

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

Sheffield Learning Together



David Richards examines the bee hive with pupils at Stocksbridge Junior School.



David Richards, chief executive of WANdisco

Choose a creative career and help change lives for the better

David Richards
WANdisco founder and CEO
@DavidRichards

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

I'm the founder, chairman and chief executive officer of WANdisco plc, a public software company based in Sheffield and Silicon Valley. I started the company in 2005.

Every day, I have lots of internal meetings with our people and external meetings with our investors and customers.

Why did you choose this career?

It chose me! I have always been interested in trying to predict and influence the future. Starting up and running a software company is the best way to do that.

What do you enjoy most about your role?

You can change people's lives for the better.

People who have worked hard and benefited from owning our shares can buy nice things, like houses.

How has your role changed during lockdown?

I was a frequent flyer between the US and the UK. Now all my meetings are online.

Last week, I raised \$25m from Wall Street and the City of London from our home in the Peak District.



David Richards with children from Astrea Sheffield at Pimoroni, before lockdown.

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

Focus on being creative. Don't choose careers that will be lost to automation.

What do you love most

about living in Sheffield?

I love the people and the beautiful countryside. We have just moved back home after two decades in California.

What's your funniest memory from school?

The PE teachers at Tap-

ton School. Anyone who was around in the 1980s will know what I am talking about!

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

Yes. David Jackson, the

head of sixth form at Tapton, advised me to study computing and saved me from banking.

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

Going to the Strines Inn

and having a giant Yorkshire pudding with beef on top.

What's your favourite joke?

What do you call a three-legged donkey? ...

A wonkey.

Healthy minds challenge

Can you find a container/jar at home? Can you make a label for it called 'wish jar for after isolation.' Can you write all the things you would like to do when isolation has finished? Put them in your jar, then when isolation is over, you can pick them out.



Extra challenge: can you write your wishes using your phonic knowledge (adults, remember we don't expect the children to spell words correctly, we want them to use their phonic knowledge confidently and independently. For example, if one of their wishes was to go to monkey business, they might spell it like this: Munkee bisnis. This is perfect, and a true reflection of their phonic knowledge.



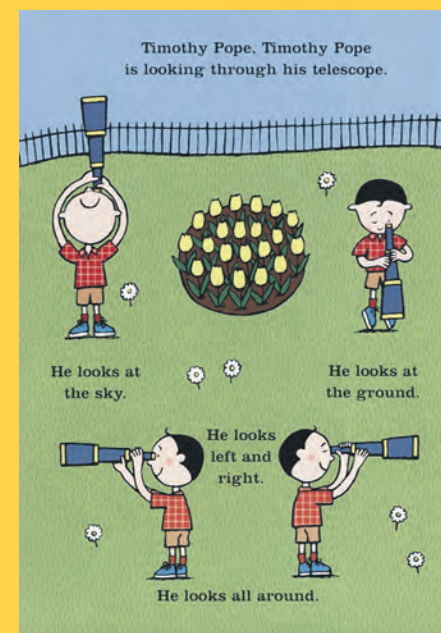
Shark in the Park!

This is from one of our favourite stories at nursery –

Shark in the park.

Can you make your own telescope at home?

All you need is a toilet roll tube and if you would like to decorate it, here are some examples of what you could use - paint, glitter, pencil, crayons, pens, tissue paper.



Now use your telescope just like Timothy Pope!

- Look up to the sky
 - Look at the ground
 - Look left and right
 - Look all around
- We would love to know what you saw through your telescope!
Share with your teachers and friends on Dojo!



MATHS + ÷

Using the ten frame below, explore different ways to make a given number. You could use counters, objects or even colour in the squares. Our example is making 8 in different ways.

●	●	●	●	
●	●	●		
	●	●	●	●
	●	●	●	●

#24 Hop, Skip and Jump

Watch as your baby starts to move independently provide space and the support. Babies need space to crawl and sturdy support to pull themselves up when they are ready to try it. Your older child will want places and opportunities to run, jump, hop, skip and twirl – often that's easier to do outside in open spaces.



Being active can involve the whole family.

Build an obstacle course, inside or out. Draw a route for a race track and time each other completing it. Who can reach the highest, jump the furthest and run the fastest? Or put on some favourite music and see who can dance the longest.

We all need to be active at this time, make your daily exercise fun, by setting the family individual challenges that are age appropriate.

Can the two year old pretend to gallop like a horse and can mummy run three times round that tree and back to the group in less than 1 minute?

You could even write challenges on pieces of paper and pick them out in turn while you walk and spend time outside (maintaining social distancing and adhering to government guidelines).

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.



Traditional outdoor games like skipping, hopscotch and pithu/lagori/seven stones (a street game from India and South East Asia) might be great fun to try!



Sheffield Learning Together

Primary



P.E. CAN YOU BEAT 'COACH' MCCARROLL?

Follow Stradbroke 'Coach' McCarroll and complete his daily workout challenge:
<https://twitter.com/CoachStradbroke>.



Art: BUILD A SCULPTURE

Build a sculpture (using spare cardboard) of a well-known British landmark e.g. Big Ben, Angel of the North, Hillsborough Stadium..



Geography: YOUR LOCAL AREA

Walk to your local park and take photographs of any human and physical features that you see on your way.



PLANTS AND ANIMALS

DT

- Design, make and evaluate your own models of animals.
- Design, make and evaluate your own models of different habitats.



ICT

- Research your favourite animals online.
- Can you use animation showing animals moving?
- Create a PowerPoint to teach others about your animal.
- Create your own quiz using Kahoot about an animal of your choice.

Science

- Draw and label the parts of a plant.
- Draw a skeleton of an animals.
- Create an animal classification key.
- Sort your animals using a Venn diagram.
- Draw a food chain.



TOP 10 THINGS TO DO AT HOME!

Year 1&2

- 1) Can you paint a rock in your garden. Hide it on your daily walk for someone else to find.
- 2) Set a timer for 1 minute and see how many tuck jumps you can do in that time. Try againn each day and see if you can beat your score.

- 3) Name the 7 continents . Which continent would you find Rome in?

- 4) Write a list of 5 different places in the UK that you would like to visit. Can you find these places on a map?

Year 4

- 5) Write a recipe for your favourite dessert. Now can you make it and take a picture?

- 6) Read a few pages of your favourite book, now make a comic strip showing what happens in the story using pictures! Add colours too!

- 7) Write a poem about 'Life in Lockdown'

- 8) Write a sequence of numbers (e.g. 2, 4, 6, 8) and ask a family member to find the pattern,

Year 6

- 9) Create a bar chart of things that you have in your house, for example, 10 cups, 2 televisions, 1 dog etc.

- 10) See how long you can do the 'plank' for - a little bit of practice and you will get better!

Collage Flowers

Draw the outline of a flower then use different colours cut from magazines to fill it in! If you can't find any magazines, why not recycle food labels from cans or packaging?



Hands Up!

Draw around your hand and fill the space with pictures and writing showing the things that you love!

How about football, gymnastics or pizza?!





OASIS WATERMEAD - HISTORY

FEMALE INVENTORS!



- CAN YOU THINK OF ANY INVENTORS?
- IF YOU CAN, ARE THEY MALE?
- DO YOU THINK ANY FEMALES HAVE INVENTED ANYTHING SIGNIFICANT?

WATCH!

IF YOU CAN - WATCH THIS VIDEO ON YOUTUBE ABOUT WOMEN INVENTORS!

[HTTPS://WWW.YOUTUBE.COM/WATCH?V=IXOHUQNBWU](https://www.youtube.com/watch?v=IXOHUQNBWU)

10 Great Inventions
by Female

WERE YOU SURPRISED BY THE THINGS THAT WERE INVENTED BY WOMEN?
(BEER, THE WINDSHIELD WIPER, CALLER ID ETC.)



JOSEPHINE COCHRANE



JOSEPHINE COCHRANE WAS AN AMERICAN HOUSEWIFE BORN IN 1839. JOSEPHINE WAS LUCKY ENOUGH TO BE RICH! WHEN SHE WAS HOSTING DINNER PARTIES, SHE NOTICED THAT THE SERVANTS WERE CHIPPING HER CHINA. SHE WANTED TO FIND A WAY TO MAKE WASHING THE DISHES EASIER, AS WELL AS RELIEVING WOMEN OF THE DUTY! THE FIRST FEW MEN SHE HIRED TRIED TO CHANGE THE DESIGN (WHY DO YOU THINK THEY MIGHT HAVE DONE THIS?). HOWEVER, SHE WAS AWARDED A PATENT ON DECEMBER 28TH 1886 (MEANING THAT NO ONE ELSE COULD LEGALLY COPY HER IDEA). TO BEGIN WITH, ONLY RESTAURANTS AND HOTELS WERE INTERESTED, AND IT WASN'T UNTIL THE 1950S THAT THE DISHWASER BECAME A COMMON HOUSEHOLD ITEM.

ACTIVITY!

RESEARCH WOMEN INVENTORS - THEN CHOOSE THE BEST INVENTION DESIGNED BY A WOMAN IN YOUR OPINION. PRESENT THE INFORMATION IN A POSTER OR A REPORT, AND EXPLAIN WHY YOU THINK IT IS THE BEST INVENTION. IF YOU CAN'T RESEARCH SOMEONE NEW - USE JOSEPHINE COCHRANE!

Some things you can do to make a start:

- Use the same shopping bags each time you go to the shops
- Buy fruit, vegetables, bread, meat, fish and other items that are not in plastic bags, cartons or containers
- Find a local health or food shop that enables you to refill containers with cereals, rice, pasta and other food items
- Make sure any plastic items that are recyclable are placed in your brown bin, or taken to the local recyclable area
- Reduce, Reuse, Recycle



Can you reduce your use of plastic this July?

Across Steel City Schools Partnership earlier this year our Trust Parliament met to discuss how we could become more Eco friendly. One area we talked about was reducing our use of plastics. Plastic Free July is a global movement that helps millions of people be part of the solution to plastic pollution so we can have cleaner streets, oceans, and beautiful communities. Will you be part of Plastic Free July by choosing to refuse single-use plastics?

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: Origami Bookmarks!



Origami is the Japanese art of paper-folding. Here's a simple origami pattern to make a brilliant bookmark so you don't lose your page! Your design might even link to the book you're reading?

Step 1: Lay a square of paper on the table in a diamond position. Fold the diamond in half, taking the bottom corner to the top to form a triangle.

Step 2: With the triangle pointing up, take the bottom left point up to meet the centre point at the top and crease firmly. Glue in place.



Step 3: Repeat with the right corner. The paper should now be a smaller, folded diamond. Flip the diamond over.

Step 4: Taking the top layer of paper only, fold the bottom point up to the top point and crease and then unfold.

Step 5: Fold the same point under, tucking it into the pocket you've made and gently squeeze the outer corners.

Step 6: Decorate the bookmark by adding cut out shapes such as ears, teeth, hair, etc. When it's dry, place it on the corner of your page as a book mark!



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!



CU Home Learning Challenge: All About Me Poem!



You are AMAZING! There are so many positive things about you and we know how creative you are, so we'd love you to put on that creative thinking cap and write an acrostic poem all about YOU!

Step 1: Write your name vertically (top to bottom) down the left side of your paper.

Step 2: Think about why you are AMAZING - What are you good at? What makes you a good friend? How do you help at home? What do you enjoy doing?

Step 3: Each letter of your name will be the start of a new sentence. When all the letters are completed, you'll have created your very own acrostic poem - all about YOU! Here's an example...



S - Superstar helper at home
A - Amazing friend to everyone at school
M - Music is my favourite thing to do



Step 4: Decorate your poem. Perhaps you could draw a picture of yourself? Make it bright and colourful. You could even put it on a wall to remember why you are AMAZING!



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!



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Twitter.com/SheffieldCU

eat smart SHEFFIELD

MARVELLOUS MINERALS!

Minerals are nutrients your body needs in order to work properly and stay healthy.

Most people can get all the nutrients they need by having a varied and balanced diet.

Let's have a closer look...



IRON is important in making red blood cells, which carry oxygen around the body.

Sources include: beans, red meat, nuts, dried fruit, wholegrains and dark, leafy vegetables such as kale



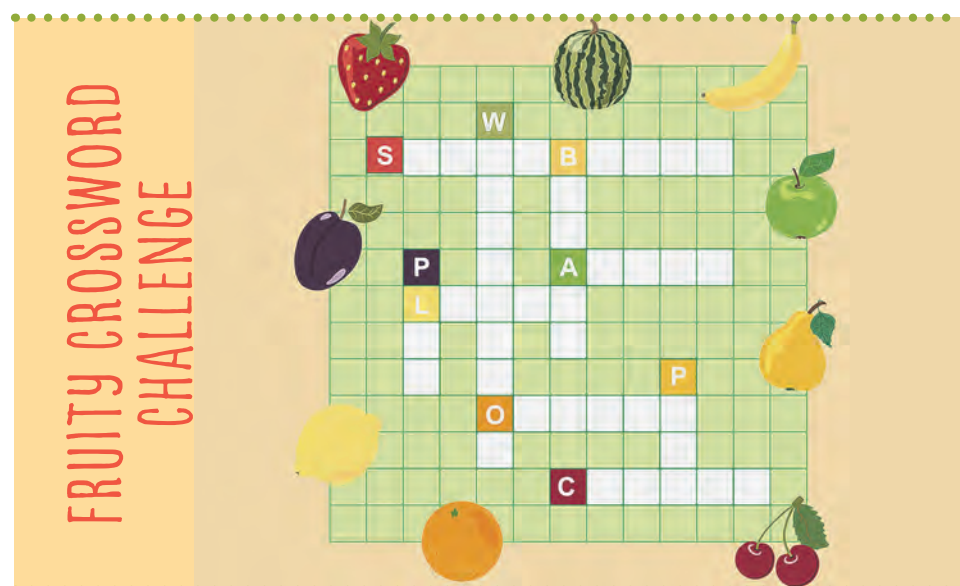
CALCIUM has several important functions including helping build strong bones & teeth, regulating muscle contractions (including your heartbeat), and making sure blood clots normally.

Sources include: milk, cheese & other dairy products, nuts, and green leafy vegetables such as broccoli



IODINE helps make thyroid hormones, which help keep cells and the metabolic rate (the speed at which chemical reactions take place in the body) healthy.

Sources include: sea fish & shellfish and some plant foods such as cereals & grains



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:

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Family Recipe TRAFFIC LIGHT OMELETTES

Colourful, quick, healthy & delicious – why not give it a go?

Serves: 4

Prep time: 10 mins **Cooking time:** 15 mins



Ingredients:

- | | |
|--|--|
| 2tsp vegetable oil | 6 spring onions, finely chopped |
| 1 red pepper, deseeded & chopped | 8 eggs |
| 1 yellow pepper, deseeded & chopped | 4tbsp milk |
| | 1 pinch ground black pepper |

Method:

1. Heat 1 tsp vegetable oil in a non-stick frying pan. Add the peppers and spring onions, and stir-fry for 3-4 minutes until soft. Tip them out of the pan into a bowl. Wipe out the pan with kitchen paper. Preheat the grill.
2. Beat the eggs and milk together. Heat a few drops of vegetable oil in the non-stick frying pan and pour in one quarter of the egg mixture. Let it flow over the surface and cook for 1-2 minutes to set the base.
3. Sprinkle one quarter of the pepper mixture evenly over the surface, then grill for 1-2 minutes until set. Slide onto a warm plate.
4. Repeat with the remaining mixture to make four omelettes. Serve, seasoned with black pepper.

Serve each omelette with a fresh salad or some seasonal veg.

SWAP TIP

Any type of pepper or onion will do. Or why not try some different veg such as mushroom or sweetcorn?

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

Sheffield Educational Psychology Service



Promoting connectedness and resilience in the return back to school

"We are in the same storm, but not in the same boat"
Each individual's experience of the pandemic will have been different and likely dependent on many factors. This will also be the case for our children and young people. As such, it will be important for children and young people to have opportunities to talk about, share, and reflect on their experiences.

This would also be an opportunity to reflect on positive stories of how different individuals, families and communities have come together during this time with acts of kindness, courage and initiative. This could include considering what might have changed possibly for the better or what has been brought into sharper focus for us.

Right now I feel ...

The hardest thing for me was/is ...

A challenge I overcame is ...

A new skill I have learnt ...

What I hope for in the future ...

What I have appreciated most about my friends and family...

Activities to promote connectedness

People who care for me

Draw around the child's hand and get them to write on each finger the people they can talk to about their thoughts and feelings. Draw their family or friends involved in the activity or doing something fun, or something they are looking forward to doing with their family/friends in the future.

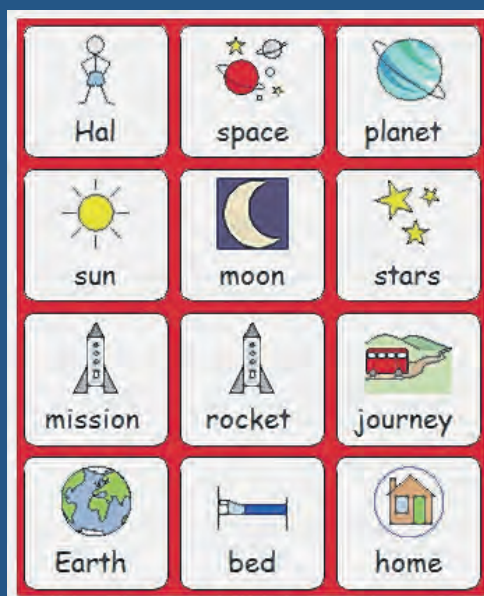
Positive memory in the palm of your hand

Draw around the child's hand and get them to write a positive memory for each of the 5 senses (1 per finger), to help them feel safe and calm wherever they are.

Memory book

Create a memory book where children can complete sentence strings (below) about their experiences.

SPACE!



English:

Talk about the different things that you might see in space. Make up a story about a boy called Hal who goes on a mission to space – the word may help you. If you can read the story

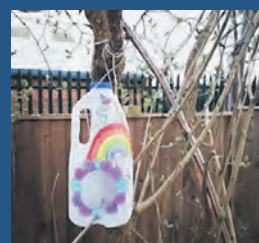
"Back to earth with a bump". Make a list or draw 10 things you would want to take with you if you went to space? Think about what would be most important and useful to you.

Maths:

- Create your own rocket using 2D shapes. You could cut shapes from coloured paper to stick down, use potatoes to create 2D shapes or cut up some sponges to create different 2D shapes and print using paint. While you design your rocket, have a go at naming the shapes and counting their sides and corners.

Art:

Use a plastic milk bottle to make a bird feeder to hang in your garden. Felt tips are all you need to colour the plastic, but you can make it look super fancy by sticking paper, feathers and other things on



FREEZE DANCE

AGE: 5 to 9

NUMBER OF PEOPLE: 4+

SPACE NEEDED: Living Room

EQUIPMENT NEEDED: Music with a pause button

HOW TO PLAY:

Choose one person to be in charge of the music. When the music starts, everyone else dances, the crazier the better. When the person in charge of the music presses pause, the dancers must freeze. Anyone caught moving after that is out. Play carries on until there is one person left, the winner can be in charge of the music and choose the next song.

Alternatively, to avoid being out, create a points system where you score a point if you freeze in time.



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BLANKETBALL

AGE: 5 to 11

NUMBER OF PEOPLE: 2+

SPACE NEEDED: Living Room or Garden

EQUIPMENT NEEDED: Blanket, soft ball or rolled up socks

HOW TO PLAY:

In pairs, hold the corners of a blanket tightly. Place a soft ball on the blanket and stop it from touching the floor. You can try tossing it up in the air and catching it.

If there's another pair playing you can try to bounce it to each other. This must be done outside.



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#stayhomestayactive

#PEatHome

EXPLORE



You are going on a 'colour hunt' around your home. How many colours do you know?

Bright ideas:

- Look in your bedroom – how many different colours can you find?
- Go to all of the different rooms and spaces inside and outside your home to look for lots of different colours.
- Which colour can you find the most of?
- Which is the most colourful room or place?

How quickly can you do this? Be careful – do this safely!

@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

Choose your 5 favourite colours.

Write down the colour names or draw a blob for each colour.

Now see how quickly you can find 5 objects for each colour. Can you put a ✓ each time you find something?

How quickly can you do this?



Expressive Arts and Design

Bring all of your colours in nature back home and use them to make a wonderful colours in nature picture.

Could you put it in your window to cheer everyone up?



Understanding the World Colours in Nature

Find a safe place outside.

Take a small container with you.

How many colours in nature can you see?

Can you name everything that you find?

Can you gather lots of small examples of colours in nature?



Make sure you have enough safe space to complete the tasks!

DEVELOP



Now you are going on a 'rainbow hunt'

Choose 6 colours and make a bingo card like the one below.

Go for a walk around your local area looking for rainbows in the windows of houses.

When you find one – look at the colour of the front door and if it matches a colour on your 'bingo card' tick it off.



How quickly can you tick off all of your colours?



Parent's Tip!

If it is safe to do so, challenge your child to travel in different ways on their 'colour hunts'

Encourage them to be creative – jump, hop, skip, jog, wriggle!!

EYFS

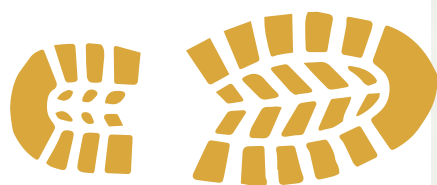
The Sheffield Round Walk

One of the things that makes our city so special is the mix of urban and green space. One minute you're in a built-up area, the next you're in a wood with a stream running through it. The Sheffield Round Walk is designed to show off all the best bits. It's a fun way to learn how our city fits together and how close we are to nature. The whole walk is 15 miles long (about 7 hours), but you don't have to do it all at once. The route is broken into four sections of roughly four miles each. Each section is an enjoyable walk with lots to see. There are starting points at Abbeydale Road South, Endcliffe Park, Gleadless Valley and Ringinglow.

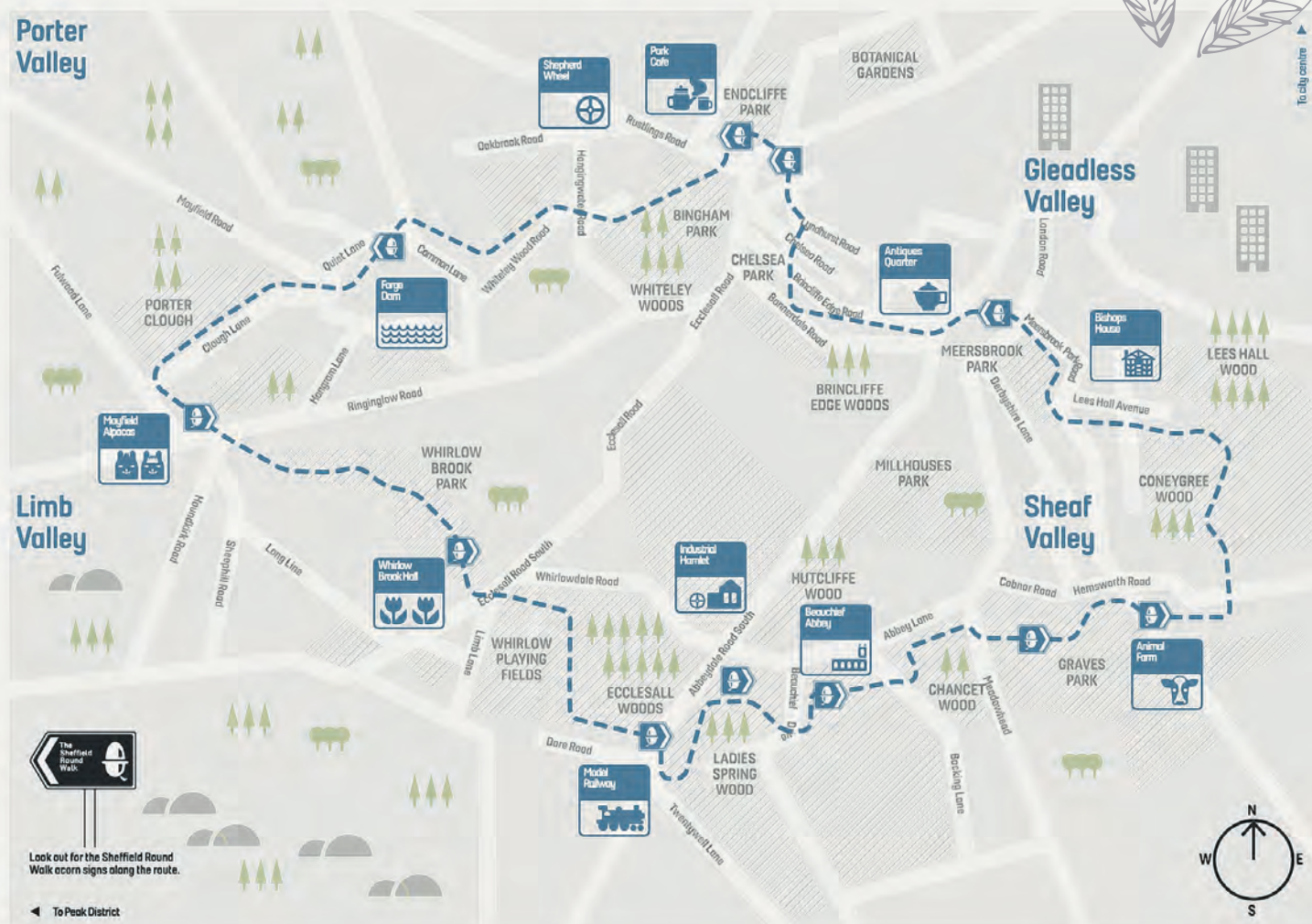


What you'll need

A pair of sturdy walking shoes or boots. If you're buying new ones, try to break them in a bit before you walk a long way. Make sure you have the right clothes for the weather, some water and a snack or two. You can download the Outdoor City Round Walk guide (<https://www.theoutdoorcity.co.uk/blog/read/2019/01/sheffield-round-walk-b114>). The routes are signposted, but it's a good idea to take a Sheffield A-Z map with you, or a phone with GPS, just in case you wander off the main track!



Porter Valley



Rucksacks at the ready

You could do the full route, choose one section of it, or do the whole thing over a few weekends, one bit at a time. Take whatever you need to record to your experience. That could be a camera, a notebook or a sketchpad or some combination of the three. It's interesting to note the changing sounds as you move through different environments – you could record sounds on your phone or describe them in writing. You may well find buildings of historical interest, animals and birds you haven't seen before and special places you didn't know existed. Why not share your discoveries? Use #sheffieldroundwalk to share and inspire others.


Did you know?

- Green spaces and walking are good for our physical and mental health.
- One-third of our city is within the boundary of the Peak District National Park.
- Sheffield is one of the greenest cities in Europe, with over 250 parks, woodlands and other green spaces – and an estimated 4.5 million trees.



Sheffield Learning Together

Secondary



NOTRE DAME HIGH SCHOOL

Wellbeing Being active is not only great for your physical health and fitness. Evidence also shows it can also improve your mental wellbeing by raising your self-esteem, helping you to set goals or challenges and achieve them and causing chemical changes in your brain which can help to positively change your mood.

How can you do this for free? *Walk everywhere, start skipping (the boxers do), try couch to 5K, use the strength and flex exercise guides (<https://www.nhs.uk/live-well/exercise/strength-and-flex-exercise-plan/>), start cycling, and start stair climbing (this good for strong bones and cardiovascular fitness!)*

STEM - Alka-seltzer is great if you're suffering from heartburn or an upset stomach. But you probably didn't know that it's also great if you're looking to create your own homemade lava lamp.

Because oil and water have different densities and polarities, when you mix them together, the water sinks to the bottom. When you add food coloring, which is water based, it will sink to the bottom as well.

If you crumble in an alka-seltzer tablet, it reacts with the water, causing colored droplets of water to rise to the top where they then pop, release air, and sink back to the bottom. Try adding glitter for an even more impressive lamp!

Science Anagrams - How many science key words (specifically from the acids and alkali topic) can you find from these anagrams?

1. Kilala
2. Oblules
3. Utnarel
4. Entrails
5. Ittraint


Clues. 1) a base dissolved in water 2) an object that dissolves in water 3) neither acid nor alkali 4) salts formed by nitric acid and 5) can cause blistering or reddening of skin

King Edward VII School Music Department

WRITE A SONG ABOUT LOCKDOWN

BRAINSTORM


Write a list of words and sentences that you associate with Lockdown e.g. home school, isolation, how you feel, hospital, illness, time with family, social distancing.



WRITE LYRICS FOR VERSE 1

Write a verse. This may consist of four lines or more.
Here's an example below:

Are you feeling lonely or are you feeling low?
This Coronavirus got me losing my flow.
When you're stuck indoors and you've washed all the floors,
find another person who can finish the chores.




WRITE A CHORUS

This is the catchy bit - the part of the song that keeps repeating so make it fun!


Write 4 lines of lyrics but repeat some of the words e.g:

Lock down, is driving me insane.
Lock down, got me dancing in the rain.
Lock down, I gotta go outside.
Lock down, I'm going for a ride!



WRITE MORE VERSES

Follow the same structure of the first verse to write some more then write out your song; either on a piece of paper, or on a computer.



SING OR ADD MUSIC

Can you think of a melody for your song?
If you can play a musical instrument why don't you either write chords or a melody?
If you enjoy singing; why don't you sing the melody?
You could record your song and perform for your family or teachers!!!



Meadowhead School

English

Storytelling Challenge

This is a fun way to develop your imagination and creativity.

1. Ask someone in your household to collect together five objects from around the house and garden (eg coffee cup, pair of slippers, a mobile phone, a flower and a blank piece of paper).
2. Use the props to build a story.
3. Decide who is the central character? How old? Gender? Name? Characteristics? Appearance?
4. Where is the story set? In your house? In a magical world? In the past? In another country?
5. Use the props to build a story for your character. How are they important? How do they link together? How does the story start? What is the main action? How will it finish?

You could just say the story out loud (a younger family member will love this, especially if you get them hunting for the props), record it on your phone or even write it up. You could also have a go with different sets of props.

Good luck. Hope you have fun!

Maths

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

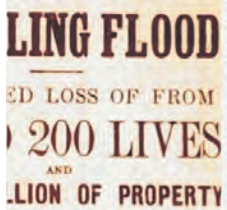

+	8	3	8	7
×	7	3	1	4
-	3	2	3	5



Solutions from last week:
1) $11 + 7 + 14 - 8$ 2) $16 - 2 - 12 + 22$ 3) $(21 \div 3) \times 2 - 22$

Sheffield's History (KS2): Investigate the Sheffield Flood of 1864

Victorian Britain's worst peace-time disaster was the Sheffield Flood of 1864. When the Dale Dyke Dam burst a 9-metre-high wave of water gushed down the Loxley Valley sweeping away trees, bridges, buildings and people as they slept in in their beds.

Download our PowerPoint to see original photographs and reports
<https://bit.ly/3dbhenO>





- Draw a map showing how far down the Loxley Valley the water spread.
- How many people were killed? How many were aged under 10?
- Read Henry Whittles story - how did he manage to save his wife and five children from drowning?
- Read the original newspaper reports and then write your own report.

LIBRARIES SHEFFIELD

DISCOVER MORE.



Sheffield Learning Together

Secondary

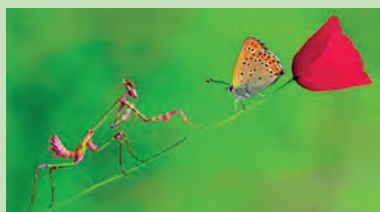
Creative Writing

Just like reading, writing gives us **POWER**.

These three activities will help you develop your vocabulary, imagination and sentences...

Task 1: Words, words, words...

Take a look at some of the words that might be used when writing about this picture. How can you make these better? Look up **synonyms** and **antonyms** and then see if you can put some of them into a sentence to describe this image: what you **see, hear, feel, taste, smell...**



green insect poppy flower bug nature

Task 2: Make it right...

Your ideas won't be clearly communicated if you don't punctuate well.

1. Mend this sentence by adding punctuation: *In a place far away from earth on a planet light years away there was a war brewing.*
2. Join these sentences with a semi colon: Some wanted peace. Others wanted war.
3. Add apostrophes: Its strange how quickly they forgot their differences. The summers warmth helped to melt their hearts.
4. Make this uninspiring sentence better: Angulus looked behind him. (Try starting with an adverb, change the verb, add some interesting adjectives and a simile).

Now, build a paragraph by including the following sentence types:

- An adverbial fronted sentence (Quietly wishing things were different, he...)
- Include a simile (Like a ray of sunshine, he brought happiness to the world)
- Include a list of three (The noise echoed in a loud, terrifying, ominous way)
- Use a colon (Some people suspected that they were evil: they were right)
- Use a semi colon (They were nervous of being seen; their meeting was unlawful)

Task 3: Let's build up our ideas...

Why have they met on the poppy? Was it an arranged meeting or accidental? Are they friends or enemies?

1. What are they saying to each other?
2. Can the poppy hear them? Does it join in the conversation or is it perhaps a lookout?
3. Do they leave together or separately and where do they go?

Write a short story using this image as inspiration: remember to choose your vocabulary carefully and to include a range of accurate sentences.

Tapton
SCHOOL

Home Learning - Firth Park Academy



English:

Write a letter to your local MP about something you feel strongly about e.g. Black Lives Matter

Art:

Search 'Mr T' on Youtube and take part in one of Mr Tipping's awesome art lessons! Do not forget to send a photo to @FirthParkAcad when you have finished!

Healthy Minds

- Limit your time on social media: Leave your phone in your room and go outside!
- Have a good sleep regime: Disruptions to our bodyclock can make us feel less happy and in a low mood.

Drama

Why not play Charades? Gather your family together and take it in turns to use miming skills to present a film/book/tv show.

Word of the Week - Begrudge - To feel angry, upset or jealous that someone has something; to envy.

Outstanding together, Working together, Learning together



Handsworth Grange Community Sports College Home Learning Newsletter



HGCSC English Department Summer Reading Bingo!

How many have you completed? Can you get a row? How about a full house?

BINGO

A book that's been turned into a film	A book written the year you were born	A book you've read before	A book that's been recommended
A book written in 2020	A book you can finish in a day	A book with more than 300 pages	A non-fiction book
A book based on a fairy tale or myth	A book with a main character who's different to you	A non-fiction book about a topic you're interested in	A book written over 50 years ago

Culture Box 1

Explore dinosaur discoveries: Windows on a Prehistoric world on display at The Natural History Museum



<https://artsandculture.google.com/exhibit/dinosaur-discoveries-windows-on-a-prehistoric-world/TAlyooGAdANLJA?hl=en>

Culture Box 2

View See the sights of Paris from four of the highest viewpoints in the city



<https://artsandculture.google.com/story/walk-around-5-ionic-parisian-rooftops/nw15WA6wXt3HKA?hl=en>

Culture Box 3

Art Recreate this piece of art *Mujer con Libro* by Tamara de Lempicka

<https://artsandculture.google.com/asset/tamara-de-lempicka-mujer-con-libro/AH-adkz2pg82g?hl=en>

Or download this activity book and have a go at colouring some in.

https://services.google.com/fh/files/misc/googleartsandculture_activitybook.pdf



Culture Box 4

Historical Figures Learn facts about Nelson Mandela who was a South African anti-apartheid revolutionary, political leader, and philanthropist who served as President of South Africa from 1994 to 1999



<https://artsandculture.google.com/entity/nelson-mandela/m05g7q?categoryId=historical-figure&hl=en>



Ecclesfield School



Geography

Make a flag - Country flags are designed to represent the history or ideals of a country. Design a flag that represents you - you can model it on your heritage, favourite activities, sports, animals, or family.

Visit National Geographic for more information and fun ideas.
<https://www.nationalgeographic.org/idea/fun-geography/>



History

'Historical Poem' or 'Historical family script' - Choose one to create & video re-enactment in the style of Horrible Histories - the funnier, the better!

Eggcellent idea - Decorate a hard-boiled egg into a historical character.



Music

The next top hit? Write some lyrics and compose your own lockdown song.
Design your own instrument - Get creative! Take it to the next step... Can you create your instrument and then perform a piece for your family?



English

Poetry challenge - Leave your family a note on the fridge. Write the first line of a poem and get them to continue it or leave them a topic that they have to write about.

Read all about it! Have a go at becoming a newspaper reporter - create engaging articles about your lockdown experiences. You could interview family and friends.



Maths

Bake cookies - Use ratio to bake some cookies for more people than the original recipe states.

Decorate your room - Measure your bedroom and work out how much paint you would need to buy to decorate.



Minerva
Learning Trust

Sheffield Learning Together

Post-16

The Sheffield College

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



ANIMAL CARE

Task: Watch a programme on television about animals kept in a zoo or an animal collection. This could be a recent programme or an older one.

Write down a list of the positives and negatives of keeping animals in a zoo. Then pick three different species, for example, a bird, a mammal and a reptile/amphibian.

Make a list of what is needed to keep them secure, healthy and entertained. You can then design three enclosures for your chosen species, making sure that all their needs are met. Imagine that money is no object, go wild!

Each accommodation design should include an indoor and outdoor space. Make sure you also consider the customers coming to view the animals.

There must be a balance between animal happiness and the public's viewing ability - as an unhappy public would not visit again.

UNIFORMED PUBLIC SERVICES

Task: First of all, write down and describe how team and individual sports benefit us physically, mentally and socially.

Examples of team sports include basketball, football, hockey, netball and rugby. Examples of individual sports include climbing, running, sailing and skiing.

Team and individual sports and activities are used by the uniformed public services, for example, the military and police, to develop their staff and create an effective workforce.

Next - imagine that you have been asked to plan and lead a sporting activity at the College's sports hall or outdoors on the sports pitches.

Write down the aims of the session, the number of people taking part, the roles of everyone involved, for example, referee, players etc, the rules, and some important points on health and safety.

TRAVEL AND TOURISM

Task: Select an organisation/company related to travel and tourism, preferably one that you have experienced.

This could be an airline, a tour operator, a visitor attraction, theme park, hotel, apartment or holiday centre.

Imagine that you have to explain, to a new member of staff, how the organisation provides excellent customer service.

Write a report of around 250-500 words, and think about covering each of the following categories:

- First impressions
- Speed and accuracy of service
- Products and services offered
- Offering information and advice
- Dealing with complaints and problems

If the organisation failed to provide excellent customer service, suggest three possible consequences of this.

GO FURTHER

For more information, please contact:
admissions@sheffcol.ac.uk



How will the coronavirus impact my application? Are you a young person wondering how the Coronavirus pandemic and social distancing will impact your application for a full-time course, apprenticeship or work-based learning placement?

Our Careers Adviser Sarah talks us through the things you need to know including how to prepare for a telephone interview if you haven't yet secured your place.



First we'll take a look at apprenticeships and work based learning. Employers are still taking applications so keep applying. They're just doing interviews in a different way. Whichever route you're taking you're still dealing with employers and they will need to assess your skills and see if you're a good fit with the company. Due to the Coronavirus, employers will now be doing phone interviews - they will ask you similar questions as they would do face to face. It's also likely you'll be asked to do an online assessment to check if you've got the Maths skills they need for example. It's also worth thinking about a back-up plan such as applying for a full time course so you've got options if this route doesn't work out this time.

Top tips for telephone interviews

If you've got a telephone interview scheduled - great! Here are some top tips for success:

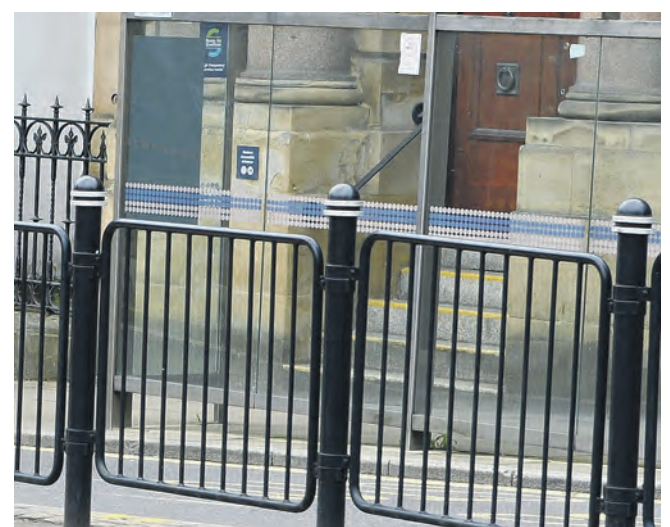
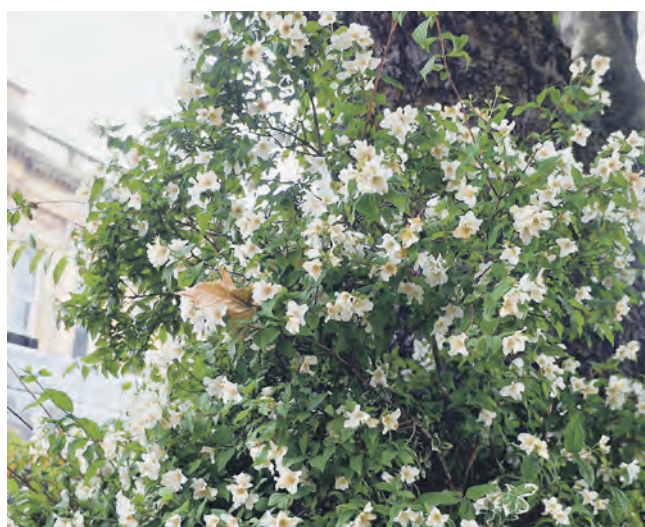
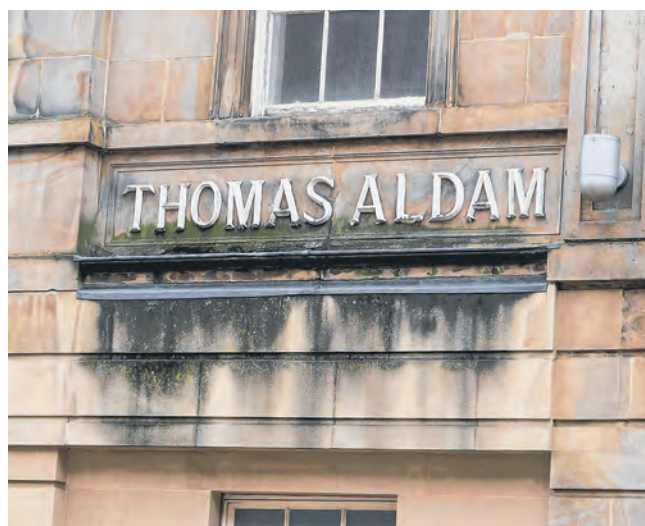
- Find somewhere quiet to take the call - tell your parents or carers what's happening and ask them to help you make sure you're not disturbed
- You can't see them and they can't see you but wear what makes you feel confident anyway
- Have a few notes by the phone with your prepared answers to look at as reminders or prompts
- Speak clearly and slow down Listen carefully and ask them to repeat the question if you don't understand
- Smile - even though they can't see you. It will make you feel better!
- Don't worry if it goes quiet on the call - they're just taking notes
- Most importantly - practice! Get your parent or carer to call and do a run through

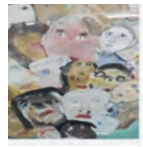
Full time courses

You might be coming to the end of Y11 and are applying for sixth form or college. Interviews are not happening as schools and colleges are closed and they're going straight to making offers. You'll get either a conditional offer - an offer based on meeting certain grades, or an unconditional offer - a place fully granted or a reserved place - where they will keep a place for you and review it once they reopen and you have your grades. If you've applied, log into Sheffield Progress, look out for status change and follow the instructions. If you applied direct then you should be contacted. Make sure you reply by the dates they specify. But if you don't hear, just get in touch with college or school and find out what's happening. Check your contact details with them. If you haven't applied yet then it's not too late to make an application. For more information visit sheffieldfutures.org

Can you and your family name this well-known Sheffield street?

See if you can name the street in Sheffield where these pictures have been taken. The answer will be in next week's Sheffield Learning Together supplement.





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.

Urdu اردو

اپنا خیال رکھنے کے لیے تجاویز

مہارتیں تعمیر کریں

خود کے لیے ایک چیلنج مقرر کریں - ابھی کوئی نئی مہارت سیکھنے کا شاندار وقت ہے

- آپ کون پتا چاہتے ہیں؟ اس کے لیے جگہ وچھد کریں
- ہر دن کرنے کے لیے کم از کم ایک ایسی چیز تلاش کریں جس سے آپ کو خوشی ملے ہو
- گھر کے آس پاس کوئی کام کریں
- اسکول کا کام مکمل کرنے کے لیے ایک مقررہ وقت اور جگہ منتخب کریں

مربوط رہیں

دوستوں، سماجی گروپوں اور فیملی کے ساتھ آن لائن فون پر یا بذریعہ ٹاک ممبروں رہنا واقعی ضروری ہے رابطہ کریں۔

- ان لوگوں سے جن سے آپ نے کچھ عرصہ سے بات نہیں کی ہے
- کسی ایسے شخص سے جو شاید آگے تھک محسوس کر رہا ہو
- ان لوگوں سے جو کچھ پر ہوں
- سوشل میڈیا استعمال کریں جس میں ان لوگوں کی ہند کریں
- جسٹس ٹیکنالوجی پر دسترس کریں کم از کم
- ایک ویڈیو یا آڈیو / اجتماع کا اشتراک کریں
- رات میں کسی ویڈیو گیم کو پوسٹ کریں

صحت مند رہیں

ایک صحت بخش معمول کی پابندی کریں

- سوئیں 00 سے قبل سونے کے لیے ایک وقت مقرر کریں
- کھائیں
- ورزش کریں
- مستی کریں
- تازہ پوا

اگر آپ مست اور تھکا ہوا محسوس کر رہے ہوں تو آپ کو شاید چلتے پھرتے کی ضرورت ہے!

حال میں رہیں

اپنے جسم اور دماغ کو ہر سکون کریں - خواہ صرف چند منٹوں کے لیے ہی کیوں نہ ہو اپنے خیالات سے پرکھ لینا ضروری ہوتا ہے

- نوجہ تبدیل کریں
- حال میں رہیں
- اپنے جسم کو آرام دیں اندر کی طرف گہری سانس لیں
- کسی سرگرمی میں خود کو مہمک کر دیں
- خاطر دماغی کا کوئی آپ آزمائیں

آپ جتنا زیادہ مشق کریں گے اس سے آپ کو اس وقت اتنی ہی زیادہ مدد ملے گی جب آپ کو اس کی سب سے زیادہ ضرورت ہوگی

اپنے دن کا منصوبہ بنائیں

جب عام معمولات ختم ہو چکے ہوں تب یہ ذہن کو منتشر کرنے والا ہو سکتا ہے

- اسی وقت سے بھرپور فائدہ اٹھائیں
- خود کا خیال رکھیں

ایک منصوبہ بنائیں اور #BeatTheBoredom

جذباتی جانچ انجام دیں

اپنے جذبات کو نوٹ کریں

- دوسرے لوگوں کے ساتھ تشویشات سہم کریں - یہ معاون ہوتا ہے
- دوسرے لوگوں کی تشویشات سننے کے لیے وقت نکالیں
- یہ ہو سکتا ہے آپ ان کے لیے اسے حل نہ کر سکیں مگر
- سن لینے سے فائدہ ہوتا ہے
- کسی کے ساتھ تفریح کریں
- ناگہان نوجوانوں سے اجتناب کریں

اپنے مزاج کو نوٹ کریں اور یہ کہ کون سی چیز آپ کو بہتر یا بدتر بناتی ہے

اپنے دن کا منصوبہ بنائیں

جب عام معمولات ختم ہو چکے ہوں تب یہ ذہن کو منتشر کرنے والا ہو سکتا ہے

- اسی وقت سے بھرپور فائدہ اٹھائیں
- خود کا خیال رکھیں

ایک منصوبہ بنائیں اور #BeatTheBoredom

جذباتی جانچ انجام دیں

اپنے جذبات کو نوٹ کریں

- دوسرے لوگوں کے ساتھ تشویشات سہم کریں - یہ معاون ہوتا ہے
- دوسرے لوگوں کی تشویشات سننے کے لیے وقت نکالیں
- یہ ہو سکتا ہے آپ ان کے لیے اسے حل نہ کر سکیں مگر
- سن لینے سے فائدہ ہوتا ہے
- کسی کے ساتھ تفریح کریں
- ناگہان نوجوانوں سے اجتناب کریں

اپنے مزاج کو نوٹ کریں اور یہ کہ کون سی چیز آپ کو بہتر یا بدتر بناتی ہے

افکار اور ایپس

مربوط رہیں

کسی کو کال کریں
فیملی کے ساتھ کھانا کھائیں
رات میں فیملی کے ساتھ گیم کھیلیں
کسی دوست کو کوئی چیلنج کریں
گیمنگ کے ذریعہ کچھ آپ کریں
فیملی کے ساتھ ویڈیو کچھ آپ کریں

مہارتیں تعمیر کریں

کوئی نیا کارڈ گیم سیکھیں
کوئی کھانا پکائیں
رقص کا نیا معمول
کچھ DIY کریں
کچھ موسیقی بنائیں
فٹ بال کی کسی ترکیب میں مہارت پیدا کریں

صحت مند رہیں

دوڑ لگانے کے لیے جائیں
یوگا آزمائیں
کسی ٹک ٹاک رقص کی مشق کریں
بیدار ہونے کے لیے ایک باقاعدہ آرام مقرر کریں
کوئی آن لائن فٹنس معمول / کلاس آزمائیں
پیر کا دن خشک رکھیں - کوئی ایندرونی ڈرنک نہیں

جذباتی جانچ

آپ کیسا محسوس کر رہے ہیں اس کا ایک نوٹ لکھیں
خود پر مہربان رہیں
شکر کا ایک جرنل رکھیں
کسی دوست کی خبر گیری کریں
فن کے ذریعہ ما فی ضمیر کی ادائیگی کریں

حال میں رہیں

ہاتھ جانوروں کے ساتھ کھیلیں
لین منٹ کی حاضر دماغی کی کوئی مشق آزمائیں
جانوروں کی شکل کے پادل تلاش کریں

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

Shelter in Sheffield by emailing Sheffield_hub@shelter.org.uk or calling 0344 515 1515 (open 9am-5pm, Monday to Friday).

KEY CONTACTS

Understanding mental health

Mental health is like physical health

Some days we feel great.
Sometimes we're not feeling at our best but we're OK and we can carry on with day to day activities.
Sometimes we have wounds we need to take special care of.
Occasionally we feel really bad and might need to seek help from others.

This week we are looking at Emotional Check-in and Improve your mood

When low in mood we:

- Might not want to socialise
- Have less energy
- Sleep more or have disturbed sleep
- Have less motivation to do things we usually enjoy
- Get 'stuck' thinking negatively about things.

Improve Your Mood

Here are some ideas about what to do if you are feeling low:

- **Motivation:** You probably feel less motivated to see people, to get up, to look after yourself, etc. – as annoying and difficult as it sounds, the solution is to do more anyway! This means challenging yourself even though you don't feel like it; over time this helps and your mood improves. Go back to hobbies, passions, interests.
- **Switch focus:** You may be stuck thinking about the difficult things. Do something you enjoy, have fun!
- **Relationships:** Friends and family can be a source of help, or be unhelpful, and sometimes both! If there are helpful people, make contact, spend more time with them. If disagreements are getting in the way, ask for help to sort them out.
- **Comparing yourself:** Being stuck at home means more time on social media. This can help us connect, but it can sometimes mean we compare our lives with those of others in a way that gets us down. Remember: they have chosen photos so they look like they're having a good time, doing cool stuff, looking good. Have a break, or remind yourself that photos and posts aren't the whole truth!
- **Look after your body:** Try to eat right, get sleep, exercise.
- **Dealing with problems:** Those you care about maybe dealing with a lot of stress at the moment which is making it difficult for everyone. Find a trusted adult to talk the problem through with - from family, friends, school.

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

Also visit www.epicfriends.co.uk

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 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

Emotional Check-in

Notice your emotions

Notice your mood and what makes you feel better or worse

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