

Lockdown Lift Up

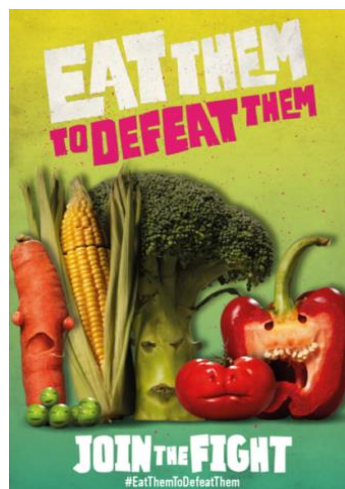
THE WEEKLY SCHOOL CLOSURE NEWSLETTER FOR YOUNG PEOPLE WITH AUTISM

THIS WEEK: Eat them to defeat them, Top movie suggestions and a sudoku!

Your Health Matters!

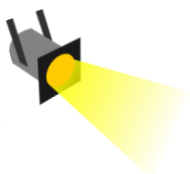
First of all, **WELL DONE** for another week of lockdown.

At this time it is very important that we keep ourselves physically and emotionally healthy and so for the next few weeks we will be putting the spotlight on key areas to help us. This week...food!



<https://eatthemtodefearthem.com>

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Why bother eating healthily?

You are growing incredibly fast!
In fact at the moment you are growing **FASTER** than at any other time in your life! You need lots of food high in nutrients and vitamins (that's the good stuff) to make sure that you are healthy.

All of us have foods we **LOVE** 😊 and foods we **HATE** 😞 and that's absolutely fine. But...think...if you had never tasted your favourite food, how would it have become your favourite? So...your challenge this week is to try to eat or 'defeat' as many vegetables as you can...you never know, you may end up loving them!

For more check out:

<https://eatthemtodefearthem.com/>



TOP MOVIE SUGGESTIONS: Ladybird, Ponyo, Fighting with my Family and Jumanji

BOREDOM BUSTERS!



RECIPE: Mini pizzas

Ingredients:

- Wrap
- Tomato sauce or ketchup
- Cheese
- Toppings of your choice: include 1 vegetable

Method:

- Place wrap onto baking tray
- Evenly spread tomato onto the wrap
- Arrange toppings over the wrap and then sprinkle with cheese
- Place under a hot grill for 3-5 minutes.



ONLINE:

Did you know the most hamburgers eaten in 3 minutes was 12!!

For more weird and wonderful food facts (and other trivia) go to:

<https://www.guinnessworldrecords.com/records/showcase/food-and-drink?page=1>

TO PASS THE TIME...

One World Together At Home: watch the highlights of the concert featuring Taylor Swift, Sir Paul McCartney, John Legend and more on BBC iplayer.



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Food isn't all about eating vegetables: Try having an ice cream party or a chocolate fest with friends and family using group chats!

Sudoku

Fill the grid so that each column, each row, and each of the nine 3x3 boxes contains the digits from 1 to 9.

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

<https://www.kidsmathgamesonline.com>

Last weeks Answers! Well done if you got any or all of them!

- 1) Gossip Girl
- 2) Brooklyn Nine-Nine
- 3) Walking Dead
- 4) Love Island
- 5) Vampire Diaries

Your Say



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We would love to hear from you about what you are doing.

Did you defeat any vegetables?

Get in touch at:

SENandInclusion@Peterborough.gov.uk

*Please Note: We cannot publish any photos that contain images of people.