



DE LA SALLE SCHOOL ENRICHMENT NEWSLETTER

Dear Parents,

Extra-curricular enrichment has been hard to deliver during the pandemic, so our subject teams at De La Salle have worked together to provide this list of virtual activities for your child to access. We are mindful of the ongoing challenges presented by distance learning and know that students are working very hard just to stay on top of their 'normal' lessons. However, we hope that they will find something here that captures their interest – maybe something a bit different from the standard classroom experience that will engage, challenge, motivate or inspire them in a new way.

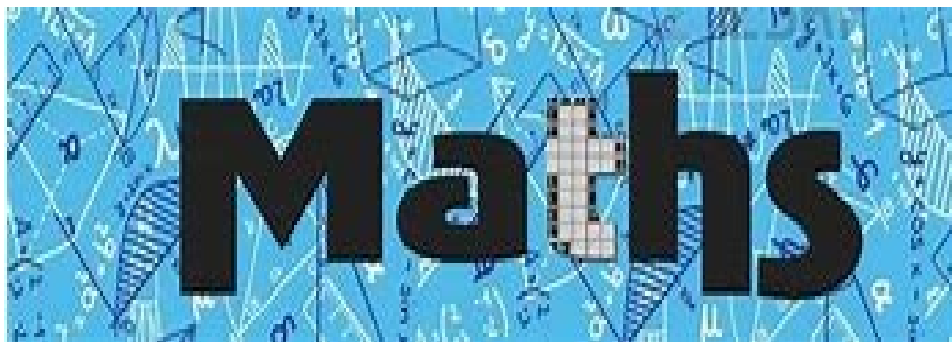
As always, your parental help in facilitating such learning experiences is valuable – maybe you can find an activity to enjoy as a family.

We would also be delighted to receive any feedback or ideas in relation to these resources.

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Maths:



The NRICH team have identified some "rich tasks" from the NRICH collection. These resources have been chosen because they are ideal for developing subject content knowledge as well as mathematical thinking and problem-solving (process) skills. Documents giving links to the curriculum are provided.

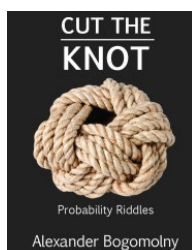
<https://nrich.maths.org/secondary>



<https://www.stem.org.uk/enrichment/competitions-challenges>

17 TIMES TABLE

https://www.youtube.com/watch?v=yXdHGBfoqfw&ab_channel=AssocTeachersMaths



Probability riddles.

<http://www.cut-the-knot.org/games.shtml>

English:



A variety of creative writing competitions with more additions planned for later in the year.

[Competitions – Young Poets Network \(poetrysociety.org.uk\)](http://poetrysociety.org.uk)

Michael Morpurgo's Tales from Shakespeare – the famous children's author provides accessible versions of some of Shakespeare's best loved plays. We have already signed up as a school, so you should be able to access everything for free using the link. More texts are added every week.

<https://www.rsc.org.uk/education/schools-broadcasts/tales-from-shakespeare>

For KS4 students: [Fantasy and fairy tale - The British Library \(bl.uk\)](http://bl.uk)

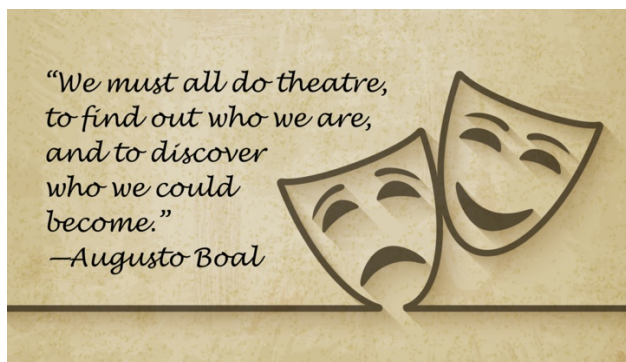
For KS3 students: [Discovering Children's Books: Themes - The British Library \(bl.uk\)](http://bl.uk)

There are plenty of other interesting resources and activities to discover on the British Library website – have a look around.

The National Theatre at Home – A streaming service that allows you to watch past performances online.

[NT at Home | National Theatre](http://ntathome.com)

Performing Arts:



Trestle Theatre

<https://www.trestle.org.uk/creativity-through-covid19>

A series of creative challenges to support creative minds in lockdown.

Frantic Assembly

<https://www.franticassembly.co.uk/frantic-digital/students-week-1>

Explore the work of Frantic Assembly through online tutorial/videos and tasks. Top tips for those who want to work in the industry.

National Youth Theatre

<https://www.nyt.org.uk/whats-on/free-online-workshops>

NYT are excited to launch a new series of free online workshops. These workshops have been created to support remote learning for young people and educators during this difficult time.

Groove Pizza

<https://apps.musedlab.org/groovepizza/?museid=9TNoW1IFP&>

Allows students to create different drumbeats in different styles. They can change their beats by altering the number of slices, the tempo and other functions by changing the controls in the bottom left corner.

Up and coming project for those living or attend a school in St Helens...

Leo + Hyde are composers who make work ranging from Pop to Classical - the project they have been commissioned to make, will work alongside local groups from St Helens to create a new song that imagines what St Helens will

look like in the future. This song would then be recorded by invited soloists and groups from the Borough and encountered by an audience inside a 3D virtual reality drawing inspired by the song.

The project is summarised below -

SOLARPUNK ST HELENS

What could St Helens look like in 100 years time? A hands-on video resource where local people can have their say about what St Helen's should look like in the context of the mind-set of Solarpunk: sustainable, equal, and utopian. A creative exercise to generate exciting ideas of how St Helen's could look without any limits. The ideas generated will be fed into a virtual reality musical experience with writers leo&hyde and VR artist Rosie Summers called Turn The Page, Now What Do You See?

Solarpunk Worksheet

<https://www.leoandhyde.com/worksheet.html>

About Us / The Songs / Contact Us

www.leoandhyde.com

The workshop video is 35 minutes long but with pausing time to do the creative exercises, it a great activity to fill an afternoon or to set for over the half term break. Please do encourage your students and families to take part. It would be fantastic if those students attending school were given the time to do these creative exercises.

We want as many schools to have inputted into the final song and image of St Helens in 100 years time as possible

All ideas and complete worksheets need to be sent back to sthelens@leoandhyde.com by 22nd February 2021.

Please provide the following information in the email: name, school and school year (e.g. John Smith, De La Salle School, Year 9)

Spanish:



BBC Teach

Spanish language drama 'La Poli' is a ten part funny police detective story with clear clips which will enable students to expand and develop their listening, vocabulary, and pronunciation skills.

<https://www.bbc.co.uk/teach/ks3-spanish/zjpg7nb>

BBC Two – Sueños – World Spanish

Clips about Spain and Hispanic world with brief introductions in English but then people talking about their work, lives, etc. in Spanish.

<https://www.bbc.co.uk/programmes/b006w704/clips?page=2>

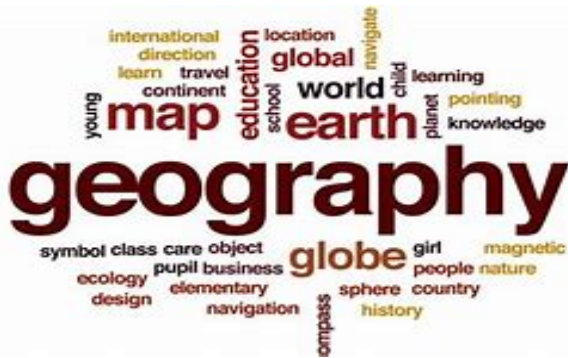
Greek Architecture lesson (*Liverpool University, years 7-8*)

<https://www.liverpool.ac.uk/archaeology-classics-and-egyptology/outreach/introduction-greek-architecture/>

National Geographic lessons (*Years 7-8*)

<https://www.natgeokids.com/uk/category/discover/history/>

Geography:



Wider Reading in Geography - We've pulled together a collection of great books every geographer should read. Take a look.

[Wider Reading in Geography - Internet Geography](#)

Wider listening in Geography - A collection of must listen to geography podcasts for geographers of all ages.

[Wider Listening in Geography - Internet Geography](#)

Wider Technology in Geography.

[Wider Technology in Geography - Internet Geography](#)

Wider Watching in Geography - Internet Geography

Davina McCall: Life at the Extreme. In this four-part documentary series, Davina McCall travels to some of the hottest, coldest, deepest and wettest places on earth to discover how some of the most extraordinary animals on the planet survive in its most hostile.

[Wider Watching in Geography - Internet Geography](#)

We support the next generation of geographers, by creating inspiring geography educational videos for secondary school students and teachers. Our geography videos are developed with links to various specifications including Geography GCSE, Geography

[Time for Geography | Home](#)

GCSE Geography revision guides and question banks covering Rivers, Ecosystems, tourism and resources and all core GCSE Geography topics.

<https://www.s-cool.co.uk/gcse/geography>

The Royal Geographical Society (with IBG)

Due to the ongoing COVID-19 pandemic, Society staff are working remotely and can be contacted by telephone or email as usual. Our events and training programmes have moved online, and our Monday night lectures for Fellows and members are being live streamed each week. You can also watch a selection of our past talks online.

<https://www.nationalgeographic.co.uk/>

<https://www.rgs.org/>

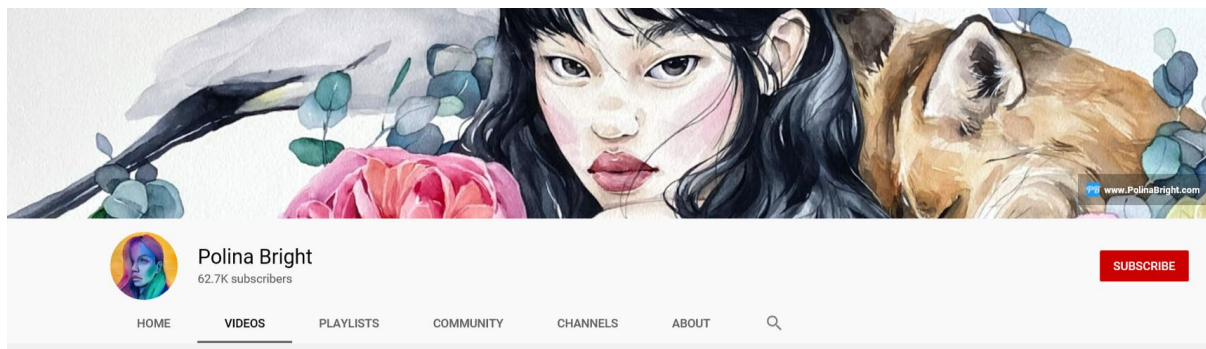
Access De La Salle's Geography twitter page.

[@dlsgeography \(@dlsgeography\) / Twitter](#)

Art:



UC crew are a St Helens based Hip hop group who provide a range of excellent opportunities for young people in art, breakdance, rap and Djing. Check out their website and get in touch with them for details on zoom classes that are on offer! <https://www.uccrew.co.uk>



Polina Bright is a phenomenal watercolour artist who provides a rich and varied set of tutorials on how she creates her work. From portraits to flowers to animals, it is a great way to pick up on some new drawing and painting tips! https://www.youtube.com/channel/UC-igVTW1y9f7aZS_ND-uBBw/videos?app=desktop&view=0&sort=dd&shelf_id=1

BALTIC - Centre for Contemporary Art

BALTIC Foundation Club is a free series of online artist-led workshops and critical discussions for young people aged 13-19. Topics include printmaking, poetry, film, spoken word, animation and sound pieces.

<https://baltic.art/baltic-foundation-club>

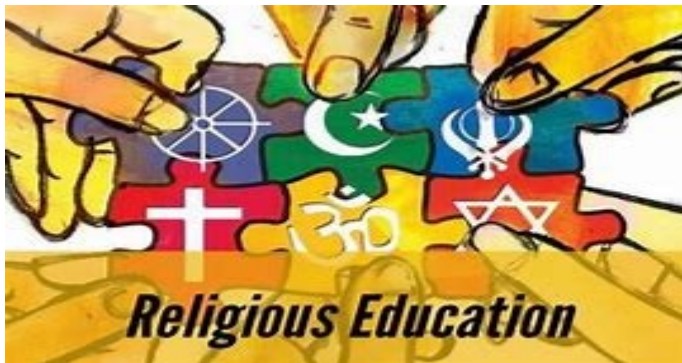
Art Crush app by Sunderland Culture

Providing fun, quick and easy access to artworks by Grayson Perry, David Hockney, Damien Hirst, Yinka Shonibare CBE, Barbara Hepworth, Mona Hatoum, Caragh Thuring, Anish Kapoor and many more. Pupils can create their own collection anywhere, anytime on their mobile, tablet or computer.

The simplicity of the interface allows young people to quickly and easily swipe through artworks to discover what art they like, and can create their very own collection and discover their individual 'art personality'.

- Download from Apple store: <https://apple.co/3IYsCln>
- Download from Google Play: <https://bit.ly/3j9IRjZ>

R.E:



Here are two links to a national competition. The top link is to the main website and the bottom link gives an in-depth description of what the competition entails.

It is open to ages 3-19. Please contact Mrs Thompson for any support needed.

[Spirited Arts 2021 \(natre.org.uk\)](http://natre.org.uk)

[Spirited Arts 2021 competition details PDF.pdf \(natre.org.uk\)](#)

Science:

The International Space Station (ISS)



- The international Space Station was launched in 1998 and is always occupied by astronauts.
- It orbits the Earth once every 90 minutes.
- It travels at 5 miles per second.
- It orbits at 250 miles above the Earth.
- There are 8 miles of electrical cables on it.
- After the moon, it is the second brightest object in the night sky.

Want to see the ISS?

You can look out for the ISS by visiting the following site:

[https://spotthestation.nasa.gov/sightings/view.cfm?country=United Kingdom ®ion=England&city=Saint Helens#.YB1YqJdxe1s](https://spotthestation.nasa.gov/sightings/view.cfm?country=United%20Kingdom®ion=England&city=Saint%20Helens#.YB1YqJdxe1s)

You can wave to the astronauts, but they won't see you.

Interesting facts

- Venus is the only planet to spin clockwise.
- Babies have around 100 more bones than adults.
- If the blood vessels in our bodies were laid out end to end, they could go around the Earth twice.
- The only letter that doesn't appear in the Periodic Table is J. Go on....check!
- The human body contains enough carbon for 9,000 pencils.
- Our bodies make about 2 million red blood cells every second.

Quick quiz (all of the answers are numbers)

1. How many men have walked on the moon? (That's so wrong. No females have done it yet. Girls, could you be the first?)
2. In a human, how many pairs of chromosomes are in each cell?
3. How many times could light go around a 400m running track in one second?
4. How far away from the Earth is the moon?

5. How many seconds does it take the light from the Sun to reach the Earth?

No cheating. Have a go without googling and then see if you got any correct or close.

Some interesting websites

From Oxford University. A bank of podcasts, videos and news articles from the scientific world.

[Welcome | www.oxfordsparks.ox.ac.uk](http://www.oxfordsparks.ox.ac.uk)

An amazing selection of virtual tours around the Natural History Museum, including Sir David Attenborough guiding you around the famous Hintze Hall.

www.nhm.ac.uk/visit/virtual-museum.html

Another fantastic virtual tour, but this time of the Smithsonian National Museum of Natural History in Washington DC. You can guide yourself through the museum with interactive maps.

<https://naturalhistory.si.edu/visit/virtual-tour>

You can change the location to see which planets are visible in the sky and, more importantly, where to find them.

www.timeanddate.com/astronomy/night/

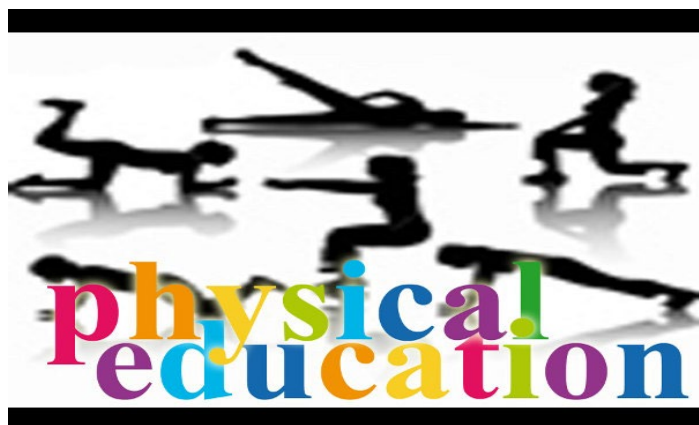
Updated monthly. A short video from the Sky at Night, showing what can be seen in the night sky each month.

www.skyatnightmagazine.com/online-planetarium/

I am sure that you have seen this already, but as we can't go to the zoo at the moment, then bring the zoo to you.

www.chesterzoo.org/virtual-zoo-2/

P.E:



Practical activities

Make sure you warm up and have a safe area to complete the challenges.

<https://www.youtube.com/watch?v=0RWSwo1FziM> – Shoe Challenge

<https://www.youtube.com/watch?v=SBQX6mU5YpQ> – Shoulder twist

<https://www.youtube.com/watch?v=nAsTpX3rJjk> – The paper Challenge

<https://www.youtube.com/watch?v=QUM3RIKkvcv> – Get down/ get up

<https://www.youtube.com/watch?v=FlmdgsuxZ1Q> – Legs through arms

<https://www.youtube.com/watch?v=YBJpUYIYUrM> – One leg stand up

2) [Physical Education: Circuit. - Random wheel \(wordwall.net\)](#) – Exercise randomiser

Quizzes/ Games

[Components of fitness - Match up \(wordwall.net\)](#)

[Components of fitness - Balloon pop \(wordwall.net\)](#)

[Fitness Tests - Match up \(wordwall.net\)](#)

[injury - Match up \(wordwall.net\)](#)

ICT:



Computer Guru is a free online revision resource that combines theory and practical revision with past papers and quizzes.

[Computer Science GCSE GURU - Revision, Quizzes and Resources:](#)

A fun and engaging way to learn to code in a variety of computing languages.

[W3Schools Online Web Tutorials](#)

Learn more about where Computer Science can take you.

[Get an Education the World Needs | ComputerScience.org](#)

Computer Science today: what are the discoveries and developments? Where is technology heading?

[Nature Computational Science](#)

Design and Technology:



Lessons/projects to work through.

<https://designmuseum.org/digital-design-calendar/young-design-museum/lesson-plans#>

Information on designers.

<https://designmuseum.org/designers>

Resources from Science museums, including activities, games and videos.

<https://learning.sciencemuseumgroup.org.uk/learning-resources/>

Interactive maps.

https://technologystudent.com/equip_flash/knowled1.html

De La Salle's D and T Youtube channel - videos that complement the learning that takes place at home and online.

[DLS SH Technology - YouTube](#)

Careers:



[Spring Term Career Experiences Now Available \(mailchi.mp\)](mailto:mailchi.mp)