



Let's have a proper staycation

Summer is made for lots of fun and activities together!
But look out – can you circle all the items that help to protect
against the summer sun, before delving inside for even more fun?



★ Virtual ★ Sports Day

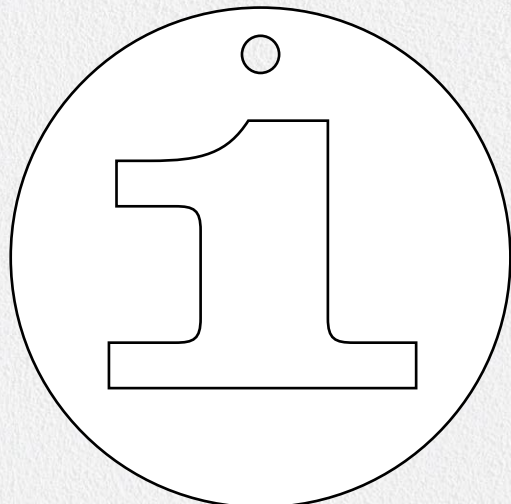
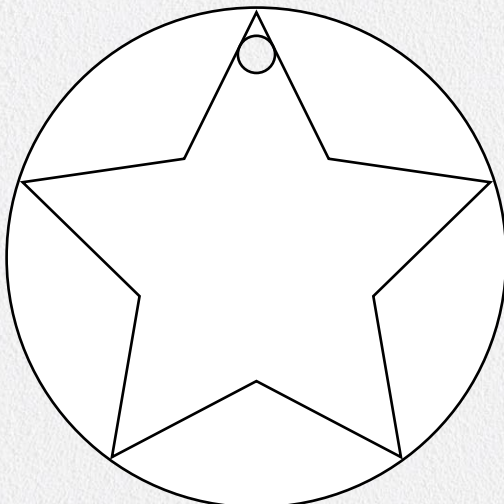
Sports Day is a great school event that we know many of you look forward to. But thanks to our virtual sports day activities, you don't need to miss out completely! Take part in as many as you would like. You can keep track of who wins each category to crown an overall winner – but it's really the taking part that counts. Remember, you should only take part with people from your household and keep up the 2 metre distance if you head to any parks to take part!



Make your own medal

Your sports day wouldn't be complete without a medal!

Colour in and cut out the below. Then poke a hole through the small circle and thread some ribbon so you can put it on. If you don't have a printer you can easily do this yourself on some blank paper.



1 Balance challenge

Get a blind fold or something to tie and cover your eyes. Choose your strongest leg. How long can you balance on one leg blindfolded?

2 Egg and spoon race

How many laps of your garden or living room can you do in a minute without dropping your egg?

3 Shuttle run

Mark out two spots in your house or garden, run back and forth for a minute and see how many runs you can rack up!

4 Sack race

It is a classic. You just need to put an at home twist on it by using pillow cases!

5 Skipping

How many can you do before you have to stop?

6 Frog leaps

How far can you jump? See who can go the furthest.

7 Bunny hops

How many bunny hops can you do in a minute?

8 Book balancing

No hands allowed! How far can you walk without the book falling off your head?

9 Tennis racket bouncing

How many times can you bounce a ball on a tennis racket before it falls off? You can always use a frying pan and socks in a ball instead!

10 Washing line challenge

How quickly can you peg 5 items on a washing line?

11 Hurdles

Create a hurdle with a small cone if you have one, or it could be items from around your house. Jump back and forth over the hurdle.

12 Kitchen roll javelin

Use some kitchen roll or loo roll as a make shift javelin and see how far you can throw it.

13 Wheelbarrow challenge

If all your house is taking part – try the wheelbarrow challenge for fun! Pair up and decide who is going to be the wheelbarrow and who is going to be driver. Discover who can barrow to a set point and back fastest!

14 Hot potato

Use an item like a small soft ball or some socks and pretend it's a hot potato! Time yourself or compete with someone in your house for who can keep it bouncing off their hands and up in the air the longest.

15 Obstacle course

Using items from your house set up an indoor or outdoor obstacle course. See who can make it through in the fastest time!

16 Teddy dribbling

Set out markers (you could use pillows, Tupperware or whatever you have) and then choose a teddy or ball to dribble around them and back. Remember you need to act like your foot is glued to it – if it separates you have to start again!

17 Throw and clap

How many times can you clap between throwing a ball in the air and catching it again? If you don't have a ball use a pair of socks or something equally soft.



Be sun smart

We all hope summer means more sunshine to enjoy, but just make sure not to get caught out against the sun's strong rays and stay safe following this advice:

Cover up

Make smart choices about clothing – wear sunglasses, hats with visors, and breathable clothing that covers shoulders for added protection. Check the forecast and take it into consideration.

Apply sun cream

It might seem annoying having to put sun cream on but it helps avoid sun burn (which isn't fun at all!) and protect your skin. Just make sure to keep it topped up though throughout the day.

Hydration is key

Being in the sun is thirsty work so keep having drinks to stay hydrated. Try to avoid sugary juices and drinks as these can often have the opposite effect of dehydrating you. Water is best.

Take breaks

When you get tired or have a break for a snack or some food use this as a chance to get some shade. No one wants to stop you having fun but shade is your friend and helps to keep you safe. Too much sun sometimes can cause sun stroke! It might also be a good idea to use a parasol or play tent to provide some shade.

For more advice visit [nhs.uk/heatwave](https://www.nhs.uk/heatwave), or bit.ly/WakeySummerSafety.



Look out

Can you spot all the things below in your garden or park? Remember to check them off as you find them.



A listening ear



These summer holidays will be a bit different than you are used to – and that can affect how you are feeling. But there is always someone to turn to with Childline. Gain a listening ear, advice, and support on their website at www.childline.org.uk or by calling **0800 1111** between 9am – midnight.

You can also visit our local website for support at [wf-i-can.co.uk](https://www.wf-i-can.co.uk).

Summer bucket list



- Learn a magic trick
- Have a picnic
- Play a board game
- Go on a bike ride
- Fly a kite
- Go to a new park
- Have a water fight
- Go the beach
- Bake cookies
- Learn a dance
- Play frisbee
- Blow bubbles
- Try out a skipping rope
- Plant something
- Learn about your family tree
- Make popsicles
- Wash the car
- Draw a picture
- Do a kind act for a neighbour
- Decorate the pavement with chalk
- Watch a movie
- Play hopscotch
- Make a craft
- Play dress up
- Eat ice cream
- Make an obstacle course
- Have a race
- Make up a song
- Look for bugs
- Go to a BBQ

- Paint rocks
- Have a pyjama day
- Hide and seek
- Star gaze
- Do a jigsaw puzzle
- Make a fort
- Have breakfast for dinner
- Write a letter for someone special
- Make paper aeroplanes
- Catch bugs
- Camp in your garden
- Read 5+ books
- Feed the ducks
- Make a daisy chain
- Hunt for shapes in the clouds
- Homemade pizza party
- Write your own story
- Go on a scavenger hunt
- Do a fun science project
- Make a memory jar

What else would you like to do?

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Sizzling recipes



Cooking and baking is a great way to spend time together as well as practise skills like reading, measuring, and following directions.

Now that BBQ season is upon us it doesn't mean cooking can't involve some family fun – here's some ideas for tasty barbecue recipes that are big on flavour but simple to do.



Traffic light kebabs



Ingredients (serves 6)

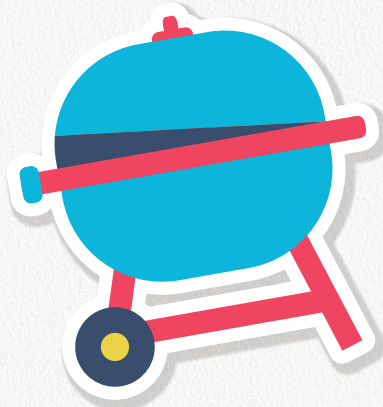
- 6 chicken breasts, chopped into large chunks (alternatively a good vegetarian option is halloumi)
- 2 each red, orange and green peppers, deseeded and chopped into large chunks
- Warmed flatbreads, chopped
- Tomato and lemon wedges, to serve

For the marinade and sauce:

- 2 garlic cloves, peeled and finely grated
- 300g natural or Greek yoghurt
- 1 tbsp paprika
- 3 tbsp ketchup

Method

- 1 Start off by making your marinade. Mix all these ingredients together in a large bowl. Spoon a third of the mixture into a smaller bowl, then cover, chill, and set aside for now. Then stir either your chicken or halloumi into the rest of the marinade and set aside for 20 mins.
- 2 If using wooden skewers, soak them in water for 1 hr before using so they don't burn on the BBQ. Then thread the peppers and chicken or halloumi onto the skewers until you have 6-8 kebabs. We've done ours to look like traffic lights – red, yellow, then green!
- 3 You can do this in advance if you like, and chill the kebabs until needed.
- 3 Heat a barbecue to medium, or until a thin layer of coals has turned grey. Cook the kebabs for 10 mins, turning occasionally, until the halloumi is charred or the chicken is charred and cooked through. Serve the kebabs with the rest of your yogurt sauce, warmed flatbreads, chopped tomatoes and lemon wedges on the side.



Barbecued banoffee splits

BBQs doesn't just need to be about the savoury stuff – there's options for those with a sweet tooth too with these barbecued banoffee splits!

Ingredients (serves 6)

- 40g butter, softened
- 50g light brown soft sugar
- ½ tsp vanilla extract
- 6 small ripe bananas, unpeeled
- Chopped pecans, ice cream, whipped cream or yogurt, to serve

Method

- 1 Combine the butter, sugar and vanilla extract in a small bowl.
- 2 Using a blunt knife split the inside curve of each banana (being careful not to cut all the way through) and then spread a spoonful of the butter mixture into each 'split'.
- 3 Put the bananas, split-side up, onto individual sheets of foil – the sheets of foil need to be large enough to wrap the bananas completely with nothing showing. Fold the edges of the foil to seal the parcels. (Tip: these can be prepared the day before – just chill until you're ready to cook).
- 4 Heat a barbecue to low or until a thin layer of coals has turned grey. Cook the parcels for 15 mins, turning once.
- 5 Carefully unwrap the parcels, reserving any sauce that's inside. Transfer to plates, then scatter over the pecans and drizzle over any sauce reserved from the base of the parcels. Serve with a scoop of ice cream, whipped cream or yogurt.

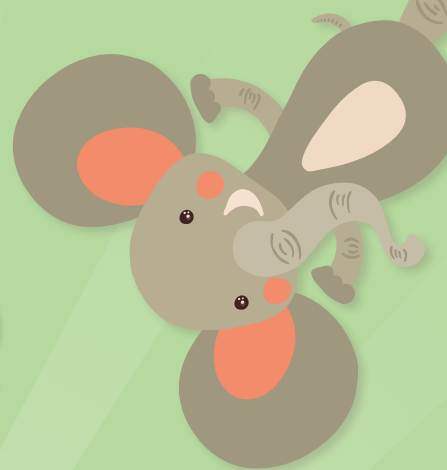


Don't be a silly sausage!

Sunshine and BBQs can be a lot of fun but just make sure it stays that way by following these safety tips:

- Only go near the BBQ with adult supervision, and remember it shouldn't be left unattended.
- Don't use petrol or other accelerants on your barbecue.
- Follow the safety instructions provided with disposable barbecues.
- Keep a bucket of water, sand or a garden hose nearby for emergencies.
- Make sure your barbecue is well away from sheds, fences, trees, shrubs or garden waste.
- Once you're done empty ashes onto bare garden soil, not into dustbins or wheelie bins. If they're hot, they can melt the plastic and start a fire.

Let's get silly!



Join the Silly Squad, an adventurous team of animals who love to have a laugh and get stuck into all sorts of funny books, as they embark on the Summer Reading Challenge 2020!

All you need to do is:

- 1 Sign up at sillysquad.org.uk
- 2 Set yourself a reading goal
- 3 Start reading
- 4 Get rewards, play games, and earn badges as you work to your goal

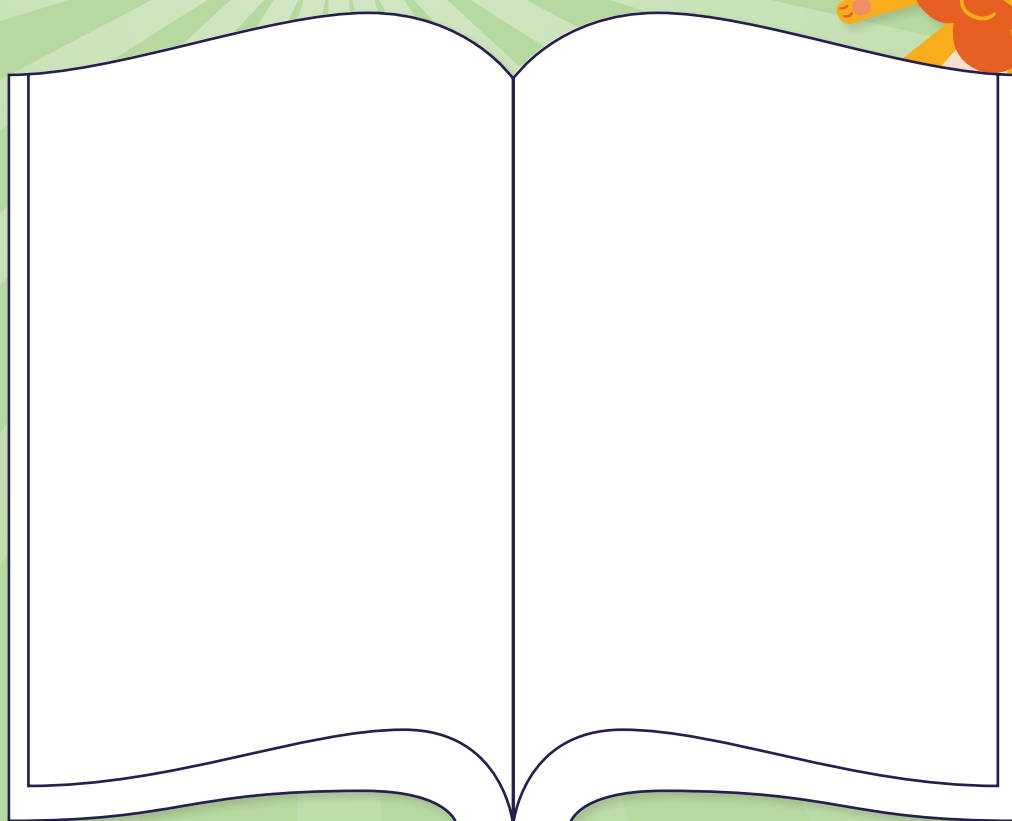
Your school may be operating a library lending service but don't forget you can also borrow books and talking books from our digital library at wakefield.gov.uk/libraries-and-local-history/digital-library.

Not a library member? Sign up at libraries. wakefield.gov.uk/web/arena/join-the-library.

Keep us up to date with your silly adventures by tagging **@WFLibraries** and using the hashtag **#SillySquad2020**.

Your favourite book

Imagine you're giving someone a sneak peek into your favourite book. What would you draw?



Story magic

There is no limit to a writer's creativity and imagination when they come up with a story. Think about stories you've read and enjoyed – can you think of something better?!

To get started, try filling out some of the boxes below or on a piece of paper and see if it helps inspire a master plan for your story!



The main character is called:

They look like this:

They dream of:

The problem is:

But they have a secret:

The resolution:

Navigate the stars

For as long as there have been people they have looked up and wondered about the mysteries of the universe.

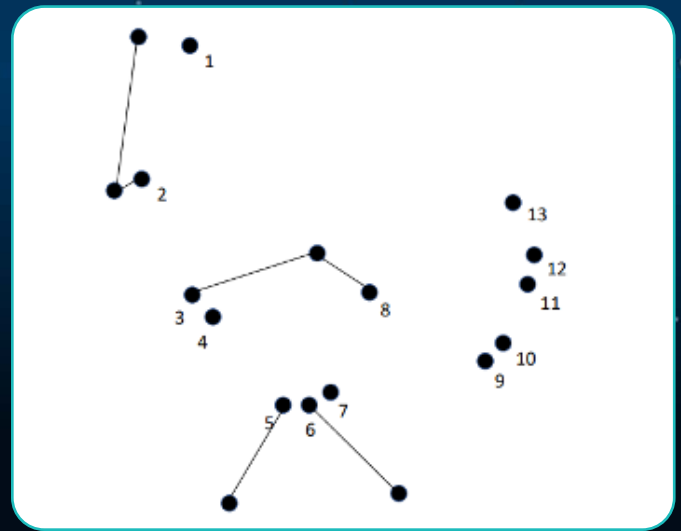
Constellations are stars that form a pattern that can be seen from Earth. The pattern they form could be the shape of an animal, a person, a mythological creature, or an object.

They were made to help people recognise stars in the sky and it helped form a map from which people could navigate! They were also used to keep track of the calendar in ancient times – pretty useful for knowing when to plant and harvest crops.

Now we have maps and calendars on paper or at the touch of a button but they can still be useful to know. Follow the numbers below to discover some of the more famous constellations!

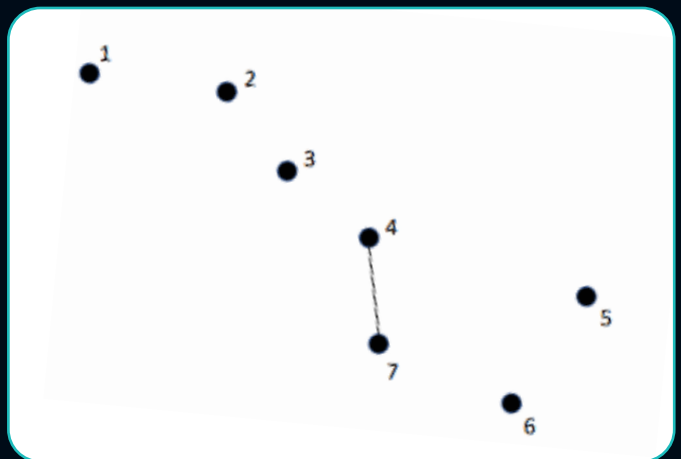
Orion

Because of its location Orion can be seen throughout the world and is one of the most visible constellations. It was named after a hunter from Greek mythology.



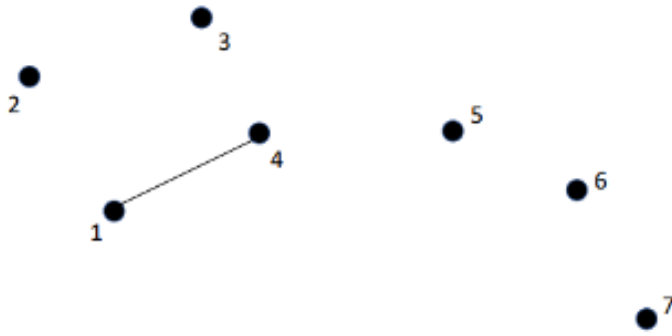
The Big Dipper

The Big Dipper is often used as a way to find the direction north. That's because if you follow the stars 5 & 6 in a line it will meet up with number seven – the North Star Polaris – in the little dipper.



The Little Dipper

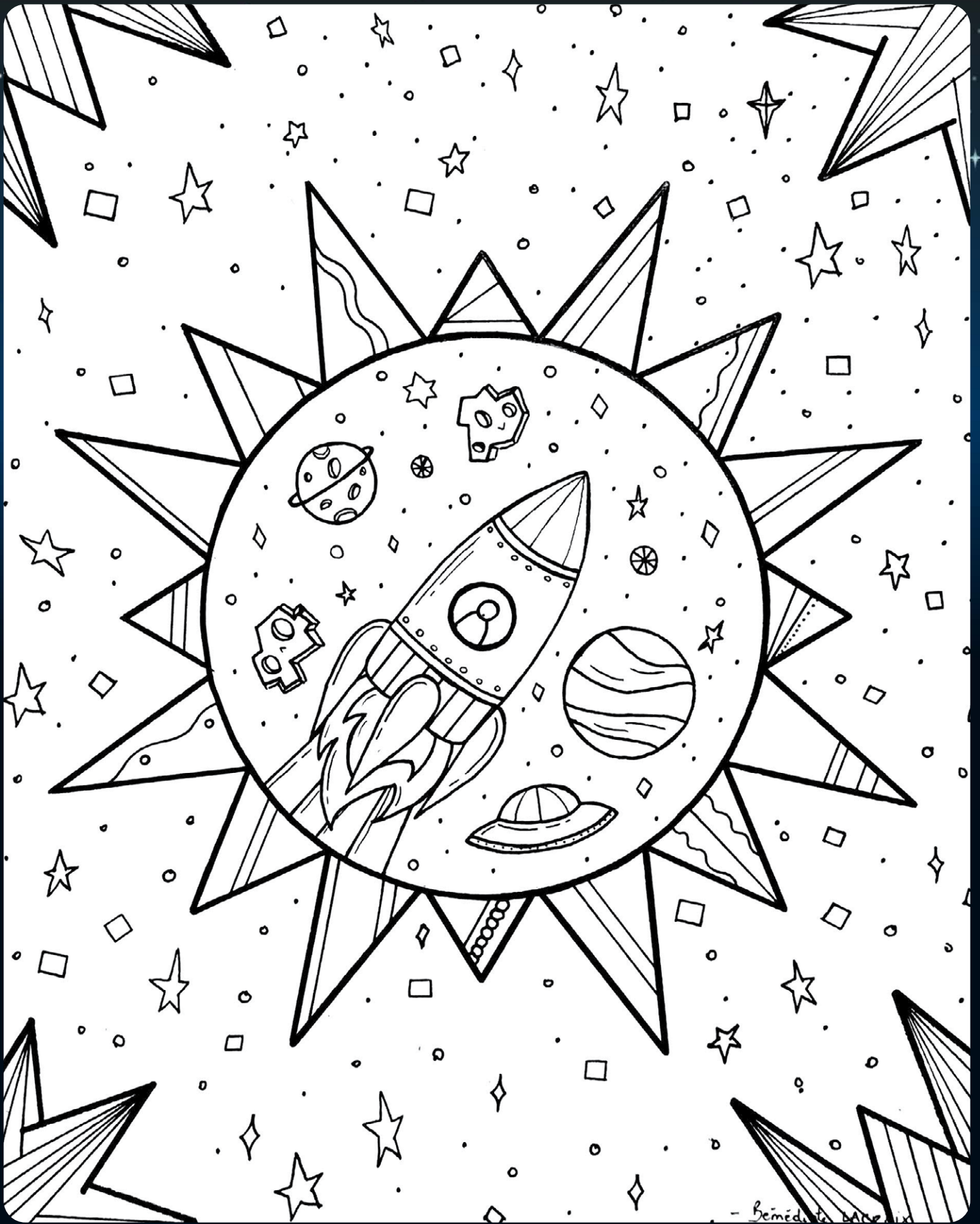
Polaris, the North Star forms part of The Little Dipper. Can you find it in the sky at night?



Draco

The Draco constellation can only be seen in the northern hemisphere. Its name comes from the Latin term *draconem*, meaning “huge serpent,” and the constellation literally snakes its way through the northern sky.





Colour me in!