

Calling all
Derby City School Children -
It's Competition Time!

Design a Train of the Future!

Competition entries must be
submitted by 15th May 2020

Can you design a Train that is Sustainable and Green? Would you like to win fantastic prizes for you and your school?

Now is your chance!

The Challenge: Design a poster of your futuristic train and write a summary of the train's features with a focus on what makes it Green. Your train must run on Renewable Energy. You can name your train and remember to make it stand out with plenty of colour. You can choose to design it on paper or using a computer or tablet.

For more information please click [here](#).

DCCT Super Schools Virtual Lessons — Week 3

To access this week's virtual lesson timetable and the resources to go with it please click [here](#).



How to Create Cute Creepy Crawlies with the Kids

In an advert from EYR we came across some nice craft ideas for Primary-aged children.



Bring a bit of nature indoors with their [Spring Creatures Craft Activity](#). Choose between a cheerful chicken, a lovely ladybug or a bumbling bumble bee! You can also find a few more fun things to create on the [EYR Blog](#).

How to Create

Spring Creatures



Tuesday 12th May 2020: Would you like to keep a one-day diary for Mass Observation?

<http://www.massobs.org.uk/write-for-us/12th-may>

In 1937 Mass Observation called for people from all parts of the UK to record everything they did from when they woke up in the morning to when they went to sleep at night on 12th May. This was the day of George VI's Coronation. The resulting diaries provide a wonderful glimpse into the everyday lives of people across Britain, and have become an invaluable resource for those researching countless aspects of the era.

The Mass Observation Archive repeats this call on 12th May each year. The diaries they receive will be stored in the Archive alongside the 1937 documents.

A diary template is available, but diaries can be written in any style and can include drawings. Click the website above to find out more about how to take part.



Family Fun

Cardio Challenge

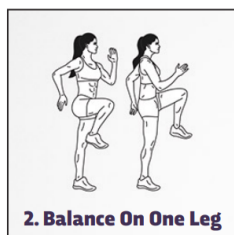


This challenge only takes ten minutes of your time and it's great way to be competitive as family! Who gets the bragging rights is decided by you. Follow each exercise with no rests in between.



1. Jog On The Spot

Jog on the spot for 1 minute



2. Balance On One Leg

Swap legs after 30 seconds



3. Frog Hop Squat

Frog Hop Squat for 1 minute



6. Plank

Plank for 30 seconds



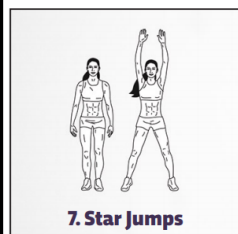
5. High Knee March

High knee march for 1 minute as fast as you can



4. Squat Hold

Squat hold for 1 minute



7. Star Jumps

Do star jumps for 1 minute



8. Sit Ups

Do as many sit ups as you can for 1 minute

See who can complete the circuit the most times!

Live events at the Big Cat Sanctuary

Spotted on Facebook for those that like Big Cats.

Every Friday at 11am

<https://www.facebook.com/events/s/the-big-cat-sanctuary-live/253386892498686/>

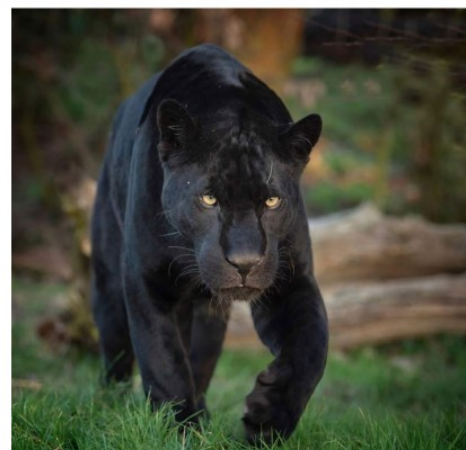


The Big Cat Sanctuary

3 hrs •

Thank you to everyone who tuned in to our Facebook Live today! Next week will feature our very mischievous duo, Snow leopard cubs Koshi and Khumbu! 🐾

If you missed it, don't panic! You can catch-up right here >
<https://www.facebook.com/watch/TheBigCatSanctuary/692935201492506/>
📷 Alma Leaper



EEF Blog: Tips for a smooth home learning routine

"Everyone is adapting to an unusual situation and some parents are feeling the pressure to replicate school behaviour systems," writes EEF content specialist and secondary school leader, Kirsten Mould. Here she offers four tips for a smooth home learning routine...

<https://educationendowmentfoundation.org.uk/news/blog-four-tips-for-a-smooth-home-learning-routine/>

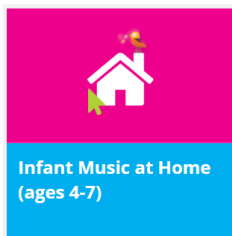
Music at home with Derbyshire Music Education Hub

The Derbyshire Music Education Hub is a collaboration between key local and regional music organisations, led by the Derby & Derbyshire Music Partnership.



They are producing weekly activities, ideas and resources for continuing music learning from home – for all ages and stages of education.

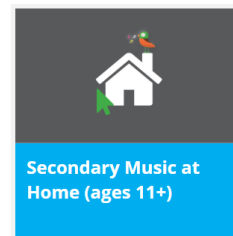
For more information visit <https://derbyshiremusichub.org.uk/get-involved/music-at-home/music-at-home.aspx>



Infant Music at Home
(ages 4-7)



Junior Music at Home
(ages 7-11)



Secondary Music at Home
(ages 11+)

War time recipes

Food was in short supply during the war and had to be rationed – fourteen years of rationing ended on 4th July 1954. Ration book cooking relied on thrift and frugal cooking (some of this might be useful during this current pandemic). There are some recipes here <https://the1940sexperiment.com/100-wartime-recipes/> and a couple of simple ones below you can try with the children.

WW2 Carrot scones

This recipe for carrot scones is by Marguerite Patten OBE. During WW2 Marguerite produced handy leaflets and cookbooks based on rations.

Carrots were readily available as many people grew their own.

Carrots are very high in beta carotene which converts to vitamin A. Just one medium size carrot provides the recommended daily intake of vitamin A.



Carrot scones

Ingredients:

- 12 tbsp self-raising flour and 1 teaspoon baking powder – sifted together (or ½ wholemeal)
- 2 tbsp softened butter (or margarine)
- 4 tbsp sugar
- 8 tbsp grated carrot
- A few drops of vanilla flavouring (essence)

Method:

- Pre-heat oven to gas mark 6 / 200°C. Grease a baking tray.
- Leave the butter out so that it become nice & soft to work with. This make it easier to mix in the sugar. Beat these until they are light & creamed.
- Add in the grated carrot, a bit at a time. It will not look like the prettiest thing in the world – but stick with it.
- Add in the vanilla.
- Slowly add the sifted flour. The more you beat, the more moisture the carrots will release to bind the mixture together. You will be left with a ball of sticky carrot flecked dough.
- Pinch and roll the desired amount between your hands. You should get 12 scones from this recipe.
- Place on baking tray and sprinkle with a little sugar (optional)
- Cook in the centre of the oven for about 20 mins.
- Once firm on top & at the sides, they are done. Remove from oven & cool.
- Enjoy. Perfect with a nice cup of tea.

WW2 Oaty biscuits

Ingredients:

- 4 oz (115 g) margarine or butter. (try using half and half as butter really adds that extra flavour)
- 3 oz (85 g) of sugar (can use unrefined caster sugar)
- 7 oz (200 g) of rolled oats
- 5 oz (150 g) self-raising flour or plain flour sifted with 1 teaspoon of baking powder and a pinch of salt
- 1 reconstituted dried egg or fresh egg
- A little milk

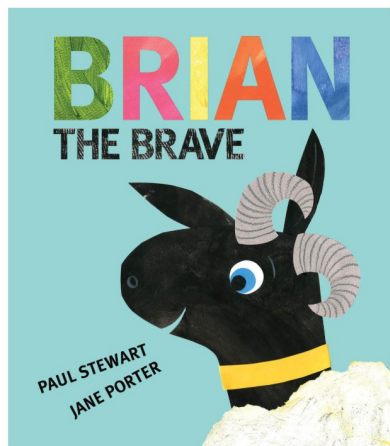
Method:

- Pre-heat the oven to 180C (350F) or Gas Mark 4.
- Grease two baking trays well or use parchment/baking paper instead.
- Cream the margarine/butter with the sugar until soft and light.
- Add the rolled oats and mix.
- Sift the flour, baking powder and salt and add the egg (if used) into the mixture and mix well again before adding in a little milk to moisten. The dough should be stiff and quite dry but sticks together.
- Knead together.
- Divide out mixture into about 20 lumps the size of a walnut.
- Press between palms to flatten to about 1/4 inch thick and place on baking tray and press into shape.
- Bake for about 15 minutes until edges are golden.
- Leave on baking trays to cool.

Makes about 20.

EXTRA TIP: divide the dough into half. Leave the first half plain. On the second half sprinkle on some sultanas and some lemon extract and knead in. The lemon/fruit/oat biscuits are absolutely delicious!





How to make a collage sheep—Derby Book Festival

The winner of the Derby Children's Picture Book Award 2020 is Brian the Brave by Paul Stewart and Jane Porter.

Click the link to the video below, where Jane, the book's illustrator, shows you how to make your very own sheep using collage!

<https://www.youtube.com/watch?v=1RK-ZxMQhyl&t=483s>

The Queen's Commonwealth Essay Competition

The Queen's Commonwealth Essay Competition is the world's oldest international schools' writing competition.

The Queen's Commonwealth Essay Competition asks young writers to consider how the Commonwealth can address global challenges and work to create a better future for all its citizens. HRH The Duchess of Cornwall launched the 2020 Competition in New Zealand on the theme of Climate Action and the Commonwealth; drawing on the increasing youth movement across the Commonwealth and the ongoing climate crisis. Young people are called upon to use any form of creative writing to consider their position and power in bringing about change, and how the Commonwealth can be used as a tool for positive action.

The Competition is valuable not only in promoting the value of the Commonwealth, it is also a unique chance for young people to develop creative writing and written English skills and share their views and experiences with a global audience.

Find the [competition flyer here](#) and for further resources and information on how to enter click [here](#). Entries accepted via the online platform until 5pm GMT on 30 June 2020.



THE QUEEN'S
COMMONWEALTH ESSAY COMPETITION 2020

Your wellbeing

Here's a few tips to keep your mind and body healthy



Stay Active

Try to keep getting regular exercise and go outside



Fun, Learning and Doing

Take a break from the news and social media and do something you enjoy, learn a new skill, set out to achieve something at home, try to plan in some fun



Find the good

'Every day is not good but there is good in every day' – write down each day something positive/ good



Derby City Council