

## Bumper Summer Challenge.

As always completed challenges for Essex CU to [admin@essexchildrensuniversity.co.uk](mailto:admin@essexchildrensuniversity.co.uk) and for Suffolk CU to [manager@suffolkchildrensuniversity.co.uk](mailto:manager@suffolkchildrensuniversity.co.uk)



**Summer Reading Challenge** Always a popular learning activity, this year the theme is Wild World Heroes.

You can find all the details on the Essex Libraries website ([click on this link](#)) Suffolk Libraries, [please click here](#).



Children are asked to read 6 books to help the children of Wilderville to make a difference to the environment.

**6 hours of CU Learning on completion of the Challenge.**

### Taste Tests Best Value for Money

Can you help your family to save money in the supermarket?  
We think you can!

Does your family buy a lot of branded items?  
Have they considered trying the shop brand instead?

Buy one of your usual branded items and, also pick up the supermarket's own label version.

Conduct a taste test at home.

Make sure your taste testers have no idea which is the branded version, and which is the supermarket own label.

Did everybody agree?  
Write up your findings and make a note of the differences they found.

**1 hour of CU Learning**



### Full Time meals with Marcus Rashford and Tom Kerridge!

Try out any of these pocket friendly, easy-peasy recipes for mega-tasty, super-filling, hearty home cooked grub!

Let us all get excited about cooking!

So come on, get stuck in.

**Big love Tom and Marcus**

Follow this link for recipes, including Smashed Peas on Toast, Hot Dog Pasta and more!



**1 learning stamp per recipe**



## mindapples

What is a mindapple?

A mindapple is anything you do that's good for your mind.



It can be anything you like, from reading a book to playing games.

Thinking about simple things we can do to look after our minds can help us feel healthier and happier every day.

Our friends at the charity Mindapples have asked us if we'd like to think about our mindapples and to share our thoughts and ideas with our friends and family.

You can find the Mindapples challenge [here](#).

**1 learning stamp**



### My Future: My Design:

Do you live in Colchester or Tendring Districts?  
Are your children in Year 5?  
Would they like the opportunity to build skills in drawing/animation/3D modelling? All free of charge.

If that is a "yes" then I'd definitely encourage you to take a look at this exciting competition being supported by Signals.

You'll find all the details, including prizes, [on this link](#)



**1.5 hours of CU Learning**



What do you like to learn about?

Could you do a job based on this interest?

Your challenge is to find as many jobs as possible that you can link to this interest.

Once you have some jobs in mind, research what you would need to do to get qualified.

Share your findings with us for 1 CU Learning Stamp

### Become a Story Hunter Flash Fiction Competition



The story goes that novelist Ernest Hemingway won a bet by writing a short story that was only 6 words long: "For sale: baby shoes, never worn." Essex Book Festival and Explore Essex Challenge you to do the same.

You are invited to write a piece of fiction or a poem that is between 50-250 words based on a visit to one of twenty designated Heritage and Green Spaces across Essex.



You will find the list [here](#) along with all details on how to enter.

Once you have submitted your story, along with a digital photo of yourself at your destination as proof of visit, your story will be uploaded on the Essex Book Festival website.

All stories/poems will be automatically submitted into the Story Hunter Flash Fiction Competition.

Winning entries will be announced at the Essex Book Camp Festival Finale at Cressing Temple Barns on 29th August

**2 hours of CU Learning**

Thank you to our friends at Children's University Scotland for their Wild Explorer Challenges

1 Learning Stamp for each activity



### **Bird's Eye View**

*What do birds think about people? Can dogs understand what humans want? Make a 'human fact file' from the perspective of another animal.*

**You will need:**  
Paper, pens, pencils,  
and imagination.

### **Sweaty Science**

*Can plants sweat? Find a leafy tree. Without removing it, put a clear bag over a leaf and secure with a tie.*

*Remove the bag after 2 hours. What do you see/smell?*

**You will need:**  
Sandwich/freezer bag,  
elastic band/hair  
tie/string

## London South Bank University

### Interested in taking part in research?



**You don't need to be a library member. Here's what's involved**

For more information or to take part email Catherine Jenkins PhD Student

Jenkinc7@lsbu.c.uk

**HELP OUT WITH HEALTH RESEARCH!**

**CAN PUBLIC LIBRARIES HELP CHILDREN TO MAKE A DIFFERENCE TO HEALTH?**

I am a student at the School of Health and Social Care, London South Bank University. I am studying how public libraries might be able to help children make a difference to the health of themselves and their communities.

**WHO CAN JOIN IN?**

- 7-11 year-olds (plus brothers, sisters, cousins, friends the same age!)

**WHAT WILL WE BE DOING?**

You will take part in two research sessions: an activity and a workshop with library staff and other children.

- The activity will involve you investigating health information and making healthy changes based on that information. This is called critical health literacy.
- The workshop will invite you to discuss your experiences of using the public library to investigate health information and suggest ways that public libraries can support you, your friends and your communities to make healthy changes in future.

For more information or to take part, please ask your parent/caregiver to contact me:  
Catherine Jenkins, PhD student.  
Email: [jenkinc7@lsbu.ac.uk](mailto:jenkinc7@lsbu.ac.uk)

If you have any concerns about the project, please contact the project supervisor: Dr Susie Sykes, Associate Professor in Public Health.  
Email: [sykes@lsbu.ac.uk](mailto:sykes@lsbu.ac.uk)

**Participate and share your experience with us for 1 Learning Stamp**

## The Toilet Timeline Challenge

I spotted this Challenge which has been set by Louise, the Bexley CU Manager

**For 1 CU learning stamp** visit the Toilet Timeline website at

The Timeline | Toilet Timeline Online Exhibition ([toilet-timeline.org](http://toilet-timeline.org))

Then answer these questions:

1. Which is your favourite toilet and why?
2. What is the name of the earliest Water Closet?
3. How much did it cost to use the first pay-as-you-go toilet?
4. When was the first toilet lock created?
5. What colour was the most popular bathroom in the 1920s?
6. What would your perfect toilet look like?
  - a. Think about a funky toilet seat maybe.
  - b. Can you be creative with the flush?
  - c. Why not design some toilet roll too!

Let your imagination run wild and send us a copy of your design.



**1 CU learning stamp**

## "Head in the Clouds"

There is a phrase "Head in the Clouds".

Ask one of your grown ups whether they can explain the meaning or investigate for yourself.

Write down what you think it means.

How much time do you spend looking up at the clouds?  
Not much I should imagine.

Well, here is your chance to do just that and earn a learning stamp too.

Find a comfy spot and relax. Look up at the sky and observe the clouds.

Can you work out how many different shapes there are?  
Are they round, flat, long, thick or fat?  
Are any clouds close together or far apart?

Can you see any shapes in them?

Draw some of the cloud shapes you see on a piece of paper and then turn them into something.



**1 CU learning stamp**

<p><b><u>Build a Mud Wall</u></b></p>	<p>Let's put your design, engineering and construction skills to the test. Will you take on the Mud Wall Challenge Making bricks out of mud is great fun!</p> <p><a href="#">Details here</a></p>
<p><b><u>The Cereal Box Challenge</u></b></p>	<p>All you need for this challenge is an empty cereal box, scissors and a ruler! Why not make it a family challenge.</p> <p><a href="#">Details here</a></p>
<p><b><u>Pin Number</u></b></p>	<p>Perfect for wet weather days!</p> <p>You'll need floor space, 9 small objects and one light object for throwing. Accuracy and speed are the key to success.</p> <p><a href="#">Details here</a></p>
<p><b><u>Water Balloon Tennis</u></b></p>	<p>Not sure this will ever become an Olympic sport, but it's great fun. If you can lay your hands on a few water balloons, have some string and some sticks for a net, then you're in for a treat!</p> <p>Can you invent other games with water balloons?</p> <p>Share your ideas with me and I will publish them for others to try.</p> <p><a href="#">Details here</a></p>
<p><b><u>Make a nature raft and sail it</u></b></p>	<p>Boat building at its very best!</p> <p><a href="#">Details here</a></p>

## 1 CU Learning stamp for each of these activities

Keep an eye on our Facebook pages for more ideas and activities. Lots of our Learning Destinations share their activities with us over the school holidays. If you do not have Facebook, then you can ask to be added to our newsletter. An email to your inbox with ideas for more activities over the summer holidays.

We are always adding to our list of visitor Learning Destinations. You will find all the details of each of the websites.

Email [admin@essexchildrensuniversity.co.uk](mailto:admin@essexchildrensuniversity.co.uk) or  
[manager@suffolkchildrensuniversity.co.uk](mailto:manager@suffolkchildrensuniversity.co.uk)