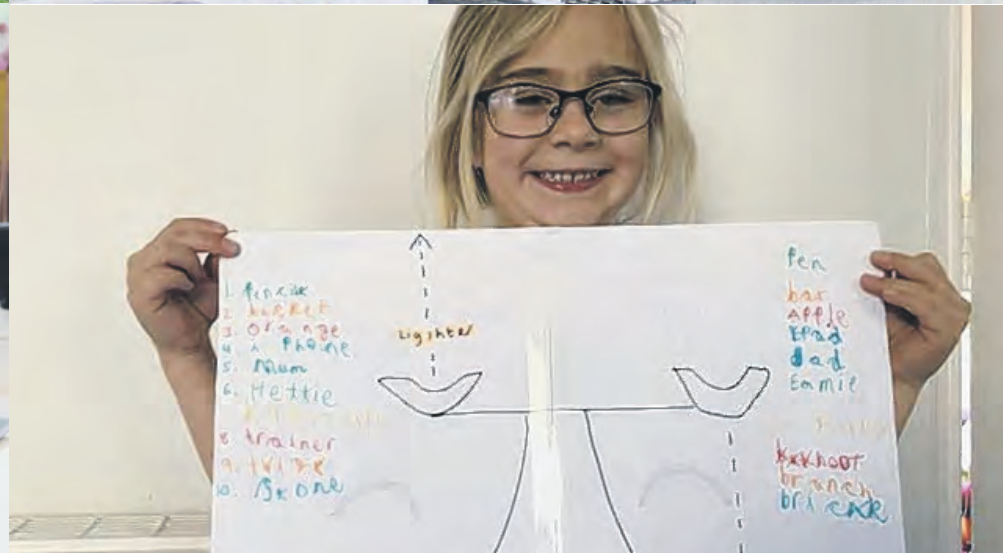


# Sheffield Learning Together

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](mailto:news@thestar.co.uk)





# 'I love being able to share other people's stories with readers'

**Laura Andrew**  
[Laura.Andrew@jpimedia.co.uk](mailto:Laura.Andrew@jpimedia.co.uk)  
 @LauraAndrew95

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

I'm a community news reporter for The Star. I started about a year ago. I interview people in my community and write articles.

**Why did you choose this career?**

It sort of chose me, I never believed it would be an industry I would get into but life kept pointing me in this direction and I'm very glad it did.

**What do you enjoy most about your role?**

I love being able to share people's stories, getting to speak to people who have done incredible things, overcome adversity, or done something wonderful for the community never gets boring.

**How has your role changed during lockdown?**

I'm now working from home like many people across the country are - a lot more phone calls and Zoom meetings.

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

Don't stress if you don't know your ideal career path yet. I didn't discover journalism until I had already finished university and was on the path



Laura Andrew, Community Reporter

to becoming a teacher - which turns out was not for me.

**What do you love most about Sheffield?**

I live in Doncaster but I work in Sheffield and I hope to move there in the near future. It's a wonderful city filled with

culture and I love how vibrant it feels when you walk around the town centre.

**What's your funniest memory from school?**

Tripping over my shoelaces during PE and landing face-first in a muddy field - funny

for everyone else not so much for me.

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

My sixth form English teacher ignited a love of reading in me

which led me to studying English Literature at university. Even though it's not directly linked to my career, good writing skills and communication certainly helped.

**What are you most looking forward to when lockdown**

**is over?**

Seeing my friends again - there are only so many Zoom quizzes you can sit through.

**What's your favourite joke?**

Yesterday a book fell on my head....Well, I only have my shelf to blame.



# Sheffield Learning Together

## Early Years



Hello everyone,  
We hope you are all keeping safe and well during lockdown.  
Here is some learning to try this week.

### All Things Early Years!

For other fun activities follow us on Twitter @ArbourthorneCPS

#### Using what's around us to make natural art

When you are out and about, why not collect some natural items, sort and organise, create a picture or pattern.

Will it be tiny? Will it be huge?



#### OOH AAARGH! Ahoy there mateys!



Using the inside of a kitchen roll or toilet roll, use colours, pencils or stick materials on to the tube in a repeating pattern to make yourself an excellent and enviable telescope. Which enemies can you spot now from your pirate ship porthole or crows nest?



#### Creepy Crawly Creations

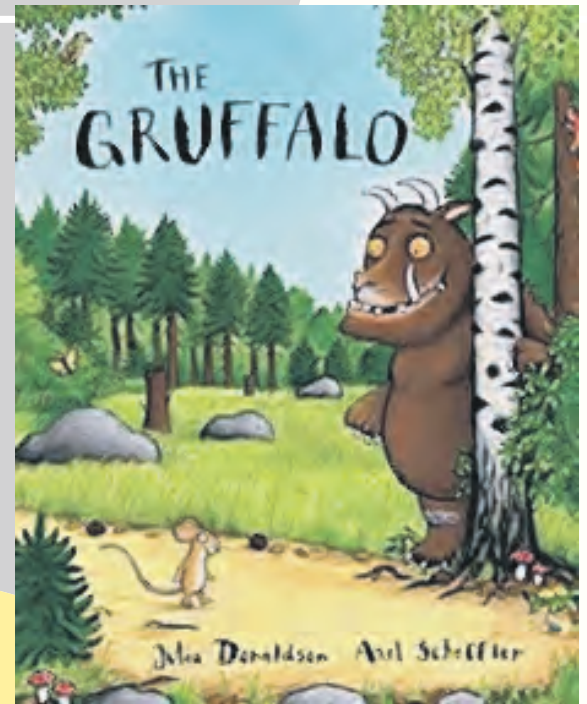
Do you have a favourite insect?  
Have you seen one in real life?



-Use scraps from junk mail to create colourful wings.  
-Use different objects to print different body shapes then add legs, antennae and eyes.

-Use toilet roll insides to cut and print with to make splatty spiders.

If your favourite insect or spider could be any colour, which colour would you choose for it?



- Who is standing behind the tree?
- Can you find the butterfly? – What colour is it?
- How many toadstools can you find?
- Can you find something high up in the tree?
- Can you find the Gruffalo's tusks, knobbly knees, turned out toes, and the poisonous wart at the end of his nose?
- Where do you think the mouse is going?

## #26 Splish, Splash, Splosh

Water allows children to explore, discover, problem-solve and has an impact on both their physical and emotional development.

Water can be used in a wide variety of ways in order to encourage communication, vocabulary development, sensory experiences, imaginative play and much more.

This learning can take place from birth as part of a child's regular bath-time routine and then branch out into outdoor activities or playing at the sink or in the bath. See what your child can learn from the comfort of your own kitchen, bathroom or garden!

Make sure that water play isn't stressful by choosing where you and your child explore water. Inside can be fine, as long as you protect your floor with plastic covered with towels and bathmats. Outside in any weather is wonderful with the right clothing. Remember, water play should always be carefully supervised by an adult. Small children can drown in very shallow water.

Water is an accessible resource all year round, and summer is the perfect time to embrace the outdoors and experiment with water, just make sure your children have sunscreen on in the sun.

Challenges such as 'who can make Incy Wincy travel down the spout?' (using a piece of piping/guttering and a toy spider) challenge young minds to think scientifically about angles, heights, speed of water flow; whilst mathematical language and concepts arise through filling and emptying a range of containers and bottles. Your child will begin to grasp the concepts of full and empty, the difference in capacity of large and small containers and develop their understanding of volume, weight and floating.

Children's gross motor skills can be developed through water play, e.g through pumping water, sweeping, brushing, large bubble play, painting the outdoor walls with water, washing the car; whilst fine motor skills and hand-eye coordination are also developed through actions such as squeezing, scrubbing, pouring, and squirting.

Old washing up bottles are an excellent resource. Fill them with water and encourage the children to use their whole arm muscles to draw a shape/picture/number/letter on the floor or wall. The development of large muscle movement is vital in making links within the brain before expecting pencil control, so this is a great, free way of helping them. Large household paint brushes and rollers are also great for large scale mark-making with water.

As well as all this learning, water play can be huge fun for all the family. You might have water pistols and water bombs in the house already, but if not, raid your recycling for old washing up bottles and plastic spray bottles. Make sure they are really well washed out and that everyone has something to squirt at others...you can include small bowls and buckets placed all the way across your garden or outdoor space. In the recent fabulous weather it's much easier to get clothes dry, so enjoy!

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.





## Greystones Primary School



### Number Games

Design your own version of Snakes and ladders. You could use different animals, Giraffes and Elephants, up the giraffes neck and down the elephants trunk!

### Measuring and Comparing Height

Can you find 5 things in your house that are taller than you and 5 things in your house that are smaller than you?

### Phonics Challenge

How many different words can you write with these sounds in?



## Paper Spinners

**What you will need:**

- Card (cereal boxes work especially well)
- Something circular
- Scissors
- String
- Glue
- Felt-tip pens
- Pencil and Blu-Tac

**How to make:**

Make two identical circles out of card by drawing around an object and cutting them out.

Decorate the circles - the more colourful they are, the more fun when spinning!

Glue them together with the patterns facing outward.

Using a pencil, poke two holes in the middle, push into the Blu-Tac not your table!

Cut a length of string about 70cm long, push it through the holes and tie the ends in a knot.

Now it's time to test your spinner! Take the ends of the string in your hands with the circle in the middle and go in circles to twist the rope. Now pull on the rope and watch it spin!



## CASTLES - WEEK 2

### ICT

Research castles online.

Create a PowerPoint to teach others about castles.

### History

- Research the different parts of a castle and label them.
- Research different castles from history and place on a timeline.
- Research famous castles from the UK and label on a map.
- Research the parts of a knight's armour. Draw and label a knight wearing armour.



### DT

- Design, make and evaluate your own model castle.
- Design and label your own armour for a knight to defend your castle.
- Design, make and evaluate a crown for the king or queen who lives at your castle.
- Design, make and evaluate a sword for the knights who protect your castle.
- Design, make and evaluate your own armour.

## OASIS WATERMEAD - SCIENCE

### SHADOWS!

SHADOWS ARE FORMED WHEN AN OPAQUE (NOT SEE THROUGH) OBJECT BLOCKS A RAY OF LIGHT. A SHADOW IS ALWAYS THE SAME SHAPE AS THE OBJECT THAT CASTS IT BECAUSE WHEN AN OBJECT IS IN THE PATH OF THE TRAVELLING LIGHT, IT WILL BLOCK THE RAYS THAT HIT IT WHILE THE REST OF THE LIGHT CONTINUES TRAVELLING

HOWEVER, A SHADOW CAN BE ELONGATED, (MADE TO LOOK LONGER), SHORTENED OR CHANGED IN SIZE DEPENDING ON THE DISTANCE FROM AND ANGLE OF THE LIGHT SOURCE

**MINI INVESTIGATION** - WHEN THE SUN IS SHINING, GO INTO YOUR GARDEN (STANDING IN THE SAME SPOT) AND TAKE A PICTURE OF YOUR SHADOW AT DIFFERENT TIMES OF THE DAY. WHEN IS YOUR SHADOW SHORT? WHEN IS IT LONG? WHY DOES THIS HAPPEN?

**MINI INVESTIGATION** - USING A LAMP OR A TORCH, PLACE AN OBJECT AT DIFFERENT DISTANCES FROM THE LIGHT SOURCE. WHEN IS IT SMALLER? WHY DOES THIS HAPPEN?





## Lowfield Primary School

### Design and Test a Parachute

Learn about air resistance while making an awesome parachute! Design one that can fall slowly to the ground before putting it to the test, making modifications as you go.

#### What you'll need:

- A plastic bag or light material
- Scissors
- String
- A small object to act as the weight, a little action figure would be perfect



#### Instructions:

Cut out a large square from your plastic bag or material.

Trim the edges so it looks like an octagon (an eight sided shape).

Cut a small whole near the edge of each side.

Attach 8 pieces of string of the same length to each of the holes.

Tie the pieces of string to the object you are using as a weight.

Use a chair or find a high spot to drop your parachute and test how well it worked, remember that you want it to drop as slow as possible.

#### What's happening?

Hopefully your parachute will descend slowly to the ground, giving your weight a comfortable landing. When you release the parachute the weight pulls down on the strings and opens up a large surface area of material that uses air resistance to slow it down.

Cutting a small hole in the middle of the parachute will allow air to slowly pass through it rather than spilling out over one side, this should help the parachute fall straighter.



## TOP 10 THINGS TO DO AT HOME!



- 1) Make decorations and throw a family dance party.
- 2) Make paper airplanes and see who's plane flies the furthest!

3) Draw a family tree for the royal family - how many different people can you include?

4) Write your autobiography (your life story).



5) Make lunch for your family - can you write out the order of how you made it? Take a photo of the end result!

6) Create a secret code i.e. replace each letter of the alphabet with symbols. Can your family decode a message from you?

7) Group yoga class - take turns to lead a session. Silly poses welcome!

8) Guess who - think of a person. Give clues or let the other person ask questions to guess who it is.



9) Find a boring object in your house, for example a pencil, and record a T.V. advert to try and sell it.

10) Design a 10 minute exercise routine, and do it with your family.



### To celebrate Father's Day you could:

- Get up early and make a special Father's Day breakfast – ask another adult for help if you need it but try & keep it a surprise.
- Design and make a card for Father's Day – you don't need to spend lots of money – home made cards are totally unique.
- Help dad with some of those jobs around the house or garden – what could you do that makes his day an easier and fun day?
- Find out how they celebrate Father's Day in other countries - can you do anything you learn about for your dad?

## Sunday 21st June is Father's Day

Celebrating Father's Day this year might feel very different to usual but it is still a special day we can't forget. Father's Day is a celebration honouring fathers and celebrating fatherhood, paternal bonds, and the influence of fathers in society.

What will you be doing for Father's Day this year?





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](http://www.sheffieldcu.blogspot.com)

## CU Home Learning Challenge! Create finger puppets!

Finger puppets are really easy to make and a great way to create characters for a play, a story, or even just for fun! Will you make yours from material or paper?

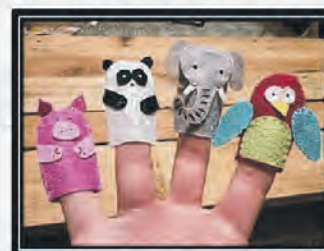


**Step 1:** Ask an adult to help you find the things you'll need. Think about the puppet you want to make. Will it be a person, an animal, or something you've created from scratch? An alien perhaps?!

**Step 2:** Design your puppet on paper first. Think about what part of the puppet your finger/s will create when they stick through the holes (like on the picture, if you use paper!). Make sure they're the right size for your fingers! Think about the shapes you'll need for the different parts.

**Step 3:** If you're using material, create the base for your puppet. Ask an adult to help you sew round the edges so the front and back pieces are stitched together. Then create the rest of your puppet - arms and legs? A face? Long hair or no hair at all? It's up to you!

**Step 4:** Make any other finger puppets you'll need to tell a story, as well as a stage, scenery or props. Plan, rehearse and perform your very own puppet show! Make sure to take plenty of pictures and videos to show your friends and family!



### You will need:

- Paper, card or material
- Pencils, pens, crayons, felt tips, etc.
- Glue or sticky tape
- Needle and thread (if using material)



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](mailto:cu@sheffield.gov.uk) (photos/videos etc.) and we'll award CU credits. We can't wait to see your work!



## CU Home Learning Challenge: Alphabet Workout!

### You will need:

- some space to move around!
- paper and pencil

Here's a challenge to get your muscles working and your blood pumping!

**Step 1** - Create an activity for each letter of the alphabet (jumps, balancing, rolling, running, skipping, bending, hopping, skipping, etc.) and write them down.

**Step 2** - List all the words you can think of (or that people use), that describe all the best things about you? Proud, smart, helpful, happy, learn, kind, strong, smiley, friend, etc....

**Step 3** - Pick one word a day for at least five days and use a table like the one below to spell out the word with the matching exercise. Create a table like the one here to keep your record...

Letter	Exercise	Done (tick)
h	stretch arms and legs	
a	10 star jumps	
p	balance on left foot (10 sec)	
p	balance on left foot (10 sec)	
y	touch toes 10 times	



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# eat smart SHEFFIELD

## EAT YOUR A, B, C'S



### Vitamin A

Needed to help keep your immune system strong. It is also good for vision & for keeping your skin healthy.

Good sources include cheese, eggs, oily fish, milk & yoghurt

You can also get Vitamin A by including good sources of beta-carotene in your diet, as the body can change this into Vitamin A. Beta-carotene can be found in yellow, red and green (leafy) vegetables, such as spinach, carrots, sweet potatoes & red peppers, and yellow fruit, such as mango, papaya & apricots.

### Vitamin B

There are many different types of B Vitamins including thiamin, riboflavin & niacin. They play an important role in helping the body turn food into energy. They also help to keep our nervous system healthy.

Good sources include eggs, milk, wholegrain (eg. brown rice & wholemeal bread) & some fortified breakfast cereals.

### Vitamin C

Has many essential roles including helping to protect cells & keep them functioning, maintaining healthy skin & bones, and helping with heal wounds.

Good sources include oranges, peppers, strawberries, blackcurrants & broccoli.

## A-Z CHALLENGE

How many different types of fruit & vegetables can you think of? See if you can write down a different one for each letter of the alphabet!



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

### SMART BEANS ON TOAST

A little clever thinking adds more veg to the beans to make the meal a little smarter – and tastier!

**Serves:** 4

**Prep time:** 10 mins **Cooking time:** 10 mins



### Ingredients:

- |                                                    |                                         |
|----------------------------------------------------|-----------------------------------------|
| <b>1</b> red pepper, deseeded & finely chopped     | <b>16</b> cherry tomatoes, halved       |
| <b>4</b> spring onions, finely chopped             | <b>4</b> medium slices wholemeal bread  |
| <b>420g</b> can reduced-salt and sugar baked beans | <b>4tsp</b> lower-fat spread (optional) |
| <b>150g</b> mushrooms, sliced                      | Freshly ground black pepper (optional)  |

### Method:

- Put the pepper and spring onions into a large saucepan with 3 tbsp of water. Cook for 2-3 minutes over a low heat, until the water has evaporated.
- Add the beans, mushrooms and cherry tomatoes to the saucepan and heat gently for 5-6 minutes, stirring often, until the beans are piping hot. Meanwhile, toast the bread.
- Spread each piece with 1 tsp of lower-fat spread (optional). Pile the beans on to the toast and serve. Sprinkled with black pepper (optional).

SWAP TIP

If you don't have any spring onions, you can always use finely chopped white or red onions.

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





MOSSBROOK SCHOOL  
Engage to Explore and Enjoy to Excel



Paces School

### Tally Chart!

Think of a question to ask your family and friends and create your own tally chart. It could be about anything, for example, favourite food, pets or holiday destinations...

What's your favourite ice-cream flavour?	
Vanilla	
Chocolate	
Strawberry	I
Cookie dough	
Mint-Choc Chip	

You could turn your tally chart into a bar chart or a pictogram.

## SHEFFIELD AUTISM EDUCATION SERVICE

### Using Flexible Visuals to Communicate With Your Child

#### *What is it?*

- A visual communication resource using simple line drawings.
- A tool to make a "visual deal".
- It is adaptable and portable- For anywhere, anything and at any time!
- Use spoken words "First - Then..." or "Now - Next"

#### *Why use it?*

- Can help provide structure and routine.
- Helps improve understanding.
- Can help avoid frustration and anxiety.
- Encourage child to follow adult led tasks.
- To make a deal, building in rewards and preferred activities.

#### *Steps to success...*

- Remember to have a consistent approach.
- Remember to build in rewards and motivating activities.
- Allow time to process the deal.
- Be confident; remember its simple line drawings!







#stayhomestayactive

#PEatHome

## EXPLORE



Find 10 small soft objects that you can throw – these can be screwed up balls of paper or rolled up socks! Find something to use as a target – a bucket, bowl or a sheet of paper will do!

## Bright ideas:

Set your target a short distance away and then practice throwing your objects to land in or on it.

Now try the same activity with your eyes closed. Were you as accurate?

Try moving the target further away and repeat the activity.

What do you need to think about when you have your eyes closed?



@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

Ask someone from your family to help you with this!

Repeat the activities from the 'explore' section but this time:

Ask your family member to try it with their eyes closed. You need to have your eyes open and give directions and instructions so that they can hit the target.



## English Challenge!

Think of an exciting setting for your obstacle activity – maybe in a swampy jungle, out in space or on the high seas.

Think about the quest you are going on to reach the other side!

Write an adventure story describing how you achieved your quest.

What treasure awaits you?



## Computing Challenge!

Draw a square on piece of paper and draw on randomly placed obstacles.

Imagine you have to guide a robot through your obstacles from one side to the other.

Can you write instructions to get your robot safely to the other side.

Top Tip – drawing small squares on your paper might help



Make sure the space is safe and away from hazards when completing tasks with your eyes closed

## DEVELOP



Now take your 10 small objects and spread them out on the floor. Ask someone to help you out again!

Ask them to close their eyes and guide them through the obstacles to the other side by giving clear instructions. Could they collect some 'treasure' when they get there?

Don't let them step on anything! Make your instructions really clear.



Can you be creative and invent an adventure for this activity?



## Parent's Tip!

Start with the objects a short distance from the target or the obstacles far apart.

Then make the objects further away and the obstacles closer together for challenge!

KS2



#stayhomestayactive

#PEatHome

## EXPLORE



Find 10 different items in your house. How can you stack them to make the tallest tower?

## Bright ideas:

- What object makes the strongest base?
- Which objects can take most weight?
- How can these objects fit together to form the strongest structure?

Find a piece of fruit or a vegetable. Can you balance the fruit on top of your structure? If it collapses, how can you make it stronger?



@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

Find 10 pieces of paper. You have 10 minutes to build the tallest tower that you can.

Your structure has to be free standing and you cannot use tape, glue or paperclips to hold it together.

Challenge someone else in your house to complete the task with you and see who can build the tallest tower.

CHALLENGE



**Maths Challenge!**  
The Eiffel Tower is the tallest tower in Paris.

If half the base of the tower is 75m, and imagining that the sloping side is a straight line of 332m, can you approximate the height of the tower?

Tip – Remember:

$$c^2 = a^2 + b^2$$



## Geography Challenge

The Burj Khalifa in Dubai is the tallest building in the world:

Can you find out the names of the next 5 tallest buildings?

Where are these buildings in the world?

Can you plot a graph of the 10 tallest buildings in the world according to their height?



Make sure you have enough room to complete the tasks!

## DEVELOP



Can you design your own tower?  
- Where would your tower be located?  
- What would be inside your tower?  
- Why would there be a need for this tower?

A key feature of urban areas are high rise buildings and towers. Urban areas have grown over time because of a range of push and pull factors. Can you list the push and pull factors that might lead to urbanisation?

Can you categorise these factors into social, economic and environmental reasons?

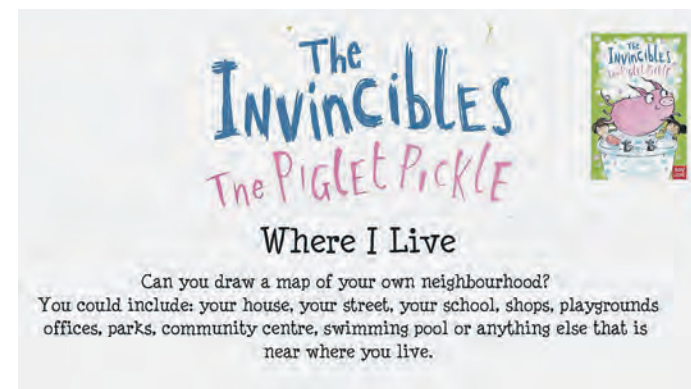
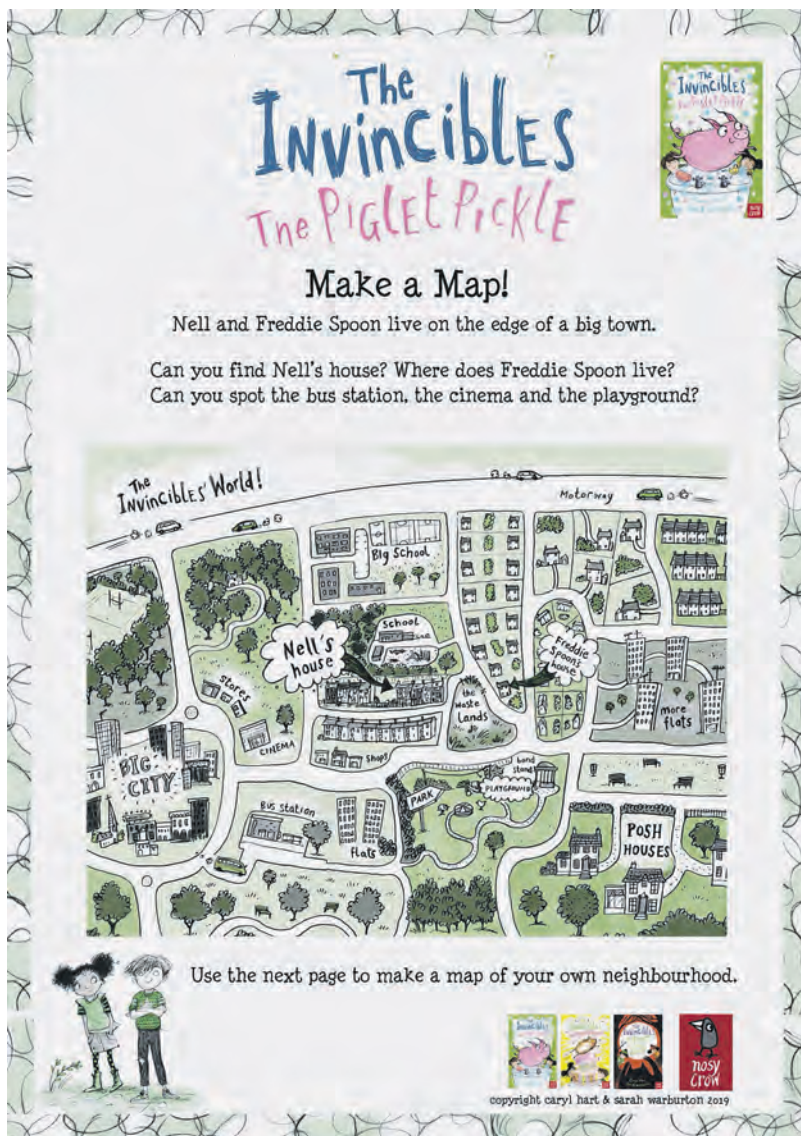


## Parent's Tip!

Use different objects to create challenge. If your towers keep falling over, try to find objects with a more stable base.

KS4





## Roller Ball!

Your challenge is to make the longest roller ball run you can!  
Using only the materials you can collect from around your home.  
You can build it inside, outside or even from the inside to the outside!

- You need to find a small ball to play with!** (A marble? Pingpong ball? Golf ball?)
- Choose a starting point at least 30cm above the ground, or even higher!** (On a step? A garden wall? The edge of your bed?)
- What will the ball drop into when it reaches the finish line?** (Washing up bowl, bucket, beaker, tupperware?)
- Collect materials together for construction.** Think about what's tube-shaped, like toilet roll tubes? Or things that you can roll up, like paper? Or tie into a tube, like a tea towel? Or long and level things, like race track?
- Now you have everything, it's time to build your roller ball run!**

### 5 KEY RULES

- Nobody can **touch** the ball while it's rolling.
- If the ball falls and hits **the ground**, then start again.
- The ball must **drop 30cms** on its journey from start to finish.
- If the ball stops, move bits **above or below** to try and get it moving again, but you can't touch the part of the run where it's stuck.
- The ball must move in the **same direction** the whole way, no going back!

Good luck!

More #homeadventures  
createsheffield.co.uk/adventures

create sheffield  
Adventures in Cultural Education

thornbridge outdoors

## Sheffield Secret Stones

#sheffieldukrocks

Hunting for secret stones is becoming a popular game for groups all around the world because it combines creativity with getting outdoors. Sheffield has joined in the fun using #sheffieldukrocks to share images and locations.

**Here's how it works**

Find yourself a smooth stone or pebble. Decorate your stone with your own artwork/design. Write Sheffield UK Rocks on the back with a Sharpie pen or another permanent pen. Then hide it somewhere other people can find it, like in your local park, or if you can't get out because of Covid-19, how about just placing it on the wall outside your house, where others can see it and enjoy it?



Post a picture with clues to where your stone can be found... maybe your neighbours can come and find it on their daily walk? When someone spots your stone, they photograph it, post the picture on social media, then re-hide it for someone else to find. Meanwhile, you might come across other people's stones. When you find one, you do the same and share what you've found online.

When sharing photos of your stone use #sheffieldukrocks – either on the Sheffield UK Rocks Facebook group or via Instagram or Twitter. Don't forget to give clues about your stones location to help others find it, and take a look to see if any stones have been hidden near you. You can also share on the Secret Stones Facebook page which has stones hidden around the world.

**Take care**

This game is a lovely way to stay connected to your community whilst taking care to follow the social distancing rules. You could spot rocks whilst on your daily exercise outside or put yours on your wall for people to find it more easily. Don't forget to wash your hands.

More #homeadventures  
createsheffield.co.uk/adventures

create sheffield  
Adventures in Cultural Education



### Meadowhead School



#### Tongue Twisters!

To warm up your voice and facial muscles, here are some different tongue twisters to try. Gradually speed up, but the aim is to keep the words as clear as possible.

- How much wood would woodchuck chuck. ....
- I scream, you scream, ...
- Betty Botter bought some butter but, said she, the butter's bitter. ...

#### Create a Monologue

Create a character and write a monologue for them. A monologue is where a character speaks their thoughts aloud for the audience. Think carefully about where the character is when they are delivering the monologue, what they would be wearing and what they would have on stage with them. You could draw these and write them down or you could use clothes and objects in your own home as props. Rehearse the monologue and use the costumes and props to make it as realistic a performance as possible. Rehearse over and over and try your best to learn the words. Think carefully about the character's body language, facial expression and voice.



#### 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

•	11	7	14	8
••	16	2	12	22
•••	22	21	2	2

Solutions from last week:

1)  $(7 + 23 - 22) \times 3$  2)  $(13 + 7) + 14 - 10$  3)  $11 \times 5 - (13 + 18)$



### Home Learning - Firth Park Academy

#### History:

Decorate a hard boiled egg into a historical character. Send a photo to @FirthParkAcad on Twitter!

#### English:

Write a letter to a family member or friend. A lot of people are currently experiencing loneliness.

#### Healthy Minds

Do something helpful for a family member or a friend today. For example: make them breakfast!

#### PE

Watch Mr Jeffery performing squat jumps on our Instagram page: firthparkacademy

Have a practice beforehand and then see if you can achieve the highest score!

#### PSHE

If your options year is coming up, start paying attention to the subjects you want to take in GCSE. This will help you get a headstart!

**Word of the Week - hyperbole** - when something is over-exaggerated for effect  
Can you use this in a sentence?

### Helping Home Learning

#### Talk with Trust

Learning opportunities are everywhere. You can make anything a learning experience for your child, just follow the TRUST ideas.

#### T Take turns to make plans and predictions before starting a task

'You think that we should have fish fingers for dinner? That's better than my pizza plan.'  
'I wonder how many fish fingers everyone would like. What do you think?'

#### R Recap to check ideas and understanding as your child is helping

'So, you think that we should dig the hole here? Why is that?'  
'Why do you think that the tower fell over when you added the last block?'

#### U Use encouragement and praise to keep children engaged in learning

'I love your ideas for grandma's picture. Let's collect what we need and make it.'  
'You thought so carefully about your picture. I wonder how it would look with stars on. What do you think?'

#### S Share prior knowledge & past experiences that link to what is being learnt

'Have you learnt about things that float at school? Do you think that this bottle will float in your bath?'  
'Do you remember the counting we did when we watched Numberblocks? Let's do some more counting so we've got the right number of smiley faces.'

#### T Tune-in and listen to your child—be curious about their interests

'I didn't know you were so good at baking. I think the things that you make taste the very best!'  
'I know that you love dinosaurs. Shall we make some green dinosaur biscuits?'



### The Daily Buzz

May 2020

Bringing you the latest news and un-bee-lievable stories from the honeybee world

#### Swarm at local school

Mr Smith, a beekeeper from Edale in the Peak District, has sent us this photograph of him catching a swarm of honeybees from a tree at a local school.



Mr Smith told us, "it was lucky I had all of my tools ready in the boot of my car when the school called. I arrived within minutes and the bees have now been safely transferred to a new hive. I imagine their old hive was getting a bit tight for space which is why the queen and lots of other bees decided to leave in search of somewhere with a bit more room."

#### Joke Corner

Q: What did the queen bee say to the naughty bee? A: Bee-hive!

Q: What do you call bees buzzing in unison? A: A stingalong!



#### Bees enjoy a trip to McHive

Could this be the world's smallest McDonalds?



Source: <https://nordddb.com/case/mchive/>

Believe it or not, the tiny restaurant is still the perfect home for honeybees. McHive was designed and built by Swedish designer Nicklas Nilsson before being sold at auction to raise money for Ronald McDonald House Charities. The hive also raises awareness of the importance of honeybees. It's very impressive - not only do the bees benefit from the convenience of a drive-thru, they can also relax on the terrace in the warmer months!

**Daily Buzz Activity:** Using McHive as inspiration, design your own beehive with a difference. Remember to include an entrance for the bees and a roof that can be easily removed. Perhaps you think honeybees would like to visit a cinema or even your school!



The TRUST framework was adapted from 'High Quality Interactions' in the EEF's guidance report [Preparing for Literacy](#) [p.9]



# Sheffield Learning Together

## Secondary



#getcultural with

### Stocksbridge High School

Use your time in lockdown to find out about life in another country and communicate in another language. We may not be able to travel to France but you could get a little closer by having a go at some of these home learning ideas.

Make a thank you poster for one group of keyworkers in French. (e.g. NHS, Police, Teachers)

Draw a picture of a famous French landmark.

Find a French 'meme'.

Find out an interesting fact about a French speaking town/city.

Listen to an audiobook in French.

Use 'Lyrics Training' to learn a French song.

Either bake a traditional French cake/tart or cook a French dish.

Learn a dance routine to a French song.

Write a song/rap/poem in French.

Find 10 items in your house and look up the French word for each item.

Watch a French film or TV show.

Create a board game to teach French to another person.



A partnership of  
Sheffield Hallam University  
and The University of Sheffield



### UK University Word Search

Did you know there are approximately 395 universities in the UK alone! Many cities have more than one university meaning there are often lots of students around.

There are some universities hidden in the word search below: Can you find them?

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

Bath Spa  
Cardiff  
Edinburgh  
Leicester  
Loughborough

Birmingham City  
De Montfort  
Glasgow Caledonian  
Liverpool Hope  
Newcastle  
Sheffield Hallam

Bristol  
Derby  
Kent  
London South Bank  
Nottingham Trent  
York



The University  
of Sheffield

## ENGLISH: SIX WORD SHORT STORIES

**Tapton**  
SCHOOL

Brevity is a real skill, whether you are writing a piece of description, an article or opinion piece, getting your meaning across using only the most important vocabulary ensures clarity and can be really powerful. Let's practice brevity.

According to legend, during the 1930s in America, Ernest Hemmingway challenged some of his writer friends to produce a short story using just six words. He believed the results of his own six word story to be the best work he had ever produced.

Six word short stories, sometimes called 'flash fiction' have an implied beginning, middle and end, but also emotion, detail and interest. They leave interpretation up to the reader and some are incredibly clever and powerful.

"For sale:  
Baby shoes. Never worn."  
E. Hemingway

Task 1 – Choose three of the following six word short stories to develop a more complete narrative for, thinking about your interpretation as a reader. In one paragraph, or 10 bullet points, explain how you think the story would unfold.

Ring. Church. Groom.  
'Where is she?'

'Freeze! Don't move!'  
'I'm just...'  
BANG!

I asked. You answered with  
silence.

Found a new mountain to  
scale.

I was born, but never lived.

Dark places have room for  
light

Task 2 – Practise your skills of brevity by writing your own six word short stories that fit with the following themes:

1. A story about your loved one
2. A story about a significant event in your life
3. A story about loss
4. A story about hope
5. A story about joy
6. A story about something that makes you anxious
7. A story about friendship
8. A story about a good memory
9. A story about something you wish everyone knew
10. A story about the future

Achievement Respect Opportunity



TogetherNESS Kindness Determination

## Dance: Organise a Live Show

**Task:** Use the notes app on your phone to plan a dance production

1. Start by deciding what type of show yours will be. A cabaret? A musical? A showcase?

2. Write a list of **songs** you want to use.

3. Plan how you want the performers to look and make a new list of **costumes, props, lighting and venue** ideas.

4. Now decide on how big your **audience** will be. Add your ideas to your notes. Don't forget to think about using age appropriate **music, intervals and staff** that will be needed for the show.

**Ideas:**

Create a fun family filled show using **different dance styles**

Create an show which **delivers a message** to the audience

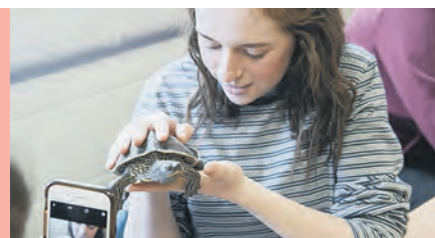
Research these professionals to see how they put their shows together:

- o Matthew Bourne
- o Christopher Bruce
- o Ashley Banjo



## The Sheffield College

Have a go at these lockdown activities from three of The Sheffield College's academies!



### ANIMAL AND ENVIRONMENTAL CONSERVATION

#### Task: Creating a bird station

Wild birds are an important part of the environment. Since spending more time at home, you may have noticed wildlife more than usual, either in the garden or from a window or balcony.

Have a go at creating a bird station. Spend 10 minutes in the morning, afternoon and evening (before dark) and record any birds that you can see. If you are unsure of the types of birds you are seeing, have a look at the RSPB website or a bird book if you have one.

Once you have an idea of the types and number of birds you are attracting, have a think of some ways to attract different types. Or, if you have not seen many birds, how you could attract more?

For example, you could put bird food into different types of feeders. You could also use different types of bird food such as seeds, peanuts, specific mixes and mealworms etc, as well as providing water for them.

If you have a window, consider using suckers to hold feeders in place. If you have a balcony, try and find items that will hang securely onto the railings. Repeat your observations once you have made some changes or additions to your bird station, and record any increase or decrease in birds.

You can play about with the bird station until you are happy with it and have noticed it is attracting lots of different types of birds – or possibly the odd squirrel trying their luck!

### HEALTH AND SOCIAL CARE

#### Task: Making positive impacts on your health

Your health and well-being fall under three main categories; mental health, physical health and nutritional health.

Write three different ways you can make a positive impact on each of these every day and give examples to support how you have done this.

### ENGLISH

#### Task: Trying new complex words

Find three complex words that you haven't used before. Try to use a new word accurately in a conversation with another person.

Each time you use a word successfully, find another word to take its place. After one week, see if you can remember the meaning of the original words you chose.

## GO FURTHER

For more information, please contact: [admissions@sheffcol.ac.uk](mailto:admissions@sheffcol.ac.uk)

For more activities to try from home, please visit [www.sheffcol.ac.uk/college-life/pre-induction-activities](http://www.sheffcol.ac.uk/college-life/pre-induction-activities)



Schools and examination boards are working together to make sure GCSE and A levels are still graded but what happens if you don't get the grades you were expecting? Or if you're taking other qualifications?

Sarah from our Careers Education, Information and Guidance team has put together a Q&A to answer some of the questions you may have.



#### Will I be able to retake my exams GCSE or A level exams?

Yes, there will be the opportunity to re-sit subjects either this autumn or in summer 2021. The plans for autumn re-sits and the subjects available are still being drawn up but they're due soon.

#### What if I retake and get an even lower grade?

You will be able to use whichever grade is higher as your official grade.

#### If I retake in the autumn will I get a new grade in time to start university?

This is still being sorted out but at the moment the view is that A Level retake results should be out by Christmas, GCSE english and maths in January 2021 and other GCSEs in February. Universities (and also colleges and sixth forms) will try to be flexible but, if you're thinking about autumn resits, you should consult with the university / institution concerned..

#### If I'm home schooled. How will grades and retakes work for me?

If the school / college / centre where you had registered to take your exams has seen enough of your work to make an assessment then you will get a calculated grade. If they are unable to do so, you can ask to register at a centre which has more experience of this type of learning and assessment. If no calculated grade can be awarded, you will have the opportunity to resit. You need to: Contact your exam centre to ask whether they can assess your grades. If you wish to register at another centre, contact the exam board for details.

#### What's happening with other qualifications?

It will depend on the qualification. There are many different types, so this is complex and some of it is still being sorted out. Broadly speaking, for qualifications that are used for entry to university or further education you will, where possible, receive a calculated grade (as with GCSEs and A Levels). Many BTECs, for example, will fall into this group. However, some vocational (work related) qualifications must also involve assessing your skills to make sure you are capable of doing the job. Where possible these assessments are being adapted so that they can still happen safely (e.g. online or through video).

#### How can I find out more?

Keep in touch with your school or college who are working with exam boards to sort this out.

For more information go to [www.sheffieldfutures.org.uk](http://www.sheffieldfutures.org.uk)



# Do you know where these architectural delights are?

We've got some images of city centre architecture for you to name this week. they might be buildings, monuments or works of art, but they're all in Sheffield. We'll tell you the answers in next week's supplement.



Picture 1



Picture 2



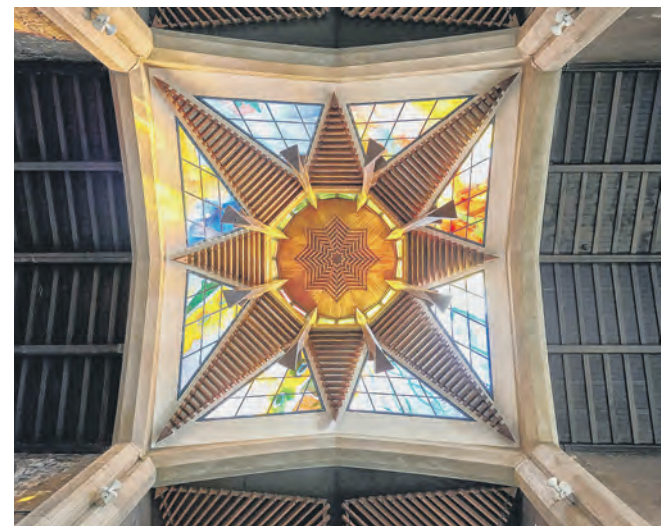
Picture 3



Picture 4



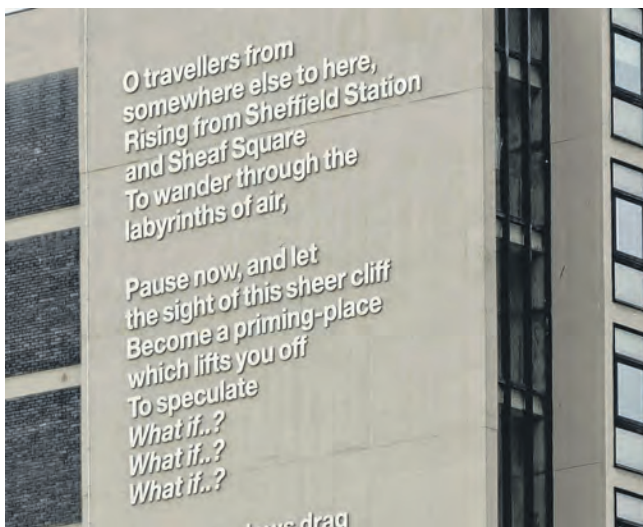
Picture 5



Picture 6



Picture 7



Picture 8



Picture 9

Answers to last week: 1. Steel City House; 2. Cutlers' Hall; 3. Sheffield Cathedral; 4. Castle House; 5. Canada House; 6. Old Post Office, Fitzalan Square; 7. NSPCC; 8. Lloyds Bank; 9. Pizza Hut.





# Somali Soomaali



Healthy  
Minds



Sheffield Children's NHS  
NHS Foundation Trust

# Fikradaha & ablikeeshanada

### Khadka ku xirnaaw



Qof wac  
Cunso la cun qaysooga  
Ciyarto habaanka lo ceyroo qayso  
Soosila lo toman  
La xooli waraysa xilliga ciyaarto  
Fududaygu kula xiriir qayso

Waxa jira habab badan oo lagula xidhiidho  
karo aasaabta iyo qayso. Iskuulka waxaa  
laga yaabaa inuu soo dira macluumaad  
kusaabsan qaababka loola xiriir  
Had iyo jeer khadka ku xirnaaw - kalsoon  
waraysabada oo ka walaalan tahay qof  
wal ah ah FOMO iyo xaqshaqshada  
internetka ayaa baahayn karo caafimaadka  
maskaxda - ka fari [Fikradaha](#) ama [Tusaal](#)

### Xirfado Samayso



Bare ciyaar cusub oo furay ah  
Cunso kari  
Qoraal-ka-ciyaarinta cusub  
Samee xaqshaqshada DIT ah  
Samee xaqshaqshada musiqi ah  
Bare xirfado kubbadda cagaar

EAC Eriqasla Emily & Femi  
Dhaidiga  
Saad loo dhaidiga  
Fammar Mary Jaffer Isacani  
Fid aqoonta iyo waraysabada internetka  
Tika Dikik - laqaybnaa waraysabada oo  
xilligaan dhaidiga

### Ahaaw mid qaba Caafimaad



Aadida arohan  
Isku day rogo  
Ku habaabin ciyaarinta kilaah  
Sameeysa alaabta iyo soo kiciya  
Isku day fasaal/jadwalka jamicada oo ahaan ah  
Is Qalloji iskuulka - ha qabin caafimaadka  
tumarta

Iskuulka iyo  
Waxayna  
Yaga kujiro YouTube  
2 minuuq waxayna  
Fammar loo

### Baariitaanka Shucuurta



Xusuus-qor ka hayso sida oo dawladda  
Isku naxariiso  
Hayso baariitaanka maahadnaga  
Xooli waraysa aasaabta  
Naftaada ku muuji farshaxanka


Tayfaalanka  
Dawad  
Kas Alanka  
Dhaidiga Tusaal  
Kas

### Ku raaxayso wakhtiga



La ciyaar xayawaanka guri joogta ah  
Isku day jamicada jaddax daqaaq ah oo  
ablaqashada iyo waraysabada ah  
Raadi xayawaannada dawladda  
Samee meshiinta wax lagu jaro  
Waqti ku qaada inaad iskuulka / fimaah


Waxayna  
Smiling Mind  
Cayaaraha Xalkaashada oo khadka  
Bogaarka  
Spotify




Medhalka  
Aga Khan Foundation

#BeatTheBoredomShef


# Qorsheyso maalintaada caadiga ah




Khodka ku ximaaw




Dhis Xirfado



Ahaaw Mid caafimaad qabsa



Baaritaanka Shucaarta



Ku raarayso waqtiga

6:00	
6:30	
7:00	
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8:00	
8:30	
9:00	Qubeys
9:30	Quraac
10:00	Iskuul
10:30	shaqo
11:00	Baashaal
11:30	Iskuul
12:00	shaqo
12:30	Qado
13:00	Iskuul
13:30	shaqo
14:00	Iskala bixin
14:30	Aadida orotan
15:00	
15:30	Khadka asxaabta
16:00	lagula sheekaysto
16:30	
17:00	Shah
17:30	La cayaar bisada

18:00	Cayaar gitaar
18:30	Xirfadaha kubada
19:00	cagta
19:30	Xiriir Ayeeyo/
20:00	Awoowe
20:30	
21:00	La hadal
21:30	saaxiib
22:00	Iska wathayn
22:30	Akhrin
23:00	Seexasho marka
23:30	ay tahay 71
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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@citizensadviceffield.org.uk](mailto:getintouch@citizensadviceffield.org.uk)  
Visit : [www.citizensadviceffield.org.uk](http://www.citizensadviceffield.org.uk)

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

Shelter

## KEY CONTACTS



# Understanding mental health

## Be productive. Build Skills

Being active, completing a task and building skills are key for our wellbeing. It helps our confidence, our self-esteem and gives us purpose. It's so important when our normal routines have been disrupted.

This week we are looking at  
**Build Skills**

## Emotional Check-in

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

## Be Healthy

**Keep to a healthy routine**  
If you're feeling sluggish and tired you probably need to move!

## 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

## 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

## But it can be hard to know where to start!

- Remember any journey starts with the first step
- Even if you're not certain about what you want to do - take the first step and then you will know more about whether you want to stick with it or go in a different direction
- The first step might be just to get up at a set time or to have a nice breakfast
- Some skills may be exciting and some may be mundane - they're all valuable skills
- Follow your interests, trust your instincts - we are all unique
- Ask someone else - friends or family what they think you would enjoy learning
- What vital life skills could you develop to help around the house? Cook, wash clothes, DIY?
- If you have a particular subject you enjoy at school now is a great time to read and find out more about it - ask your teacher for ideas, check the school website
- Family or friends maybe able to teach you or an online tutorial
- Share your learning with others and celebrate.

## Set some goals

Activity	M	T	W	T	F	S	S
Cook Tea	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

If you are worried and don't know what to do talk to a trusted adult

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

Also visit [www.epicfriends.co.uk](http://www.epicfriends.co.uk)

For Full planner [www.sheffieldchildrens.nhs.uk/patients-and-parents/coronavirus-resources-for-children-and-families/](http://www.sheffieldchildrens.nhs.uk/patients-and-parents/coronavirus-resources-for-children-and-families/)

#BeatTheBoredomSheff