

# 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 fell in love with cooking at a Saturday morning college course

**Tom Lawson**  
Head Chef and Co-owner  
Rafter's Restaurant

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

I am the Chef and Co-owner of Rafter's Restaurant in Sheffield. I have been for almost seven years.

Day to day I look after all aspects of the business from running the kitchen to the finances, orders and cooking for our guests.

**Why did you choose this career?**

I fell in love with cooking at the age of 13 during a ten-week course I went on at The Sheffield College on Saturday mornings with the Chef Lecturers.

This really inspired me to pursue my career.

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

Working with a fantastic dedicated team.

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

I have had to look at ways to diversify our business to ensure that all of our team have stable jobs to come back to.

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

Find something that you enjoy doing. A vast majority



Tom Lawson at Rafter's Restaurant

of your life is spent at work, so why not do something you enjoy?

**What do you love most about living in Sheffield/South Yorkshire?**

The fact that we are so close to amazing countryside. Its

easy to get out for a walk and clear your head. Even in the city you are not far from a green space.

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

Cooking food better than my food tech teacher.

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

The lecturers at The Sheffield College inspired me whilst doing the ten-week course so much that I did another course with them

straight afterwards.

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

Going out for a beer and some games of pool.

**What's your favourite joke?**

Who is in charge of the classroom?..... the ruler!

*Tom Lawson is head chef and co-owner Sheffield fine dining restaurant Rafter's in Nether Green. Last year he became a Master Chef of Great Britain aged just 28.*





### TOP 10 THINGS TO DO AT HOME THIS WEEK

#### FS1

Write a letter and/or draw a picture for a friend or relative. Get a stamp and envelope, send it in the post. People love to get letters that aren't bills!

Make a blanket pillow fort.

Count some things that move- it's harder than you think! It could be cars, birds, people walking. You could make marks on paper and count back afterwards.

Search for some 3D shapes in your house. You could take pictures of the ones you find and collect them. Can you find any of these:

Write or draw some of the phonemes we have learned. So far we know s, a, t, p, i, n, m, d, g, o, c, k, e, u, r, h, b, f, l.

Have a pamper day.

Make ice lollies with cordial and water.

Make a decorated number frieze for the wall.

Take your family on a walk down a street you've never been down before.

Make a fitness routine and put your family through their paces.

### Reading challenge

Can you read these words and then find the words that rhyme. You could draw a line between the words to show which match or you could play a game of matching pairs by cutting them out or writing them on paper.

car	sock
wish	ring
king	fish
hat	star
lock	cat

## #33 Home From Home



Making dens is a favourite childhood pastime. Children love to create a special cosy place where they can feel safe and secure, or a secret place where they can watch for bears and birds, or a base camp for their next adventure.

Den building is a great way to encourage your child's all-round development, supporting physical, mental and social development. Creating dens will support them to think outside the box, planning and then making their ideas into a reality. They will need to problem solve, addressing challenges they come up against and then they can enjoy the fruit of their labours by having some cosy privacy or an exciting imaginary adventure.

Dens are so individual and can be made from so many different things, but it is handy to have a few bits and pieces ready to support den building when your child requests it. Here are some ideas which might help you to choose resources.

**Indoor dens:** A variety of large pieces of fabric, old sheets, tablecloths to drape over your structure. Pegs or clips of some kind to fasten the fabric to backs of chairs, radiators etc. Use sofas, chairs and stools for the structure. Broom handles. Clothes airers. Travel cot laid on its side with fabric draped over it.

**In the garden:** Branches, crates, mop and brush handles, inner tube from carpet rolls (often free from carpet shops), fabric, slides, giant cardboard boxes – all can contribute to the structure of the den.

**In the woods:** Branches and sticks, string to bind branches together, leaves and grasses to fill in the gaps of the branches and sticks.

**In the rain:** Large sheet of transparent waterproof fabric (cheap shower curtains work well), rope fastened between two points to drape fabric over, weigh down edges with stones or pegs.

Think about what props your child may like and benefit from having available. Things like pots and pans can provide opportunities for home role playing. Cushions and blankets will make the den cosy and inviting. Dens can be wonderful places for reading, provide your children with their favourite books to enjoy, maybe they would like to explore books which have a den theme too, or if you have an outdoor den some books with birds in to spot etc...

Perhaps they would like torches, so you both can stay in there when it is getting dark. If you den is outdoors perhaps you may have supper in it, and spend some time together watching the stars - would it be good enough to sleep in?

Den building is a great group activity. Older siblings can support younger children with the building work. Working together to negotiate and plan supports the development of social skills and collaborative problem solving. Negotiating with each other will support and strengthen children's language and communication skills.

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.

GET IT ON Google Play

Available on the App Store





### Create a new room

Be inspired to create your own room in Willy Wonka's Chocolate Factory.

In the book, the Chocolate Room has grass that is a soft, minty sugar... a river of hot melted chocolate...



- Can you think of another room for the factory?
- What would this room be used for?
- What would it look like?
- Use lots of descriptive adjectives to bring your room to life!

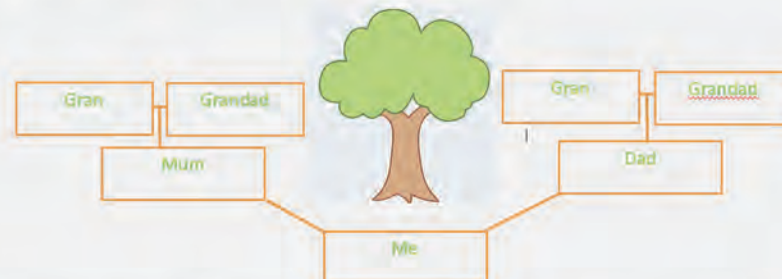


### History: Draw your own family tree

Investigate the history of your family by drawing your own family tree - starting with yourself!

Ask your parents or carers about when they were born and add them to your tree.

Talk to your grandparents and add them as well. Find out when they were born and where they grew up.



Decorate your tree with photographs of family members and important events in your family, for example birthday parties and weddings.



**LIBRARIES** SHEFFIELD  
DISCOVER MORE.



### Imaginary Worlds

Cressida Cowell, author of How to Train Your Dragon, talks about where and how she gets her inspiration for her books, at the Virtual Hay Book Festival. You can watch her on this link:

<https://www.hayfestival.com/p-16723-cressida-cowell.aspx?skinid=16>



\*Create a map of an imaginary place. It might include secret caverns, deadly swamps or magical rivers. What will be in yours?

### Portrait sketch

A portrait is a sketch, painting or photograph of a person's face and their expression. It captures the likeness, personality and mood of that person.



\*Create a portrait of yourself, someone in your family or someone you admire (it can be from a photo).

Take a look at this link for some drawing tips.

<https://www.bbc.co.uk/teach/class-clips-video/how-to-draw-a-portrait/zk28qp3>

### Design a Superhero

A new Banksy artwork has appeared at Southampton General Hospital.



\*Draw your own superhero. Who would they be? What would they do? What would they wear?

### Journey Stick

Journey sticks have been around for many years. They are used to share stories of your travels.



\*Find an interesting stick and wrap some thread around it. As you go on a walk with your adult, look for natural items to remind you of your adventure. Tuck your treasures into the thread to keep them safe. At the end of your walk, you can use them to share stories of what you've seen and done.

## Art

Here are a few art ideas you may wish to complete over the next week. You could complete them on your own or enjoy creating them with members of your household.

Why not email your teachers with photos of your work? They would love to see your artistic creations!

### Sculpture



\*Make a simple magazine sculpture using rolled up magazine, newspaper and tape. You can roll, fold, cut, curl and tape.





## PLANTS AND ANIMALS WEEK 2



### PE

- Can you create your own animal dance?
- Can you create your own dance based on the growing of a plant?



### Art



- Build a perfect habitat for an animal.
- Make a model for of your animal.
- Create an animal shaped mosaic pattern in the style of Antoni Gaudi.
- Make an animals mask.
- Use your handprint to create animal art.

### English

- Write a story with an animal as the main character.
- Write a shape poem about a chosen animal.
- Write a non-chronological report about an animal of your choice..



## Lava Pool!

Your aim is to cross the Lava Pool safely!  
Step sure-footedly from rock to rock or  
you'll fall into the molten lava between...  
then BANG goes the volcano!



#homeadventures

Find 1 or more adventurers to play with (adults or children).

Make a Lava Pool on the floor, inside or out in the garden. Mark out a 6 x 6 square grid. You could mark out the pattern with e.g. string, chalk or masking tape. Or, use paper / kitchen roll as the squares of the grid.

Next, every adventurer draws a 6 x 6 square grid, like your Lava Pool on the floor, on paper. Write start at one side and finish at the other.

Without anyone else seeing, draw a 'safe' route through by adding crosses in squares where a rock will be. These must make a route from start to finish that only involves going forward, backwards, left or right.

Take it in turns. One of you is the map holder and everyone else is the intrepid volcano adventure team. The map holder holds their map so no one else can see it. They're going to let the adventurer know if they've chosen a safe space on a rock (with a cross on it on the map) by saying nothing, or if they've chosen an unsafe space (without a cross on) and fallen into the lava by making a BANG noise as the volcano erupts.

The adventurer goes to the start side and chooses a square on the first row to begin their journey across the Lava Pool. If that space isn't safe, the map holder shouts BANG and the adventurer starts again (or joins the back of the queue you're working as a team).

If that space is safe, then the adventurer may continue.

The challenge is won when the adventurer reaches the finish side. If you're working as a team, only one person is allowed on the Lava Pool at a time, and the challenge is complete when the whole team has safely reached the finish.

Then, swap over and play again!



Good luck!



## Whose Tail Is It?



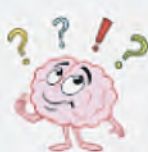
1. 	2. 	3. 	4. 
5. 	6. 	7. 	8. 

### How to Play

Write down numbers 1-8.

1.
2.
3.

Think about the answers.



Write down your answers next to each number.



Can you create a game like this for your family?





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: Throw and Catch

#### You will need:

- Empty milk bottle (4 pints size)
- Sticky tape and glue
- Scissors
- Coloured paper



Now the weather is a little better, we can spend more time outside (socially distancing of course!) so here's a great game you can make at home to take with you. It will help develop your throwing and catching skills too.

**Step 1** – Wash out your empty milk bottle and leave it to dry. Turn it upside down and ask an adult to help you cut off the bottom, so there's about 5-8cms left from the bottom of the handle.

**Step 2** – If the edge is sharp, stick a length of sticky tape over the top, all the way round. Decorate your bottle with shapes of coloured paper stuck to the bottle with sticky tape or glue.

**Step 3** – Screw some paper into a tight ball then wrap sticky tape round it to make a ball. Check it's the right size to be caught in your bottle catcher! You could always use an ordinary ball if you wish.



**Step 4** – Go outside! Ask a partner to throw the ball in the air for you to catch in your bottle-catcher! What makes it easier or harder? Try catching with your other hand! How many throws and catches can you make in a row, before dropping the ball? Make another bottle catcher so you have one each!



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: Dream Catcher!



#### You will need:

- A base for your dream catcher (paper plates or cardboard)
- Items for decoration (string, wool, sequins, feathers, beads, dry pasta, anything really!)
- Scissors, glue or sticky tape



**Step 1** - Create the base for your Dream Catcher! Cut the middle out of the paper plate, or you could draw any shape you like onto cardboard, then cut out the middle. What shape will you choose?

**Step 2** - Once you have created a sturdy base for your Dream Catcher, it's time to decorate it. Ask an adult to help you put some holes in your base, then wrap string or wool across the hole in the middle in a criss-cross design. You should end up with something like a spider web. Then decorate the web part using feathers, beads or buttons, paint or glitter!

Hang items from the bottom of your base too.

**Step 3:** Hang your dream catcher in your bedroom to catch some lovely dreams to have!



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!



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## HOW MUCH IS TOO MUCH SUGAR?

Whatever your age, eating too much sugar is linked to tooth decay and all sorts of health problems, including obesity. But did you know, the maximum daily limit for children is different than for adults? Here is Public Health England's advice on how much is too much, by age group, and what that means in terms of everyday food and drinks.

**0-3 yrs**

0 tsp

0g

**4-6 yrs**

4.5 tsp

19g

**PHE  
Recommended  
Daily Amount  
(RDA)**

**7-11 yrs**

5.5 tsp

24g

**11+ yrs**

7 tsp

30g

### GUESS THE AMOUNT OF SUGAR IN THESE FOODS

Time to have a bit of fun with the kids! Some popular food and drinks contain high amounts of hidden sugar, often, much more than we need. Here are some of the worst culprits. All these items have more sugar than the recommended daily limit for certain age groups in teaspoons and grams. Get the family together and see if you guess how much!



**A  
BAKED BEANS  
(SMALL TIN)**

**My guess:** \_\_\_\_\_

Hint: More than a toddler's daily limit



**B  
CHOCOLATE COATED  
ICE-CREAM STICK**

**My guess:** \_\_\_\_\_

Hint: More than a 4-year-old's daily limit



**C  
ICE-CREAM  
MILKSHAKE**

**My guess:** \_\_\_\_\_

Hint: More than double a 7-year-old's daily limit



**D  
BOTTLE  
OF COLA**

**My guess:** \_\_\_\_\_

Hint: Almost double a teenager's daily limit

For more information on sugar and healthy swaps please visit: [sheffieldssweetenough.org](http://sheffieldssweetenough.org)

[f](https://www.facebook.com/sheffieldssweetenough) [@sheffieldssweetenough](https://www.instagram.com/sheffieldssweetenough)

Answers: A) 10 grams or 2.5 teaspoons B) 24 grams or 6 teaspoons C) 59 grams or 14 1/4 teaspoons D) 54 grams or 13.5 teaspoons

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

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## Family Recipe

### GREEK STYLE SALAD

A simple & colourful salad packed full of Mediterranean flavour.

**Serves:** 4

**Prep time:** 15 mins **Cooking time:** 0 mins



### Ingredients:

**Juice** of 1/2 lemon  
**2tbsp** olive oil  
**1/2tsp** dried oregano  
**200g** cherry tomatoes, halved  
**1** red onion finely sliced

**1/2** cucumber, sliced & quartered  
**8** olives, quartered  
**100g** reduced-fat Greek-style salad cheese (feta)  
Large pinch of black pepper

### Method:

1. Mix the lemon juice, olive oil, oregano and black pepper together.
2. Combine the salad vegetables, olives and dressing, and put in a serving bowl.
3. Crumble the cheese over the top.

*Serve with some crusty bread or wholemeal pittas.*

SWAP TIP

You could add some diced pepper too!

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



## A Social Story from Sheffield Autism Education Service

A social story presents information in a literal, 'concrete' way, which may improve a person's understanding of a difficult situation or activity. For further information see: <https://carolgraysocialstories.com>

### Seeing People Wearing Masks

- Sometimes I might see people wearing face masks in the street and at the shops.
- This is because of a germ called Covid-19.
- Before Covid-19 we would usually only see Doctors, Nurses and hospital staff wearing masks.
- Now more people are wearing them in different places not just in hospital.
- In the street and at the shops some people will be wearing masks and some will not.
- The people wearing masks can still talk and they might even be smiling.
- I just can't see their mouth.
- Their nose and mouth are under the mask.
- I can smile in my mask or say Hi if I know them or I can look away if I feel more comfortable.
- People wearing masks take them off when they get home so their family can see their nose and mouth again.
- Seeing people wearing masks outside is different but it's ok, it is helping to stop germs spreading.



## Theme - Paddington Bear!

### English:

- Try to get hold of the Paddington Bear books and read them together or you may be able to watch the film.
- Look at the picture of Paddington and say/write some sentences about him. You may be able to make up your own story.
- Paddington's tag says 'Please look after this bear, thank you x'. Make your own tag and put it on one of your favourite teddy bears. It might be fun to hide the bear around your house for your family to find.
- Write a list of items that you think Paddington might have packed in his suitcase. Think about what he could have needed for the journey, items that are special to him and things he might need to set up
- his new life in London. Challenge: Write using full sentences, for example; Paddington would take marmalade sandwiches. Paddington has a photo of his family.
- In the Paddington stories, there are lots of letters written. Take the opportunity to write a letter to one of your friends or family member you haven't seen recently.



### Maths:

Set up a teddy bears' picnic for you, your family and as many cuddly toys as you want to invite! Here are some maths ideas that you can think about while you're having your picnic:

Cut the sandwiches into different 2D shapes. Name them and their properties

Count how many cups, plates, bowls etc. you will need for all of your guests

Share the food between your guests. How many does each person/toy get?

What time will your picnic start and end?

Draw shapes to make your very own napkins for your picnic.

### Fine Motor Skills:

#### Toilet Roll Teddy Bear

Make your very own toilet roll teddy bear. Practise using scissors to cut out the shapes for the arms, legs and head. You could even try to make your bear look like Paddington with a blue coat, red hat and suitcase.







#stayhomestayactive

#PEatHome1

**EXPLORE**

You just need a safe space away from any obstacles.

Bright ideas:  
Use your body to make:

- A tall, narrow shape
- A wide shape
- A curved shape
- A small, curled shape
- A twisted shape

Now use your body to make:

- A tall, twisted shape
- A wide, curled shape
- A small, twisted shape

Can you remember your shapes and show them to someone in your family?

Can you make your shapes without wobbling?

@KESSPB

@awhitehousePE

@SarahLayPE

Where can I find out more about Gymnastics?

Twitter: @PositivePE\_

<http://www.birminghamgymclub.org.uk/><https://www.revolutiongymclub.co.uk/>**PRACTICE**

Now try making your shapes:

- Standing up
- Sitting down
- Lying down



Can you make a shape where your arms are twisted but your legs are straight?  
How about twisted legs and curved arms?

**Communication and Language**

'We're Going on a Shape Hunt'

We all know the story and rhyme for 'We're Going on a Bear Hunt' by Michael Rosen

Can you make up some new words for 'We're Going on a Shape Hunt'?

How about this to start?:

'We're going on a shape hunt'

'We're going to find some flat ones'

'What a brilliant day'

'We're all prepared'

'UH OH ... stairs... tall, steep stairs'

'We can't go OVER them, we can't go UNDER them,

we've got to go UP them'

'STOMP.... STOMP...STOMP....STOMP'

Can you make up the rest?

**Mathematics: Shape and Space 2d shapes**

'We're Going on a Shape Hunt'



Look all around your house.

How many different squares, rectangles, circles and triangles can you find?

**DEVELOP****Shape Musical Statues**

Practice a few of your shapes so that you can perform them without wobbling.

Choose your favourite piece of music.

Dance about when the music plays and when it stops.... perform one of your shapes – make sure you are as still as a statue.

Can your family guess what sort of shape you have made?

Now can you all play shape musical statues together. Who can make the stillest shape statue?

**Parent's Tip!**

Encourage your child to be really creative with their shapes.

Help them to be wobble free by:

Keeping their head still and eyes up.

Squeezing their muscles to make the shapes strong.



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

**EYFS****CLOSEST TO WALL****AGE:** 5+**NUMBER OF PEOPLE:** 2+**SPACE NEEDED:** Living Room

**EQUIPMENT NEEDED:** Balls, beanbags, socks, paper balls

**HOW TO PLAY:**

Using a ball or rolled up socks each. Stand 3+ metres from a wall or line, take it in turns to throw the ball towards the wall. The closest ball to the wall, that doesn't touch the wall or cross the line, wins.

1 game is first to 6. The winner then changes the target wall, distance or puts a chair in the way and start a new game.

**ROCK, PAPER, SCISSORS TAG****AGE:** 7+**NUMBER OF PEOPLE:** 2+**SPACE NEEDED:** Living Room or Garden

**EQUIPMENT NEEDED:** String to create lines on the floor

**HOW TO PLAY:**

Set out 2 parallel lines 5 metres apart. In pairs, meet in the middle, face each other and play rock paper scissors. The winner of rock paper scissors has to get back past their line without getting tagged by the other person. The loser has to tag the winner before they cross the line.

You can replace the rock, paper, scissors actions with whole body actions instead. For example; rock: crumple into a ball, paper: spread out as flat and wide as possible, scissors: jumping jacks.





### YOUTH MENTAL HEALTH FIRST AID KIT

#### DON'T BOX UP YOUR EMOTIONS

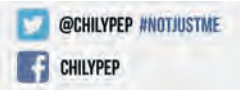
WE THOUGHT THIS WOULD BE GOOD FOR EVERYONE TO DO NO MATTER IF YOU'RE GOOD AT ART OR NOT, AND IT'S ALSO VERY CALMING.

**#NotJustMe**  
RAISING THE VOICE AND AWARENESS OF YOUTH MENTAL HEALTH

**YOU WILL NEED:**



**TAPE**      **PAPER**      **PAINT / WATER COLOURS**      **BLACK FELT TIP PEN**




### STEP 1

PUT TAPE IN RANDOM LINES ON A PAGE OR USE THE TEMPLATE ABOVE.



### STEP 2

PUT WATERCOLOURS OR COLOURED PEN IN THE SHAPES MADE THEN PEEL OFF THE TAPE WHEN ITS DRY.



### STEP 3

TAKE A BLACK PEN AND DOODLE IN THE SHAPES WHATEVER YOU LIKE.

### TOP TIP

YOU CAN WRITE POSTIVE NOTES IN THE WHITE LINES.

HERE ARE SOME SUGGESTIONS FROM YOUNG COMMISSIONERS...

EVERYTHING WILL BE ALRIGHT

ANYTHING IS POSSIBLE

PEOPLE LOVE ME

I'M NOT ALONE

THIS IS ME

I CAN DO THIS

THERE IS NO RAINBOW WITHOUT A LITTLE RAIN





# Sheffield Learning Together

Secondary

## Meadowhead School



### Capital city challenge

Can you work out these 15 capital cities without their vowels?



1. Rg
2. Bgt
3. Hvn
4. Crdff
5. Bngkk
6. Tky
7. Mnsk
8. Brln
9. Cnbr
10. Kbl
11. Lndn
12. Vnn
13. Sf
14. Prg
15. Hlsnk

**Bonus: Which country they are the capital of?**

**Can you create your own to test other people?**



### 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

•	14	7	18	14
••	13	6	9	21
•••	3	10	5	21

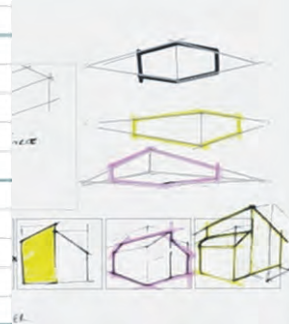
Solutions from last week:

1)  $8 \times 3 \times (8 - 7) \div 2$  2)  $(1 + 3) \times 7 - 4$  3)  $2 \times (3 \times 5 - 3)$



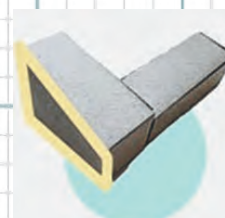
## Architecture project – Design & Technology

Sheffield is packed full of architectural inspiration, From the “hubs” Sheffield Hallam Student Union Building, the winter gardens to the “cheese grater” multi storey car park



### Task1:

Try using one or two point perspective to sketch out your favourite Sheffield landmark building



### Task2:

From your sketch use old cereal packets/delivery box's to create your favourite Sheffield landmark or a building of your own design – Just like the Y7 students have done above!



#getcooking with

## Stocksbridge High School

As the sun comes out & we are allowed out into open spaces to reunite with friends & family, why not spend some home learning time cooking up a storm - what better way to say 'I missed you' or 'look what I have learnt to do in lockdown' than producing some home made Mexican treats for your nearest & dearest.

### Ingredients

Large flour tortillas  
Grated cheese -  
Olive oil or butter  
2 mushrooms  
1 red pepper  
Cooked chicken pieces  
Spring onion  
**Salsa:**  
1 tomato  
1/4 onion  
1/2 a chilli  
1tbsp olive oil

1. Prepare all your vegetables, dice or chop in small pieces.



2. Grate the cheese and leave to one side.



3. Put a little oil in the pan and place one tortilla to warm for about 30 seconds.



4. When one side of tortilla is warm, take a handful of grated cheese, sprinkle over half of the tortilla, making sure that the cheese does not land on the pan itself.



5. Add your finely diced vegetables/meat. Take care not to layer on the ingredients too thickly - this is a quesadilla, not a quiche!



6. After a minute, check to see if the cheese is melted. If not, return the cover and keep checking every minute until the cheese is melted.



7. When the cheese is sufficiently melted, use a fish slice to fold over half the tortilla on the filling side, indent with fish slice and fold in half.



8. Cook the tortillas for a minute either side, or until they have gone golden brown.



9. Chop tomatoes, onions, chilli.



10. Mix in a bowl with 1tbsp of olive oil and serve as salsa.





Achievement Respect Opportunity Togetherneess Kindness Determination

### Estimation Challenge

How many squares am I covering up with my hand?  
Give your best estimate – this means it isn't an exact answer.  
If only part of a square is covered, should you count it or not?

How many squares would your hand cover? Draw around your hand on squared paper and check!

### 4 in a line

Find 4 numbers in a line to get the largest possible total.

For example →  $9+18+5+12 = 44$   
What is the biggest sum of 4 numbers?

You can have a horizontal, vertical or diagonal line.

9	18	5	12	1
12	3	15	4	19
10	12	16	12	16
11	9	15	5	9
10	19	11	6	12

### Home Learning - Firth Park Academy



#### English:

Forgotten how to actually write? Practise by challenging everyone in your household to a producing a letter. Who has the best handwriting?

#### Games:

- If you have a pack of cards in your house, ask someone in your household for an old fashioned game! Maybe ask them to teach you a new one!

#### Healthy Minds

- Go on an early morning walk before it is busy.
- Declutter your room today. Throw away anything you do not use, tidy up your wardrobe and side tables. Keep the floor clear.

#### Music

- Write some lyrics and compose your own lockdown song. Try and make it rhyme and include how you feel.

**Word of the Week** - *Convivial* - Convivial people or occasions are pleasant, friendly, and relaxed occupied with good company.

NOTRE DAME HIGH SCHOOL

### Wellbeing

NHS research shows that learning new skills can improve your mental wellbeing by: boosting self-confidence, raising self-esteem, helping you to build a sense of purpose, and helping you to connect with others

Even if you feel like you do not have enough time, or you may not need to learn new things, there are lots of different ways to bring learning into your life. Some of the things you could try are: a new hobby that would challenge you e.g. writing a diary, playing a new sport or helping your family with DIY. You possibly could try to cook a new recipe. Here is one for making play dough:

<https://www.bbcgoodfood.com/howto/guide/playdough-recipe>

### Science

What acids and alkalis do you have at home?

Make an indicator! You will need some red cabbage, some boiling water and a sieve.

Simple cut up the cabbage into small bits and add to the boiling water. Leave it for a few minutes.

Sieve out the pieces of cabbage and put some of the purple water you now have (your indicator) into a small glass - now add a drop of acid (such as lemon juice or vinegar) or alkali (such as toothpaste or bicarbonate of soda) - what colours do you see?

### Maths

Colour in the multiples of 7 in black and the multiples of 3 in red. Can you find the hidden shape?

16	25	13	19	23	10	22	26	37	31
34	44	49	7	11	17	56	84	100	43
26	7	3	24	14	28	15	6	35	26
38	35	36	12	6	18	30	18	7	32
29	28	15	9	15	3	33	27	70	16
25	41	14	27	18	12	24	35	10	22
1	26	8	56	6	15	28	41	55	57
19	13	34	22	49	7	32	23	62	34
29	43	2	37	16	4	20	37	17	22
57	45	52	31	55	11	2	19	13	32

### Maths

Find 4 numbers in a line to get the largest possible total.

For example →  $9+18+5+12 = 44$   
What is the biggest sum of 4 numbers?

You can have a horizontal, vertical or diagonal line.

## KS3

### Creative Writing

### Tiger in school/your home - Writing task:

Imagine there is a tiger in your home/school.  
Write a short story about your discovery of this wild animal.  
Try to describe its features without mentioning that it is a tiger. Can you use and similes, metaphors or descriptive language, for example, teeth as sharp as knives or it's paws are like giant's feet.

A possible story starter could be: It was a normal morning at school, I entered the building the sound of chattering students, the smell of fresh toast floated down the corridor from the canteen. I turned the corner, in front of me was something I never expected to see.....

If you have a smart phone try searching 'tiger' in google to meet a life size tiger up close, and even view in your home or school.



## The Sheffield College

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



### BUSINESS AND ENTERPRISE

**Task:** Explore how enterprising you are by completing a personal skills audit.

On a scale of 1 to 10 (1 indicates low and 10 indicates excellent), rate your skills in each of the following areas: teamwork, leadership, effective communication, positive attitude, problem solving, good with numbers, managed risk taking, negotiation, ethical decision making, creativity, getting things done and looking at things in detail.

Next, analyse your results. What are your main strengths? What aspects of your skills could you develop and how might you do that?

### HAIR AND BEAUTY

**Task:** Choose a season such as spring and summer or autumn and winter. Create a mood board to convey some inspirational styling ideas for a seasonal hair colour trend.

Find some paper in A4 or A3 size. Think about hairstyle ideas and try to convey them by using pictures, writing, fabric and photos if you wish.

You can cut ideas out of magazines and newspapers. Your mood board does not need to be flat. It can be three-dimensional if you want to attach larger items to it. You can also use fabric and glitter.

Mood boards are a great, visual way to convey ideas in the hair and beauty industry.

### TRAVEL AND TOURISM

**Task:** Make a poster to show seven visitor attractions in the UK, for example, the London Eye, and name each attraction.

Describe and explain, in no more than three sentences, each attraction, and then either draw an image of it or provide one by cutting pictures from magazines and newspapers.

Visitor attractions are the main reason tourists visit destinations. They can be purpose built, for example, theme parks and museums, or natural attractions such as beaches and country parks.

### GO FURTHER

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



Got a job? **Great.** How to begin work *brilliantly*

Have you been looking for a job in lockdown? Are you feeling excited but a little nervous about the prospect of starting a job? Perhaps it's your first job and you've no idea what to expect.

Here, Alex Leonard, Employer Engagement Co-ordinator at Sheffield Futures provides advice and guidance on how to prepare for your first day and what to expect.



"Hello, Alex here and today I'm talking to those of you that have made a great list of skills, delivered a fantastic CV, done a knock-out interview and as a result have nailed that job. I'll be talking to you about how to prepare yourself for making a fantastic first impression that will continue to give for you weeks into the job. Here are my top tips on how to begin work brilliantly."



**Presentation and hygiene.** First and foremost it's essential that you turn up looking and fresh and smart. If you need help getting a suit or professional clothing, we can help, give us a call. If you're due to wear a uniform at work then make sure you have given the right sizes to your line manager or the person organizing your introduction



**Mentally fresh and energized.** This is all about feeling fresh and energized so you can tackle the day ahead. Make sure you've eaten well and had a good nights sleep. This will give you the energy to deal with interactions, keeping you alert and focused so you can make the best impression possible and deal with information overload! You'll have to take onboard a lot of information on your first day!



**Be professional.** If you look, feel and act smart then you will gain people's respect from the outset. This is important, as the positive relationships you make will help you be memorable and will help you as you get settled in.



**Smile and be polite.** This will make you approachable. Be enthusiastic and ask questions about what you're being told. Show you're proactive and enthusiastic



**Take notes.** Don't feel silly walking around with a note pad. Make notes of names of colleagues, hours and shifts and times. You can use this as your memory back up!



**Awareness of process.** You will most likely have an induction meeting on your first day which will involve introductions to people, health and safety processes and being shown round the building. Make sure you take notes on how things are done - the culture - for example, is there a dress down Friday? Are you allowed to eat at your desk and importantly where can you get a coffee or a snack!



# Do you have what it takes to get full marks in our quiz?

With so long spent in lockdown, you may not have seen much of the city centre. So, put your memory to the test with our Where Am I? quiz. For each landmark or view, can you figure out where it was taken from? The answers will be in next week's edition.



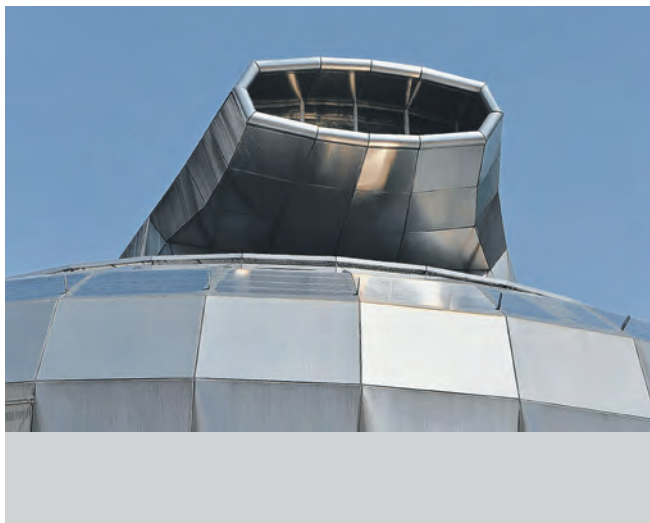
Picture 1



Picture 2



Picture 3



Picture 4



Picture 5



Picture 6



Picture 7

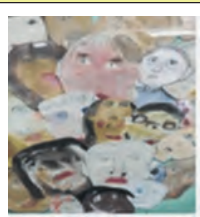


Picture 8



Picture 9 – you can see this from which gardens?





## 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.

# Chinese 中文

Use notebook paper to complete these activities. Do one each day!

在笔记本纸上完成这些活动。每天做一个！

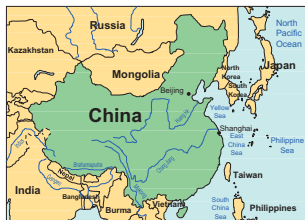
<https://eslathome.edublogs.org/>

Monday	Tuesday	Wednesday	Thursday	Friday	星期一	星期二	星期三	星期四	星期五
Choose a book page, magazine, or newspaper article. Tally how many times you find the words that start with letters: M R E	Go on a shape hunt. Find five things in your house for each shape: Hexagon Trapezoid Equilateral	How many words can you make from this word?  educational	List 5 things that can be <b>chemical changes</b> .  List 5 things that can be <b>physical changes</b> .	Imagine two of your friends went to your school when no one was there. Write or draw their adventure.	选择一页书、杂志或者报纸上的文章。用Tally 计数法数一数你看到了几个以下面字母开头的单词:  M R E	识别形状: 在家里找出以下形状的东西。每种形状找五件东西:  六边形 梯形 等边形	重新排列顺序, 你能用educational这个词中的字母造出多少个新词?	列出五种有化学反应的现象 列出五种有物理反应的现象	想象一下你的两个朋友在校园里没人时去了你的学校。写一段话或者画出来他/她们的历险记。
M R E	hexagon trapezoid equilateral	educational action cat nail							

### Who Speaks Mandarin?

From: Language of the Month  
<https://www.newburyparkschool.net/lotm/index.html>

Mandarin is spoken by more people than any other language: over 1 billion. It is the main language of government, the media and education in China and Taiwan, and one of the four official languages in Singapore.



<https://globalstorybooks.net/>



Useful websites  
有用的網站



<http://en.childrenslibrary.org/>



<https://uk.mantralingua.com/homereading>

### Talk To Your Baby – quick tips

### 對你的嬰兒說話 – 易學提示

#### Talking with your baby

Learning to talk is one of the most important and complex skills your child will accomplish. It seems to happen naturally, but in fact you have a very important role to play. The more you talk to your baby, the more you enable her to become a good talker and a confident, happy child.

- Talk about what you're doing throughout the day – when you're bathing or feeding your baby or changing her nappy.
- Talk about the things you see on the way to the shops, or at the supermarket. Try to talk about the things your child shows an interest in.
- Talk in the language that you know best – it doesn't have to be English.
- Look at your baby as you talk and give him time to respond to your chatter.
- Answer your baby's noises and babbles.
- Cuddle up together and read a favourite book or talk about the pictures.
- Have fun with nursery rhymes or any song, especially those with actions.
- Listen carefully and give your toddler time to finish talking.
- If your toddler says something incorrectly, say it back the right way, e.g. "Goggy bit it." "Yes, the dog bit it, didn't he."
- Try to watch TV together so you can talk about what happens.

#### 與你的嬰兒交談

學說話是你的孩子將具有最重要和複雜的技能之一。這似乎是天生的，但事實上你負有很重要的角色。你越時常對你的孩子說話，越能夠使他成為善於言談、有信心和愉快的孩子。

- 談談你在一整天做的事宜 – 當你給嬰兒洗澡、餵食或換尿布時。
- 談談你們在去購物途中，或者在超級市場看見的事物，儘量談一些令你的孩子感到興趣的事。
- 以你最精通的語言說話 – 不一定要是英語。
- 說話時候，目光對向你的嬰兒，並讓他有直接反應。
- 嬰兒發出聲音或牙牙學語時候，給以回答。
- 擁抱一回，閱讀一本喜愛的書籍，或者談談有關圖畫。
- 享受兒歌或任何歌曲帶來的樂趣，尤其是附帶動作的一種。
- 細心聆聽你孩子說話，讓他說完想說的話。
- 如果你的孩子說了什麼不對，便以正確的方式再說哪一句話，例如「狗兒咬」，「不錯，狗兒把它咬了一口，不是嗎？」
- 一起看電視，談談節目的情節。



Talk To Your Baby

Quick tips may be photocopied. For more information visit [www.talktoyourbaby.org.uk](http://www.talktoyourbaby.org.uk). Talk To Your Baby is an initiative of the National Literacy Trust.

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](http://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](mailto:getintouch@citizensadvicesheffield.org.uk)  
Visit : [www.citizensadvicesheffield.org.uk](http://www.citizensadvicesheffield.org.uk)

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

Shelter

## KEY CONTACTS



# Understanding mental health

Sometimes, we can get 'stuck' on a problem and find it hard to know what to do

The problem could be one with friends, school work, or home

When we get stuck, we might try and avoid thinking about it and hope it will go away, but often this doesn't work and we can feel more anxious, 'stressed' and sad

The first step to solve a problem is to understand it

This week we are looking at

## Build Skills and Problem Solving

### Problem Solving Top Tips

- **Identify the problem:** we might be worried or angry about something but when we think about it carefully we realise it's linked to something else
- **Be clear about the problem** and write it down - When does it happen? Who with?
- **Talk it through** with someone to help you understand it better - ask the other person to really listen and not jump in with ideas, to give you time to work out what is at the root of the problem and come up with your own solutions
- **Think about what you want to be different** - instead of being 'stuck' thinking about what's wrong describe what you would prefer to happen
- **Ask yourself if everything was sorted what would be happening instead**, who would be involved, what would they notice about you
- **Imagine you are your own best friend** - what advice would you give yourself?
- **Notice when the problem doesn't happen** and what you can learn from that
- **Write a list** of possible solutions and pros (good things) and cons (bad things)
- **Take action and review** - hopefully you will notice a difference but even if this action didn't help, you will understand the problem better

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)

#### 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