



# SANCTUARY

# CLUB

EDITION 1

ONLINE

## WE'RE STILL HERE!

There is a saying, 'May you live in interesting times'. We are living in very interesting times indeed right now! On the one hand, your generation is one of the luckiest in history, in that you have grown up with technology that keeps you in touch with friends and family. On the other hand, it is quite draining to be online all the time, and after a few hours of online study you might want to have a break in the real world. Rather than just post links (although we have included some of those too!) here are some tried and tested ideas for practical activities, relaxation tips and quizzes.

Each teaching assistant has contributed to this newsletter, and we hope you find it useful.

With best wishes from,  
The TA Team



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Mrs Higgins

## DOCTOR WHO?



I hope you enjoyed the Easter Break from school and that you didn't eat too much chocolate.

Doctor Who....what can I say? I have been watching Doctor Who ever since I was little: from behind the settee, hiding away from the Yeti. Watching Doctor Who now, I think I would hide from the Daleks, Cybermen and especially The Weeping Angels! Even though colour TV and special effects were not even born when I started to watch, I have always loved the program and even now still watch it. I love the ideal of a Lady Doctor Who.

I have also watched 'The Sarah Jane Adventures'. I think if you get a chance to see it you would love it as much as I did. So here is my Dr Who quiz, send your answers to my school Gmail account and I will award prizes for the best efforts!

*Mrs Higgins*



## DOCTOR WHO QUIZ

1. How many Doctors have there been so far?
2. How do they time travel?
3. What planet does the Doctor come from?
4. What is K9?
5. What is the name of one of the Doctor Who spin offs?
6. How many hearts does a Doctor have?
7. In what year was the first Doctor Who shown?
8. Which country banned Doctor Who?
9. What is the Daleks' famous saying?
10. What interrupted the first ever showing of Doctor Who?
11. What can a Sonic screwdriver do?
12. What does Tardis stand for?



# HORRIBLE HISTORIES

Miss Weston

## HORRIBLE HISTORIES

I have come to share some History fun with you all, as I love history. History is my favourite subject because we get to learn about how we developed over time to become the society we are today. We are also so lucky that we can still go and visit all the places where some amazing History took place, as I did when I visited the Roman Baths! My favourite topics in history have to be the Tudors and the History of Medicine because it is so interesting to see how medicine developed over time as well as the influence of women in both.

I hope you enjoy doing the quiz as much as I have enjoyed writing it



Miss Weston



Q1. Who accidentally discovered penicillin?

- a) Alexander Fleming
- b) Edward Jenner
- c) Louis Pasteur

Q2. What did Romans wear when they visited their public baths?

- a) Flippers
- b) Swimming costume/ swimming trunks
- c) Nothing!

Q3. Which of the following was a real Victorian health failure?

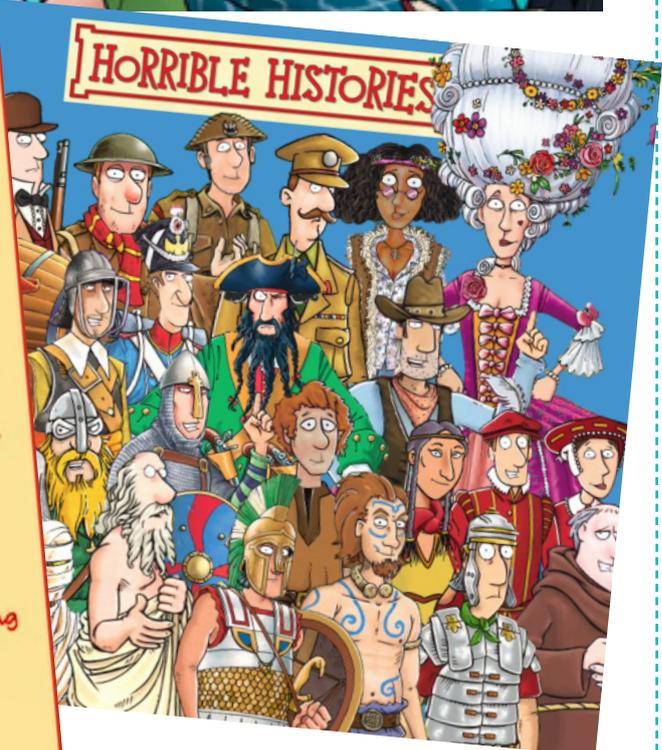
- a) Charcoal toothpaste
- b) Electric corsets
- c) Exercise penny-farthings

Q4. What was the job of Charles- Francois Felix, who operated on King Louis XIV's painful bottom?

- a) Barber
- b) Florist
- c) Chef

Q5. What was the name of the mask medieval people wore during the plague?

- a) Beaked Masks
- b) Crow Masks
- c) Dog Masks





# ARTS AND CRAFTS

Mrs Staples

## ARTS AND CRAFTS

For as long as I can remember, I have felt the need to be creative. When I can't be creative I feel bored and a bit fed up, and designing different areas of my garden, decorating cakes and upcycling furniture make me happy.

When students say 'I'm no good at art', it makes me sad. I think we are all creative. While my daughter has been home from university, she has been helping me 'road test' two creative projects that I thought you might like to try at home. Here are the results!



Mrs Staples

### PROJECT 1 Quilled Rainbow Hearts

Quilling is a technique that I never really had much patience for, because you need special paper and tools and it is quite fiddly. I was interested in this quilling project because it was quite simple and effective, and I wanted an alternative to a painted rainbow to put in my window to support the NHS.

#### STEP 1

You will need: Paper of different colours, scissors, small guillotine (not essential but useful) string/wool, glue and a stapler.



**Road test tip:** We didn't have any red paper so we used some patterned red paper that I happened to have. The other paper was a sort of light card, which proved a bit difficult to stick, so I would use paper if you can. Wrapping paper works if you fold it in half and glue it, so that it is double sided.

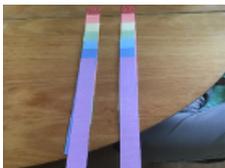
#### STEP 2

Cut strips of paper using a guillotine, or draw a line with a ruler and cut with scissors. We made ours about 10mm wide. Make two strips of each colour, because you will be making two halves of the heart and sticking them together.



#### STEP 3

Place the two sets of strips down on your work surface following the colours of the rainbow, spacing them as shown, about 15 mm apart.



**Road test tip:** If you can't remember your colour spectrum, the order is red, orange, yellow, green, blue, indigo, violet...or, as I remember it 'RINSE OUT YOUR GRANNY'S BOOTS IN VINEGAR'!

#### STEP 4

Flip each set of strips over and cut to the full depth of the red strip as shown, cutting off the overhanging strips and keeping the rest.



#### STEP 5

Holding all the strips between your thumb and forefinger, beginning with the violet strip, fold each strip one by one over in turn and secure with your fingers.

**Road test tip:** Hold them with the hand you don't normally use as it will be easier to fold them with your usual writing hand. The picture shows my daughter, who is right-handed, holding her strips in her left hand so she can fold with her right hand.

#### STEP 6

Staple the loops together to form one half of the heart, and repeat the process with the other set of strips to form the other half.



**Road test tip:** Because we used card instead of paper, we literally came unstuck at this stage, because the card was too thick to staple well. We had to use additional glue between each layer, which was quite annoying!

#### STEP 7

Cut a length of string, wool or thread to the length you will need to hang it in your window. Glue one side of the outer edge of one half-heart, press the end of the wool against it so that it sticks. Then glue one side of the other half-heart, and press it against the first one.



**Road test tip:** To secure the heart till the glue dries, you can use a clothes peg to hold the two halves together.



## PROJECT 2 Milk bottle birds

If your family has been through as much milk as my family has in the last few weeks (lots of cups of tea and bowls of cereal), you will probably be a bit alarmed at the size of your recycling pile. Here is a project that will turn your plastic milk containers into a nice garden mobile. Full instructions for this are on the Eden Project website, but here are my efforts:



### STEP 1

You need one 4 pint (or two pint for a skinnier bird) plastic milk container. Scissors, a marker pen and some sewing thread to hang the bird up.

**Road test tip:** If you have been saving the bottles, do make sure they are properly rinsed or they will smell horrid!



### STEP 5

Next draw two arches on either side of the bottle from the base to halfway up. The arch should have a curve at the base to make a tail.



### STEP 2

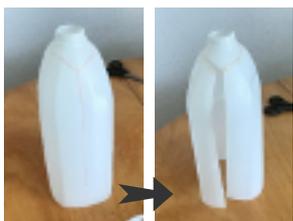
Take your sharp scissors and cut off the very bottom of the bottle (about 2 cm up).

**Road test tip:** I kept the bottom bit to plant seeds in. Waste not, want not!



### STEP 6

Cut the arches out and put them back in the recycling bin (even I can't think of a use for these bits). You will now have your basic bird shape.



### STEP 3

Using the marker pen, draw a straight line up from the bottom to about four cm from the neck of the bottle, then branch the line out to form a V shape. Take both lines up to the very base of either side of the bottle neck. Then, cut along the lines.

**Road test tip:** don't worry if your like is a bit wobbly, it is just a guide.



### STEP 7

I love this bit...fold the wings inside out to get a nice curved shape and smooth out.



### STEP 4

This is a fiddly bit: push in the V shape and pull it through the bottle neck as shown, to form a beak.

**Road test tip:** if you can't pull enough of the V shape through, extend the cut a bit more into the bottle neck, but not enough to cut right through.



### STEP 8

This is how the Eden Project leaves the birds, but I like to cut more V shapes out to give a more effective feathered wing and tail so that it looks a bit less plane-like and a bit more bird-like.

**Road test tip:** Another advantage to cutting feather shapes is that they are useful to hang the bird up because you can slide the cotton into the slits.



Every time I get a new empty bottle, I make a new bird. I'm not sure how many more birds my tree can cope with! - but I like the way they 'fly' in the breeze.

**Road test tip:** Use a double thickness of sewing thread to hang the bird up, so it floats invisibly but is less likely to snap in the wind.

# SPORTS WORDSEARCH

**Mrs Walter**

## SPORTS WORD SEARCH

My love of football started when I used to visit one of my grandfathers in my early teens; we watched a number of televised matches together. Before having children of my own, I was an Arsenal season ticket holder so I watched lots of 'live' games. I also enjoy watching gymnastics and athletics; a highlight for me was having the chance to see many of the 2012 Olympic events in London! Here is a sports word search for you.



*Mrs Walter*

B	A	S	K	E	T	B	A	L	L	A	B	G
A	S	W	C	D	E	V	F	S	G	C	H	Y
D	N	I	C	E	H	O	C	K	E	Y	F	M
M	O	M	R	I	J	L	R	I	K	C	O	N
I	O	M	U	L	F	L	I	I	M	L	O	A
N	K	I	N	D	I	E	C	N	N	I	T	S
T	E	N	N	I	S	Y	K	G	B	N	B	T
O	R	G	I	V	H	B	E	Y	O	G	A	I
N	O	P	N	I	I	A	T	R	X	O	L	C
A	S	T	G	N	N	L	O	M	I	L	L	S
W	O	B	E	G	G	L	A	D	N	F	A	T
N	E	T	B	A	L	L	R	U	G	B	Y	O

BADMINTON  
BASKETBALL  
BOXING  
CRICKET  
CYCLING  
DIVING  
FISHING  
FOOTBALL  
GOLF  
GYMNASTICS

ICE HOCKEY  
NETBALL  
RUGBY  
RUNNING  
SKIING  
SNOOKER  
SWIMMING  
TENNIS  
VOLLEYBALL  
YOGA

# TASTY RECIPES!

Mrs Nevers-Wright

## TASTY RECIPES!

This is a photo from one of my trips back to Jamaica; truly one of the most beautiful countries in the world. The breath-taking landscape, beaches and wild life makes it very appealing. Not to mention the glorious sunshine! As we can't travel much at the moment, I thought you would like to try these Jamaican recipes and imagine you are there!

Mrs Nevers-Wright



### Serves 12 Jamaica Ginger cake

- 250g butter
- 275g dark brown soft sugar
- 4 eggs
- 4 tablespoons grated fresh root ginger
- 1 teaspoon vanilla extract
- 250ml milk
- 320g plain flour
- 4 teaspoons baking powder
- 4 teaspoons ground ginger
- 1 1/2 teaspoons ground cinnamon
- 1/2 teaspoon salt
- 2 tablespoons icing sugar for dusting

#### Method

1. Preheat oven to 180 C / Gas 4. Grease and flour a 23cm tube cake tin. Sift together the flour, baking powder, ground ginger, cinnamon and salt. Set aside.
2. In a large bowl, cream together the butter and brown sugar until light and fluffy. Beat in the eggs one at a time, then stir in the grated root ginger and vanilla. Beat in the flour mixture alternately with the milk, mixing just until incorporated. Pour batter into prepared pan.
3. Bake in the preheated oven for 45 to 50 minutes, or until a skewer inserted into the centre of the cake comes out clean. Let cool in tin for 10 minutes, then turn out onto a serving plate. Dust lightly with icing sugar before serving.



### Serves 4 Quick Mango Recipe

- 1 large ripe mango
- 6 scoops vanilla ice cream
- 2 tablespoons of thick cream
- 3 passion fruits

#### Method

1. Peel and dice a large ripe mango; whizz to a purée in a food processor.
2. Add 6 scoops of vanilla ice cream and 2 tbsp thick cream and whizz again.
3. Spoon into bowls and scoop 1/2 passion fruit over each.



# GARDENING!

Mrs Robley

## GARDEN CLUB!

I really enjoy my garden and working in my allotment, where I grow fruit and vegetables. I run a gardening module for Year 9 students, and the Gardening Club after school, with Mr Lee.

While you are at home in this very strange situation, here are some nature ideas you may like to explore.

*Mrs Robley*

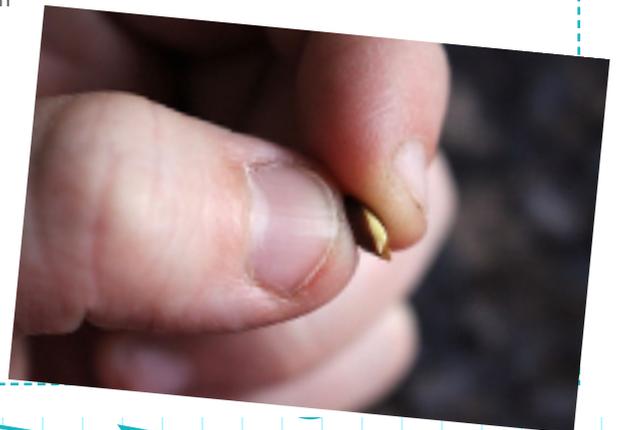


1. If you have a garden why not suggest to your family, or whoever cares for you, to leave a small area untouched to help your local wildlife? Bugs like beetles love long grass as they can shelter there and any seeds which grow on the grass are food for the birds. Put a shallow container filled with water in your nature corner so that birds can perch on it for a drink or have a little bath. Maybe set aside the same time every day to observe your nature corner (from a distance, so you don't frighten the birds) and you could even write a nature diary of what you see.



If you can, hang a bird feeder in the same area. Birds will soon find it and come regularly to your garden. You can make a bird feeder from a plastic milk bottle. Keep the top on it and cut with scissors halfway down a hole big enough to put a mixture of grated cheese, dried fruit and any fat such as suet or lard in it. Tie some string around the lid and hang it in a tree or bush.

2. If you don't have access to a garden try and get out every day for a walk with someone from your family. Remember to keep a safe distance from others. When you are walking, don't just stare at the ground, look up at the sky and see what is flying around. You will be amazed, as there are lots of birds, bees and butterflies at the moment. Try to remember what they look like and search for them on your computer so you can learn to identify them. You could take some paper and a pencil with you so you could draw them or just write down what colours they are. You too could keep a nature diary of what you have seen.
3. The other thing you may like to try is growing some seeds. You can use paper cups or even plastic milk bottles (this time with the top cut off) if you do not have any flower pots. A plastic bottle will need a couple of holes put in the bottom for drainage. Fill with some potting compost or soil from the garden and plant any seeds you may have. Follow the instructions on the packet. If you do not have a packet of seed you can have a go at planting apple or orange pips. Plant these 2.5 cm in the compost and cover them with compost. Water and then put them on a sunny windowsill with a plastic bag over them to act as a mini greenhouse. When you see a seedling appear take the bag off and watch it grow. Make sure the compost does not dry out.



# Creative Writing



Some people love it, some people...not so much! Mrs Holian - who edits 'The Sandprint' - and Mrs Staples are both keen writers. However, we do understand that even for enthusiastic writers, creating a story or poem from scratch can be a challenge. Here's a couple of ideas we've found to get you started.

## Shape Stories

Some of you attend Mrs Peachman's creative writing lunch club, 'The Write Stuff', in the library. Last year she set us the challenge of writing a 'shape story'. This is a sort of combination of maths, art and English. For the diamond-shaped story below, you start with a one-word sentence, then a two-word sentence, and so on up to ten words. Then you go back down again: nine, eight, seven, etc. Using this method, you can create a story and, as your mind is on the method rather than worrying about the story too much, you can end up with some interesting results!

Tip: You can use any number of words for your longest sentence, but maybe stick to between 8 and 12 words for the best results. Write the story on a piece of paper first so it is easier to count your words. Then you can either type it up, or cut a shape out of paper as a guide, and hand-write your story inside it. You can even stick it in a picture frame and put it on the wall!

Dawn.  
Cool light.  
Spots of sun.  
The breeze blows softly.  
I emerge from strange dreams.  
I remember - it's not the weekend.  
A funny combination of freedom and rules.  
Once we wondered about the home schooled kids.  
Wondered how it felt: the classroom, one room away.  
When all the parents pretend that they are your teachers.  
Although, they both seem a bit nervous, MY 'teachers'.  
Dad's brow furrows at the words 'music technology'.  
Mum turns pale on hearing 'circuit training'.  
She suggests a 'nice walk' instead.  
'That's not PE!' I object.  
'Speed walking is PE!'  
'Yeah, right, Miss!'  
'It's break-time!'  
Good.

## Roll & Write

As with the Shape Story, Roll and Write saves you the trouble of having to think up a setting, character and basic plot. The example here is from the USA, but you can alter it slightly to suit your interests or experience, or get a parent/carer to suggest some of the different categories for you.

Then all you have to do is to get a dice and start rolling to see where chance takes you!

**Roll and Write a Story**

Roll a Setting	Roll a character	Roll a Plot
Where: an ocean When: Wintertime	a crazy clown	looking for the Bermuda Triangle
Where: the mall When: midnight	an unhappy principal	going to a country concert
Where: School When: Dismissal	an angry surfer	stuck in the desert
Where: A sail boat When: Noon	a boat captain	finds a mysterious diary
Where: A Cave When: Summer	A talking gorilla	building a secret lair
Where: North Pole When: July 4 <sup>th</sup>	an NBA basketball player	running from big foot in the mountains

# QUIZ

## Guess the Film

1. This is a movie that Mrs Staples watches on a loop. She loves the characters - and the costumes! A young woman gets a job that other girls can only dream of. She finds it tough at first, but then finds that she loves it. However, all her friends are feeling left behind by her glamorous new life. CLUE: A movie role fit for a princess...
2. Mrs Beaumont, who keeps teachers and support staff going with tea and coffee at break time, is a big fan of this one. A luxury form of transport does not exactly live up to the expectations of the passengers. They need to use all their resourcefulness to get to where they want to be! CLUE: One very famous scene, one very famous theme tune.
3. Being both a TA and a Media teacher, Mr Soltysik has lots on his list. Here's the first - bad weather does not stop the action in this classic musical set in the early days of talking pictures. CLUE: This movie was the subject of a very famous comedy parody in the 1970s.
4. Mrs Higgins' turn now: This is a movie that was an unexpected hit despite not having many famous actors in it and was written by the lead actress based on her own experience. It is about family, and what it is like to grow up in one country when your parents come from a different one. It centres around a big celebration. CLUE: Famous line...when the mother of the family is faced with some vegetarian visitors, she exclaims, 'It's okay! I serve lamb!'
5. Miss Weston and her brother and sister watch this family movie often, though her parents aren't keen - hardly surprising, since it is about what life is like when you have lots of kids! CLUE: It is a remake of a classic Hollywood movie that originally starred Clifton Webb and Myrna Loy.
6. Back to Mrs Higgins. She really likes this actor! He is best known for action movies but he decided to turn to more of an 'Indiana Jones' style adventure with this one. A treasure hunter sets out on the mission of a lifetime.
7. Mrs Taylor first saw this in the 1980s and has never tired of it. A girl from a working class background falls in love with a soldier. CLUE: As with no. 3 - a very famous scene, a very famous theme tune.
8. Mrs Spiewak, Mrs Walter and Miss Weston love this one - based on a stage musical, and rather strangely includes some stars who can't actually sing...beautiful locations though. CLUE: A mash up of two European nations, located in one, songs from the other.
9. Another one from Mr Soltysik - a young man from a poverty-stricken background takes a chance on fame and fortune. CLUE - the lead actor also plays a hotel owner in another movie set in the same country.
10. And finally...Mrs Nevers-Wright and Mrs Walter share a love of this one, yet another eighties classic. Holiday camps were never quite the same after this, a real influence on a generation of dancers. CLUE: You wouldn't want the lead actor around if you were trying to do some pottery.

We all have that one movie, that we can watch over and over again even if other people don't understand why we love it so much! What's yours? We want to share the top ten movies that the TAs are enjoying during lockdown, if the films are too old for you to remember. See if your parents or carers can guess the movie from the description.



Answers: 1. The Great Escape; 2. Titanic; 3. Singing in the Rain; 4. My Big Fat Greek Wedding; 5. Empire of the Senses; 6. National Treasure; 7. An Officer and a Gentleman; 8. Home Alone; 9. Sliding Doors; 10. Dirty Dancing

# WELLBEING

Some of you are coping really well with life without having to go to school, but others might be struggling a bit. It's not always easy to create a routine at home.

Everyone is an individual when it comes to wellbeing, and different things work for different people. You might have a 'happy' place' or 'happy' clothes, or activities that allow you to unwind and feel calm and peaceful. Here are just a couple of ideas from Mrs Nevers-Wright and Mrs Holian to help you if life gets a bit stressful.

## Making most of your downtime

Getting lost in a book is a great way to get away from anxiety and find some peace and quiet if your family members are currently a bit too close for comfort! Whatever you choose to read, make sure you are comfortable and sitting or lying in a relaxed position. If you find yourself in need of a bookmark, Mrs Hawkins has found the following link if you would like to learn a new skill while making something useful  
<https://www.thesprucecrafts.com/how-to-make-an-origami-bookmark-2541001>

If you prefer to close your eyes and listen (and even drift off to sleep!), free spoken word books for children are available to download during lockdown at [stories.audible.com](https://stories.audible.com) If you are a confident reader and like reading aloud, it might be a nice idea to consider the wellbeing of any family members in isolation. You could Skype them and read their favourite story or poem to them. If you are a bit self-conscious about reading 'live', then you can record something and email it to them.

If, on the other hand, you want to make the most of time (or make your peace!) with the people living in your house, why not re-create the SANctuary club at home and try one of these classic boardgames?

1. Scrabble – the classic word game, tactics are all in this and prepare for arguments if you can't agree whether foreign words should be allowed!
2. Best of British – Mrs Taylor recommends this one, a game focused on everyday life from lolly pop ladies, conkers, fish and chips and bus stop queues
3. Pictionary – prepare for lots of shouting as you race against the clock to communicate your word to each other
4. Boggle – you can play this word game alone or with others, and there are also online versions you can try if you don't have it at home.
5. Monopoly – another classic, remember there is a St Albans version available too, so get ready to splash the cash on some luxury accommodation (even if you can't actually live in it!).
6. Guess who? One from all our childhoods, but a nice calm game for winding down before bed.
7. Globe Run – Mrs Spiewak recommends this, good for keeping your geography skills up to scratch!
8. Mastermind: Mrs Staples' favourite from the 1970s, not many families have this at home these days, it's a game of logic with colour sequences. If you like Sudoku you will like this. Online games are available: again, it's another thought-based game to wind down with in the evening. If you play online to learn the rules, you could even make your own version with circles of coloured paper and play with someone at home.

## Mindfulness Exercises

### Mindful Breathing

With this exercise, you focus your attention on breathing. You want to pay attention to your breath in an easy way – on purpose, but not forced.

1. Sit up in a comfortable way. Close your eyes.
2. Notice your breathing as you inhale and exhale normally. Just pay attention to your breath as it goes in and out. Can you feel the place where the air tickles your nostrils?
3. Pay attention to how the breath gently moves your body. Can you notice your belly or your chest moving as you breathe?
4. Sit for a few minutes, just paying attention to your gentle breathing. See how relaxed you can feel just sitting, breathing in and out.
5. When your mind starts to wander and think about something else, gently guide your attention back to your breathing.

### Mindful Word

1. Think of a word that seems calm or soothing. This could be a word like "peace" or "love" or "peaceful" or "snowflake" or "sunlight" or "hum" or "calm."
2. Think the word to yourself. Say it silently and slowly in your mind. Say your word to yourself with each breath you take, in and out. Keep your attention gently focused on your word.
3. When your mind wanders, guide your attention back to your word, and keep saying it gently and slowly while you relax and breathe.
4. Can you do this for a whole minute? Can you do it for 5 minutes?

### Jars of Hope

Every time you wish you could do something, go somewhere, treat yourselves, see someone you love, visit a new place, invite people to visit - write it down on a post-it note and put it in a jar.

When all this is over this will be your bucket list and you can work your way through the jar and be more grateful than ever for the little and lovely things in our lives. Until then you can enjoy watching the jar fill up with things to look forward to.

Some of the notes in the jar can include simple things such as 'stay at grandpa's house', which is currently not possible as elderly people are self-isolating. Other plans include building a sandcastle at the beach.

The jar is a way of remembering that these things will happen again soon and you can look forward to them until then.