

Brae High School



Sustainability Week 2020

S2 & S3

Sustainability Week 2020



Create a piece of Art work from junk you find on the beach

Create an assault course on your drive/outside your house and take pictures as you and your family try it out.



Step Challenge

Using fitbit or app, record the number of steps you do each day and draw a bar graph or pie chart to show your data.



Make a Board Game



As a family make your own numeracy board game with different levels or questions.

Mindful Wildlife Walk or Scavenger Hunt



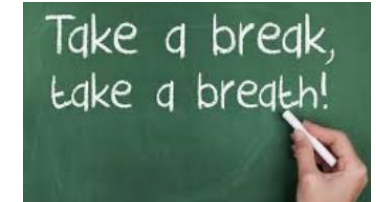
See pages 3 & 4

Paper Planes – We all love flying paper planes!



See page 5

Take responsibility for a part of your garden



See page 6

Mindful 5 Senses Walk
Walk to a beach or burn and observe the experience of all five senses. Write a sentence about each of your senses from your walk

The Big Brae Bake Off



See page 7

The Great German Challenges

See page 8



The Great French Challenge

See Page 9



Mindful Wildlife Walk or Scavenger Hunt

Go for a walk, on the beach, through the hill or even just along the road, but really pay attention to your surroundings, think about how you move, what you see, what you hear and what you smell. Each time you notice you got distracted from being in the moment and just walking turn your attention back to how you're moving, what you can see, hear and smell.

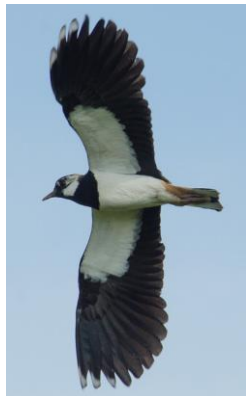
If you want to go a bit further, as you go try to be aware of how many different things you can see and hear.

What you see will depend on where you are, but you are bound to hear the sound of lambs playing and lots of different bird calls - can you identify any of them? Some of the calls are very distinctive.

Can you spot any of these birds?



Artic tern (Tirrck)



Lapwing (Peewee)



Great Skua (Bonxie)



Curlew (Whaap)



Oystercatcher (Shalder)



Common gull
(Peerie maa)



Gannet (Solan)



Eider duck (Dunter)



Great black back gull
(Swabie)

Keep your eyes peeled for an otter!

Are any of these flowers in bloom near you?



Sea pink



Primrose (Mayfloers)



Marsh marigold (Blugga)



Lady Smock



Red Campion
(Sweet William)



Bog cotton
(Luckaminnie's Oo)

Maybe you will find some of these shells along the way, or you might even find them living on the beach.



Dog whelk



Blue Mussel



limpet



Waved Whelk



Cockle



Razor Clam

(Spoot)



Clam



Sea urchin
(Scaddie man's head)

Can you see any seaweed where you are – how many different types of can you see?

If you want to make this a bit more of a challenge, why don't make it into a scavenger hunt and try to collect or photograph as many of the items listed as you can throughout the week

Happy hiking!

Paper planes!

We all love to fly paper planes!

There is a lot of Science and Engineering in making the perfect paper plane

If you follow the link below it will take you to a website which has various plane designs with videos and folding instructions.

<https://www.foldnfly.com/#/1-1-1-1-1-1-1-1-2>

Why don't you try and build a selection to see if different planes give different results.

Things to compare might be:

- Time of flight.
- Range of flight.
- Can you make it move left/right?
- Can you make it loop the loop?

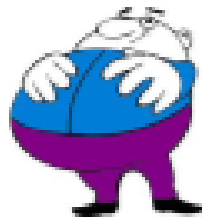
Obviously you need to decorate them accordingly!

Happy flying!

FIND WAYS TO TAKE A BREAK



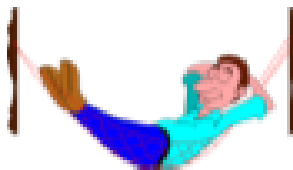
Dance



Take
Deep
Breaths



Read something



Have a nap

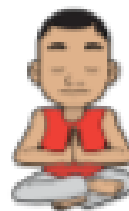


Write in a journal

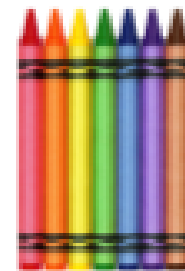


Listen to music

Phone
a
Friend



Meditate



Colour
With
Crayons

HAVE FUN



Look out the window



Watch the clouds

Gentle
Stretching



Sign your name



Bake



Write
A
Letter



The Big Brae Bake-Off!

The Modern Foreign Languages department is giving you an exciting opportunity to enter our German and French bake-off challenge.

Why not try out a traditional dish to celebrate sustainability week?

Cooking is a really fun way to learn about foreign languages, cultures and cuisines and you and your family get to eat what you have cooked!

Step 1: decide what you want to cook and identify a French or German recipe you would like to follow.

Step 2: gather all the ingredients and equipment you will need. An idea would be to label the ingredients you are using in French or in German.

Step 3: Use the ingredients you have to make your dish and describe how you are cooking it step by step. Taking photographs as you go along would show how you went through the process. You can also make a video of the food you are preparing but we ask that you only use your voice and do not appear in the video (see example below):



<https://www.youtube.com/watch?v=7-GSR3PeMuY>

You could incorporate some information as you go along about culture, history and language to provide additional learning materials in relation to your recipe. An adult should supervise you at all times.

Finally, email your pictures or a video of your final product to: gw19wilkinsonkerboul@glow.sch.uk

Entries will be judged during the week starting 1st June and a £20 Amazon gift card will be awarded to the students judged to have submitted the most creative German and French entries.

Mrs D'Eathe, Mrs Wood and Mrs Wilkinson are looking forward to seeing your amazing creations!

Bon appétit!

Guten Appetit!

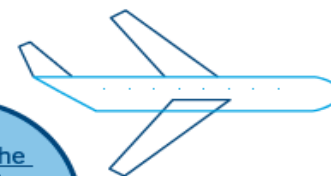


THE GREAT GERMAN LANGUAGE CHALLENGE



To find more languages resources, visit:
<https://www.britishcouncil.org/school-resources>

THE GREAT FRENCH LANGUAGE CHALLENGE



Find out the names of four fashion designers who are from a French-speaking country

Teach your parent or guardian a phrase in French

Find an app that allows you to practise French and learn **five new words**

Find out the capital cities of ten French-speaking countries

Learn the 'happy birthday' song in French

List four well-known buildings or monuments that can be found in a French-speaking country

Listen to a song in French

Change your social media **app settings** into French for one hour

Find out the names of ten well-known sports players who are from French-speaking countries

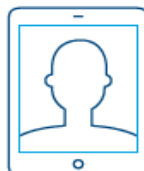
Write a short paragraph about a French-speaking country you would like to visit and why

List five famous forests, coastlines or mountain ranges which are found in French-speaking countries

Find out about five famous scientists, artists, writers or explorers who are from countries where French is the official language

List four festivals which take place in countries where French is the official language

Cook a dish from a French-speaking country



Try a food item from a French-speaking country you have never tried before

List ten French words that have made it into the English language (e.g. chauffeur)

Find out how to say **the following phrases** in French:

- ☐ Excuse me
- ☐ Could you repeat that?
- ☐ See you later!

Take a look at the top 200 songs in the UK Spotify charts. Are there any songs that are sung in French?

Find a French language video or cartoon on YouTube and watch it

Find out how many countries have French as their official language

To find more languages resources, visit:
<https://www.britishcouncil.org/school-resources>

