

A word cloud centered around the word "Wellness". The word "Wellness" is the largest and most prominent, written in a bold, dark red font. Surrounding it are various other words in different colors and sizes, including "Fitness" (green, vertical), "Positivity" (blue), "You" (grey), "Mind" (red), "Balance" (blue, italicized), "Focus" (grey, outline), "Health" (blue, vertical), "Body" (yellow, italicized), "Stay Safe" (black), "Nutrition" (black), "Virtual" (grey), "Stay Connected" (black), and "Prioritize" (blue). The words are arranged in a somewhat circular pattern around the central "Wellness" word.

Stay Safe Nutrition Positivity
Mind You Fitness
Balance Wellness Virtual
Focus Health Stay Connected
Body Prioritize



Planning for Half Term

What can we do during the week off?

Staying safe and having some fun.

Ideas for things to do.



Half Term

- Obviously we can't do the things we usually would at half term in February
- What would you normally be doing?
- What can we do instead?
- We have lots of ideas for you



Stay safe, stay positive.

- The first thing is to keep following the rules.
- This is tough on all of us but it will get better.
- Staying home doesn't mean not seeing anyone or doing anything – and it doesn't mean spending all your time gaming or lots of screen time either!!!

Hands, Face, Space



New lockdown rules for England



Stay home - only leave for work, essential shopping, exercise or medical appointments



Exercise allowed outdoors once a day, in your local area. You can exercise with your household, support bubble, or one other person



Schools closed except for vulnerable pupils and children of critical workers. Universities teaching online, with some course exceptions



No household mixing indoors or outdoors unless in your support or childcare bubble



Non-essential shops, leisure and entertainment venues closed



Pubs and restaurants closed, but takeaway food permitted

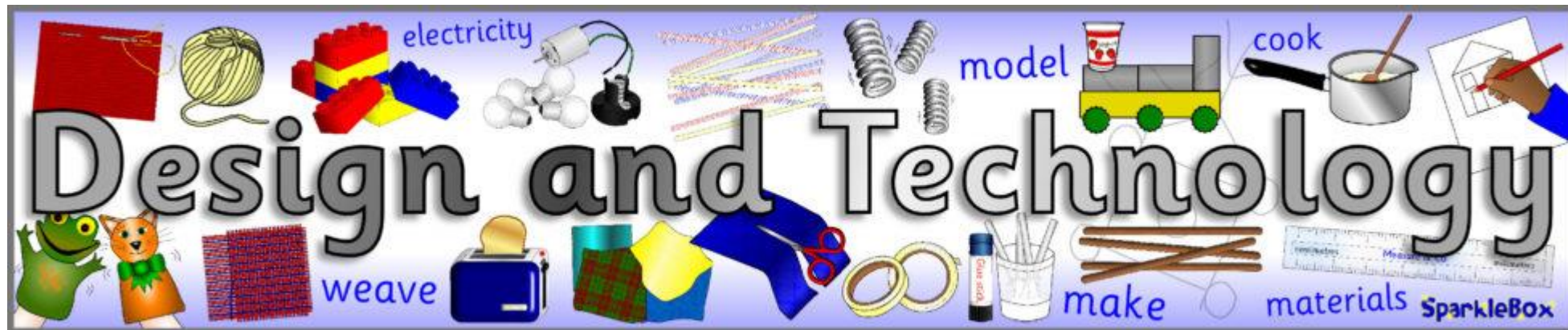


Social distancing – essential to keep us all safe, no matter your age.....



Some Ideas for you

- DT Based
- <https://designmuseum.org/whats-on/families/create-and-make/create-and-make-at-home>
- <https://www.dyson.co.uk/newsroom/overview/update/top-five-engineering-challenges-to-do-at-home>



Something to Make

- Make a world map in the most creative way possible, e.g. coins, Lego. See photo for ideas. Send in a photo to Miss Hunt at school to win a prize (lisa.hunt@uah.org.uk)



Outside Fun

These are always really nice to find out on a walk

- https://en.wikipedia.org/wiki/The_Kindness_Rock_Project

Plant some herbs in some old cups / teapots. This decorates the garden nicely

- <http://kidsinthegarden.co.uk/plants-for-kids/growing-herbs-with-children/>
- <https://pagingfunmums.com/2013/01/24/how-to-plant-a-herb-garden-with-kids/>

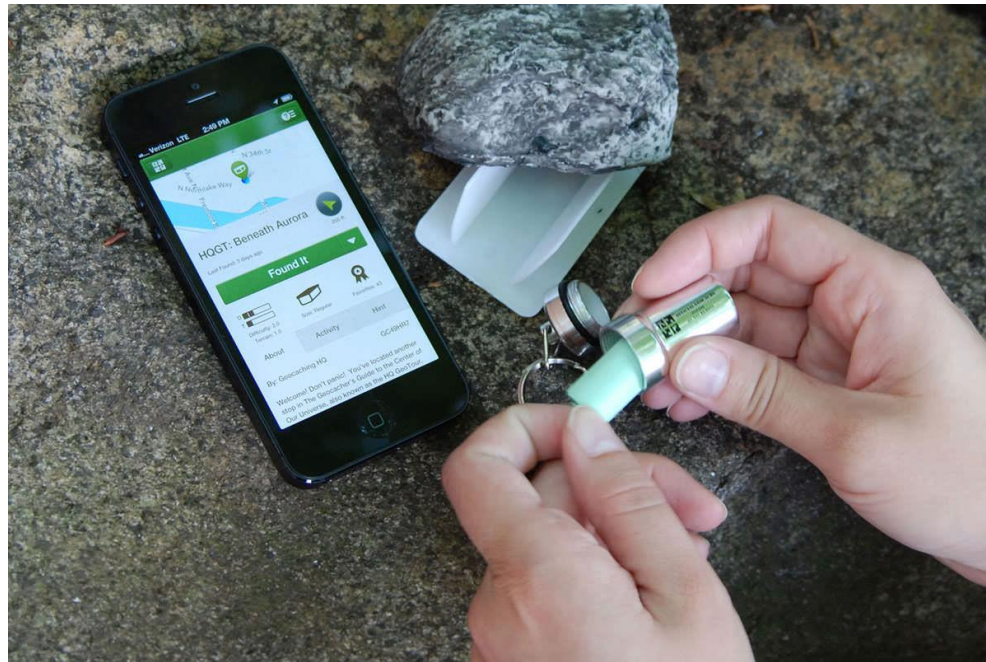
Take photos of outdoors and then make a collage. Buy a cheap photo frame and create a collage of nature photos.

- <https://clickitupanotch.com/photography-for-kids/>

Geocaching

Geocaching is like a huge treasure hunt which students and families can do. You download an app to your phone and it tells you where 'caches' are hidden. You can hunt for these whilst out walking and some are challenging to find, e.g. they could be hidden in trees. They are often in small boxes or tubes – you can sign paper in the boxes/tubes to say that you have found them.

<https://www.geocaching.com/play>



Random Acts of Kindness -

- Make a chart for the week and aim to do something kind every day – maybe even more than one thing!
- Some you will need to check with your parents/carers first 😊

1. Call your grandmother/granddad/Nan/Pops.
2. Hold open a door when someone in your house is carrying something or 'just because'.
3. Offer to make someone a drink.
4. Wash-up or load/empty the dishwasher, completing the job by putting pots away, without being asked to.
5. Send an email to someone to show your appreciation or thanks.
6. Use your manners; say please, thank you and excuse me.
7. Give some quality time fussing a pet, making them feel good.
8. Give a compliment. It only takes one sentence.
9. Say good night to people, (and smile) before you go to bed.
10. Tidy up an area or room, without being asked to.
11. Offer the TV remote to someone and encourage them to watch what they want, with a smile.
12. Help someone with a household chore they are doing.
13. Organise the clothes you do not wear anymore and bag them ready to donate them.
14. Write a thank you letter to your parents/carers (or card) and give this to them when you go off to bed... with a smile.

Pancake Competition

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Challenge

How creative can you be?

Challenge A - design and make a creative sweet or savoury pancake that uses at least two fruits or vegetables in its design.

Marks will be awarded for:

- Creativity and imagination.
- Promoting healthy eating.
- Incorporating a variety of skills such as pouring, mixing and chopping.



Challenge

How creative can you be?

Challenge B - design and make a 3D pancake object or scene using either sweet or savoury pancakes.

Marks will be awarded for:

- Creativity and imagination
- Structure and design
- Use of colour and pattern



Food Ideas – email pictures of your creations to Mrs Mason

Focaccia Bread Art

This is an Italian bread baked in a flat sheet tin and flavoured with olive oil and topped with herbs and vegetables.

You will need to select a range of ingredients to create a beautiful piece of artwork in your bread. You can be as creative and colourful as you like, think about the ingredients you will use to add flavour to your bread.

"Store Cupboard Challenge"

Background:

You are suddenly in lockdown! BUT you have an event to plan for at home (this is your choice and can be a birthday, celebration or anniversary etc).

Your task:

Plan, Design and Make a **complete meal** out of store cupboard "finds".

Restrictions:

You must use what you have at home – please don't go out to shop specifically for these tasks, as the idea is to learn how to adapt and re-invent dishes based on what you have to hand.

'The Under The Sea' Challenge

Food meets Art



Task 1

Research the theme of Under the Sea. Find some good images and objects that you could use. Spend quality time doing this as it will help you get ideas. Be creative .



Task 2

Draw out some ideas quickly, think about the foods you could use or a recipe you may need. Use the outline ideas page to help you. It is at the end of the powerpoint.

Task 3

Organise to get your ingredients and think about how you will present your finished product/dish. Use the recipe power point to help you. DO NOT submit this planning, it is a plan for you to use when you cook.

Baking

Bake a celebration cake, cup cakes, biscuits, colourful breads, pastry or pizzas. Use the theme of 'Under the Sea' to decorate them. Be creative. Use the recipe power point to help you

Hand in

Send your photos of your baking /designing to your class teacher.
Prizes to be won!!

If You Cannot Bake – Designing Task

If you prefer you can use any materials you have at home to create an 'Under the Sea' themed food design. There are a great many colourful foods for inspiration.

OR

Please draw your idea carefully on paper, colour and label it. Hand in.



PE – FEBRUARY HALF TERM

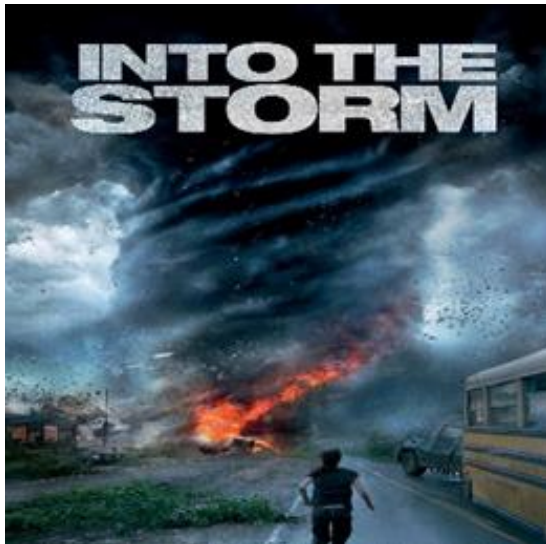
Over the half term why not try some of these activities with your families. Some of the activities try to increase levels of fitness, some to relieve stress and anxieties.

They are split into 3 sections – 1: Workouts, 2: Fitness for Sports, 3: Couch to 5k.

All forms of physical activity contributes to feeling better – try some!

Geography at the Movies

- A slight change for the half term break, a list of some films, documentaries, and series that you may enjoy watching. Please note the age guidance next to each recommendation when selecting your viewing!





If you have the materials **make a model** of something historical. It could be what you have studied in class or from a period of history that interests you. It could be a place, building, artefact, person, item of clothing, anything!

A variant on making a model – if you have the ingredients **make an accurate historical model out of food**. Here is a chocolate cake WW1 trench.



We are living through historic times. In the 1690's Samuel Pepys kept a diary which has become very famous. Try **keeping your own diary** recording life in your home, online school and the news.



Create a document from history. It could be an actual document you recreate or make up a letter, diary or poster in the style of a famous historical character. Get busy with a damp tea bag and age the page (before writing on it).



Design and **make a historical board game** and then play it with your family. It could be Spanish Armada Snakes and Ladders or Henry VIII and his 5 Wives Cluedo, anything you want based on history. It could even be a different game, what about Kings and Queens skittles or a game of Historical bingo?

When you go on your allotted daily exercise with an adult look for the history around you and **make a historical trail**. Look for buildings and objects from different historical periods such as churches, old telephone boxes or post boxes with GR on the front (what does that mean?). You can produce a written guide, a map, poster or leaflet. Try to give some information about each feature.



This might sound a bit gruesome, but whilst you are out with an adult on your daily exercise **pop into a graveyard**. Take time to look at the information on the stones and set yourself a challenge; find a birth/death from every decade in a century, find the oldest grave, do the grave stones change over time? Which is the most ornate? Are there any soldiers or war graves, maybe a war memorial? Record what you find.



DITCH THE SCREEN

Here are 14 historical activities that will help you cut down on your screen time. Get creative whilst learning.

These activities have been designed to get you away from your screens. Choose which ones you would like to do. Some may give you a website for instructions, but when you get started you can put the screen to one side. Make sure you share your creations with your history teacher so that we can marvel at your talent!



Many people enjoy tracing their family tree. Why not **research your family tree BY TALKING** to members of your family. Check with your parents and follow social distancing. It is great to chat to grandparents on the phone about your family tree. Record your findings; the picture below will show you how.



A really important way of finding out about the past is through **oral history** – that means talking to people and interviewing them. Why not interview one of your parents or grandparents about their life. Many of them will have fascinating stories to tell. Make sure you stay social distanced and use the phone to interview family members outside of your house. Write up your findings as a family history or a **ghost timeline** of events in your family. Make sure you share with a parent what you intend to do.



Spend the day as a character from history. Research the character, preferably by reading a book. Try to dress, walk, talk and act like this character for the day. Challenge your family to guess who you are. (Remember: choose a positive person, somebody who was a good example and who's behaviour made other people feel good – No Hitler!!)

Recreate the tastes and smells of the past by doing some **historical cooking**. Make sure you've checked with an adult first. Here are some links to recipes on the web, the WW2 recipes use fewer ingredients, ideal when we make less trips to the super market!

<https://the1940sexperiment.com/100-war-time-recipes/>

<http://cookitwithme.org/history-cookbook/> (scroll down the page for the recipes and instructions)



Take your cooking one step further, invite the rest of the house and have a **themed banquet or historical dinner party!** You could make food from one period of history or travel through time with different courses. Why not dress the part or persuade the guests in your bubble to be dressed and behave like famous historical characters.

Follow this link for ideas:
https://downloads.bbc.co.uk/teletext/handsofhistory/HOCH_Feasting_activities.pdf

There are few things as absorbing as a good book. Why not **write a story set in the past**, a good piece of historical fiction. Not only can you blend literary creativity and historical knowledge, but we can submit your stories into the Historical Association's Historical Fiction competition. There are categories for each year group.

<https://www.history.org.uk/ed/more/categories/535/news/355>

[1/Write your own historical fiction competition 2021](https://www.history.org.uk/ed/more/categories/535/news/355)



D.I. write a play, poetry or music with a historical theme.



Historical Art - Historians find out so much about the past through art. Why not create your own painting or drawing. You choose your favourite medium, then the topic from history you would like portray.

Play Some Games – in person or on Skype

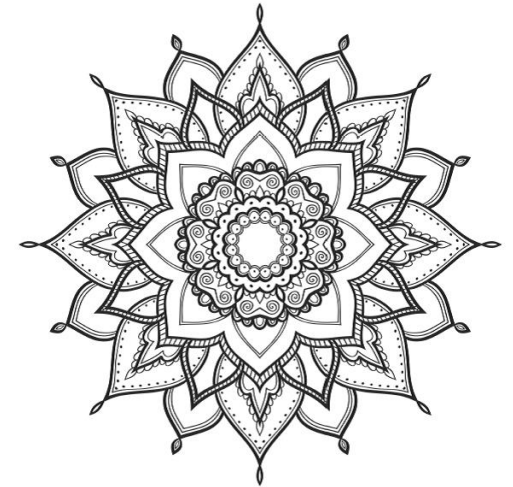
- Describe the picture using the best descriptive language that you can!
- Give each person a picture. Don't show the others your picture Describe the picture as best as you can while the others try to draw it!

Start a never ending story based on the descriptions. Each person is to write a few sentences and then pass the story to the next person who has to try and carry it on



Simple Pleasures - Stay Connected

- Go for a walk – socially distanced!
- Play with your pets
- Read – a book, a magazine, your Kindle
- Talk to people, family and friends – in person or on Skype / Facetime etc
- Play board games – you can do this via Skype as well!
- Colouring in – focussing on a complex pattern can help you stay calm.



Look After Yourself

TIPS TO HELP **teens** COPE DURING **COVID-19**

Maintain a daily **routine** with consistent sleep, activity and study patterns.

Stay **connected** with others and try to find moments of humor.

Talk to people you feel **comfortable** with about your feelings or worries, then give yourself permission to stop worrying.

Limit the amount of time you spend talking about or watching news media or social media.

Be **kind** to yourself and each other. We'll work through this together.



NATIONAL COUNCIL
FOR BEHAVIORAL HEALTH

6

WAYS TO PROTECT YOUR MENTAL HEALTH DURING SOCIAL DISTANCING



Identify the positives



Don't overload on news



Be social, virtually



Find things that make
you feel calm



Set a schedule



Help others

How can we manage our mental health?

- Put your mobile phone down!!! Staying off social media for a while can really help you.
- Do something you enjoy –
 1. listen to music,
 2. chat to friends (IRL if you can),
 3. watch a film,
 4. go for a walk,
 5. play a sport.
 6. Play with a pet (if you have one)

Where can you go for help?

- In school – tutor, Learning Coordinators, a teacher, a friend.
- Out of school – parents, relatives, friends.
- Childline – www.childline.org.uk – 0800 1111
- Youth Wellbeing Directory – www.youthwellbeing.co.uk
- Anna Freud National Centre – www.annafreud.org
- The Mix – www.themix.org.uk
- Kooth – www.kooth.com – an online mental wellbeing community
- Place2be - www.place2be.org.uk
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