



# Grow Your Brain

Scientists have been able to show just how the *brain* grows and gets stronger when you learn



**'Growth is the only evidence of life'**  
St John Henry Newman

## Fanatical About Football?

Why not use the time at home to explore the world of football with an online course offered by the University of Edinburgh? Join them as they go behind the scenes to examine why football is more than just a game. The course gives you the opportunity to gain an insight into some of the world's top football clubs, explore grass-roots football projects, gain an understanding of the FIFA World Cup whilst considering football's place in our society. It is promises to be a virtual football fest. To access the course you will need to register with 'Future Learn': <https://www.futurelearn.com/courses/football>



## The Telegraph

Do you find yourself staring out of the window, bored with being stuck at home? Fear not— 'The Telegraph' is on the lookout for new talent and is launching the 'Journalists of Tomorrow' competition.

The entry must be a 600-word short story on the subject of **springtime**. This can be written in any genre - for instance, a personal account, fictional tale, adventure story or even a poem.

If you're creative and have dreams of being a writer, this might be just the task to shake you out of your lockdown blues. The winning pieces will be published in the week-end section of the Telegraph newspaper in the coming weeks. <https://www.telegraph.co.uk/family/parenting/does-child-want-writer-enter-journalists-tomorrow-competition/>

## Penned In Poetry Competition

Some of our students have already enjoyed great success in poetry competitions this year—we already have a few published authors in Year 8 so this is another great opportunity to showcase your skills and creativity.



Why not channel your inner Wordsworth and submit an entry for the 'Potential Plus' *Penned in Poetry* competition. They are looking for original, unpublished poetry on the theme of "Staying at Home". Be inspired and get writing. More Information can be found at: <https://www.potentialplusuk.org/index.php/2020/04/07/covid-19-creative>

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## The Brilliant Club

The Brilliant Club is an award-winning charity that exists to increase the number of pupils progressing to university. They have launched a series of FREE online resources and masterclasses to help pupils aged 10-18 on their path to success during school closures. There is lots on offer: from making sense of modern history to understanding virology or you could even try your hand at real world maths problems. It is definitely worth a look.

<https://thebrilliantclub.org/the-brilliant-club-for-pupils/info-for-pupils/>



## THE SOFA SINGERS

Singing brings joy to many people – but did you know that it can lead to incredible benefits in your physical, emotional, and social health? Research has shown that singing really can make you happy.

In response to global self isolation during the Coronavirus outbreak, The Sofa Singers brings together hundreds of people from around the world for 45 minutes of simultaneous singing, learning a classic song with some optional harmonies/ backing parts. To join the virtual choir go to: <https://www.thesofasingers.com/how-to-join-1>



## What's Cooking?

Why not use the time at home to improve your culinary skills? It doesn't have to be fine dining cuisine or Masterchef inspired dishes - you can learn to serve up tasty treats using tinned food by tuning into Jack Monroe's Youtube cookery classes. <https://www.youtube.com/channel/UC-rWVGJQ9UIJ0KvmLfblg6bw>



Service

Compassion

Forgiveness

Truth