

Sheffield Learning Together

Learn Sheffield



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



Nicola Allott



Nicola Allott is a paralegal at Henry Boot

I always wanted to be a lawyer – after watching barristers on TV

Nicole Allott
Paralegal
Henry Boot

What is your job and what do you do on a day to day basis?

My job is a paralegal. My main duties include reviewing standard forms of construction contracts and also a variety of other agreements. On a day to day basis, I am either at my desk reviewing agreements, or attending meetings to discuss and negotiate terms of a contract.

Why did you choose this career? I always wanted to be a lawyer, I remember watching barristers on TV representing clients in criminal proceedings and I loved the way they presented themselves. I found their persona very inspiring. I also love that there is so many different areas to work in!

What do you enjoy most about your role? I love that I get to go on site visits and see the projects that I drafted contracts on. I also really like getting to meet people. My job also allows me to take part in volunteering in areas I am passionate about.

How has your role changed during lockdown? My day to day duties haven't really changed, however the major change is that due to social distancing, site visits and meetings have now been replaced with Zoom calls.

What advice would you give



Nicola's work includes attending meetings to negotiate the terms of a contract

to teenagers considering their career paths now? Don't be afraid to explore new areas and step out of your comfort zone.

What do you love most about living in Sheffield? I love the views and greenery!

What's your funniest memory from school?

I don't recall any one in particular but I loved that me and my friends would laugh and giggle to the point we couldn't laugh anymore because our stomachs would hurt. I miss that!

Was there a particular teacher who inspired you in school or subject which helped you progress? If I'm completely honest, no. A lot of my teachers told me I was "aiming too high" and that I should have looked at more "appropriate" careers. However this gave me

more motivation to pursue a career in law.

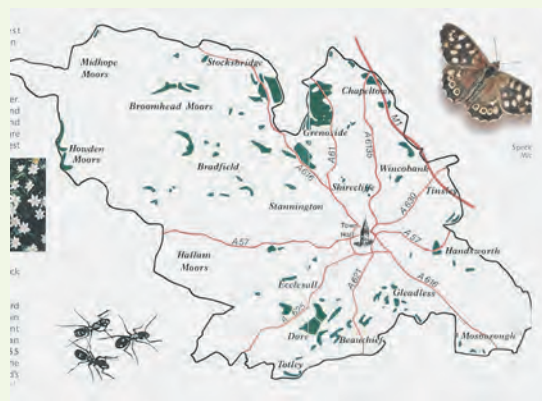
What are you looking forward to when lockdown ends? I cannot wait to get together with friends and family. Not being able to see them has been really difficult!

What's your favourite joke? I am terrible at jokes! I purchased a book of jokes to read to my son because he loves jokes and mine are awful!

Nicola Allott is a paralegal at Henry Boot, a member of the Sheffield Property Association.

#34 Woodland Wandering

Did you know that the Woodlands and Countryside section of the council cares for woodlands, open spaces and parks? No easy task, as Sheffield is the most wooded and treed city in Britain, with 80 ancient woodlands and 180 woods in total! As a taster of what will be included in one of the Summer Challenge weekly activities, how about checking out some of the beautiful woodland around the district? **#34 Woodland Wandering** has links to information about local woodland, including information about the ancient Sheffield woodlands, as shown on this map.



Try exploring a wooded area near you, it will be full of interesting things, noises and play opportunities. Take a bag or an old ice cream container with you to collect interesting objects, then you could use the things you collect in the woods to make a collage picture. Take photos of your walk, save them in the Making Memories section of your app and use them to recall and talk about what you did, where you went, what you saw and what you found.



We think it's a great idea to extend an enjoyed experience by sharing books, stories and rhymes on the same theme. Sheffield library service is planning how the library service can reopen in a safe way, but there are e-books that members can borrow right now. If you've talked about woodland creatures on your Woodland Wander, looking for signs of their homes and listening for mice, voles and maybe even rats and foxes, remember that Sheffield's very own children's author Caryl Hart wrote 'Catch That Rat!' and the 'Foxy Tales' series that would extend conversations about creatures in the wood. You might already have a copy of 'Where The Wild Things Are' by Maurice Sendak or the ever popular 'The Gruffalo' by Julia Donaldson & Axel Scheffler, reading either of these before a trip to the woods might suggest lots of things on your trip, does the Gruffalo live here? Is that the stick one of the Wild Things owned? there's no limit to a child's imagination!

Remember to be take care of our woods, no fires, don't break branches off the trees and only collect items found on the floor of the wood. Remember that many mushrooms and toadstools are poisonous, make sure your child knows not to touch them!

- Explore different routes through the woods together. Walk and talk as you go. Leave lots of pauses for your child to lead the conversation and to let them show you what they are interested in and what they want to talk about.
- Go on a nature trail and collect a range of different things – use a picture and word list and see if you can find everything.
- Collect lots of the same things such as leaves, sticks, conkers. Compare colours, sizes, what they look like.
- Go on a listening hunt – how many different sounds can you hear? What could be making the sounds? Collect things that are different colours, sizes, shapes and textures.
- Go on a bug hunt – look inside logs and under sticks and stones... what can you see?
- Look for where animals might live, holes, nests, hollow trees etc.
- Climb a tree – how far can you go?



This summer, the Sheffield Family Summer Challenge will be linking with 50 Things to Do Before You're Five, with both projects linking together to create exciting activity ideas for the whole family, every week throughout the holidays. You might want to scan the QR code to download the 50 Things app onto your smart phone now and have loads of ideas, instructions, recipes and places to visit at your fingertips!



WYBOURN



CROSS OFF EACH SQUARE
ONCE YOU HAVE COMPLETED
THE ACTIVITY!

CAN YOU GO ON A WALK AND PICK SOME WILD FLOWERS? (REMEMBER, DON'T PICK THEM FROM PEOPLE'S GARDENS!) PUT THE FLOWERS IN A TUB OF WATER AND FREEZE THEM IN THE FREEZER OVERNIGHT. EXPLORE THEM THE FOLLOWING DAY.

THERE ARE DANDELIONS EVERYWHERE AT THE MOMENT! CAN YOU PICK SOME DANDELIONS AND ORDER THEM SHORTEST TO TALLEST?



SUNFLOWER BEGINS WITH A 'S' SOUND. WHAT OTHER WORDS CAN YOU THINK OF THAT BEGIN WITH THE 'S' SOUND?



CAN YOU PLANT SOME SEEDS? REMEMBER TO GIVE THEM WATER AND PUT THEM SOMEWHERE SUNNY.



CAN YOU DO SOME PAINT PRINTING USING FLOWERS, VEGETABLES OR FRUIT?



CAN YOU READ SOME STORIES ABOUT PLANTING AND GROWING? HERE ARE SOME WE SUGGEST:

- JASPER'S BEANSTALK
- THE ENORMOUS TURNIP
- THE TINY SEED

*REMEMBER YOU CAN FIND THEM ON YOUTUBE TOO.

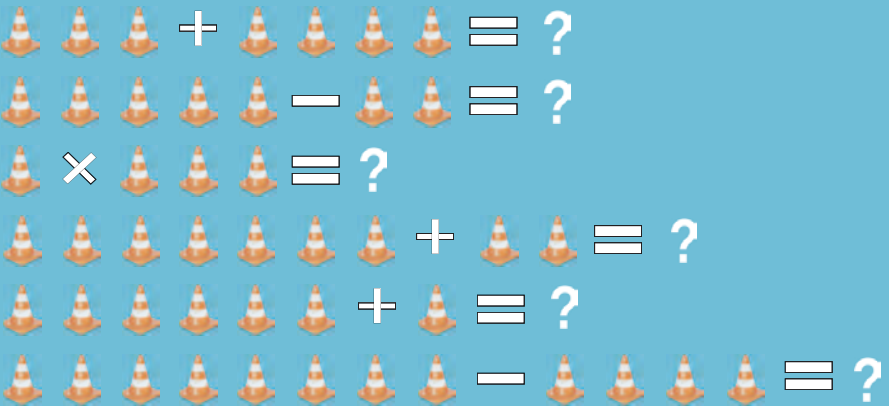
Let's Do Maths Construction Style!



Task 1: How many tools are there?



Task 2: How many traffic cones do we have?



Task 3: Materials for a project cost thirty four pounds. Write that out as a number.

Answers: Task 1 - 6 (six); Task 2 - 7, 3, 3, 9, 7, 4; Task 3 - £34.

Let's Do Maths Construction Style!



Task 1: It takes 83 days to build a school. How many weeks is that? (Round the answer to the nearest full number.)



Task 2: Flooring comes in packs of 10. You need 8 pieces per floor. We need to cover 6 floors. How many packs do we need?

Task 3: It takes one person 12 days to dig a swimming pool. How long would it take for three people to do so?



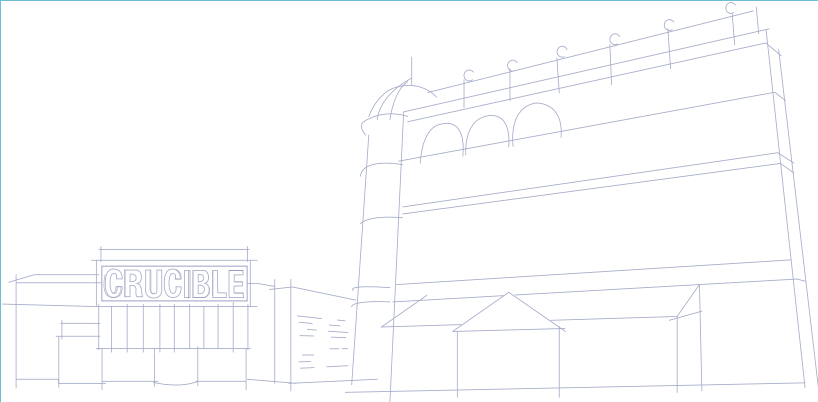
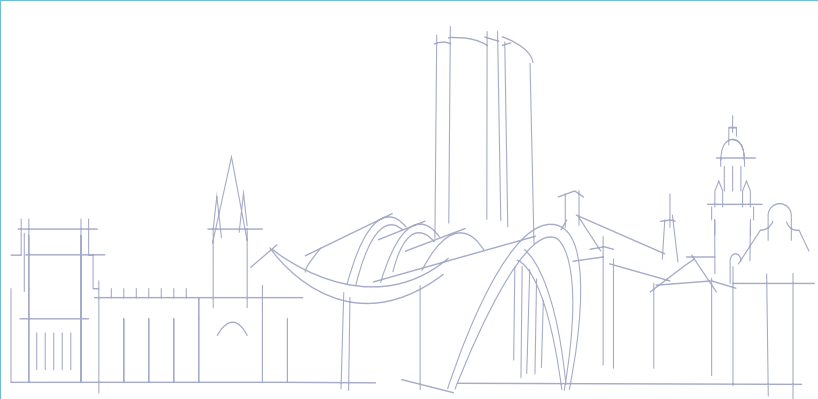
Task 4: A project costs £2,164. I am paid half of that. How much am I paid?

Answers: Task 1 - 12 weeks; Task 2 - 5 packs; Task 3 - 4 people; Task 4 - £1,082.

Sheffield In Colour



Can you help us make Sheffield as colourful as possible?



Share pictures of your colouring with us on Twitter @SheffPA.



Recycling Towers



Single use plastic is a hot topic, and although not using single use plastic would be best, let's do what we can to use our recycling one last time before it goes in the bin!

This game can be played indoors or outdoors. You can play individually, compete against household members, or work together in a team.

Aim:

To build as tall a freestanding tower out of recycling as possible. It must stay up for 5 seconds minimum. Once you have built it, see if you can accurately measure it.

How tall is your Recycling Tower?

Rules:

- No more than 4 of any item can be used (e.g. 4 milk bottles, 4 cereal boxes, 4 drinks cans).
- Only use clean items from your own recycling inside the house (don't raid the bins... who knows what's in there!).
- No breakable (e.g. glass) or sharp things (e.g. tins).
- Your Recycling Tower must be freestanding. This means it can't be held up by anyone or rested against anything - it has to stand up!
- You aren't allowed to stick or tape anything together, but you can cut things up (with adult permission and supervision).

When you've finished, remember to wash your hands!

Top Tip:
Your structure needs to be:
Tall, Solid and Stable.



More #homeadventures
createsheffield.co.uk/adventures



Salah, Abubakar and Khalid talk about food from their home country of Sudan and share a recipe for a traditional Sudanese meal.

What are the traditional foods in Sudan

Salah: The most traditional food in Sudan is called Aseeda – some people eat it every day, especially in Ramadan. It's a bit like porridge and is made with flour and water. You have to be strong to make it because you have to stir it very quickly for a long time.

Khalid: In Sudan we grow a lot of peanuts and sesame seeds so we cook a lot with these ingredients.

How did you learn how to cook?

Salah: I never cooked in my home country, so I have had to learn a lot about cooking because now I have to cook for myself. I have learned from friends – sometimes I watch them cook so then I can copy what they do.

Abubakar: I used to cook with my mother back in Sudan – she was the one who taught me how to cook.

What Sudanese food can't you buy in the UK?

Abubakar: I can buy most things in the UK, but one thing I cannot buy is camel milk. Sudanese people believe it is very healthy for you. There also lots of different types on mangos in Sudan – you can buy a big box of mango for under 50p but in the UK it is too expensive for me to buy.



Tagalia

Ingredients	Method
2 onions 500g mince 2 tbsp tomato puree Dry Okra 4 cloves of Garlic, crushed 3 chillis. 1 tsp dried dill 1 tsp ground coriander	<ol style="list-style-type: none"> 1. Chop the onion into small pieces and fry until brown 2. Add the mince and cook for 5 minutes 3. Add the tomato puree dry okra, garlic, chillies, dill, coriander and a little salt and cook for another 15 minutes. If it gets too dry, add some water. 4. Serve with aseeda.

Quick Aseeda

Ingredients	Method
100g Flour (any type) 300ml water	<ol style="list-style-type: none"> 1. Boil the water in a large pan. Once it is bubbling, add the flour and stir quickly 2. Keep stirring until the mixture is very thick and there are no lumps.

What recipes from your country or culture would you share with Salah, Abubakar and Khalid?



Home Learning Grid



Challenge your family to complete the grid! Can you beat them to a row? What about a full house?	Capital Cities! What is the capital of... How many capital cities you can learn? Challenge your family!	All about Sheffield! Discover 10 amazing facts about Sheffield to share with your friends.	If you could have any super power, what would it be? Create your own superhero costume.	Tallest Tower! Using paper, make the tallest tower that you can! How high can you go?
Spelling test! Challenge your family to a spelling test! You decide the words!	Match Report! Create a match report about a game on the Xbox or PlayStation! Who won? What happened?	Bird Watch! Keep a tally of all the different birds you see throughout the day.	Paper planes! Create paper planes to: Fly the furthest! Stay in the air the longest! Look the best!	Write to your future self! What do you want to ask them? What do you want to know?
Design your perfect school – what would it have? Where would it be? Mars? The jungle?	Create a biography about a famous person! Who will you choose?	Draw a detailed sketch of the view from your window.	Film review! What is your favourite film? Create a film review! Why do you like it? What is special about it?	Be the teacher! Create Maths questions to share with your class! Remember, you must know the answer!
The world is full of millions of animals – choose one and create a fact file about it.	Write a story including yourself as the main character.	Create a British Charter! What should the rules of life be? Choose 10 rules for everyone to follow.	Keep a diary for the week- writing an extract each day.	Write a character description about your favourite book character.
Great Concord Bake Off! Help an adult bake! Maybe cookies? Cake? Or anything of your choice!	Sketch it! Create a portrait of a family member! It's harder than you would think!	480 Create 10 maths questions with an answer of 360! Can you use all four operations? Fractions? %?	Design a new strip for your favourite football team! Shirt, shorts, socks!	Become a Chef! Create a marvellous meal to serve to 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

CU Home Learning Challenge: Gravity!

Gravity is the force that pushes things downwards. It's the force that keeps us on earth and stops us from floating away into space. This challenge helps you to learn about gravity and how you can test it.

You will need:

- A piece of cardboard
- Cardboard tubes
- Sticky tape and scissors
- Small balls



Step 1: Cut your cardboard tubes in half down the length of the tube. Ask an adult to help. Cut them into shorter lengths if necessary.

Step 2: Arrange them in a zig-zag layout, so that a ball could roll from one down to the next, down to the next and so on, until it reaches the bottom. Gravity will be playing its part in pulling your ball down towards the floor. Stick each of your tubes in place with sticky tape.

Step 3: Try rolling a small ball from the top - does it roll along every tube? Keep adjusting the tubes until it works. Now, try a different ball - does that roll faster or slower? What could you do to make the balls down the tubes even faster or even slower?



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!

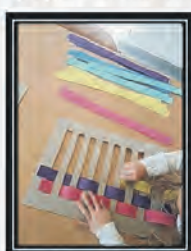


CU Home Learning Challenge: Paper Weaving!

Weaving is an old tradition where individual threads were woven in between others in a pattern which eventually made a piece of fabric. Look closely at a piece of material and you'll see the weaving that made it. This challenge uses the same weaving patterns, but uses paper instead to create a piece of art work.

You will need:

- Plain card (empty cereal boxes are great for this!)
- Plain paper (different colours)
- Pencil
- Ruler (or other straight-edged object)
- Scissors



Step 1: Turn your card portrait way round. Measure and draw out a number of rectangles down the centre of your plain card, running across your paper (left to right). They need to be as equal in size, and as straight as possible. Then cut out the rectangles as neatly as possible. Ask an adult to help if you need to.

Step 2: Cut your coloured paper into strips - as equal in size as possible. Take your first coloured strip and thread it from the bottom, in and out, in and out, until you reach the top. Then, take your next strip of coloured paper, and thread it in and out, in and out, but this time from the top so it is threaded opposite to the previous strip. Repeat this until your sheet of card is full of beautiful, brightly coloured weaving! You could try different shapes of card to weave through?



If you attend a Sheffield school, you can collect ONE CU CREDIT for completing this task. To claim your credit, complete and return a CU Home Learning Challenge Reflection Sheet (attached to this challenge) and email it with evidence of your completed activity to CU@sheffield.gov.uk (photos, video, a scanned copy of your work, etc.) and we'll award a CU credit. Save the evidence from all your completed challenges and send it all together - we can't wait to see your work!



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eat smart SHEFFIELD

THINK BEFORE YOU DRINK!

 Red Bull 250ml Can 9.5 sugar cubes	 Powerade 500ml Bottle 6 sugar cubes	 Coca Cola 500ml Bottle 16 sugar cubes
 Club Orange 500ml Bottle 17 sugar cubes	 7up 500ml Bottle 15 sugar cubes	 Capri Sun 200ml Pouch 8 sugar cubes
 Lucozade Original 500ml Bottle 11 sugar cubes	 Ribena 288ml Carton 10 sugar cubes	 Water 0 sugar cubes

MAX SUGAR INTAKE

4-6 year olds
19g (5 sugar cubes)

7-10 year olds
24g (6 sugar cubes)

11+ (inc adults)
30g (7 sugar cubes)

Choosing healthier drinks is a key part of getting a balanced diet. It is recommended that we should drink 6 - 8 glasses of fluid a day. Water, lower fat milk and sugar-free drinks, including tea and coffee, all count.

Water is the best choice – it is healthy, cheap, has zero calories and contains no sugars that can damage teeth.

Milk is another good option but choose skimmed milk if you can and limit your intake of flavoured milks, milkshakes, condensed milk and milk-based energy or malt drinks as these contain added sugar which can be calorific and damages teeth.

You should limit the amount of **fruit juice, vegetable juice or smoothie** you have to no more than a combined total of 150ml a day (1 small glass). This is because the sugars in fruit and vegetables are released when they're juiced or blended, making them "free sugars". Once released, these sugars can damage your teeth. The sugars found naturally in whole fruit and vegetables are less likely to cause tooth decay because the sugar is contained within the structure of the fruit.

Fizzy drinks, flavoured waters, squashes with added sugar, energy drinks and sports drinks have lots of added sugar and very few nutrients.

Energy drinks and sports drinks also contain high levels of caffeine. Too much of any of these types of drinks can cause health problems so limit the amount you have, and they should not be given to children at all.

So next time you're thirsty, remember to think before your drink and choose wisely...

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:

 @eatSMARTsheff  @eatSMARTsheffield  @eatSMARTsheff

Family Recipe

CHEESE & TOMATO GRILLED FISH

Super easy, super fast, super tasty & a great way to get one of your 2 portions of fish a week!

Serves: 4

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



Ingredients:

- 1/2tsp** vegetable oil
- 4** fillets (frozen or fresh) haddock fillets
- 4tbsp** tomato purée
- 4** tomatoes, thinly sliced
- 1** pinch ground black pepper
- 40g** reduced-fat mature cheddar cheese, grated

Method:

1. Preheat the grill to medium-high. Grease a baking sheet with the vegetable oil.
2. Arrange the fish fillets on the baking sheet and spread 1 tablespoon of the tomato purée over each one. Top with the tomatoes, season with a little pepper and scatter the grated cheese on top.
3. Grill for 6 to 8 minutes, until the fish is cooked. The flesh should flake easily when tested with a fork. Serve with fresh green vegetables, and cooked rice or boiled potatoes.

SWAP TIP

Cod, pollock, coley or sea bass fillets all work well for this recipe too!

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

Sheffield Children's Hospital Mainstream Schools Physiotherapy & Occupational Therapy: **Let's Move!**

Sheffield Children's **NHS**
NHS Foundation Trust

The therapy team for mainstream schools is made up of Physiotherapists, Occupational Therapists and Therapy Assistants who specialise in supporting children with physical disabilities who are attending mainstream schools across Sheffield. We work together to help children achieve their full physical potential, promote independence, develop life skills and to support their families.

We move all the time in our day to day lives, which is a great way to be active. Movement can be **BIG** like standing, running and jumping or it can be small like using your fingers and thumb when you hold your pen or pencil to draw or write. You're even moving when you get dressed, use your knife and fork or have a bath! Everyone has some movements they find hard, sometimes **BIG** movements and sometimes small ones! Keeping physically active is great! It helps keep you healthy and it can also help you to develop new skills. Sometimes learning new things can be hard to do, you might find some exercises in PE difficult or using a pen or pencil.. To learn how to do new things we have to practice and sometimes we might have to do them in a different way to our friends but that's ok!

Try our at home workout which will move all of your body in lots of different ways. It will help to make you stronger, keep your joints flexible and build fitness.

Home workout

Try these exercises, do each one for 30 seconds, then rest for 30 seconds. See if you can do 3 rounds

Plank resting on your hands or forearms and toes, lift your body up try and keep your body as straight as possible! Squeeze your tummy muscles tight as you do this.

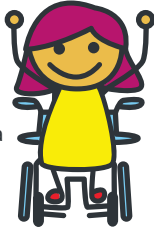
Bicep* curls you can do this sitting or standing, if you sit in a wheelchair you can do this too! You need something you can lift – this could be a tin of beans or a small bottle filled with water or sand. To make it easier to grip, put your weight in a bag. Slowly bend and straighten your elbow.

Squats imagine you're standing up and sitting down from a chair (you can use a chair if this helps). Push your bottom backwards as you squat down and squeeze your bottom muscles as you stand up!

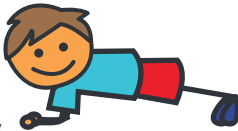


Downward Dog this works your shoulders and your arms but is a great stretch for your legs too!

Let's box! punch your arms out in front of you one at a time, you can do this sitting or standing or if you sit in a wheelchair you can do it too! Try punching low down and then high up.



*your bicep is the big muscle at the top of your arm



Scribble Monsters

Handwriting can be really difficult. Try these exercises to help with using your pen or pencil:

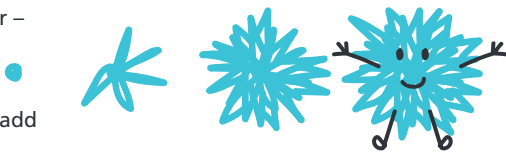
You need to lie on your tummy and prop on your forearms, we're going to move our fingers and wrists as we make our scribble monster!



Keeping your arm still draw small circles until you have a scribble monster

Then you can add arms and legs and a face!

Now have a go at a spiky monster – draw a small circle and then create spiky fur all around the dot – make sure you start and finish at the dot ... then you can add a face and other details.



Challenge!

If there's something in our workout that's new or when drawing a scribble monster that you find hard? Try doing it every day for the next week and see if it gets easier!

www.sheffieldchildrens.nhs.uk

Seven Hills School – Ice Play



Ice is a great material for sensory learning, its free (unless you buy a bag) and always available and there is lots of scope to how children play with it!

Create an icy scene with small world toys, in a tray or bathroom sink. Freezing small toys into ice, adding colours, building towers, adding shaving foam and tinfoil with ice cubes are all activities that create learning opportunities.

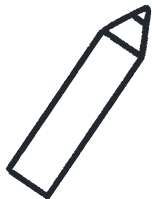
Colour some ice with a little bit of paint or food colouring and freeze with a stick in pointing up, to make Ice paints. Paint on paper, tin foil and card board.



RAINBOW TREASURE HUNT



Go outside and see how many natural items you can find to match the colours of the rainbow. Take photos or draw pictures of the colourful treasures you find.



PE at Home – ATHLETICS - JUMPS

#stayhomestayactive
#PEatHome

EXPLORE

V Find a safe space. How many different animals do you know that jump, hop or leap?

Bright ideas:

Try out lots of different ways of hopping, jumping and leaping in your space.

Can you add some jumping music to make this more fun?

Communication and Language

Find out how to play 'Simon Says'

Play this with your family using the animals we thought about when you explored your jumping.

Simon Says "jump like a frog"
Simon Says "hop like a grasshopper"

What other 'Simon Says' can you come up with together?

PRACTICE

Find 10 small soft objects You can use your toys to help you!

Jump OVER them.
Jump AROUND them.
Jump BEHIND them.
Jump IN FRONT of them.

Tell your family which jumps you like best. Can you say why?

DEVELOP

V Time to work on landing without any wobbles!

Put down a small square of paper – make sure it won't slip!

Jump ONTO your paper.
Jump OFF your paper.

Top Tips for wobble free landings

Land feet apart
Bend your knees
Stretch arms out in front
Keep your head up
Look straight ahead.

Understanding the World
Did you know this about kangaroos?

- * They can hop quickly on 2 legs, and they can walk slowly on 4 legs.
- * They can't walk backwards.
- * They can swim!

Can you find out where kangaroos live and any other fun facts about them?

Parent's Tip!
Allow your child to explore lots of different ways of jumping, hopping and leaping. Encourage them to be creative!

EYFS

Where can I go to take part in more athletics?
<https://www.birchfieldharriers.co.uk/athletics>
<https://www.birchfieldharriers.co.uk/athletics>
<https://www.birchfieldharriers.co.uk/athletics>

@KESSPB
@awhitehousePE
@SarahLayPE

Make sure you have enough room to complete the tasks!

BOTTLE TAG

AGE: 7+

NUMBER OF PEOPLE: 2+

SPACE NEEDED: Living Room or Garden

EQUIPMENT NEEDED: Bottle or cone and string to create lines on the floor

HOW TO PLAY:

Two players stand behind their line, 3 metres apart and have to try and get the object, cone or bottle from the middle and take it back past either line without being tagged by the opposite player.

You win by either getting the object past a line without getting tagged or by tagging the other player if they pick up the object.



BALLOON KEEPY UPPIES

AGE: 5 to 11

NUMBER OF PEOPLE: 1+

SPACE NEEDED: Living Room or Garden

EQUIPMENT NEEDED: Balloon, string and chairs. Soft/beach ball for older children

HOW TO PLAY:

Inflate a balloon and play keepy uppies on your own or in teams.

Play seated volleyball: Players are sitting on the floor with some string to divide the room in 2. To score a point, hit the balloon onto the other side so it touches the floor.

Outside and with older children, you can use a slightly heavier ball. Children are allowed to catch and throw the ball instead.

Use 2 chairs and string as a net.



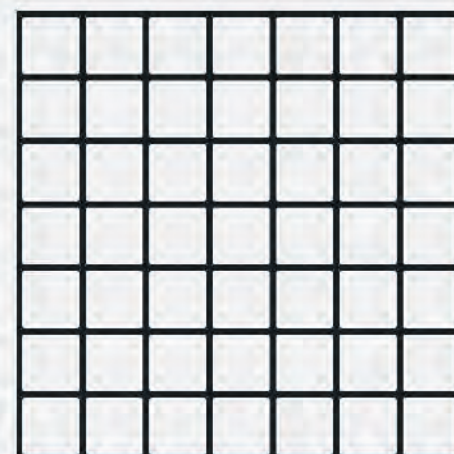
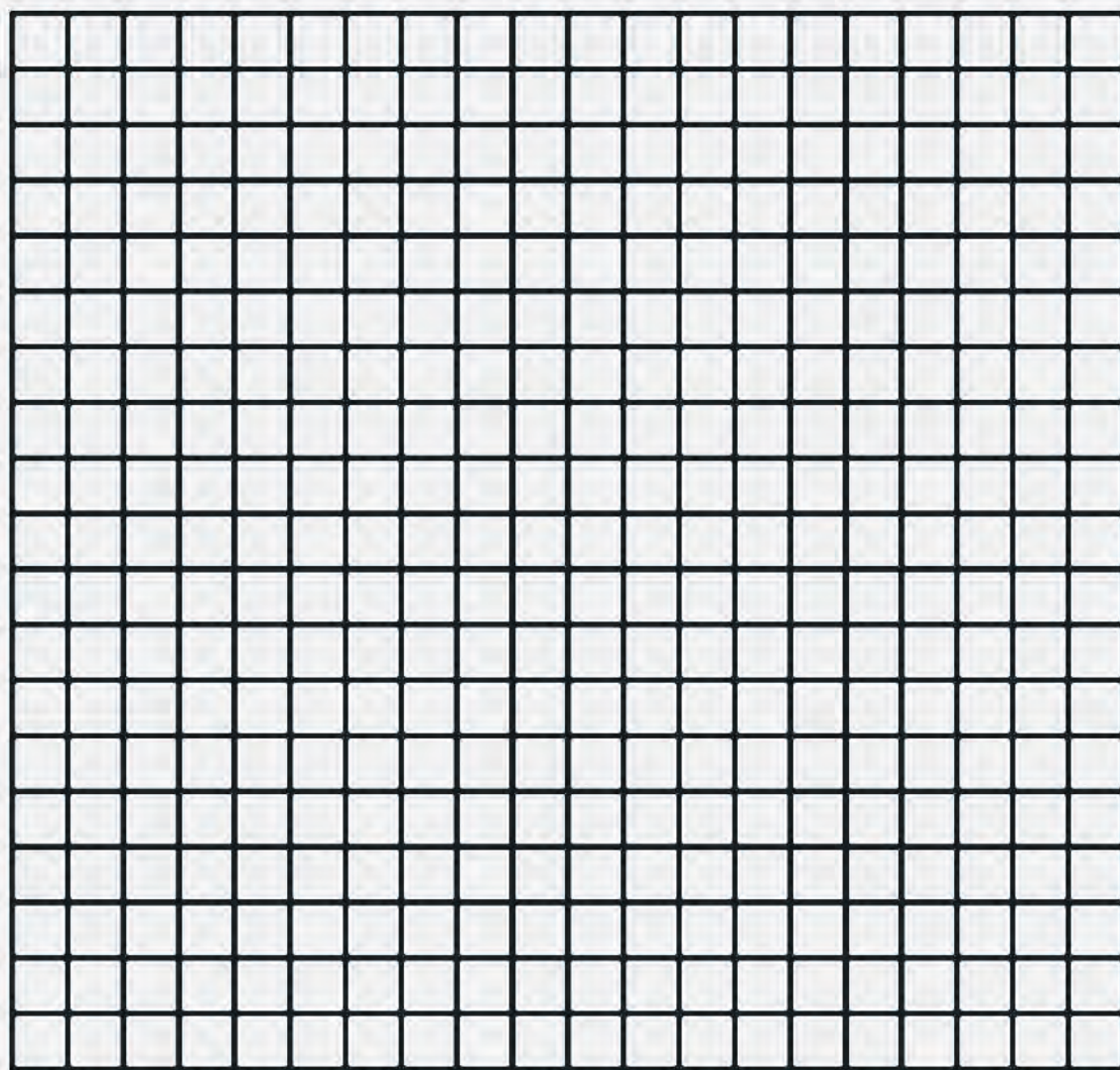


National Videogame Museum

CREATE A PIXEL ART VIDEOGAME CHARACTER!

Have a go at creating your own videogame character in the grids below, thinking of each square as a **pixel**!

A **pixel** is the smallest point that can be represented on a screen. It is basically a dot! A screen is made up of lots of dots - or pixels - arranged in a grid. That means your favourite videogame characters are a collection of pixels!



YOU WILL NEED:

- Pencils or pens!
- Imagination!

AND THAT'S IT!



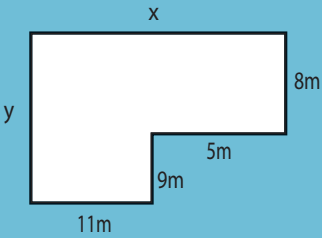
Find more free resources from the National Videogame Museum at:
thenvm.org/nvm-at-home

More **#HomeAdventures**
@ createsheffield.co.uk/adventures

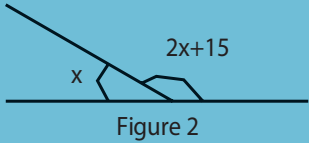
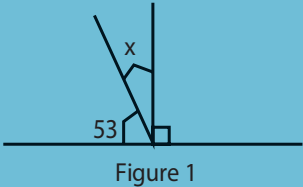
Let's Do Maths Construction Style!



- Task 1: Find:
- a) the width, x
 - b) the height, y
 - c) the perimeter
 - d) the total area of this floor plan



Task 2: We need to make sure the new wall is perpendicular to the outside wall. Can you work out the missing angles?



Blank area for answers to Task 1 and Task 2.

Answers: Task 1 - $x = 16\text{m}$, $y = 17\text{m}$, $p = 66\text{m}$, $A = 227\text{m}^2$; Task 2 - Figure 1 $x = 37$ degrees; Figure 2 $x = 55$ degrees and the adjacent angle is 125 degrees.

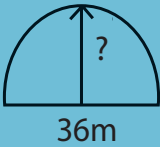
Let's Do Maths Construction Style!



Task 1: Alex and Jenny build bridges. Together they can build 2 bridges in 20 days. Alex alone takes 30 days to build 2 bridges. How long would it take to build 2 bridges if they had help from a third friend, working at Jenny's speed?

Blank area for answer to Task 1.

- Task 2: A bridge has a semicircle shape.
- a) If the diameter is 36m, how high is the bridge?
 - b) What is the area under the bridge?



Blank area for answers to Task 2.

Task 3: A crane consumes 50% more fuel than a lorry. The total fuel used by both when they travelled 80 miles each was 400 litres. How many litres did the crane use? How many litres per mile is that?

Blank area for answers to Task 3.

Answers: Task 1 - 10 days; Task 2 - a) 18m, b) 508.9m² (to one decimal place); Task 3 - 240 litres, 3 litres per mile.

Who helps build a building?



Can you find all of the people involved in constructing a building?

Find all 8 words

- | | |
|------------|-------------|
| ARCHITECTS | DESIGNERS |
| BUILDERS | PLANNERS |
| LAWYERS | CONSULTANTS |
| SURVEYORS | ENGINEERS |

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

Spot the difference



Can you find the 8 differences?
(and for a bonus point, can you identify where in Sheffield this colourful sign is now located?)



Sheffield is full of lots of buildings. Each time you see a crane on the skyline, what you don't see is all the people that contribute to a building being built. This article will show you some of the many jobs that are involved in the steps along the way.

SIPA
SHEFFIELD PROPERTY
ASSOCIATION

www.sheffieldpropertyassociation.com



FUNDERS/INVESTORS

We help by providing the money needed to build the building, or the land on which the building will be built.

ARCHITECTS

We help to design the building and draw up what it might look like before any work starts.

PLANNERS

We check that the building is right for the area where it is being built.

"I chose planning because I love cities. Planning allows you to make a positive impact on how a city develops and grows. Why design buildings, when you can design whole cities? Town planning shapes the urban environment where we live, from fantastic city centre developments, to new homes, new offices and parks. Planning ensures that the right developments go in the right places, it protects our history by preserving buildings which we love and our favourite places." *Adam Murray – Town Planner*



BUILDERS

We help build the building.

ENGINEERS (Structural; Mechanical and Electrical; Lift)

We are brought in to do any special or complicated work for a building, such as the electrics or structure, or items going into the building.

SURVEYORS

We inspect the building's condition and quality of work carried out.

"I completed A-Levels at Tapton School, then studied Languages with International Business Studies at Sheffield Hallam University. I moved to the USA for a year studying and playing football before going back to university to study Building Surveying. After a placement year in industry, I qualified in 2019. At school I had no idea what I wanted to do, other than be a football player! Whilst it wasn't a direct route, there aren't many changes I'd make to my route given a second chance." *Sam Caborn - Chartered Building Surveyor*



PROPERTY MANAGERS

We help to arrange and manage for people to occupy and use the building.

AGENTS

We help rent out or sell the building once it is finished, so that the funders/investors can get their money back.

LAWYERS

We help throughout the process to draw up agreements between all the people involved in the construction of the building or who want to use it once it is built.

"My sister and I are the first generation in our family to go to university. When I got an apprenticeship, I was over the moon. I can learn on the job while gaining valuable, real world experience. I get the same degree as anyone studying at university (with no student debt) and when I finish, I'll be fully qualified. There are so many paths into the built environment, and this was definitely the right one for me. I really recommend apprenticeships - see what's out there for you!" *Tegan Johnson - Solicitor Apprentice*

Sheffield Learning Together

Post-16

The Sheffield College

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

CATERING AND HOSPITALITY

Task: Put together a plan for your dream restaurant

Imagine that you are planning to open a restaurant and need to put a proposal together for investors.

You need to start drafting a plan that considers a restaurant theme or concept, for example, all American barbecue, Spanish, sushi or fine dining.

1. Write down your chosen restaurant theme and concept – what type of restaurant do you want to create and why? Do you have a name for it?
2. Where would the restaurant be located and why have you chosen that area?
3. Who would your customer base be – who are you hoping to attract and why?
4. What type of menu would you offer? Would it be a set menu, à la carte (offering a choice of individual dishes) or buffet?
5. What style of food service would you provide? For example, would it be buffet, table service or silver service (where food is served by waiting staff from the left and using forks and spoons).

CREATIVE MEDIA

Task: Create a one-minute documentary to show what life has been like during the Covid-19 lockdown

Start off by creating a storyboard to express some of your ideas. Find a large sheet of blank paper such as A4 or A3 size.

Draw a series of rectangles that show key moments in your story and sequence of the video frames.

Draw some images within each rectangle that you would want to film for the project. You can also cut out and stick images from newspapers and magazines onto your storyboard.

Think about the order of the images, and how they would represent the reality of life during the lockdown period.

You also need to consider sound – would you use music, a voiceover or interview-style dialogue? Be as detailed as you can with your ideas and add written notes to the storyboard.

If you wish to extend the task, and you have a video camera, then you could experiment with some of your ideas and taking some test film footage.

HEALTH AND SOCIAL CARE

Task: Safety has been a key concept since the start of the coronavirus Covid-19 pandemic. Considering this, answer the questions below

1. What sort of personal protective equipment (PPE) should healthcare workers wear when they are treating people who have Covid-19?
2. If someone had told you six months ago that the lockdown was going to happen, what would you have done to prepare?
3. What three things do you think you have done well during the pandemic?
4. How have you helped others during the pandemic?
5. What have you learned about your attitude towards your education during the lockdown?

GO FURTHER

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



The S-PA is delighted to endorse and promote #LoveHome Design Challenge

This LoveHome Design Challenge is inviting you to collaborate with the whole of your household, from the youngest to the oldest, to design your dream home. We want you to ask your parents, guardians, family relations and friends what they love about home. Use all this feedback to design the home of the future that will improve all your lives. You can work on this alone or as a household or a class team.

If you had a magic wand what would you do? What would you keep and what would you change about your current home? You can be as inventive as you like in creating this home. Think about a home that looks after you, your community and the planet.

We need to protect our planet and adapt to our changing climate. How can your new home be more environmentally friendly? We need to change the way we build homes and the way we live in them. #LoveHome Design Challenge want your ideas on how this home should function. What technology will you use to make life easier and more enjoyable? Finally, think about your home in its environment and neighbourhood. How can you design your home so you keep in contact with your neighbours, friends and local community and avoid social isolation?

What Next?

Can you design a green home, place or space, that you love, that looks after you, those around you and the planet. There is not a deadline to complete or submit. You can take as much or as little of this time as you want to create your home.

You can bring your thoughts and ideas to life in any way you like. You can draw your house by hand or use computer software or games such as Minecraft, Fortnite or Sims. Make a model out of any material you can find, use Lego, make a collage using magazine pictures or photographs. You might produce a short video with interviews, animations or social media platform, write an article, story or poem.

The choice is entirely yours

When you have finished send everything you want to share to sclo@shu.ac.uk

How to Build Your CV?



1. Choose a format



MASTER
(includes ALL
experience)



JOB-SPECIFIC
(includes RELEVANT
experience)

2. Basic structure

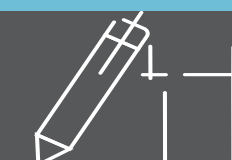
- Profile: personalise for every job application. Demonstrate your understanding of the role. No more than 5 lines.
- Skills: showcase your skills when you have less experience. Match the ones from the job description.
- Experience: list out all your experience, including volunteering. Include the activity dates (MM/YYYY) and a brief description of your role, key duties, projects, etc.
- Qualifications: Group your qualifications by level, e.g. 8 GCSEs C or above with As in Maths and English Literature. Use chronological order.



- Interests/Hobbies: tie to the personal and professional qualities needed for the role.

3. Additional tips

- No more than two A4 pages.
- Check your spelling and grammar.
- Evidence every example.
- Do not be afraid to ask for help.



Look up – and see if you can name these Sheffield landmarks

This week's pictures are taken looking up to the skyline. See if you can figure which buildings they are. The answers will be in next week's supplement.



Picture 1



Picture 2



Picture 3



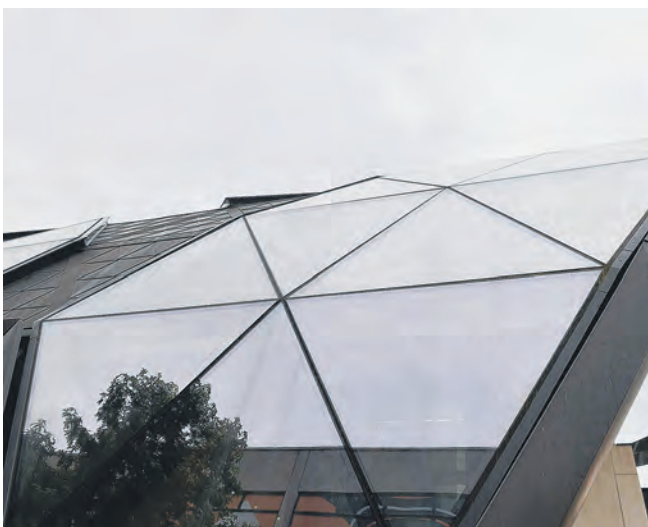
Picture 4



Picture 5



Picture 6



Picture 7

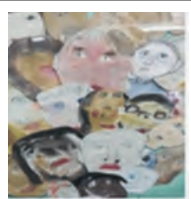


Picture 8



Picture 9

Last week's answers: 1. Charles Street; 2. Castlegate; 3. Sheffield Railway Station; 4. Sheffield Hallam University Students Union; 5. Paternoster Row; 6. Tudor Square; 7. Fargate; 8. Millennium Square; 9. Peace 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.

Turkish Türkçe

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

Bu ödevleri yapmak için normal bir defter sayfası kullan. Her gün bir ödevi yap

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

Monday	Tuesday	Wednesday	Thursday	Friday	Pazartesi	Salı	Çarşamba	Perşembe	Cuma
Who is your favorite book or movie character? Write or draw what would happen if you met them in real life.	Look at the food in your home. Create a pretend menu for lunch.	Unscramble these animal names, then draw the animal. caro rwm cnaotu rumle	Make a t-chart of healthy and unhealthy foods in your home. 	Create your own superhero. Draw and label a costume and superpowers. Write about a time the superhero saved someone.	En sevdiğin kitap ya da film karakteri kim? Onlarla gerçek hayatta tanışsan ne yapacağını yazarak veya çizerek anlat.	Evindeki yiyeceklere bak. Öğle yemeği için komik bir menü oluştur.	Aşağıdaki hayvan isimlerini bul ve resimlerini çiz? caro rwm cnaotu rumle	Evinizde sağlıklı ve sağlıklı yiyeceklerin t-grafğini yap. 	Kendi süper kahramanını yarat ve O'na uygun süper bir giysi çiz. Sonra da kahramanının birini kurtarması ile ilgili bir hikaye yarat.

Who Speaks Turkish?

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

Turkish is the official language of Turkey and one of the official languages of Cyprus. It is spoken by about 60 million people in Turkey and another million in Bulgaria, Greece, Cyprus, and Macedonia.



<https://globalstorybooks.net/>



Useful websites

Yararlı web siteleri



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



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

Talk To Your Baby – quick tips

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.



Talk To Your Baby

Bebeğinizle Konuşunuz – kısa öneriler

Bebeğinizle Konuşmanız

Konuşmayı öğrenmek çocuğunuzun başaracağı en önemli ve en zor beceridir. Doğal olarak gelişmesine rağmen size çok önemli bir rol düşmektedir. Bebeğinizle ne kadar çok konuşursanız çocuğunuzun o kadar iyi bir konuşmacı ve o kadar da özgüvenli ve mutlu bir çocuk olmasını sağlarsınız.

- Gün boyunca neler yaptığınızı konuşun – banyo yaparken, mama verirken veya bebeğinizin bezini değiştirirken.
- Dükkanlara giderken veya markette gördüğünüz şeyler hakkında konuşun. Çocuğunuzun ilgi gösterdiği şeyler hakkında konuşmaya çalışın.
- En iyi bildiğiniz dilde konuşun. İngilizce olması gerekmez.
- Konuşurken bebeğinize bakan ve konuşmanıza yanıt vermesi için kendisine zaman verin.
- Bebeğinizin çıkardığı seslere yanıt verin.
- Birbirinize sarılarak sevdiği kitabı okuyun veya resimler hakkında konuşun.
- Çocuk şarkıları ve değişik şarkılarla birlikte iyi vakit geçirin. Bilhassa hareketli olanlarla.
- Dikkatle dinleyin ve küçük çocuğunuzun konuşmasını bitirmesi için zaman verin.
- Çocuğunuz bir şeyi yanlış söylerse ona doğru şeklini tekrarlayın. Örneğin, "Hay hav ısırdı", derse, "Evet, kopek ısırdı, böyle değil mi?" deyin.
- Birlikte televizyon izlemeye gayret göstererseniz onların konuşabilirsiniz.

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



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



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

Shelter

KEY CONTACTS

Understanding mental health

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 Stay Connected - How to support a friend

- If a friend is having a hard time it can be difficult to know if we're saying or doing the right thing
- If the problem is serious, or if we do not feel okay in ourselves, then the best thing to do is let other people help. But a little support might be all your friend needs
- Helping others is good for our own mental health – we see them feeling better and feel good about ourselves
- When a friend opens up to us it can be easier for us to open up to them

Talking to a friend having a hard time

- When chatting about how they are doing, try to empathise with the way they are feeling first
- Be a good listener, allow them to talk without jumping in to offer advice straight away
- If you're worried about them, try to be calm but be honest with them that you're concerned. This might be all they need
- If they don't want to talk about why they are having a hard time, don't push them to talk. Just being there for them and giving them time might be enough
- If it seems like they are really struggling and you're not sure what to do, or you're worried about them, encourage them to talk to an adult

Looking after yourself so you can be a good friend

- Remember, it isn't your responsibility to 'fix' your friend or their problems. But you can be a part of what helps them
- Make sure you have people you can go to if you feel overwhelmed
- Look after yourself by doing things you enjoy, being healthy (eating well, exercising and sleeping), and having time with other friends and family who aren't having such a hard time
- Ask yourself whether the friendship seems balanced - do they still ask about you, do you feel able to talk to them about you and what's happening in your life? If it isn't balanced, is this a new thing or is there a problem in the friendship?
- Know when you've reached your limits – don't feel guilty telling them you think they need to talk to someone else

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

Also visit www.epicfriends.co.uk

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



Emotional Check-in

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



Build Skills

Set yourself a challenge – now is a great time to learn a new skill
Choose a set time and place to complete school work



Be Healthy

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



Stay Connected

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



Be In the Moment

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

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

#BeatTheBoredomSheff