

*'Students think hard, work hard and take pride in their work'*

# Enrichment Opportunities

Monday 7th June

- Take a look at what extra curricular competitions we have on this week!
- There are lots of prizes on offer!!



Ambition | Community | Respect | Perseverance | Responsibility | Kindness

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# #OATVSportsCup21

**[OAT]**  
Ormiston Academies Trust  
ACHIEVING MORE TOGETHER

## Week one

**Variation A (intermediate)**

- ◆ Arms outstretched, twist your upper body from side to side, for 30 seconds.
- ◆ Lay on your back and lift your legs at a 90 degree angle, lift your hips, using our hands to support your bottom and rotate your legs/pretend you are riding a bicycle for one minute.
- ◆ Standing up and on the spot "climb the rigging" for 30 seconds.
- ◆ Pogo/jump up and down like a punk for one minute.

**ZURICH**  
Municipal

#OATVSportsCup21

**RUNNING FOR 4 WEEKS =  
MUST ENTER EACH WEEK FOR  
A CHANCE OF WINNING**

**Complete the google form on  
satchel one and send any  
pics/vids of you completing the  
exercises to Miss.Hull**

**BIG prizes on offer!!!!**

Video Demo: [https://youtu.be/VY90pQ\\_-bX4](https://youtu.be/VY90pQ_-bX4)

**WIN MONEY FOR YOURSELF & THE PE  
DEPARTMENT!!!**

**GET INVOLVED!!!!**

**There are prizes on offer for staff too!!!!**

**DEADLINE: SUNDAY 13<sup>TH</sup> JUNE 12PM**

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# KS3 Design a lorry competition



- Can you design a lorry to celebrate fresh, healthy food? Your design could appear on an Aldi lorry and win £1,000 Aldi vouchers for your school!
- To celebrate Tokyo 2020, Aldi and Team GB are challenging young people aged 5–14 to get creative and design a lorry that celebrates everything great about fresh, healthy food.
- The two winners (one from England and Wales and one from Scotland) will see their designs on an **Aldi lorry** and could **win £50 of Aldi vouchers for themselves** and **£1,000 of Aldi vouchers for their school!**
- Entries must be received by **Friday 25 June 2021**.

For more details on how to enter: <https://getseteatfresh.co.uk/resources/designalorry>

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# 2021/22 South Downs Photo Competition

**This year's theme is "Nature Makes Me Happy".**

Judges will be looking for uplifting images that capture the beauty of the natural world – whether that be landscape, wildlife, rivers and coastline, woodland, a piece of history, or people enjoying the National Park. The broad theme could also cover those "happy places" in the South Downs that replenish the soul.

**PRIZE: A family pass for a Forest Segway outdoor adventure ride at Go Ape.**

For more info. And how to enter visit: <https://www.southdowns.gov.uk/care-for/photocompetition2021/>

Entries close on Sunday 31 October.



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# Short Story Competition 2021



- This year the South Downs National Park Authority are hosting a story writing competition for children and teenagers, in partnership with the [MADhurst Festival 2021](#).
- All we ask is your stories are up to 500 words and based on an aspect of the South Downs National Park that inspires you. Whether it's a spooky story set at the Cowdray Ruins or a swashbuckling adventure at the Seven Sisters, we encourage all children and teenagers to get involved and get creative.
- Prizes will be awarded to the winner and runner up in each age category and their stories will be recorded and published on our website.
- For more info. And how to enter: <https://www.southdowns.gov.uk/short-story-competition-2021/>
- The deadline for entries is 30th June 21.

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# Coin for Respect Competition

- At the start of every game of football from grassroots leagues to the professional game, the referee stands beside two opposing teams, flips a coin and by the luck of heads or tails one team gets to kick off the game. It's a tradition steeped in history and respect. Respect for the referee, the teams playing and the spectators.
- That's why this coin deserves to be special. We want you to help us create the very first Mutual Respect Coin, to start every game with respect.

One side of the Mutual Respect Coin will hold the Nationwide Building Society and FA Respect logo. On the other side we'd like to feature one of your designs, showing what mutual respect means to you.

- The winning design will be featured on the coin and used across the country.
- The winner will also receive their produced coin which can be used at the start of games, and two tickets to an England game at Wembley Stadium connected by EE. Will it be the Lions or Lionesses – it will be totally up to you!
- Shortlisted entrants will receive a tour, for themselves and a parent or guardian, of Wembley Stadium connected by EE.

**How to enter and further info:**

[https://www.nationwide.co.uk/about/why-choose-nationwide/mutual-respect/coin-for-respect?sc\\_src=email\\_1276565&sc\\_lid=76723421&sc\\_uid=7JY2O3CxWU&sc\\_llid=258401&sc\\_eh=0c5dc7b73f1e47bb1](https://www.nationwide.co.uk/about/why-choose-nationwide/mutual-respect/coin-for-respect?sc_src=email_1276565&sc_lid=76723421&sc_uid=7JY2O3CxWU&sc_llid=258401&sc_eh=0c5dc7b73f1e47bb1)

**DEADLINE: Sunday 20<sup>th</sup> June**



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# OSVA's got TALENT!!!

Got a hidden talent? Learnt a new skill  
over lockdown??

ENTER OSVA'S GOT TALENT 2021!!!

Email a clip of yourself performing your  
talent to [nhl@ormistonsixvillages.org.uk](mailto:nhl@ormistonsixvillages.org.uk)  
to be in with a chance of winning!!



**DEADLINE: SUNDAY 11<sup>TH</sup> JUNE**

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# SPORTS CLUBS SUMMER TERM

**YOU SPOKE... WE LISTENED. CLUBS FOR NEXT TERM BASED ON STUDENT SURVEY.**

**Join us this half term** Just turn up on the day with your PE kit and we will be around to guide you to a changing room.

**Monday:** Duke of Edinburgh (invite only Y10/11)

**Tuesday:** Y7 Athletics & Dance

Y9 Athletics & Badminton

**Wednesday:** Y8 Multi Ball Games (dodge/bench)

Y10 Cricket

**Thursday:** Y7 Multi Ball Games (dodge/bench)

Y9 Softball & Rounders

**Friday:** Y8 Dance and Athletics

Y10 Badminton

Y9 DofE Taster sessions



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# Volunteer in the community

## Help the local wildlife

<https://www.britishhedgehogs.org.uk/hedgehog-homes/#:~:text=IN%20THE%20WILD,logs%20or%20piles%20of%20brushwood>

[https://www.rspb.org.uk/get-involved/activities/give-nature-a-home-in-your-garden/?channel=paidsearch&gclid=Cj0KCQiAjKqABhDLARIsABbJrGkt6yA1dieaEnilqgESsQ4Hmrqd7GeiNBqZlOC5RnJXaCrPawM3le4aAvrUEALw\\_wcB](https://www.rspb.org.uk/get-involved/activities/give-nature-a-home-in-your-garden/?channel=paidsearch&gclid=Cj0KCQiAjKqABhDLARIsABbJrGkt6yA1dieaEnilqgESsQ4Hmrqd7GeiNBqZlOC5RnJXaCrPawM3le4aAvrUEALw_wcB)

## Write a letter to an isolated elderly person

<https://1lettre1sourire.org/en/1-letter-1-smile/>

- Could you help someone in the community during this time?
- Could you be the person to put a smile on their face?
- Could you be that person who makes someone else's week?
- See just some of the opportunities that are around below.

## Volunteer and build your skills

<https://www.concordiavolunteers.org.uk/Pages/Events/Category/virtual-volunteering-hub>

## Become a penpal to a seriously ill child

<https://www.postpals.co.uk/>

## Help with a local food bank

<https://www.trusselltrust.org/get-help/find-a-foodbank/>



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# WINNERS



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# JUNIOR MASTERCHEF WINNER

## Starter

Homemade dough balls with  
homemade garlic butter

## Main

Homemade cheesy bacon pasta with  
broccoli

## Dessert

Homemade chocolate tart with Oreo  
crust

**LOLA, Year 7**

Congratulations Lola on an excellent  
menu! You will receive your amazon  
voucher via email.



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# Duke of Edinburgh Award



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# Y9 Duke of Edinburgh Award

- **How to apply:** Write a letter of interest, no more than 400 words, outlining why you should be considered, and how you will fulfil the areas covering skill, physical and volunteering by Wednesday 30<sup>th</sup> June to Miss.Hull at [nhl@ormistonsixvillages.org.uk](mailto:nhl@ormistonsixvillages.org.uk)



Taster sessions to run in summer term on Fridays on the MUGA.

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