



Top Tip #6:

One of the perks of the situation that we're in is that it has given people who want it the opportunity to **try something new**. This week's bulletin is a little different, and quite a bit longer! Rather than asking individual departments for contributions, we've put together lots of suggestions and ideas for things that you could try out over the next couple of weeks. It might be that you all want to **try something new** together as a family, or you each might want to try something different. Whatever you choose to do, we'd absolutely love to hear from you and to know what you've been doing. Please email Mrs Fox (l.fox@stokesleyschool.org) to let us know!

Word of the week	Pioneer - someone who does something for the first time.
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Can you be a pioneer in your family and be the first to try something from the chart below?

Category	What could you try?
Arts, craft and design	<ol style="list-style-type: none"> 1. Try amigurumi - new hobbies don't get much cuter than amigurumi: the Japanese art of crocheting small creatures or characters. It's a cheap hobby to start, and if you already have yarn lying around you can find plenty of free patterns online, like this one to create a tiny Freddie Mercury. 2. Make something new by upcycling. You can update, reuse, or upcycle everything from old t-shirts to shoes and garden pots. Just figure out what you'd like to use and find a project on Upcycle That to get started. 3. Artschool, on facebook, is teaching new art skills everyday and is well worth a visit if you'd like to learn something new in the world of art. 4. Take a look at how different artists are depicting lockdown, using this article as a starting point 5. We've shared these before, but James Dyson's challenge cards are well worth a look if you're after a new design challenge.
Music	<ol style="list-style-type: none"> 1. Why not write your first song? If you're unsure how to go about this, The Open University is offering a free songwriting course (aptly named 'How to write your first song'), which you can sign up to here. 2. Learn about - and listen to - 10 songs that are supporting the world during lockdown. This article gives an amazing insight into how music is helping to keep people going. 3. Is there an instrument lying around the house that you've always wondered how to play? Maybe now is your moment! This article explains how you can learn an instrument during lockdown, with some links to musicians who are helping us all out. 4. Why not try listening to a new type of music? Something that you'd never normally listen to? You might find something that you really love!
Health and Fitness	<ol style="list-style-type: none"> 1. Try out a new fitness challenge. There are plenty out there that you can experiment with: you could try the 100 pushup challenge, squat challenge, or just doing a 30-day bodyweight workout challenge to stay healthy at home for free. 2. Why not try something new? Yoga is a great example of something that you can do from the comfort of your own home. A lot of studios are still running paid classes, but others, such as Digme Fitness, run free live sessions on social media. Perfect for some low-cost self care. 3. Learn meditation - it's a simple concept but can be hard to master. See if you've got what it takes. Start here 4. Why not try your hand at circus skills? 5. What about taking up running? Incentives such as couch to 5k are a great place to start, You could do this on your own, or with someone in your family who'd also like to get fit.

Education	<ol style="list-style-type: none"> 1. Learn First Aid. It's good to be prepared for an emergency. You can learn basic first aid online for free with Futurelearn. 2. Futurelearn has some amazing free courses on offer at the minute. Some of the ones that look particularly exciting are: <ol style="list-style-type: none"> a. Moons b. Forensic psychology: witness investigation c. Recreational Maths d. An introduction to forensic and bio-archaeology e. The power of podcasting f. Make Change Happen g. Understanding Fashion h. World of spies: keeping secrets
Writing	<ol style="list-style-type: none"> 1. Why not start the novel you've always wanted to write? If you're unsure of how to get going, the Open University has a free course called 'Start Writing Fiction' which will help you to take those first steps. 2. Write your first play or short film. If you're feeling really ambitious, the BBC is on the hunt for original scripts about isolation, and there's also a cool Screenwriting course here. 3. Start a blog - about anything! You can set up a Wordpress account, blog for free and take it from there! 4. Start an online book club with your friends, or join a book community online
Gaming	<ol style="list-style-type: none"> 1. Mrs Metcalfe has shared with us a great opportunity from the government for 13-18 year olds to become a cyber security agent from home! It is based around a game and solving problems and highly recommended if you are interested in cyber security and hacking. Especially if you want to be a white hat hacker (a legal hacker who works for companies). Click here to apply - the deadline for applications is 1st August. 2. Brave a day away from your xbox or playstation and play a new board game with one another - just make sure that you start early enough in the day for a full game of Monopoly! 3. Why not have a go at building your own game? This course at The Open University will teach you how to do it!
Socialising	<ol style="list-style-type: none"> 1. Missing karaoke night with your friends? You can now host your first one from home. Apps like AirConsole let you turn your smartphone into a mic, and sing your favourite hits with the usual gang and practice new songs to sing once lockdown is lifted. 2. Why not volunteer for the first time? Is there anything going on in your local community that you could get involved with? 3. You can definitely have too much screen time. If workouts aren't your thing or you just miss a good dance, put together a list of your favourite songs and dance around your kitchen. Don't worry, nobody's watching!
Culture	<ol style="list-style-type: none"> 1. I know we've shared some of these before, but if you're still looking for more galleries or museums to visit, Google's arts and culture collection has virtual tours of 500 top attractions around the world, including national galleries from around the world, individual artist museums, and even the Eiffel Tower. 2. There are quite a few websites which give you access to free documentaries. Why not pick a documentary about something you've always wished you knew more about. Some examples of websites are: Documentary Tube, Top Documentary Films, and Documentary Heaven. 3. Always wanted to speak Italian? Intrigued by Norwegian? Think that Mandarin will be useful for your future job, or perhaps German? Lockdown gives you plenty of time to dedicate to learning a new language, brushing up on vocabulary, and testing out pronunciation. As well as these courses, there are plenty of language apps that you can get on your phone.

Food	<ol style="list-style-type: none">1. Cook something new - One good thing about being home a lot is that you can finally spend time cooking things from scratch. You can find great recipes online, even if you're on a limited budget. Jack Monroe's recipes are specifically created for people on strict budgets or relying on food banks, while Miguel Barclay is best known for his one pound meals.2. If you're still missing some key ingredients, here are some things that you can try for the first time that don't need one or more of them!3. Why not go for a first and make lunch or dinner for the whole family without being asked? Here's a link to some easy recipes that you could try.4. Lots of people haven't tried out baking their own bread during lockdown - why don't you have a go too? Here are 7 beginner bread recipes as a starting point.
Nature	<ol style="list-style-type: none">1. Try birdwatching! You might have heard that nature is taking back cities on lockdown, from wild boar in Italy to goats in Llandudno. If you want to get a little closer to nature, you can start with your own back garden (or balcony). Resources like eBird can help you get started.2. Take up photography, or brush up on your photograph skills. Here are 10 ideas for nature photography at home that I expect some of you could really get your teeth into.3. Why not try growing your own herbs and vegetables? This article gives you some suggestions depending on the space that you have to grow things!