



King's Academy Ringmer

King's Academy Ringmer @Home

Second Edition

In pursuit of excellence

Easter 2020

Teaching & Learning @ Home

by Louisa Loney



Welcome to our special edition of @ Home for the Easter holidays. This has been kindly put together by Ms Stead, Mr Peacock and Mr Perry with the aim of giving students and their families some ideas for keeping busy. It's going to be a bit of a different holiday for us all so hopefully some of these activities will help keep you busy.

At school, we are all really missing the students - teaching them and interacting with them. When you work in a school, you never have a day without lots of laughter. We have been so proud of the students' efforts in their home learning. It really is quite phenomenal considering that they have never had to work so independently before. We are also incredibly grateful to the parents and carers who have held everything together - home schooling and working their normal jobs too. Thank you!

We hope you can all have a chance to relax over the holiday. If you have any great ideas for keeping busy, please email me at louisa.loney@kingsacademies.uk or jamie.peacock@kingsacademies.uk and we will add them to our social media pages.

What to watch...

The Royal Shakespeare Company has released 6 past Shakespeare productions on BBC 4 and BBC iPlayer as part of the BBC's [Culture in Quarantine](#). We recommend 'Macbeth' and 'Romeo and Juliet'.

COUCH TO 5K CHALLENGE

(skill level beginner!)



Ever wondered how people can be good at running, or why people even try? Running is healthy for the mind, body and soul.

It gives you focus and a sense of achievement. Sign yourself up to this 6 week training plan to run your first 5k/3.1 miles. You can do this alone, with your family or challenge your friends to try it too from where they live!

You can download the app 'Couch to 5k' above, or follow this training plan.



Follow this simple step-by-step guide to walking or running your first 5k!

WEEK	WORKOUT DAYS	WORKOUT DURATION	INTERVALS
1	3 days a week	15-20 minutes	30-SECOND intervals of walking fast or jogging followed by 1 MINUTE of walking at a moderate pace
2	4 days a week	20-25 minutes	45-SECOND intervals of walking fast or jogging followed by 45 SECONDS of walking at a moderate pace
3	4 days a week	20-25 minutes	60-SECOND intervals of walking fast or jogging followed by 45 SECONDS of walking at a moderate pace
4	4 days a week	25-30 minutes	90-SECOND intervals of walking fast or jogging followed by 60 SECONDS of walking at a moderate pace
5	4 OR 5 days a week	25-30 minutes	2-MINUTE intervals of walking fast or jogging followed by 30 SECONDS of walking at a moderate pace
6	3 days a week	30-35 minutes	2 TO 5-MINUTE intervals of walking fast or jogging followed by walking at a moderate pace AS LONG AS YOU NEED

ECO CORNER

We are all finding ourselves working in different ways at the moment and, like you, I'm working from home. The next few weeks are going to be tough on all of us but at Ringmer we have always shown that we care about each other and the places where we learn. I don't want our eco work to stop just because we're at home.

There are loads of things you can do to try to make your home more Eco friendly:

- Check that you're recycling everything that can be recycled.
- I know things are difficult with food at the moment but take a moment to look at the packaging and see who can come up with the "most unnecessary packaged item." Take a photo and email it to me, Steve Green.
- Check around your home for easy ways to save energy. What's being left on and what can be turned off.

- If you have a Smart Meter (measures energy) ask your parent or guardian if you can look at it and get used to seeing how much energy you use and how much it costs. It measures in real time so you can find out what uses most energy and when.
- How hot is your house? Check the thermostat and find out what temperature is comfortable. I'd like to know what you decide.

On Saturday 28th March at 8.30pm the World Wildlife Fund are asking people to turn their lights out to support Earth Hour. People from every nation will be showing their commitment to saving energy. Perhaps you could turn just one unnecessary light off to support this project? More information at: www.wwf.org.uk Earth Hour.

In the next newsletter, we'll be looking at food waste and nature work in gardens.

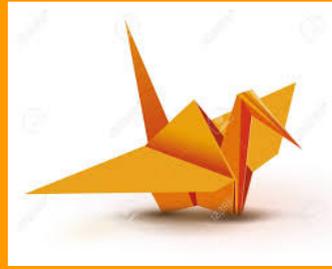
Please keep in touch as I'd really like to hear about any Eco things you're doing: steve.green@kingsacademies.uk and stay safe.



LEARN ORIGAMI

Paper Crane (skill level medium)

Would you like to be able to make this Origami Classic? Follow this youtube video to learn how.



Mrs Stead had 1000 at her wedding! They make lovely decorations in play rooms, bedrooms and gardens.

STOP MOTION ANIMATION

Have you ever seen Wallis and Gromit or Chicken Run? (creative - skill level hard)

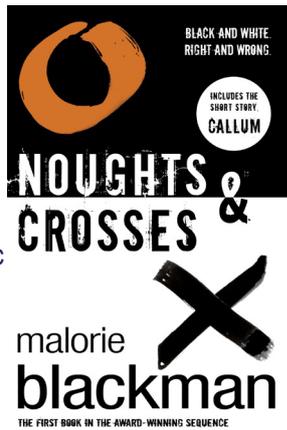


Make your very own Stop Motion Film with plastercien or you can do it easily with drawings!

RELAX WITH A BOOK

We cannot emphasise enough the importance of reading at secondary school and the difference it makes to academic performance. The [Carnegie shortlist](#) has got some great new reads and [Waterstones](#) online also have some fantastic recommendations of what to read.

I am re-reading 'Noughts and Crosses' by Malorie Blackman - a great recommendation if you haven't read it. Please spend some time this holiday just relaxing and reading.



YOGA FOR TEENAGERS



Yoga is for children too! (Beginner)
Lots of people think yoga is for adults and for people who don't like 'real exercise'. Try this introduction to yoga and see if you are as flexible as you think!

STEAD'S SHORTBREAD

Stead's Shortbread - a quick 30 minute task to keep hunger at bay!
(skill level - easy)

What you will need:

- 180g plain flour
- 150g butter
- 55g sugar.



1. Mix the sugar with the butter by hand until all mixed in.
2. Add sieved flour and mix with a wooden or metal spoon.
3. Roll out onto the work surface with a little flour to stop it sticking.
4. Roll out to about 1.5cm thick and cut with a cookie cutter.
5. Put on a foil lined baking tray and put in the oven for 15-20 mins at the gas mark 5/190 fan oven.
6. Let cool for 5-10 mins, shake over some fine caster sugar or icing powder, decorate if you want and then eat it all!

Change it up:

- If low on butter you can make it up with some oil or peanut butter. Peanut butter is a lovely adaptation but you need more of it than normal butter as it is quite dry.
- Once cooled have a family decorating competition.

Easter Holiday Creative Writing Competition: "An Occurrence"

- Write a short story based on this title.
- Open to all students and their siblings and you may wish to write your story together!
- It must be approximately 500 words.
- You will be judged on your inventiveness, language and ability to hook your reader in with something intriguing. Correct spelling, punctuation and grammar will be taken into account.
- You might want to write about nature, the future, something happening in society, the environment or wherever your imagination takes you.
- You have the two week easter holiday to complete your story.
- We have three book prizes.
- Deadline 20th April.
- Email your entry to phil.perry@kingsacademies.uk