

<p>Lockdown Games;</p> <ul style="list-style-type: none"> ○ As a school, how far can we go? What is the total number of miles we can accumulate between students and staff? ○ I challenge us the distance of Land'e End to John O' Groats, 874 miles. Take part and email your distance to Mrs Briggs so she work out the total achieved by Henry Beaufort. Miss Hearle will let you all know in her next newsletter. ○ The PE department challenge you to the 'Lockdown Games' - Video in the hbX folder ○ Using anything around the house/garden create an obstacle course containing various tasks some physical, some tricky, some to a time limit, or for extra points. This can be done alone and better your time each round or with others. 	<p>Lighten the Load at Home;</p> <ul style="list-style-type: none"> ○ Can you help to 'lighten the load at home', whilst learning important skills for life; ○ I challenge you to give your parents a day of rest... ○ Hoover the house ○ Clean a pet ○ Take out the rubbish/recycling ○ Wash the dishes ○ Put a load of washing on ○ Make your bed ○ Tidy your bedroom ○ Polish the living room ○ Cut the grass 	<p>Happy Humanities;</p> <ul style="list-style-type: none"> ○ Create your own David Attenborough style Nature Documentary from your garden or a nearby park. Pick an animal (birds, insects) and document its life over the Friday/weekend. ○ Memorise 24 flag and draw them. ○ Record your own 'Contemporary History Source' about what your life has been like in lockdown, reflect on how you have felt during this time, what you have done etc. This will be interesting to look back upon in years to come e.g. Current Year 7s in their Year 11 leavers Assembly. ○ Create a 'Coat of Arms' represented in the family's honour. Include different qualities, traditions that your family hold. E.g. Mrs Watson's family's coat of arms would include baking, bicycles, board games, colouring pens, google classroom and TV. ○ Create your own time capsule of life under lockdown that you can keep safe in your home and open in a year's time, include a letter from yourself and family, newspaper front page etc. ○ 22nd May is the day before the end of Ramadan and the beginning of Eid, create a traditional Eid recipe https://www.bbc.co.uk/food/occasions/eid_el-fitr 	<p>Culture in Quarantine;</p> <ul style="list-style-type: none"> ○ There is a collection of Shakespeare plays by the RSC, The Globe and Royal Opera House available on BBC iPlayer. Includes Macbeth which is a GCSE set text. https://www.bbc.co.uk/iplayer/episodes/p089zds8/culture-in-quarantine-shakespeare ○ Take a virtual tour of a museum; https://britishmuseum.withgoogle.com/ https://artsandculture.google.com/partner/rijksmuseum https://www.uffizi.it/en http://courtyard.museupicassobcn.org/ ○ National Theatre Live on Youtube: Currently Barber Shop Chronicles by Inua Ellams https://www.youtube.com/watch?v=oNxf9tSsSc (New production broadcast every Thursday and available for the whole week) ○ For some non-fiction reading https://www.bbc.co.uk/newsround 	<p>A little bit of cheer;</p> <ul style="list-style-type: none"> ○ Watch this award winning short animated film. There's enough success in the world for everyone! https://www.youtube.com/watch?v=MJoczdESU24&feature=youtu.be ○ Watch this short film 'The Great Realisation'. It describes what society has learnt from living through this pandemic, poignant and hopeful. It is time to be kinder. https://www.youtube.com/watch?v=Nw5KQMXDIM4&feature=youtu.be ○ Take part in the Gratitude Scavenger Hunt. Photograph in the hbX folder to explain. ○ Watch this 'A film about Hope' from National Careers Week 2020. https://www.ncwvtv.co.uk/videos/national-careers-week-2020-a-film-about-hope/
<p>In the Kitchen;</p> <ul style="list-style-type: none"> ○ For some, being in the kitchen is what makes them happy. ○ Test your ability in the kitchen. Can you: <ul style="list-style-type: none"> ○ Boil an egg ○ Make a sandwich ○ Make a cup of tea/coffee ○ Peel a vegetable ○ Follow a cooking recipe... ○ To follow a recipe, choose one of Mrs Golding's amazing meals to cook. Look for the recipe in the hbX folder. 	<p>Be a Designer;</p> <ul style="list-style-type: none"> ○ Build the tallest person or robot out of the recycling you have. Send Mrs Briggs the pictures of what you have created. ○ Do you want to learn how to create; Pom Poms 3D Letters Popup-cards Sew a bird 'Be a Designer' PowerPoint in the hbX folder will explain how. ○ LEGO WARS: With 2 or more members of the family, each person creates a vehicle that can move in a forwards direction across the carpet or kitchen floor. Everyone launches their vehicle at the same time for each round. Whatever falls off - stays off. The vehicle that stays intact the longest wins ○ Tie your shoes the Maths way. PowerPoint to explain is in the hbX folder. 	<p>Timeout, Chillout;</p> <ul style="list-style-type: none"> ○ If you need some timeout, look at this website for some mindfulness colouring https://www.scriberia.co.uk/journal/happy-at-home-colour ○ Compose a crossword or wordsearch. ○ Make a cup of tea, get cosy and read a novel. 	<p>Absolute Art;</p> <ul style="list-style-type: none"> ○ FILM MAKING: Make an iMovie trailer using action around the house with willing family members, toys figures, Lego etc. ○ Decorate the windows full of rainbows. Rainbows are now a national message of hope. Let's share our hope! ○ Paint or draw a self-portrait/pet portrait or family portrait. ○ Southampton City Art have provided some activities to try at home. https://www.youtube.com/watch?v=I85E1F3cVeM&feature=youtu.be 	<p>Chance to say thanks;</p> <ul style="list-style-type: none"> ○ Today is a chance for you to do something that makes you feel good. ○ Your teachers and support staff have been working extremely hard to provide you with lessons, assessments, feedback and support during these challenging times. Let's use this as a time to say THANK YOU! ○ You can email a member of staff a message of thanks or send me a video (landscape) and I will make a compilation to all teachers. ○ Together, let's show our THANKS to the incredible staff at The Henry Beaufort School.