



## EASTER BREAK 2020



### ‘Isolation Inspiration’:

Ideas and Activities for the Easter Holidays

**Bishop Vaughan Catholic School**



## MESSAGE:

All of the staff in the Bishop Vaughan community are wishing you a blessed and happy Easter. At this strange and uncertain time, the school Easter holiday will feel rather different. Many of you would normally have been revising for Summer exams and participating in Holy Week services in your parishes, as well as seeing friends and family.

With those 'normal' things not being possible at the moment, we nevertheless hope that you'll take some time to rest and relax. You need not carry on with your home learning for the time that was originally intended to be the Easter holiday (i.e. until Monday 20<sup>th</sup> April) – unless of course you choose to do so because it helps you fill your time! Your teachers won't be expecting you to complete work in this time however.

You will still be able to focus on Holy Week: a resource called 'Holy Week at Home Family Retreat' has been uploaded to Teams for your year group, with lots of activities for you, as well as a 'Stations of the Cross' for young people and the Examen, which we use in school.

You do need to ensure that you take time to do enjoyable things also – it's been wonderful to see you nurturing your creative talents and finding ways to keep fit and healthy whilst staying at home. By staying at home, you are doing the most important work possible: you are keeping safe and therefore reducing the pressure on the NHS.

This resource is intended to supplement the home learning challenges that have been set weekly; they are not 'work', they are just some ideas of things you can do over the Easter break in the form of an online magazine so that you can return to home learning fresh and relaxed on Monday 20<sup>th</sup> April. All of the staff wish you and your families a safe, happy and blessed Easter, and you are all in our prayers.



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## NEW SKILL:

### Try Creating a Bullet Journal!

#### What is it?

Bullet journals are hand drawn notebook layouts that encourage you to be creative! They can also help you to be organised and to develop your skills, talents and ideas.

Journaling has been proven beneficial to mental health, as it develops the ability to be expressive and to recognise your feelings and your goals.

You can develop your drawing skills and learn how to write in lots of different fonts. The new skills can be used in so many ways, including in your school projects and classwork when you come back to school!

#### How do I get started?

All you need is paper (a new notebook or exercise book is ideal, but loose sheets are fine too as you can fasten them together), a pencil, a ruler and a pen (fineliners work really well!)



**Ideas and inspiration:** You can search for inspiration and layouts online. Here are some ideas to get you started!







favorite books / quotes  
(FOUND WHILE READING)



THE BLACK CAULDRON  
THE GREAT MOUSE DETECTIVE  
WHO FRAMED ROGER RABBIT  
OLIVER AND COMPANY  
THE LITTLE MERMAID  
DUCKTALES THE MOVIE  
THE RESCUERS DOWN UNDER  
BEAUTY AND THE BEAST  
ALADDIN  
THE NIGHTMARE BEFORE XMAS  
THE LION KING

A GOOFY MOVIE  
POCAHONTAS  
TOY STORY  
JAMES AND THE GIANT PEACH  
THE HUNCHBACK OF NOTRE DAME  
HERCULES  
MULAN  
A BUG'S LIFE  
DOUG'S 1ST MOVIE  
TARZAN  
TOY STORY 2  
FANTASIA 2000  
THE TIGER MOVIE  
DINOSAUR  
THE EMPEROR'S NEW GROOVE  
RECESS: SCHOOLS OUT  
ATLANTIS: THE LOST EMPIRE  
MONSTERS INC.

THE JUNGLE BOOK 2  
PIGLET'S BIG MOVIE  
FINDING NEMO  
BROTHER BEAR  
TEACHERS PET  
HOME ON THE RANGE  
THE INCREDIBLES  
POOH'S HEFFALUMP MOVIE  
HOWL'S MOVING CASTLE  
VALIANT  
CHICKEN LITTLE  
BAMBI 2  
THE WILD

CARS  
MEET THE ROBINSONS  
RATATOUILLE  
WALL-E  
TINKERBELL  
ROADSIDE ROMEO  
BOLT  
UP  
PONYO  
TINKERBELL + LOST TREASURE  
A CHRISTMAS CAROL  
THE PRINCESS + THE FROG  
TOY STORY 3  
TALES FROM EARTHSEA  
TANGLED



GNOME & JULIET  
MARS NEEDS MONS  
CARS 2  
WINNIE THE POOH  
SECRET WORLD OF ARRIETTY  
ARJUN: WARRIOR PRINCE  
BRAVE  
SECRET OF THE WINGS  
FRANKENWEENIE  
WRECK IT RALPH  
MONSTERS UNIVERSITY  
PLANES  
FROZEN  
THE PIRATE FAIRY  
THE WIND RISES  
PLANES: FIRE + RESCUE  
BIG HERO 6  
STRANGE MAGIC  
TINKERBELL + NEVERBEAST  
INSIDE OUT  
THE GOOD DINOSAUR  
ZOOPTOPIA  
FINDING DORY  
MOANA  
CARS 3  
COCO  
INCREDIBLES 2



## READING RECOMMENDATIONS:

Try keeping a reading journal to chart what you have read during this time! There are lots of different formats you could use! You could even incorporate it into a bullet journal, if you have tried the idea on the previous pages.

It's often difficult choosing a good book, but why not look online for recommendations? This is a good starting point:

<https://www.goodreads.com/list/tag/teen>

Popular authors in our school library include:

Jacqueline Wilson

Malorie Blackman

David Walliams

JK Rowling

John Green

Suzanne Collins

Patrick Ness

Markus Zusak

Stephenie Meyer

Mark Haddon

JRR Tolkien

Cassandra Clare

Philip Pullman

Darren Shan

If you have a Kindle or are able to download the app (free) to your phone, tablet or computer, you will find that there are **thousands** of books that are free for you to access!

**Happy reading!**





## BOOK REVIEWS:

Here is a recommendation from Ioan in Year 8:

### **Book Review – At the Mountains of Madness by H. P. Lovecraft**

WARNING. This article may contain spoilers for the book.

*At the Mountains of Madness* by H. P. Lovecraft was written in 1931 and is considered one of his best works, despite being criticized by many. It is a novella (shorter than a novel, longer than a short story) and was published first in 1936 in a science fiction magazine called 'Astounding Stories'.

The narrator of the story, geologist and Professor William Dyer, describes the failed expedition to Antarctica he was part of. Instead of finding just penguins and snow, Dyer and one of his students uncover the ruins of an ancient alien civilization, before discovering why they left...

At the start of the expedition, a group led by Professor Lake discover

mountains bigger than ever seen before and strange vegetable-animal hybrids which they think are dead. They radio back a description of the strange life-forms to the rest of the group, before losing contact with the main expedition. Dyer goes to investigate the disappearance of the group and discovers their camp. The camp is destroyed, and the men, dogs and tools are gone, the 'dead' plant-animal creatures having disappeared also. At first, the men decide that one group member has gone insane, but later they all worry that the 'dead' creatures aren't dead after all.

Dyer and the student Danforth get a plane and fly across the mountains to find them, discovering a massive abandoned city behind the mountains and land. They explore the city and underground, finding giant



penguins and piecing together the history of the aliens - the Elder Things, which inhabited it through carvings on the walls, evidence showing that the city was evacuated quickly.

Dyer and Danforth explore more before finding the missing people and one elder thing dead. They are terrified because they read from the carvings that the city was evacuated due to weird blob creatures called shoggoths - slaves of the Elder Things which turned against them and killed many. They run just as a shoggoth appears and while flying away, Danforth turns around and sees

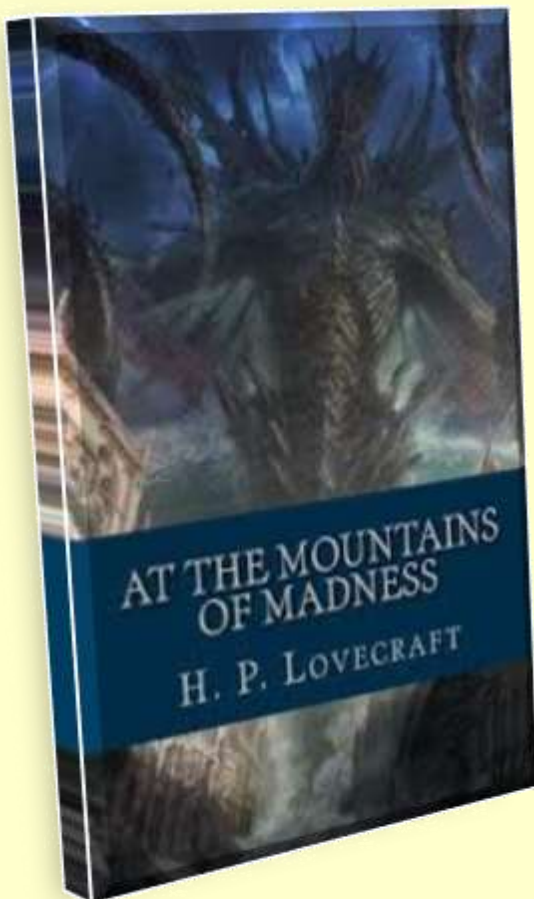
something so terrifying that he doesn't speak for days and refuses to tell Dyer what he saw.

The book is very interesting but for many people the middle chapters can make one grow tiresome. The long descriptions of the landscape may be boring for some readers and the mystery can be taken away by the long descriptions of the alien race and their entire history. On the other hand, the detailed backstory is fascinating and well thought out, the description of the landscape quite eerie. *At the Mountains of Madness* is important for building the story and world of the 'Cthulhu Mythos', a group of books and stories from many authors in the same shared universe as Lovecraft's books.

\*\*\*

I would recommend *At the Mountains of Madness* to someone who likes very detailed descriptions preceding the main action. This book is categorised as 'horror' like many of Lovecraft's other stories, but is more likely to thrill its reader than scare them.

\*\*\*







## FILM/ SERIES REVIEW:

Looking for something different to watch? At 153 episodes, the following recommendation will certainly keep you entertained for a while! This series is available on Netflix.

### 'The Gilmore Girls'

*"I live in two worlds; one is a world of books."*

Perhaps this sentiment, expressed by Rory, the younger of the two 'Gilmore girls' for whom the show is named, most clearly demonstrates what hooks me about this series - what makes me watch episode after episode, a broad smile across my face, enveloped by a warm feeling - here is a character I can empathise with!

\*\*\*\*\*



Rory lives with her mother, Lorelai (incidentally they both share this name, but Rory has been given the shortened form of it since birth) in the fictional town of Stars Hollow.

I cannot tell you how heavy-hearted I am to write that: 'fictional'! If ever there was a place I'd love to go!

I could while away hours at the bookshop (obviously!), wave to the cheery Miss Patty and her pupils in the dance school, pick up sheet music in Sophie's Music (incidentally, Sophie is played by Carole King!), and - most importantly of all - drink endless cups of coffee in the famous 'Luke's Diner', the scene of all important moments in the lives of the townspeople.

When I say important, make no mistake, very little happens in Stars Hollow: we're not talking murder and mayhem here. We may instead see our beloved characters nursing a broken heart over a 'D' grade essay (D! Unthinkable!) or debating the merits of changing the rules for the annual snowman competition.



That leads me to another of the things I love about this show: it is truly a celebration of the seasons! Think pumpkin festivals, Easter egg hunts, the 'Spring Fling' (complete with a hay maze and town hayrides), Revolutionary War enactments, Winter carnival, and the 'End-of-Summer-Madness' carnival! Doesn't every one of those sound amazing? Not seasonal, perhaps, but one of my favourites has to be the 'Festival of Living Art: now that's a challenge that we should definitely try at Bishop Vaughan!

My perfect day in Stars Hollow would be spent in the company of the two Gilmore girls, whose unshakable and fiercely loyal mother-daughter bond is strengthened by the witty (and fast-talking) exchanges, along with Lorelei's 'characterful' parents Emily and Richard, and the townsfolk: Luke, Taylor, Sookie, Patty, Kirk, Lane and many more. It would end, 'cwtched up' (if I can mix my cultures here!) in the 'Black, White and Read Movie Theatre'- probably watching Pippi Longstocking, and emerging to fresh snowfall.

If I sound obsessed, then I challenge you to watch it and feel differently. Trust me, you'll be enchanted!

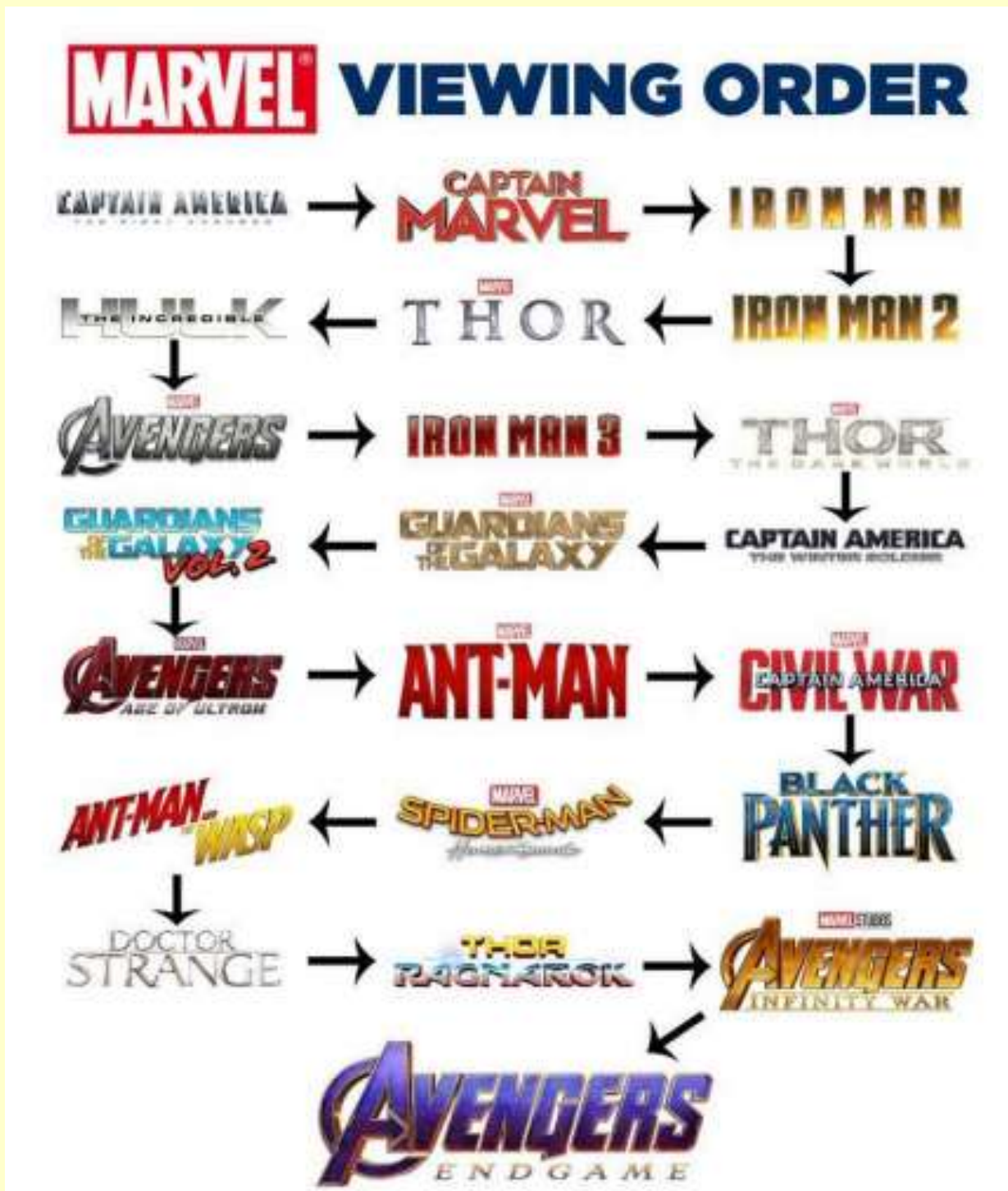
Emily, Year 10





## FILM WATCHLIST:

Our Week 2 Challenges suggest watching the Marvel Cinematic Universe (MCU) in chronological order. You could even write reviews of a couple as you go, or Create a journal page (see p4-5).



Most movies can now be viewed on Disney + if you have a subscription.





## GARDENING PROJECT:

### Miniature Gardens

You don't even need garden space for this idea! Creating a miniature garden involves designing a garden space on a (very!) small scale. If you want to use living plants, you would need to look for those with very small leaves, but you can create a design using twigs, cut out shapes, etc., that looks just as effective as the real thing!

All you need is a box or flowerpot – a shallow plastic tray like those you might have used for drawers in primary school would be ideal! You can fill this with soil from the garden and get to work! Here are some ideas to get you started:







## BAKING INSPIRATION:

### The Perfect Sponge Cake

Whether you're a baking beginner or practically professional, mastering the perfect sponge recipe is really worthwhile.

#### INGREDIENTS

3 eggs  
175 g (6 oz) butter  
175 g (6 oz) caster sugar  
175 g (6 oz) self-raising flour, or  
plain flour sifted with 1 1/2 tsp  
baking powder



#### DIRECTIONS

Preheat the oven to 180°C/gas mark 4-5. Grease and flour two 19 to 20 centimetre sandwich tins or line the base with greased greaseproof paper or baking parchment.

Put the butter and sugar into a mixing bowl - it is helpful if you can use caster sugar in this light type of mixture. Cream together with a wooden spoon until soft and light, or use an electric mixer. This stage is very important to dissolve the grains of sugar and to introduce air into the mixture.

Beat the eggs, then gradually add a little egg to the creamed mixture and beat again. Continue like this until all the eggs are incorporated but, if you see any signs of the mixture curdling (separating), beat in a little of the sifted flour.

Sift the flour and baking powder. Gently fold this into the mixture with a metal spoon. You may find that you prefer to do this stage by hand, but if you use an electric mixer then turn to the slowest speed. Over-beating of the flour gives the sponge an uneven texture.

Spoon the mixture into the tins, making sure you have divided it equally, then bake for approximately 20 to 25 minutes, or until firm to a gentle touch. Allow to cool in the tins for a few minutes. Turn out and place onto a wire cooling tray.

When cold, sandwich together with jam or lemon curd or another filling and top with caster or sifted icing sugar. This sponge can be topped and coated with icing.



You can use this basic recipe for a classic (and delicious!) Victoria sponge cake, sandwiched with raspberry or strawberry jam; you can also decorate the top if you choose!



You could make this a Spring favourite with lemon curd between the two halves of the cake!

You could even add coffee to the sponge mixture and decorate with coffee icing.



You can also use the mixture to bake cupcakes (much quicker to bake too, as the oven time is much less (about 15 minutes!)).

Once you have perfected this basic recipe, you can use it for so many variations, and it never disappoints!



## HOME PROJECT:

### Bedroom Makeover

Giving your room a makeover doesn't have to involve redecorating! Sometimes it's as simple as having a really good tidy up, and maybe moving things around a little to make the most of the space that you have.



A bed that is against a wall, for example, can double as a sofa in the daytime, if you rearrange pillows and cushions to make it comfortable for sitting on during the day when you want your own space!

Little touches, like adding a plant or a jar of flowers from the garden, or such as putting some of your artwork on the walls can make a big difference. A rainbow for the window would be great addition at the moment!





Start with a 'tidying up' checklist to get the space clear and tidy:

- ☐ Make your bed.
- ☐ Put everything that needs tidying/ sorting from the floor onto the bed, so that the floor is clear. Work through the items until the bed is clear!
- ☐ Put away clean clothes.
- ☐ De-clutter! See if you can clear surfaces such as the tops of drawer units and tidy shelves, etc.
- ☐ Clean your dresser, desk and any other surface with warm soapy water or polish.
- ☐ Vacuum the furniture and the floor.



If you have the room, creating a space for learning/ creative work can help you relax and enjoy the time you are spending at home. Use a desk or table to set out the things you enjoy doing most.







## **RAOK: RANDOM ACTS OF KINDNESS**

At Bishop Vaughan, we place a lot of emphasis on acts of kindness. When we pray for others, we are carrying out spiritual acts of mercy, and when we do something for others physically we are carrying out corporal works of mercy. Acts of kindness mean a very great deal to others at these difficult times.

Here at the school we are working hard to support parents who are working for the NHS and in other critical services, and your D&T teachers and support staff are hard at work making PPE (personal protective equipment) for medical staff using our 3D printer and laser



cutting. Pictured are some of the items made by Mr. Smith and Mr. Green. Science staff have been delivering eye protection to local GPs and hospitals.

Acts of kindness can be carried out by all of us, from participating in the 8pm Thursday evening shows of appreciation for the NHS and key workers, to helping a bit more around the house to relieve some of the pressure on the family, or looking after a younger sibling by helping them to keep busy in this time at home. A randomly-made cup of tea given to a parent that's a bit tired goes a long way, and just speaking to one another kindly helps make the whole day better.

Keeping in touch via social media with friends who feel isolated or down can do them more good than you might know; kind or positive words are never wasted. We'd love to hear about the ways you've found in which to show kindness to others in these uncertain times.



## LEARN ABOUT ...

## HISTORY

### Ancient Rome

Read on for a whistle-stop guide to one of the most fascinating periods in history:

Around 2,000 years ago, the city of Rome was at the centre of a huge empire that stretched from Scotland to Syria. At the peak of its power, Rome ruled more than 45 million people across Europe, North Africa and Asia. Its army was the most powerful in the world, and as it conquered more land, Rome grew from a town into an enormous capital.



Ancient Rome was home to gleaming white marble temples, lavish palaces and spectacular gladiator shows. With over one million people living there, the city was also a dirty and dangerous place, with a maze of side-streets and slums.

#### How did Rome begin?

The Romans had a story about how their city began. According to legend, Rome was founded by twin brothers, Romulus and Remus, who were the sons of the god Mars.



As babies, the boys were left to drown in the River Tiber by their evil uncle, but they were rescued by a wolf. When the boys were older, they took revenge on their uncle and killed him.

Afterwards, the twins decided to start a new city, but they squabbled about where to build it. Romulus wanted to build it on the Palatine Hill and Remus preferred the Aventine Hill.

To settle the argument, they looked for a sign from the gods. However, they couldn't agree on that either and both thought the gods were favouring them.





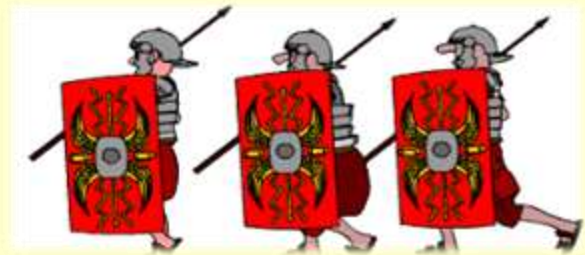
One day, the twins got in a fight after Remus made fun of Romulus. Remus was killed and Romulus named the new city 'Roma' after himself!

### **Who ruled Rome?**

In the early days, Rome was ruled by kings. Romulus was supposedly the first king. The last king was Tarquin the Proud. He ruled until 509BC, when the people of Rome drove him out.

Rome then became a republic. The republic didn't allow one person to have complete control of the city. Instead, a group of men called senators shared power.

As the Roman republic grew more powerful, so did its army. The senators could not always control the army and sometimes they clashed with the generals.



In 49BC, Rome's greatest general was Julius Caesar. He had complete control of the army, but he wanted to rule Rome like a king again. Some senators didn't like this and they killed him in 44BC.

But it was too late, Julius Caesar had changed Rome. A few years later, his adopted son Octavius took power and became the first Emperor of Rome.

The two most powerful people in the senate were the consuls. Every year, the citizens of the Roman Republic voted for who they wanted to be consul.

The emperor ruled over the Roman Empire, a bit like a king.

### **What did the Romans believe?**

The Romans had lots of different gods and goddesses. There were gods for almost everything, like thunder, love, war, wisdom and even the sewer in Rome.

The Romans were always trying to keep on the good side of their gods. They made offerings at temples and shrines to make them happy.





They also borrowed new gods from the people they conquered, like the goddess Isis from Egypt and Mithras from Iran. Some emperors were declared gods too, usually after they died. They hoped this would make emperors even more powerful and respected.

Later on the Romans became Christians. Christianity was made the official religion of the Roman Empire by the Emperor Constantine in the 4th century AD. Before then, Christians got into trouble because they refused to worship the emperor as a god. Some Christians were arrested and put to death.

### **How did the empire end?**

At the beginning of the 5th century, the Roman Empire was starting to fall apart.

It was constantly under attack from tribes from northern Europe. The Romans called these people 'barbarians' because they thought they were uncivilised. In AD410, a tribe called the Visigoths stormed into the city of Rome. They destroyed many of the great buildings and killed people as they went.

Romulus Augustus, the last Roman Emperor, lost his power in AD476. He was replaced by a prince from Germany called Odovacar. From then on, the area that was once the empire was ruled by a collection of kings and princes from outside Italy.

<https://www.bbc.co.uk/bitesize/topics/zwmpfg8/articles/z2sm6sg>

### **NOW TRY ...**

The Romans, like the Greeks, often had intricate mosaics in their homes and temples. Try creating a mosaic picture in a Roman style.







## AMAZING ARTISTS ...

### Vincent Van Gogh

You might know the name Van Gogh, but do you know who he really was?



*Sunflowers, 1888*

#### THE MAN WHO PAINTED SUNFLOWERS

Vincent van Gogh is one of the world's most famous painters. When you started school, Van Gogh's *Sunflowers* was probably one of the first artworks that you saw. The painting is very famous. Look at its bright yellows and the way each of the fourteen sunflowers are painted differently. Van Gogh painted *Sunflowers* for the room in the yellow house he was renting in Arles, France. His friend, the painter Paul Gauguin, was coming to visit and Van Gogh wanted to redecorate.

#### WHY IS HE SO FAMOUS?

Today, most people know the name Vincent van Gogh. However, when he was alive, he was not very famous at all. Since his death, he has become one of the most successful painters in history. People across the world have admired his unique style. If you look closely at his paintings, the brushstrokes are broken up. It is as if you can see each time Van Gogh put his brush on the canvas. Do you like this style?



*Starry Night over the Rhone, 1889*



In total, Van Gogh made around 2,100 artworks. So, if you only know *Sunflowers*, there are many more paintings by him to discover.

## WHAT INSPIRED HIM?



*The Bedroom 1889*

Van Gogh was born in the Netherlands, but travelled across Europe. He went to France, Belgium and England. When he was in London, he was inspired by all the art he saw in galleries. Van Gogh's brother, Theo, worked in an art gallery and introduced Van Gogh to many artworks. Van Gogh was interested in painters who were painting everyday life.

When he was 27, he decided to become an artist. Up until then, he had been a teacher, a shop assistant and had dreams of working for the Church. All of these experiences inspired his art.

## WHAT DID HE PAINT?

Van Gogh liked to paint the places he visited. When you look at his paintings, you can almost imagine you are there with him. In *Farms Near Auvers*, the bright greens make you feel like



*Farms Near Auvers, 1890*

you are standing in the French countryside. This painting was made towards the end of Van Gogh's career. Earlier, he had used darker colours. As he grew older, he liked using lighter colours.





Van Gogh also liked painting portraits. He said that portraits were 'the only thing in painting that moves me deeply.'

Van Gogh painted portraits of many different people he met, but he really liked painting portraits of himself. He made over 30 self-portraits.



*Self-Portrait, 1889*

You could also try to paint your own self-portrait!

<https://www.tate.org.uk/kids/explore/who-is/who-vincent-van-gogh>



## GREAT COMPOSERS ...

Try listening to: **'In the Hall of the Mountain King' by Grieg**

Grieg's 'Peer Gynt Suite' tells the story of a young boy - Peer Gynt, who falls in love with a girl but is not allowed to marry her. He runs away into the mountains but is captured by trolls who take him to their King. Peer Gynt tries to escape but is chased by the trolls and runs into the troll King but eventually gets away.

Listen here:

<https://www.bbc.co.uk/programmes/articles/1rpRf1Q7cK683F9LlwqTb5x/in-the-hall-of-the-mountain-king-by-edvard-grieg>

There's also an animated introduction by Dan Starkey on the page!

**Edvard Grieg**  
Born: June 15, 1843  
Died: September 4, 1907

Edvard Grieg was born in Bergen, Norway. His first teacher was his mother. She was a wonderful pianist. Because Edvard was also a very good musician, at the age of 15 he was sent to study at the Leipzig Conservatory in Germany. After that, he traveled to Denmark. There, Grieg met another Norwegian composer who taught him about Norwegian folk music.

Grieg began performing as a pianist all over Europe, but every summer he went home to his cottage in Norway to compose. Grieg soon became the leader of a group of artists who wanted Norwegian music, art and theater to become more popular. Many of his songs are written to sound like folk songs

from his home country. He also wrote a lot of music for the piano.

Grieg is best known for the incidental music he wrote for Henrik Ibsen's play, *Peer Gynt*. Incidental music provides background or atmosphere for the action in a play. *Peer Gynt* is a tale about one man's epic journey to the four corners of the globe. Grieg's "In the Hall of the Mountain King" describes Peer Gynt's adventure in the underground Kingdom of the Trolls. Can you hear the trolls creeping up on Peer? They are coming faster and faster! Whew... luckily, Peer Gynt gets away from the trolls by the skin of his teeth.

Listen out for: The strings that play the sounds of Peer tiptoeing and running to escape. The tiptoeing sound is an effect called pizzicato where string players pluck the strings of their instrument rather than use a bow.



### How did he DO that?

Edvard Grieg knew how to tell a story through music. Think about how he wrote his music. Close your eyes and listen to "In the Hall of the Mountain King." How did he make it sound as if the trolls were chasing Peer? What did he do to the speed of the music?

Think about the instruments he chose to create his scene. What were they? If you were the composer, would you do this differently?

Why not consider creating a piece of artwork inspired by this music?





## POETRY PAGE ...

### 'From a Railway Carriage' by Robert Louis Stevenson

Faster than fairies, faster than witches,  
Bridges and houses, hedges and ditches;  
And charging along like troops in a battle,  
All through the meadows the horses and cattle:  
All of the sights of the hill and the plain  
Fly as thick as driving rain;  
And ever again, in the wink of an eye,  
Painted stations whistle by.

Here is a child who clambers and scrambles,  
All by himself and gathering brambles;  
Here is a tramp who stands and gazes;  
And there is the green for stringing the daisies!  
Here is a cart run away in the road  
Lumping along with man and load;  
And here is a mill and there is a river;  
Each a glimpse and gone for ever!

This poem really conveys the experience of a railway journey through the rhythm of the verse! The poem was published in Robert Louis Stevenson's 1885 children's poetry book, 'A Child's Garden of Verses.' You may also know Stevenson as the author of 'Treasure Island,' which had been published a couple of years earlier.



The rhythm seen here echoes the rhythm of the train, with the poem being written in rhyming couplets, i.e. witches/ditches, battle/cattle, plain/rain, etc. Another famous poem about trains and railways, W. H. Auden's 'Night Mail', uses a similar rhythm and the same rhyme scheme to those in Stevenson's poem!

Whilst the rhythm of the poem's lines, like the rhythm of the train moving on its lines, is regular and steady, the view from the train window is constantly



changing. There is an interesting contrast, therefore, between the aural rhythm of the poem ('aural' relating to hearing and sounds), which remains steady, and the visual images the poem is describing, which are altering from one line to the next.



The poem's pace establishes the speed and exhilaration of a railway journey, while the poet looks out of the window at the fast-moving array of images outside: a boy gathering blackberries or brambles, a tramp standing and gazing, a man with a cart in a road, a mill, a river, and so on. The world whizzes past with great speed!

**Try completing a piece of writing or artwork inspired by this poem! You could make a model using boxes, clay or Lego!**

You could even design your own 'railway layout'! Look up model railways, like this one:





## LIVES OF THE SAINTS ...

### Padre Pio

St. Padre Pio was born in a small farming town in Italy in 1887. His family was a family of strong faith and, by the age of five, St. Padre Pio had dedicated his life to God.



Even as a small child his family reported that he loved to pray and loved the church. In early childhood St. Padre Pio communicated with spiritual guides, angels, Jesus and the Virgin Mary. St. Padre Pio joined an order of Friars at fifteen years old and by the age of twenty three was ordained as a priest. It is said that spending even a few moments in St. Padre Pio's presence was life changing.

St. Padre Pio suffered from ill health throughout his life, although the cause of this was never found. After offering himself as a "victim for poor sinners and souls in purgatory," at the age of thirty one the stigmata of Christ, the wounds of Christ, appeared on his hands, feet and side remaining there – painfully - for fifty years.

St. Padre Pio was a tireless worker being of service in the church and in hospitals and consistently working nineteen hour days without ever being known to take a day of rest in all of his fifty one years. His miraculous healings and protections from harm are legendary.





St. Padre Pio is the patron saint of teenagers, those suffering from stress and those who volunteer to support emergency services. He is therefore certainly someone we can look to for hope at this time!

He famously advised: **"Pray, hope and don't worry."**

You can read more about St. Padre Pio here:

[https://www.catholic.org/saints/saint.php?saint\\_id=311](https://www.catholic.org/saints/saint.php?saint_id=311)

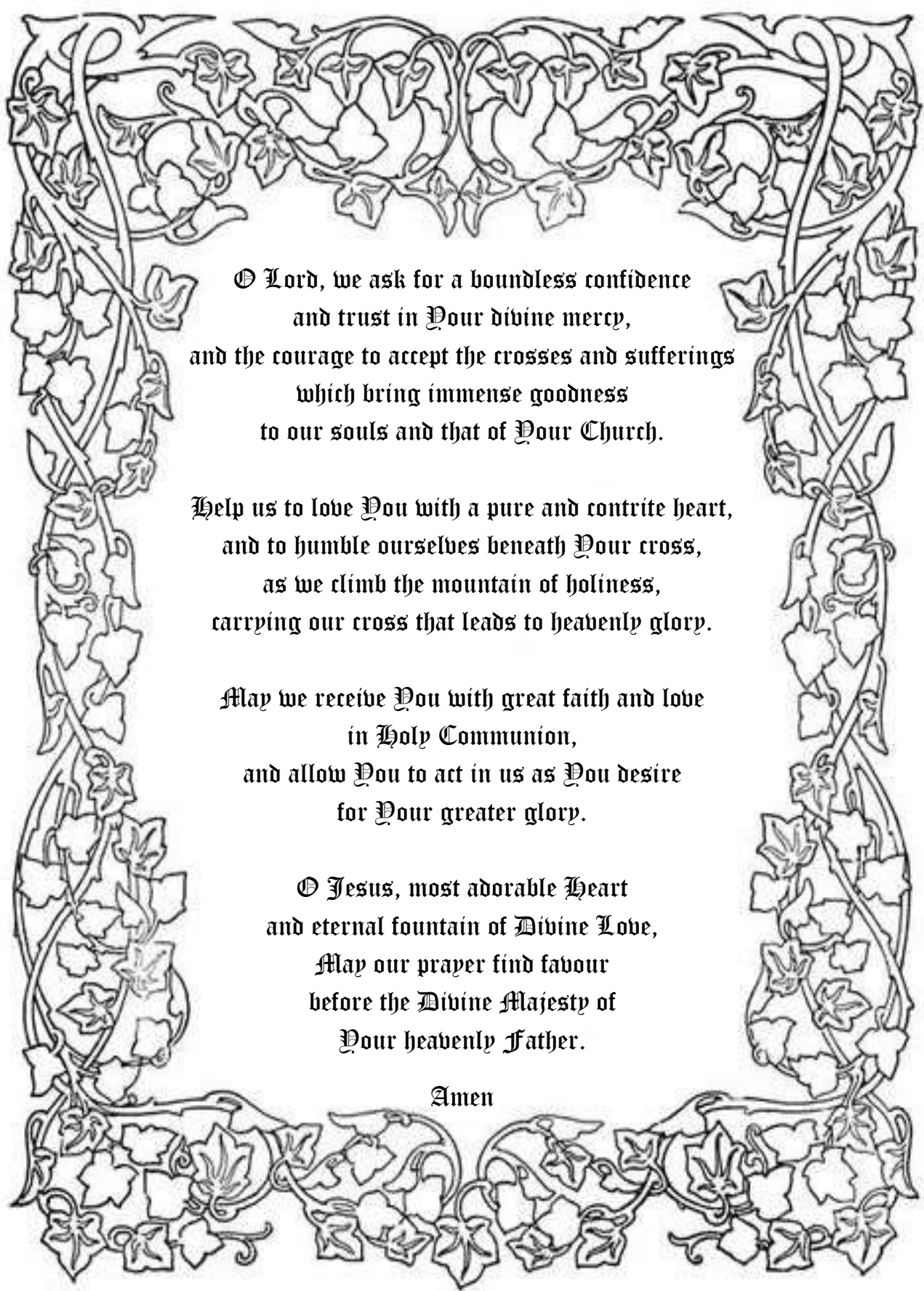
Why not print and colour the picture below? Or you could copy it if you want to try sketching it yourself!







Try colouring Padre Pio's prayer for trust and confidence in God's mercy below:

A decorative border of a vine with leaves and small flowers surrounds the text.

O Lord, we ask for a boundless confidence  
and trust in Your divine mercy,  
and the courage to accept the crosses and sufferings  
which bring immense goodness  
to our souls and that of Your Church.

Help us to love You with a pure and contrite heart,  
and to humble ourselves beneath Your cross,  
as we climb the mountain of holiness,  
carrying our cross that leads to heavenly glory.

May we receive You with great faith and love  
in Holy Communion,  
and allow You to act in us as You desire  
for Your greater glory.

O Jesus, most adorable Heart  
and eternal fountain of Divine Love,  
May our prayer find favour  
before the Divine Majesty of  
Your heavenly Father.

Amen



## TOUGH CHALLENGES

### Learn a Language!

You can use the Duolingo app free to start learning a new language!

<https://www.duolingo.com/>

### Learn how to solve a Rubik's Cube!

This is a really tough one, but this method shows you how!

<https://rubiks-cube-solver.com/how-to-solve/>

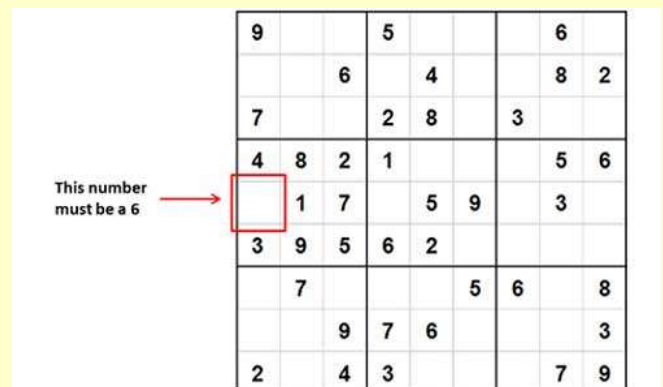
## PUZZLE PAGE:

### Solve a Sudoku!

If you've never tried this addictive puzzle before, then why not try now?

- ❖ The goal of Sudoku is to fill the cells with numbers from 1 to 9.
- ❖ The numbers are placed in 9 squares, 3x3 each, therefore in each row, in each column and in each small square there are 9 cells.
- ❖ The same digit can be used only once in each separate column, each line and in each small square.

Look for the easy play first: When you first start to play a Sudoku puzzle, look for where you have the easiest opportunities to add a number. Usually this is where there is a crowded square or a row that is almost full of numbers.



9			5				6	
		6		4			8	2
7			2	8		3		
4	8	2	1				5	6
3	9	5	6	2				
	7				5	6		8
			9	7	6			3
2		4	3				7	9



Sometimes, especially on the easy-rated Sudoku puzzles, you can quickly use process of elimination to figure out where to place a number. For example, if there is a square that already has numbers 1-7, you know that you only need to figure out where to put numbers 8 and 9. Look at the rows that feed into that row or square – sometimes you will be able to eliminate one number or the other, and can quickly fill in the gaps.

### Getting started ...

Look for which numbers are missing: Sudoku is about placing numbers where they don't already exist – it's a logical process of elimination.

If a number already exists in a row or square, then that number cannot be placed again. Your challenge is to keep thinking and looking and spotting opportunities to add numbers where they haven't already been placed. For example, if the top row of a Sudoku puzzle already has the numbers 1, 7, 8, 5, 9 and 2, this means that the row still needs numbers 3, 4, and 6. Look in the nearby rows (within the same squares) to see if you can rule out any of those three missing numbers.

		4		2	6			9
	2	6	1				7	
	1	7					5	
			3				2	
		3		5			9	8
		2					6	3
		1		9	2			
					4			
7	4	9	6	1				5

Since this row already has a 7, 4, 9, 6, 1, and 5, you know that this number must be a 2, 3, or 8

**Don't guess:** Sudoku does not require guesswork. If you aren't sure if a number belongs in a certain spot, you're better off not guessing.

**Keep moving:** Sudoku rewards the "roving eye" – if you feel stuck, don't concentrate too hard on one part of the puzzle grid. Instead, let your eye and your mind wander to a different place on the grid where you



haven't placed any numbers yet, and see which new possibilities become apparent to you.

**Constantly re-evaluate:** Every time you place a new number on the Sudoku grid, you should ask yourself, "What changed? What do I know now, as a result of having placed that number? For example, if you successfully place a number 5 in a horizontal row, how does that 5 affect what's going on in the neighbouring squares? Every single time you place a number, it gives you an opportunity to potentially place more numbers in nearby rows and squares (depending on which other numbers in those places are already known). This is one of the most satisfying aspects of playing Sudoku – every step in solving the puzzle leads you closer to the conclusion.

Sudoku is a fun and intellectually stimulating game because it exercises the part of the brain that craves logic, order and a natural progression toward a satisfying conclusion. Happy number hunting!

<https://sudoku.com/how-to-play/5-sudoku-tips-for-absolute-beginners/>

9	4	6	2	8	7	3	5	
5	8	3	6		9	7	4	2
2		7	5	4	3	6	9	8
8	6	5	4	3	2		7	9
7	2		9	6	5	4	8	3
4	3	9		7	8	5	2	6
6	7	8	3	2	4	9		5
3	9	4	8	5		2	6	7
	5	2	7	9	6	8	3	4

Anyone can do this one!



Now try this one!!



		1		6	5		3	7
3				2	9	1	6	
	6	4						
	2	8			4			3
			1		7			
5			2			6	9	
4						5	2	
	5	6	9	4				8
9	1		5	8				





**CALMING COLOURING:**

