

LENZIE ACADEMY

**FAMILY
LEARNING
BOOKLET**

S1-S2

Name:

Guidance:

WHAT IS FAMILY LEARNING?



What is family learning?

Family learning is learning that takes place among family members and friends, including parents, grandparents and carers. It's about discovering and exploring things together.

Why is family learning important?

Families teach us the most important things in life. Both children and grownups can help each other achieve more by doing activities together. Family fun isn't just for parents and children – dads, mums, stepparents, carers, aunts, uncles and grandparents can all join in. The more family members you can have joining in, the bigger the difference you can make.

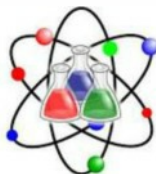


FAMILY LEARNING TASKS

Every young person will be given a number of tasks to complete throughout the year. The tasks will vary and will focus on an aspect of each subject curriculum. The tasks should be completed with family members or friends. This will allow all participants to up skill their subject knowledge and confidence, whilst helping to foster positive relationships.

Be honest and accurate with your results. Each challenge should be completed with a family or friend and then handed into your subject teacher or uploaded via your Teams page - make sure you tell your teacher who you worked with to complete each task!

All tasks will be communicated via Teams to make it easier for you to keep a record of what you should be working on and when.



FAMILY LEARNING CHALLENGES

S1 monthly tasks

September - Art

October - Business Education

November - English

December - Music

January - Geography

February - History

March - HFT

April - Maths

May - Modern Languages

FAMILY LEARNING CHALLENGES

S2 monthly tasks

September - Modern Studies

October - PE

November - PSE

December - RMPS

January - Biology

February - Chemistry

March - Physics

April - DT

S1 CHALLENGE 1 - ART & DESIGN SEPTEMBER

Art and Design – Portrait Of My Hero

A hero can be any person that inspires you or that you admire for positive reasons.

A hero doesn't have to be famous, have superpowers or be recognised as having done something "heroic"

A hero might be someone who...

- is consistently reliable
- thinks of others before themselves
- works hard at what they do
- makes your life better by being a part of it
- inspires you to better yourself



You may need to do some online research or look at photographs that you have, or you might need to ask your hero to sit still for a little while as you complete your task.



S1 CHALLENGE 1 - ART & DESIGN

Art and Design – Portrait Of My Hero



START LIGHTLY

Observe angles, curves, length of lines, directional lines and contours of the face

ADD DETAILS

Start to vary the pressure on the pencil as you create the correct shapes

DEVELOP TONE

Use a cotton bud to blend to tones to smooth the transition from light to dark.

ADULT HELPERS!

Look at your child's work and write down:

- ❖ Two things that you admire about their work
- ❖ One thing that they could change or improve

Don't forget to show off your results! Well done!

S1 CHALLENGE 2 - BUSINESS EDUCATION OCTOBER



Touch typing is a skill that allows you to key in information using all fingers and without looking at the keyboard. Touch typing means you can key in information and prepare work much faster and with less errors. This means you spend less time on the work and more time on other hobbies you enjoy!

The following websites allow you to learn touch typing:

<https://www.bbc.co.uk/bitesize/topics/zf2f9j6/articles/z3c6tfr>

<https://www.typingclub.com/sportal/program-3.game>

The following website allows you to test your typing speed:

<https://10fastfingers.com/typing-test/english>

The more you practice, the more words per minute you should be able to type and with less errors.

The challenge is to see if you can complete some lessons above to learn touch typing and complete several touch typing tests using the '10 fast fingers' website above to see if you improve. Select at least one family member to attempt this challenge with and see who can improve the most! (You can attend the Business Education department at lunchtime to complete this if it is easier). You can record your results on the next page!

	Typist 1	Typist 2
10 fast fingers words per minutes 1		
10 fast fingers words per minutes 2		
10 fast fingers words per minutes 3		



S1 CHALLENGE 3 - ENGLISH NOVEMBER

An acrostic poem is a poem which uses the first letter of each line to spell out a word. Make an acrostic poem using your name to share some of the things you enjoy.

- The poem can rhyme or be in free verse
- You can use lines of different lengths
- Be as creative as you like

Example:

Wandering around new places
I love to explore while
Learning new things but also
Lounging around
Is kind of fun
And gaming online with
Mates. As long as there are snacks!

Write your poem in the space below...



A large, empty rectangular box with an orange border, intended for the student to write their acrostic poem.

S1 CHALLENGE 4 - MUSIC DECEMBER

Choose an artist or a band that have been popular from 1950-present day. Research your chosen artist/band under the given headings and create a poster or online presentation with your findings. Share your findings with someone else in your family - do they like your music choice? If not, what don't they like about it?

You may wish to choose an artist with some Christmas hits.

Please see the next page for your success criteria!



Homework EXERCISE 3: POP MUSIC RESEARCH TASK

Date Due:

You are going to choose an artist/band you like from 1950-present day and create a poster detailing the following information:



Structure:



- Style background - a paragraph of information about the style of music they perform.
- Background information about the artist/band (awards, albums, interesting facts)
- Music - name at least 3 songs they have released and comment on the instrumentation used, concepts that feature in the music. (RIFF, FINGER PICKING, STRUMMING, BACKING VOCALS, SOLO, ACCOMPANIED, SYNTHESISER, DRUM FILL, DISTORTION, BEATS IN A BAR, UNISON, HARMONY)

If you require poster paper, please see your teacher.

S1 CHALLENGE 5 -

GEOGRAPHY

JANUARY

Every week the Geography department twitter account @lenziegeo will post a detailed schedule of Geography related shows on TV that week, known as 'Geogglebox'.

Find some time to sit down as a family, watch at least one of the shows together and secretly educate the children. •An example of the weekly



GEOGGLEBOX!

What can I watch to improve my Geography knowledge & understanding?



Week beginning Monday 7th November 2022

The show	The channel	The day/time	The lowdown	Catch up?
This Farming Life		Monday 7th 20:00 - 21:00	Emma and Ewan hatch a plan to breed peacocks, Barbara gets her pumpkin plan off to a strong start, and Bonnie and Pete turn to cutting-edge science.	BBC iPlayer
Farming on the Spectrum - We Are England		Monday 7th 20:30 - 21:00	How a beef farm in Oxfordshire became a haven for people on the autism spectrum.	BBC iPlayer
Last Worlds with Ben Fogle		Tuesday 8th 22:00 - 23:30	[Post-watershed] Ben uncovers the shocking history of Cyprus, jewel of the Mediterranean torn apart by a Civil War that displaced a third of its population leaving ghost towns everywhere.	My 5
Can We Still Save the Planet?		Wednesday 9th 19:00 - 20:00	Can Scotland keep its Cop26 commitments in the midst of the cost-of-living crisis? Judith Keates finds out on the eve of Cop27.	BBC iPlayer
Countryside Ramble for BBC Children in Need 2022		Wednesday 9th 20:00 - 20:30	John Craven finds out how ramblers are helping to support Children in Need this year.	BBC iPlayer
Grand Tours of Scotland's Lochs		Thursday 10th 19:00 - 20:00	Fiona, one of the wildest sea lochs. Paul heads to Loch Linnhe on the trail of the Jacobites. Returnus to Mor.	BBC iPlayer

Please check the Geography twitter account throughout this month and decide which Geography related TV you want to watch as a family.

If you can't access the twitter account, pop up to the Geography department and ask your teacher to see this month's schedule!

What did you watch? _____

What did you learn? _____

S1 CHALLENGE 6 - HISTORY FEBRUARY

The name "Lenzie" is very old, and was first used to describe the parish that extended from Kirkintilloch south-eastwards as far as Cumbernauld. For many years this large area was owned by the Comyn family, who built a castle in Kirkintilloch. The name was pronounced "Lingie" at that time.

In 1842, the Edinburgh and Glasgow Railway was opened and a station was built in Lenzie which would allow people from Kirkintilloch to travel by train. The building of houses close to the station began about 1848. At the time the railway company gave free train season tickets to people who built large homes (villas) near the station.

More houses were built when piped running water was made available to the area during the 1870s. As the number of people moving to the area grew larger, three churches were built in the 1870s: Old Parish, the Union and St Cyprian's.

The railway station was opened to serve the town of Kirkintilloch, and was named "Kirkintilloch" at first. During the 1840s it was moved to Garngaber Road, for a short period. In 1848 it was moved back to where it can be found today. The name was then changed to 'Lenzie' station.

You can learn more about the local area on the following website - <https://www.scran.ac.uk/>

Remember to select 'Lenzie Academy' when asked for your school!

Use the heritage trail map and additional information on the following pages to complete this task. .

Where was your favourite place on the trail? _____

Do you know much about Lenzie's history? Here is heritage trail to follow which is 2.5 miles in distance. You could get outside for a walk in the fresh air with a family member and learn more about the history of Lenzie as you do so.



1. Victoria Road Villas: With the opening of the train station, homes were built around this area. An example of some of these homes can be seen in Victoria Road. One of these houses (no. 27) was built by the famous architect Alexander Greek Thomson.



2. Lenzie Train Station: A station was built here in 1842. It was first known as Kirkintilloch Station.



3. The Queen's Building (Kirkintilloch Road): To mark Queen Victoria's Jubilee year of 1887 another building was added to the original Post Office building. This new building was called The Queen's Building. The first shops here included a fishmonger, a dairy shop and a bank.

4. Lenzie Modd Peat Works (Lenzie Moss): There is evidence that suggests that peat processing on this site dates from the 13th century. The growth of the use of peat after WW2 saw large-scale extraction by Lenzie Peat Development Company. You can still see the remains of one of the buildings today as you enter the Moss from the path at the railway station car park.



5. Lenzie Academy (Myrtle Avenue): The main school building on Myrtle Avenue was established in 1960.

6. The first Lenzie Academy building: A private school known as Lenzie Academy was first established in Kirkintilloch Road in 1870. It became a 'Board School' in 1886. When the school moved to the site in Myrtle Avenue it became Lenzie Primary School. It has since been developed into flats.

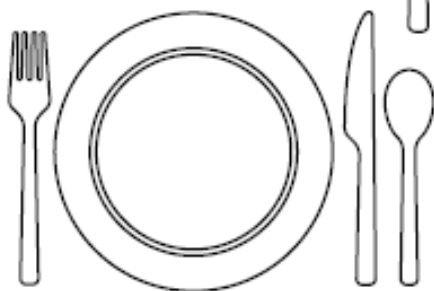
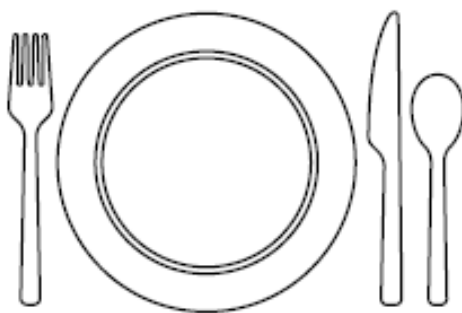
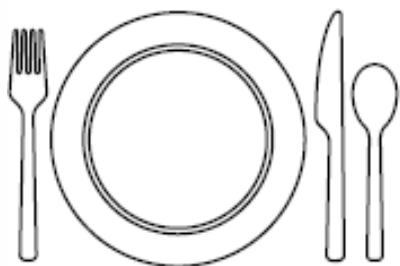




S1 CHALLENGE 7 - HFT MARCH

Healthy Eating Challenge

What you eat impacts your energy, concentration and general wellbeing. The average household in Scotland spends £35 per month on takeaway food. This challenge is swap 3 takeaway meals and cook/eat three healthy meals. On the plates below you should report on what you cooked/ate and who you cooked with.



S1 CHALLENGE 8 - MATHS APRIL

Board games night!

Believe it or not, some of your old family favourite board games are littered with maths topics, for example:



- Monopoly
- Cards
- Dominoes
- Connect 4
- Uno
- Yahtzee

Have a family games night and think about the numeracy skills needed. Record your thoughts/scores in the box below:

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S1 CHALLENGE 9 - MODERN LANGUAGES MAY

Lenzie Academy Languages Challenge Name: _____

The activities in this challenge were designed for you and your family. Get them all involved to help you complete this challenge!

Cook a dish from a country where they speak the language you are studying

Change your social media app settings into the language you are studying for one hour

Learn how to write a phrase in a language that has a different script

Listen to a song in the language you are studying

Find out which is the world's most spoken language and list the countries where it is the official language

Learn the Happy Birthday song in the language you are studying

Learn 10 new words in the language you are studying

Look at the labels on your clothes and work out which item was made furthest away

Find out how many of the top 200 songs in the Spotify UK charts are in a language other than English. How about in the language you are studying?

Practise the language you are studying on an app for 10 minutes

Find out how to say the following phrases in the language you are studying:
☐ Excuse me
☐ Could you repeat that?
☐ Thank you

Teach your parent or guardian a phrase in the language you are studying

Watch a vlog in the language you are studying

Find out the nationalities of the players in your favourite sports team

Find a video or cartoon on YouTube in the language you are studying and watch it

List 10 countries you would like to visit by the time you are 25 years old

S2 CHALLENGE 1 - MODERN STUDIES SEPTEMBER



In Modern Studies you will learn about social, political and economic issues. The media plays a vital role in Modern Studies and allows young people to develop their understanding of issues that are covered in class. The media also allows you to develop political literacy and learn about other issues affecting people in society.

As a family, you should choose one current affairs issue to research and read about. You may choose to read about this issue in a physical newspaper, or in an online newspaper or news website. You should read about your chosen issue together as a family and have a discussion about what you learn.

The current affairs issue my family chose is:

I learned the following about this issue:

1.

2.

What media source did you use to learn about your current affairs issue?

S2 CHALLENGE 2 - PE OCTOBER

A study found that those under 18 take anywhere between 10,000 to 16,000 steps per day. Are you aware of how many steps you take? Could you make different decisions on a daily basis to help increase your steps?

The steps challenge is a simple way to get your family active and involved in some friendly competition. Select at least one family member who would like to participate in this challenge. For one week each challenger should record their steps on an app or by recording them throughout the day. Pupils should complete the table below and then get a parent to sign it at the end of the week.

	PLAYER 1 STEP COUNT	PLAYER 2 STEP COUNT
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Total Steps		

S2 CHALLENGE 3 -

PSE

NOVEMBER

The Scottish Government guidelines for sleep is **8-10 hours** for teenagers. Sleep plays a vital role in improving your health and wellbeing. Getting enough sleep at the right time can help protect your mental health, physical health, quality of life and safety. During sleep, your body is working to support healthy brain function and maintain physical health.

This challenge we want you to analyse your current sleeping pattern and aim to make small changes to ensure you have a good bedtime routine and are getting enough hours.

Current Sleeping Routine		New Sleeping Routine	
		Target	Actual
Time you go to bed			
Time you wake up			
Total hours sleep per night			
Screen time before bed (yes/no)			
Dark quiet room (yes/no)			
Quality of sleep (rate 1-10)			

S2 CHALLENGE 4 - RMPS DECEMBER

In RMPS we look at morals, and ways in which both religious and non-religious people put their values into action to make a positive change in the world. Whether this be through standing up for what they believe in, supporting the needy, donating, or campaigning to make a difference, we encourage pupils to think about their own ideas about right and wrong and how they can make a positive impact.

Research shows that helping others can also be good for our mental health, can reduce stress, improves our emotional well-being and even benefits our physical health. In short, *doing good does you good*.

Your challenge is, for you, and a family member, to carry out a random act of kindness throughout the week and share with each other at the end of the week the good that you have done.

My random act of kindness:

A family member's random act of kindness is:

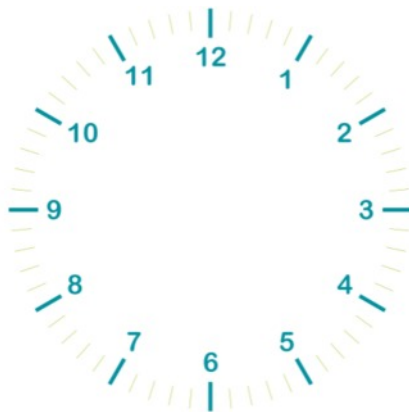


S2 CHALLENGE 5 - BIOLOGY JANUARY

Did you know that your body has its own built in clock?

Your body uses chemical messengers called hormones to decide when to do things. It tells your body when to wake up, when to sleep, when to eat and when you are full. Different hormones increase and decrease in waves throughout the day.

Visit your year group Teams page to find out more about your challenge for this month - learning more about your own body clock!



S2 CHALLENGE 6 - CHEMISTRY FEBRUARY

Heating and cooling can cause materials to change; some of these changes may be reversible and some may not.

This month, you will explore some of these changes in more detail.

Visit your year group Teams page for more information about this challenge!

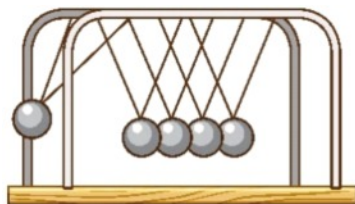


S2 CHALLENGE 7 - PHYSICS MARCH

Forces and their effects are all around us. They keep us firmly rooted to the ground, they make us move and they stop us slipping and sliding. Forces are vital to life and the universe. However, forces only do three very simple things. They change:

- The shape of an object
- The direction of an object
- The speed of an object

Visit your year group Teams page for more information about this challenge - investigating how forces affect the movement of objects!

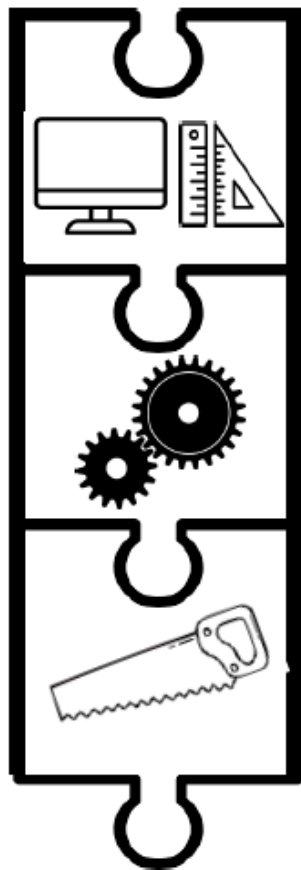


S2 CHALLENGE 8 - DESIGN TECHNOLOGY APRIL

The Design Technology curriculum is split into three areas - Graphic

Communication, Engineering Science and Practical.

Please visit your year group Teams page for more information on the challenges that you can complete for each of these topic areas.



**WELL DONE
ON
COMPLETING
THE FAMILY
LEARNING
TASKS!**

