

Sheffield Learning Together

Learn Sheffield  The Star



Sixteen pages full of fun learning at home with your Sheffield schools



We want to hear from children and teachers! Email your photos and letters to news@thestar.co.uk



A partnership of
Sheffield Hallam University
and The University of Sheffield





Sam's role is to deliver higher education-related content in schools



Sam has been a football referee for eight years

Most enjoyable part of my role is the variety of people I meet

Sam Clayton
HE Engagement Assistant
HEPP

What is your job, when did you start in that role and what do you do on a day-to-day basis?

My current title is a Higher Education Engagement Assistant, or EA for short. I started as an EA in August 2018, shortly after finishing my Sport Business Management degree at Sheffield Hallam University. The main principle of my role is to deliver higher education-related content in schools. For my first year at Hepp, I went into secondary schools and talked about a variety of topics with the students. During the last year, I have been part of the team who have created a new project for primary schools. The aim has been to show primary school students what higher education can be like.

Why did you choose this career?

I have always enjoyed working with young people, previously I have been a Scout Leader and was an Activity Leader for a children's holiday camp. I've worked with a wide variety of young people and knew this was something I'd love to do as a job.

What do you enjoy most about your role?

The thing I most enjoy about this role has to be the variety of people that I get to meet on a daily basis. I see young people and colleagues from various backgrounds, which is fantastic.



Sam Clayton is a Higher Education Engagement Assistant with Sheffield's Higher Education Progression Partnership

How has your role changed during lockdown?

For obvious reasoning, I can't go to schools at the moment, which has resulted in me doing a lot of activity development. These activities are going to be used in schools from September onwards.

For after the lockdown, many of my interactions with schools could be successfully achieved through portals such as Zoom and Microsoft Teams. I have driven for 45 minutes to get to some schools for a 15-minute meeting before.

What advice would you give to teenagers considering their career paths now?

I would say that you need to talk to a range of people who have a variety of experiences. Your parents/carers will always have your best interests in mind, your teachers have stud-

ied at higher education and your careers advisor will have plenty of contacts in different industries. Also, I would also encourage you to speak to your friends. Sometimes, your friends know you best and they may be able to make sensible suggestions that would suit you.

What do you love most about living here?

I love the amount of opportunities that are available. I frequently visited the Peak District with the Scouts for camping and hiking. I go there now on my bike. My athletics club was at the EISS, a world-class facility. Finally, my football refereeing allows me to go all over the region and meet people from a variety of areas.

What's your funniest memory from school?

It'd have to be either trying to speak German to a German lady in Berlin with my teacher peering over my shoulder, before the lady said "do you just want to do this in English?" or managing to get self-raising flour all over my black school shirt in Food Technology.

Was there a particular teacher who inspired you or subject which helped you progress?

Before knowing I had an interest in education, I wanted to work in hospitality. My work ethic developed because of food technology at secondary school.

What are you most looking forward to when lockdown is over?

I'm most looking forward to seeing all my close friends and family again.

What's your favourite joke?

I told my girlfriend she was drawing her eyebrows on too high. She looked surprised.

#3 Treasure Time & #22 My Secret Treasures



Make up a **treasure basket** filled with objects made of natural materials like wood, metal and fabric so baby can discover their taste, smell, texture and feel. Your baby was born wanting to find out about the world, give them time, space and things to find out for themselves.

Watch **your baby** and see how they explore things, don't worry about talking much. Continue to watch and wait until they look at you or make a noise, then respond by looking or making a noise back, or saying a word to describe their interest, e.g. "that's a sponge" or "a feather that tickles".



You can extend the **activity for toddlers** by creating a themed basket - for example a music basket, a light up basket or a scented basket. Gather large collections of materials for your toddler to explore, tubes, large curtain rings, bangles, old CDs and wooden and metal kitchen. Your child might sort into groups, arrange them in a stack or a pattern or line them up largest to smallest. This form of play (known as Heuristic Play) supports their early understanding of maths and form.

Older children will also love to create their own collections, see if you have a biscuit tin or a box that might be decorated for your child to gather a collection of objects that they select. They may be interested in gathering things on their daily exercise walk, or maybe old family photos of people when they were much younger? My own boys used to have sticks, stones, rubber bands and feathers collected on walks. They were intrigued by my button box, shells I had in the bathroom and a dish of saved corks. Real treasure to them!



50 Things to Do Before You're Five is now live in Sheffield. Find the full list of activities via the website <https://sheffield.50thingstodo.org/app/os#> or the app by scanning the QR code.



More **#homeadventures**
createsheffield.co.uk/adventures



OASIS WATERMEAD - GEOGRAPHY PLANNING A TRIP!

WHERE HAVE YOU BEEN? THINK BACK TO A TIME YOU TOOK A TRIP ON 2 DIFFERENT OCCASIONS. IT COULD BE A HOLIDAY, A SCHOOL TRIP, OR JUST A DAY OUT WITH FAMILY AND FRIENDS - EACH TRIP MUST BE A DIFFERENT

KIND



NOW COMPARE THE TWO TRIPS

WHAT DID YOU TAKE?

WHAT DID YOU DO BEFORE YOU WENT?

HOW DID YOU GET THERE?

USE THE INTERNET TO PLAN A TRIP TO A EUROPEAN CITY OF YOUR CHOICE - THERE ARE LOTS OF THINGS TO CONSIDER SUCH AS WEATHER, FLIGHTS, ACCOMODATION, ACTIVITIES . TRY TO CONSIDER HOW YOU WILL GET THERE, WHAT YOU WILL DO ON EACH DAY, WHAT YOU SHOULD PACK -

[HTTPS://WWW.THEWORLDWASHEREFIRST.COM](https://www.theworldwasherefirst.com) MAY BE ABLE TO HELP!



Wind Chimes

Make music out of the wind with a homemade wind chime!

There are lots of different ways of making them so here's a few:

Stick Wind Chime

Head outside and find some sticks of about the same size. Decorate them with paint or wrapping thread around. Wrap string or thread tightly around the top and attach it onto a longer stick. Fix all of the sticks on at different lengths and hang your wind chime outside!



Tin Can Wind Chime

Decorate some empty tin cans. Then ask an adult to help you make a hole in the top of each can using a hammer and nail or use strong tape to attach string to the top. Cut the string at different lengths and attach it to a long stick or coat hanger. Listen as the cans clang against each other.



Bits and Bobs Wind Chime

Use beads, bottle tops, old keys or whatever you can find that will make a noise and tie them onto pieces of string, which you can attach onto a lid, stick or coat hanger.



OUTDOOR ART

Be influenced by the famous artist, Henri Roussuea, to create a masterpiece. See what you can collect in your garden or on your walks to create your own background and then paint, sketch, draw or create a collage of your chosen animal to add to your natural materials.background.

MATHS TRAIL

Maths is all around us; indoors, outdoors, wherever you look there is Maths to be found! Go on a Maths trail and see what Maths you can find. You might find things you can count, 2D or 3D shapes, different angles, things that you could estimate and then measure. You could write a set of clues for someone to follow your Maths trail.

BEAT THE RECORD

We are all potential record breakers, you just have to find your own special talent. Can you choose an activity and estimate how many times you could do it in a minute? You could choose to do star jumps, football skills, pull ups, sit ups, skip or your own special skill. Set a minute timer then complete the activity. How close was your estimate?



CASTLES

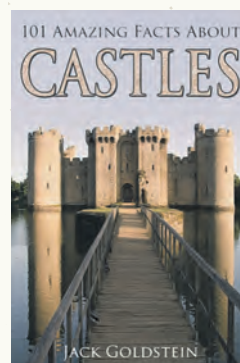
Music

Can you research

- Medieval music online and create your own music in the same style?

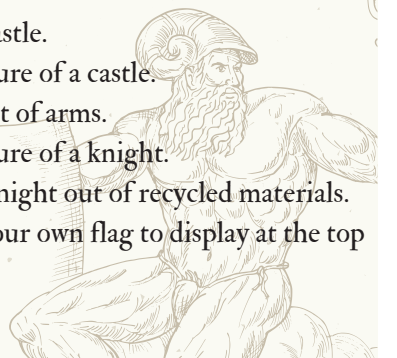
English

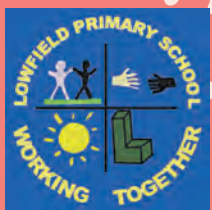
- Write a setting description of a castle.
- Research famous castles. Write a non-chronological report about castles.
- Write an adventure story set at a castle.
- Write a newspaper report explaining what happened at the Battle of Hastings.
- Write a diary entry about life living in a castle.
- Write an acrostic poem about castles.
- Write a shape poem about castles.



Art

- Build a model of a castle.
- Draw a detailed picture of a castle.
- Create your own coat of arms.
- Draw a detailed picture of a knight.
- Make a model of a knight out of recycled materials.
- Design and create your own flag to display at the top of your castle





Lowfield Primary School

Maths

Go on a shape hunt around the house and the garden, decide on a shape you will look for, e.g. could be 2D shapes – triangle, rectangle, square or circle. Ask your child about how many sides or corners the shape has, what else do they notice? Are all the sides the same length? Are the sides straight or curved? Your shape could be 3D – cube, cuboid, cylinder, triangular prism. Ask your child how many faces the shape has, how many sides, how many corners (vertices), are the sides straight or curved?



Car Bingo

Draw yourself a simple bingo board with car colours e.g., red, blue, silver, white etc., stand at your window/door, tick off colours as the cars drive past/ones that are parked, first to find all colours is the winner.



A B C D E F G
H I J K L M N
O P Q R S T U
V W X Y Z

Daily Walk Alphabet Challenge

Try and name something for every letter of the alphabet on your daily walk/round the house, could then spell the words and/or put them into a sentence for older children.



St. Thomas More Catholic Primary School

KS1 - Healthy Eating

With the help of an adult at home, could you create a healthy meal or a healthy snack that someone could eat? Take photographs of your meal or snacks and send them into your school. You could make fruit aliens, a Very Hungry Caterpillar or some cute owls!



KS2 - Mad Scientists

Take a look at this website with an adult:

<https://mommypoppins.com/kids/50-easy-science-experiments-for-kids-fun-educational-activities-using-householdstuff>

Are there any that you could have a go at with resources you have around the house? Remember to be safe when you do any experiments. But have fun!



Question of the week:
Can you name 3 countries
that end with the letter
't'?



P4C. Debate

Discuss with your family - can kindness change the world? Try and complete 5 acts of kindness in one day. TIP - make your bed, wash the pots etc.

History - The Civil Rights Movement

Research: What happened during the Bristol Bus Boycotts of 1963? What was the impact of the Bristol Bus Boycotts?
<https://www.bbc.co.uk/news/magazine-23795655>



TOP 10 THINGS TO DO AT HOME!

Year 1&2

- 1) Host your own talent show
- 2) Create your own bird 'feeder'. You could use a 4 pint milk carton and decorate it!

3) The Paralympic games always follow the Olympics - but what are the Paralympics? Write a short non-chronological report about them.

4) Should the Olympic games be held in Sheffield? Write a list of reasons why Sheffield would make a great host city!

Year 4

- 5) Build your own den! Indoors or outdoors! Use old sheets/blankets, cushions etc. Don't forget your torch!
- 6) <https://www.bbcgoodfood.com/howto/guid/how-make-bath-bomb> - Use the link to show you how to make your own bath bomb! How many shapes and colors can you create?



7) Play a good old game of charades - choose your favourite movie!

8) Make a list of all the electrical items in each room of your home. Can you come up with any ideas to use less electricity?

Year 6

- 9) Make your bed from scratch, putting on the sheets and pillow cases.
- 10) Practice some counting in French!





Find even more FREE daily learning challenges and details of how you can earn Sheffield CU awards for taking part by visiting: www.sheffieldcu.blogspot.com

CU Home Learning Challenge:

Salt Dough Memories!

We LOVE this idea - a way to capture your family's hand prints during the time when we all had to stay indoors. In future years, you'll be able to look back and see how much your hands have grown!



Step 1: Mix the flour and salt in a large bowl. Add the water and stir until it comes together into a ball.

Step 2: Roll the dough out on the baking paper on the baking sheet. Make sure the shape is big enough to fit everyone's hands on!

Step 3: Press your hand into the dough until you can see the shape of your hand, right to the ends of your fingers. Ask your family members to add their hand prints too.

Step 4: Put it in the oven and bake at the lowest heat for around 3 hours, or until it is solid.

Step 5: Remove the baked dough from the oven and leave it somewhere safe to cool. Ask an adult to help.

Step 6: Once your salt dough has cooled, you could paint it. You might want to add your names or the date



If you attend a Sheffield school, you can collect 1 CU credit for completing this task. To claim your credits, please complete and return a Sheffield CU Home Learning Challenge Reflection Diary which can be found here: <https://bit.ly/SheffCUReflectionDiary>. Once you have completed all the challenges, email your reflection diary along with evidence of your completed activity to cu@sheffield.gov.uk (photos/videos etc.) and we'll award CU credits. We can't wait to see your work!



You will need:

- 250g plain flour
- 125g table salt
- 125ml water
- oven
- baking paper
- baking tray
- mixing bowl
- rolling pin
- weighing scales
- paint or pens

CU Home Learning Challenge:

Frozen Flower Eggs!

So, next time you're baking or cooking with eggs, crack them with care and you'll be ready for this challenge...



Step 1: When cracking open an egg, try to break only the smallest section off the top and wash the remaining egg shell out carefully.

Step 2: Collect some small flowers or leaves - the smaller the better. Try and choose a range of bright colours and shapes. Daisies and dandelions work really well!

Step 3: Break off the flower stems (you only really need the flower heads), and put some in to the egg shell. It needs to be quite full.

Step 4: Cut a piece of string, wool or thread, about 10cms long, and drop one end into the egg (quite far down). Leave the other end dangling out of the egg.

Step 5: Fill with water close to the top. Sit your egg shell in the egg box to keep it upright and put the egg box carefully into the freezer.

Step 6: Once frozen, remove the egg box and take out the egg. Ask an adult to help you run the egg shell part under a hot tap for a few seconds. Then very carefully, peel away the shell to leave the beautiful ice sculpture!

Step 7: Hang the sculpture somewhere and see how the light affects the colours and ice.



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You will need:

- A clean eggshell
- An egg box
- Some small flowers, leaves, etc.
- String, wool or thread and scissors
- Water
- Freezer



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Twitter.com/SheffieldCU

eat smart SHEFFIELD

LIVE LIGHTER SHEFFIELD

**Struggling to stay healthy during this challenging time?
Don't worry, Live Lighter Sheffield can help!**



Live Lighter Families offers FREE age-appropriate programmes to support overweight children, young people and their families in leading happier and healthier lives.

We are currently adapting our 12-week programme to offer families

support virtually in addition to sharing fun, family exercise activities that you can do in the comfort of your own home or garden!

Interested in finding out more then please visit our website at www.livelightersheffield.com or call our friendly team on 0114 2702043.

SNACK-ATTACK!

We are all spending a lot more time at home at the moment and it can be tempting to give the kids (and ourselves!) more snacks than usual.

Fruit and veg are always the best choice but here are some other ideas you might want to try if your children get a bit peckish:

- ✓ a crumpet
- ✓ sugar-free jelly
- ✓ a scotch pancake
- ✓ a slice of malt loaf
- ✓ slice of toast or toasted bagel
- ✓ lower-fat, lower-sugar yogurt or fromage frais
- ✓ plain rice cakes, crackers, oatcakes or breadsticks

And the simplest trick in the book – if you don't have unhealthy snacks like sweets, biscuits & crisps in the house, you can't eat them! So leave them on the supermarket shelves - not only will you be healthier, you'll save money too!



For more information about Eat Smart Sheffield check out our website: <https://www.learnsheffield.co.uk/Partners/eat-smart-sheffield/>

Follow us on social media:

Twitter @eatSMARTsheff Instagram @eatSMARTsheffield Facebook @eatSMARTsheff

Family Recipe

PIZZA PITTA FACES

Get the kids to help make these silly faces – they're really simple & such fun to eat!

Serves: 4

Prep time: 5 mins **Cooking time:** 5 mins



Ingredients:

- | | |
|---------------------------------|--------------------------------------------------|
| 4 wholemeal pitta breads | 6 6 cherry tomatoes, halved |
| 4tsp tomato purée | 1 yellow or red pepper, deseeded & sliced |
| 1tsp dried mixed herbs | 40g reduced-fat cheese, grated |
| 8 thin cucumber slices | |

Method:

1. Preheat the grill.
2. Spread 1 tsp of tomato purée over one side of each pitta bread. Sprinkle with the dried mixed herbs.
3. Arrange the cucumber and halved tomatoes on the pittas to resemble 'eyes', halved tomatoes for the 'noses', the sliced pepper to look like 'eyebrows' and 'mouths', and the grated cheese for 'hair' or 'beards'. Place on the grill rack.
4. Grill for 4-5 minutes. Cool for a few moments, then serve.

SWAP TIP

Think about what other veg you could use – how about sweetcorn for teeth?!

For more recipes, check out the Change 4 Life website at <https://www.nhs.uk/change4life/recipes>



Paces School - Home Learning Ideas

Poetry!

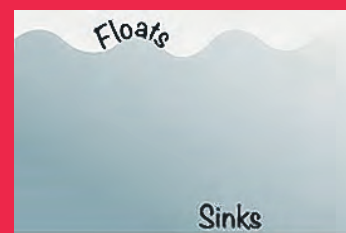
Write an acrostic poem about someone in your family. You can use lots of describing words...

Sweet and kind
Interesting and funny
Sings Disney songs
Totally terrific!
Enjoys baking exciting cakes
Runs really fast

Draw a picture to go with your poem.

Sink or Float?

Pour some water in a bowl, or in your bath. Chose some objects from different rooms in your house and predict (guess whether you think they will sink or float. Put them in the water to find out. Were you right? Write down your predictions and your findings. Make sure you get permission before putting anything in water!! Here are some ideas of things you could use: *cotton wool ball, metal spoon, plastic spoon, penny, crayon, pencil, dice, empty bottle, rubber, stick, toothpick, apple, paper clip*



Sheffield Educational Psychology Service

Helping children to understand and manage their worries

It's completely natural to feel worried and anxious at times. Worries can build up until they feel too much. Many children may be feeling different worries right now, including worries about coronavirus, returning to school or starting at a new school. We often worry about things we can't control and do anything about.

This activity helps children to notice their worries, let go of the ones they're not in control of and make a plan to manage the ones they can control.

Activity – blowing away our worries!

You need: three pens (black, red and green), paper.

1. Write down or draw some of the things you are worried about.
2. Think about which of your worries are out of your control and that you can't do anything about. Put a **red circle** around these worries.
3. Put a **green circle** around the worries that you do have some control over.
4. Now it's time to let go of your red worries. You have no control over them so there's not much point in worrying about them. Try pretending that they are bubbles and blow them away, or scrunch them up and throw them in the bin.
5. Now look at the green worries. These are the ones that you do have some control over. Make a plan. You might think about **who you can talk to** about this worry, what **changes** you could make, what **positive thoughts** you could have instead of thinking about the worry or what **enjoyable things** you could do to take your mind off the worry.

When you notice a worry

Ask yourself 'Can I do anything about it?'

If you can, make a plan. If not, let that worry go.

Things that might help

Talking to someone



Thinking other thoughts

Think about favourite places, happy memories and funny things



Doing other things



#stayhomestayactive

#PEatHome

EXPLORE



Find the biggest space you have in your house or garden.

You are going to pretend that your space is a river full of crocodiles!

Bright ideas:

- Use string, skipping ropes or clothing to mark a river bank on each side of your space
- Find some objects around your house that you could use to cross from one side of the river bank to the other (you could use cardboard, newspaper, pieces of wood, anything safe that you can lift)



- Can you get from one side to the other using the objects, without falling in to the crocodiles?
- Can you get from one side to the other only using two objects?
- Can you hop, step, jump, turn across?



@KESSPB

@awhitehousePE

@SarahLayPE

Where can I find out more about OAA?

<https://www.britishorienteering.org.uk/goorienteering>
<https://www.ackers-adventure.co.uk/>
<http://www.coboc.org.uk/>

PRACTICE

Invite your family to play the crocodile challenge!

Tell them that the aim of the game is for all of you to get across the river without falling in to the crocs!

Everyone must start on the same river bank:

- * If anyone falls in you must all start again!
- * You can only use the objects you have collected to get across.
- * You must get yourself and your family to the other side safely and with all of your objects.



Geography Challenge!



The biggest crocodile ever found is thought to be more than three times the width of a taxi!!

In which countries in the world would you find crocodiles living?

What is the difference between a crocodile and an alligator?

PSHE

Have you enjoyed working as a team with your family?

Did you feel more confident giving instructions as you worked out how to play the game?

Was the game a good way to get your family working together and smiling?

Think about helping and why it is important to listen to instructions whilst you are at home.



Make sure you have enough room and safe objects to complete the tasks!

DEVELOP



Can you make the challenge more difficult?

Take away some of the objects and see if you can get across using just two or three items.

Split in to two teams and race against the clock to be the fastest.



Make the game your own. Change the objects to different shapes and sizes to make them more challenging to balance on. Blindfold one member of the team. Make the challenge longer. Only allow hopping, jumping and going backwards.

Good Luck!

Parent's Tip!

Start with more objects to make crossing the river achievable. As they get more confident use the fewest objects possible to encourage problem solving, communication and teamwork. Allow your child to lead!

KS1

#stayhomestayactive

#PEatHome

EXPLORE



Look around your house and garden. How many symbols can you find?

Bright ideas:

How many of these symbols are:

- Hazard symbols
- Product symbols
- Electronic symbols
- Mathematical symbols
- Chemical symbols

What do these symbols have in common?

What makes these symbols different?

@KESSPB

@awhitehousePE

@SarahLayPE

Where can I find out more about OAA?

<https://www.britishorienteering.org.uk/goorienteering>
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<http://www.coboc.org.uk/>

PRACTICE



Play in pairs. One person draws a symbol without showing it to the other person. The drawer describes the symbol to their partner, who has to draw the exact same symbol. Compare each drawing at the end – how successful were you?



Draw a symbol of how you feel today. Can another member of your family guess how you feel from your drawing?

History Challenge!



The ancient Egyptians used symbols to communicate.

- What were these symbols called?
- Can you identify the meaning of 3 of these symbols?
- Can you find the symbols the ancient Egyptians used for the alphabet?



RE Challenge

Symbols have often been used by different religions. Can you identify the symbols below and match them to a religion?



Can you write down one fact about each of the religions above?



Make sure you have enough room to complete the tasks!

DEVELOP



Can you create a game using symbols? What are the key aspects you need to consider when playing your game?

Can you create rules for your game and play it with the rest of your family.



Parent's Tip!

Make the practice task more difficult by closing your eyes if you are the drawer. Make this even harder by not allowing any speaking during the task!

KS3

IGNITE
IMAGINATIONS

Climb Every Mountain

With Liz von Graevenitz

Create a mountain collage using scraps of paper from around your home, and see how high your climber can go!

What you will need:

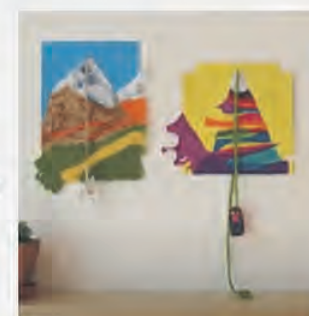
Scissors | PVA Glue | Gluestick | Sellotape | String | Stickytack | Sharp Pencil | Crayons | Felt Tip Pens | Paint Brushes | Recycled food packing (Cereal boxes, clingfilm, plastic bags, bubble wrap, crisp packets, old books, magazine, tissue paper, fabric scraps)



STEP 1 Choose your base layer, a cereal box would be good as it is thicker than other materials which you will be adding to make your mountain. If you don't have any card you can use a sheet of paper. Draw out the shape of the mountain with the top reaching high on the page.

STEP 2 Experiment with your chosen materials by ripping, cutting, and scrunching them to see how they look and feel to use. You could think about the colour of your mountain – will it be snow capped? Maybe your mountain will be stripy, spotty or totally magical from another planet?

STEP 3 Colour in or paint your sky, then start on the mountain collage by sticking, painting and adding textures to the paper base in layers. You could roll out cling film to make icicles, or cotton wool for floating clouds and felt tips to add magical mountain features. Whilst you are waiting for your mountain to dry set it aside and you are ready to make your climber.



STEP 4 It may be better to use a thicker piece of card like a cereal box, as the climber will be working hard to climb to the summit! Draw out the shape of your person and cut them out. You can paint, use felt tip pens, and collage to dress them up.

STEP 6 Ask a grown up to help you punch a hole through your mountain collage to thread the string through to the back of the picture. The string will be your little climber's rope. Take a sharp pencil or cocktail stick and if you have a blob of sticky tack you may place this on the table and place your picture over the top for the sharp pencil to push through the paper into it.

STEP 8 Cut your string or wool to the length of the picture and leave a little extra on the back. Use the sellotape to attach the rope to your climber and then stick a little piece of card to the other end of the string at the back of the paper to stop the string from pulling out of the picture.

Now you are ready to go on an expedition to the top of the mountain!

IGNITE
IMAGINATIONS

River Explorers

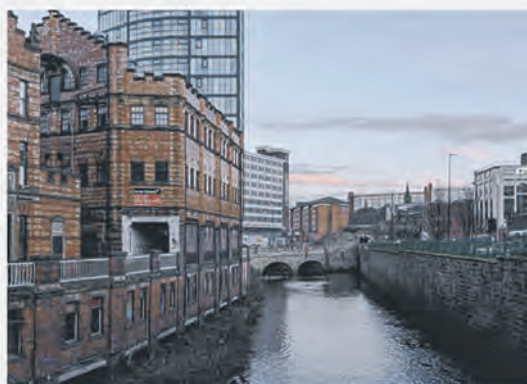
#sheffielddrivers

Built where five rivers meet, Sheffield became an industrial powerhouse, creating the steel that built the modern world. Water power could also hold the key to Sheffield's future as a green, energy efficient city with an information economy. These rivers are the life of our city, past, present and future. So why don't we know them better?

Sheffield's five rivers

- The Don
- The Loxley
- The Porter Brook
- The Rivelin
- The Sheaf

The source of the Porter Brook is in the Peak District. It comes down through Hunters Bar into the city centre where it merges with the Sheaf. The Loxley comes from Bradfield Moor, down through Stannington to meet the Don at Owlerton. Which of our five rivers is nearest to you, and where does it go?



Wildlife

Back when the city's steel industry was huge, the Don was so polluted it would sometimes catch fire. Now the river runs clear again, you can see heron, mink and even otters among the old factories. In 2019, salmon returned to the river for the first time in 150 years.



Your river mission

Imagine you're a town planner. Your challenge is to design a green space like the one at Porter Brook, along one of the city's rivers. Where will your green space be, what will you put in it and why?

What you'll need

You could simply use pen and paper to plan your green space.

Why not get inventive? Use lego or objects around the house to help map your green space.

If you are not able to visit rivers right there are plenty of pictures and research you can do online.

Did you know?

For decades city waterways were covered up, directed underground. Now they're being revealed again through a process known as daylighting. Porter Brook Pocket Park is a great example. It used to be mistaken for a big drain, but is now part of a tiny green oasis in the city centre.



An artist's impression of Sheffield city centre after the river Sheaf has been daylighted. Photograph: PR Source The Guardian





MAKE YOUR OWN LAVA LAMP!

WHAT WILL I NEED?

- 1 LITRE FIZZY DRINK BOTTLE
- COOKING OIL
- WATER
- FOOD COLOURING
- FIZZING TABLETS (SUCH AS ALKA SELTZER OR EFFERVESCENT VITAMIN TABLETS)

HOW TO DO IT

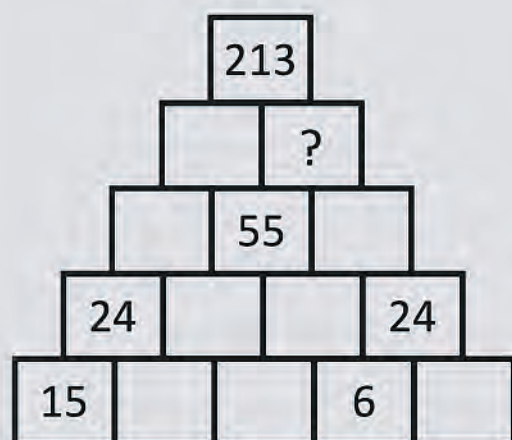
- 1) POUR THE OIL INTO THE BOTTLE SO IT FILLS ABOUT A FIFTH OF THE WAY UP
 - 2) NOW POUR THE OIL INTO THE BOTTLE SO IT IS ALMOST FULL
 - 3) WAIT A FEW MINUTES FOR THE OIL AND WATER TO SEPARATE
 - 4) ADD THE CHOSEN FOOD COLOURING TO THE BOTTLE AND WAIT FOR IT TO REACH THE WATER AND MIX WITH IT
 - 5) BREAK ONE OF THE FIZZING TABLETS IN HALF AND DROP ONE HALF INTO THE BOTTLE
- NOW WATCH THE BLOBS FORM AND MOVE AROUND THE BOTTLE
- 7) TA-DA! YOU NOW HAVE YOUR OWN LAVA LAMP!
 - 8) YOU MAY WANT TO THINK ABOUT SHINING A TORCH UNDERNEATH TO IMPROVE THE EFFECT
 - 9) YOUR BOTTLE CAN BE STORED WITH A LID ON AND THE EFFECT CAN BE RECREATED BY ADDING MORE FIZZING TABLETS WHENEVER YOU WANT

SCIENCE BEHIND LAVA LAMP MAKING

- OIL IS LIGHTER THAN WATER WHICH IS WHY IT SITS ABOVE IT
- WATER MOLECULES AND OIL MOLECULES CANNOT BIND TOGETHER BECAUSE OF 'POLARITY'. YOU CAN FIND OUT MORE ABOUT IT BY CLICKING ON THE LINK: [HTTPS://MOCOMI.COM/WHY-OIL-AND-WATER-DONT-MIX/](https://mocomi.com/why-oil-and-water-dont-mix/)
- THE FIZZING TABLET CREATES A GAS AS IT DISSOLVES
- AS THE GAS BUBBLES RISE, THEY TAKE SOME OF THE COLOURED WATER WITH THEM
- THE GAS ESCAPES WHEN THE BUBBLE REACHES THE TOP AND THE WATER GOES BACK DOWN
- THIS ACTIVITY CAN BE DONE OVER AND OVER AGAIN BY ADDING MORE FIZZING TABLETS
- CHEMISTRY AND PHYSICS HELP EXPLAIN THE SCIENCE OF LAVA LAMPS. DID YOU KNOW YOU CAN STUDY THESE AS SUBJECTS AT UNIVERSITY?



Puzzle #4: The Number Pyramid



Instructions

The sum of each two adjacent blocks gives the number above.

What number should replace the question mark?

Write your answer in the box below.

 ? =

Extension Task:

Build your own number pyramid! Start with the bottom row and work your way up. Can you get all the way to the top?



Look in next week's newspaper for the answer to this puzzle.

The correct answer to last week's 'What's the number?' puzzle is **87**.



Build a Bee Number Game

Learn all about the different parts of a honeybee with this number recognition game for 2 or more people. Don't forget to check out the facts about each body part as you build your bee!

Aim of the game:

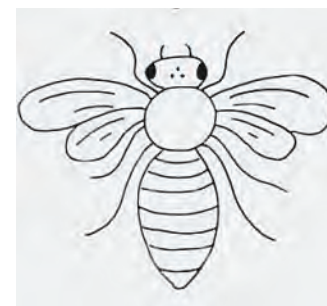
To be the first person to complete a drawing of a honeybee.

You will need:

- A piece of paper and pen/pencil each.
- A dice.

How to play:

Each player takes it in turns to roll the dice. They then look at the table below to see which part of the honeybee they can draw, depending on the number they have rolled. Players must roll a 3 for the thorax to start and must roll a 6 for the head before they can add the antennae or eyes.



The first person to complete their honeybee shouts 'BUZZ.'

Number to roll	Body part	Top fact
3	Thorax	The muscles in the thorax control the movement of the wings, helping honeybees to fly from flower to flower.
1	Abdomen	Only two types of honeybee in a colony - the worker bee and the queen bee - have a stinger. This can be found at the end of the abdomen.
6	Head	The honeybee brain, which is located in the head, is the size of a sesame seed. Despite this, honeybees are incredibly intelligent insects.
6	Legs x 6	A honeybee has 6 legs. The rear pair is covered in stiff hairs which allow honeybees to store pollen and transport it back to the hive.
4	Wings x 4	Honeybees have 4 wings, a small pair and a large pair. The buzzing that we hear is actually the sound of a honeybee rapidly beating their wings.
2	Antennae x 2	A honeybee's antennae are covered in thousands of tiny sensors. These sensors are vital as they allow honeybees to taste, smell and feel.
5	Eyes x 5	Honeybees have two large eyes and three small ones (on the top of their head). They can see colour but not the colour red.

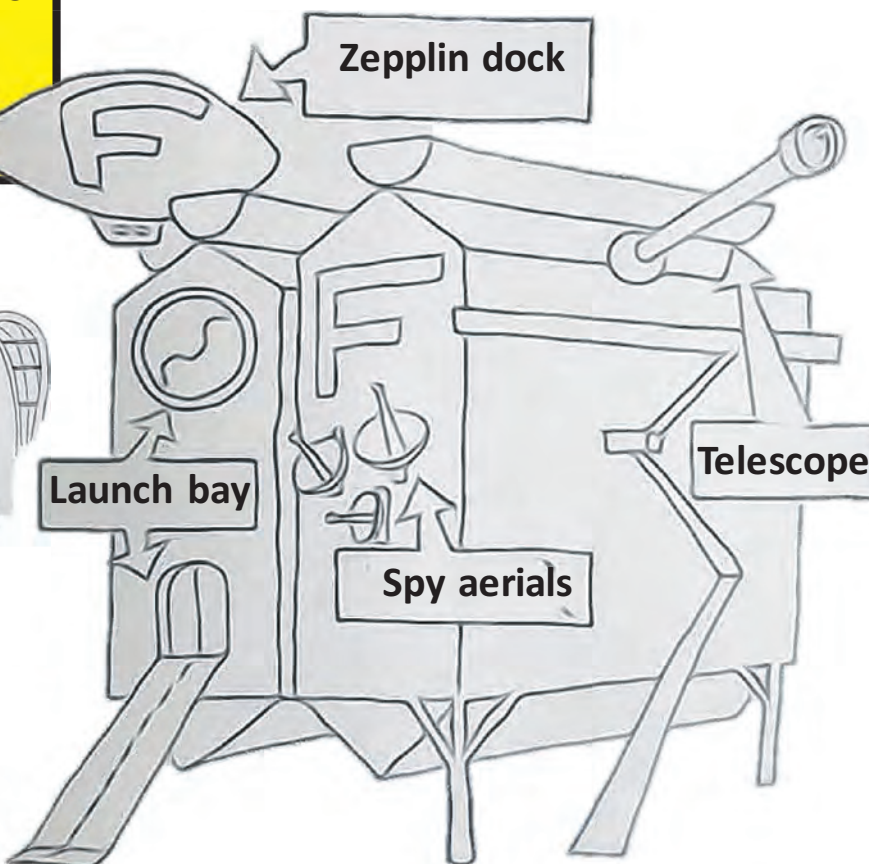
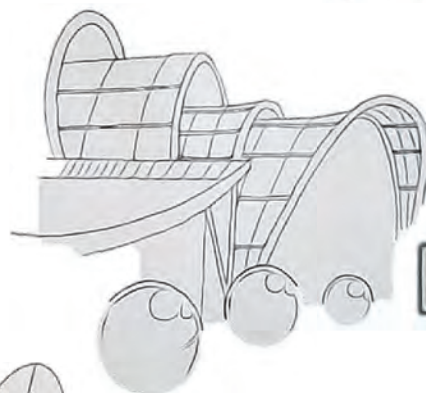
My Sheffield Superhero



Even superheroes need somewhere to feel at home. This week we will be looking at a few famous Sheffield landmarks and turning them into superhero HQs.

Forge makes his HQ out of an iconic Sheffield steelworks and has added a range of superhero kit.

Here are some line drawings of Sheffield's Winter Gardens and The Old Town Hall to use for your own superhero HQ.



Chaucer School

Meadowhead School



Interview an older family friend or relative

This is a good way to connect with older people who are self-isolating. Phone or videocall them to complete the interview.

To get you started with your conversation you could ask them about:

- Where they lived, what their house and area was like
- What school was like for them
- Their favorite food, sweets, friend, game etc
- What the world was like when they were teenagers – technology, world events they remember etc
- Write up the interview as a story, a magazine article, a fact sheet or a poster with pictures and illustrations. When lockdown is over you could share your work with your interviewee. I'm sure they'd love to see you and what you have produced!



Music : Developing listening skills

Try to listen to music each day as part of your routine. Maybe you like to listen to the radio in the morning?

- As you listen to a piece of music or a song, can you tap out the beat to keep a regular pulse?
- What instruments can you hear? Think about how the elements of music are being used.
- Try to expand your repertoire, ticking off as many styles and eras as you can. E.g. Mozart or Haydn from the Classical period to the Film music of John Williams and James Horner, or Pop music of Adele and the Arctic Monkeys from the 21st Century.
- If you listen to a song rather than an instrumental piece, can you hum or sing along?
- Remember uplifting music can raise your spirits and make you feel better! Think about this as you choose your music



Can you make 24?

- Use all four numbers, but use each number only once.
- You can add, subtract, multiply and divide
- Note answers from last week at the bottom

24 PUZZLE

You can add, subtract, multiply and divide. You must use all four numbers, but use each only once.

There are 3 levels for you to try

•	3	23	7	22
••	13	7	14	10
•••	11	18	13	5

Solutions from last week:

1) $8 \times 3 \times (8 - 5)$ 2) $(7 + 1) \times (9 - 6)$ 3) $3 \times 5 + 7 + 2$



NOTRE DAME HIGH SCHOOL



Wellbeing – NHS research suggest that paying more attention to the present moment can improve your mental wellbeing. This includes your thoughts and feelings, your body and the world around you.

Some people call this awareness "mindfulness". Mindfulness can help you enjoy life more and understand yourself better. It can positively change the way you approach challenges.

Read more about mindfulness, including what you can do in your everyday life, at <https://www.nhs.uk/conditions/stress-anxiety-depression/mindfulness/>. You can also try some mindfulness origami if you like at <https://www.youtube.com/watch?v=IKOVYw9R7oI>.

Store Cupboard Science - Fun Food Science @ Home

Grab a Calpol syringe, a tablespoon of cooking oil, a tablespoon of water and a few drops of washing up liquid. Put the water and oil into the syringe – you should see them separate immediately. If you shake the syringe you can see them mix, but they will separate again.

Now add the washing up liquid – what about now?

You have just created an emulsion – the particles of the oil are strongly attracted to one another, as are the particles of water. The washing up liquid however is more attractive to both the oil and water, allowing them to mix!

Making Slime!

You will need 210ml of PVA glue, baking soda, contact lens solution and some food colouring

1. Add 210ml of PVA glue and 1tsp baking soda, mix well
2. Add food colouring
3. Add 1tbsp of contact lens solution
4. Mix well until slimey!

Try adding different amounts of contact lens solution – how does this effect the slime?

Sheffield Learning Together

Post-16

Why should I consider higher education?



A partnership of
Sheffield Hallam University
and The University of Sheffield

Reports show that most people are better off in many ways, including financially, by going into higher education.

- ▶ You can pursue careers that wouldn't otherwise be available to you
- ▶ Graduates are less likely to be unemployed during their working life
- ▶ Without higher-level qualifications, opportunities for high quality training can be limited
- ▶ On average graduates earn more, with starting salaries significantly higher



"The vast majority of young people in the future are going to need a route to higher skills if the UK is going to compete globally."

Neil Carberry, CBI Director of Education and Skills

Changes in the workplace mean that there has been an increase in the demand for employees with a degree. Graduate jobs have evolved, and there are now thousands of new ones that didn't exist ten years ago. This means that more in-depth and specialist skills are needed in the workplace – and these can be learnt whilst in higher education.

Some examples of jobs that need higher level skills are: **Aerospace Engineer, Nurse, Accountant, Solicitor, Computer Programmer, Data Scientist**

?? Common myths ??

"I don't need a degree to get a good job."

This is partly true. There are other higher-level qualifications available. However, in order to stay competitive in the job market you often need a degree. A degree apprenticeship can be a way of getting the best of both worlds. A significant number of jobs now require a degree and that is likely to increase in the future.

"I could work my way up from the bottom to the top."

This can be true, as some companies do have internal training and promotion schemes, but this is less common now. In many organisations your progress will be limited by the level of qualification you have. This means that you could be good at your job, but someone with a degree could progress faster than you.

"I can get a job now and go to university later."

This is true and you can be just as successful. However, there's a lot to be said for going sooner rather than later. You can take advantage of the social life and step into a higher-level job that bit quicker. It can be more difficult to go to university later – you may have financial or family commitments and finding time to study is often harder. Many mature students wish they had gone to university earlier.

If you're really feeling unsure then you can apply for a place and defer it (push it back) by a year. A gap year can give you an opportunity to earn or travel, gaining new experiences and helping you work out what you want to do.

What could I earn?

Research has consistently shown that graduates earn significantly more than those without a degree (called the graduate premium). Annual salaries can vary from one job sector to the next – some examples of starting salaries are below:



Subject studied	Graduate employment or self-employment	Non-graduate employment or self-employment	Difference (graduate premium)
Art and design	£19,746	£16,374	£3,372
Business and management	£24,437	£18,953	£5,484
Computer science	£25,828	£17,262	£8,566
Education	£22,002	£16,181	£5,821
History	£22,404	£16,844	£5,560
Law	£21,135	£17,842	£3,393
Medicine	£30,636	-	-
Nursing	£23,057	£18,233	£4,824

Salaries from: The Complete University Guide:
www.thecompleteuniversityguide.co.uk/careers/what-do-graduates-do-and-earn

What else will I gain?

Whatever you choose to study, higher education is a fantastic opportunity to make new friends, try new things and learn skills that will be of benefit to you personally and professionally.

As a student you will improve your skills in:



time management



presenting



planning and organisation



budgeting



ICT



team working



research



self-motivation



creativity and using your initiative

Information provided from The Hepp guide to higher education. To download the booklet or for more information, please visit www.hepp.ac.uk

How well does your family know Sheffield city centre?

See if you can name these buildings in Sheffield. We have nine close-up pictures of buildings around the city centre for you to try and guess. The answers will be in next week's Sheffield Learning Together.



1 - This can be spotted of Pinfold Street



2 - If you walk down Church Street you can find this fine old building



3 - If you walk down Church street you can see this building



4 - This building can be found on Angel Street



5 - This building can be found on Commercial Street



6 - Find this building of Flat Street



7 - If you walk down George Street you can find this small building

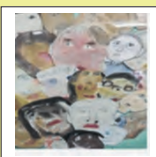


8 - You can see this building from High Street



9 - You can see this building from Castle Square

Last week's answers: 1. Endcliffe Park; 2. Crookes Valley Park; 3. Cholera Monument; 4. Botanical Gardens; 5. Western Park; 6. Sheffield Town Hall; 7. Heeley City Farm; 8. Graves Park; 9. Park Hill.



Home Languages

The resources on this page will help support your child to continue to develop their first language. Each week will focus on a different language.

العربية Arabic

Healthy Minds Sheffield Children's NHS NHS Foundation Trust

نصائح للاعتناء بنفسك

اكتساب المهارات

حدد لنفسك تحديًا - الوقت الحالي هو وق رائع لتعلم مهارة جديدة.

- أي شخص تريد أن تصبح؟ اعمل على تحقيق ذلك.
- حدد شيئًا واحدًا على الأقل لعله كل يوم يجعله شيئًا.
- تفيد أي عمل من الأعمال المنزلية.
- اختر وقتًا ومكانًا محددين لإكمال الواجبات المدرسية.

البقاء على تواصل

من المهم جدًا البقاء على تواصل مع الأصدقاء والمجموعات الاجتماعية والعائلة سواء عبر الإنترنت أو الهاتف أو المراسلة البريدية.

تواصل مع:

- أولئك الأشخاص الذين لم يتحدث معهم منذ فترة.
- شخص ما قد يشعر بالجزالة.
- الأشخاص المقيمين في المنزل.
- مساعدة أولئك الذين ليس لديهم قدرة كبيرة على استخدام مواقع التواصل الاجتماعي.
- تزيين حطة / تزيين اقتراسي.
- استضافة لعبة ألعاب اقتراضية.

فحوصات حالة المشاعر والأحاسيس

لاحظ مشاعرك وأحاسيسك.

- أفصح لأشخاص آخرين عن مشاعرك - الإفصاح مفيد جدًا.
- خصص بعض الوقت للاستماع إلى مشاعر الآخرين.
- قد لا تتمكن من علاج تلك المشاعر لهم ولكن الاستماع إليهم مفيد لهم.
- أحصل على بعض المرح مع شخص عزيز عليك.
- تجنب المناقشة المستمرة للأخبار.

لاحظ حالتك المزاجية والعوامل التي تجعلها تتحسن أو تدهور.

ضع خطة محكمة ليومك

قد يكون الأمر مربكًا عندما ينتهي الروتين العادي.

- حقق أقصى استفادة من الوقت الحالي.
- اعتن بنفسك.

ضع خطة و #BeatTheBoredom

المحافظة على الصحة

التزم بنظام روتيني صحي.

- النوم: حدد وقتًا لا بد أن تخل فيه للنوم.
- تناول الطعام.
- ممارسة التمارين.
- الاسترخاء.
- الهوايات.

إذا كنت تشعر بالكسل والتعب، فربما تحتاج إلى التحرك!

الاسترخاء وتصفية الذهن

امنح الهدوء لجسديك ولعقلك - من المهم أن تستريح من أفكارك وتهيجها حتى لو لبضع دقائق.

- حاول تذكرك.
- ركز على الحاضر على العكس.
- امنح جسديك الاسترخاء وخذ نقشة من أعماقك.
- امنح نفسك و أي نشاط.
- حب نفسك خالصًا بالشفقة الفخمة.

كلما تدرّبت أكثر كلما ساعدته عندما تكون في أشد الحاجة إليه.

Healthy Minds Sheffield Children's NHS NHS Foundation Trust

الأفكار والتطبيقات

ابق على تواصل

اتصل بشخص ما تناول التوجاهات مع العائلة استمتع بالألعاب ليلًا مع العائلة حدد تحدّيًا مع صديق احذر في اللعب شاهد الفيديوها مع العائلة

اكتساب المهارات

تعلم لعبة ورق جديدة لتسلية استمتع بطهي وجبة ما تعلم رقصة جديدة اعمل شيئًا دون الاستعانة بالآخرين "DIY" اعراف بعض الموسيقى أنش مهاره مزاوله بكرة القدم

المحافظة على الصحة

ممارسة تجدي ممارسة التوجاهات ممارسة رقصة تشبه تنوكة ضبط وقت منتظم لعبه الإبقاء من النوم تجربة روتين / فصول اللياقة البدنية عبر الإنترنت Do Dry Monday - منح مشروبات الطاقة

فحوصات حالة المشاعر والأحاسيس

نوم المشاعر التي تتناوله كن رحيما بنفسك احفظ بعبارة الإجابات لنفد صديقًا وأساقي عن أحوته عثر عن نفسك بالرسم والقص

الاسترخاء وتصفية الذهن

مناعبة الحوالات الألفة تجربة تمرين للتصفية الذهنية لعدة ثلث دقائق البحث في الشعب عن أشكال الحوالات ألعاب الأهاز والأحاجي استغرق الوقت في التزيين/تصنيف الشعر

Sheffield City Council #BeatTheBoredomShef

ضع خطة محكمة لتقضي يومًا مثاليًا

البقاء على تواصل

اكتساب المهارات

المحافظة على صحتك

فحوصات حالة المشاعر والأحاسيس

الاسترخاء وتصفية الذهن

الوقت	النوم	الاسترخاء	فحوصات حالة المشاعر والأحاسيس	اكتساب المهارات	البقاء على تواصل
18.00	العزف على الجيتار				
18.30	مهارات كرة القدم				
19.00	التواصل				
19.30	الأجداد				
20.00	التحدث مع صديق				
20.30	اليقظة الذهنية				
21.00	القراءة				
21.30	الذهاب إلى النوم				
22.00	بحلول الساعة 11				
22.30					
23.00					
23.30					
00.00					
00.30					
01.00					
01.30					
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05.00					
05.30					

If you or someone you know is vulnerable, shielding, or self-isolating and has no friends or family to call on, please get in touch with the Sheffield City Council Community Helpline on 0114 273 4567 - lines are open 8.45am - 4.45pm, or visit www.sheffield.gov.uk/coronavirus



For help with benefits, debt, employment or immigration issues (including EU settled status) contact Citizens Advice Sheffield - Phone : 03444 113 111 Open Monday to Friday 10am to 4pm Email : getintouch@citizensadvicesheffield.org.uk Visit : www.citizensadvicesheffield.org.uk

If you need housing advice, representation, support or information, you can contact Shelter in Sheffield by emailing Sheffield_hub@shelter.org.uk or calling 0344 515 1515 (open 9am-5pm, Monday to Friday).

Shelter

KEY CONTACTS

Understanding mental health

Friendships are good for us

- Spending time with friends, either in person or online, is a natural 'stress buster'
- Having good friends helps our physical and emotional wellbeing
- It's important friends make time for each other
- 25% of young people have said friendship issues affect their emotional wellbeing sometimes.

This week we are looking at
Stay Connected
and
being a good friend

Stay Connected - being a good friend

The quality of our friendships is more important than how many we have.

Things to look for in a friend include: how trustworthy they are, how kind they are to you, whether you feel safe with them, and whether you can smile together.

You might have different friends for different things - sport, having a laugh, someone to talk to, school work.

All friendships have their ups and downs and it might be even harder at the moment. See if you can use the following friendship tips:

- **Reach out:** Don't be afraid to reach out to someone you haven't heard from in a while, there might be all sorts of reasons why they haven't been in touch and they will appreciate you are thinking of them
- **Have fun:** It's so good for us to have a laugh. Could you host a quiz night online or set a challenge for your group?
- **Be kind:** Sometimes we just don't know what people are struggling with.
- **Be supportive:** Just being there is usually enough – you don't have to have all the answers. If you think your friend is struggling with something give them time to talk it through so they can work out what is at the root of their concerns.
- **Repair:** Falling out is a normal. It's important to talk openly and acknowledge each-other's feelings; we can all make mistakes, apologise if necessary; forgive, rather than holding that grudge, and learn from our mistakes.
- **Check in:** Communication on social media can cause trouble - it's easy to misinterpret someone's tone or feel you haven't been included - if you're feeling confused and need to sort something out - find a way to talk to them directly
- **Be real:** it's important that you feel good about yourself when you are with your friends, sometimes we might need to accept that it's time to seek out new friends.
- **Be safe:** ThinkUKnow website has lots of useful information to keep you safe online

Please contact your GP if you are concerned about your own mental health or someone within your family

Also visit www.epicfriends.co.uk

For Full planner www.sheffieldchildrens.nhs.uk/patients-and-parents/coronavirus-resources-for-children-and-families/



Emotional Check-in

Notice your emotions
Notice your mood and what makes you feel better or worse



Build Skills

Set yourself a challenge – now is a great time to learn a new skill

Choose a set time and place to complete school work



Be Healthy

Keep to a healthy routine

If you're feeling sluggish and tired you probably need to move!



Stay Connected

It's really important to stay connected with friends, social groups and family - online, phone or post

Check out *Thinkuknow* or *Own It*



Be In the Moment

Calm your body and mind - it's important to take a break from our thoughts even only for a few minutes

The more you practice the more it will help when you most need it

#BeatTheBoredomSheff