



Whole School Roley's Ten Day Challenge

Creativity	Challenge	Curiosity	Caring	Fun
<p>Take part in our Term 6 Art Project and challenge yourself to make something exciting and inventive using a paper plate! (see letter for more details)</p> <p>Draw a picture of yourself on A4 paper (portrait) with your arms outstretched. Make your picture fill the page. Scan or photograph your picture and sent it into school so that we can print it and make a giant freeze of us all holding hands.</p> <p>Art is great for relaxation and supporting strong mental health. Have a good at some Mindfulness colouring – see below.</p>	<p>A 'HeadStart' workbook has been posted through your door. The answer booklet has been posted on the Home-Learning page of the website.</p>	<p>Try a Science Experiment – Make a Rainbow (see below) using a home-made spectroscope</p> <p>Capture an emotion in a photograph. Take a photograph of yourself showing an emotion. It could be happy, sad, excited or worried for example. Write a caption to accompany your emotion and tell us when during Lockdown you have felt this way. If you can, send us your photograph so that we can make an Emotion Tree in school when we return.</p> <p>Make a Frozen Egg (see below) Photograph you egg (before it melts!) and email it in for school for us all to see.</p>	<p>Make a 'Thank You' scene with Lego. Choose a Keyworker – for example doctor, vet, bin collector, farmer, lorry driver, police etc. and create a scene to show them at work using Lego. Draw a 'Thank You' sign and photograph it with your Lego scene. Send it into School so that we can make a photo gallery.</p> <p>Make a personal Mindfulness Map. On a piece of paper, collage pictures to show all of the things that help to make you feel happy and help you to relax. Take a photo of your map and send it into school to share with your teachers and your friends. Maybe your map will help others with ideas that they can try?</p>	<p>Plant a Welly! Using an old welly, make a planter for our school playground. Make holes in the bottom of an old wellington boot. Fill it with soil. Plant it with brightly coloured flowers. Look after it and care for it.</p> <p>How many words can you make from the letters in North Road Primary School Send you completed lists into school and we will announce our winner on <u>19th June.</u></p> <p>Can you design and lead a PE activity like Mrs Pitman in her videos? It could be a dance, a sporty challenge, an exercise routine. Video yourself (2 mins max) and send it to a friend or send it into school so that we can all take part through our Twitter feed.</p>

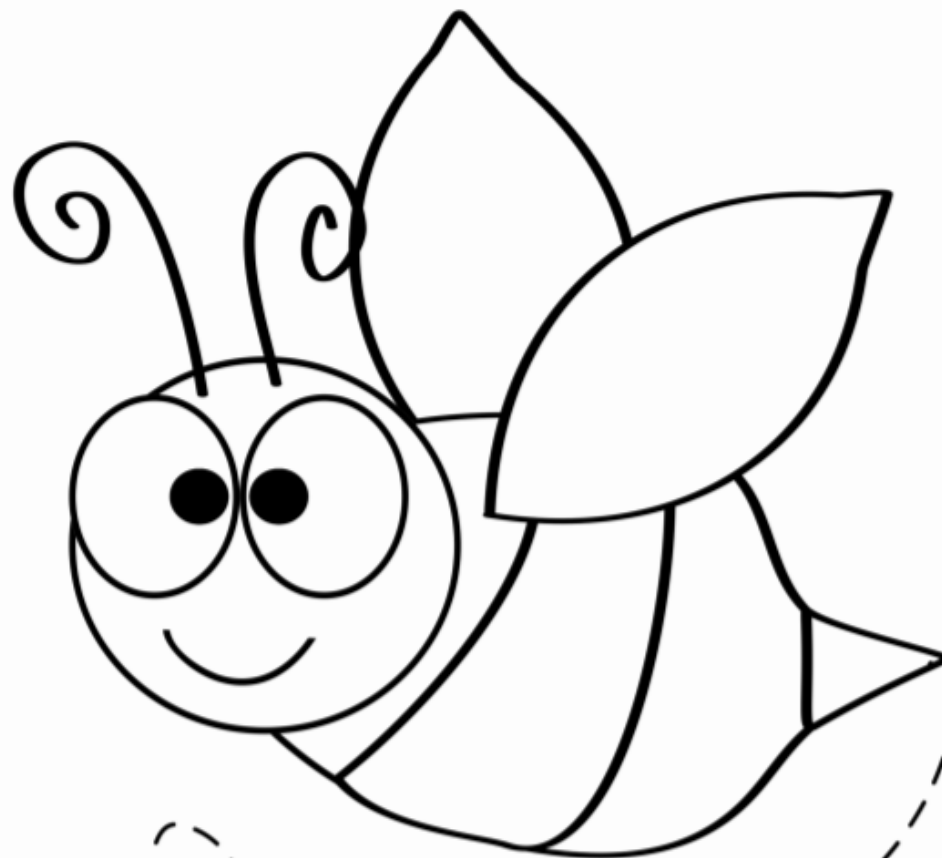


It has been a long time now since we have seen each other.

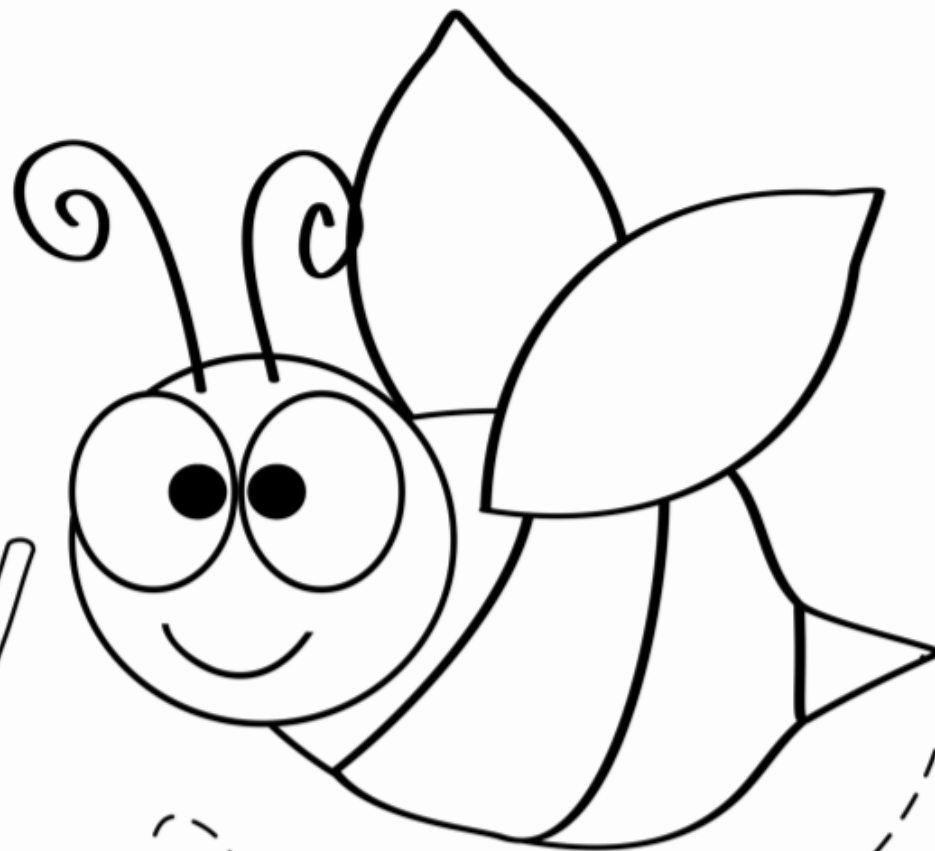
These Roley's Challenges will help us all to think of a time when we are all back together. They will also help to support strong mental health. Give them a try.



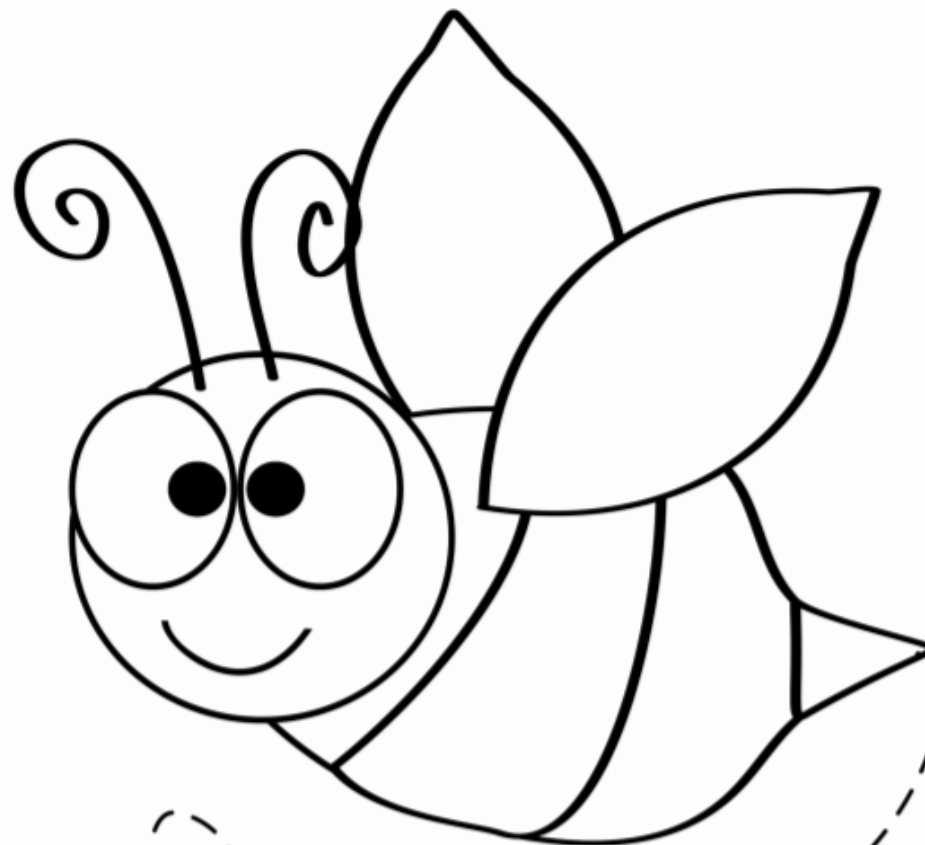
*Bee
Happy*



*Bee
Helpful*



*Bee
Kind*



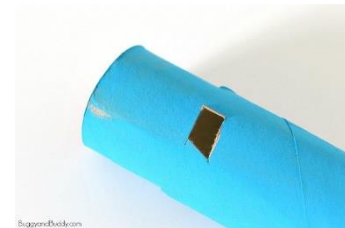
How to make a homemade spectroscope to see a rainbow

Materials for a homemade spectroscope

- Empty paper towel roll
- Craft knife and/or scissors
- Blank or old CD
- Pencil
- Small piece of cardboard
- Tape
- Paint (optional)

Making a Homemade Spectroscope

1. If you would like to paint your paper towel roll. You'll need to do this first and let it dry. (This step isn't necessary, but it's hard for to pass up an opportunity to paint something!)
2. Use a craft knife (an adult should do this) to cut a thin slit at a 45° angle toward the bottom of the cardboard tube.
3. Directly across from the slit, make a small peephole or viewing hole using your craft knife (another step for an adult).





4. Trace one end of your paper towel roll onto your small scrap of cardboard. Cut it out.
5. Cut a straight slit right across the centre of your cardboard circle.
6. Tape the circle to the top of your spectroscope.
7. Insert the CD into your 45° angled slit with the shiny side facing up.



Using the Homemade Spectroscope

Start by taking your spectroscope outside. Point the top slit up at the sky (NOT directly at the sun). Look through the peephole. You will see a rainbow inside!

Now try your spectroscope with other light sources like fluorescent light, neon light and candle light. Compare what you see!

What's going on?

A CD is a mirrored surface with spiral tracks or pits. These tracks are evenly spaced and diffract light (separating the colours). Because the CD's surface is mirrored, the light is reflected to your eye.



Curiosity

How to make a frozen egg.

1. Remove the top of an egg and eat the contents (cook the egg first!).
2. Fill the egg shell with small flowers.
3. Add water to the shells and freeze overnight.
4. Peel the egg.

The ice eggs do not last long so photograph quickly!

