

**Aspire Clubs**

**Virtual Cultural Trips and Visits**

**Student  
Leadership**

**SMSC/PSHE**

**CEIAG**

**Student Surveys UL & Aspire**

# Education with Character @home



**STAY AT HOME**  
**SCA Aspire@home**



# Education with Character Aspire@home

Salford City Academy is taking the opportunity to continue to develop students' character whilst you are away from school. This is an opportunity for you to continue to develop as a person and not just focus on your academic work. We will continue to deliver our programme and ask that you and your parents/carers engage in the offer. Parents play a crucial role within the process. We want parents/carers to actively encourage their child to engage and encourage students to engage with the opportunities provided at home.

This PPT will be updated each week with things to do outside of the work set by teachers. There is a log book to go with it so record what you do and badges and certificate and reward event will be available when we return to school. The programme will continue to be delivered through the following ways:

Please try and get involved in some parts of the programme, you can choose what you want to do.

Aspire  
Activities

Virtual tours  
and visits

CEIAG  
(careers)

SMSC

Leadership



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# Aspire@home Criteria

REACT Values	Bronze	Silver	Gold
<b>Responsibility</b>			
I will volunteer to take on responsibility at home	3 activities	5 activities	10 activities
<b>Excellence</b>			
I will complete all work set by teachers to the best of my ability	Attempting to do most of the work set	Most work completed	All work completed
<b>Aspiration</b>			
I will engage in career, enrichment and cultural opportunities	3 activities	5 activities	10 activities
<b>Commitment</b>			
I will engage in Aspire Clubs opportunities	3 activities	5 activities	10 activities
<b>Teamwork</b>			
Support others in your household and community	3 activities	5 activities	10 activities

# Student Log Book

- See attachment below
- You can print off and update each week and keep to give to Mrs Breen/Form Tutor when we return to school
- You can download and save a copy in your area and edit and add to it and email Mrs Breen/Form Tutor when we return to school.



STAY AT HOME  
SCA Aspire@home

# Responsibility and Teamwork - Leadership opportunities

Activity	Description
Household chores	Take on responsibility in the home and support parents and carers by taking the initiative and vacuuming, dusting, empty bins, make the bed, change the bed, organising the laundry
Develop new skills	Learn a new skill and teach it to someone else in the home or a friend online
Assistant teacher	Support any younger siblings with their school work
Games/quiz/event	Organise a games or quiz night for your family or friends online
Gardening	Take responsibility for an area in your garden and look to grow something
Support worker	Send a card or postcard to a friend/family member or ring them
PE teacher	Plan a fitness or physical activity session and get the whole family involved
Raise money/contribute to charity	Help organise an event to raise money for charity or contribute to a charity

Log what activities you do in your log book.



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# Excellence

Complete work set  
my staff to the  
best of your ability

Record the work  
you complete in  
your log book

Find work through Class Charts  
School Email  
Office 365 Teams

Other sources  
<https://www.bbc.co.uk/bitesize>



# Aspiration -Virtual Tours and visits

## Chester Zoo

- <https://www.chesterzoo.org/virtual-zoo/>
- [Tour Antient Rome](https://www.futurelearn.com/courses/rome?utm_source=fl_blog&utm_medium=organic&utm_campaign=covid_content)  
[https://www.futurelearn.com/courses/rome?utm\\_source=fl\\_blog&utm\\_medium=organic&utm\\_campaign=covid\\_content](https://www.futurelearn.com/courses/rome?utm_source=fl_blog&utm_medium=organic&utm_campaign=covid_content)

## Visit a Museum

- <https://greatnorthmuseum.org.uk/visit-us/virtual-tours>
- <https://britishmuseum.withgoogle.com/>

## Other virtual visits

- <http://panorama.auschwitz.org/tour1,en.html>

## Culture in quarantine

Click to add text



# CEIAG- Careers

## Careers

- [www.prospects.ac.uk](http://www.prospects.ac.uk)
- <https://nationalcareers.service.gov.uk/explore-careers>
- <https://www.inputyouth.co.uk/jobguides/jobguideindex.html>

## STEM

Our **STEM ambassador hubs** have also been busy: the London Hub has put together a series of podcasts showcasing lots of different careers:

<https://open.spotify.com/show/3MjXuvwfrk0TOItAE55sC6?nd=1>

<https://podcasts.apple.com/gb/podcast/stem-sessions/id1505320728>

listen and then have a go at this competition?

<https://nationalcareersweek.com/the-north-west-ncw2020-competition/>

GM Higher have a section on their website, [‘My Student Journey’](#), including a comprehensive [University & Me guide](#) which you can look at to learn more about higher education



# Commitment -Aspire Activities

## Cooking with Kershaw

<https://web.microsoftstream.com/video/26685d6d-27a8-49a0-9e69-136c345d7922>

## PE

- Exercising with @thebodycoach 9am <https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ>
- Youth Sport Trust 1 minute challenge <https://www.youthsporttrust.org/60-second-physical-activity-challenges>  
record your results in your log book.

## Read or listen to a book

- <https://stories.audible.com/start-listen>

## Write a song

- [https://www.futurelearn.com/courses/songwriting?utm\\_source=blog&utm\\_medium=fl\\_blog&utm\\_campaign=covid\\_content](https://www.futurelearn.com/courses/songwriting?utm_source=blog&utm_medium=fl_blog&utm_campaign=covid_content)

## Learn a language

- <http://www.bbc.co.uk/languages/spanish/mividaloca/>



# Commitment -Aspire Activities

## *Creative Cooking Challenge!*

COMPLETE FIVE-IN-A-ROW FOR A COOKING BINGO!

COOK A VEGETABLE TWO DIFFERENT WAYS	CREATE A SIGNATURE SANDWICH	COOK FROM A RECIPE	MAKE FRUIT SALAD	COOK SOMETHING IN A MUFFIN TIN
CREATE YOUR OWN SMOOTHIE FLAVOR	MAKE A MEAL WITH FOODS THAT ALL START WITH THE SAME LETTER	CHOOSE A NEW FRUIT OR VEGETABLE AT THE STORE AND TRY IT	COOK A QUESADILLA (SAVORY OR SWEET)	SET-UP A SALAD BAR FOR YOUR FAMILY
LEARN HOW TO USE A NEW KITCHEN TOOL WITH A PARENT	BAKE A TREAT AND GIFT IT TO SOMEONE	 FREE SPACE!	PREPARE AND SERVE A DIP & DIPPERS	COOK A RECIPE FROM ANOTHER COUNTRY OR CULTURE
PREPARE A SNACK INSPIRED BY A BOOK OR MOVIE	MAKE YOUR OWN POPSICLES	COOK A PASTA MEAL	HAVE A TASTE TEST WITH DIFFERENT BRANDS OF ONE FOOD	SERVE SOMETHING IN AN ICE CREAM CONE (NOT ICE CREAM!)
MAKE BREAKFAST FOR YOUR FAMILY	PREPARE A COLORFUL MEAL	BAKE AND DECORATE A CAKE	MAKE BREAD, TORTILLAS, OR MUFFINS	MAKE A MEAL IN A SLOW-COOKER



# Commitment -Aspire Activities

## History

- <https://www.history.org.uk/secondary/categories/531/news/3451/write-your-own-historical-fiction-competition-2020>
- <https://www.raf100schools.org.uk/info/82/raf100-history-and-local-history-competitions>

## Nature

- <https://www.rspb.org.uk/fun-and-learning/for-kids/games-and-activities/activities/>

## Engineering

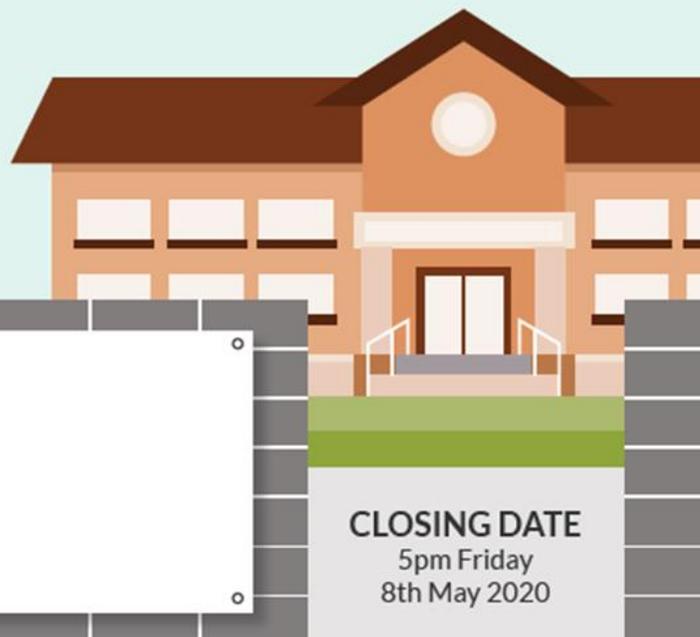
<https://linkprotect.cudasvc.com/url?a=https%3a%2f%2fwww.smallpeicetrust.org.uk%2fen-gineering-at-home&c=E,1,sixu4OBU9NzfCKrEnswMsVkWQGEe5jIMxtGnSSqdpVCMJIWw5IQPHwN2R-FRelgAer0OU-3L2jk8d3hqYyPRoGYLarJHhUzerzXKn1k0w,,&typo=1>



# DESIGN COMPETITION

**fse**design  
THE SCHOOL MARKETING COMPANY

Show your support and design your very own external banner, thanking the NHS and other key workers for their dedication! **5 Winners will have their design recreated and produced to proudly display on your school gates!**



[https://mcusercontent.com/0e67e8cef3a2b73ffa545be13/files/c017ea01-05b8-425e-8b90-83e9528d11aa/FSE NHS Banner Competition.pdf](https://mcusercontent.com/0e67e8cef3a2b73ffa545be13/files/c017ea01-05b8-425e-8b90-83e9528d11aa/FSE_NHS_Banner_Competition.pdf)

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- We're looking for students to design a banner which thanks and shows support to the NHS and key workers, for their dedication and hard work during this pandemic.

We'll pick 5 winners, who will have their artwork recreated by our talented designers and printed on to a big 3x1m banner for you to proudly attach to your school gates!

To enter, your students simply need to take a photograph of their completed worksheet and email it to [hello@fsedesign.co.uk](mailto:hello@fsedesign.co.uk) alongside their full name, age and details of their school.

***If pupils do not have a printer at home, we're more than happy to accept photographs of entries drawn on plain paper!***

[DOWNLOAD WORKSHEET HERE.](#)

The closing date is Friday 8th May at 5pm!  
Winners will be announced on Monday 11th May!

For more information, please visit our website [www.fsedesign.co.uk](http://www.fsedesign.co.uk) and follow our [Facebook](#) and [Twitter](#) pages for updates.

# Science Experiment @home

## The brief

Make an egg fit into a bottle without breaking it.

## The method

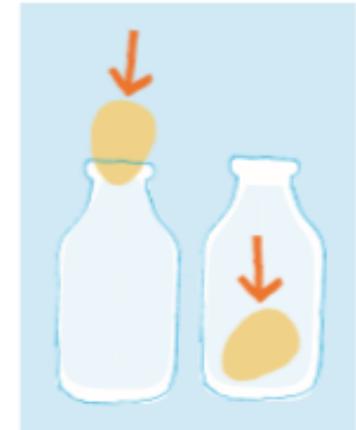
1. Submerge the egg in a glass of vinegar for two days: the shell will become rubbery.
2. Heat the bottle in hot water – remember to use gloves or a tea towel when handling it.
3. Rest the egg on the neck of the bottle.
4. As the air inside the bottle cools down, it will contract and suck the egg down.

## Top tip

Try lubricating the egg with cooking oil or washing up liquid.

## Materials

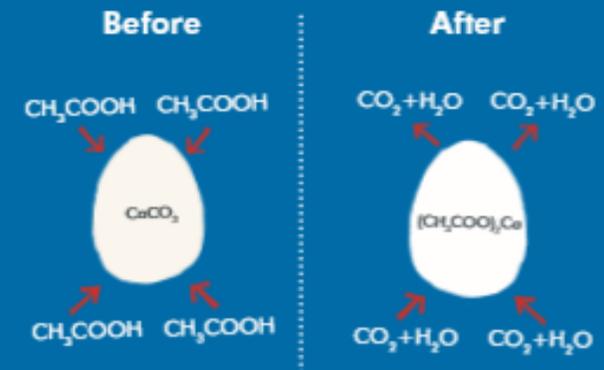
An uncooked egg  
A pan of boiling water  
(with adult supervision)  
A glass of vinegar  
A wide-mouthed  
glass bottle



## How does it work?

Eggs are rich in protein. When heat is applied, chemical bonds within the protein molecules are broken, and new bonds are formed between adjacent molecules. This creates a network of inter-connected proteins which causes the egg to go hard.

Vinegar contains acetic acid ( $\text{CH}_3\text{COOH}$ ) that dissolves the calcium carbonate ( $\text{CaCO}_3$ ) shell but leaves behind the egg's springy membrane.



## 'Movie on a Toilet Roll' SCA Art Challenge

Your challenge is to create your own 3D art work in response to one of your favourite movies using a toilet roll tube as the starting point.

- You can use whatever materials you like (pen, pencil, paint, card, fabric etc) and can add/remove parts of the roll to change shape. You could also use a kitchen roll or wrapping paper tube.
- You could represent the characters, plot, soundtrack, setting, genre, location, quotes etc or combine different aspects of these.
- Try researching a film to give you ideas and also look at these examples.
- You can also create digital versions if you'd prefer using apps to create stop motion animations.
- We would love to see your creations, so please email all your masterpieces to Ms Braidwood:  
[vanessa.braidwood@salfordcity-academy.org](mailto:vanessa.braidwood@salfordcity-academy.org)



# Art Challenge

## ASPIRE Music Activities!

Share your work!! I'd love to hear you practicing, performing and to see how you are all getting on! ☺

Email: [joanne.parkinson@salfordcity-academy.org](mailto:joanne.parkinson@salfordcity-academy.org)

**Practice your instrument** for at least 15 minutes everyday.

Keep a practice diary! 

Pick your favourite karaoke track!



Record yourself **performing** it.

Make a **musical instrument** out of recycled items in your home.

Watch the video on the notes on the Treble Clef Stave

<https://www.musicteachers.co.uk/ezone/page?id=16>

Take the quiz to **test your knowledge**.

Then click on the link below and attempt the name the note game. **How many notes can you name in 60 seconds!**

<https://www.musicteachers.co.uk/ezone/page?id=30>

Take a picture of your high score and email it to me!

Are you the **Ultimate Note Champion?**

Can you beat 300 points?

**Listen** to Classic FM on the radio for 10 minutes today.

Try listening everyday!

CLASSIC FM

Visit the **New York Philharmonic orchestra** Website.

Look in the:

- Composers library
- Games room
- Instrument Store room
- Dressing rooms

to learn more about the Orchestra.



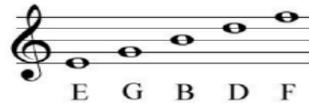
<https://www.nyphilkids.org/>

**Listen** to Gershwin's Rhapsody in Blue and draw an image that you think represents this music.

<https://youtu.be/7-MJZJj4A>

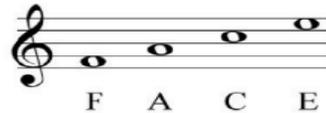


**Lines**



Every Green Boy Deserves Food - Notes in a space spell FACE

**Spaces**





## Wild Challenge Family Activities - The RSPB

Wild Challenge is your chance to answer that call. Help wildlife, explore nature, and work towards awards by making your way through a heap of wild family activities. What will your wild challenge be?

[www.rspb.org.uk](http://www.rspb.org.uk)

# Science

- **Science**
- RSPB wild challenge - it involved taking part in different activities to see and support local wildlife - such as making birdfeeders, or identifying species in your garden. Certificates available if you complete more than 6 activities (bronze), and goes up to 18 activities to get gold.
- <https://www.rspb.org.uk/fun-and-learning/for-families/family-wild-challenge/>

# Who likes to watch films?



# SMSC/PSHE



Watch the weekly Assembly



TED talks – links will be added



Watch a Documentary



The Day activity sent out each day



Aspire Survey link coming soon to complete



UL survey – link coming soon to complete

# Aspire Survey Please complete this week



Please can you complete the Aspire survey, help and support is attached on the links below.



<https://myaspire.app/>



Use your school email and the password you created when you first logged in, if you have forgotten your password it can be re-set see instructions.



<https://teams.microsoft.com/#/school/files/Aspire?threadId=19%3AAdd98795618384722b4f287a6f2e1d90b%40thread.skype&ctx=channel&context=Aspire%2520Survey&rootFolder=%252Fsites%252FStudentResources%252FShared%2520Documents%252FAspire%252FAspire%2520Survey>