



St Bede's Catholic Comprehensive School &
Byron Sixth Form College

'Domino Adiuante'

BYRON

SIXTH FORM COLLEGE

15/05/2020



Logos are everywhere! A company will use a logo to advertise and prove ownership of a product or service. Can you name these logos?

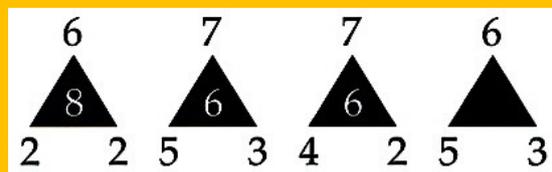
Now it's your turn, can you design a logo for St Bede's Catholic Comprehensive School or Byron College in lockdown! Or maybe a logo for your family ...what might it include? Some of the best logos are bright with only a few colours and basic shapes.

Brain workout

Is your brain feeling sluggish from staying at home for so long? Give these brain teasers a try to work out you mental muscles.

1. Say the days of the week backwards, then in alphabetical order. (Speak other languages? Try doing the same in Spanish, Mandarin...)
2. Say the months of the year in alphabetical order. Easy? Well, why don't you try doing so backwards, in reverse alphabetical order.
3. Find the sum of your date of birth, dd/mm/yyyy. Want a tougher mind teaser? Do the same with your parent's or best friend's date of birth (without looking it up...)
4. Name two objects for every letter in your first name. Work up to five objects, trying to use different items each time.
5. Look around you, wherever you are, and, within two minutes, try to find 5 red things that will fit in your pockets, and 5 blue objects that are too big to fit.

The Missing triangle



What number goes in the empty triangle?

Answer: 3 The top number minus the bottom left number and then multiplied by the bottom right.

LOGO QUIZ. Answers – Snapchat, Nexus, Durham Cricket Club, Sunderland University and BT

Before you...



THINK!

T = Is it True?
H = Is it Helpful?
I = Is it Inspiring?
N = Is it Necessary?
K = Is it Kind?

We also need to think about other people's feelings. Sometimes the things we post on line can be taken out of context, so we need to take extra care. Before you post or share anything, use the mnemonic THINK to help you make a good decision.



Cardio Workouts

- 30 minute no-equipment cardio and HITT - <https://youtu.be/CBWQGb4LyAM>
- 30 minute tabata session - <https://youtu.be/XleCMhNWFQQ>
- 30 minute les mills gritt cardo - https://youtu.be/ZMO_XC9w7Lw
- 40 minute HITT cardio workout - <https://youtu.be/5Yz9odanXN4>
- 45 minute tabata cardio HITT workout- <https://youtu.be/Pe0INYxAHuW>



Engineering Making boats float



You will need kitchen or tin foil and some weights. Pennies are a great to use but marbles, blue tac or small stones are fine too.

Cut a piece of tin foil 5 x 6 inches. Fold up the sides of the boat so it will not sink and hold a cargo of pennies. Place the boat in the bowl of water, sink or bath. See how many pennies your boat can carry before it sinks. Ask your adult to have a go and try this experiment with them. Now create different designs thinking about shape and sizes.

Spanish-Speaking Country of the Week: Guatemala

Guatemala is a country in Central America bordered by Mexico, Belize, Honduras, and El Salvador. It has the biggest population in Central America and is known for being the heart of the Maya civilisation which once thrived across Central America. But what really makes Guatemala special?

Chocolate.

The Maya people worshiped the cacao tree (where chocolate comes from) and called chocolate "the food of the gods". They believed chocolate was incredibly nutritious and had medicinal properties. While we often enjoy chocolate bars, the Mayas of Guatemala often enjoyed cacao in the form of a drink. Their chocolate was not always sweet either, they added chilies and cornmeal to make it bitter and spicy.

Today, if you go to Guatemala you can visit the city of Antigua's ChocoMuseo—a whole museum dedicated to chocolate! You can learn the history of chocolate, how it is made, and even get free samples.

Use this link to watch a video about how chocolate is made in Guatemala called "Creating Guatemala's Food of the Gods":

<https://www.youtube.com/watch?v=nVRaaBCc1MA>

Fact Finder Challenge! —look out for these facts about chocolate and Guatemala!

1. Other than chocolate, what else is Guatemala known for?
2. What is the main ingredient in chocolate?
3. How long do the seeds need to sit before being sent to be made into chocolate?
4. What do you call someone who makes chocolate?
5. Write down 5 cognates you hear the Spanish-speakers use in the video!

Robotic Hand

How about using your crafting and science skills to make a robotic hand?

Use cardboard, drinking straws, Sellotape and string you can make your own robotic hand.



Simply draw a hand template onto the card. Bend the card at the knuckles. Cut your straws to fit in between the knuckles, along the palm of the hand and one for the wrist. Insert the string into the straws and tie large knots to stop them escaping.

Now pull on the strings to move the hand.

Making art with nature:

Leaf stamping or leaf rubbing

Head outside and gather as many different types of leaves as you can find. Paint one side and use them as stamps to create beautiful works of art.

Or

Place them underneath a piece of paper on a flat surface – rub over them using a crayon to reveal the rich textures beneath.

