

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



Some of the Yorkshire Water team with their pal 'sewer'



More than 38,000 trees were planted near Stocksbridge by Yorkshire Water and Wildlife Trusts.

An unintended career that helps make big splash across county

By Alan Fletcher
Yorkshire Water
@YorkshireWater

I am a Process Safety Engineer. I work in a small team which supports the whole of the business keeping the sometimes complex and high-risk processes we use safe for our colleagues to operate, protect our assets and the environment.

Why did you choose this career?

I didn't. I trained as a pipe fitter for Yorkshire Water in 1975, moved into operations then into management but had a keen interest in process safety, saw an opportunity to improve things within the company and took it.

What do you enjoy most about your role?

It is a bit of a cliché but the people. I work with some fantastic dedicated people who are passionate about the work we do.

How has your role changed during lockdown?

I have gone from travelling all of Yorkshire to mostly travelling from my dining room to the kitchen! It's a very hands on role supporting the business but having the IT we have I can "reach out" to all our sites to see what is happening, pick up on any developing issues and offer advice, with the occasional necessary site visit.

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

Find something you like to



Yorkshire Water helped ease isolation by sending out free packets of flower seeds to thousands of over 70s.

do, you may have a particular interest, people, mechanical things etc then ask around for people doing those jobs – try and spend some time with them.

What do you love most about South Yorkshire?

Not having to travel to find

some amazing places - that can be a park, city centre or countryside and of course the folk of South Yorkshire are just the best!

What's your funniest memory from school?

That is a VERY long time ago but probably being part

of a drama group putting on quite a serious play and the leading role accidentally stepping off the stage and landing on the headteacher.

Which teacher inspired you most at school?

Mr Hollin Hammerton, my music teacher. He started

our school band, he took us all over playing with local colliery bands on their practice nights, so I have played with some of the best like Grimethorpe colliery band. He was such an inspiration with so much passion and energy.

What are you looking for-

ward after lockdown?

Freedom to travel, see friends and family, sit in the beer garden and plan our wedding.

What's your favourite joke?

Who carries out operations in water? A sturgeon.

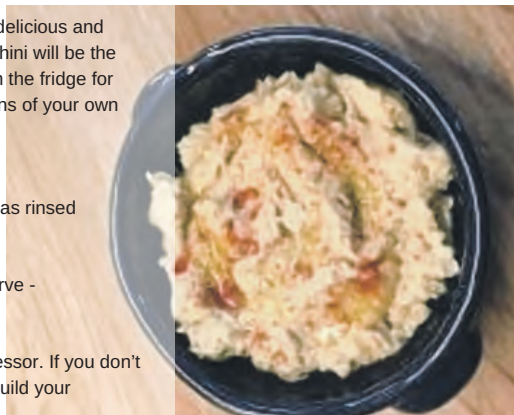
#47 Making healthy hummus!

Everywhere sells hummus now but it is an easy, delicious and nutritious meal to make with children at home. Tahini will be the most expensive ingredient but a jar can be kept in the fridge for several weeks and will make you at least 5 portions of your own hummus!

Ingredients

400 g chickpeas cooked can drained and chickpeas rinsed
1 tbsp light tahini
1 garlic clove crushed and chopped finely
1 tbsp olive oil 1 tsp lemon juice 1/2 tsp salt To serve -
1 tsp smoked paprika (if you like it!)

All the ingredients can be whizzed in a food processor. If you don't have one, this is a fun and easy way. It will also build your muscles!



Instructions

- Tip the chickpeas into a straight sided dish and mash really, really well with a potato masher until it is pretty smooth.
- Add in the tahini, garlic, olive oil, lemon juice and salt and mix together well.
- Taste and add more of whichever flavour you think is missing. Taste again and repeat until it is right for you.
- Tip out into a dish, drizzle with a little more olive oil, a little squeeze of lemon juice and a sprinkle of smoked paprika, if using.
- Serve with raw vegetables, like the ones you can grow in the #19 Growing 50 things! Or toast, pitta or on a baked potato.



Enjoy your first bowl of homemade hummus! You are now a chef!



Google Play App Store



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.

#47 Great Sheffield Baking



Make some tasty food for all the family. Children love to help with cooking and baking, and they can chop and mix the ingredients while you chat about what you are doing. Cooking is fun and provides quality time together making an end result you can eat. Buns and chocolate crispy buns are a favourite as a special treat but children can also make bread, sandwiches, fruit salad, pizza, chapattis, pancakes and salads. You might need to follow a recipe for some things, the BBC Good food website has lots of simple recipes for children. Cooking with children provides opportunities to encourage healthy eating and broaden their diet. It is a chance to make something together that you can eat together whilst developing mathematical language and skills, such as reading, sequencing, weighing and measuring.

There's lots of science in cooking and baking – talk about the ingredients you are using and what happens when you mix things together, also how they change when they are heated or cooked. Don't forget to have a taste as you are going along!

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



More #homeadventures
createsheffield.co.uk/adventures



Message from Public Health and Sheffield City Council

In these difficult times immunisations remain an essential health service which are available via your GP practice.

Vaccines help protect you and your baby. They are the most effective way to prevent serious infectious diseases and stop outbreaks in the community. It is important that you stay up to date. Therefore if your child is due to have their immunisations it is extremely important that this still happens even during this period of current lockdown.

Be sure to continue attending any NHS or GP appointments scheduled for your child's immunisations. These are crucial to your child's health and wellbeing. Please make arrangements to catch up on any appointments which are missed.

If you or your child have any symptoms of Covid-19 such as a high temperature or persistent cough please go to:
<https://www.nhs.uk/conditions/coronavirus-covid-19/>

One of the most effective ways to minimise the transmission of Covid-19 is to ensure good hygiene regularly washing hands with soap and water for a minimum of 20 seconds.



EYFS maths



Can you collect as many sticks as possible and compare them?

Which one is the longest?



Which one is the shortest?



Which one is the heaviest?



Which one is the lightest?



How many sticks have you collected?



Sunday 17th May 2020 is National Children's Day UK

As part of the day and the days leading up to it NCDUK2020 are inviting children & young people to think about the things you have experienced & learnt over the past few months & about what really matters in life.

They're asking you to think about the small steps you could take to help make happier families, stronger communities & a healthier and more connected planet, especially at this very different & difficult time.



Bigger Voices, Bigger Learning

Some questions to ask yourself and to think about

- What have you learnt about the importance of family and community life?
- What have you learnt about yourself?
- How can you support other people?
- How could you better support and protect nature?
- What will you do differently once you are able to see family & friends again?

Could you become an NCDUK2020 reporter?

Pretend you are a journalist or researcher. Explore a topic that interests you. From what you find out can you create:

- A news broadcast. Write it, film it, share it. @NCDUK2020 #NCDUK2020
- A newspaper or magazine. It can be paper-based or online. Be creative!
- A radio programme through a series of podcasts
- An image / drawing / painting
- A 'Family Manifesto' in order to make the change you want to



Watercliffe Meadow - Famous Landmarks

Choose a famous landmark in a European country and write a fact file about it.

- You could include:
- How many visitors it has per year.
- Is it natural or man-made?
- Who made it? Or Who discovered it?
- How big/tall is it?
- How old is it?
- Pictures help!



Mundella Primary School

M - MUSIC – create the theme tune to your favourite programme

U - UNIQUE – what makes you unique

N - NICE – do something kind to someone in your house

D - DANCE – dance like no one is watching!

E - EAT – which foods can you find that begin with your initial?

L - LISTEN – turn everything off, what can you hear?

L - LAUGH – make a book of jokes

A - ART – create a picture of your hero



Dobcroft Infant School Year 2 home learning challenges

English: character description:

Take a look at the characters below from some of our favourite books. Choose one and write a character description about them. Use these questions to help you with your description.

- What do they look like?
- What do they wear?
- What is their job?
- What story are they from? (If you know!)
- What is their personality like? Are they a good character or an evil character?
- What are their hopes and dreams?



When you have finished, read your character description to another family member, and see if they can guess which character you are describing!

Sheffield Learning Together

Primary

JUNK MODELLING



We have been getting creative and making animals using recyclable materials from home. We made this crocodile using an egg box! What animals can you make from items you find at home? You could use toilet rolls, cereal boxes, egg boxes etc - there are no limits! We can't wait to see what you have been making - send a picture to our twitter @MeynellSchool.

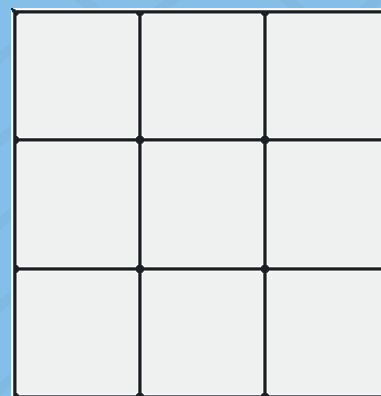


Maybe you could design and build a habitat for the animal to live in. Think about what they need to survive and where they may be found in the world.



Pye Bank - Maths Chilli Challenge

1	2	3	4	5	6	7	8	9
---	---	---	---	---	---	---	---	---



Mild = Easy



Spicy = Hard



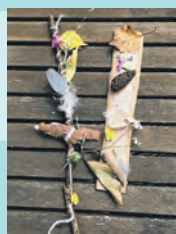
Hot = Hardest

- Use the digits 1-9. Can you place the digits in the boxes of the square to make each line horizontal, vertical and diagonal add up to 15?
- Can you find arrange the digits in a different way? Each line still needs to add up to 15.
- Can you find all the different ways of placing the digits? How many different possibilities are there? Can you explain how you know?



Hallam Primary School Jumping Stick

What can you find on your daily walk? Look closely and you won't believe the variety of natural materials all around you! Find a sturdy stick and attach them to it as you go with elastic bands, wool or string. At the end of your walk you'll have a stick bursting with finds and it'll be a great memento of where you went.



Leaf Craft

Can you arrange different sized leaves into an animal of your choice?



Can you create a leaf print by colouring in the leaves with felt tips or paint?



Can you thread string through a range of different leaves to create a garland?



Can you paint onto a leaf to create a unique design and outline its natural features?



Shadow Tracing

On a sunny day, head outside or find a bright window. Place a sheet of light coloured paper on the ground with the sun behind you. Put your favourite toy figures on the paper and draw around the shadow they create. You could make a safari scene, even a dinosaur landscape!





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: Create your own Time Capsule!

A time capsule is a container that holds present day items, such as photos, newspapers, letters and more. It's hidden away for your future self or someone else to open. They'll look at the items and learn what it was like at the time it was buried.



Step 1 - Choose your container. If you want to hide the capsule outdoors you'll need a weatherproof, non-biodegradable container such as a metal tin or plastic box. Decorate your capsule. Remember to make it bright and fun and put the current date on it.

Step 2 - Decide where you'll bury or hide it! Indoors or outdoors? You'll want to hide your time capsule somewhere where others won't find it and be tempted to open it early!

Step 3 - Decide what you will put in your time capsule! You could include things like a diary of what's been happening and how you feel at the moment. A letter to the future, a description of yourself and what you like/enjoy doing to see if they change over time. You could also include a newspaper, photos, etc. Get your family involved too!

Step 4 - Store your time capsule...and wait!



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



You will need:

- A container that will stay clean and dry (plastic box, jar, etc.)
- Items to put inside

CU Home Learning Challenge: Your Family has got Talent!

We'd like you to plan, rehearse and perform, creating your own family and friends talent show. Now is the perfect time to practice a new skill and what better way to show off these skills than to perform them in your very own talent show? This is a brilliant opportunity to get all your family and friends involved either in your home, or via video call, discovering each other's (maybe hidden!) talents. Will you have judges? Let's get started!



Step 1 - Invite your family/friends to take part and decide what talent/skill you want to showcase. Singing, dancing, magic tricks, gymnastics or even martial arts? Football skills, telling jokes, reading a poem you've written - anything can be your top talent!

Step 2 - Take it in turns to perform - make sure you give each other lots of support, and clap and cheer everyone! If you have judges, will they give a score?

Step 3 - The judges announce the winner! If you've been able to film your show, you could watch it back after to see how well you did!



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You will need:

- You, your family or friends
- A way to record your show - a phone or camera

Find us, like us, follow us...



Facebook.com/SheffieldCU



Twitter.com/SheffieldCU

eat smart SHEFFIELD

ARE YOU MANAGING TO GET YOUR 5-A-DAY?



We all know each of us should be eating at least 5 portions of fruit or vegetables every day (a portion is generally 80g). Fruit & veg are a great source of vitamins, minerals and fibre, and are an important part of a healthy, balanced diet. Eating plenty of fruit & veg helps keep us healthy, and may reduce the risk of disease and some cancers.

There are lots of varieties of fruit and vegetables to choose from and it doesn't have to be fresh; frozen, dried and tinned all count too!

It might not be as expensive as you think either – check out this example of how **you can get your 5-a-day for less than 50p!**

1. You can get a 900g bag of frozen **peas** from Morrison's for 61p so an 80g portion is around **5p**
2. You can get 1 **banana** (which is one portion) from Tesco for **13p**
3. You can get a 340g tin of **sweetcorn** from Aldi for 37p so an 80g portion is around **9p**
4. You can get a 500g bag of **raisins** from Asda for £1.59. You only need 30g of raisins for a portion of one of your 5-a-day so that's about **9p** too
5. You can get a 1kg bag of **carrots** from Sainsbury's for 60p so an 80g portion is around **5p**

SIMPLE SWAPS

When it comes to eating healthier, even 1 or 2 simple swaps can make a big difference. Why not try some of these suggestions?

- ✓ Swap white bread to wholemeal bread
- ✓ Swap whole milk to semi-skimmed or skimmed milk
- ✓ Swap regular baked beans to reduced salt & sugar baked beans
- ✓ Swap crisps to popcorn (ideally unsalted & unsweetened)
- ✓ Swap fizzy drinks to fizzy water with no added sugar, or even better just plain water (which is free!)



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

Follow us on social media:

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 @eatSMARTsheff

Family Recipe SUPER SAVOURY RICE

A simple but delicious & healthy rice dish!

Serves: 4

Prep time: 10 mins **Cooking time:** 30 mins



Ingredients:

- 1tsp** vegetable oil
- 1** medium onion, finely chopped
- 100g** closed-cup mushrooms, sliced
- 150g** easy-cook long grain rice (brown if possible)
- 300ml** reduced-salt vegetable or chicken stock
- 75g** frozen peas
- 100g** baby sweetcorn, sliced
- 1tsp** curry powder
- 1** tomato, chopped

Method:

1. Heat the oil in a saucepan and fry the onion for 2-3 minutes, then add the mushrooms and cook for a further 2 minutes.
2. Stir in the rice, then add the stock, peas, baby sweetcorn and curry powder. Stir well. Bring to the boil, turn down the heat and simmer for about 15-20 minutes, until the rice is tender, adding more water if necessary.
3. Serve the rice in bowls and sprinkle the tomato on top.

SWAP TIP

Add 100g of frozen mixed vegetables instead of the baby sweetcorn.

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

**prices correct at time of publication*

Theme: Spring

English: Can you write short sentences about Spring time? Look out of your window for inspiration. Try using some adjectives to describe what you can see, smell, hear, taste or feel (I can see a **fluffy** chick).

Challenge: -Can you use adjectives to extend your ideas and add more details (and, but, because, so).
-Create a poster all about Spring. Use key words and draw some pictures to make it interesting. Use the word mat to give you some ideas.

Maths:
-Create your own spring picture using 2D shapes. You could cut shapes from coloured paper to stick down, use potatoes/ or sponge as prints to create 2D shapes. Make sure you have a go at naming the shapes and counting their sides and corners.
Challenge: If you have playdough at home, try making some 3D shapes and building your very own Spring scheme. Can you name the shapes and describe some of their properties?
-Telling the time is tricky! Make a timetable of a typical day for you at home.
-Go outside and count the different types of flowers you can

Active Task: Use anything you can find (cushions, chairs, balls, cones etc.) to set up and obstacle course in your house or garden. Challenge your family to try your obstacle course. Can you make it easier or harder?
Think of your own actions to represent Spring. Can you think of the actions that a baby chick would do? What about a lamb hopping in the fields?

Life Skills: Practise zipping up a coat or a hoody. Or practise tying your shoe laces.

Baking and Making: In the Spring time, there are lots of lovely vegetables available. With an adult, practise cutting different vegetables (or fruits) that can do into a salad for your family to enjoy with tea.

Science: In the Spring time, lots of new flowers grow. Make a poster to show what flowers need to stay alive and healthy

Plant Parts
Flower
Stem
Leaves
Roots

Spring Word Mat
flower blossom tadpoles babies eggs hatching birth breezy rain daffodils new life
chick duckling lamb caterpillar frog spawn

Nether Green Junior School

Top Tip for Parents

Decide what is important to you and to your child, during this period of home learning. Is it well-being, the development of your child's language and vocabulary, their reading, maths, the importance of exercise, learning about the world around us, understanding your emotions?

Is your child fascinated by science fiction? Trains? Dinosaurs or a particular TV programme? Whatever it is, try to plan activities that will engage your child.

Build a routine that will enable your child to have structure but make sure that it has the flexibility to respond to different needs, to the weather changing or the way that different family members are feeling.

Build learning and activities around what is important to you and your child into your routine. Remember you can never read too many books to and with children - always build reading into your routine!

Take time to look through recommended website and internet links to learning, when you have decided on the ones you think will inspire and engage your child take time to use the technology together!

There are so many fantastic resources out there for home learning but it can sometimes be overwhelming. Search through and make decisions THEN access the resources with your children.

Build useful technology into your routine. Keep in touch! Talk to your child about the information sent by school. Talk about friends and family and connect with them regularly. Send messages into school on email, postcards, Twitter or whatever method works for you.

Engage your child in positive conversations; take every opportunity to help your children build the language and vocabulary skills they need for school. Look after yourself!

These are new and unknown times for us all. You need to look after YOURSELF so that you can best look after your children. Be kind to yourself, be realistic in your aims, talk to your friends and family and your school. By supporting one another we become stronger and we will get through this together.



Sheffield Autism Education Service

Turn taking is an important skill for all children to develop in order to effectively participate in social interaction. Children with autism may face additional difficulties appreciating the feelings of others or tolerating waiting times. Specifically teaching turn taking using a wait card will help your child have successful experiences in social communication. Providing a visual symbol such as a wait card for your child to hold will help to communicate social expectations that may not otherwise be understood.

Here are a few easy ideas for taking turns:

- rolling car down a ramp
- blowing bubbles
- jigsaws / sorting
- playing a simple card game
- draw around each others hands and feet
- building a tower
- bouncing / rolling / throwing a ball



WAIT

Use this visual blue WAIT CARD to help your child understand when it is their turn in a game. Give them the card to hold and say "Wait" or "You are waiting". When it is your child's turn, remove the card and say "Good waiting, now your turn". Once your child can use a WAIT card playing games, you can use it in many other social situations. For example: when mum/dad is on the phone, waiting for the computer, waiting in a shop, waiting to leave the house with dad/mum..

Sheffield Learning Together

Move More Sheffield

PULL OUT | PULL OUT | PULL OUT | PULL OUT | PULL OUT | PULL OUT | PULL OUT

Staying Active at Home during the Coronavirus Outbreak



Being active is great for our physical and mental wellbeing



We are all being asked to stay at home, and it's important that we find ways to stay active during this time

Three things to remember



Try to avoid long periods of inactivity: our bodies like to move and muscles waste away quickly



Try to do strength and balance exercises 2-3 times each week to help you stay strong and steady



Try to build activity (anything that gets you a bit warm and makes you breathe a little harder) into your day, every day

See booklet for ideas and inspiration that will help you exercise safely in and around your home

#StayInWorkOut

If you have coronavirus symptoms (new persistent cough and/or a high temperature) and need help, or have been told to report your symptoms, call NHS 111

JUMPING DICE

AGE: 5 to 11

NUMBER OF PEOPLE: 2+

SPACE NEEDED: Stairs

EQUIPMENT NEEDED: Stairs and a dice
(online dice are available)

HOW TO PLAY:

Start at the bottom of the stairs, and take turns to be the climber.

The first climber:

- Rolls the dice and climbs up that number of stairs (eg. If you roll 4, go up 4 steps).
- Rolls again and climbs down that number of stairs minus 1 (eg, if you roll a 3, go down 2 stairs).

It's then the next person's turn.

The first person to reach the top of the stairs wins.

Create a half way point (eg. the landing). When you reach this point, you then can't go lower.



© Windsor School Sport Partnership

#StayInWorkOut

Indoor skittles

Primary or secondary challenge card

The aim of this skill is to roll, chest pass or kick a ball at some plastic bottles to knock them over.

With a family member standing behind the bottles, they should clap 3 times so the location of the bottles can be identified. Try the activity blindfolded to make it extra challenging.

S T T E P

Ideas on how to adapt the activity in a national lockdown.



Space

- Try the activity indoors or outdoors



Task

- Chest pass, kick or underarm roll the ball towards some empty plastic bottles
- Stand further away if it's too easy



Time

- Allow 5 minutes to set up and practice
- Play for as long as you like



Equipment

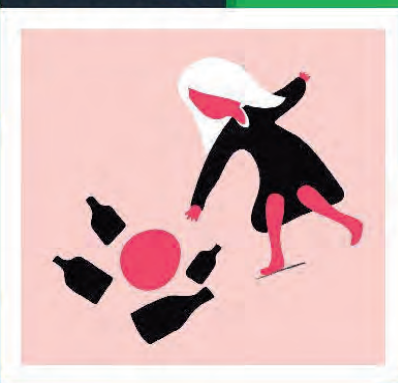
- A round ball of any variation, or some socks in a ball if you do not have one
- Plastic bottles, skittles or anything else that will topple over
- Add more bottles to make a bigger target, or remove bottles if that's too easy



People

- Ask a family member to stand behind the bottles and clap 3 times
- Challenge your family members to have a go blindfolded

In action



SCHOOL GAMES

Sheffield Learning Together

Create Sheffield

Making a Mini Den

Your challenge is to build your very best mini den. You will have to work carefully, and imagine that you have become mini yourself, shrinking down down down. This mini den can be built inside your house, or outside in the garden. The den will be home to a character of your very own choosing. Here are the instructions and TOP IDEAS for a marvellous mini den...

1 Decide who your mini den character is going to be.

- A dog you've drawn?
- A fairy only you can see?
- A pebble animal in the garden?
- A paper chain family?
- Your favourite lego figure?
- Or number one cuddly toy?

2 You need to know their story and background, to design their home.

- How will your character need to get into their den?
- Do they hop, walk, fly, slither or swim?
- Will they want their den to be: warm or cold? wet or dry? big or small? dark or light?

3 Let's think... who do they need protection from? Who are their predators or enemies?

- Is the predator a fox, which can't climb or fly, so a nest up high would be a safe location?
- Or are the predators the people you live, so the den needs to be camouflaged and hidden?
- Or is it an evil wizard who can't go into the dark?
- Or a wicked witch who melts if they are touched by water?

4 What building materials can you gather to build your mini den with?

Finally, it's time to introduce your character to their mini den! What do they think? Are they going to be safe and feel at home inside?

5 Now your den is all set up, is there anything you can do to give it a grand design makeover?

More #homeadventures
createsheffield.co.uk/adventures



Create a Woolly Mammoth

Until about 14,000 years ago woolly mammoths lived around Sheffield, alongside woolly rhinoceroses like Spike, a favourite at Weston Park Museum. Mammoth teeth have been found all over Sheffield, most recently in the River Rother near Beighton.

You will need:

- A clean plastic milk bottle with the lid
- Scissors
- Sellotape
- Glue
- Coloured paper - brown paper or old envelopes

3 Shred lots of the coloured paper to make the fur. The pieces need to be about a size of a child's finger.

4 Glue the paper to the milk bottle starting at the bottom and working upwards to get a layered fur effect.

5 Cut ear shapes out of card, including a flap to stick them to your bottle. Cover the ear shapes with your shredded coloured paper to make fur. Stick them onto either side of your mammoth.

6 Next make your tusks by cutting two long curvy pieces from the leftover milk bottle. Glue these to your mammoth under their fur.

7 Make some eyes for your mammoth. You could draw some on card, cut them out and stick them on.

1 Cut the plastic bottle just above where the bottom of the handle joins the main part. The handle will be your mammoth's trunk and the top of the bottle will be the body.

2 Cover the rough edges at the bottom of the bottle with Sellotape.

Museum Sheffield

More #homeadventures
createsheffield.co.uk/adventures



See how to make one here:
museums-sheffield.org.uk/facebookmammothmake

Creative Writing Challenge for KS2 - 'Magic, Myths and Monsters'

Have your story writing read by a professional writer and featured on our website!

Whitworks Adventures in Theatre would like to set you a challenge. At this time when our travelling is so limited, go on an imaginary journey instead.

- Go out in your garden (if you're lucky enough to have one) or look out of your window.
- Create a character from the birds and insects you can see - a swooping sparrow or an active ant, or a wandering woodlouse, perhaps.
- Take them on an adventure full of dangers and excitement.
- Let your imagination fly as wildly as you like.

Here's a starter to get your ideas going -

Norman is a woodlouse. He lives in the dark under a brick with lots of woodlice. Most of them are very happy there. It is dark and warm and safe. But Norman isn't like the other woodlice. He isn't happy under the brick. "There must be more to the world than this," says Norman.

Now you take Norman for an adventure....

Send your story to whitworksait@gmail.com. We will reply to them all. For more details, and ideas for other age groups, go to www.watheatre.co



More #homeadventures
createsheffield.co.uk/adventures



Easy Composing!

Write your own lyrics!

Sheffield Music Hub
learn sing play enjoy!

Choose a song! Here are some examples:

Simple	Trickier	Difficult
Baa Baa Black Sheep	We Will Rock You	Shape of You

Write down the lyrics and think about the rhythm of the words. Choose a topic for your lyrics and add your new words!

Frere Jacques, Frere Jacques,
Dormezvous Dormezvous?
Sonez les martina, sonez les martina
Ding dang dong, ding dang dong!

Flowers blooming, flowers blooming,
More each day, more each day,
Running round the garden, running round the garden,
Outside play, outside play

Choose a trickier amber song next time!
Share your lyrics with us at #sheffmusicub

More #homeadventures: createsheffield.co.uk/adventures



Sheffield Learning Together

Secondary

Outstanding together, Working together, Learning together
Handsworth Grange Community Sports College
 Careers Home Learning Challenge
 #careershighlightedbycrisis

This week we are keen to celebrate those careers that are helping us all through such unprecedented times. We thought that this would be a good time for you to do the same and find out a little more about them. We would like you to spend some time this week, looking into 5 areas of employment that are keeping our communities safe and our economy going. We want you to think about the tasks that they are completing on a regular basis and how they reached that area of employment. You may want to research these privately, or create a mindmap/poster of information. We would love to see your research!

Monday	Tuesday	Wednesday	Thursday	Friday
Moving things and people around: Warehouse operatives, Delivery drivers, Postal Services, Public Transport drivers.	Cleaning and Maintenance: Cleaners (Industrial and Personal), Refuse Collectors, Gas and Electricity engineers, Water treatment workers.	Taking care of us: NHS and medical staff, Carers, Social Workers, other safeguarding professionals.	Public service workers: Emergency Services, School staff, Prison staff, Council workers, Government.	Keeping us fed and watered: Supermarket staff, Farmers and farmhands, Food delivery drivers, Food preparation staff.

Maths Home Learning Challenge
 In 'the' GCSE maths exams, pupils are expected to remember many topics that are taught during lessons in school. However, alongside this there are many questions that require life skills which are very hard to teach in the classroom. Here are some ideas that you could have a go at that will develop these skills.

Baking

Maths skills are reading scales, metric(g) and imperial units (oz) and proportion. The recipe for Rock buns (from the Bero cook book) makes 16. What ingredients would you need for 32 buns, 8 buns or even 24 buns? Measuring ingredients-we can see 200g, but what are all the little ones in between?

Gardening

Outdoors - maths skills are area, measure, making comparisons and numeracy. What would the area to be covered cost to have grass on a garden. Would turf or grass seed be best? How many rolls of turf or boxes of seed would you need? How much does it cost? This could all be repeated with a patio and use flagstones instead of grass.



Maths Puzzle - A sheet of A4 size paper (297mm x 210mm) is folded once and then laid flat on the table. Which of these shapes could not be made?



Ethos - It's easy to get bogged down with thoughts that aren't helpful at this time. Remember that you have lots to be thankful for. Make a list of everything you are grateful for, if you have any people on that list make sure you let them know.



History - On May 12th 1789 William Wilberforce made his first major speech on the abolition of slavery in the House of Commons. Draw or paint a picture of Wilberforce delivering the speech to commemorate his great work.



NOTRE DAME HIGH SCHOOL



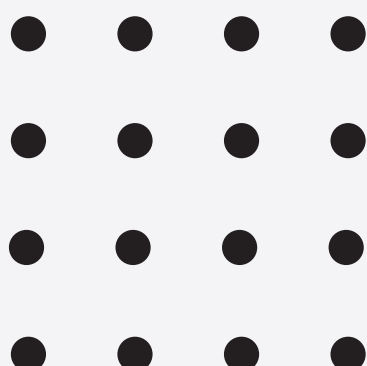
Writing - Write the opening 200 words to a story entitled 'Old Friends'. Use this image to inspire you.



Physics - With the power of refraction, you can make a small glass disappear! You will need two glasses, one smaller than the other (a small "shot glass" and a larger glass tumbler works well!) and some vegetable/olive oil. Half-fill the larger glass with oil, then put the smaller glass into the oil. Fill the smaller glass with the same oil - the smaller glass should vanish before your eyes!



Puzzle #2: The Six Line Challenge



Instructions

Connect all 16 points with only 6 straight lines. Each line has to start where the last one ends. You can't go back over any previous lines.

Top Tip

Think outside the box!

Extension Task:

Draw your own 'Six Line Challenge' on paper and test your family. How many goes do they need to get it right?

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

The correct answer to last week's 'How many squares' puzzle is **51**.

Home Learning Ideas - Ecclesfield School



Business Studies

Local Business - Think about the area, what businesses could you add? What would make them successful? Where should they locate and why?

Design Technology

Interactive 3D shape - Create a flexangle by colouring, cutting and sticking together.
<https://babbledabbledo.com/paper-toys-flexangles/>



English:

Why not start an online book club with your friends? Have a look (or listen!) to Audible or Literary Hub and find a book you all fancy reading, then discuss it after each chapter.



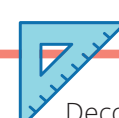
P.E.

Jog your memory - Aim to remember two things from every single sport you have done this year and write them down. It can be skills/technique/tactics or something positive you achieved.



Maths

- Decorate your room - Measure your bedroom and work out how much paint you would need to buy to decorate.
- Sudoku - Challenge yourself to complete as many as you can on this website www.websudoku.com



R.E.

'A very British Ramadan' - Watch this video on YouTube to learn all about the importance of fasting for Muslims in Britain.



Home Learning - Firth Park Academy



Outdoors:

Take some photos of your daily walk. Send your best ones to your school twitter page

English:

Write a poem about one day during lockdown. Can you make it rhyme?

Maths:

There are lots of ways of making 8 with four 2s using standard mathematical notation.

For example:

$$2+2+2+2 \text{ or even } 2^2+2^2 \div 2.$$

Can you find a way of making 9 with four 2s?

What is the biggest number you can make with four 2s?

What is the smallest number you can't make with four 2s?

Healthy Minds

Write down three things that you are thankful and grateful for today.

Write down three songs that make you feel:

- Happy
- Energised
- Remind you of good times.

Word of the Week - *Benevolent* - meaning friendly, generous or helpful.

Can you use this in a sentence?



Mon Super-héros! Part One

STEP 1. Cut out each of these flashcards. Play pairs/snap until you think you can remember them all.

s'appelle	is called
Elle	She
Il	he
est	is
a	has
les cheveux	hair
les yeux	eyes
gris	grey
rose	pink
verts	green
rouge	red

Save your flashcards. each week! You will need them.

Over the coming weeks you will learn how to describe SUPERHEROES in French.

We will start by thinking about what your superhero might look like then consider their personality. We will then think about what they wear and what powers they have!

STEP 2. You are ready to SAY your first French sentence!

Follow the arrow!

You will notice that the words appear to be a bit 'jumbled up'! Don't worry - this is just how the French language works!

Mon super-héros	s'appelle	choose your superhero's name and add it here!
My superhero	is called	
Elle She		verts green
a has	les cheveux hair	rose pink
Il He		orange orange
		argent silver
		bleu bleu
		gris grey
		jaunes yellow
		rouge red

STEP 3. You're finally ready to introduce your superhero! Use my example to help you then write your own.

Mon superhéros s'appelle ARBOUR. Elle a les cheveux verts et les yeux jaunes.

Next week we will learn how to talk about your superhero's personality!

Meadowhead School



Spelling challenge

- Learn these tricky spellings using Look/Cover/Write/Check.
- Create a Tricky Spellings poster using pictures or colours so you can display the words to help you learn them.
- Ask someone to test you on the spellings; write them down or spell them out loud.
- Hold a family competition to see who is your spelling champion! Make it fun by having rewards if you get them right and forfeits if you don't!

1. Accommodation
2. Believe
3. Conscience
4. Definitely
5. Guarantee
6. Height
7. Knowledge
8. Recommend
9. Success
10. Weird
11. Environment



Take on our fitness challenges

- How many press ups can you do in 1 minute? Can you challenge someone in your house to compete against? Can someone else be the judge to ensure you are doing the correct technique?
- How many star jumps can you do in a minute?
- Can you design a circuit in your lounge or bedroom?
- You can do tricep dips using the sofa, you could do side jumps over a book. Design your circuit first and try and think of 6 different stations- Make sure you have enough room to take part and it is safe to do so!



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

•	22	11	14	23
••	8	6	6	16
•••	22	20	11	9

Solutions from last week:

1) (15+15)+3+14 2) 14+(18-16)+17 3) (13-7)x7-18



#getcreative with

Stocksbridge High School

At Stocksbridge High School we are encouraging our students to keep active and think in different ways by getting involved in creative home learning tasks.

Why not have a go at one of these activities?

Get moving....

Maradona football keep ups challenge.

Right foot - left foot - right thigh - left thigh - right shoulder - left shoulder - head!



Get drawing...

Draw an outline of your head and facial features (no shading or detail) inside the face fill the spaces up with all sorts of patterns, shapes and colours (dots, stripes, zigzags, stars..) until the head is completely full.



Get talking...

Complete the Kneehigh Theatre company challenge - Silly story telling and tell the story to someone in your household or another friend/family member over the phone/internet
<https://www.youtube.com/watch?v=qyoZfya9Lj0>

Get writing...

Imagine what life will be like after lockdown. Write a letter from 'you' in five years time to 'you' now, explaining what you've done and achieved, and what the world looks like.

Sheffield Learning Together

Post-16

The Sheffield College

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



ART, MUSIC AND PERFORMANCE

Create your own character and write a biography for them. Think about their background, personality, job and lifestyle.

You could also create a moodboard using pictures from magazines and newspapers to communicate the main aspects of your character in a visual format.

To extend the task further you might want to think about the type of play, film or television show this character might be in, and which famous actor might play them.

You could make a storyboard of the main plot or narrative of this, or even write a script for a specific scene involving the character you have invented.

BUSINESS

Many businesses use a range of methods to encourage customers to buy their products and services.

These activities include television and cinema advertising, special offers, in-store displays, free samples, celebrity endorsements and sponsorship.

Choose two businesses that you know, for example Nike, McDonalds, Pretty Little Thing or Costa, and describe how they encourage you to buy their products and services.

In what ways do their methods differ? Identify which methods attract you to these businesses and explain why. Write a short paragraph for each part of the task.



CATERING

Design a three-course meal for your family or friends including a starter, main course and dessert.

You could theme the menu, for example Italian, vegetarian or for someone with a special diet. List any allergens present in each dish.

GO FURTHER

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



If you're thinking of using this time to work out your next move and improving your CV, the careers team at **Sheffield Futures** has some tips to help you highlight your existing skill set, and identify where you could improve.

What are your skills? - Your skills are simply the things you do well. Everyone uses a wide variety of skills both in the workplace and at home and it's important to know your skills as these are a main feature of a good CV. These key skills are really valued by employers. Skills can be transferred from one job to another. There are key skills that underpin many different types of work such as knowledge, application of information, communication, technology, teamwork, problem solving and application of numbers.

Skills using numbers/data/information:

- Keeping accurate records
- Making accurate measurements
- Following written instructions or diagrams
- Working out costs and budgeting
- Writing letters memos and reports
- Extracting information from reports, books, or manuals
- Organising paperwork systems or classifying information
- Providing information verbally or in writing
- Researching information
- Analysing numerical information
- Prioritising workloads and managing time effectively to meet deadlines

Practical Skills:

- Using a keyboard
- Using hand tools
- Operating powered equipment
- Maintaining equipment or machinery
- Mending and repairing equipment
- Diagnosing faults and testing equipment
- Using physical strength
- Doing physical tasks e.g. gardening, landscaping, building
- Handling materials or equipment with precision and speed
- Using IT - Word-processing, databases, spreadsheets, and internet

Thinking Skills:

- Coming up with new ideas
- Evaluating different ideas
- Thinking of improvements or alternatives
- Planning and setting goals
- Developing other people's ideas
- Sizing up a situation quickly
- Deciding between different courses of action
- Working out how to deal with things that have gone wrong
- Developing projects and ideas
- Being creative/artistic
- Able to adjust to situations, and think on your feet

People based skills:

- Talking and listening to people
- Explaining things to people
- Dealing with complaints or enquiries
- Putting people at ease
- Organising people
- Selling, persuading, negotiating
- Motivating others
- Being supportive to people
- Training or tutoring
- Managing supervising or leading
- Working effectively in a team
- Supporting and communicating with staff

For more information visit
www.sheffieldfutures.org.uk

Can you recognise where these places are in Sheffield?

We have nine photos of well known, historical and famous Sheffield buildings and sites. Can you correctly guess where they are? Answers in next week's Sheffield Learning Together.



Number 1



Number 2



Number 3



Number 4



Number 5



Number 6



Number 7



Number 8



Number 9

Answers to last week's quiz: 1. King Edward VII statue; 2. The Cutting Edge at Sheffield Railway Station; 3. Teeming bronze statue at Meadowhall; 4. Derek Dooley, Bramall Lane; 5. Weston Park War Memorial; 6. Queen Victoria, Endcliffe Park; 7. War Memorial in Bakers Pool; 8. Women of Steel, Holly Street; 9. Ebenezer Elliott statue in Weston Park.



Home Languages

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

العربية Arabic

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

استخدم ورق أو دفتر الملاحظات لإكمال هذه الأنشطة. قم بعمل واحدة كل يوم!

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

Monday	الاثنين	Tuesday	الثلاثاء	Wednesday	الأربعاء	Thursday	الخميس	Friday	يوم الجمعة
Who is your favourite book or film character? Write or draw what would happen if you met them in real life	من هو كتابك المفضل أو شخصية الفيلم المفضلة لديك؟ اكتب أو ارسم ما سيحدث إذا قابلتهم في الحياة الواقعية.	Use boxes or books to create a ramp. Find five things to roll down the ramp. What rolls the farthest? What rolls the shortest distance?	استخدم الصناديق أو الكتب لإنشاء منحدر. ثم ابحث عن خمسة أشياء لتدحرج المنحدر.	Go on a shape hunt. Find five things in your house for each shape: Circle Square Rectangle Triangle	اذهب في مطاردة الشكل. اكتب على خمسة أشياء في منزلك لكل شكل: دائرة مربع مستطيل مثلث	Choose two animals, like a horse and an alligator. Imagine what they would look like if they were put together. Draw it, and write about its habitat, predators, and prey.	اختر حيوانين، مثل الحصان والتمساح. تخيل كيف سيبدو إذا تم تجميعهم معاً. ارسمه واكتب عن موطنه ومفترساته وفرائسه.	How many words can you make from this dinosaur name? triceratops	كم عدد الكلمات التي يمكنك صنعها من اسم الديناصور هذا؟ triceratops

Who Speaks Arabic?

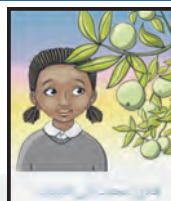
From: Language of the Month

<https://www.newburyparkschool.net/lotm/index.html>

Arabic is spoken all over the world, with the largest numbers of Arabic speakers in Algeria, Chad, Egypt, Libya, Morocco, Somalia, Sudan, Tanzania, Tunisia, Bahrain, Iraq, Jordan, Kuwait, Lebanon, Oman, Qatar, Saudi Arabia, Syria, the United Arab Emirates, and Yemen. There are about 256,000,000 people in the world who can speak Arabic. It is the sixth most widely spoken language.



<https://globalstorybooks.net/>



Useful websites

مواقع مفيدة



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



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

Talking with your baby

الكلام مع طفلك

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.

تعليم الكلام هو من أهم وأصعب المهارات التي سيحققها طفلك. وتبدو وكأنها تحصل بشكل طبيعي، ولكن الحقيقة هي أن لك دوراً مهماً فيها. كلما ازداد كلامك وحدثك مع طفلك كلما عززت من ثقته لأن يكون متكلم جيد وواثق من نفسه، يمتحن آخر، طفل سعيد.

- 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-ed it." "Yes, the dog bit it, didn't he."
- Try to watch TV together so you can talk about what happens.

- تكلم مع طفلك عما تقوم بعمله طوال اليوم – عند استحمام طفلك و عند إطعامه و عندما تقوم بتغيير حفاضه.
- تكلم عن الأشياء التي تراها في طريقك إلى السوق أو في السوبرماركت. حاول التكلم عن الأشياء التي يهتم بها.
- تكلم بلغة التي تعرفها أفضل من غيرها – وليس من الضروري أن تكون هي اللغة الإنجليزية.
- انظر إلى طفلك وقت تتكلم واسمح له بالوقت الكافي لمجيبك إلى تترتك.
- اجيب على ما يصرره طفلك من حنونة و تتردد.
- اجنبن طفلك إليك و اقرأ معه كتاب مفضل لديه أو تكلم عن الصور التي فيها.
- استمعوا و غنوا الأناجيل أو أي أغنية مناسبة و حوسوا الأغاني التي تتطلب بعض الحركة.
- استمع إلى طفلك بحداية واسمح له بالوقت الكافي لينتهي من كلامه.
- إذا قال طفلك الصغير شيئاً غير صحيح فاعد قول ما قاله بشكل صحيح.
- حاول مشاهدة التلفاز مع طفلك معاً لكي تتكلموا معاً عن الكلام مع بعض.



Quick tips may be photocopied. For more information visit 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



For help with benefits, debt, employment or immigration issues (including EU settled status) contact Citizens Advice

Sheffield - Phone : 03444 113 111

Open Monday to Friday 10am to 4pm

Email : getintouch@citizensadvicesheffield.org.uk

Visit : www.citizensadvicesheffield.org.uk

If you need housing advice, representation, support or information, you can contact

Shelter

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

KEY CONTACTS

Plan your ideal day

It can be really hard to stay motivated when we lose our normal routine.

Have a think about your ideal day and fill in the plan below

To look after your body and mind include some of each activity:

Stay Connected

Build Skills

Be Healthy

Emotional Check-in

Be in the Moment

Example

The more you do - the more you will feel like doing - honest!

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↑

Sleep

↓

Get up

Shower

Breakfast

School Work

Chill

School Work

Lunch

School work

Stretch and exercise

Online with friends

Tea

Play with cat

18.00		
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Play guitar

Football skills

Contact Grandparents

Talk with friends

Mindfulness

Read

Sleep

↓

Fill in your plan

If you're struggling just put a few activities in - like what time you're going to get up

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