



# 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

## Make Your Voice Heard on Climate Change



Share your ideas, celebrate your story and write for a better world

The Queen's Commonwealth Essay Competition is the world's oldest international writing competition and every year thousands of young people take part. The competition offers you an opportunity to write on an important current topic, share your views and experiences and get your voice heard on a global platform. This year organisers are asking you to write about the issue of climate change and how we can better protect our world. For more information about how to enter simply visit: <https://competitions.thercs.org/> to register for an account and get started.



## Be a 'Digital' Sherlock Holmes

As part of plans to make sure the country develops the next generation of professional cyber defenders

and at a time when schools remain closed, the government have launched a virtual cyber security school. The online initiative aims to inspire future talent to work in the cyber security sector and give young people a variety of extracurricular activities to do from the safety of their homes.

Young people can learn how to crack codes, fix security flaws and dissect criminals' digital trails while progressing through a game as a cyber agent. The school provides free weekly webinars run by industry experts teaching fundamental security disciplines such as digital forensics, cryptography and operating systems. For more information go to: <https://www.gov.uk/government/news/new-virtual-cyber-school-gives-teens-chance-to-try-out-as-cyber-security-agents-from-home>

## + First aid

Did you know that thousands of lives a year could be saved if more of us knew basic first aid? The university of Glasgow are offering a FREE 2-week course on basic first aid.

You will learn how to recognise and manage emergencies and gain knowledge and skills about how you could help someone in a time of crisis. The course will give you the confidence to deal with basic first aid problems. For more information go to: [https://www.futurelearn.com/courses/basic-first-aid?utm\\_source=fj\\_blog&utm\\_medium=organ-](https://www.futurelearn.com/courses/basic-first-aid?utm_source=fj_blog&utm_medium=organ-)

## CHECKMATE

Did you know that playing Chess is an incredibly beneficial pastime? Scientists have shown that playing chess results in better brain function, improved memory and cognitive abilities, strategic thinking and attention improvement. Why not use your time in lockdown to learn how to play or further develop your strategic skills? You could be at the top of Mr Darbyshire's leader board when we return to school. There are lots of online tutorials and apps to help you get started— why not 'check' out: <https://www.youtube.com/watch?v=NAIQyoPcjNM>

## STORYHOUSE

Do you love performing? Were you in rehearsal or creating something that's been put on hold? Why not get involved with 'Young Storyhouse's DigitalTakeover'? Whether you're a band or a baker, a dancer or dramatist, a singer or slam poet, or anything in between – sign up for the Young Storyhouse Online Takeover to finally have the chance to reach the audience you deserve and be broadcast on the Storyhouse (online) stage.

Storyhouse is a library, theatre, cinema, community hub and cultural centre and during temporary closure, it aims to provide young people with support, connection, and a space to be creative. On Saturday 6th June 'Young Storyhouse' are taking over Storyhouse's digital channels and audiences will be able to tune in all day as young performers take to the (online) stage. If you would like to take part, find out more at: <https://www.storyhouse.com/guide/whats-on>



Higher Horizons is a government funded initiative that supports schools and colleges to raise student aspirations and promote routes into Higher Education. They have prepared a wide range of resources to support young people and their parents during lockdown. There are a wide range of resources on their website which cover everything from budgeting to wellbeing—why not take a look: <https://higherhorizons.co.uk/resources/>



Service

Compassion

Forgiveness

Truth