

Rochdale
sixth form
college

ENRICHMENT ACTIVITIES

CELEBRATING OVER 10 YEARS
OF **OUTSTANDING** SUCCESS

2021



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LIVE WEEKLY SESSIONS



LIVE YOGA WITH NADIA

Enjoy some gentle exercise encouraging the body to gain flexibility and strength, all welcome!

Every Wednesday from 1.30pm until 2.30pm

This will be available via the enrichment Team link - more information to follow in tutorial lessons.



HIIT WITH NIC!

A 30 minute High Intensity Interval training session that will help build your strength, stamina, speed and power.

Every Wednesday from 2.40pm until 3.10pm

This will be available via the enrichment Team link - more information to follow in tutorial lessons.



PRE-RECORDED WORKOUT SESSIONS

Want to stay active? Check out the workout sessions on the link below:

<https://youtube.com/playlist?list=PLj2CWuKZBitQ910PVfhPKnCOyqgKKnxQn>

COUCH TO 5K

EXERCISE / FITNESS / WELLBEING



The plan involves 3 runs a week, with a day of rest in between, and a different schedule for each of the 9 weeks.

Get running with Couch to 5K - NHS (www.nhs.uk)

Taking up running can seem like a scary prospect, especially if you feel out of shape or unfit.

NHS Couch to 5K will help you gradually work up towards running 5km in just 9 weeks. There are plenty of benefits from getting into running. For starters, it's an easy way of improving your physical health.

Running requires little equipment, but a good pair of running shoes that suit your foot type may help improve comfort.

Running regularly will improve the health of your heart and lungs. It can also help you lose weight, especially if combined with a healthy diet.

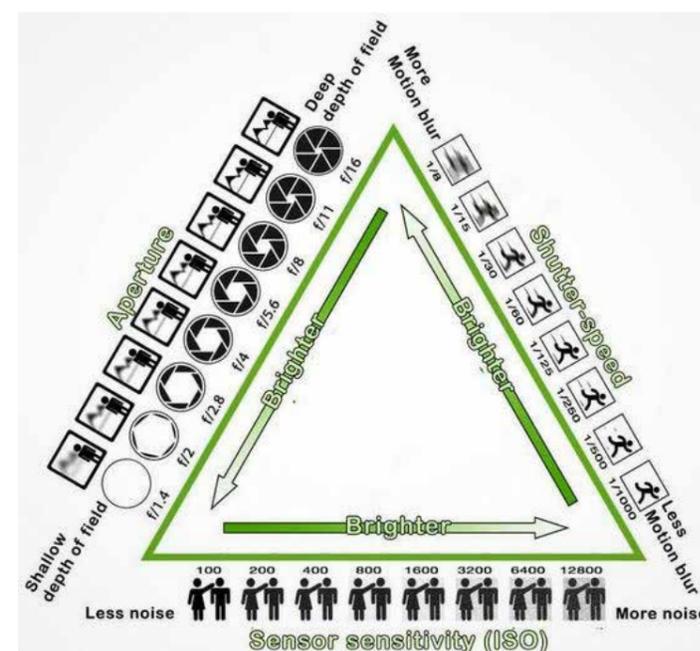
There's evidence it may help increase bone density in some people, which can help protect against bone diseases like osteoporosis. There are also mental benefits of running. Taking on the challenge of Couch to 5K can help boost your confidence and self-belief, as you prove to yourself that you can set yourself a target and achieve a goal.

Running regularly can also be a great stress reliever and has even been shown to combat depression.

ART & DRAMA

BRUSH UP ON YOUR PHOTOGRAPHY SKILLS

Have a look at the technical aspects of photography, framing, rule of thirds, vantage points. Force yourself to take 20 shots in 20 steps to challenge yourself to make innovative decisions about your unexpected subjects.

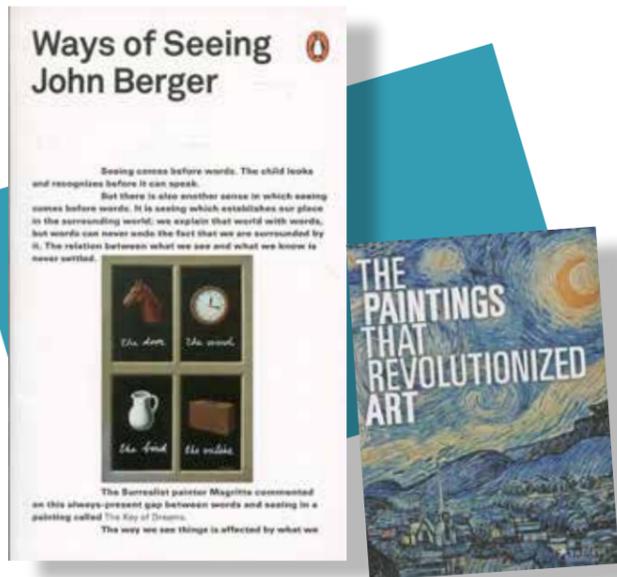


RULE OF THIRDS	PHI GRID
SYMMETRY	FIBONACCI SPIRAL
GOLDEN TRIANGLES	VANISHING POINT
FRAMING DEPTH	LANDSCAPE DEPTH
LEADING LINES	LINES AND PATTERNS

Have a go with portrait photography, capture the face in unconventional ways. Use shutter speeds to create blur, props to distort the face and try using quality street wrappers to create colour filters to reflect upon the face. Rankin is a great photographer to study to get you started with some ideas.



GREAT BOOKS TO GET YOU THINKING ABOUT ART FROM AN ARTIST'S PERSPECTIVE



Ways of seeing by John Berger- raising questions about hidden ideologies in visual images.

The paintings that revolutionized Art by Claudia Stabile- Art history is filled with paintings that shocked, intrigued, enraged and mystified their audiences, paintings that exemplified the period in which they were created and forever changed the way we think.

DRAWING FROM OBSERVATION

A skill that is essential to any future career or degree in the Arts. Working from life is a skill that needs time and patience. Use objects or people in your household and document a moment in real time. Test your ability to turn something 3D into something 2D.

Here we have lots of ideas about how you can experiment with your drawing style and materials.



CHALLENGE YOURSELF TO CREATE WORK WITH THE MATERIALS YOU ALREADY HAVE.

COFFEE PAINTING

No paints, no problem, explore form and composition using water and coffee. You can use it just like watercolour to create work that would rival Da Vinci.

<https://www.youtube.com/watch?v=VOfePvzW1ts&safe=active>



PAPER SCULPTURE

Use any leftover paper to create collages, origami or you could even create a mix of paper pulp to sculpt figures, shapes or ornamental bowls.

https://www.youtube.com/watch?v=47_M3OmOxaE&safe=active



WEAVING WITH OLD CLOTHES

Avoid adding to land fill, use your old linen and clothes to create some crafts. Redesign your old clothes to give them a new lease of life using simple twisting and knotting methods. You can weave with fabrics to make rugs, adornment or hangings. Add a twist by using materials from nature as a frame.

<https://www.youtube.com/watch?v=TZFf6kLI0tc&safe=active>

<https://www.youtube.com/watch?v=rA2rYOi4gko&safe=active>



MUD SCULPTURE

Use what nature has given us to craft 3D manipulations. You can use twigs, branches and create glue with mud and water. Have a look at Andy Goldsworthy to give you some inspiration. He creates ephemeral natural sculptures that work their way back into the landscape.



REINVENTED JEWELLERY

Find old toys that you can manipulate and reinvent as body adornment. Use an old coat hanger to bend and twist into spiral forms. Curl up paper and thread with string to create dramatic necklaces. Or place holes in pieces from board games to give you some nostalgic pieces.

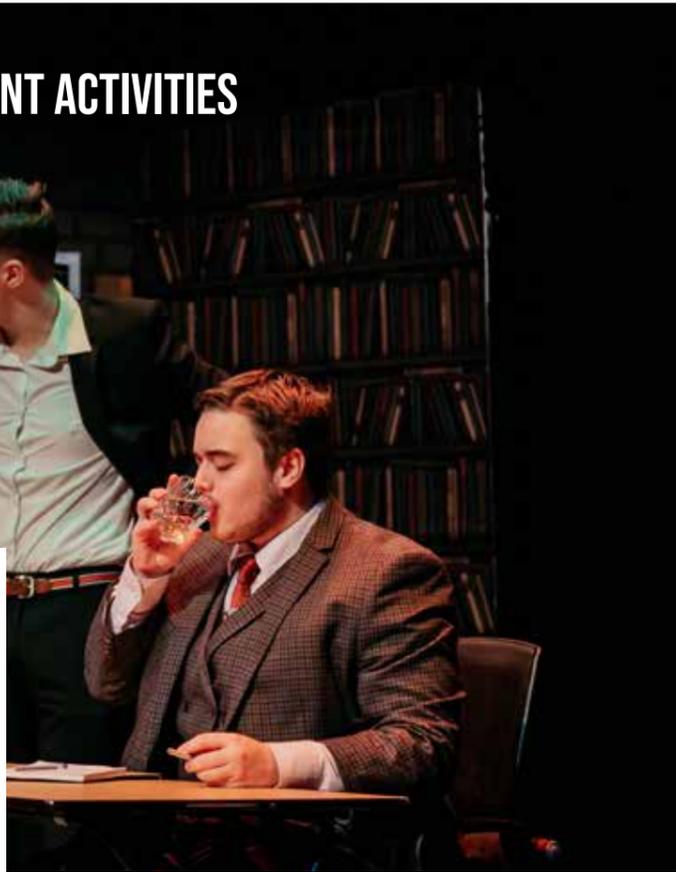


DRAMA AND THEATRE – ENRICHMENT ACTIVITIES

ACTIVITY 1

Read the following section from *Love and Information* by Carol Churchill.

You will notice that this play has no character names/stage directions and has minimal information so as you are reading, try to imagine this scene being acted out. Afterwards, record how you picture it by answering the questions.



SCENE 1 - WEDDING VIDEO

Several people.

This is the
This is the funny bit watch
Where he spills
Ah ah ha ha ha
gets me every time
and look look the sweet
and wasn't she little then
just a tiny girl in her pink
and now she's my God you should see
and her boyfriend
have you met him he's the most
and there's that woman
we never knew who she was
yes she's there in the video but who invited
someone who just goes to strangers weddings
there she is talking to who is that that uncle of yours is it no
and look at the dresses I mean
because now you wouldn't dream
it shows you its history
yes the children like it because
and the grand children are going to

and it can go down in the family and they can see
and all the ones of them as babies and little
and all the ones of their weddings and their
but it's sad we haven't got our grandparents wedding video
or great great
or everybody that ever lived videos of
Henry the eighth
Jesus walking on the
no further back if we had cave if we had Neanderthal
and dinosaurs
but who'd be working the camera?
And things coming out of the sea and tiny specks
then we'd know we'd know
we could keep
We'd know what
because I wouldn't remember all this if without the video I
wouldn't remember hardly anything at all about it because I can't
remember anything about that day that's not on the video not
clearly
I can remember putting the ring
no I can't see that in my mind's
and someone was sick
oh look it's the speeches now listen to dad speech it's so

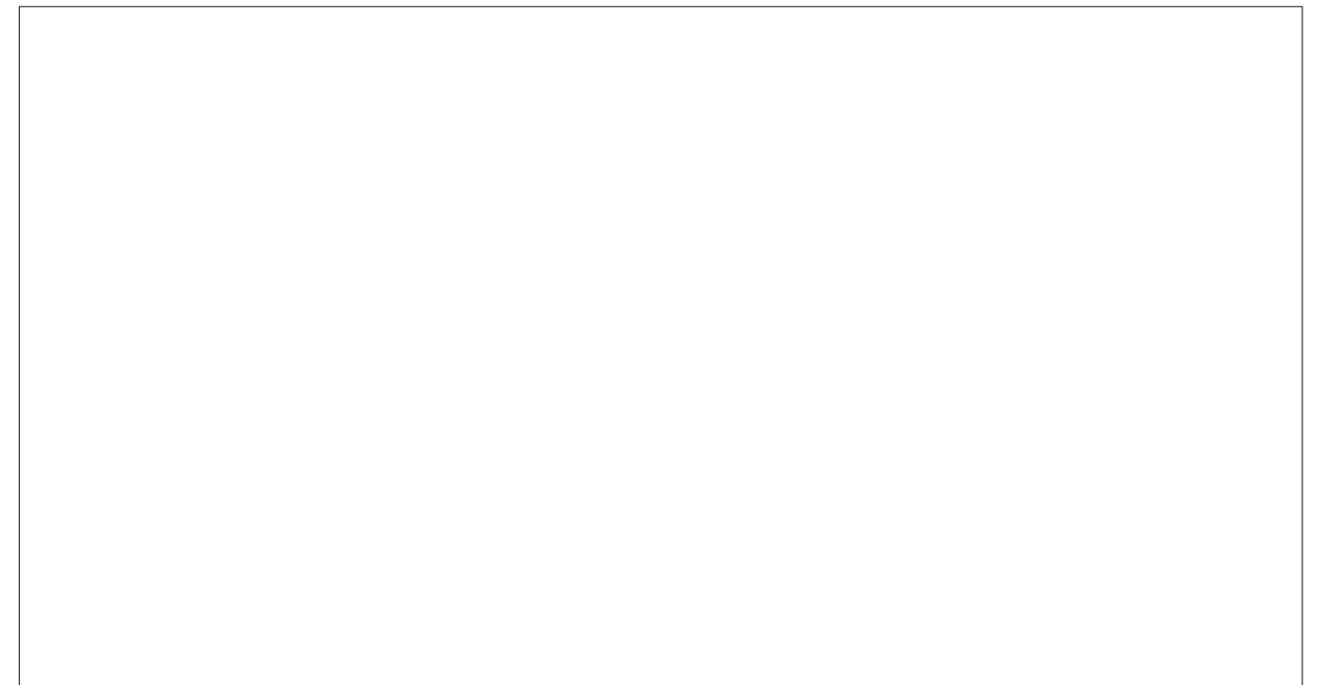
How many people do you think are in this scene?

Who do you think the characters are? How do they know each other?

Where is this set? What do you imagine their surroundings are?

What is happening in the scene ?

Use the space below to draw a rough sketch of how you think this scene would look on stage.



DRAMA AND THEATRE – ENRICHMENT ACTIVITIES

ACTIVITY 2

SOUND DESIGN

What sound effects/music would be used in this scene?

Using Youtube, find some music that you feel would reflect what is happening in this scene. Would there be any sound effects used? If so, what would they be? Record your chosen sounds below and explain WHY they would be suitable for this scene. Try playing it as you re-read the scene again, does it work?

Music

.....
.....
.....
.....
.....

Sound effects

.....
.....
.....
.....
.....

ACTIVITY 3

COSTUME DESIGN

To choose costumes for your characters, you must first decide what time period you think the scene is set in. This would influence the style of the clothes your characters would wear and could also reveal the directors intentions. What time period do you think this scene is set in? Research images of trends from that time period and using the boxes below, sketch some designs for each character. Annotate these to explain your reasons for choosing each item of clothing/ accessory. (Note - if you only imagine there to be 2 characters only sketch in 2 of the boxes)

CHARACTER NAME:

CHARACTER NAME:

CHARACTER NAME:

CHARACTER NAME:

CHARACTER NAME:

CHARACTER NAME:

ACTIVITY 4

SCRIPT WRITING

What would happen directly after this scene?

Now challenge yourself to write the next page of dialogue. Remember to stick with the style conventions using NO character names/stage directions. Would there be any new characters introduced? Would something else happen?

Lined writing area for script writing.



ENGLISH COMPETITION

COMPETITION ENDS 31ST MARCH 2021

'The New World'

The English team are looking for a new writing champion to follow on from our winners of previous years.

This year's competition ends on the 31st March, 2021. Writers should submit a short story (no more than 1,000 words) or a poem based on the theme of 'The New World'.

Entries should be emailed to n.camps@rochdalsfc.ac.uk

The winning entries will be published around college, on the RSFC website and receive a prize

We look forward to hearing from you.
The English Team

BUSINESS AND ECONOMICS

This project is designed to raise your understanding of mindfulness and meditation while gaining an insight into the business behind the app 'headspace'.

FROM IDEA TO SUCCESS!

What is meditation and what is headspace:

<https://youtu.be/CS76mK58url>

How the business idea began and its mission

<https://youtu.be/MnrePytW-ck>

Explaining meditation through animation:

https://www.youtube.com/playlist?list=PLW8o3_GFoCBNANhsWEDgRbyXGyjjg2nPtR (youtube playlist)

LET'S TRY OUT THE PRODUCT TO SEE WHAT ALL THE FUSS IS ABOUT:

Introduction:

<https://www.youtube.com/watch?v=CGKCNz9pOEY>

Understanding calm

<https://www.youtube.com/watch?v=FOWYFXxhPGY>

Relaxing Through Mindfulness: Bringing Nature to the Kitchen

<https://www.youtube.com/watch?v=S2pmRkSOLJw>

Reset: Decompress Your Body and Mind

<https://www.youtube.com/watch?v=QHkXvPq2pQE>

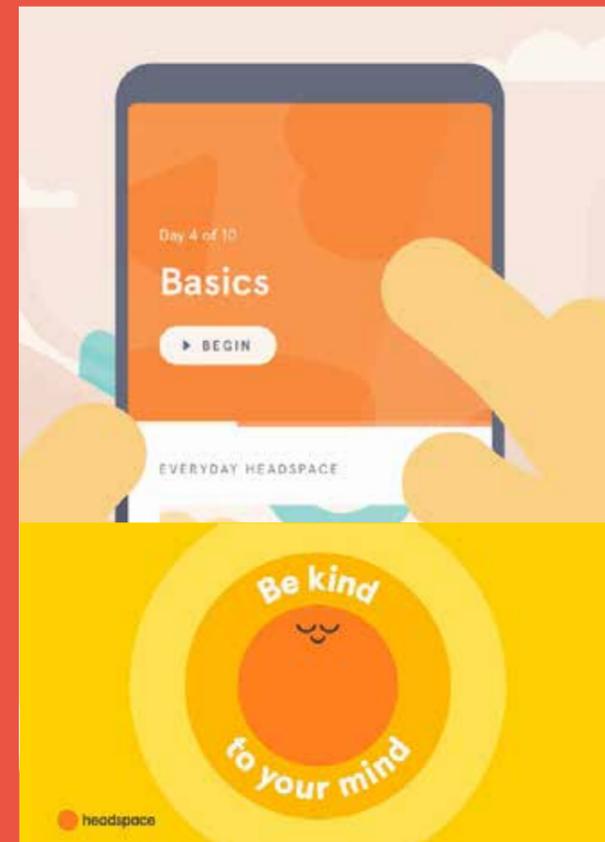
STRESSED? Learn to reframe stressful situations with this short meditation.

<https://www.youtube.com/watch?v=sG7DBA-mgFY>

Sleep

<https://youtube.com/playlist?list=PLTaeLgqx0sZbqPeEc86L-9LsjcXnoERFW>

HOW A BASIC IDEA/PASSION DEVELOPED INTO A \$93 MILLION BUSINESS



THE BUSINESS 'HEADSPACE'

<https://www.bbc.com/news/business-49394848>

<https://www.youtube.com/watch?v=CXUnG52uCDO>

<https://www.ft.com/content/d1d58aae-437c-11ea-abea-0c7a29cd66fe>

<https://www.youtube.com/watch?v=qzR62JJCMBQ>

<https://www.forbes.com/sites/kathleenchaykowski/2017/01/08/meet-headspace-the-app-that-made-meditation-a-250-million-business/?sh=66f85f451fb>

INTRODUCTION TO BEHAVIOURAL ECONOMICS

Basically, we can think about life as a tug-of-war. We are walking around with our wallets, our priorities and our thoughts —and the commercial world around us wants our money, time, and attention. Does the commercial world want our money time and attention at some time in the far future? Is it trying to maximize our wellbeing in 30 or 40 years from now? No. The commercial actors around us want our money, time, and attention now. And they are rather successful in their mission —partially because they control the environment in which we live (supermarkets, malls), partially because we allow them into our computers and phones (apps, advertising), partially because they know more about what tempts us than we know, and partially because we don't really understand some of the most basic aspects of our nature.

An important and rather depressing study by Ralph Keeney explored the overarching impact of bad decision-making on our lives, or more accurately, our deaths. Using mortality data from the Center for Disease Control, Ralph estimated that about half of all deaths among adults 15-64

years old in the United States are caused or aided by bad personal decisions, particularly those relating to smoking, not exercising, criminality, drug and alcohol use, and unsafe sexual behavior.

Now, if people were simply perfectly rational creatures, life would be wonderful and simple. We would just have to give people the information they need to make good decisions, and they would immediately make the right decisions. People eat too much? Just give them calorie information and all will be well. People don't save, just give them a retirement calculator and they will start saving at the appropriate rate. People text and drive? Just let them know how dangerous it is. Kids drop out of school, doctors don't wash their hands before checking their patients. Just explain to the kids why they should stay in school and tell the doctors why they should wash their hands. Sadly, life is not that simple and most of the problems we have in modern life are not due to lack of information, which is why our repeated attempts to improve behavior by providing additional information does little (at best) to make things better.

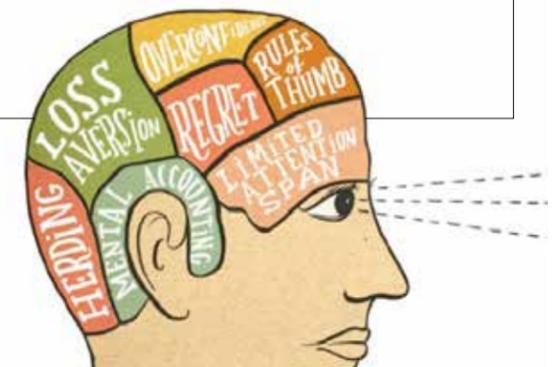
There are lots of biases, and lots of ways we make mistakes, but two of the blind spots that surprise me most are the continuous belief in the rationality of people and of the markets.

PERSONAL REFLECTION:

In the last thirty days the number of times I...

- Overate ___
- Texted instead of revising or doing homework when I shouldn't have ___
- Spent money and regretted it later ___
- Spent too much time on social media ___
- Procrastinated in general ___
- Stayed up too late and did not sleep well ___
- Was not as kind to my partner/family member as I want to be ___
- Did not exercise as much as I wanted to is ___
- Said yes to something that I should have said no to ___
- Said something inappropriate and then regretted it ___

Add any additional irrational 'misbehaviours':



HUMANITIES & PE ENRICHMENT ACTIVITIES

PLEASE FIND SOME USEFUL WALKS IN OUR LOCAL AREA. FOLLOWING GOVERNMENT ADVICE YOU SHOULD NOT TRAVEL OUTSIDE YOUR LOCAL AREA.

ROCHDALE TOWN CENTRE BLUE PLAQUE TRAIL

LOCATION: ROCHDALE | DISTANCE: 1 - 1.5 MILES

OVERVIEW

From the Old Duke of Wellington Hotel to the gothic marvel of the Town Hall, you can now use the map to discover the rich history and influential people behind the pride of Rochdale.

The blue plaques commemorate famous people, places and historic events. They are there to surprise and to inform, and to help tell a story that can be as revealing to life-long residents as to those visiting for the first time. Few can resist glancing at them to see what they say. Was someone famous born here? Is there something unusual about this ordinary-looking building? Or did it play an important part in the history of the place?

The downloadable Blue Plaque Map will take you on a journey through the town centre to discover its rich cultural history.



<https://gmwalking.co.uk/walking-routes/rochdale-town-centre-blue-plaque-trail/>

This map shows the location of the 20 blue plaques erected up to the end of summer 2013, coupled with information on listed and historic buildings of great interest. You can use this information to create your own walk between the blue plaques and buildings. It can be as short or as long as you wish. We hope you enjoy your walk into Rochdale's past and discover fantastic local stories!

ACCESSIBILITY

Users can choose their own route between the blue plaques, making it largely accessible to both families with pushchairs and wheelchair users (with assistance in places). Note, however, that parts of Rochdale town centre do feature sleeper slopes, particular the area close to St Chad's Church.

HOW TO GET THERE

To work out how to get to and from the walk start point, simply click the Google Maps link shown on this page. Then click 'Directions' and enter your postcode or location in the relevant field. For public transport options, click the train icon. Alternatively, input the postcode shown into the TFGM journey planner at <https://my.tfgm.com/#/planner/>



HUMANITIES & PE ENRICHMENT ACTIVITIES

GRACIE FIELDS PURPLE PLAQUE TRAIL

LOCATION: ROCHDALE | DISTANCE: 1.4 MILES

OVERVIEW

The Gracie Fields Purple Plaque Trail trail marks places of significance in the life of the late Rochdale-born singer, actress and comedian, Dame Gracie Fields. The plaques' purple colour is unique to this trail and distinguishes them from the wide range of blue plaques in the town. Gracie Fields was born in Rochdale in 1898 and went on to become an internationally famous singer and Hollywood star.

<https://gmwalking.co.uk/wp-content/uploads/2019/11/2019-07-23-gracie-fields-trail-v1.pdf>

She was the highest paid actress in the world during the 1930s. Many of Gracie's biggest moments, from being encouraged to enter her first singing contest to her first professional performance, took place here in her hometown of Rochdale.

HOW TO GET THERE

To work out how to get to and from the walk start point, simply click the Google Maps link shown on this page. Then click 'Directions' and enter your postcode or location in the relevant field. For public transport options, click the train icon. Alternatively, input the postcode shown into the TFGM journey planner at <https://my.tfgm.com/#/planner/>



The trail takes in many of these important sites, as well as the statue of Gracie, which was erected in autumn 2016 as a permanent tribute to Rochdale's favourite daughter

ACCESSIBILITY

Almost all of the walk is on paved and level surfaces and should be accessible for families with pushchairs and for wheelchair users (with assistance). The last part of the walk, however, close to St Chad's Church is steeper and there is a long flight of steps shown near point 8 on the map. A diversion could be made via Church Lane, though there will still be some gradients. Note that we have not checked conditions on the ground.

CHEESDEN BROOK POORLEY BRIDGE, HEYWOOD

LOCATION: ROCHDALE | DISTANCE: 7.4 MILES



OVERVIEW

This walk explores the Cheesden Valley, once a hub of Victorian industry. Today tumbled walls, peaceful ponds and evocative remains recall this lively past, secreted in wooded gorges amidst colourful moors high above Heywood.

The walk includes a mixture of on-road, pasture, woodland, riverside and hilltop paths, with running water rarely far away. In winter (and possibly at other seasons), this is an extremely muddy walk, and the half-mile ridge overlooking Cheesden Brook is

vertiginous, making the use of a walking pole a good idea. But there are wonderful high views over to Heywood and to the impressive turbines on distant Scout Moor.

ACCESSIBILITY

Although the route is classed as "easy/moderate" on the Walking Britain website, we would rate it as 'moderate/challenging' in view of the high ground covered and the variable terrain in places. This makes it unsuitable for wheelchair and pushchair-users.

HOW TO GET THERE

The walk starts and finishes off Bamford Road, north of Heywood.

To work out how to get to and from the walk start point, simply click the Google Maps link on this page. Then click 'Directions' and enter your postcode or location in the relevant field. For public transport options, click the train icon.

Alternatively, input the postcode shown into the TFGM journey planner at <https://my.tfgm.com/#/planner/>
START: Walk down the track towards the sewage works, climbing the broad steps on their right to the main road A6222. Cross and walk left up the hill past the defunct Bird i'th' Hand pub to the bridleway on the right (Gristlehurst Lane). After three quarter's of a mile, keeping left at forks, reach the B road (Elbut Lane); turn right and just before the Pack Horse Inn take the setted road on the left in front of cottages. After passing two small reservoirs, you eventually turn right at a streetlamp, (no signing), going between two sturdy trees on to the paved forecourt of a huddle of small houses, then going left to face number 10. To the right are some steps leading to a short tight delightful tunnel and more steps.

The track leads to an old quarry whose right side you follow up to a stile. Cross and follow the r/h wall uphill through two more stiles. Turn left where a track crosses at a T junction, following the increasingly obvious bridle way past the stables and round right, eventually reaching Castle Hill Road. Turn right, pass the golf course, and at its end climb up to take the path on the right.

Follow the line of the right hand wall to the very crest of the meadow. Go over the left of centre marked stile, turn right, at about 2 o'clock, to drop down (fabulous sight)

to another marked stile and a narrow track. Follow this track to where it crosses a broader one, veers left then back right to start edging its way along the rim of a gorge overlooking Cheesden Brook. This can be alarmingly narrow with a deep fall to the left, and a walking pole is strongly recommended. After about half a mile you leave this (a short but difficult few feet drop in wet weather), entering a field and following its edge to the exit on to a track at right angles. Turn left.

Walk down, then take the right-hand bridleway down a steep concrete ridged track to the bridge at the bottom. Left on the bridleway, immediately bending right (ignore the footpath on the left) up big steps before dropping to a ford, crossed relatively easily. Climb right, through a gate, pass Black Dad Farm along the bridleway track, and then Dairy House to Ashworth Road, with around 240 degree views around. Turn right, and a quarter of a mile turn later left along School Lane. This gets to the bridge, where you cross the Naden Brook; go through the right hand gap down the zigzag path to cross the tunnel mouth on the brook.

Follow the generally very muddy bank shortly to a kissing gate. Pass in front of the single-storey dwelling, with a (dummy) climber seemingly immobile on the high crag on the left. Continue along the bank, following the paths closest to the Brook, and alongside some falls, and beneath superb gorge formations, to the end of the bank. Here you exit through an Immobile Home Park just after a green metal bridge to Ashworth Road. Turn left. Make your way to the main A6222, cross, go down the (unmarked) track opposite to retrace your steps to the start.



LA CUISINE FRANÇAISE:

WHY NOT TRY YOUR HAND AT SOME FRENCH COOKING DURING LOCKDOWN!



INGREDIENTS

- 125g PLAIN FLOUR
- 2 LARGE EGGS
- 1 TBSP CASTER SUGAR
- 1/4 TSP SALT
- 360ml MILK
- 1 TBSP BUTTER
- FRESH FRUIT, FOR SERVING
- ICING SUGAR, FOR SERVING

CRÊPES

STEP 1

In a large mixing bowl, create a well with flour then add eggs, slowly whisking them into the flour. Add sugar and salt and stir until combined. Gradually add the milk, whisking to combine. Let batter stand at room temperature until bubbly on top, 15 to 20 minutes.

STEP 2

In a small frying pan over medium heat, melt butter. About 60ml at a time, drop batter evenly onto pan, swirling it to evenly coat the pan.

STEP 3

Cook for 2 minutes, then flip and cook 1 minute more; repeat with remaining batter. Serve crêpes warm with fresh fruit and icing sugar, or anything you fancy.

QUICHE LORRAINE



METHOD

STEP 1

For the pastry, put 175g plain flour, 100g cold butter, cut into pieces, 1 egg yolk and 4 tsp cold water into a food processor. Using the pulse button, process until the mix binds.

STEP 2

Tip the pastry onto a lightly floured surface, gather into a smooth ball, then roll out as thinly as you can.

STEP 3

Line a 23 x 2.5cm loose-bottomed, fluted flan tin, easing the pastry into the base.

STEP 4

Trim the pastry edges with scissors (save any trimmings) so it sits slightly above the tin (if it shrinks, it shouldn't now go below the level of the tin). Press the pastry into the flutes, lightly prick the base with a fork, then chill for 10 mins.

STEP 5

Put a baking sheet in the oven and heat oven to 200C/fan 180C/gas 6. Line pastry case with foil, shiny side down, fill with dry beans and bake on the hot sheet for 15 mins.

INGREDIENTS

- 175g PLAIN FLOUR
- 100g COLD BUTTER, CUT INTO PIECES
- 1 EGG YOLK

FOR THE FILLING

- 200g PACK LARDONS (YOU CAN USE BACON), UNSMOKED OR SMOKED
- 50g GRUYÈRE CHEESE
- 200ml CARTON CRÈME FRAÎCHE
- 200ml DOUBLE CREAM
- 3 EGGS, WELL BEATEN
- PINCH GROUND NUTMEG

STEP 6

Remove foil and beans and bake for 4-5 mins more until the pastry is pale golden. If you notice any small holes or cracks, patch up with pastry trimmings. You can make up to this point a day ahead.

STEP 7

While the pastry cooks, prepare the filling. Heat a small frying pan, tip in 200g lardons and fry for a couple of mins. Drain off any liquid that comes out, then continue cooking until the lardons just start to colour, but aren't crisp. Remove and drain on paper towels.

STEP 8

Cut three quarters of the 50g gruyère into small pieces and finely grate the rest. Scatter the diced gruyère and fried lardons over the bottom of the pastry case.

STEP 9

Using a spoon, beat 200ml crème fraîche to slacken it then slowly beat in 200ml of double cream. Mix in 3 well beaten eggs. Season (you shouldn't need much salt) and add a pinch of ground nutmeg. Pour three quarters of the filling into the pastry case.

STEP 10

Half-pull the oven shelf out and put the flan tin on the baking sheet. Quickly pour the rest of the filling into the pastry case - you get it right to the top this way. Scatter the grated cheese over the top, then carefully push the shelf back into the oven.

STEP 11

Lower the oven to 190C/fan 170C/gas 5. Bake for about 25 mins, or until golden and softly set (the centre should not feel too firm).

STEP 12

Let the quiche settle for 4-5 mins, then remove from the tin. Serve freshly baked, although it's also good cold.

You can also mix the main ingredients - you could put different vegetables instead of lardons or bacon such as courgettes, leeks, tomatoes, or different French cheeses.



**SEND IN YOUR
PICTURES IF YOU
ATTEMPT ANY OF
THESE**



PERFECT SPANISH OMELETTE TORTILLA ESPAÑOLA

1. Heat the olive oil in a large frying pan over a medium flame, add the onion and cook gently for 20 minutes until soft and brown.
2. Rinse the potato slices under cold water and pat dry. Add the potato to the pan – if it seems overcrowded, you can cook them in a couple of batches. Cook until the vegetables are tender and on the point of falling apart, then drain well, keeping the oil for your next omelette.
3. Add the potato and onion to the beaten eggs, season well, and leave to stand for 10 minutes, or longer if you prefer a stronger onion flavour.
4. Put a smaller pan (about 22cm) over a medium heat and add the extra virgin olive oil. Turn to coat, and then, when hot, add the mixture – it should almost fill the pan. Cook until it comes away from the edge of the pan, and looks about two thirds set.
5. Place a plate, or a saucepan lid, over the pan, and invert it so the tortilla flips on to the plate. Slide it back in, tipping any liquid egg in with it. Cook until it is springy to the touch: be careful not to overcook it: it should still be moist in the middle, even if you prefer it cooked right through.

INGREDIENTS

300ml OLIVE OIL

1 MEDIUM ONION, FINELY SLICED

600g WAXY POTATOES SUCH AS

**JERSEY ROYALS OR CHARLOTTEs,
PEELED, HALVED AND CUT INTO
THIN SLICES (LIKE THICK CRISPS)**

6 MEDIUM EGGS, BEATEN

SALT AND PEPPER

2 TBSP EXTRA VIRGIN OLIVE OIL



GUACAMOLE AND SALSA MEXICANA

GUACAMOLE

1 large ripe avocado peeled and pitted
1 tomato diced seeds removed
cup minced white onion 1 chilli
(seeded and deveined) minced
cup chopped coriander
1 tablespoon fresh lime juice
Salt to taste

SALSA MEXICANA

2 plum tomatoes finely diced
white onion chopped
1 bunch coriander chopped 1 minced chilli to
taste (seeded and deveined)
Lemon and salt optional



THE ONION DEBATE

Serious controversy surrounds the inclusion of that most Spanish of ingredients, the onion. For some, introducing it, is a crime. For others, well, it's totally essential.

Why not try it with and without and see which side of the debate you are.

SEAFOOD PAELLA (PIE-AY-YA)



INGREDIENTS

3 CLOVES GARLIC

1/2 ONION

1/2 RED PEPPER

1 CLEANED TUBE OF SQUID

1/3 CUP EXTRA VIRGIN OLIVE OIL

1/2 CUP TOMATO PUREE

1/2 TSP SMOKED PAPRIKA

2 1/2 CUPS FISH STOCK

1 PINCH SAFFRON

1 CUP PAELLA RICE (BOMBA RICE)

12 RAW KING PRAWNS (PEELED
AND DEVEINED)

8 FRESH MUSSELS
(DEBEARDED AND CLEANED)

FRESH PARSLEY LEMON

SEA SALT BLACK PEPPER

**You can watch Youtube videos on how to clean a squid, devein prawns and debeard mussels if you don't know how to.

1. First you want to cut up all your ingredients, mince 3 cloves of garlic, dice 1/2 of an onion, dice 1/2 of a red bell pepper and cut 1 large cleaned tube of squid into small squares, devein and peel 12 raw king prawns and clean the mussels
2. Heat a paella pan or large frying pan on medium hob at high heat and add 1/3 cup of extra virgin olive oil, once the oil gets hot season it with sea salt and add the cut squid into the pan, mix it around and cook for 2 minutes, then remove the squid from the pan and set it aside.
3. Add the onions and garlic into the pan and mix with the oil, after 1 minute add the red pepper, mix and cook for 3 minutes, then add 1/2 cup of tomato puree, season everything with 1/2 teaspoon of smoked paprika, a generous pinch of sea salt and a hint of freshly cracked black pepper, continue to cook for 2 minutes, then add the squid back into the pan, add 2 1/2 cups of fish stock and the saffron, gently mix everything together
4. Once the broth comes to a boil, add 1 cup of paella to the pan and then gently distribute the rice throughout the pan with a wooden spoon, do not mix the rice. After 5 minutes of cooking add the shrimp and the mussels, cook for another 5 minutes and then lower the heat to a low-medium heat (do not mix the rice after this point, you can give the pan a quick shake once in a while).
5. After simmering for 10 minutes and there is very little broth left, turn the heat back to a medium-high heat for 1 minute, this technique is to make the socarrat (burnt rice on the bottom of the pan), then turn off the heat, cover the paella pan completely and let it rest between 5-7 minutes
6. Uncover the paella, garnish with freshly chopped parsley and a couple of lemon wedges

CUBAN ARROZ CON LECHE (CUBAN RICE PUDDING)

INGREDIENTS

2 1/4 CUPS WATER

1 1/2 CUPS SHORT GRAIN RICE

1 STRIP LIME PEEL

1/2 CUP WATER

1 CINNAMON STICK

2 TBSP ANISE SEED, CRUSHED

1 SMALL TIN EVAPORATED MILK 1

SMALL TIN CONDENSED MILK

1 TABLESPOON VANILLA EXTRACT

1/4 TEASPOON SALT

3/4 CUP RAISINS (OPTIONAL)

1. Combine 2 1/4 cups of water, rice, and lime peel in a pan. Bring to a boil over medium-high heat, then reduce heat to medium-low, cover, and simmer for 20 minutes until the rice is tender.
2. While the rice is cooking, combine 1/2 cup of water, the cinnamon stick, and anise in another pan over medium-high heat. Bring mixture to a low boil for 3 minutes, then remove pan from hob. Strain flavoured water into a bowl and set aside, discarding cinnamon stick and anise pieces.
3. After rice has simmered for 20 minutes, remove the lime peel, and over low heat, gradually stir evaporated milk and condensed milk into the rice. Mix in the flavoured water, vanilla, and salt. Add raisins, if desired. Continue to stir until the mixture thickens, about 7 to 10 minutes.
4. If the pudding is too watery after 10 minutes, turn up heat and stir continuously. When pudding reaches desired consistency, remove from heat and pour into individual dishes, Store in the fridge.

SCIENCE

ASTRONOMY WITHOUT THE TELESCOPE

SkyView Lite – Phone app.

You don't need to be an astronomer to find stars or constellations in the sky, just open SkyView® Free and let it guide you to their location and identify them. SkyView Free is a beautiful and intuitive stargazing app that uses your camera to precisely spot and identify celestial objects in the sky, day or night. Find popular constellations as they fade in and out while you scan across the sky, locate planets in our solar system, discover distant galaxies, and witness satellite fly-bys.

Features:

- Simple: Point your device at the sky to identify galaxies, stars, constellations, planets, and satellites (including the ISS and Hubble) passing overhead at your location.
- Night Mode: Preserve your night vision with red or green night mode filters.
- Augmented Reality (AR): Use your camera to spot objects in the sky, day or night.
- Sky Paths: Follow the sky track for any object to see its exact location in the sky on any date and time.
- Time Travel: Jump to the future or the past and see the sky on different dates and times.
- Social: Capture and share beautiful images with friends and family on social networks.
- Mobile: WiFi is NOT required (does not require a data signal or GPS to function). Take it camping, boating, or even flying!
- Supports Space Navigator™ binoculars, spotting scope, and telescopes



TRACK THE ISS

Sign up for alerts when the International Space Station is due to pass over Manchester. You can view this easily with the naked eye, no need for a telescope – it moves quickly! <https://spotthestation.nasa.gov/>

Institute of Physics Free Webinars and Talks

The IOP deliver many free talks and webinars every month across all areas of Physics. Check out the up-to-date calendar of events here <https://events.iop.org/> and register for any that take your fancy.

As an example, the next talk to be delivered by the Manchester & District branch is on the Analogue Moon by Mark Wrigley at 7pm on Wednesday 24th February. A mix of physics and photography!

The Apollo moon landings took place in the pre-digital era. For an enthusiastic 16 year old the events of the summer of 1969 seemed too important not to be recorded. Long before an age of YouTube and domestic digital recorders he set about capturing the moon landings on his family's analogue equipment; a reel-to-reel tape recorder, an 8mm cine camera and a Russian manufactured still camera. This talk looks back at one of the greatest achievements of humanity as well as the resulting archive and, unknown to the millions watching T.V. at the time, how the mission nearly ended in failure!

ENTERTAINING YOUNGER SIBLINGS?

Get your younger siblings in to Physics and Science with some fun and simple experiments at home. <https://www.iop.org/explore-physics/at-home>

The Institute of Physics' science communicators have filmed short demonstration videos in their kitchens and living rooms, using basic household materials to demonstrate physics in easy-to-replicate ways. Alongside the films, there are step-by-step instructions and explanations of the science behind it all!

Check out the space crafts offered by The National Space Centre. Build and launch your own rocket or make a constellation in a jar and more! <https://spacecentre.co.uk/event/space-crafts/>

SOME ENTERTAINING PHYSICS-Y PODCASTS

Ologies - Allie Ward, host of the CBS series "Innovation Nation", runs a delightful podcast where she spends each episode interviewing a different "ologist". The episodes take a deep dive into anything from mars, to mushrooms, to the apocalypse. To learn some physics-ologies, check out this episode on cosmology with astrophysicist Katie Mack.

The Weirdest Thing I Learned This Week - The Weirdest Thing is a perfect podcast for your friends who are always inserting strange facts into otherwise normal conversations. Brought to you by Popular Science, these journalists spin the most delightful science yarns, competing to see who can tell the strangest science fact. For some physics-centric fun, check out their episode featuring the strange idiosyncrasies of Nikola Tesla. It may or may not involve pigeons.

Stuff to blow your mind - As the title would suggest, this podcast from How Stuff Works will find new ways to scramble your brain each episode. Robert Lamb and Joe McCormick examine extra-terrestrial worlds, neurological phenomena, technology and much more in this witty podcast. For some physics, check out this episode on the wacky Higgs Boson particle.



SKITTLES DIFFUSION EXPERIMENT

Watch video 'What is diffusion?'
https://www.youtube.com/watch?v=c_IYK8syOQA

Materials required:
 2 x petri dishes (or bowls) 1 x beaker (cup) with warm water 1x beaker (cup) with cold water 2 x timers 1 x bag of skittles

Method

1. Place the skittles in a circular shape on each bowl leaving the centre empty.
2. Pour the warm water in the centre of one petri dish and cold water in the centre of the other, be careful not to drown the skittles. Have the timer on hand and start the timer as soon as the water is poured.
3. Watch what happens.
4. Stop the timer once the colour of the skittles reaches the centre of the bowls.

Suggestion: Film this experiment to see clear results and so that you can compare results of the hot and cold water.

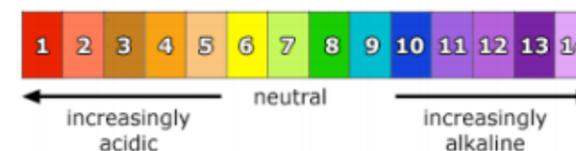
Please watch youtube link on 'What are indicators'
<https://www.youtube.com/watch?v=xYQIvTbIgcY>



Red Cabbage Lab: Acids and Bases

Introduction:

Liquids all around us have either acidic or basic (alkaline) properties. For example, acids taste sour; while, bases taste bitter and feel slippery. However, both strong acids and strong bases can be very dangerous and burn your skin, so it is important to be very careful when using such chemicals. In order to measure how acidic or basic a liquid is, one must use the pH scale as illustrated below:



The strength of the pH scale is determined by the concentration of hydrogen ions (H^+) where a **high concentration of H^+ ions** indicate a **low pH** and a **high concentration of H^+ ions** indicate a **high pH**. The pH scale ranges from 1 to 14 where 1 to 6 is classified as acidic, 7 neutral (neither a base or an acid) and 8 to 14 is classified as basic.

In this lab, you will use the juice from red cabbage as a pH indicator to test common household liquids and determine their pH levels. You will mix cabbage juice with different household liquids and see a color change produced by a pigment called flavin (an anthocyanin) in red cabbage. Through this color change, you will be able to successfully identify the approximate pH of common household liquids using the table below:

Color:	Pink	Dark Red	Violet	Blue	Blue-Green	Green-Yellow
Approx. pH	1-2	3-4	5-7	8	9-10	11-12
Acid/Base	Acid	Acid	Acid/Neutral	Base	Base	Base

Strength increases at extremes of this scale.

Materials:
 Pre-Cut Cabbage
 Blender
 Strainer
 Large Container
 ~1L Beaker
 7 plastic cups
 7 plastic spoons

Liquids to Test:

- Lemon Soda
- White Vinegar
- Apple Juice
- Baking Soda
- Shampoo (preferably clear)
- Conditioner (preferably clear)
- Hand Sanitizer

Pre-Laboratory Predictions:

Look at each of the liquids being tested. Predict whether each of the substances is acidic, neutral or basic. Circle one. (Think about the properties of acids and bases.)

Hand Sanitizer	Acidic	Neutral	Basic
Lemon Soda	Acidic	Neutral	Basic
Apple Juice	Acidic	Neutral	Basic
White Vinegar	Acidic	Neutral	Basic
Baking Soda	Acidic	Neutral	Basic
Shampoo	Acidic	Neutral	Basic
Conditioner	Acidic	Neutral	Basic

Instructions:

Preparing the Cabbage Juice:

- Put the red cabbage leaves into the blender with 800ml of water.
- Close the top and let it blend at high power for 30 seconds.



- Once it is blended, filter out the leaves inside the mixture with the strainer and pour the mixture into a large container.



*This should provide you with 600-800 ml of cabbage juice.

Mixing the Cabbage Juice:

- Label each cup with each of the liquids. (Example: vinegar, apple juice, etc.)
- Pour 100 ml of each individual liquid into its respective cup (except for baking soda).
- For baking soda, add 3 tablespoons of baking soda into 100 ml water.

Example:



- Pour 50 ml of cabbage juice into each of the cups. Do this one at a time and record the color change below:

Liquid:	Color Change/ pH	Actual pH
Hand Sanitizer		
Lemon Soda		
Apple Juice		
White Vinegar		
Baking Soda		
Shampoo		
Conditioner		

Now look up the actual pH of each of the substances and see how accurate the cabbage juice indicator was!

BIOLOGY SUBJECT SPECIFIC ENRICHMENT:

WINTER WATCHLIST

BBC TWO - WINTERWATCH - WINTER WATCHLIST

Winter brings with it a whole host of magical wildlife! So, we have compiled some of our seasonal highlights into a Winter Watchlist, to provide you with some inspiration on your daily walk.

There is something for everyone to look out for, listen to, or even smell! Whether you are an absolute beginner or a seasoned expert, from the first snowdrops of the year, to drumming woodpeckers and the glue crust fungus playing tricks with sticks up above our heads.

What is on your Winter Watchlist? Share your photos and videos with us using the #WinterWatchlist on Facebook, Instagram and Twitter

15 minutes of winter spectacles:

Immerse yourself in the beauty of the sights and sounds of nature. This will truly help you to switch off and unwind.

[BBC Two - Winterwatch, Series 9, 15 minutes of winter spectacles](#)



BUILD YOUR OWN BUG HOTEL:



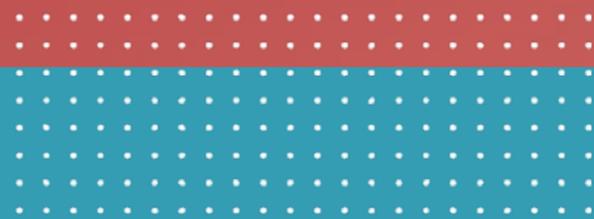
Build your bug hotel (also known as a wildlife hotel or stack) well and it could shelter anything from hedgehogs to toads, solitary bees to bumblebees, and ladybirds to woodlice.

You can build your bug hotel at any time of year, but you may find you have most natural materials such as straw, dry grass and hollow plant stems in autumn

<https://www.rspb.org.uk/get-involved/activities/give-nature-a-home-in-your-garden/garden-activities/build-a-bug-hotel/>

Create a multi-storey bug hotel that's full of all sorts of natural materials, providing hidey-holes for creatures galore.

Safe hideaways can be hard for wildlife to find in some gardens, and what better use for all your garden waste and odds and ends?



DEVELOP YOUR BIRD IDENTIFICATION SKILLS:



BirdTrack is a free and convenient way of storing your bird records online. BirdTrack lets you keep up to date with what others are seeing, view the latest trends, and contribute your data to BTO science.

Created through a partnership between the BTO, the RSPB, Birdwatch Ireland, the Scottish Ornithologists' Club and the Welsh Ornithological Society, BirdTrack is an exciting project that looks at migration movements and distributions of birds throughout Britain and Ireland. BirdTrack provides facilities for observers to store and manage their own personal records as well as using these to support species conservation at local, regional, national and international scales.

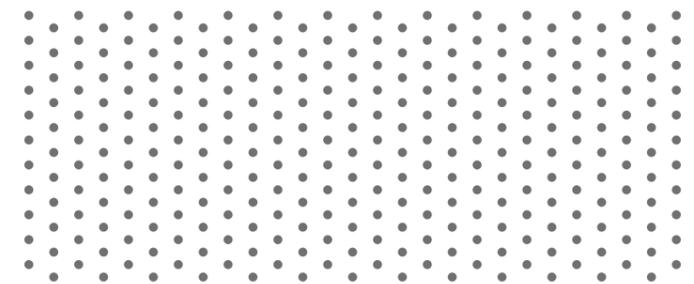
Taking part in BirdTrack is easy and fun. You simply provide some information about yourself, the sites where you go birdwatching, when you go birdwatching and most importantly, the birds you

identify! BirdTrack allows you to store all of your bird records in a safe, easily accessible and interactive format.

To participate in BirdTrack you just need to do the following:

- Go birdwatching and note all the species that you see.
- Go to the BirdTrack web site and register an account. If you have taken part in any other online survey organised by the BTO then please use your existing username and password.
- Enter the location of your chosen site(s) or select from a popular site.
- Enter the date and time of your visit and the site you visited.
- Record the species you saw or heard on your visit

SOCIAL SCIENCES



Attachment Task:

Attachment in psychology looks at the bond between infants and their caregivers and how this bond can influence a child's development.

Your task is to take care of an egg baby for 2 weeks!

Step 1: Buy an egg

Step 2: Decorate your egg baby and give it a name (how about Egg Sheeran?!).

Step 3: Look after your egg for two weeks, keep them near you at all times – if they are not with you, they should be with somebody responsible.

Step 4: Tick off the tasks with your eggs day by day and upload a picture to the relevant slide on the class PowerPoint in teams.

Give your egg a name	Decorate your egg – hair, face, clothes?! Be as creative as you wish.	Give your egg a birth date – what is its star sign?	Take your egg for a walk.	Create a room for your egg – you can draw this or create a 3D model using a shoe box.
Read your egg a bedtime story.	Create a new outfit for your egg – be as creative as you like!	Write a brief description about your egg – what is its personality like? What does your egg like to play with?	Give your egg a bath – be careful it's not too hot!!	Let your egg watch a psychology lesson.
Let your egg play on a playground – this could be a real playground or one you have drawn/made.	Take a selfie with your egg!	Write your egg a poem/song/rap.	Give your egg a treat.	'Feed' your egg its favourite meal.



WELLBEING BINGO

BAKE SOMETHING YUMMY	EAT A HEALTHY SNACK	BLAST SOME MUSIC	DRAW OR PAINT SOMETHING
TRY SOME YOGA	GO FOR A WALK	TALK TO YOUR PARENTS	SING IN THE SHOWER
HAVE A NAP	WRITE IN A JOURNAL	DANCE IN THE KITCHEN	WRITE A SHORT STORY
CALL A FAMILY MEMBER	EXERCISE AT LEAST THREE TIMES IN A WEEK	PLAY A BOARD GAME	TELL YOUR FAMILY A JOKE
TURN OFF YOUR PHONE AND PUT AWAY FOR A FEW HOURS	HAVE A RELAXING BATH	TRY A MINDFULNESS ACTIVITY	FACETIME YOUR FRIENDS

BINGO BINGO BINGO BINGO

DOES PRISON WORK?



Statistics by the Ministry of Justice (2013) suggest that 57% of UK offenders will reoffend within a year of release.

In 2014 14 prisoners in England and Wales recorded reoffending rates of over 70%

The UK and the US have some of the highest reoffending rates in the world



NORWAY HAVE THE LOWEST
Their prisons are very different. They are more open and there is greater emphasis placed on rehabilitation and skills development than in the U.K.

DESIGN YOUR OWN PRISON

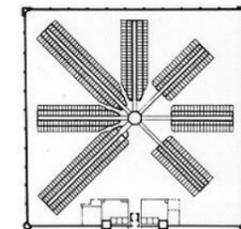


It is your job to design your own prison using materials from the home such as cereal boxes, tins, card etc. Be as creative as you like.



You should consider:

- The layout - will it be similar to British prisons or will you use some Scandinavian prison designs?
- Ways of punishing and rewarding prisoners— will this be part of the different areas / wings in your prison?



PUZZLES, BRAINTEASERS AND RIDDLES

RIDDLES

- A) How do you make the number 7 even without addition, subtraction, multiplication, or division?
- B) David's father has three sons: Snap, Crackle, and ____?
- C) Can you name three consecutive days without using the words Monday, Tuesday, Wednesday, Thursday, Friday, Saturday, or Sunday?
- D) The more you take, the more you leave behind. What am I?
- E) Mr. and Mrs. Mustard have six daughters and each daughter has one brother. How many people are in the Mustard family?
- F) What 8 letter word can have a letter taken away and it still makes a word. Take another letter away and it still makes a word. Keep on doing that until you have one letter left. What is the word?
- G) You walk up to a mountain that has two paths. One leads to the other side of the mountain, and the other will get you lost forever. Two twins know the path that leads to the other side. You can ask them only one question. Except! One lies and one tells the truth, and you don't know which is which. So, What do you ask?
- H) A man went on a trip with a fox, a goose and a sack of corn. He came upon a stream which he had to cross and found a tiny boat to use to cross the stream. He could only take himself and one other - the fox, the goose, or the corn - one at a time. He could not leave the fox alone with the goose or the goose alone with the corn. How does he get all safely over the stream?

RIDDLES

SUDOKU

The objective is to fill a 9x9 grid with digits so that each column, each row, and each of the nine 3x3 squares contain each of the digits from 1 to 9 only once.

Easy

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

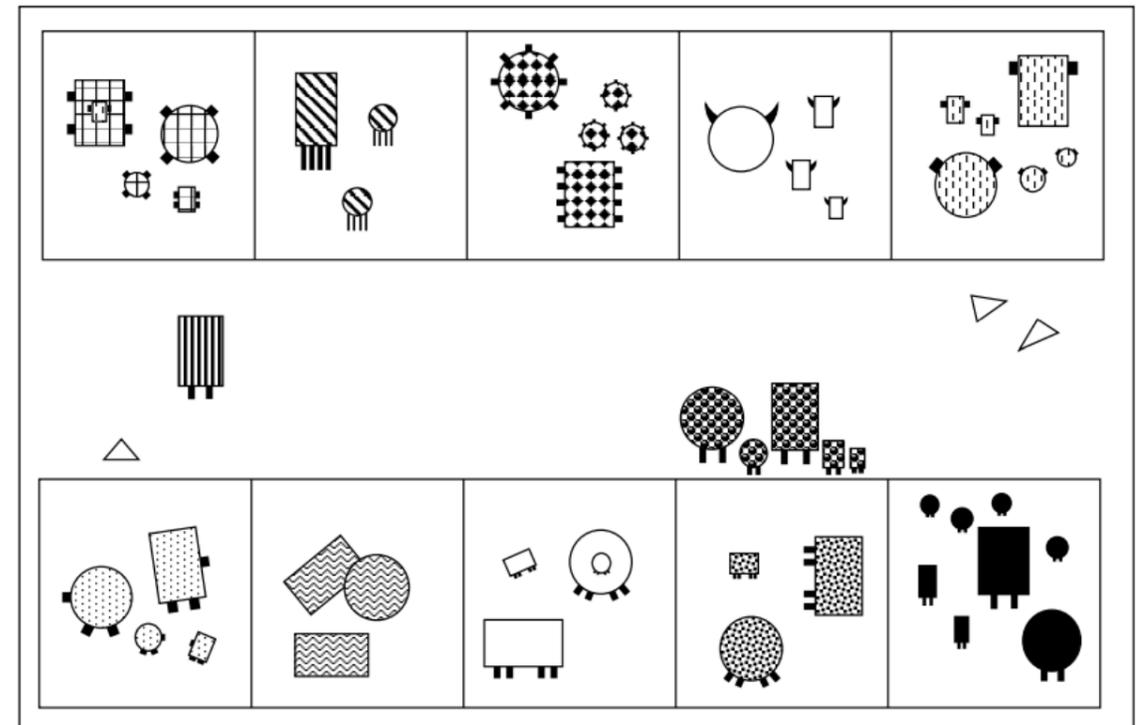
Challenge

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

Expert

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

CAN YOU ZOOLEY?



Key to Family Names

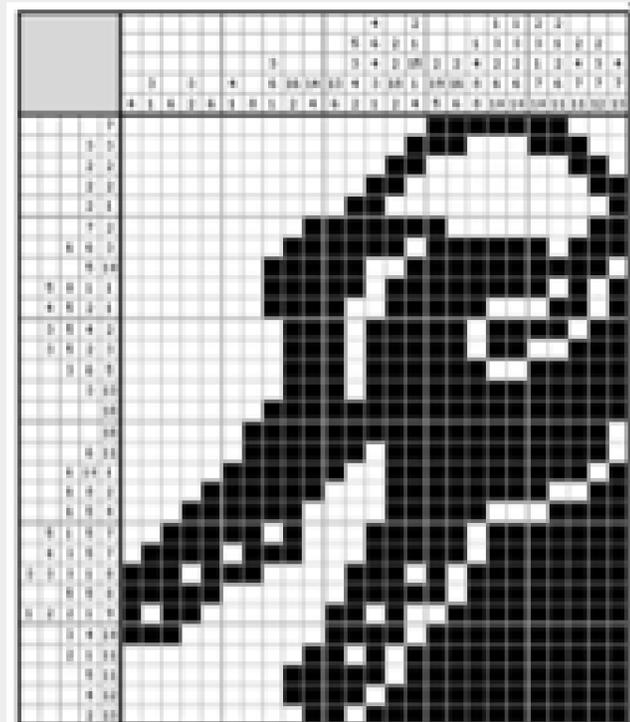
	Gobbie		Squeal		Slizz		Kazoo
	Noz		Beeze		Ample		Zuff
	Lesger		Swift		Trick		Glup

- Which family is visiting the polar bears?
- What kind of family are they?
- Whose family is largest?
- Which is the family of spiders?
- Whose son has Mr. Crocodile just swallowed?
- Which swimming family has only three sons?
- Which family has just three daughters?
- Is the polar bear cub male or female?
- Which family has no offspring?
- Which is a family of snakes?
- Which is a kangaroo?
- What will be the family name of the elephant's baby which is soon to be born?
- How many sons has Mr. Giraffe?
- Which family has no father?
- Which mother is away at the hospital?
- Who are neighbours of the monkeys?
- A wee pelican has wandered into whose cage?
- Which is the family of pelicans?
- Give the names of each kind of animal
- What is the zookeeper's name?
- What are the three other objects in the zoo?

ANSWERS

ZOOLEY

- | | |
|------------------|------------------------|
| 1. Zuff | 17. Gobbie |
| 2. Human | 18. Beeze |
| 3. Kazoo | 19. Goobie - Crocodile |
| 4. Lesger | Noz - Giraffe |
| 5. Beeze | Lesger - Spiders |
| 6. Squeal | Squeal - Penguins |
| 7. Lesger | Beeze - Pelicans |
| 8. Male | Swift - Kangaroo |
| 9. Slizz | Slizz - Snakes |
| 10. Snakes/Slizz | Ample - Elephants |
| 11. Swift | Trick - Polar Bears |
| 12. Ample | Kazoo = Monkeys |
| 13. None | Zuff - Human |
| 14. Squeal | Gulp - Zookeeper |
| 15. Noz | 20. Gulp |
| 16. Trick | 21. Triangles/Trees |



Easy

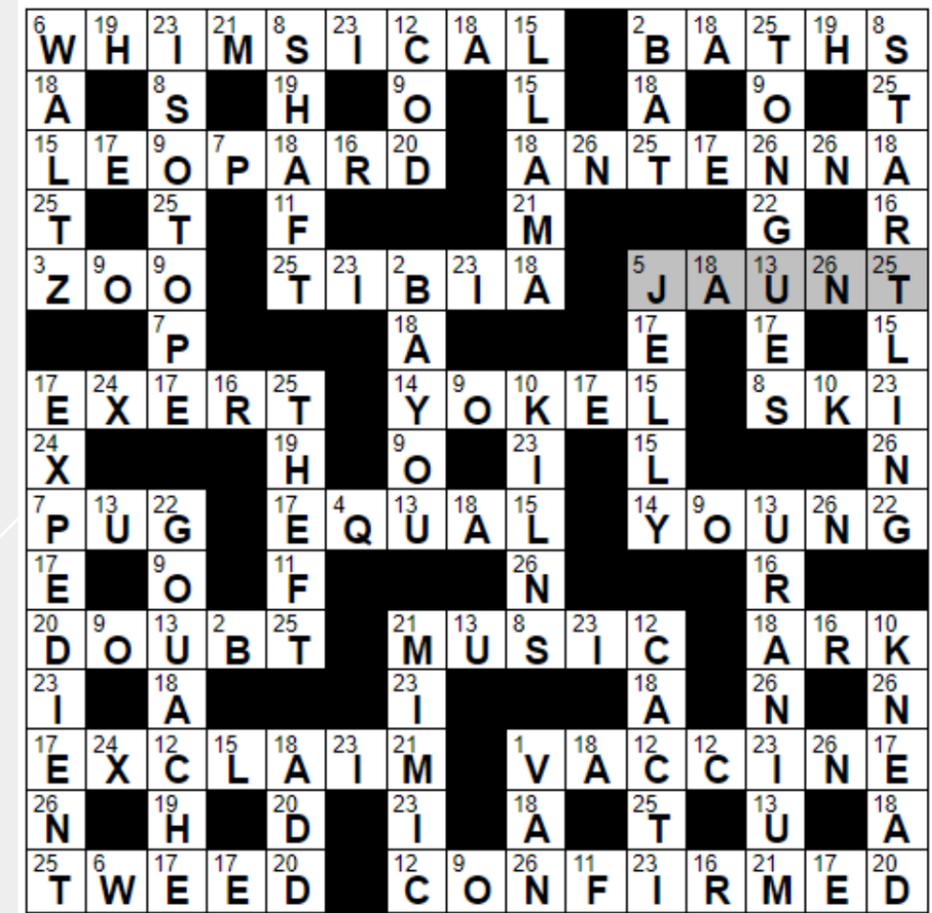
9	4	1	3	8	6	2	7	5
6	7	3	9	2	5	8	4	1
2	5	8	7	4	1	6	3	9
3	8	9	2	5	4	7	1	6
5	1	6	8	7	3	4	9	2
7	2	4	6	1	9	3	5	8
8	3	5	1	6	7	9	2	4
4	9	2	5	3	8	1	6	7
1	6	7	4	9	2	5	8	3

Challenge

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

Expert

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



RIDDLES

- A) Drop the 'S'
- B) David
- C) Yesterday, Today, Tomorrow
- D) Footsteps
- E) 9
- F) Starting - Staring - String - Sing - Sin - In - I
- G) You ask each twin What would your brother say? Can you explain why it works?
- H) Take the goose over first and come back. Then take the fox over and bring the goose back. Now take the corn over and come back alone to get the goose. Take the goose over.

Want more?

Logic puzzles - that they are less well known than the likes of sudoku. For example Skyscrapers, the following website has the rules, beginner and more advanced puzzles
<https://buildingmathematicians.wordpress.com/2017/03/14/skyscraper-templates/>

SPDL RECOMMENDATIONS

The SPDL team have put together a list of podcasts and books that we recommend. Hopefully, you will find something that interests you and will help you to take a break from screen time. Maybe plan time to go for a walk whilst listening to a podcast or switch off from blue light by picking up a book in the evening.

PODCASTS:

The Michelle Obama Podcast by Michelle Obama

High Performance by Jake Humphrey might be particularly of interest to PE students

Out by Suzi Ruffell

Happy by Ferne Cotton

Calm by Ferne Cotton

The Infinite Monkey Cage with Prof Brian

Cox and Robin Ince - a look at the world through a scientist's eyes

Brand Under The Skin by Russell Brand

That Peter Crouch Podcast with Peter Crouch

Serial Season One - explores a non fiction story over several episodes. Season 1 focuses on the murder of a high School Senior in America.

Headspace - full of meditation and mindfulness to help you relax

BOOKS- FICTION AND NON FICTION:

'It's ok not to be ok' by Dr Tina Rae and Jessica Smith- full of practical hints and tips for mental well being

Becoming by Michelle Obama

Cloud Atlas by David Mitchell

Feel the fear and do it anyway by Susan Jeffers PhD

How not to worry by Paul McGee

YESS the S.U.M.O secrets to being a positive confident teenager by Paul McGee

The Secret Doctor by Dr Max Skittle- a behind the scenes look into the working life of a practicing GP.

A Life On Our Planet by David Attenborough - This is a fantastic book that describes the current climate challenges we face and the predicted changes that will take place across the globe in our lifetime. It explores how beautiful our world is and what small changes we can make as individuals to protect it further.

A short history of nearly everything by Bill Bryson

Atomic Habits by James Clear

The Road by Cormac McCarthy

Where the Crawdogs Sing by Delia Owens

The Kite Runner by Khaled Hosseini

Eat that Frog by Brian Tracy

The man who mistook his wife for a hat by Oliver Sacks

Zest how to squeeze the max out of life by Andy Cope, Gavin Oattes and Will Hussey

ONLINE RESOURCES

A list of websites & apps that are helpful for managing mental health

NHS Every Mind Matters

www.nhs.uk/oneyou/every-mind-matters

This website offers a range of mental health advice as well as an interactive quiz that's designed to help you feel more in control of your emotional/mental wellbeing.

Kooth

www.kooth.com

This site contains free mental health support with their online counsellors. It is a free sign up service that has resources such as discussion boards, helpful tips/articles written by young people and an option for them to write mood journals & set positive goals.

Childline

www.childline.org.uk

A mental health charity for children & young people that has a wide variety of helpful videos, games and articles. They have a free telephone helpline (0800 1111) and message boards where young people are encouraged to share experiences and support each other in a positive way.

Papyrus

www.papyrus-uk.org

A mental health charity dedicated to preventing young suicide by providing support and resources for young people and their families. They have their "Hopeline" (Call: 0800 068 4141 / Text: 078600 39967 / Email: pat@papyrus-uk.org) for children and young people who are experiencing thoughts of suicide, or for anyone concerned for a young person that could be thinking about suicide.

Calm Harm

An app to help teenagers manage/resist the urge to self harm by providing a wide range of distraction techniques.

Combined Minds

This app contains psycho-education for parents, families & friends with practical advice on how to provide mental health support to children & young people.

Cove

A relaxing musical app that helps people try to capture their mood and express it by making music within the program and capturing it in a journal format. Note: you do not need to know how to play an instrument to use this app.

Stem4

www.stem4.org.uk

A charity that promotes positive mental health in teenagers as well as encouraging them to build resilience and manage difficult emotions via online resources.

YoungMinds

www.youngminds.org.uk

A mental health charity that gives help and advice for young people, as well as encouraging them to get involved in fundraising/campaigning to raise awareness for children & young people's mental health.

Samaritans

www.samaritans.org

A charity that offers mental health support & information online for everyone. Their helpline is free and available to all ages. Call 116 123 or email jo@samaritans.org 24/7.

Child Bereavement UK

www.childbereavementuk.org/young-people

A site which has resources for young people who are grieving, as well as providing information & advice to families/professionals on how to best support a young person who is bereaved. A helpline is also available on 0800 028840.

Clear Fear

An app to help children & teenagers manage anxiety through distraction & helpful activities.

Calm

A mindfulness app that includes various relaxing sounds to listen to as well as "sleep stories" & some guided meditations.

Headspace

A mindfulness app that has more of a "podcast feel" to it with various talks, guided meditations and helpful videos available.

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