

THINGS TO DO DURING THE EASTER HOLIDAY



DEAR PARENTS, GUARDIANS AND PUPILS

We are about to have perhaps, one of the most different Easter Holiday that any of us has experienced.

What follows are some ideas that we hope you will enjoy and help keep you busy, keep fit and stay well.

We hope that you enjoy them

BE CREATIVE

- For some creative prompts - Follow the Oakham School Art Department's Instagram page for great ideas;  @oakham_art
- Download the app '*1 second everyday*' and make a video diary.
- Submit an entry to our photography competition. All you have to do is capture 'Something Different' and submit your picture at the end of the holidays. Upload your entry to Moodle on this link;
<https://moodle.oakham.rutland.sch.uk/course/view.php?id=277>
- Take part in our Cooking Challenge; Everyone in the family cooks one meal each week. Take a picture of it and share your favourite recipes. We will then make a Oakham favourite recipe book. Upload your photograph and recipe to Moodle here;
<https://moodle.oakham.rutland.sch.uk/enrol/index.php?id=278>

KEEPING FIT

- Daily exercise matters- Forms L1-4 upload your routines to your OneNote accounts on Teams
- Develop your own Alphabet challenge
- Have a go at writing your own fun circuit
- On the next page you will see an idea to get you started

ALPHABET CHALLENGE - 1

A - 30 x Sit Ups
B - 20 x Burpees
C - 20 x Lunges
D - 10 x Up-Down Plank
E - 50 x Star Jumps
F - 20 x Tuck Jumps
G - 20 x Tricep Dips
H - 20 Seconds Side Plank
I - 20 x Sumo Squats
J - 20 x Squat Thrusts
K - 15 x Press Ups
L - 50 x High Knees Running
M - 50 x Step Ups

Make sure you perform the activity using the correct technique.

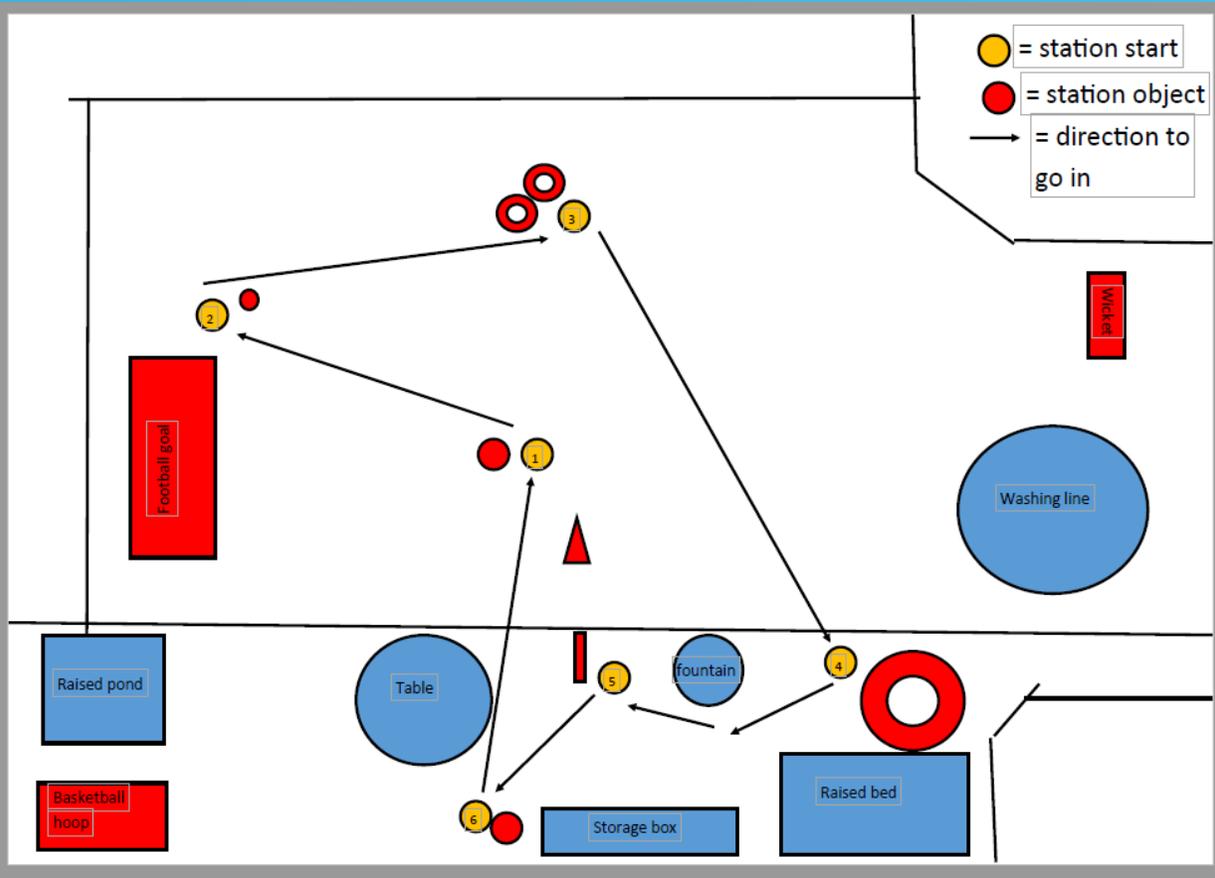


If you don't know how to do the activity, ask for help.



N - 30 Seconds Skipping
O - 30 x Russian Twists
P - 20 x Upright Rows
Q - 15 x Lateral Raises
R - 20 x 2-Footed Bench Jumps
S - 20 x Mountain Climbers
T - 20 x Double Leg Raises
U - 20 x Bicep Curls
V - 10 x Kettlebell Swings
W - 30 Second Wall Sit
X - 20 x Prone Walkouts
Y - 20 x Single Leg Power Step
Z - 20 x Split Lunges

AN IDEA TO GET YOU STARTED



Station instructions:

1. kick the football into the goal, trying to get into to different spots each time.
2. Bowl the ball at the wicket, trying to hit the little pegs off at the top (or just hitting it).
3. Throw the hoops onto the cone in front.
4. Use the hula hoop for a full minute. Try using two instead of one!
5. Bounce on the pogo stick and do 50 jumps on it.
6. Throw the basketball into the hoop. If you don't get it in, carry on doing it until you get it in another two times.

Note: put everything back how it was as quickly as possible once you've finished.

Note: make sure to run between the different stations to get your heart pumping.

READING AND WRITING DURING THE HOLIDAY

- Enter the Short Story competition; details here
- Reading ideas Form L1-4

<https://www.lovereadingschools.co.uk/lists/36/Year-6-age-10-11>

<https://www.lovereadingschools.co.uk/lists/37/Year-7-age-11-12>

<https://www.lovereadingschools.co.uk/lists/38/Year-8-age-12-13>

<https://www.lovereadingschools.co.uk/lists/39/Year-9-age-13-14>

<https://www.lovereadingschools.co.uk/lists/13385/Year-10-age-14-15>

- Other reading ideas

<https://www.goodreads.com/shelf/show/50-books-to-read-before-you-die>

- Academic reading list

<https://www.oakham.rutland.sch.uk/academic/the-importance-of-reading>

- Form 3- finish your individual project!

Creative Writing Competition 2020

Information for entrants:

- Short Stories must be between 500-1000 words and must be the entrants own unpublished work.
- Poems no longer than 2 sides of A4
- The theme for the competition is: **Truth**, but feel free to use your own theme.
- The competition is open to all students.
- One entry per student.
- Please send your entries as a Word document.
- The short-listed entries will be judged by acclaimed poet and author Luke Kennard.
- Short-listed entrants must be willing to read or have their stories read out loud during the awards evening on Monday 20 April 2020, 9pm.
- By entering the competition you are agreeing to the competition rules.

To enter:

Attach your story to an email and send to Miss O'Hanlon;

ON LINE SUPPORT

It goes without saying that the school is still available to support during the holidays.

However, Alicia Drummond is a great practitioner who as a school we have used a number of times. She is offering both free resources plus some on line talks (nominal charge £6)

For Free resources follow this link: <https://www.teentips.co.uk/resources/>

Talks For Parents - Parenting During Isolation, First Aid For Your Child's Mind and Teens & Screens.

Talks For Teenagers - Managing The Stresses of Life.

Each hour-long talk, hosted live by Alicia, can be accessed online at home and there will be the opportunity to ask questions.

For Online Talks follow this link: <https://www.teentips.co.uk/news/live-online-talks-for-parents>

You can also Sign up as a 'parent' to the Teen Tips newsletter to continue to receive advice using the following link: <https://www.teentips.co.uk/sign-up-to-our-newsletter/>

There are also a lot of helpful free blogs, podcasts and Q&A films on the Teen Tips Website.

We hope these talks and resources will go some way to helping you and your family during this difficult time.

KEEP IN TOUCH WE ARE HERE TO HELP

