

How to stay Healthy and Happy During Lockdown

By

The Young People of Sandwich Junior High School Secondary Department



The following ebook was created by the young people of Sandwich Junior High School secondary department. Each page has been created by a different student and holds their thoughts on how best to nurture health and wellbeing during these challenging times. There are lots of wonderful ideas and they are a testament to the thoughtfulness and resilience of our young people:

stronger together, reaching high.

How to stay happy and healthy during lockdown

- *Stay in touch with your friends*
- *Get fresh air as much as you can*
- *Try exercising every day*
- *Spend time with your family*



How I stay happy and healthy in lockdown!



- I go on walks to places I have never been before like going up the hill, following burns sometimes leading up to a waterfall and going to lots of beaches following the coastline. I bring picnics when I go out for a while and sometimes I bring some things to keep me entertained like word searches, headphones, books and more!
- I do one hour of exercise a day, this can include cycling, running or even running around the garden! Today I went for a cycle to the other side of Quarff and then I went for a walk up the burn!
- I am outside until 4pm every day, which means I have lots of time to go exploring and also do other things like drawing, word searches and sudoku but my favourite thing to do is to go metal detecting. So far I have found an old fashioned iron, a war badge, a cannonball, pipes, random pieces of tractor from my dads fields, some tiny pieces of metal and my best find was an old fashioned George V florin from 1921 that is worth £80! I have also found more old fashioned coins such as half pennys, old 5 pence pieces, shillings, a sixpence and a copper coin, I don't know the name of that, it has a big boat on it but its too rusty and old to tell.
- By getting out and being active I feel happy and healthy!
- Annie Malcolmson

How To Stay Active Isolation

Some ways to stay active in lockdown are things like walking your dogs or doing a workout with Joe Wicks.

Here is a link to Joe's youtube channel <https://www.youtube.com/user/thebodycoach1>



Joe Wicks is a popular youtuber with 2 million subscribers. He does P.E from Monday to Friday every week these P.E sessions include exercises like burpees, squats, mountain climbers etc. The P.E sessions are from 9 o'clock to half past 9 every morning on a weekday.

Here are some ways to have fun in lockdown!

1. watch a film.
2. go out for a walk with your family.
3. play a game like uno or dice 10,000.
4. call your friends or other family members.

WALKING

Walking is a good way to exercise and get out of the house. You can also take a pet along so you're not on your own. I find going on walks calming and peaceful. I go on walks at least once a day because I find it's a great way to get out the house to have some fresh air and to escape annoying siblings that tend to take things too far. Travelling on foot also gives you the opportunity to explore things that catch your eye like caves.



Walking is something almost everyone can do and is great. It's fun, easy and highly recommended. People who go on walks are healthy, less stressed and have a longer life.



Keeping healthy during lockdown

Walking is a great form of exercise and it's a great thing to do in lockdown because you are getting out in the fresh air and it is good for your mental health.

You can also take your dog with you if you've got one.



Exercise and Running During Lockdown

As much as we all may have thought lockdown to be different and a chance to relax, the novelty is undoubtedly wearing off. \With nothing to occupy our minds, mental health is seriously on a decline. Boredom, overthinking, stress- they all culminate as we wait for lockdown to end.

However, exercise can massively help. Even if you're not particularly fit, get out and get running!

So, what else can running do?

1. It makes you happier
2. It helps you lose or maintain weight
3. It strengthens knees, joints and bones
4. It will keep you sharper
5. It reduces risk of cancer
6. It adds years to your life
7. It keeps you sane

Not that fit? That's ok. The couch to 5k is a brilliant way to get started, even from scratch! Just remember, only go out once a day!

Whether you stick to 5ks, even the Bressay Parkrun, or build up to 10ks, running helps everyone and the sky is the limit!

So, let's get started. Week 1- alternate 60 seconds of running and 90 seconds of walking for 20 minutes.

The link for the couch to 5k is below-

<https://www.nhs.uk/live-well/exercise/couch-to-5k-week-by-week/>



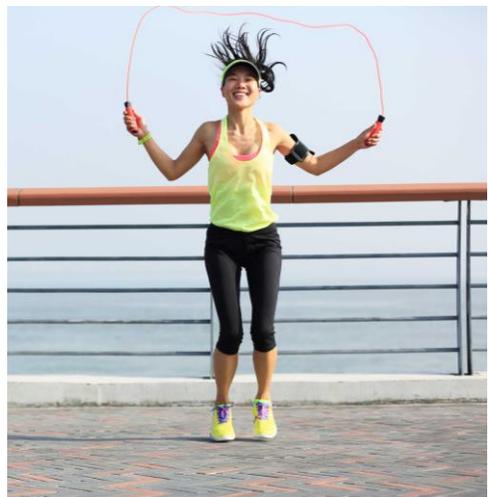
30 Day Challenges

30 day challenges are a really good way to keep yourself amused, to challenge yourself and to keep healthy.

30 day challenges are set goals over 30 days that gradually get harder until you are better at what ever you re working towards.

For example some 30 day challenges I have come across are; 30 day yoga challenge, 30 day healthy eating challenge, 30 day fitness challenge and the 30 day push up challenge.

If you are interested in doing a thirty day challenge then they are really easy to find. A place I have come across a lot of them is pinterest but you will be able to find them anywhere by simply searching “ 30 day challenge” and the thing you would like to progress at such as fitness. I am currently doing the 30 day jump rope challenge Which consist of me gradually spending more time skipping eah day to build up may stamina and fitness, its also a fun way of doing this.



How to keep happy and healthy during lockdown

Ways to keep healthy during lockdown is going out in your garden and going out for little walks. Keeping your mind active too is a good idea and doing things will make you less bored and if you're feeling sad then this will give you a little happiness boost



Some ideas of things you could do is find a new hobby. It could be something like painting or playing an instrument, drawing or playing games

If the things you enjoy and made you happy were out of house activities such as sports then you could play the sport with your family. If meeting up with friends was something you enjoyed then you could always give them a call and check up on them, see how they're doing!

Draw to pass the time

By Faith Scott



Why Draw?

There is a lot of advice on how to keep healthy, safe and hygienic in lockdown but how about some more suggestions on what to do to pass the time? Drawing has been the main thing I have been doing in lockdown because there are so many different ways, styles and techniques you can use!

You can draw just about anything you want, from comics/cartoon characters to realistic people or animals, and it doesn't all need to be on paper! If you have an iPad Pro or a tablet/laptop with a touch screen pen you can download apps and software to draw with! This type of drawing is called Digital Art!

If you don't have any electronics to draw with, drawing on paper is still just as fun, and I find it really relaxing!

The best thing I recommend doing while drawing is looking up pictures similar to what your drawing as a reference as it can help you get the coloring or shape right!

Try some tutorials

Can't think of anything to draw? Or maybe you don't know how to draw something. Here are some drawing tutorials from YouTube that I found helpful:

1. This one shows how to draw a realistic eye, its around 50 minutes long and it will help

pass time <https://www.youtube.com/watch?v=zqNZ9df0tho>

2. This one is a lot simpler than the last one and its only 20 minutes long, it shows you how to draw Stitch and it is by Disney Studios

themselves <https://www.youtube.com/watch?v=Lv5qFYJNTbs>

3. This one isn't a tutorial but it gives you some tips on how to improve your drawing!

<https://www.youtube.com/watch?v=4pyrIDeAllw>

I hope this helps you find a way to keep yourself entertained during lockdown! Remember to stay safe and stay home!



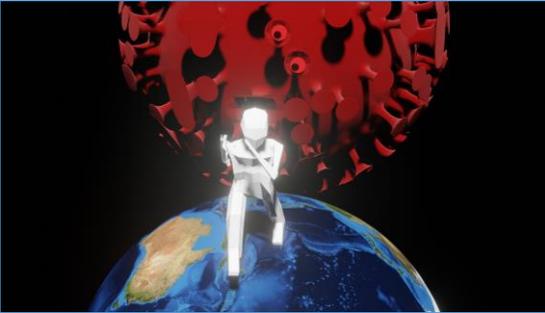


My tree house in Minecraft



A picture from outside my house

During this pandemic, it's important to keep your brain busy. This might include schoolwork but if you want something more, then I recommend making some art.



My first Blender Animation



Lots of things can be classified as art:

- Drawing/painting
 - Writing
- 3D Animations
- Photography
- Game design
- Even a building made in Minecraft!

Just create whatever makes you feel good!

How to Play Gin Rummy

Rules

1. Ace is worth 15 point with other aces or 5 points in a run.
2. Picture cards and the 10 card is worth 10 points unless in a run then worth 5 points.
3. Picture cards are worth 5 points if in king, queen, jack.
4. Any number card (except 10) is worth 5.
5. Sets are three cards or more.
6. you are only aloud to pick up more than one card from the pile if you have laid down a set.
7. The first card you pick up(if you pick up multiple cards) must be laid down in a set immediately.
8. Sets must be all the same number or all the same suit in order (eg. 4,4,4 or 2,3,4 of hearts).
9. If you have a set down and you have a card that goes with your opponent set then you can lay it down.

How to add up point

1. You need to count up the point from the cards on the table and if you have any cards in your hand then you must subtract them from your score.
2. Each round you add your points to the points from the last round and the first person to reach over 501 points is the winner.

How to play

1. Each player gets seven cards and the rest get laid in a pile face down on the table with one card face up next to pile.
2. The person to the left of who dealt goes first.
3. They pick a card from the pile or the card facing up to start their turn. If they need that card then they keep it and lay down another card next to the pile face up, if they have a set then they must lay it down in front of them face up and if they do not need that card then they can lay down that card or a different one. But you must lay down a card to finish their turn they cannot do anything else until their next turn.
4. You repeat step 3 (next player must lay the card on top of the card placed by their opponents but so you can still see the number, you may pick up this card again (see rule 6)) until someone has no cards left and then they are out.

How to Stay Health and Happy During Lockdown

During the lockdown I have been keeping busy with my pony and helping in the kitchen.

Fruit scones

600g self raising flour

250g stork margarine

1 egg

½ mug sugar

½ mug sultanas

½ mug blue milk

Mix together, roll out to 1" thick, use a cutters then brush with an egg wash before baking for 15 minutes in the oven at 180°C



I have been allowed to see my pony everyday to make sure she has fresh water and is well. When the weather was nice I got to go out for a quick walk with her. With the lockdown the roads are very quiet. This has helped me break up the days, between being there and doing school work.

How to make Horse Treats

How they're made:

Ingredients:

- ✓ 1 apple, grated
- ✓ 1 carrot, grated
- ✓ 1 cup malt extract (or molasses)
- ✓ 2 ½ cups of oats
- ✓ 2 tsp cod liver oil or any oil of your choice

Method:

1. Preheat your oven to 180 degrees. Line a baking tray with greaseproof paper.
2. Grate you apple and your carrot into a large bowl. Add your malt extract, oats, and oil and stir until combined.
3. Take a tablespoon and create mounds on the tray. Bake for 20 mins and leave to cool completely. Then give to your horse for them to enjoy.

Benefits

The benefits for your horse will mostly come from the malt extract if you choose to use it and the cod liver oil, again if you choose to use it. Malt extract has been proven to boost the immune system of mammals. It was given to humans and animals in Shetland while they were recovering from an illness. The cod liver oil will help boost the immune system as well as make their coats shiny. The carrot, apple and oats are for the treat. It will make your horse build trust and be happy but give it to them in moderation, because, like humans, too much sugar isn't good for them.



How to stay healthy AND happy during lockdown

Baking

Baking is a great way to pass the time. You can get creative, have fun and make some really delicious foods.

If you don't normally bake, then you could try something new. You could surprise yourself, really enjoy baking and make some nice food. If you are familiar with baking, you could try making something you haven't tried to make before and challenge yourself with harder recipes.

When baking, you could do it by yourself or you could bake with someone in your family. If your family are competitive you could have your own mini bake off at home and get someone to judge all of the bakes. It's a fun way to bake and spend time with your family.

During lockdown lots of people are getting stressed and worried. Baking can actually help relieve stress because you use it as an outlet for creative expression. Baking is great for your mental and emotional wellbeing. People have done research and have found out that people who are stressed or sad have reported feeling more positive while baking. As well as that, baking can ease restlessness, enhance mindfulness and improve moods. When you finish baking and you can see the end product, you get the feeling of satisfaction and it naturally enhances happiness.

Here's a recipe for some tasty Chocolate Muffins:

Ingredients

2 eggs
200g caster sugar
130g plain flour
50g cocoa powder
2 teaspoons baking powder
A pinch of salt
160ml whole milk
¼ teaspoon vanilla extract
160g unsalted butter, melted
120g dark chocolate, roughly chopped

Method

Preheat the oven to 170°C (155°C fan)/Gas 3 ½
Put the eggs and sugar in a large bowl and beat until pale and well combined.
In a separate bowl, sift together the flour, cocoa powder, baking powder and salt. In another bowl combine the milk and vanilla extract. Gradually beat these two mixtures alternately into the egg mixture little by little. Beat until all ingredients are well incorporated.
Stir in the melted butter until well incorporated, then stir in chocolate until evenly dispersed.
Spoon the mixture into 12 paper cases until two-thirds full and bake for about 30 minutes. A skewer inserted should come out clean. Leave the muffins to cool slightly before turning out onto a wire cooling rack.

Homemade pizza

1

- Mix together the yeast and sugar with 250ml warm water and leave to sit for 10 mins. Place half the flour in a table-top mixer with a dough hook, pour in the yeast mixture and beat at medium speed for 10 mins (or mix in a bowl, then knead with oiled hands in the bowl for 5-10 mins).

2

- Leave somewhere warm for 10 more mins, then add the remaining flour and oil. Beat or knead to a for a further 5 mins. Put in a well-oiled bowl, cover with a cloth and place somewhere warm to double in size – about 1½ hrs.

3

- For the sauce, heat the oil in a pan over a moderate heat. Add the onion and cook for 3 mins, stirring constantly. Add the garlic, 1 tsp sea salt and 1 tsp ground black pepper and cook for 2 mins more. Add the tomatoes and bring to the boil, then reduce the heat and simmer for a good 20 mins, stirring occasionally.

4

- Once your dough has doubled in size, slap it down on a lightly floured surface and knead for 4 mins until soft but not too elastic. Divide into 6 pieces, roll into balls and leave to rest for 10 mins. Heat oven to the highest temperature possible (270C fan in the Good Food test kitchen) and place a flat baking sheet in the oven.

5

- With a well-floured rolling pin, roll out each ball of dough as thinly as possible. Remove the baking sheet from the oven, oil or dust with flour, then carefully transfer the dough base onto it. Spread over some of the tomato sauce (I like to apply it in the quantity that you would spread Marmite on toast, or the base will be soft and fall to bits), then the cheese and any toppings you desire.

6

- Cook for between 5-10 mins depending on your oven temp, until the base is crisp and the cheese melted. Scatter with basil.

Ingredients

- 10g fresh yeast or 7g sachet dried
- ½ tsp sugar
- 375g plain flour, plus extra for dusting
- 1 tbsp olive oil plus extra for greasing
- 3 x 125g balls mozzarella,
- Torn fresh basil to serve

For the tomato sauce

- 3 tbsp olive oil
- 1 onion chopped
- 1 garlic clove, crushed
- 2 x 400g cans good-quality Italian chopped tomatoes

How to make bannocks

- Here are the ingredient
- 1lb self raising flour
- 2oz margarine
- Pinch of salt
- 1 tsp of baking powder
- 2 tsp of Sugar
- 1 egg
- ½ of buttermilk or yoghurt



1. Preheat oven to 200 C
2. Sieve the flour and rub in the margarine with your hands
3. Add a good pinch of salt, baking powder and sugar and give a quick mix
4. Crack egg into jug, then fill up jug with yoghurt or buttermilk so its just over ½ a pint
5. Pour the liquid into the dry mix and stir/fold using a metal spoon
6. If the mixture is too dry add a peerie bit of milk it should be slightly sticky
7. Put your mix onto a floured work top, sprinkle flour on top of the mix as well. Then quickly shape your mix into a round shape, but do not handle it too much or your bannocks will not be as light and fluffy.
8. Sprinkle some flour on to a baking tray, then cut your bannocks with a cutter and place on tray
9. Bake for 10-12 minutes until golden brown
10. Enjoy!!

Mug Cake Recipe

Here is a simple and easy way to make a cake in a mug if you don't feel like waiting a long time to cook a whole cake when you can make as many as these as you like. You can also adjust the recipe to how it suits you in just 4 steps.

Ingredients

- 4tbsp self-raising flour
- 4tbsp caster sugar
- 2tbsp coco power
- 1 egg
- 3tbsp milk
- 3tbsp vegetable oil
- Few drops vanilla essence
- 2 tbsp chocolate chips

Extras

- You can add any type of flavouring you want it doesn't just need to be vanilla for example orange essence, pepper mints essence, ect
- To chocolate chips is optional or you could add any type of nuts, raisins or anything that you like

Method

- 1 Mix self-raising flour, caster sugar and coco powder together in a mug.
- 2 Add your egg and mix together and don't worry if there is a little dry mix left.
- 3 Next add you milk, vegetable oil and your choice of flavouring mix mix for 20 sec before adding the chocolate chips or anything else and mix again.
- 4 Place mug in the microwave and cook for 1.30-2 mins or until firm to touch. After you take it out the microwave Enjoy.

Recipe for in Lockdown

(Or just whenever)

1. Lemon Curd Meringue

Makes: 3-4 cups

Prep time

Ingredients

20mins. +chilling

3 large eggs

1 cup sugar

½ cup lemon juice (2 lemons)

¼ cup butter, cubed

1 tbsp grated lemon zest

2 cup cream, whipped

2-3 meringue nests, crushed

Method: In a small saucepan over medium heat, whisk eggs, sugar and lemon juice until blended. Add butter and lemon zest; cook, whisking constantly, until mixture is thickened and coats the back of a metal spoon. Transfer to as many small bowls as needed. Then cool for 10 minute. Once cold add your whipped cream and crushed meringue on top and put in your fridge to cool.

It's a fun thing to do in lockdown
And it passes the time.





CHOCOLATE HAZELNUT BROWNIES

INGREDIENTS

- 225g butter
- 450g caster sugar
- 140g dark chocolate (broken into pieces)
- 5 free range eggs
- 110g plain flour
- 55g cocoa powder
- 50g roasted chopped hazelnuts

METHOD

1. Heat oven to 190C/170C Fan/Gas 5.
2. Line a 20x30cm/8x12in baking tin with baking paper.
3. Gently melt the butter and sugar together in a large pan.
4. Once heated take off the heat and add the chocolate and stir until melted.
5. Beat in eggs and stir in the rest of the ingredients
6. Pour into the tin and bake for 30-40 mins until the top is firm but the inside is soft.
7. Take out of the oven and cool in the tin. Then cut up into your desired size.



How to make Challah Bread

By Evie Hand

1 cup lukewarm water
2 teaspoons active dry or instant yeast
4 to 4 1/2 cups all-purpose flour
1/4 cup granulated sugar
2 teaspoons salt
2 large eggs
1 large egg yolk (reserve the white for the egg wash)
1/4 cup neutral-flavoured vegetable oil, such as canola



Enjoy!

a small bowl, sprinkle with yeast and a pinch of sugar. Let it stand until a frothy layer across top 10-15 mins.

2. Mix dry Ingredients, Place your flour, sugar and salt in a large bowl and knead by hand. Make a well in the flour.

3. Add wet Ingredients, add the eggs, egg yolk and oil, whisk to form a slurry (pull a little bit of flour from the sides).

4. Mix to form a dough, pour the yeast mixture over the egg slurry and then mix until forms a dough.

5. Knead for 10 mins, if a bit sticky add a tiny bit of flour.

6. Let dough rise until doubled, cover with Clingfilm, leave for about 1 hour to 1 hour 30 mins.

7. Divide the dough and roll into ropes, Divide the dough 6 equal pieces. Roll each piece into a long rope about 16 inches long.

8. Braid the dough, Braid the dough like it is your hair.

9. Let the challah rise, Line a baking tray with baking paper. Place the challah on it then sprinkle with flour and let it rise again for 1 hour.

10. Brush the bread with egg white, 20mins before baking but oven on at 170°C . Just before you put it in the oven brush it with egg yolk.

11. Bake the challah for 30-35 minutes, bake, rotating the baking tray half way through, until the challah is deeply browned.

12. Cool the challah, let the challah cool on a cooling rack until barely warm. Slice and Enjoy!

Chocolate Chip Cookies

Ingredients

100g margarine
75g soft light brown sugar
2 tbsp golden syrup
100g chocolate chips
2 tbsp milk



Method

1. Heat oven to 180 °C, 350 °F, gas mark 4
Grease two baking trays.
2. Beat the margarine until soft, add the sugar and cream together until light and fluffy.
3. Stir in the syrup, flour, chocolate chips, milk and mix well.
4. Place spoons of the mixture on the prepared trays and bake for 8-10 minutes. Remove from the tray immediately and place on a wire rack to cool.

Banana Bread

Recipe

This will take around 1hr
15mins

Equipment

900g loaf tin

Ingredients

2 ripe bananas mashed

2 eggs

100g softened butter

175g caster sugar

225g self raising flour

1 tsp baking powder

2 tsp milk



Instructions

- Grease your tin and line it with non-stick baking parchment or a tin liner.
- Pre-heat oven to 180°C/350°F/Gas mark 4.
- Now Measure all the ingredients into a mixing bowl and beat until it's well blended; an electric mixer is best to use for this but you could do it yourself with a wooden spoon.
- Pour the mixture into the tin and level the top.
- Bake for about 1 hour until risen and golden brown. Dip a skewer into the loaf and it should come out clean.
- Leave to cool then flip out the loaf. Leave to cool further then you're done!

SHORTBREAD RECIPE

Ingredients

- 4oz butter
- 2oz caster sugar
- 6oz plain flour

This recipe makes 20-24 shortbread and takes less than 30 minutes to make.



Method

1. Heat the oven to 190C/Gas 5.
2. Mix the butter and sugar together until smooth.
3. Stir in the flour to get a smooth paste.
4. Turn on to a work surface and gently roll out until the paste is 1cm thick.
5. Cut into rounds or fingers and place onto a baking tray. Sprinkle with caster sugar and chill in the fridge for 20 minutes.
6. Bake in the oven for 15-20 minutes, or until pale golden-brown. Set aside to cool on a wire rack.

- How I Stay Healthy & Happy During Lockdown -

During my lockdown, I have been doing a lot of cooking and baking because my baking is my skill for my Duke Of Edinburgh, so I managed to finish that section during lockdown. Also because I enjoy Home Economics at school

I have also been playing my Ukulele a lot more, like learning songs and more complexed chords.

Me and my family have also been together more during Lockdown, we finished a TV comedy series called Miranda which I loved.

I've also been on a few walks to get fresh air and to get plenty of exercise. We also stopped at a beach one time as well.



- By Leonie Clark S3 -

GAMING

Gaming is a fun hobby anybody can do its good for getting away from real life troubles. Gaming has a Casual aspect and a Competitive aspect which is in games like Fortnite, Apex, Call Of Duty etc. In gaming there is times where the company who makes a game holds big competitive competitions where people can win big amounts of money and the money can be won by anybody. The streamer Bugha became famous because he won the fortnite world cup on July 28 2019. For some people they couldn't qualify for the world cup because of the age restriction of 13 years old.

How to Stay Happy And Healthy During The Corona virus Lock-down

Top Five Tips To Stay Entertained

- My first tip would be to watch TV or shows on your phone, Whether you like TV or not there is definitely a series that you like that you have not finished.
- Watch YouTube, 300 hours of videos are uploaded to YouTube a minute so you are bound to find something you will enjoy.
- Try to get famous, Now thanks to social media it is easy to try to get famous, You may want to start a YouTube channel or maybe even a Tiktok account, If you do make any kind of social media account stay safe as random strangers may be able to view your content if you are worried about this most forms of social medias have an option to make your account private so that only people you except will be able to see your content.
- Bake something, Maybe you have never baked before and just want to try something new, Or maybe you're a professional who just wants to make something tasty. Or You might be right in the middle and want to improve your techniques and methods, Then baking is a good idea.
- Buy or Sell something, You are probably looking for something new, maybe you are collector, Gardener, bargain buyer or maybe your looking for something new to add to your home, play with you might even be wanting something new to wear, There is plenty of things to buy online. Maybe you have something you don't want anymore, Well there is probably someone who wants whatever you don't want anymore.

Here is a really easy no yeast pizza recipe I learnt in home etc.

Ingredients

- 150g self-raising flour
- 40g butter or baking fat/block
- 100ml milk

Toppings

- 50g hard cheese or mozzarella cheese
- 3 x 15ml spoon tomato pizza sauce, passata or canned tomatoes (A mix between tomato puree and tomato sauce works just as well ☺)
- 2 slices of ham (optional)
- Green or red peppers, Mushrooms, Onion, pineapple, sweetcorn, Cherry tomatoes (all of which are optional)

Equipment

Grater, Vegetable knife, Chopping board, Sieve, Mixing Bowl, Table knife, Measuring spoon, 17 cm sandwich tin, round tin foil dish or baking tray.

Method

1. Pre-heat oven to gas mark 6 or 200°C
2. Grease the baking tin or line with greaseproof paper .
3. Prepare ingredients:
 - grate the cheese;
 - Slice or tear ham into small pieces;
 - Deseed, slice or dice the vegetables and halve the cherry tomatoes.
4. Sift the flour into a mixing bowl, Cut the flour fat into small using a table knife and add to the flour.
5. Rub the fat into the flour until it resembles breadcrumbs.
6. Add milk a spoonful at a time and stir (You may not need the full 100ml).
7. Mix to a soft dough and knead lightly until smooth.
8. Press dough into tin using knuckles or knuckles or roll into a circle and place on baking tray.
9. Spread the tomato sauce over the base. If using canned tomatoes, Drain well.
10. Add toppings and spread evenly.
11. Cover with the grated cheese making sure the tomato base is well covered.
12. Bake in the oven for 20-25 minutes until the base is cooked.

Top tips

Use wholemeal flour for extra fibre.
Use skimmed milk and reduced fat or lighter cheese to reduce saturated fat content.

Top Five Tips To Stay happy

- ❑ Call or message a friend or a family member, This is a good idea because they will probably be in isolation and bored or missing you.
- ❑ Eat what you want and try new things, So in isolation no one cares what weight you are just eat whatever makes you happy, We are not going to see many people for the weeks maybe months ahead no one can judge, size is just a number it doesn't matter It would also be good to explore new foods there is thousands and thousands different varieties of food and there is definitely one that you have never tried that you will like.
- ❑ Get dressed everyday, This will help get you into a kind of routine and it will probably make you feel happier especially since you can wear whatever you like.
- ❑ Do exercise everyday. This will definitely make you happier and healthier, You are allowed out once everyday for an hour to do exercise. But this does not mean go to your nearest beach, If you live near the beach you can go there but not if you don't. Even if you don't want to go outside to do exercise you can do exercise indoors or in your garden.
- ❑ Read something other than coronavirus. Coronavirus is polluting the news, a Lot of other things are happening right now than just coronavirus, Reading about coronavirus can make you sad and upset, It might be good to take a break from that and read something positive weather it's the news or just a book you enjoy.

How To Stay Healthy

- ❖ Do exercise, I am putting this in two sections because it will make you healthy but you will also be happy, I think it's very important that we still do exercise in this lockdown because almost everyone is just going to be eating junk and things that make us happy which is a good thing but we still need to stay healthy. Also if you have pets like dogs they need exercise as well so it's a good idea to walk them, This will help them feel more relaxed and settled because they will be tired after walking.
- ❖ Eat seven a day and a healthy amount of liquid, We can eat whatever we want in isolation which is a good thing, But we should still aim to eat seven fruit or vegetables a day and drink between 6-8 glasses of water a day.
- ❖ Have a bath, This is good in lots of different ways, Baths can be relaxing and peaceful so they will help the mind and body and also you will be clean after having a bath. ☺
- ❖ Remember to wash your hands and if you are going out use hand sanitizer, And try not to touch your face. You should wash your hands for at least 20-30 seconds. Soap is more effective than hand sanitizer, But hand sanitizer is more effective when there is no soap available.

What Have I Done During Lockdown

- During Lockdown you should be making the most of being outside and the time off your house premises every day.
- You could either walk, cycle or jog for at least an hour in order to stay fit and healthy as you won't be moving around as much as you are at school.
- I also suggest going out into your garden, as just being outside is good for your health as you are getting vitamin C from the sun and fresh air is always good to clear the cobwebs away.

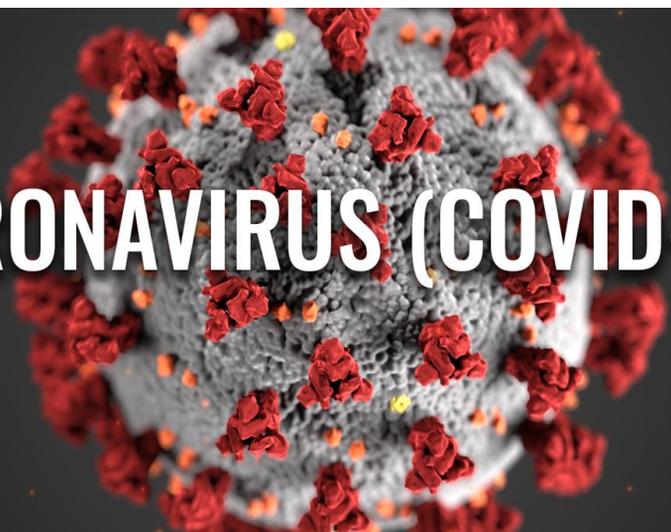
Tips on how to stay happy and healthy during lockdown

- **Keep** some structure and routine to your daily life. **For** me this starts with a good sleep routine. ...
- Limit your time on social media and reading the news. ...
- Document how you're feeling. ...
- Try and focus on the **positive** things. ...
- Learn something new. ...
- Go **for** a walk or exercise.



My Lockdown Ebook

In this Ebook I will talk about my experiences in and tactics to pass time during the long global lockdown caused by the quickly spreading pandemic of Coronavirus-2019 (Covid-19). We are all very limited in the things that we can do, but hopefully the information in this Ebook will help you pass the time a bit more easily during this very stressful time.



CORONAVIRUS (COVID-19)

My Lockdown Ideas and Experiences

By Bertie Summers
S2A

Cooking and Baking: Throughout this difficult time, I've found that making really nice homemade food is a really great way to pass the time, and I've ended up making things such as Pineapple and Apple Crumble, Blueberry and Apple Muffins, Banana and Blueberry Loaf, and Chocolate and Walnut Brownies. You can look up these recipes online or in cookbooks, or if want to make something entirely different, then that's just as good. Remember, whatever you make is better than the shop-bought equivalent, because you know what goes into it.

Staying Fit and Active: Where we can all go is very limited, so a lot of us are starting to fall behind on getting exercise. What I've been doing recently is I've been going for walks every single day, I've had my trampoline built back up for the summer, and I also go on THAT every day. Plus, I've been following a workout programme done by Joe Wicks every weekday at 9am for 30 minutes. But that's just what I'm doing. Feel free to do anything else that A) helps you stay fit and active and B) doesn't involve you going too far from your home, such as Hide & Seek, if you live with small children, or do 'Just Dance' dancing on TV. This is just another way for us to 'Stay Home, Protect the NHS, and Save Lives'.

My Lockdown

My ideas during lockdown
to stay happy and healthy is:

- go outside for regular walks or runs and stay 2 metres apart
- Speak to friends and family on phone or facetime
- Indoor activities like baking, arts and crafts, computer games etc
- Eat healthy and keep hydrated
- Have showers regularly and wash your hands a few times a day!!!

My favorite things to do is: go for a walk with my dogs, listen to music,

Play video games and play cards

How to stay happy and healthy during lockdown

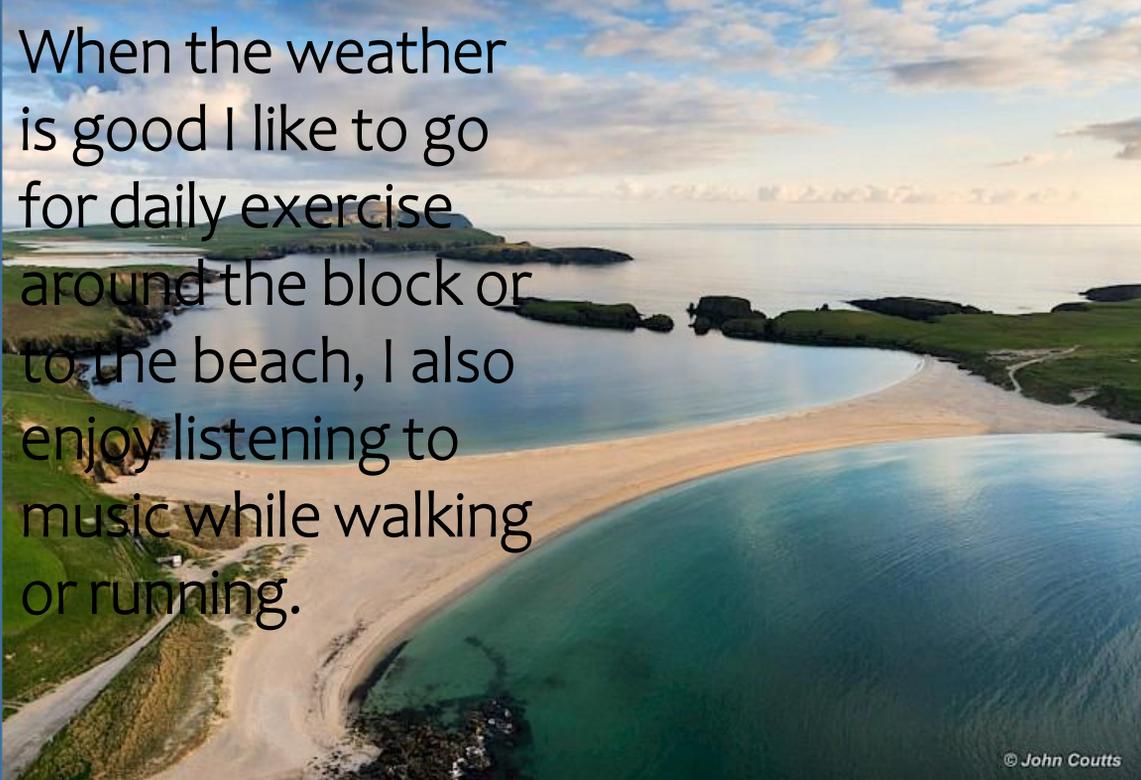
How to stay happy and healthy during lockdown

- . Go outside for your daily walk and stay 2 meters apart from everyone.
- . Do different activity's like arts and crafts, baking and drawing etc.
- . Also to stay healthy wash your hands every few times a day.
- . Make sure to stay in contact with friends and family through facetime

My favourite things to do is spend time with family, go on walks, play cards and play video games.



When the weather is good I like to go for daily exercise around the block or to the beach, I also enjoy listening to music while walking or running.

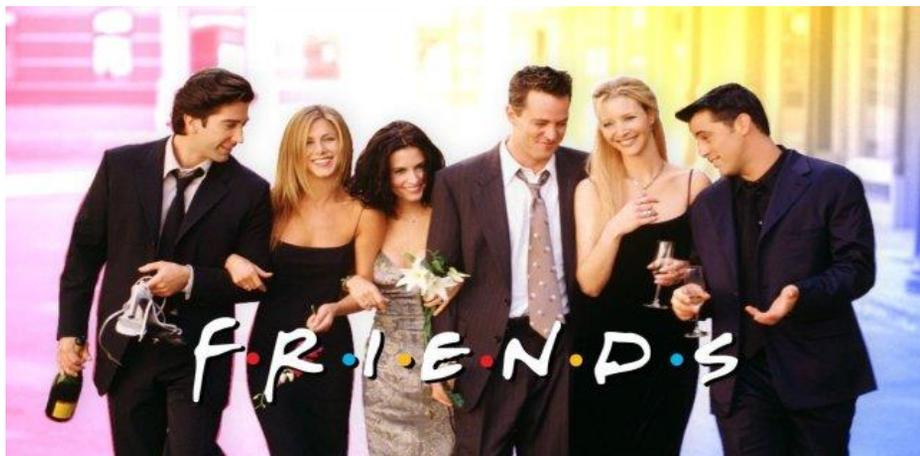


In the evenings, my family and I have chosen to watch all ten seasons of Friends the TV show.

We like to call it “ Family Friends Night”. It’s basically a way to relax after a day's work!

And it’s the best way that I can think of to make anyone smile or feel happy!

All ten seasons are available on Netflix.



Create An Ebook About Your Lockdown Experience

By Mrs Harpé

Why write an ebook?

Some people, myself included, take real comfort in writing things down. Writing can be really helpful when you're trying to process, understand or remember things that you are experiencing or have already been through.

You can keep a journal or a diary in lots of ways: some like to write every day, some only now and then; some people love to write in a note book, others keep an audio diary on their phone. There's no right or wrong.

The advantages of writing in ebook form are that you can change or edit your work, make it look exciting and include photos and pictures that mean something to you. I also like the idea of being able to print it out and keep it for my future self or my children or grandchildren to read somewhere down the line.

How to Create an Ebook

1. Use the guide at <https://www.youtube.com/watch?v=FD5WUnA4B2g> to help you.
2. You can use a free photo sharing site like www.pexels.com to add visual interest to your book.
3. You can also use your own photos of course and these may be the best for helping you to remember your experience in the future.
4. The most important thing is to remember to have fun with it. There's no right or wrong! It's all about your own creativity.



**STRONGER TOGETHER
REACHING HIGH**

RESPECT

*Be **RESPECT**ful and respectful to each other to enhance our rights and responsibilities within our school, our community and the global citizen.*

EQUALITY

*Include everyone as **EQUAL**, respecting our differences as we are valued and celebrated in an ethos of diversity.*

ACHIEVEMENT

*Provide a wide range of opportunities to develop our knowledge, skills and interests to **ACHIEVE** our full potential and positive destination.*

CREATIVITY

*Be **CREATIVE** in how we teach and learn with a spirit of enterprise, innovation and fun. Celebrate a curriculum that moves with the times and celebrates our unique local identity.*

HAPPINESS

*Promote a nurturing, healthy, active and safe environment where everybody can thrive, develop resilience and be **HAPPY!***

**SANDWICK
JUNIOR HIGH SCHOOL**