

20 January 2021

Dear Parents & Students

### Co-Curricular, Music, Art & Sport Challenges – Years 7-13

Further to my previous letter I wanted to share with you some more details of our Co-Curricular, Music, Art & Sport challenges, along with some additional activities that aim to support and engage students over the half term break, ensuring the social and emotional wellbeing of the school community to the best of our ability.

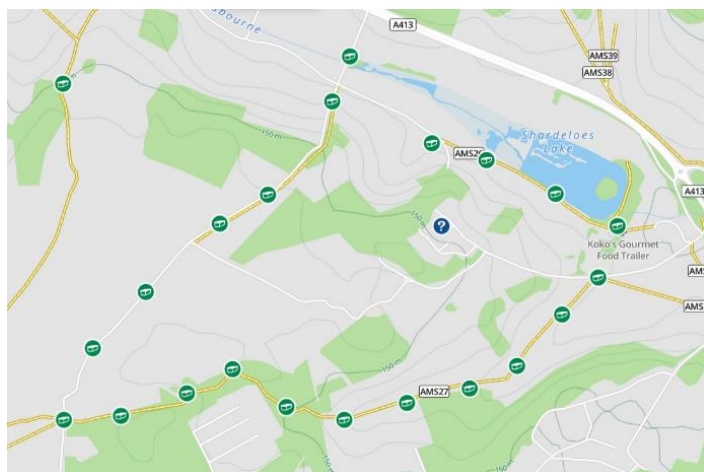
We are aiming to support students by offering optional additional elements to their lockdown experience. There is no expectation, no compulsory involvement, this is just for fun, for mindfulness, and to promote a sense of community.

### Co-Curricular Department – Geocache Challenge

**Geocaching** is a real-world, outdoor treasure hunting game using GPS-enabled devices (like phones). Participants navigate to a specific set of GPS coordinates and then attempt to find the geocache (container) hidden at that location, sign the logbook and return the geocache to its original location (<https://www.geocaching.com/>).

This is great fun and an enjoyable activity to share as a family. It costs absolutely nothing to take part in other than your time. I have included a short video link to give more detail as well as an example of a local circuit that may be of interest.

*Start Geocaching* - [https://www.youtube.com/watch?v=vuFiLhhCNww&feature=emb\\_logo](https://www.youtube.com/watch?v=vuFiLhhCNww&feature=emb_logo)



*Example: Shardeloes Triangle is a set of 20 geocaches on a very pleasant 3.5 mile walk around Shardeloes, a large country house completed in 1760, near Amersham in Buckinghamshire.*

## Geocaching etiquette

- If you take a trinket from the geocache, leave something of equal or greater value, making sure it's family friendly. Don't place food or scented items as these attract animals.
- Be mindful of non-geocaching onlookers (muggles). Curious people have been known to take or damage geocaches.
- Make sure you don't accidentally venture onto someone's private property. Caches won't require you to trespass.
- Leave the geocache area better than how you found it. Try not to disrupt local wildlife and pack any trash you see.

**Geocaching Challenge** – Submit a picture of your online logbooks via email to [dec@rgshw.com](mailto:dec@rgshw.com). Winners will be announced, and House Points awarded based on the greatest number of caches found between the 19<sup>th</sup>-22<sup>nd</sup> February. Good luck, enjoy the hunt, stay COVID safe & share your adventures on twitter @RGSHWTrips.

## Music Department – Songwriting Challenge

For half term, you are invited to join in our Songwriting Challenge to raise points for your house!

Your song should be at least 90 seconds long and can be about anything you like, within reason. Use any style and any instruments that inspire you, anything from classical to rap is ok. The minimum we require is a lead sheet (melody, lyrics & chords), but we'd prefer to hear or see a recording and will add points for these. You don't have to provide both, but the more you give us, the more points you will have as your starting point.

If you're not sure where to start, this short video can take you through some songwriting basics: <https://youtu.be/f3IFkhRTYsI>

- Recording note #1: You don't have to be the singer! If you can persuade someone else to sing it for you, that's fine. This is a writing challenge rather than a performance challenge. Quality of singing will not be judged as long as we can distinguish the melody.
- Recording note #2: audio and video files are huge, so please upload to a suitable place on the cloud and send us the link. Don't send it as an attachment or your hard work won't ever get to the Department inbox!

Please send your submissions to [RGSmusic@rgshw.com](mailto:RGSmusic@rgshw.com) by 9pm on Sunday 21<sup>st</sup> February. We can't wait to see what you come up with! Happy songwriting.

## Sport Department - Half Term Holiday Hijinks

The Sports Department has been hard at work devising and creating video content for some amusing challenges using household items. Take on the mighty Sock Trick Shot, or Toilet roll Tic Tac Toe in a head 2 head family battle royale. You will also be able to access our home workout videos; we could all do with a boost to feel better right now – and you don't even need to leave the house to do it!

The following is a link to our Youtube channel: <https://www.youtube.com/c/RGSHWSPORT?pbjreload=102>

Let the Games commence!

## Art Department – Creative Name Project

Using your iPad, phone or digital camera, go around the house, or for a walk and take a photograph of the LETTERS that make up your FIRST NAME or SURNAME. These letters must appear naturally within objects/nature, you cannot form the letter (ie: you cannot put pencils together to make the letter 'M'). You will need to look closely at the environment around you to spot naturally forming letters from the alphabet. You can take these photographs in colour, black and white or you can put on a coloured filter, it's up to you!

Have a look at the examples- <https://youtu.be/q6cpFqf9xzw>

## Half-term Holiday Lockdown Activities

**Nature Watch** - The following is a link to the BBC Winter Watch list - <https://tinyurl.com/2rpocu83>. It is a list of wildlife that should be on view at this time of year. Going for a walk is good, but going for a walk with a purpose means you will probably cover more distance and see some of Britain's flying treasures.

**Ping Pong Tissue Box Belt** – Once you have finished sniffing and wiping your nose, keep the box and store until needed. Then you need to get hold of some ping pong balls (readily available and very cheap on amazon). Run a piece of string through the back of the tissue box and create a belt, with the tissue box extraction hole on the outside. Fill the box with ping pong balls and attach to the relevant player. The player is then timed to see how long it takes to empty the box of balls by jumping and jiggling, with no hands allowed. If you create two box belts and get lots of balls, then you can play a head to head.

**Potato Swing** – You need two large/medium potatoes per player and some string. Tie the string around the potato and then around your waist, ensuring the potato is just above floor height. Place the other potato on the floor and establish a start and finish line. You must then swing the dangling potato and nudge the other potato along the floor, with the first potato crossing the finish line becoming the winner!

**Cereal Box Game** – All you need is a cereal box and some scissors. Place the cereal box on the floor and ensure enough space to manoeuvre. Take it in turns to bend down and pick up the box with your teeth. Once all have completed, you cut a few cms of the top of the box and repeat. If someone cannot pick up the box without putting their hands or knees (or both) on the floor then they are eliminated. Last person in, wins!

**Family Bake-Off** – Pick a (relatively easy) recipe and get the ingredients for as many people as are taking part. Download the cooking/baking instructions. Agree on a judge or judges (usually a parent), then set a time limit and away you go! Ensure there is a clear and agreed clean-up plan for after the challenge has finished.

Here is a healthy(ish) but very tasty and relatively easy Banana Bread recipe.

### *Banana Bread Try Bake*

Ingredients: Bananas (must be ripe) x 3, Coconut Oil x 2 tablespoons (melted), Honey or Maple syrup x 150ml, Oats (blended to flour) x 150g, Vanilla extract x 1 teaspoon, Baking powder x 1.5 teaspoons, Self-raising flour x 2 tablespoons, Dark chocolate x 50g, 1 pinch of salt

Instructions:

- Preheat oven to 170c
- Mash bananas in bowl with fork
- Melt coconut oil and add to bananas, also add vanilla extract and Honey/Maple syrup
- In separate bowl combine all dry ingredients
- Make a well in centre of dry ingredients and combine wet ingredients
- Mix all ingredients and pour into greased tray or loaf tin
- Break up dark chocolate into very small pieces and place either into or onto the mix
- Place in oven for about 35 mins, until top starts going brown.

Mr Pettifer, Mr Mullaly, Mrs Francis and I are dedicated to supporting students as they try to navigate a challenging academic year while still allowing them to develop and grow as students. Please do let us know if you have questions or we can support in any way.

Yours sincerely

**D Clatworthy FRGS**

**Director of Co-Curricular Education**