

Acorns *pick 'n' mix*

A weekly gazette of random stuff to interest, entertain and hopefully amuse you

A first word from Rio, our Editor-in-Chief...

Issue 1



Hello! and welcome to the very first edition of our Acorns magazine : **'the Pick'n'Mix'**. It comes at a time when life is all a bit topsy turvy and confusing but we just want to let you know that we are still here and this is one way we can stay in touch. We will be sending out a selection of regular features, interesting and helpful articles, activities, ideas and perhaps a few craft challenges along the way. We would love it if you could keep in touch with us, make comments and let us know if there is anything else we could add to the newsletter. you can also check out our website and our facebook page as well.

Rio

10p Mix Up

News from Acorns, our readers and from around the region



ACORNS CLOSED – but just for now.

This local **amazing** project has had to close its doors for now as part of the **Big Plan** to stop the corona virus from spreading. The staff are all working still but from their own home. One member of staff spoke to our reporter and said "we are all feeling very sad at having to stop our sessions for the amazing children that come



to Acorns or have support from us in schools. However, we know this is important and we will play our part in helping to stop this virus spread. We want all the children, young people and parents who use Acorns to know that we are still around and they can contact us if they need anything or even if they just want a chat."

ANGEL OF THE NORTH TURNS BLUE?



This famous sculpture by the artist Anthony Gormley has had its fair share of publicity in its time. (Can you find out about the time it wore a Newcastle United no.9 shirt?). This week it was glowing with **blue light**. This was done to thank all the hard working people who are looking after our NHS and all the patients they care for. Some of our own families have someone who works for the NHS. So Acorns sends you a **massive thank you**.

The Daily Digestive

Interesting and helpful articles to read

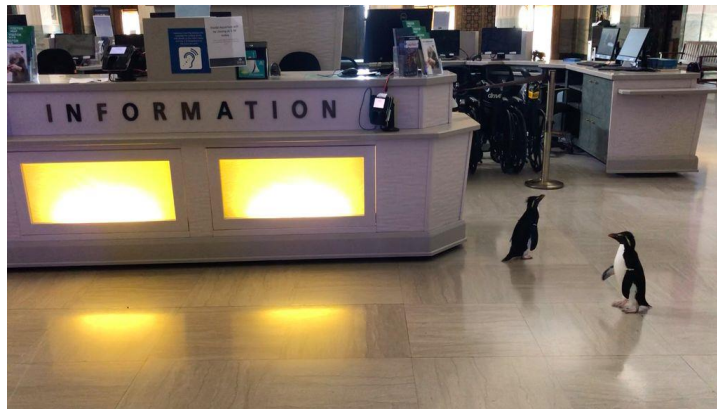


Penguins at Aquarium Allowed to Wander

NFK EDITORS - MARCH 19, 2020

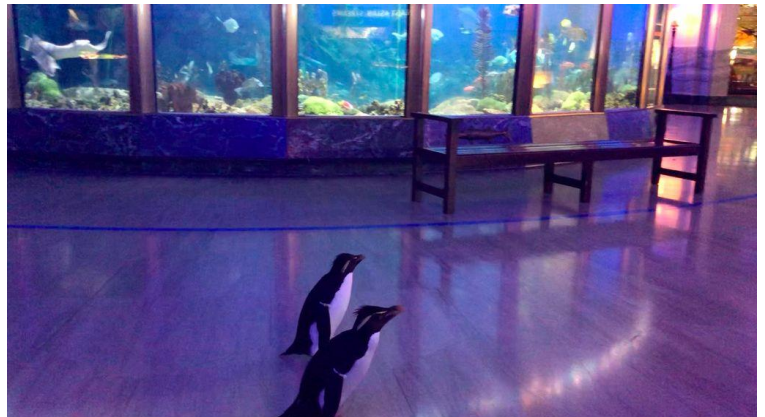
Chicago, Illinois —

Like many public spaces around the world, the Shedd Aquarium in Chicago is now closed because of the coronavirus, COVID-19. That's given some of the animals at the Shedd the rare chance to see the aquarium as visitors. Recently, the aquarium has been posting videos of their rockhopper penguins exploring the aquarium, and seeing it in a way they normally never see it. Since there are no visitors at the Shedd, the keepers decided to let some animals, like these Rockhopper



penguins, go out on "field trips". On Sunday, a penguin named Wellington was taken to see fish in a display that the aquarium calls "Amazon Rising". Wellington seemed to get very excited as he saw the fish swimming behind the glass. He got close to the glass to get a better view, but kept looking over his shoulder as if he couldn't believe what he was seeing. Aquarium workers report that Wellington is 32 years old. They say that's about twice as old as Rockhopper penguins usually get.

The keepers at the aquarium say that these sorts of activities give the animals on both sides of the glass new experiences. The outings keep the animals active and help them learn to solve problems. On Monday, the Shedd keepers posted several videos of two other Rockhopper penguins, named Edward and Annie. The two were shown roaming the aquarium's empty hallways. Like Wellington, they kept looking from side to side and all around as if trying to understand what they were looking at.



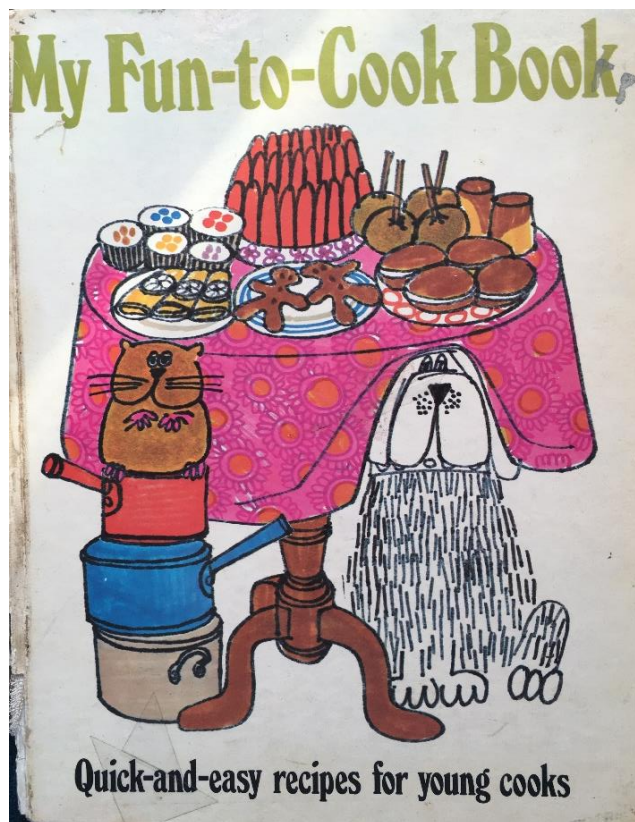
On Wednesday, Wellington went out on another field trip. This time he was taken to see the Shedd's otters. Wellington followed their movements with interest as they swam back and forth. Here, another of the Shedd's penguins inspects the dolphins.

The dolphins stare right back.

All photographs (Source: © [Shedd Aquarium](https://www.shedd.org/))

Vintage Recipe Revival

Recipes from times gone by...



Welcome to the first ...

Vintage Recipe Revival

All of the recipes come from this book which was first published in 1969! It was written by Ursula Sedgewick and all the recipes were tested by a group of children aged 7 to 12 years old. The introduction says:

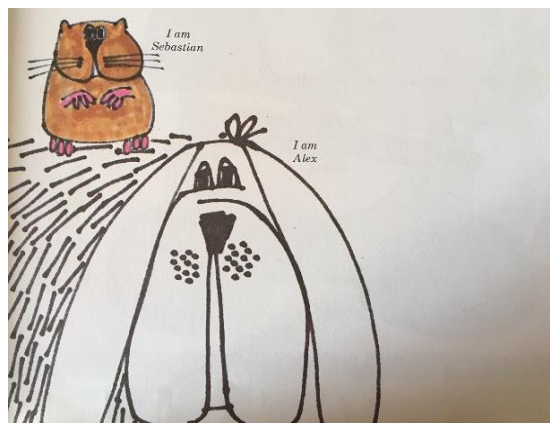
“some found cooking easier than others (and age had nothing to do with it) but what they all discovered is the FUN of cooking. And that is something they will never forget.”

So on with your aprons, weigh and mix and whip and stir. Most of all, have fun but hopefully create something tasty too.

Get involved

Sebastian and Alex hope that you will send some photographs of what you have made

You can send it by e mail to helen@acornproject.org.uk or send a MMS to 077521516900 – but, make sure you ask whoever pays the bill before you do !!!



REMEMBER –

- ❖ **ALWAYS ASK THE ADULT YOU LIVE WITH BEFORE YOU START ANY COOKING.**
- ❖ **WASH YOUR HANDS BEFORE YOU PREPARE ANY FOOD OR EAT**
- ❖ **GO CAREFUL! KNIVES ARE SHARP, COOKERS ARE HOT. ALWAYS MAKE SURE YOU ARE WITH AN ADULT, THEY CAN HELP YOU WITH ANYTHING THAT COULD HURT YOU**
(we care about you and don't want you to hurt yourself)
- ❖ **CHECK WITH AN ADULT THAT YOU ARE NOT ALLERGIC TO ANY INGREDIENT.**
(let us know if you are and we can send a different recipe for you)

Peanut Butter Cookies

YOU WILL NEED:

3 oz butter or margarine, 4 oz castor sugar, 2 oz soft brown sugar, 6 oz plain flour, 1 egg, 4 tablespoons peanut butter (plain or crunchy), 1 level teaspoon bicarbonate of soda, salt, 1 tablespoon milk.

mixing bowl, wooden spoon, sieve or strainer, baking sheet, fork, palette knife, wire tray.

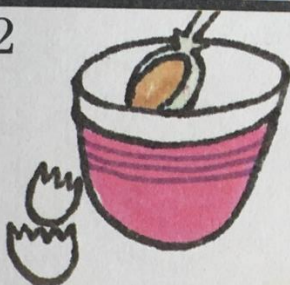


1



Put 3 oz butter or margarine, 4 oz castor sugar and 2 oz soft brown sugar into the mixing bowl and cream together with the wooden spoon.

2



Add 1 egg and 4 tablespoons peanut butter. Beat into the butter-and-sugar mixture.

3



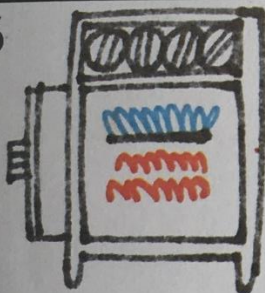
Sift 6 oz plain flour, 1 level teaspoon bicarbonate of soda and a pinch of salt into the mixing bowl.

4



Add 1 tablespoon milk and beat again.

5



Turn on the oven at GAS No 7—ELECTRICITY 425°.

6



Place teaspoonsful of the mixture 3-inches apart on an *ungreased* baking sheet.

7



Flatten the heaps of biscuit mixture with a fork and bake near the top of the oven for 10-15 minutes.

8

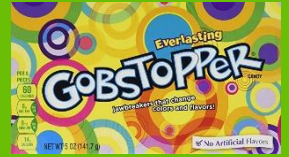


Leave for a few minutes, then remove with a palette knife and cool on a wire tray.



The Weekly Challenge

Are you ready to accept the challenge.....?



This week we challenge you to imagine that whilst you have been off...

your school has turned into a funfair

You might still have to do lessons, but it is all **totally** different....

- What will your school look like...?
- What kind of rides and equipment is there? – you could create a special stall or ride ...for your teacher, ...or your friends,Or **JUST FOR YOU!**
- What do the teachers look like...?
- What kind of lessons will you do...?

You could... Draw a picture...Write a story...Make a model...

**WHATEVER
YOU CHOOSE**

Get involved

You can send us a photo of what you have done – if you want to. You can send it by e mail to helen@acornsproject.org.uk or send a MMS to 077521516900 – make sure you ask whoever pays the bill before you do this!

You could also see if you can do these tongue twisters:

Say them over and over. See how fast you can get before you get in a muddle...

**Cooks cook
cupcakes
quickly**

**Red lorry, yellow lorry
Red lorry, yellow lorry
Red lorry, yellow lorry**

**Flies fly
But
a fly flies**

Double bubble gum bubbles double

Why Don't You.....?

(Switch off your device and go and do something less boring instead)



The children's programme **Why Don't You...?** was presented by children and aimed at finding children things to keep them occupied during the school holidays. It was first broadcast on 20 August 1978. The show embodied the idea that it was unhealthy for kids to spend too long watching television and that they would be much better off playing outside, or possibly making something. It was put together in response to viewers' letters. A typical week would feature a teenager's plastic bag collection, a trip on a steam railway, recipes for fruit punch, viewers' jokes and tricks with matches. The full title of the programme was heard in the opening credits; *Why don't you just switch off your television set and go and do something less boring instead?* although it was generally just **Why Don't You...?** It started life in BBC Bristol, but in later years was made by teams in different parts of the country, coming from Belfast, Cardiff, Glasgow, Liverpool, Newcastle and Manchester. *Why Don't You...?* ran until 1995. Several of the children who appeared on the programme went on to have more substantial careers in broadcasting - such as DJ Gideon Coe and Ant McPartlin. Nothing quite like it has been seen on television since, although quite a few programmes for children - like *Friday Download* - have had young presenters.

*So Acorns is going to try to start its own **Why Don't You?** In this magazine. You can send in ideas and requests and we will do our best to answer them and share your ideas here. We will also add some of our own of course. Here are some ideas to get you started:*

POTATO PRINTING Use old potatoes to make a printing stencil. Cut the potato in half and use a knife to cut patterns into the flat edge. (obviously go careful of your fingers! Maybe you have some pumpkin carving tools they would be great. Dip the flat edge into paint and print away. You could make different designs for a pattern or different things to make a picture like the sun, a tree, a flower...

FASHION DESIGN: Could you design a selection of outfits for our editor Rio? Nobody knows if Rio is a girl or a boy – it doesn't really matter to us, so let your fashion imagination go **WILD**

LEGO CHALLENGE: you could complete the Lego challenge. Here is a link if you are able to access it <https://thatbricklife.com/lego-challenge-30-days-of-play-calendar/> but here are some of the ideas (and some of our own from Acorns)

- ❖ You are stuck on Mars and need to build a new ship to get home.
- ❖ The fence is broken and the dog keeps escaping. Build one he can't get out of.
- ❖ The city wants you to build a bridge to connect one side of the town to the other.
- ❖ All the mermaids and mermen from the ocean need a new place to live. Can you build them somewhere
- ❖ You invent an amazing robot that does a job you hate doing. What would it look like?
- ❖ A new zoo is being created for new kinds of animals that no one has ever seen before. Can you design and build some of these animals?

If you don't have any Lego or don't like it – you could always draw your designs for these suggestions...

Rio Responds

Rio will try to answer some of your questions. We won't be able to answer all of them but we will add as many as we can.



'Dear Rio, I don't understand why I can't go to school or play with my friends...'

Hello there, thanks for being brave and telling me about your thoughts and feelings. I know this is something that a lot of children are confused about. It is really hard at the minute and lots of children AND grown-ups are finding it difficult to understand what is happening and why they have to stay at home.

I don't know if you know, but there is something called Coronavirus or COVID-19 being talked about a lot at the minute. Have you heard of it? This is a bug a bit like a cold or 'flu, it can make some people very poorly, but most people who get it will be fine. The reason we can't go to school or play with our friends and have to stay at home is to stop Coronavirus from travelling around and making more people poorly.

Nobody really knows how long schools and other places might be closed – but you will be told when it is time to go back, that is not something for you to have to think about. It's okay to have big emotions about school and other places being closed. For instance, you might feel happy to have a break or you might also feel sad that you won't get to see my friends or play with them. You might also feel worried about the changes in your family routines or feel anxious about what is going to happen. You might also be upset or angry because you didn't get to say goodbye to all of your friends. These feelings are totally normal when something unexpected like this happens. It can be really hard not to see your friends every day or see the teachers that you like, but maybe you can ask the adults you are staying with to help you find ways to keep in touch with these people and others who you miss. Maybe you could try waving to them through the window if you walk past their house when you are out or ring them on the telephone, or talk to them through a video chat. You can draw pictures and write them letters or email. BUT always remember to check with an adult that this is ok to do these things as we don't want to give anyone a fright!

There is a lot of worry going on about Coronavirus and this can be pretty scary for kids. It is easy for us to worry about the big things but we can only do something about the little things. We can wash our hands, we can do some fun stuff, we can spend time with our family - even if they are annoying sometimes, and we can remember that one day, soon, everything will go back to normal. Maybe even a better normal than before.

Here are some internet links that can help explain things to you. Ask your grown up to show them to you...

A PDF that explains what the Coronavirus is and how to keep it away:

<http://www.millfields.hackney.sch.uk/uploads/2019/Corona%20Virus%20Info%20for%20Young%20Children.pdf.pdf>

Small Paul – a story by a local teacher to help children feel more positive:

https://drive.google.com/file/d/18NT_KELO4ZY3UNGrwX7Kgl04noWtEUD9/view?fbclid=IwAR1sXhFJgrbGwX-m1oyur9OmGP5zSvX-AOwQ7eWdn36ookJ2yQ-Fwg3V_Og

‘Dear Rio, I am bored. Have you got any ideas about what I can do?’

You know one of my favourite things to do when I’m bored? Take a nap! Ok ok, not the best idea... that is because I’m a sloth and this is what we like to do, but maybe you don’t want to nap all day. Another thing I like to do is eat Avocados – they are so yummy! Do you like avocados? If you have never seen one maybe you could look it up on the internet. What a shame you can’t taste it over the internet. When I’m not sleeping I like to move around, but sometimes I can be very slow.... Can you try moving like a sloth? I’m also very good at pull ups – if you have a climbing frame in your garden, you could pretend to be a sloth and do pull ups. Can you do 10? My last idea for today, because now I’m really really *yawns* tired is I want to see how many fingers and toes you have because I only have 3! – can you send in some pictures of your hand and foot prints? Make them as colourful as you like! You can also try out some of the ideas in this magazine or keep a look out on the Acorns facebook page with your grown up.

‘Dear Rio, what is your favourite kind of pizza?’

I think my favourite pizza would have avocados on it. Some of my sloth friends like to eat bugs on their pizzas, but not me! What would you put on yours? Maybe you could make a pizza design and draw on all the best and tastiest things you would put on the *BEST PIZZA EVER*....

Acorns asks ‘Did You Know?’

Fun facts to get your brain working



DID YOU KNOW.....?

- ★ Sound is measured in decibels. A rustle of leaves is about 20dB, a whisper is about 30dB, a shout is about 80dB and a plane taking off is about 130dB. 76 people playing a trombone is the same volume as a clap of thunder.
- ★ A bee flies at about 4.7miles per hour. A snail travels at 0.13 miles per hour.
- ★ The Eiffel tower in Paris is 324 metres high. If the man that designed it (Monsieur Eiffel was 6ft tall (1.83 metres) the tower measures **177 ‘Monsieur Eiffels’** high.
- ★ 11% of people are left handed
- ★ A bear has 42 teeth
- ★ Your tongue is the fastest healing part of your body
- ★ Rabbits like liquorice

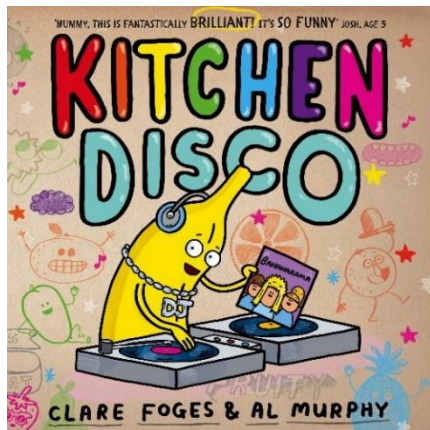
DO YOU KNOW..... ?

(Answers on the back page)

1. what are the 3 most common languages in the world
2. what is the most commonly used letter in the alphabet
3. which country eats the most chocolate ?
4. how many bones you have in your foot?

Popcorn and Paperbacks

Reviews of books and films you might like to try



Kitchen Disco By Clare Foges and Al Murphy

Kitchen disco is a fun and cheerful insight into the secret world of the fruit bowl when the sun goes down and the lights go off.

Join Bananas, Pears and Mangoes at the party of the season in a book kids and adults will love, let your imaginations go wild as you recreate the latest dance moves and your own catchy tune to go with the words.

Acorn-y Moment

Jokes and funny photo captions



What do you call a boomerang that won't come back?

A: A stick

What do you call a cow on a trampoline?

A: A milkshake

Where do cows go for entertainment?

A: To the moo-vies

What kind of tree fits in your hand?

A: A Palm Tree

Caption Competition



Can you think of a funny caption for this photo? What do you think the squirrel is saying?

Get involved

You can send it by e mail to helen@acornsproject.org.uk or send a text to 077521516900 – make sure you ask whoever pays the bill before you do this!

Chill Out Zone

Ideas for relaxation



When things are difficult, it is important to remember to look after ourselves and each other. Here are some useful ideas for chilling out:

RELAXATION TIPS (for everyone)

Stress and anxiety are normal, but if it feels out of control there are things you can do to help yourself feel better:

- ✚ Talking about what is bothering you to someone you trust can really make a difference.
- ✚ writing down your worries and how you are feeling can help or
- ✚ play soothing music. (Try the free app 'Relax Melodies' for calm sounds)

Notice what happens to your body when you start to feel stressed or anxious. Does your heart pound? Maybe you get sweaty or start shaking, or feel sick? This will help you recognise the signs that you are becoming stressed or anxious early on so that you can do something about it. For example:

- ✚ Practice slow, deep breathing. This sounds simple, but it tells your body's alarm system that everything is OK. Put your hands on your belly, breathe in for 3, hold it for 3 then breathe out for 3 (or whatever number feels most comfortable). You might want to say a word like 'calm' or 'peace' as you breathe out, or think of a calming colour or a soothing scene, perhaps a calm sea with the tide going in and out. You might like to clench and release your fist or squeeze a stress ball (you can often get these in pound shops). Experiment with what works for you! Try 60 deep breaths at a time.
- ✚ Concentrating on your breathing helps you focus on right now, rather than what happened in the past or what might happen in the future. There are lots of free 'mindfulness' apps like 'Breathe,' 'Smiling Mind' and 'Headspace' to help you, or another exercise is to pay attention to your feet firmly on the floor and your back against the chair. Close your eyes if you can / want to and focus on your breath. If you are distracted by thoughts, notice them but bat them away like bubbles in the air, and bring your attention back to your breath. The more you practice, the easier it is!
- ✚ The 5-4-3-2-1 exercise: This is good if you feel panicky or if you can't sleep. Think of 5 things you can see. Say them gently in your head or out loud, for example 'I can see a grey carpet. I can see a brown door' etc. Do the same with 5 things you can hear. Now 5 things you can feel. Then, do the same with 4 things you can see, hear and feel, then 3 things, then 2 things, then 1 thing. They don't have to be different things if you can't think of them.

Maybe you could also:

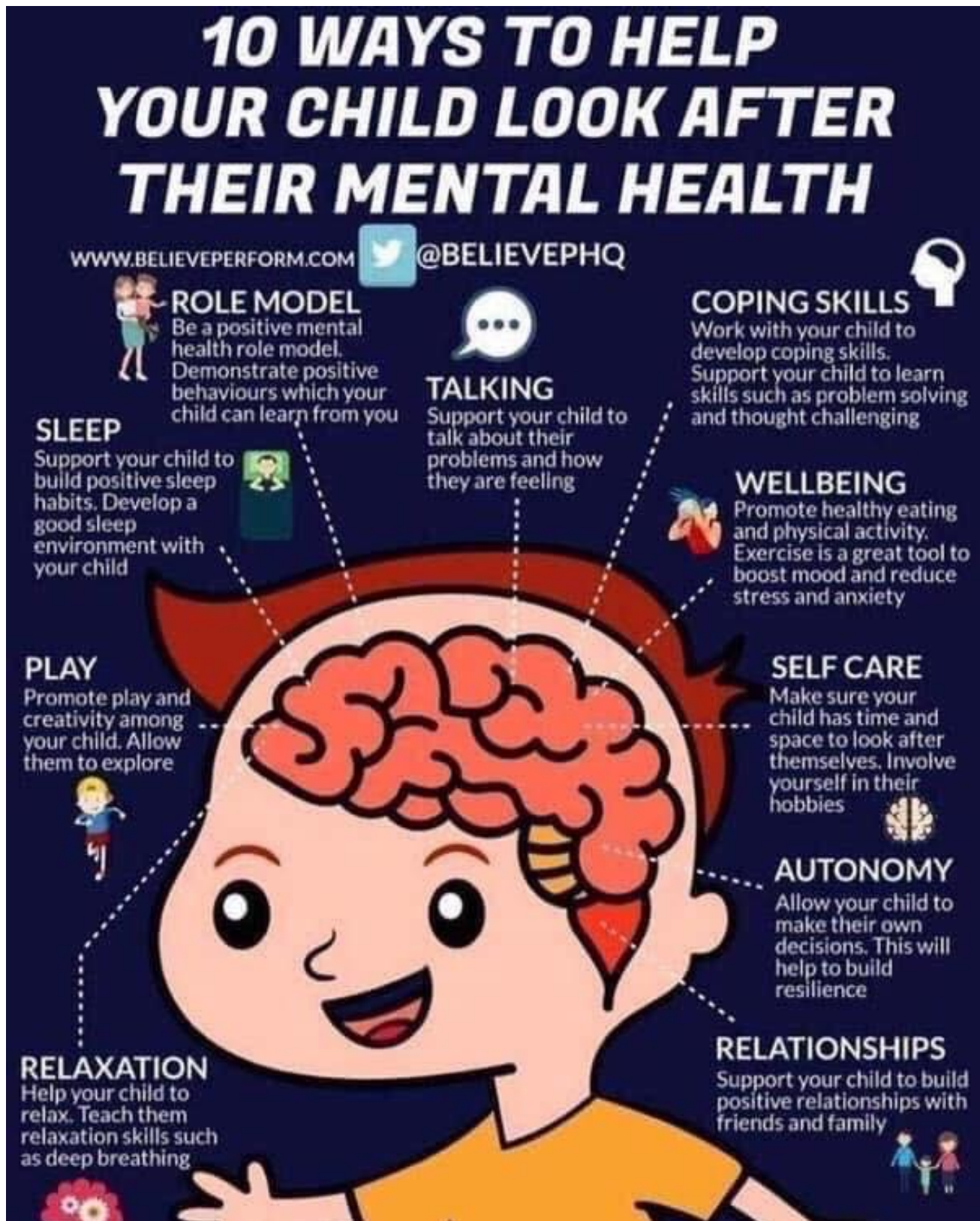
- Have a video chat with some friends
- Write a story
- Draw a picture
- Do some colouring

Parents' Page

Information help and support for the grown ups



We will try to include some articles, information and links that will be helpful for you as a parent. Some of these may be more appropriate to put as links on our website and facebook page – so don't forget to check these out too....



Letters from our Readers



Z has written to tell about how her new days away from school are going....

We all have different jobs to do in the morning, I do sweeping up Rexey's poo in the morning. My brother has to tidy his toys and last of all Mam tidied the shed.

All day I listen to the clock ticking.

After I go into my room and play with my dolls. Poppy and Charlotte and my other baby's to. When I am lost in things to do I listen to Alexa play Frozen 2 soundtrack. It is very good to sing along to.

When my voice is lost I go outside and play on the trampoline I do my front flip, back flip and last of all I do a donkey flip. Z

Get involved

Is there anything you want to tell us about what you have been doing. Or maybe you have a story or a picture you would like to share with us? You can send it by e mail to helen@acornsproject.org.uk or send a MMS to 077521516900 – make sure you ask whoever pays the bill before you do this!

A Message from Our Manager



Hello. As you all know, the government has said that everyone needs to stay at home and keep a distance from people that they don't live with. This is to keep us all safe and healthy and to slow down the spread of the Coronavirus. This means that Acorns is unable to offer any appointments at the minute. However, we are all still working, from our homes and we are here for advice and support if you need anything. If you are struggling and finding things difficult, please feel free to get in touch and maybe we can help. You can contact your worker, or your child's worker through the normal way. If you leave a message on the office number we may not be able to respond to this for a few days so it is best to stick to mobiles and e mails. In terms of our funding, the people and organisations that give us money to run our project are being really helpful and are supporting us to make sure that we will still be able to continue when things get back to normal – which they will. Until then, take care. Abby

The Gallery



Kris has sent us this picture of her 2 rabbits:

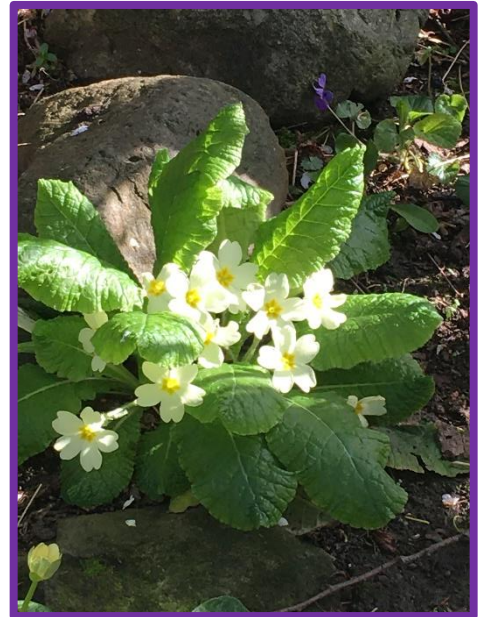


Names: Mabel and Fern

Age: Both 1

Fun Fact: They love to play, especially ball games

Helen sent us a picture of these primroses in her garden. Hooray that must mean that Spring is well and truly on its way



Is this rhino ACTUALLY wearing a tutu?

Get involved

Send us your own photos for a chance to feature in the next Pic 'n' Mix gallery. It could be a pet or just an interesting photo you have taken.

You can send it by e mail to helen@acornsproject.org.uk or send a MMS to 077521516900 – make sure you ask whoever pays the bill before you do this!

And finally, some



news...

Have you been wondering why there are rainbows popping up in windows? During this difficult time of 'social distancing' and school closures, children around the world have been connecting with each other by designing and sharing colourful rainbows and messages of hope. We think this window trend started in Italy but it has rapidly caught on across the globe with lots of **#chasetherainbow** images flooding social media too. We really enjoyed making our Acorns rainbow display and we noticed lots of people smiling and waving as they walked by! We just love this movement and feel that it is a good reminder to stay safely connected to others and to share and notice moments of joy wherever we can.



"Life can be a storm, but your hope is a rainbow and your loved ones are the gold"

Get involved

Have you spotted any rainbows yet? Will you be making your own?

Send us a photo of your own rainbow artwork for a chance to feature in the next issue of Pic 'n' Mix!

You can send it by e mail to

helen@acornsproject.org.uk or send a MMS to 077521516900 – make sure you ask whoever pays the bill before you do this!

Well that's all for now, let us know what you thought and share any ideas you might have for the next edition. See you next time. **Rio**

QUIZ ANSWERS

1. Do you know what are the 3 most common languages in the world?
Answer = Mandarin Chinese, Spanish and English
2. Do you know what is the most commonly used letter in the alphabet?
Answer = E
3. Do you know which country eats the most chocolate?
Answer = Switzerland
4. Do you know how many bones you have in your foot?
Answer = 26