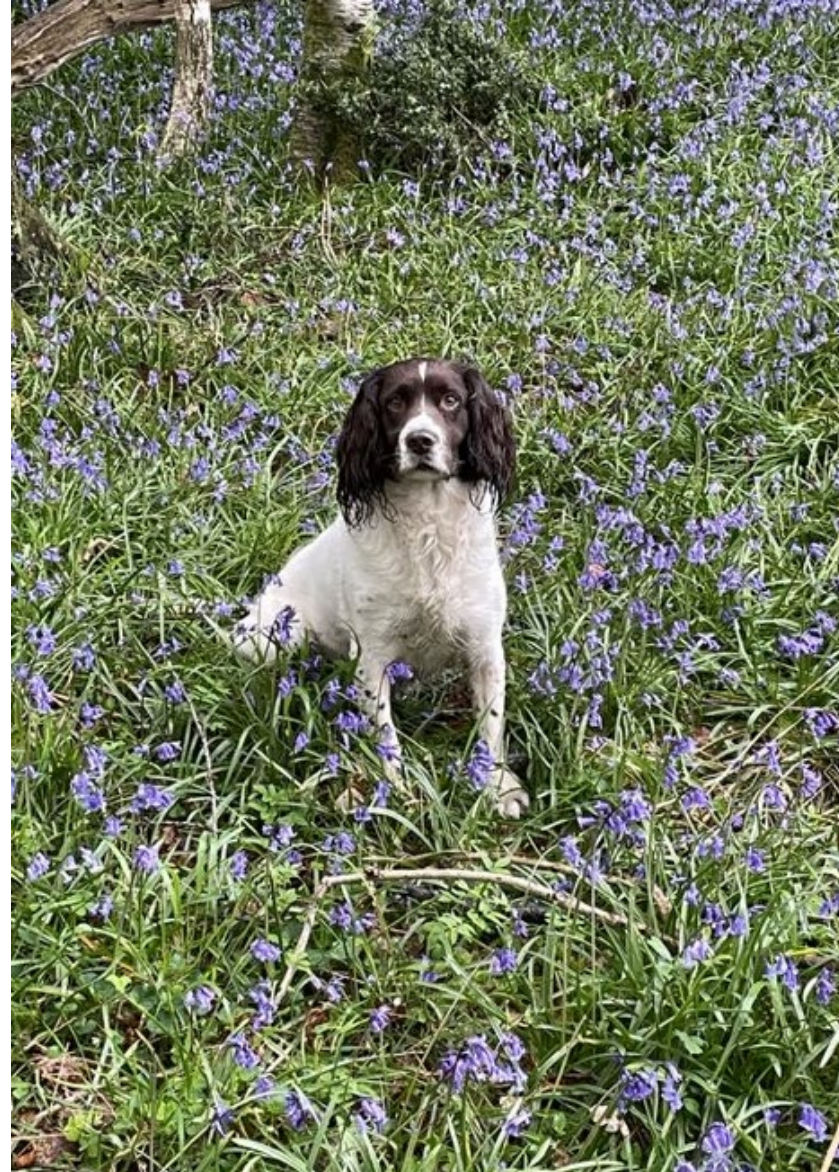
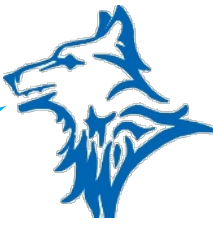
Yes my mum it was trickier than I thought!

What enrichment activities have Y8 been up to this week?

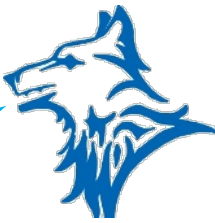


Photo	What did you have to do for this activity?	Did anyone help you or take part?
	For this weeks enrichment, I went on a walk down the beach with my mum and dog; Marty.	Obviously I was with my mum and we had a nice chat about what has been happening recently, so it was nice.
How did this activity make you feel?	Would you recommend this activity to anyone? Why?	Has this activity inspired you to try something else relating to it?
It was nice and refreshing being in the fresh air, with the wind from the sea making it a bit cold but it was still enjoyable.	I would recommend going on a walk as a way the clear your mind and as I'm sure most have already been told it is good for your physical and mental health.	I think this activity taught me to be more open minded about things like this because exercise isn't a thing a I really enjoy but it was still a nice activity to do after school.

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Photo

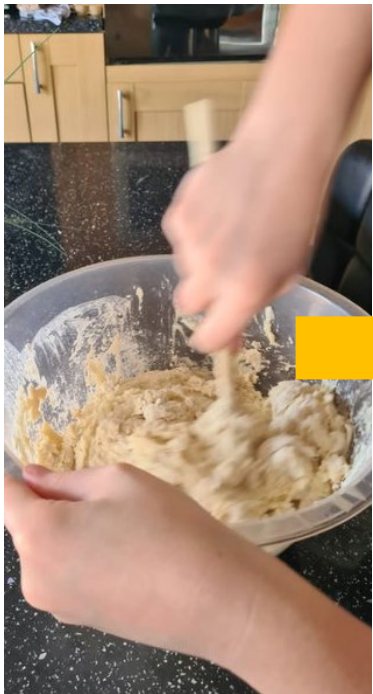


How did this activity make you feel?

Interested to know what species I could find within my garden.



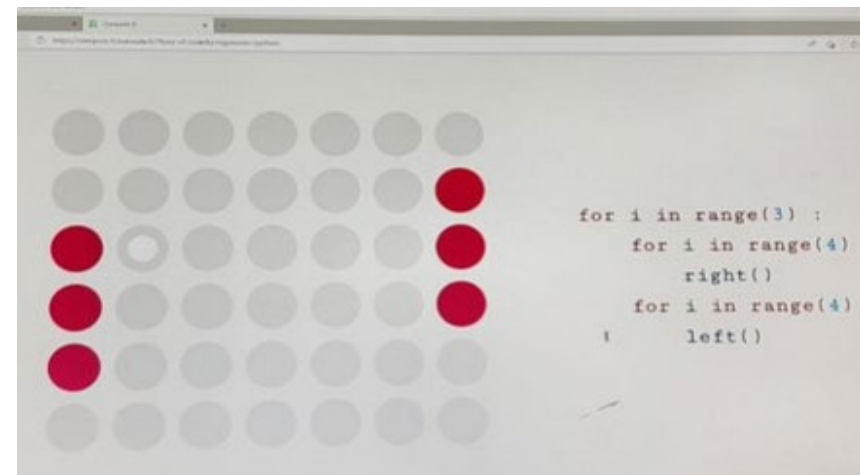
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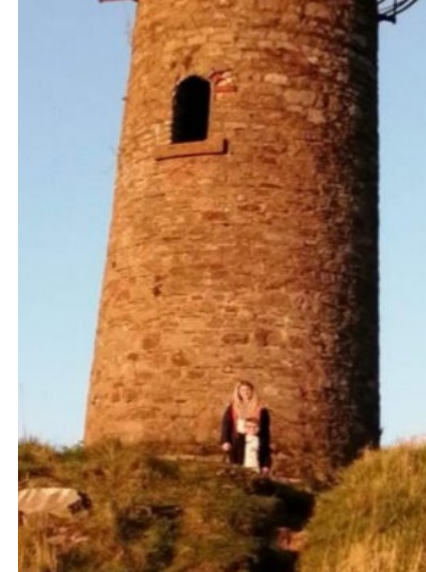
Breathe

by meditation 10 10 min

Bring a sense of quietness into your day with a quick breathing exercise.



What enrichment activities have Y8 been up to this week?



Photo



What did you have to do for this activity?

- I created a small 'stall' on the wall of our garden for the Keswick/Coniston to Barrow
- It was all free but we had a small bucket which people could put money in if they wanted to, we ended up with £23.20 which will go to a charity (we haven't chosen what charity yet though)
- We also had one of our pet lambs, Oonagh (Keltic for Lamb), in the garden – many of the walkers took photos of her and while holding her

Was this a family task? Did anyone help you or take part?

My mum baked Brownie, Tea Loaf, Shortbread Smiley-Face Biscuits and Tiny cupcakes and sliced up bought oranges, melon and pineapple.

What enrichment activities have Y8 been up to this week?



Well done to everyone at UVHS who took part in the Coniston to Barrow or Keswick to Barrow! What an amazing achievement!

Start - Coniston (0.0m)	09:00
CP4 - Water Park, Coniston Lake (6.2m)	10:00
CP5 - Lowick Church (9.1m)	11:00
CP6 - Rake Cross, Kirkby Moor (12.2m)	12:00
CP7 - Marton Village (15.8m)	12:45
CP8 - Dalton Fire Station (18.1m)	13:30
Finish - Barrow (21.1m)	14:00

Total Elapsed Time: 04:39:47



WELL DONE!
SEE YOU NEXT YEAR!

What enrichment activities have Y8 been up to this week?



Start - Coniston (0.0m)	08:49:23
CP4 - Water Park, Coniston Lake (5.2m)	10:19:43
CP5 - Lowick Church (9.1m)	11:02:09
CP6 - Rake Cross, Kirkby Moor (12.2m)	12:02:19
CP7 - Marton Village (15.8m)	13:09:03
CP8 - Dalton Fire Station (18.1m)	13:45:41
Finish - Barrow (21.1m)	14:31:20
Total Elapsed Time: 05:41:57	
 WELL DONE! SEE YOU NEXT YEAR!	

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Interland – *be internet awesome!*

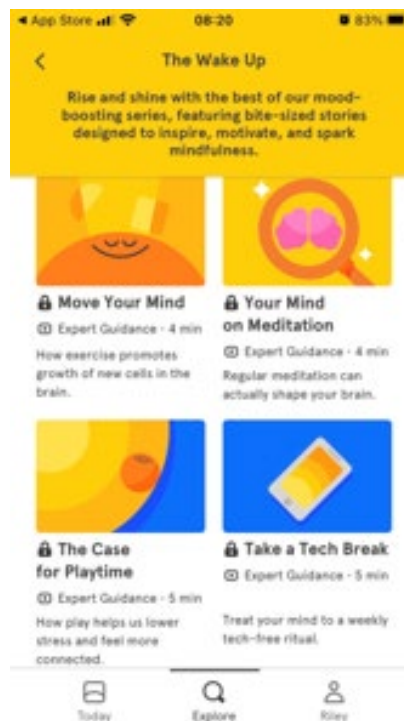
Interland is a fun way to learn about how to use the internet properly and safely. There are videos for families (or classes) to watch- but get straight to the games for fun and interactive learning!

There are four different lands of the game:

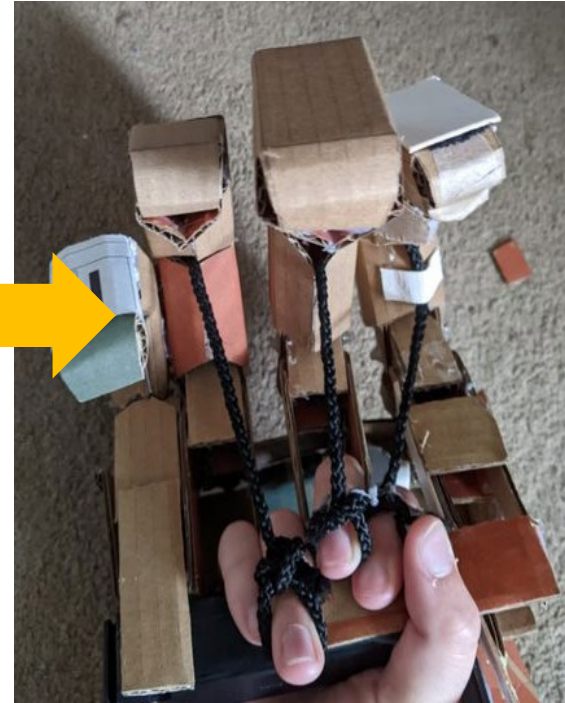
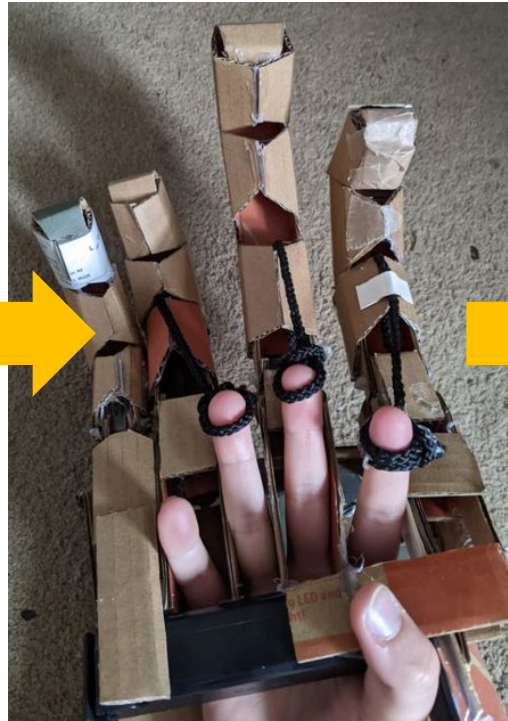
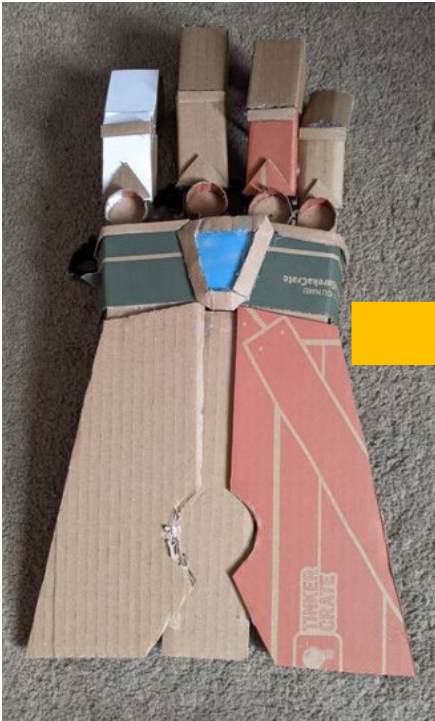
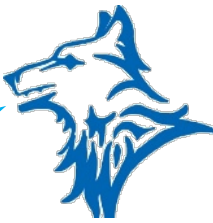
- Reality River – Check its real
- Mindful Mountain – Think before you share
- Kind Kingdom – Respect each other
- Tower of Treasure – Secure your secrets

They are all equally enjoyable with nice messages and important facts to learn to stay safe online.

At UVHS, Interland is very popular! It is our extension activity that keeps us busy. As a year8 student, I can promise you that it is the best way to learn about internet safety while having a good time independently or with your friends!



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Year 8 have been busy in the kitchen cooking lots of delicious Italian meals this week thanks to Mrs Desbottes recipe ideas!

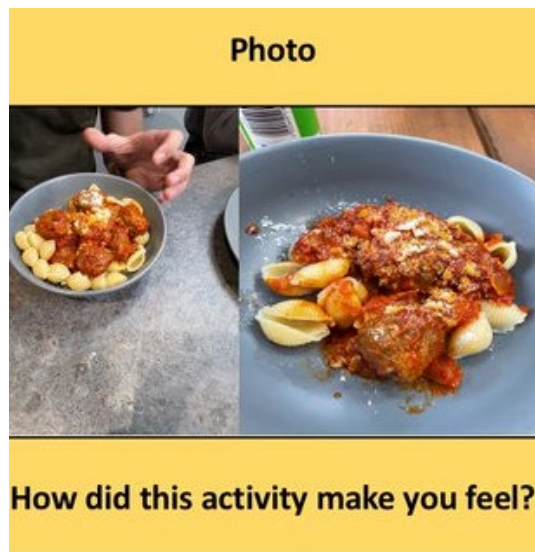
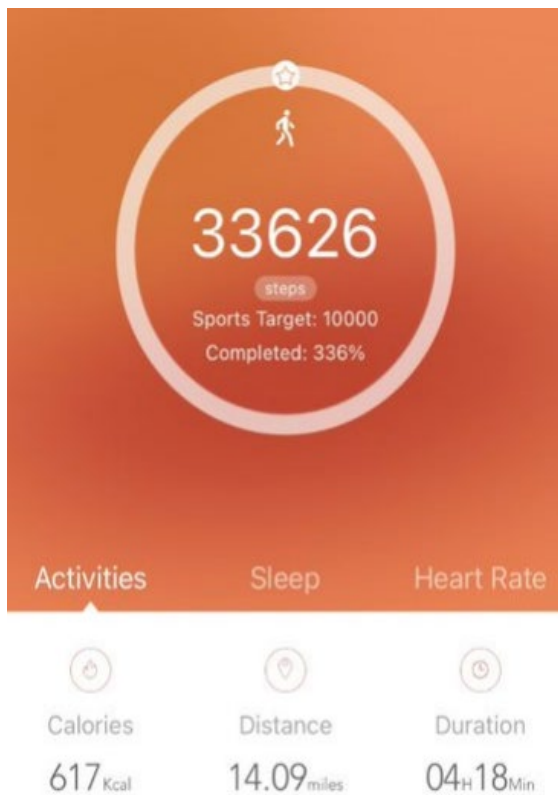


What enrichment activities have Y8 been up to this week?



Photo	What did you have to do for this activity?
	I made <u>Patate al forno con aglio e rosmarino</u> which is Rosemary and garlic roast potatoes. They are Italian.
How did this activity make you feel?	Would you recommend this activity to anyone? Why?
I enjoyed this activity because I like cooking.	I would recommend this activity if they enjoying cooking they would like it. They were also really nice.

What enrichment activities have Y8 been up to this week?



Happy because I was proud of what I made



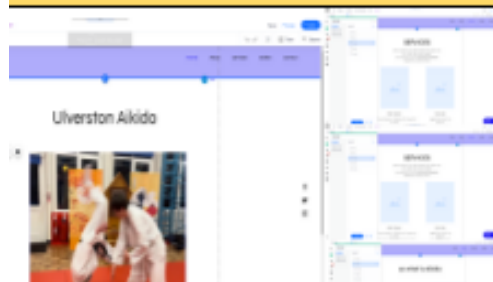
Photo



What did you have to do for this activity?

I baked a Italian recipe for the enrichment activitie on the Italian cooking area

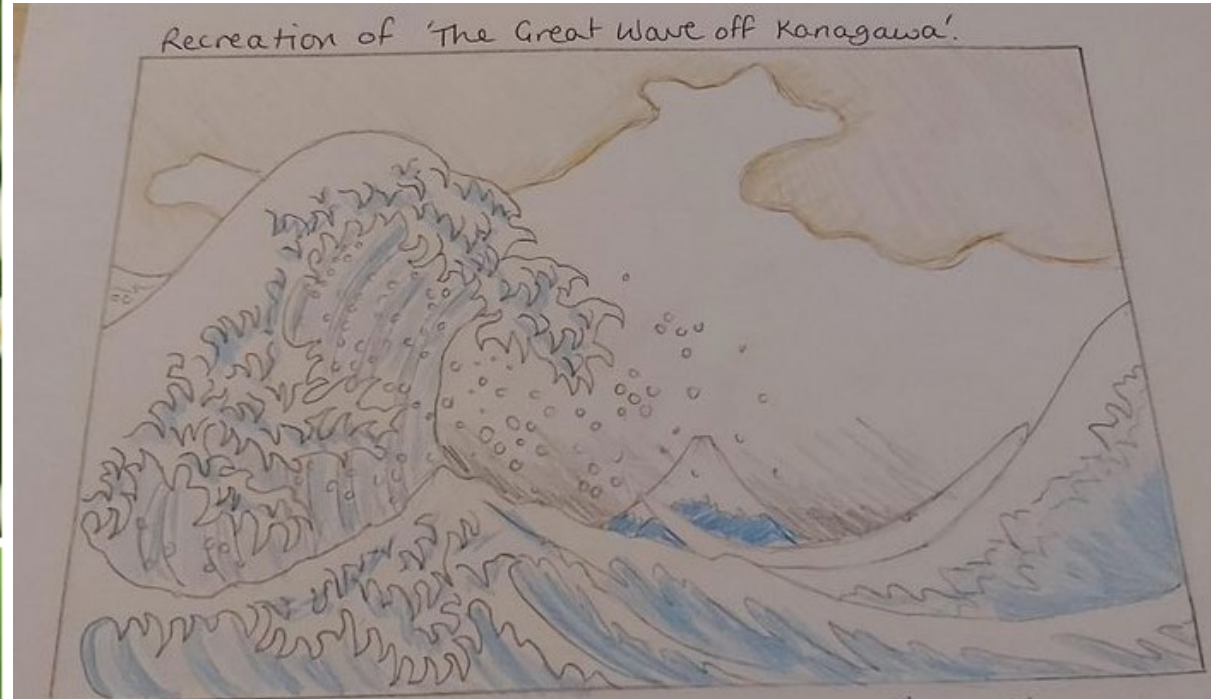
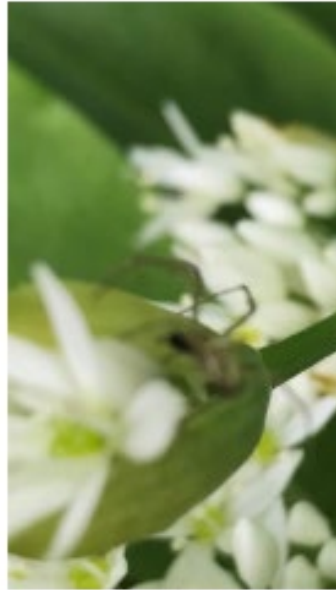
Photo



What did you have to do for this activity?

I designed a draft website for Ulverston Aikido

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"I searched for minibeasts at the Temple"

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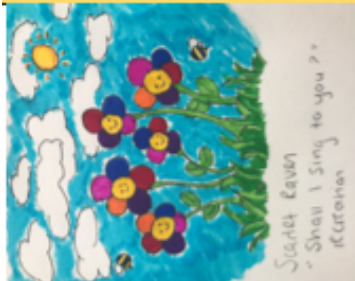

Photo	What did you have to do for this activity?
	 I recreated this painting but in my own interpretation

Photo	What did you have to do for this activity?
 	I had to peel and chop potatoes. Then chop the rosemary finely and add salt to it. Put oil in the dish then I had to put it in the oven to heat up. After the oil had heated add the potatoes and rosemary and mix it in.
How did this activity make you feel?	Would you recommend this activity to anyone? Why?
It made me feel proud that I cooked something for my family and they enjoyed it.	Yes because it tasted delicious.



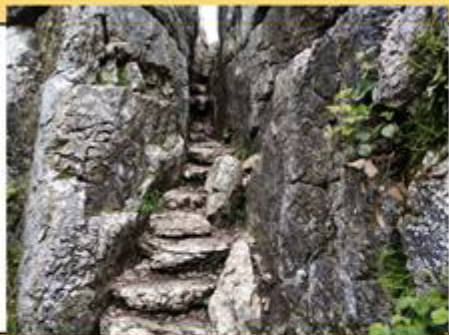
What enrichment activities have Y8 been up to this week?



Photo

What did you have to do for this activity?

Was this a family task? Did anyone help you or take part?



Go for a walk to some fairy steps and took some pictures

I did it with my Dad and siblings and some family friends

How did this activity make you feel?

Would you recommend this activity to anyone? Why?

Has this activity inspired you to try something else relating to it?

Tired because we walked 10km

Yes, because it is fun if it's a nice day

It inspired me to take more pictures of places

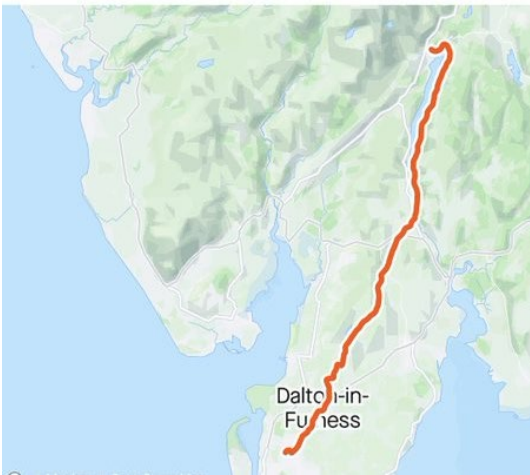


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C2B

Distance	Elev Gain	Time
21.38 mi	1,657 ft	7h 2m



MY DONATIONS

So far I have raised £ 165.00



What enrichment activities have Y8 been up to this week?



“Yes, I recommend it because it is healthier and can help the environment it also makes you feel good!”

“It made me feel refreshed it was better than a hot shower”

“I was freezing at first but soon after I realised it wasn’t as bad because my body had gotten used to the temperature, It definitely woke me up a bit too after a long day.”

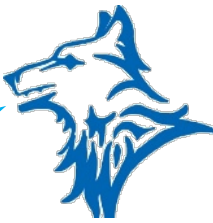
“It definitely made me feel a lot better after a long day outside. I’m probably going to start having more.”

“I don’t know if I would do it again, however it did remind me of paddle boarding and falling into the water.”

How did this activity make you feel?	Would you recommend this activity to anyone? Why?	Has this activity inspired you to try something else relating to it?
Freezing! I did not read the rules properly and instead turned the temperature into 10-5 degrees making it almost unbearable.	I would although very cold afterwards I felt more awake and better than after taking a normal hotter shower.	I may start decreasing the temperature of the water as it has many health benefits to warmer showers

Lots of Year 8's have taken part in cold shower therapy this week!

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Week 3 Year 8 enrichments:

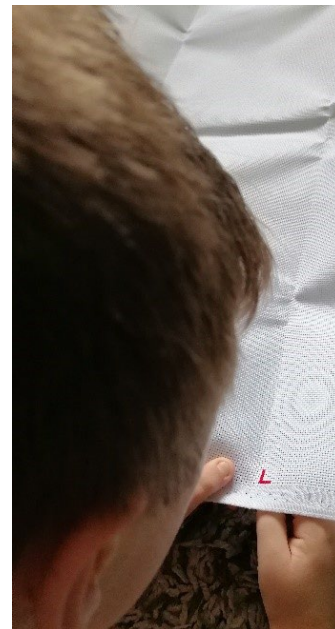
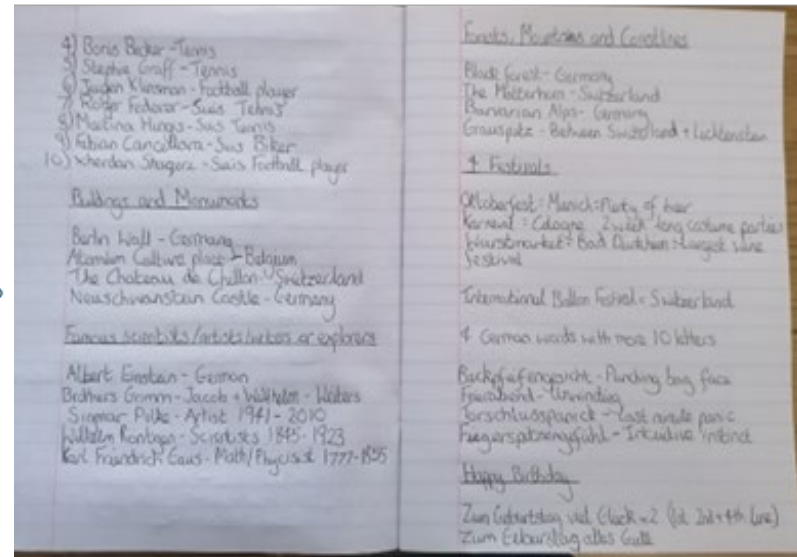
Monday – Made Pasta con salsicce e finocchio

Tuesday- German academic (sent to teacher) and started the cold shower therapy (15 seconds).

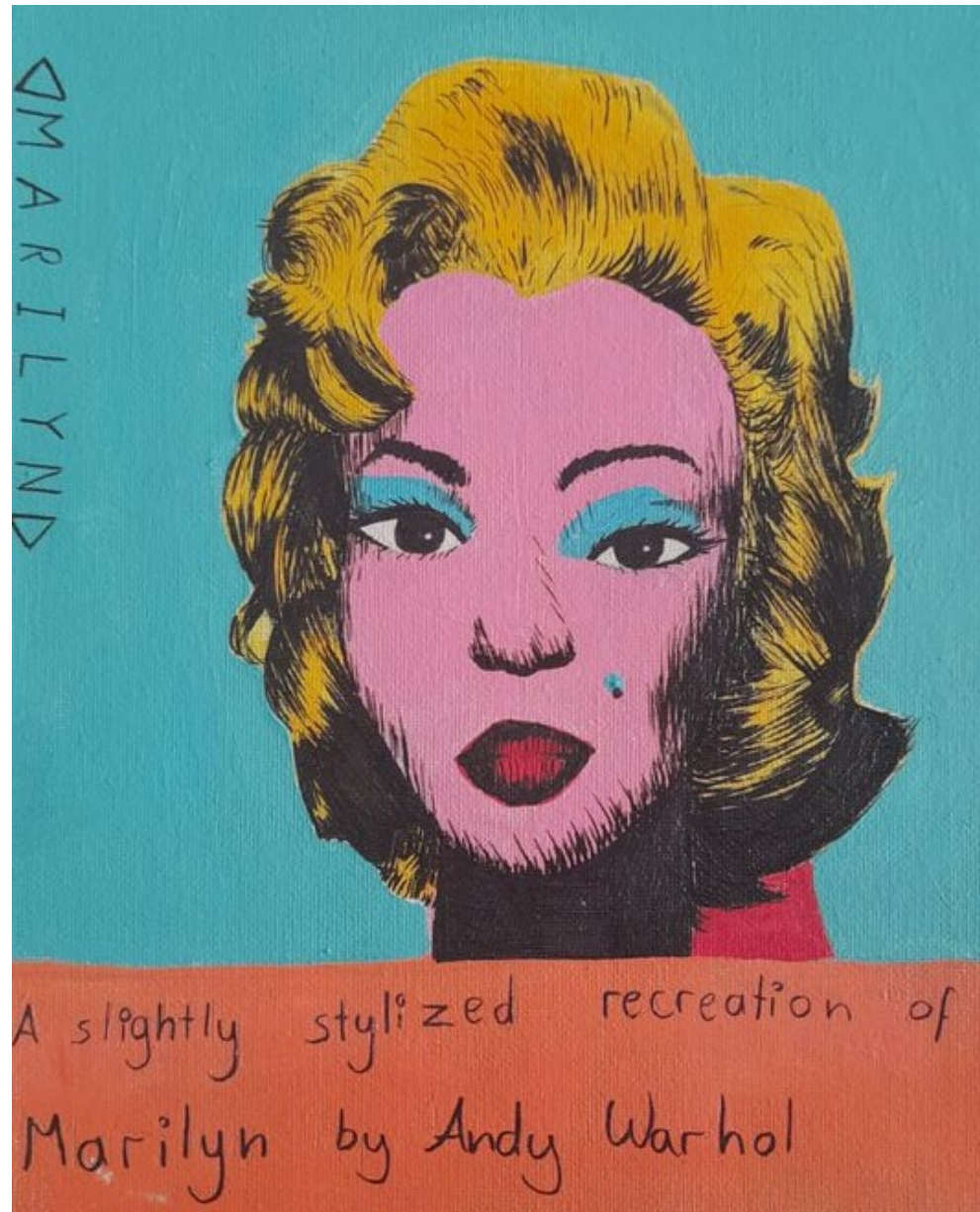
Wednesday –German academic (cold shower 30 seconds)

Thursday- Computing ideas (cold shower 45 seconds).

Sunday- mum showed me how to cross stitch – making a book mark – can you guess what it will say? (cold shower 1minute)



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A slightly stylized recreation of Marilyn by Andy Warhol


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Enrichment Homepage:

<https://www.uvhs.uk/ks3-learning-through-enrichment>



Photo	What did you have to do for this activity?
	I was in a play named The Wolves of Willoughby Chase. I played one of the main characters, James the servant.
How did this activity make you feel?	Would you recommend this activity to anyone? Why?
Very good, I guess. It was fun. Got a five star review:	Yeah, join a drama group.