



KINGS NORTON  
GIRLS' SCHOOL



## KNGS Community Newsletter 1<sup>st</sup> May 2020

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### Calling all runners



Bourn-running – a local community running group caters for adults from complete beginners to foundation/moderately experienced runners! The couch to 5k online resources have just been launched.

Although Bourn-running is for adults, the course would work for teenagers too.

Go to [https://www.pavilionchurch.org.uk/Groups/299317/Bourn\\_Running.aspx](https://www.pavilionchurch.org.uk/Groups/299317/Bourn_Running.aspx)

For more information. Thanks to Alison Davies, parent, head coach and founder of Bourn-running

### Losing a Loved One

One of our students, Lottie has appeared on BBC Newsround. The charity Winstons Wish got in touch to see if Lottie would answer some questions on her grief after losing her Dad when she was younger. Hopefully it is helping lots of children who may lose a loved one in the current situation & talking about grief.

<https://www.bbc.co.uk/newsround/52347592>



### [What's it like to lose someone you love](#)

Two teenage girls share their individual experiences of what it was like after someone they love had died.

[www.bbc.co.uk](http://www.bbc.co.uk)

### PGL and other school trip payments

Please note that where school visits are booking with an external company e.g. PGL, payment will continue to be taken. The reason for this is that if the school cancels a trip like this, we will need to pay for it and therefore parents will be liable for the cost. If we wait until the company like PGL cancel, we may be refunded or able to claim on insurance and therefore parents can be refunded. We apologise for the problems this may cause in the short term but it should ensure refunds if cancellations happen in the long term.

## Ofsted ratings of home schooling!

Many parents have worked extremely hard in supporting their children at this time but there may be an element of this which you recognise.

<https://www.bbc.co.uk/news/business-52458237>



### [Former school inspector rates own home schooling 'atrocious' - BBC News](#)

"Atrocious" is how former inspector Andrew Jeffrey described his own home schooling attempts in a tweeted fake Ofsted report, adding the school "requires improvement". His "mocksted" rating

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[www.bbc.co.uk](http://www.bbc.co.uk)



## Send a Thank you card today

We've all had a great teacher. They show a real interest in who we are, listen to our thoughts, inspire us to learn and encourage us to achieve our best, no matter what our goals are. The influence of a good teacher lasts a lifetime. This website allows you to send a postcard, make a video message or just look at other inspiring stories.

<https://thankateacher.co.uk/thank-a-teacher/thank-a-teacher-form/>

I know he is not reading this, but I would thank Mr Brosnan, my history teacher for 7 years. I would not be the person I have become without him. He made me think, he made me laugh, he made me believe I could. Thank you Mr Brosnan. Lisa Shakespeare



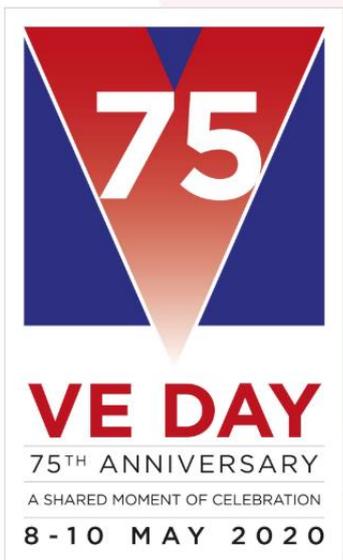
## Charities need our help

Charities of all kinds are having a very difficult time at the moment. They still have a lot of work to do but their usual way of raising funds through charity shops is not able to work in lockdown. To get involved and help, join the 2.6 Challenge. Let us know what you have chosen to do to help and how much you raise. This is for children, parents and

staff. Include which house you are in so that we know which house raises the most.

<https://www.twopointsixchallenge.co.uk/getinvolved.html>

Full details can be found at <https://www.gov.uk/government/publications/coronavirus-covid-19-online-education-resources/coronavirus-covid-19-list-of-online-education-resources-for-home-education>



## VE Day

<https://www.bbc.co.uk/news/uk-52465997>

Friday 8<sup>th</sup> May is the 75<sup>th</sup> anniversary of VE day. Although this will be a Bank Holiday, we hope that you will join us in celebrating this event. We had our celebrations planned ready for assemblies in school but will now do this within our own homes over the weekend of 8-10 May. Please visit the following to hear the stories of those in VE day

<https://www.bbc.co.uk/programmes/p02q3cwy>

This will be a shared moment of celebrating those who served us in history, along with celebrating those who currently serve us 



## Skills training for adults and older students

Free courses are available through a new online platform hosted on the gov.uk website, called [The Skills Toolkit](#). The new platform gives people access to free, high-quality digital and numeracy courses to help build up their skills, progress in work and boost their job prospects.

These are the skills which are highly valued by employers and sought after in a wide range of jobs. With more people expected to be working and studying remotely in the coming months, the platform offers a great opportunity to learn new skills to help to get ahead online and gain the knowledge we'll all need for the future. The platform also offers employees who have been furloughed an opportunity to keep up their skills development while they are at home. <https://www.gov.uk/government/news/new-free-online-learning-platform-to-boost-workplace-skills> Courses can be found at <https://nationalcareers.service.gov.uk/find-a-course/the-skills-toolkit#intermediate>

## Continuing Learning

Please ensure that you are completing work set by your teachers where you can. If you have any difficulty in accessing the work, please email your class teacher or talk to your form tutor when they call. Keep your work in an electronic folder, paper folder or your exercise books. This will be needed when you come back to school. We will use it to celebrate your learning and to see what your next steps in learning might be.

## Home learning and SEND

Home learning can be challenging for everyone but particularly difficult if you have additional learning needs.

You may be struggling without the care and attention you have in school from your teachers. Your parents may be struggling to help you. We understand that there will be limitations in what can be achieved for a variety of reasons.

We are asking your teachers to consider this when setting you work. However, if you are finding the work difficult then please do let us know and we will do what we can to support.

Here are some top tips that may help

**Instructions-** if possible read the instruction out loud or ask someone to do this with you as this will help your understanding.

**Routine and Structure-** Try to tackle one activity at a time and give yourself time limits. Remember, most lessons are an hour long. If a task is not completed in this time then it is ok to sign off the work. This will prevent you from becoming overwhelmed. Ensure you have breaks.

**Organisation-** Try to save your work or keep it in separate folders or books so that you will be able to return to it at a later date. It will also help you see what you have achieved.

**Communication-** do let us know if you are struggling with a particular piece of work. You can contact subject teachers, pastoral team or a member of the SEND department.

Please be reassured that upon return to school we will do all we can to bridge the learning gaps for all students so that they are not at a disadvantage.

Many thanks  
SEND department

## Student Questionnaire and FAQ

Although not all of your questions can be individually responded to, some of the most Frequently Asked Questions are answered here. There will be another questionnaire next week but this week. Please can as many students as possible answer as this gives us really a good idea about how you are getting on.

## Can more subjects use SENECA / less subjects set work online?

You can see that you are split in two halves. Half of you love the online work through Mathswatch and Seneca and the other half of you want less online work. Luckily, some subjects use it and some don't so hopefully you get a mixture of work and at least some of it should be good for you. Remember that anything that is difficult or boring is actually good for you... it helps you build resilience which is a vital skill for life.

## When do year 9 find out their options?

The last few students are now being sorted out so information to confirm your choices will be sent out in the next few weeks.

## How will this affect my exam work next year?

Your teachers understand that not everyone works in the same way at home and there are many different circumstances. We will continue to follow government guidelines but don't worry, we will ensure that all of you are where they need to be in the long term and are ready for any exams you take.

## Why is there more work than normal in some subjects?

Working independently can take more time and consequently, it may feel like you have more work than you would normally get in school or for homework. Please follow the guidelines given and if work takes you too long, as long as you have concentrated hard, stop, your teachers will understand. Just like homework, once you have spent your allotted time on the work, make a note of how long it took and just come back to it if you have time later. This is only if you have time. Your wellbeing and relaxation is just as important as schoolwork. If you are finding it particularly tough, contact your teachers and they may be able to give you some additional advice.

## Why is there so little work?

Some students find that they are getting through work very quickly. Firstly, check that you are completing the work in sufficient depth and aren't just doing it quickly to get it over and done with. If your work is high quality and you have finished, you can spend time on other subjects, doing something you enjoy or looking at the hundreds of resources which are now available online.

## What's the plan for when we get back?

We will follow government guidelines and consequently we do not know a date for the return to school. However, we are making sure that plans are in place ready to ensure that when we do come back all children and staff remain safe.

## How should I store my work?

You will need your work when you return to school so you can either keep it electronically or on paper. This may be in exercise books or in a folder. As long as it is organised and you have your work, whatever format this takes is ok. This will be used to celebrate your success and to check what our next steps in learning need to be. Be organised. Be proud.

## Will I be disciplined if I don't complete work?

This is the same answer as the 'why is there more work than normal in some subjects' question. As long as you are doing your best, this is ok! We know that some of you will find the situation difficult and some of you may be unwell. Do your best and this is all we ask.

## I'm in Year 11, what should I do now?

Look at the guidance you have been given on either completing A level transition work or keeping in contact with other institutions you have applied to. In addition, this is probably the only time in your life that you can consider who and what sort of person you want to be. Explore possibilities. Get fit. Read all sorts of books. Talk to your family. The world is your oyster... don't wait for the world to bring you ideas, be ready to explore (whilst in your own home of course!) and meet it.

## Will we have exams this year?

This year we will concentrate on seeing where you are and what our next steps in learning are. You may have some form of assessment in subjects but this is just like your normal lessons where your teachers will look at your work. We are not going to have formal assessments or exams this year.

## What if I'm ill?

Just as you would if we were in school, ask your parents or carers to send a message to school to let us know that you are unwell. If you can't complete work, don't worry. Just carry on with your work once you are better.

## What if I'm fasting?

Again, just as you would do if we were in school, do your best. We know that this will be difficult but you can be flexible in completing your work whenever you want. Don't feel that you have to stick to your normal school hours if you would find it easier not to.

## I'm overwhelmed with work. What should I do?

Firstly, don't worry. It is normal to feel overwhelmed at times. If you need help, you can contact your form tutor or subject teacher for extra help. There are also lots of links to help you with wellbeing and mental health. Don't worry alone but share your thoughts with your parents, carers or those who can point you in the right direction.

## Can't our teachers use Zoom or Teams for all years?

Teachers are spending a lot of time planning their work. Some lessons are taking place online but this needs to be prioritised currently. This is constantly under review to ensure that all students are being supported appropriately

## Microwave Carbonara



### Not all cooking needs to be complicated!

Per person:

65g/2¼oz smoked pancetta cubes  
75g/2½oz spaghetti or linguine,  
snapped in half  
1 tbsp grated Parmesan  
seasoning  
1 free-range egg

Microwave the pancetta in a microwavable bowl for 2 minutes and set aside. The pancetta should have released its oils and started to brown.

Snap the pasta in half, then place in a microwaveable container with the salt. Pour over boiling water until completely covered. Microwave for the cooking time suggested on the packet plus an extra 4 minutes. Stir every 2–3 minutes, breaking up any pasta that is sticking together. Add more boiling water if necessary.

Meanwhile, stir the egg, Parmesan and black pepper into the pancetta until completely combined. When the pasta has cooked, stir in 1–2 tablespoons of the pasta cooking water. Drain the remaining pasta water.

Tip the spaghetti into the egg mixture and stir well. Microwave for 30 seconds or until warmed through, but be careful not to overcook the eggs – you want a smooth sauce, not scrambled eggs. Stand in the microwave for 1 minute before eating

## What are our KNKS community up to?

Please continue to send us items for the 'Time Well Spent' gallery to [lshakespeare@kngs.co.uk](mailto:lshakespeare@kngs.co.uk) of exercise, art, crafts, school work, recipes, gardening, bad hair days, diary entries... in fact anything you are up to.

## Cosmic Yoga



Mr Currie's children love Cosmic Yoga  
He says that it wouldn't suit everyone but for younger kids it is ace

This is the page:

<https://www.youtube.com/user/CosmicKidsYoga>

And this is the harry potter one:

<https://www.youtube.com/watch?v=R-BS87NTV5I>

I'm not sure if Mr Currie was also doing the yoga!

## Chimney Breast Murals



Painted a mad mural on my chimney breast in my bedroom, after watching too many Instagram Lucy Tiffney videos!

Mrs Holbeche

## Sock Dollies



Isabella



Megan

Turn your bed into something that's not a bed

<https://youtu.be/0T9jkyPyEQ0>



This is brilliant! – definitely one to watch on Youtube. Well done to the Varley Family.

During the Easter holidays we spent a crazy family afternoon completing Hometasking Challenge #8 set by Alex Horne of Taskmaster 'turn your bed into something that isn't a bed'! We were delighted when we came 10th!

Grace

READING  
CLOUD

# MIND TRAVELS COMPETITION

Where is your  
imagination taking  
you today?



**Imagination is a powerful thing. Where would you go, right now, if you could go absolutely anywhere and why?**

With one click of your fingers you could be lying on a white sandy beach in Hawaii, in the Amazon rainforest looking for minibeasts, on Berk with Vikings and their incredible dragons, on platform 9 ¾ boarding the Hogwarts Express, or travelling back in time to relive your favourite memory. The possibilities are endless when you use your imagination

**We want to hear about your mind travels!**

Tell us where your imagination is taking you and why to enter our competition to win a £25 National Book token and have your winning entry published on our website.



## How to enter:

Please send your entry of no more than 500 words to [lshakespeare@kngs.co.uk](mailto:lshakespeare@kngs.co.uk) for further information to enter into the competition for you.

**And don't forget...**

**BB Reading can take you places you  
have never been before. BB**

Dr Seuss

**Good Luck!**

Northfield Neighbourhood Network Scheme NORTHFIELD Community Partnership THE TRUST B31 voices foodbank Selly Oak

**ARE YOU ISOLATED & NEED HELP DUE TO THE CURRENT COVID-19 OUTBREAK?**  
**NCP & NNNS ARE COORDINATING SOME SUPPORT**

**HOW WE CAN HELP:**

|                                                    |                                                  |
|----------------------------------------------------|--------------------------------------------------|
| <input type="checkbox"/> Food parcel delivery      | <input type="checkbox"/> Prescription collection |
| <input type="checkbox"/> Housing / Benefit support | <input type="checkbox"/> Friendly phone call     |

**SERVING:** Northfield · Billesley · Bournville · Bournbrook · Brandwood · Cotteridge · Druids Heath · Frankley · Highters Heath · Kings Norton · Longbridge · Monyhull · Rednal · Rubery · Selly Oak · Selly Park · Stirchley · Weoley Castle · West Heath

FOLLOW OUR UPDATES ON FACEBOOK.COM/NORTHFIELDPSHIP

**HOW TO GET HELP:**  
 Access the Community Support Directory online at:  
[www.bvoices.uk/coronavirus](http://www.bvoices.uk/coronavirus)  
 If you are unable to source the help you need, call:  
**0333 772 1931**  
 PLEASE NOTE: LINES ARE OPEN MON-FRI 11AM-3PM

## Support available in the community

Thanks to Councillor Fred Grindrod for passing on the following. Additional details can be found on the Closure Info tab of our website on <https://www.kngs.co.uk/closure-information-introduction/>

- **Local Support (general – including food)** - I have attached a briefing from **Bournville Village Trust (BVT)** on the community response – this sets out all the key Government/NHS/Birmingham City Council Information (that you are probably already well aware of!), and also includes a list of what organisations are doing locally that may be

useful to parents and families in the Bournville and Cotteridge area. **BVT** have a dedicated webpage focused on the community response at <https://www.bvt.org.uk/community-services-and-coronavirus/bournville-networks/> and the **Bournville Hub** have an overview of what they are doing and some very helpful FAQs at <https://www.bournvillehub.com/covid-19>

- **City wide food support** – the main food support service is being run by **the Active Wellbeing Society (TAWS)**. For those in need of emergency food, **TAWS** run both a web and phone referral service at <https://theaws.co.uk/food/>. For people that can't access food (particularly those self-isolating), but can afford it pay for it – **the Northfield Community Partnership** can organise for someone to do people's shopping and pay for it via paypal – details on the attached image which might be useful to share with parents.
- **Support for Families** – I'm sure you will have received information on this already but the **Birmingham Children's Trust** have provided funding for community organisations in each constituency area to help develop early response support for families at this time – this is being organised by the Malachi Community Trust in Selly Oak and the Northfield Community Partnership in Northfield – please find attached BVT briefing on this which includes contact details and referral form.
- **General Community Updates** – **The Selly Oak Neighbourhood Network Scheme (NNS)** sends out a weekly email with details of all the support available across the Selly Oak Constituency – you may already get these but if not let me know, or email [Karen.Cheney@birmingham.gov.uk](mailto:Karen.Cheney@birmingham.gov.uk) who organises it.

## Ramadan in lockdown

- Muslims are now entering the second week of Ramadan, the holy month of fasting in Islam. This is a special time of self-discipline, spirituality, sympathy and service – here I share a personal perspective about the benefits of fasting and why so many look forward to this month:
- <https://waqarahmedi.wordpress.com/2015/06/20/fasting-provides-plenty-of-food-for-thought/>
- However, with most of us confined to our homes during the present lockdown, this year Ramadan already looks and feels very different. At what is normally a time for people to

meet, eat and pray together, imaginative ways have been created of connecting family, friends and others through social media.

- One group, the Ahmadiyya Muslim Association, is extending an open invitation to people of all faiths and none to their Big Virtual Iftar, or breaking of the fast, from the comfort of their own homes. Go to <https://bigvirtualiftar.co.uk/> to find out how you can join!
- Also check out the hashtag #RamadanatHome for posts about how Muslims are spending this time.
- Other useful links:
- Message from Prince Charles: <https://www.youtube.com/watch?v=0CRBz1NkFlk>
- Message from Matt Hancock, Secretary of State for Health and Social Care: <https://www.youtube.com/watch?v=Qv6zPTg40-A>
- Coronavirus: Advice issued for spending Ramadan in lockdown: <https://www.bbc.co.uk/news/uk-52363397>
- Ramadan in lockdown: The glass half-full: <https://www.alhakam.org/ramadan-in-lockdown-the-glass-half-full/>
- Ramadan Mubarak!
- Mr W Ahmedi, Head of Religious Studies

## Stay safe during the Coronavirus outbreak

### Coronavirus

**Wash your hands with soap and water more often for 20 seconds**

Use a tissue to turn off the tap.  
Dry hands thoroughly.



Advice on keeping **good mental health**:

<https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-staying-at-home-tips/>

Government advice:

[https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing?utm\\_source=198a9e75-a418-4442-9102-7c714bd37c3c&utm\\_medium=email&utm\\_campaign=govuk-notifications&utm\\_content=immediate](https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing?utm_source=198a9e75-a418-4442-9102-7c714bd37c3c&utm_medium=email&utm_campaign=govuk-notifications&utm_content=immediate)

### Support for young people's emotional and mental health

Kooth, a new free, safe and anonymous service to support young people's emotional and mental health in Birmingham, launched yesterday. We know young people have been worried about exams being cancelled and the impact of Covid-19 on their loved ones. The new service launched is available for young people aged 11 to 25 for online self-referral at [www.kooth.com](http://www.kooth.com). Kooth is linked into the wider mental health support from Forward Thinking Birmingham and offers:

- Online mental health counselling and chat services from midday to 10pm during the week, and 6pm to 10pm at weekends
- Peer to peer support through moderated discussion forums
- Self-care tools and resources to build resilience
- Early response to and identification of emotional wellbeing and mental health problems
- And there are no waiting lists, referrals or thresholds to access the service

The Kooth service is funded by Birmingham City Council, and contracted by Birmingham and Solihull CCG. This is part of the Birmingham Children's Partnership response to Covid-19 for our vulnerable families.

Advice on **keeping your body** fit: <https://www.nhs.uk/oneyou/for-your-body/>

# 60 Daily Tasks



Here is the plan for the First 30 Days



|                                                                                                                                                         |                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                          |                                                                                                                                                                    |                                                                                                                                                         |                                                                                                                                                                                               |
|---------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><b>Day 1</b> – Saturday 4<sup>th</sup><br/>Leave three happy notes for someone else to find in your house.</p> <p>✓ <input type="checkbox"/></p>     | <p><b>Day 2</b> Sunday 5<sup>th</sup><br/>Make a card for someone's birthday/celebration coming up</p> <p>✓ <input type="checkbox"/></p>                                                                                                                  | <p><b>Day 3</b> Monday 6<sup>th</sup><br/>Call a relative or friend who is far away and have a chat with them</p> <p>✓ <input type="checkbox"/></p>                                                                                      | <p><b>Day 4</b> Tuesday 7<sup>th</sup><br/>Write down five things you are grateful for.</p> <p>✓ <input type="checkbox"/></p>                                      | <p><b>Day 5</b> Wednesday 8<sup>th</sup><br/>Research three jobs / career paths that interest you.</p> <p>✓ <input type="checkbox"/></p>                | <p><b>Day 6</b> Thursday 9<sup>th</sup><br/>Download a mindfulness App (CALM) on your phone.</p> <p>✓ </p> |
| <p><b>Day 7</b> Friday 10<sup>th</sup><br/>Visit a virtual museum! Go online and explore the collections online.</p> <p>✓ <input type="checkbox"/></p>  | <p><b>Day 8</b> Saturday 11<sup>th</sup><br/>Get in contact with a local care home and arrange to send a letter to one of the residents.</p> <p>✓ <input type="checkbox"/></p>                                                                            | <p><b>Day 9</b> Sunday 12<sup>th</sup><br/>Go on YouTube and try..</p> <p> The Body Coach TV<br/>972K subscribers</p> <p>✓ <input type="checkbox"/></p> | <p><b>Day 10</b> Monday 13<sup>th</sup><br/>Look at the last 20 photos on your phone and think about how they make you feel.</p> <p>✓ <input type="checkbox"/></p> | <p><b>Day 11</b> Tuesday 14<sup>th</sup><br/>Say something positive to everyone in your household today.</p> <p>✓ <input type="checkbox"/></p>          | <p><b>Day 12</b> Wednesday 15<sup>th</sup><br/>Do something helpful for a friend or family member today.</p> <p>✓ <input type="checkbox"/></p>                                                |
| <p><b>Day 13</b> Thursday 16<sup>th</sup><br/>Do a chore in the house without being asked to do it.</p> <p>✓ <input type="checkbox"/></p>               | <p><b>Day 14</b> Friday 17<sup>th</sup><br/>Send a positive text to ten of your friends.</p> <p>✓ <input type="checkbox"/></p>                                                                                                                            | <p><b>Day 15</b> Saturday 18<sup>th</sup><br/>Listen to your favourite song and dance around the room.</p> <p>✓ <input type="checkbox"/></p>                                                                                             | <p><b>Day 16</b> Sunday 19<sup>th</sup><br/>Stay off social media for &gt;3 hours straight and keep yourself occupied.</p> <p>✓ <input type="checkbox"/></p>       | <p><b>Day 17</b> Monday 20<sup>th</sup><br/>Take a selfie and note down 5 things you like.</p> <p>✓ <input type="checkbox"/></p>                        | <p><b>Day 18</b> Tuesday 21<sup>st</sup><br/>Play a game that you haven't played in a while.</p> <p>✓ <input type="checkbox"/></p>                                                            |
| <p><b>Day 19</b> Wednesday 22<sup>nd</sup><br/>Think about two role models in your life. Who do they inspire you?</p> <p>✓ <input type="checkbox"/></p> | <p><b>Day 20</b> Thursday 23<sup>rd</sup><br/>Create a postcard for somewhere you've never previously visited.</p> <p>✓ <input type="checkbox"/></p>                                                                                                      | <p><b>Day 21</b> Friday 24<sup>th</sup><br/>Play a card game or board game you haven't played in a while.</p> <p>✓ <input type="checkbox"/></p>                                                                                          | <p><b>Day 22</b> Saturday 25<sup>th</sup><br/>Sit down in a silent room and focus on your breathing for 5 minutes.</p> <p>✓ <input type="checkbox"/></p>           | <p><b>Day 23</b> Sunday 26<sup>th</sup><br/>Email one of your teachers to say thank you for something.</p> <p>✓ <input type="checkbox"/></p>            | <p><b>Day 24</b> Monday 27<sup>th</sup><br/>Write down 5 things you are thankful for in your life.</p> <p>✓ <input type="checkbox"/></p>                                                      |
| <p><b>Day 25</b> Tuesday 28<sup>th</sup><br/>Write a blog about something you enjoy doing.</p> <p>✓ <input type="checkbox"/></p>                        | <p><b>Day 26</b> Wednesday 29<sup>th</sup><br/>Search on YouTube a "tedx talks by kids"</p> <p> TEDx Talks<br/>23.6M subscribers</p> <p>✓ <input type="checkbox"/></p> | <p><b>Day 27</b> Thursday 30<sup>th</sup><br/>Watch a film with a family member and make sure you turn your phones off.</p> <p>✓ <input type="checkbox"/></p>                                                                            | <p><b>Day 28</b> Friday 1<sup>st</sup><br/>Make sure you get &gt;8 hours sleep tonight. Note how you feel the next day.</p> <p>✓ <input type="checkbox"/></p>      | <p><b>Day 29</b> Saturday 2<sup>nd</sup><br/>Draw a picture of what you see in your garden or out of your window.</p> <p>✓ <input type="checkbox"/></p> | <p><b>Day 30</b> Sunday 3<sup>rd</sup><br/>Make breakfast for another family member</p> <p>✓ <input type="checkbox"/></p>                                                                     |

How many of these did you try? Let us know how you got on. Day 1 started on Saturday 4<sup>th</sup> April so you should be on around Day 28 or so by now!

Send your images, videos or blogs to [lshakespeare@kngs.co.uk](mailto:lshakespeare@kngs.co.uk). If you have timelapse on your video camera, you could video the whole month of activities and edit them together.