

Positive news articles researched by the members of 8LR

Abi Parmley

Wednesday 6th January

Why people put rainbows in their windows

During the coronavirus lockdown pictures of rainbows offered a message of hope to the public. These were mainly drawn or coloured in by children.

A facebook page called 'Chase the rainbow' urged people to put a rainbow picture in their window so that children could go rainbow spotting, whilst they were on walks. It started in Italy and quickly spread across the country. Since then it has been adopted by lots of countries such as; United States, Spain, Canada and the UK.

JOE WICK DOES VIRTUAL P.E. LESSONS FOR EVERYONE IN LOCKDOWN



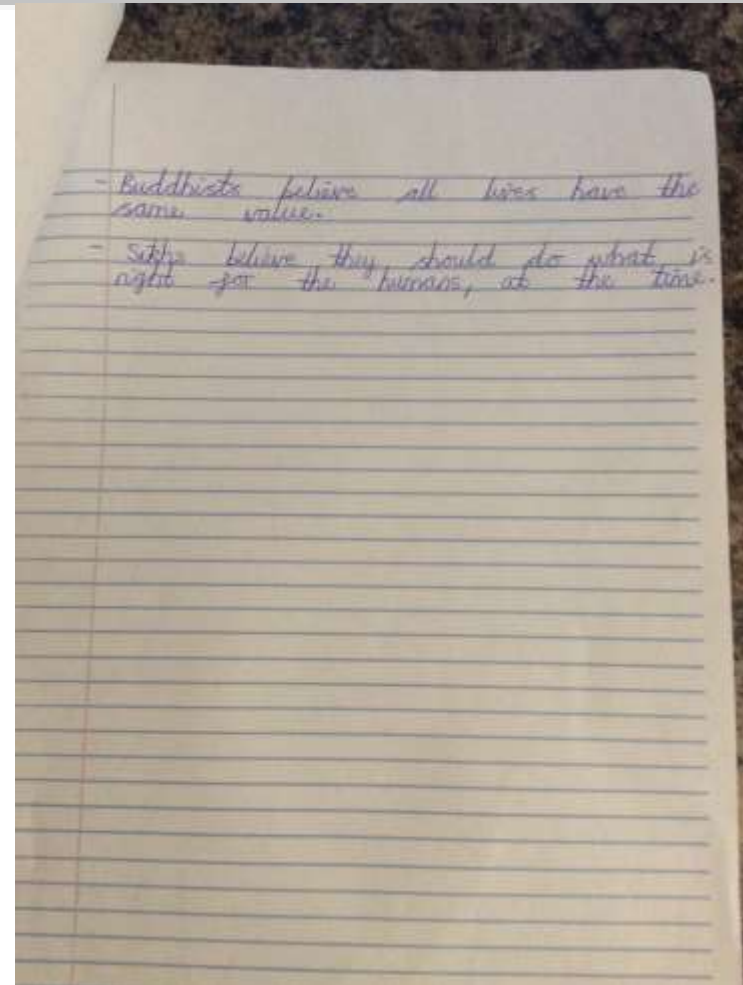
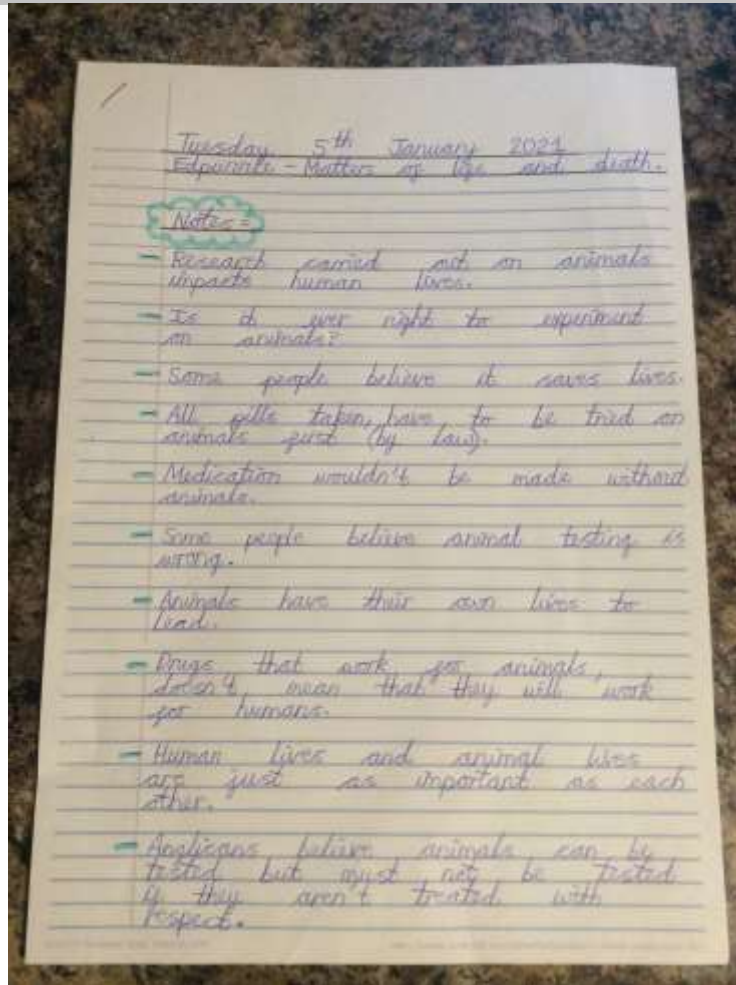
Dan Sant



Joe Wick has kept us all fit and healthy during lockdown and has created light for most people who were struggling in lockdown. He has been doing different workouts on his YouTube channel back in lockdown no.1 and he has encouraged people to get through these times by staying fit and healthy and his work has gone viral and he had people joining in from all over the world to take part in this massive P.E. lesson.

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Lucy Bott produced wonderful notes in her RS lesson



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Excellent work from Owen Perkins on King Edward I and the Wool Trade

The Wool Trade

Map showing England's main trade links by 1300.



The wool trade

But the most important trade of all was the wool trade to Europe. Each year around 40,000 sacks of wool were exported. Suffolk and Friesland, for example, had over 7,000 sheep grazing on a few hundred acres, for wool around Holderness, near the River Humber. Each year from 1260 to 1280 the wool for at least £200, an impressive sum at that time, in just one company, the Mercers of London in Italy.

- 1) What did Edward's England produce?
Wool, cloth and tin.
- 2) What did England trade it for in France?
Salt, Linen and Canvas
- 3) Where might the English trade in Ireland and what would they get?
Would trade in Dublin and get Cattle Hides.
- 4) What were England's furthest trading partners in Europe?
Venice, Italy to get Alum, Sweet Wines, Silk, Spices, Glass and Luxury Goods.

The biggest driver of change was the wool trade. Wool was making England wealthy. English wool was seen as the best in Europe so was in great demand by cloth makers. The wool was sold by 1300 there were an estimated 12 million sheep in England and most of these were raised and kept by ordinary villagers. Dyer in his book *Making a Living in the Middle Ages* estimates that 96 per cent of all wool produced in England came from small flocks averaging around twenty sheep owned by peasants.

- 7,000: amount of sheep grazing in Holderness. 40,000: Sacks of wool exported per year.
- 1260-80: Sold wool for at least £200. 12 million: amount of sheep in England in 1300.
- 66%: of wool in came from small flocks in middle ages. 1300: 12 million sheep in England.
- £200: Minimum price wool was sold at.

12 Weavers needed a lot more and a cleaner spin. Their work was the final step in the chain that turned raw wool into high-quality cloth for the houses and clothes of rich nobles and merchants.

11 Dyers followed the wool to cloth. Farmers supplied the dyes needed for dyeing the wool.

10 Spinners and weavers turned the fleece into cloth.

9 Cloth was sold to the rich and the poor. Cloth was sold to the rich and the poor. Cloth was sold to the rich and the poor.

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4 Spinners and weavers turned the fleece into cloth.

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2 Each spring the sheep were shorn. Shearers needed strong arms and a steady hand.

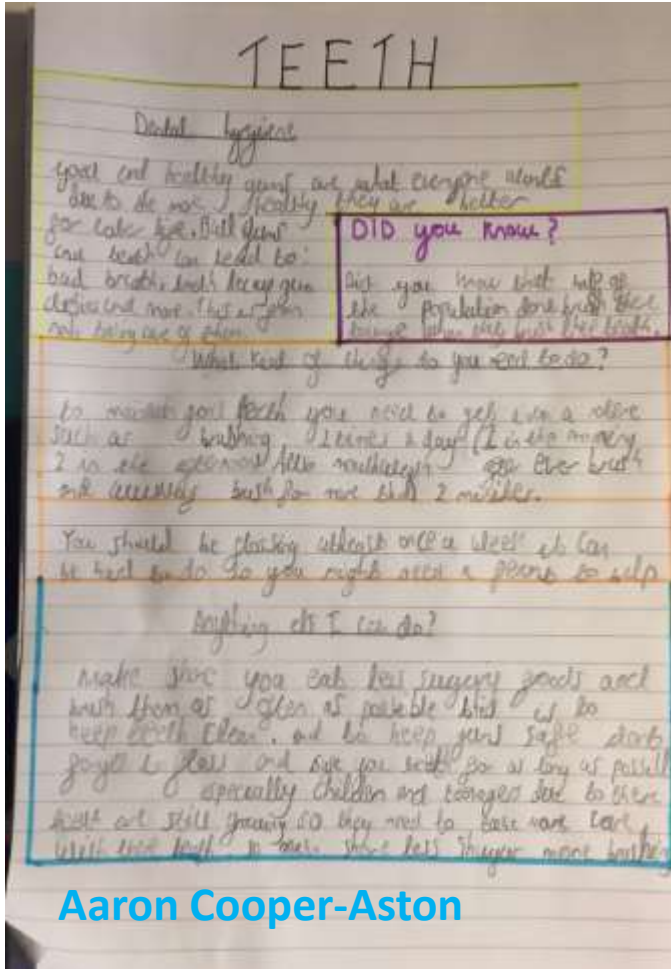
1 Shepherds would lead to low hills for the job - leading to the head of hills in the middle of winter or searching for best sheep on a hillside in the autumn. They might also need to go to market to buy cattle for milking the sheep or to sell or buy sheep.

Merchants: Merchants or intermediaries would offer that directly with an agent or merchant who would agree in advance a price for their wool. Because water was hard to take from wool to market to get the best price.

Peasants: Most of the wool went to London to be made into cloth. Before the cloth was made, it was often sold to the rich and the poor. Cloth was sold to the rich and the poor. Cloth was sold to the rich and the poor.

Porters: Wool was traded into cities and transported long distances to the Bay of Biscay such as London, Southampton and Bristol. Peasants needed to protect their cargo from thieves.

Year 8 have highlighted the important on Dental Hygiene in their PSHE lesson this week



Aaron Cooper-Aston

Would you like to have teeth like him?



Think about what damage could be caused if you don't brush your teeth and look after them!!

If you do not brush your teeth and look after you gums then this will happen to you. The reason why his teeth are black is because he has eaten a lot of sugary stuff. If you look after your teeth, then they will be white and healthy. This goes for your gums too - they will be healthy as well.

These are some tips for you to make your teeth healthy

1. You should brush your teeth at least twice a day to clean the food that gets stuck in between the teeth so you can clear that and get rid of some of the bacteria in your mouth
2. The enamel is the thing that keeps your teeth strong because they need to be able to break food down and if you do not have that then your teeth will be very sensitive and very weak. Fun fact, your enamel is the strongest thing in your body even your bones are weaker than your teeth, but the bad thing is that they can not heal after they have been broken whereas bones can heal to form into place.
3. If you do not look after your second pair of teeth then they will start falling out and then you will not be able to eat the food you used to be able to eat. Also, if you don't look after your gums then you will have gum disease and that can cause heart disease because the bacteria can get caught in the blood stream and travel to your heart and then it will settle on your arteries. It could cause inflammation or even a heart attack!

Here are some examples of what can happen to your teeth

1. Tooth decay
2. Cavities
3. Gum disease and so on

Harris Broderick

Why is it important to keep your teeth healthy?

It is very important to keep your teeth healthy for a number of reasons that will be answered in this poster.

Health facts

Healthy teeth have a number of benefits, if you take care of them. (for example? What good benefits?) If you do not take good care of your teeth, it can lead to diseases such as:

- Gum disease
- Tooth decay
- Bad breath

Continuation of these problems will eventually lead to you either having very bad teeth and poor dental hygiene as an adult, or severe problems that not only involve your mouth, but also other parts of your body. (for example?)

Basics for Dental Hygiene

To maintain good teeth, you will routinely need to brush your teeth twice a day, with a sufficient amount of toothpaste, for two minutes. Another way to keep your teeth in good condition is to use mouthwash. If you do use it, you should always do so after brushing teeth. However, young children under 12 should not use mouthwash containing ethanol or alcohol as this may do more harm than good. However, using alcohol free mouthwash can be a great way to ensure maximum cleanliness and white teeth.

Is there any other way to protect your teeth?

Well actually, yes!
 You can floss after brushing your teeth to get rid of plaque stuck in between your teeth, which can cause problems that could damage teeth and cause problems in gums. Plus, another way is to stop eating as much sugar as possible. Obviously, it's still important to eat some sugar, however overdoing it can intensify the diseases mentioned earlier. (again, can you give some examples Jacob?)

Jacob Daniels

06/01/21

PSHE:

- Q1: gum disease.
- Q2: gum disease can be caused by not looking after your teeth.
- Q3: we visit the dentist because the dentist can see signs of pain that could be caused by the way you treat your teeth.

Task 1

- Q1: You can brush your teeth, go to the dentist and use mouthwash.
- Q2: children eat more sugar and sticky foods that are bad for your teeth.
- Q3: After eating foods that contain sugar, these molecules combine with saliva and bacteria present in the mouth. This combination leads to plaque on teeth.
- Q4: Drinking high amounts of sugar such as pop can have various adverse impacts on your health. These range from increased chances of tooth decay to a higher risk of heart disease and diseases like type 2 diabetes. Instead have apple juice which is still unhealthy but is better than pop.

Task 2:

- Q1: 2 times a day
- Q2: plaque
- Q3: enamel
- Q4: enamel is the inside sensitive part of your tooth bone is an outer part that helps us move.
- Q5: gums
- Q6: it is good to clean teeth because it can help your gums and your teeth.
- Q7: An untreated cavity can lead to an infection in the tooth called a tooth abscess. Having holes in your teeth can not be good.
- Q8: If you didn't brush your teeth they would eventually go black wobble and fall out leaving you toothless unless they were baby teeth because adult ones will grow in their place.

Fin Morgan

Look After Your teeth

Protect your teeth:
 Cavities are caused by getting holes in your teeth that can ache as by cleaning teeth you can.

Gum disease:
 Gum disease is caused by a build up of plaque on your teeth. It is a sticky substance that contains bacteria. Gum disease can progress and eventually, but some are treated, the loss of your teeth.

Tooth loss:
 There can be terrible and also make your smile as by cleaning your teeth you can keep it nice white teeth!

Heart disease:
 Heart disease can be caused by not cleaning your teeth. Plaque can build up in your arteries and cause heart disease. It is important to clean your teeth to prevent heart disease. You can also prevent heart disease by eating a healthy diet and exercising.

Bad breath:
 By not cleaning your teeth you will have bad breath and people will think you smell.

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Dental Hygiene

Not taking care of your mouth can lead to many dental problems: bad breath, gum disease, cavities, sensitivity and even tooth loss. But the good news is these issues are preventable, if you brush your teeth for 2 minutes in the morning and 2 minutes in the afternoon everyday!

If you have trouble with that still not working a lot of people use mouth wash, which can help get rid of the plaque that is more difficult to get rid of if you are just using a tooth brush.

A white smile doesn't happen overnight, you must keep on brushing your teeth every single day. However, you are not supposed to use mouth wash every single day, so I highly suggest using mouth wash 2 times a week. But carry on brushing your teeth everyday with or without mouth wash!

Don't wait until it's too late! See your dentist and dental hygienist twice a year for a professional cleaning and checkup. Trained to prevent oral diseases, dental professionals will find the hidden problems you may not be able to see, keeping you aware of the little dental health facts that make big differences in your family's life.

Also! Only about 31% of the world brush their teeth on a daily bases, so try keep hygiene, because it seems to much of the world understands quite how healthy it really makes you!



You should trust certain toothbrushes such as Oral B, their toothbrushes keep your teeth 99% clean, while other off-branded tooth brushes, could give you gum disease depending on how good quality the toothbrush is, so always get a toothbrush that is protected by local pharmacies and only dental facilities!

Anna Garbett-Sweet



By Mia



Mia Curtis

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Super Business work from **Abi Davis**

Type of finance	definition	advantages	disadvantages
Overdraft	where a bank allows you to use money up to an agreed limit to be withdrawn	* provide only used when needed * source of short term finance	* interest is charged on the amount * should be agreed in advance * can be costly long-term
loan	sum of money that is borrowed or granted for a set period of time	* regular repayments help with budgeting but must be paid * large quantities can be made available if you don't have a business plan	* interest may be high * lenders may ask for security against non-payment
trade credit	source of credit provided by suppliers allows goods to be obtained	* allows 'buy now, pay later' * may be discounts for early payment	* may not be available from all suppliers * additional charges may be included if payments not on time
lease finance	a finance in the form of a loan of the asset for the duration of the lease	* don't have to pay the full cost * higher standards of equipment might be a expense to buy outright	* higher fixed costs per month * more expensive commitment to contract
Share capital	money raised by selling additional shares in a private (and) or public (and) limited company	* doesn't have to be paid back * large amounts can be raised	* it is only available to those or such * involves costs e.g. legal fees * future profits have to be shared with more owners

venture capital	money that is invested by Specialist investors, usually in a new or expanding businesses. Investors willing to take higher levels of risks.	* the venture capitalists often provide other expertise and business contacts	* increased risk usually means the costs of the finance are high * there is a real danger that control of the business could be lost
crowd funding	an unconfidential way of raising finance, involves obtaining small amounts of money from a large number of people usually administered via the internet.	* providing access to large amounts quickly * raising awareness of a new business or product	* providing cheap or free products costs money * new product ideas could be copied unless properly protected.

Brilliant Business work from James Gregory

Marketing planning decision -
The right -
- product
- price
- promotion
- place

- It is good for many to know about a product as it will allow her to make the best use out of each stage of the product life. This means that she can develop strategies to make the product more successful.

- Mass market - the market for goods that are produced in large quantities.

- A highly differentiated product is something that sets you apart from the competition. It makes you stand out. At the time these products are very efficient.

The genius of being in a niche market when you know your product is better than the competition, she will succeed more than anyone else.

Before making the price being paid to consider what how selling people are actually willing to pay and if she called "the price" would people still buy the same product?

Sponsorship - It A group of people / business that puts a lot of money to help other people out.

• One way of promotion for the sweets too would be to buy small advertisement boards to let the public know about her product. Do special offers to draw people towards the product.

Branding is important in a business as if people love your product and liked it they may come back for more and also people may see the logo and be curious to find out what it is.

Distribution is the process of making a product available for the consumer or business that needs / wants it.

3 main distribution channels -

- Direct
- Modern
- Traditional.

One disadvantage of direct distribution is that from the manufacturer control all the aspects of distribution so the business has no say.

One advantage for having her own store would be that she would eventually have regular customers that come in and buy sweets as that shop will be there whenever they need or want to buy anything.

Danielle Walsh produced some excellent Business work

IC 2.1 GROWING THE BUSINESS tutor2u

1 Define the term organic growth.
the growth of a business through internal processes relying on its own growth

2 State two reasons why a business, like the Creative Kitchen Ltd, might decide to grow.
*- to create more products
 - earn more revenue*

3 Sue and Niko are considering growing their business by opening new outlets. Explain what type of growth this is and a benefit to their business of this type of growth.
*more customers
 - a benefit = as available in many locations*

4 Outline two significant risks that The Creative Kitchen Ltd may face if it decides to open several new outlets.
*People may not be interested
 more people may order online*

5 The Creative Kitchen Ltd regularly hold fundraising at around 1.5% of their annual profit to the local community. Explain two possible benefits to their firm having this ethical approach.

6 The Creative Kitchen Ltd was referred to as 'innovative' in the market for children's play. Define the term innovation.
improving existing methods or products

7 One option for the Creative Kitchen Ltd is to change their legal structure. Explain one reason for and one reason against moving from a private to a public limited business.
*transferability of shares
 more regulatory requirements*

8 Now established for 2 years, explain how the objectives of the Creative Kitchen Ltd may change.
they may have wanted to make it through the first year but may change to building a USP

9 To progress with their expansion plans, Sue and Niko need to raise £250,000. Describe the external sources of finance that may be available to them as an established business.
crowdfunding

10 Define the term Globalisation and explain how this has impacted on The Creative Kitchen Ltd.
the spread of products, technology, information and jobs across national borders

11 Define the term 'trade-off' between ethics and profitability.
a situational decision that involves diminishing or losing one quality etc for a gain

12 Niko's growth plans go ahead they will be opening further kitchens from Germany. Explain the ethical implications of a fall in the value of the pound against the Euro on their expansion plans.

13 Define the term Imports and explain how this may impact on The Creative Kitchen Ltd.
a good or service bought in one country and produced in another

BUSINESS PROFILE

The Creative Kitchen Ltd
Hands on play for children aged 3 – 6 years, in a safe environment

Sue and Niko set up their new venture, The Creative Kitchen Ltd two years ago, and since then the business has gone from strength to strength. The idea was to create a safe, exciting and experiential environment for young children to experience the fun of food.

The entire kitchen construction, custom built and imported from a manufacturer in Germany, has been designed to provide the most realistic 'play' environment for small children. The reviews and feedback from customers have been amazing.

They are considering expanding the number of outlets they own and operate having established a high demand for the facilities in several different regions across the UK.



Impressive Drama work produced this week

Monologue: The comfort item (The black hoodie)

I am your comfort, that is my job, it is what I was bought for – without you even realising.

I have been there for you in your darkest times and in light, yet you discard me in the corner like a rag.

But yet I stay here, to be here for you, I have a purpose for me and a reason for you to keep me. But one day, I will disappear, and you will have to confront your issues – even though I know will do anything to avoid that, you know why? Because you are a dumbass who cannot face their problems.

I know this, you know this, we all know this, yet you chose comfort over confrontation. Fair choice but the decision must be made;

Break free? Or stay trapped within yourself?

Grace Clews

this is my yoyo. its pretty cool its metal I'm not that good with it but I'm still learning *try a trick* I got it for Christmas because I broke my old one its my 3rd yoyo my first one was this one its still works I promise it still works but it's a bit broken I can't do any tricks with this one but it okay I got the new one. its soooo much better but it does hurt if it hits you. I also have this other yoyo it was also a Christmas present but this one isn't one I can do tricks with its from my nephew and its engraved but secretly my metal one is my favourite. yoyos they've been around for years there's a lot you can do with them, of course you could do tricks or you could simply just throw it up and down for hours I actually could. I only started trying to use it again recently and I forgot how fun it is. It's super rewarding when you finally land a trick or just try and learn a new one. Wait... what what am I doing? Why am I talking about yoyos? This lockdown madness is getting to me

Oliver Foster

Monologue:

If I could say one thing to you, I'd say don't take them for granted. There will be so many things that come your way... no scratch that. Ummm ok. I want you to know that you'll be ok, you've got people by your side that you – no ughhh how am I meant to do this!

Distraction. Distraction is needed. Whether it's playing football or learning a new language or simply just reading, even if you've read it a million times before. It'll keep you sane. The memories that come along with this photo are... lovely, but sometimes too much. They can be comforting when thought of at the right time but also just too real. You'll need more to escape to. You'll need somewhere you can hide away from everything, even when people tell you that that's wrong. And if you need to come back then use the photo. But only if you are at a point where you can, without falling, without breaking. Good luck.

Faye Davies

They sit on my head with a gentle securing squeeze from the band. It's solitary light blinks at me to tell me it's ready. I pull out my phone and connect it. The ever-recognizable tone plays as I go to my app. I scroll through thousands of artists and choices, until I land on one. And for the walk, I hear the beat and strum, or voice of discussion and fun.

Phil Capewell

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In English, Year 9 produced some wonderful speeches about remaining positive and resilient

Speech

Hello everyone, I am Ruby Boulton and today I am going to be talking about 2020. And I know you have all heard enough of 2020 for now but lets focus on the positives...

2020 wasn't the best year but in some aspects it was also good and positive. Some examples of positivity in this year were things like the rainbows that people drew to put in their windows, and the NHS clap. But today I am going to be talking about Joe Wicks; I think that what Joe Wicks was doing for people all over the world was amazing! Considering he had his own problems too, he still put a smile to so many peoples faces. I know most people would say 'its just a workout', but no, exercise is so much more than physical.

Exercise isnt just jumping jacks and squats. Its an escape place for people. Its an enjoyment for people. Its positive for people. It can help your mental health so much, even just by running down your road or going on a dog walk. It can clear your mind. And in these hard times Joe Wick helped so many peoples mental health and just by him doing a happy workout on TV, it could've saved someone's life! Just like if you walk past someone on the street and smile at them, that could've saved their life too.

During lockdown 0.1 at the start of 2020 Joe Wicks recorded a live workout every single weekday! So many families all over the world took part in these workouts, not just little kids. It was such a big positivity of 2020 as it started people's days off happy and ready for home learning. Every morning he would do workouts to people across all countries; it really did bring light to thousands of people's faces!

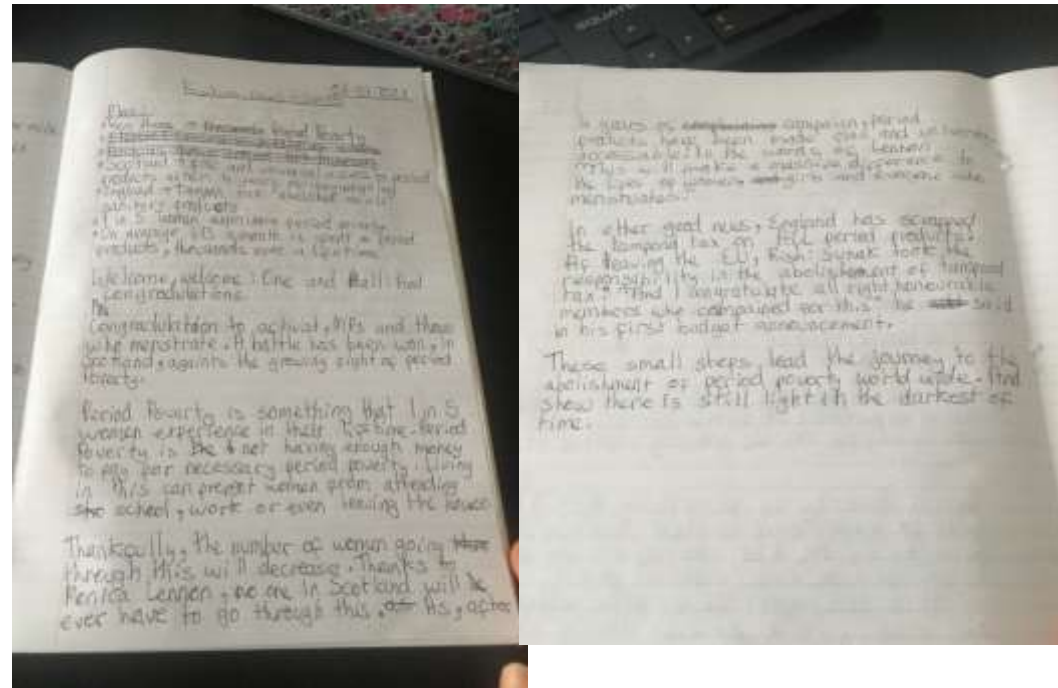
Joe Wicks helped us learn more about our mindset and how to be healthy, not just physically healthy but mentally healthy. He taught us to have fun and be stupid even if you are 40 years old. He taught us about foods and that you should love yourself.

So all I want to say is that if you aren't having the best day, please, please, please just go for a walk around the block or across a flowery field. I don't care where you walk but just go. Please. You may not feel like going before but, after you will feel so much better! Trust me.

2020 has been a rubbish year but it has taught us so much. Really so much. It has taught us to be grateful for everything. It has taught us that you can pretty much do most things from home. It has taught us more about mental health than ever. But most of all its taught us to appreciate the tiniest things more. To appreciate just a drive past your nan and grandads house to wave at them, or just a small facetime with your friends. So I do want to say thank you 2020.

Thank you.

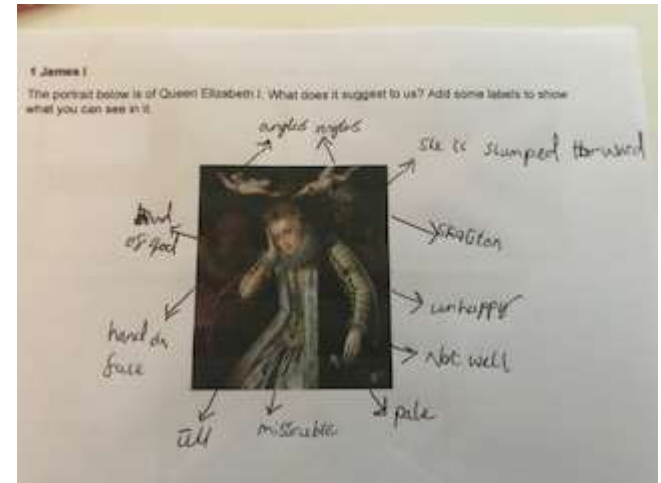
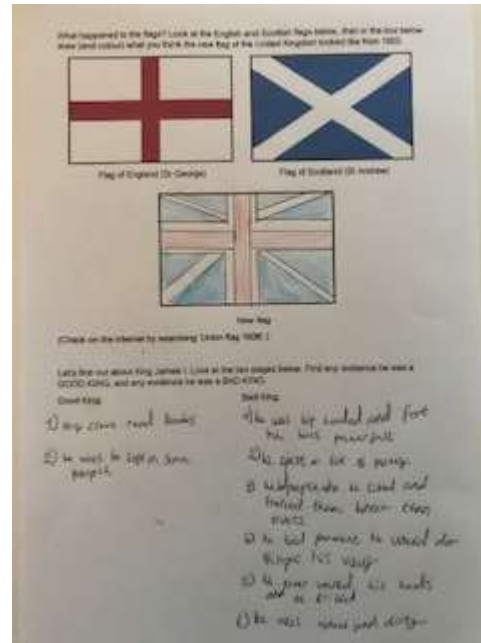
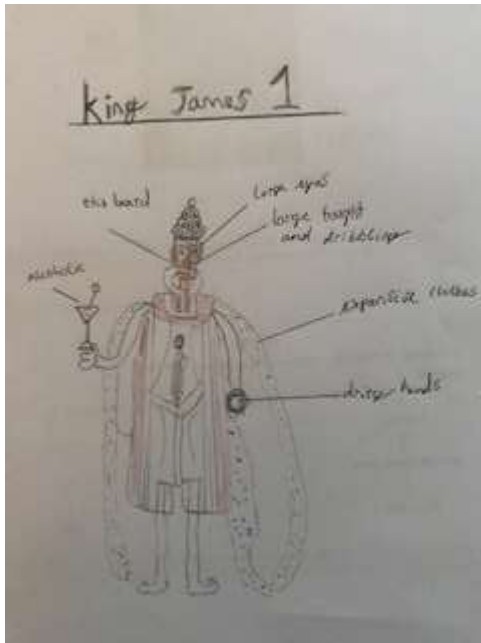
Ruby Boulton



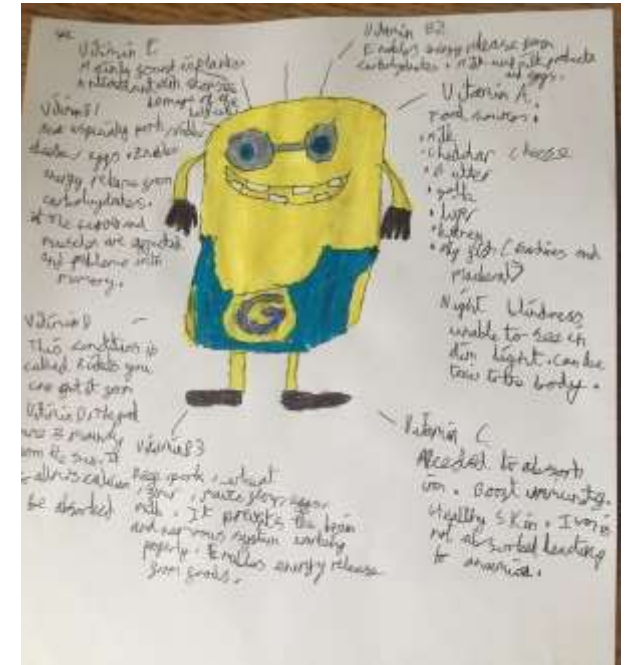
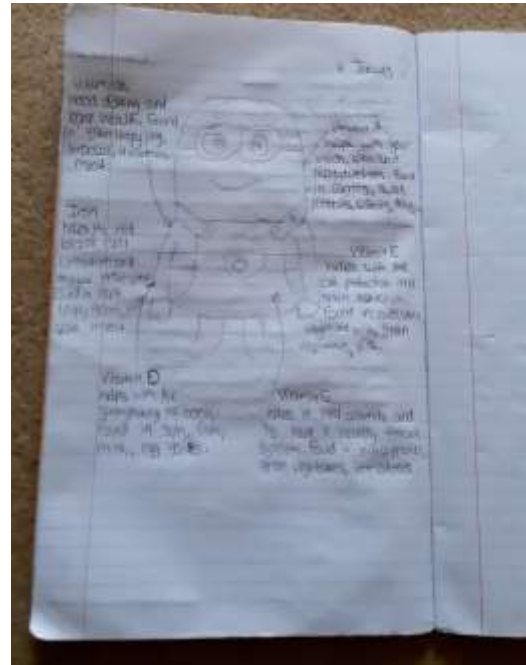
Sophie Gomersall

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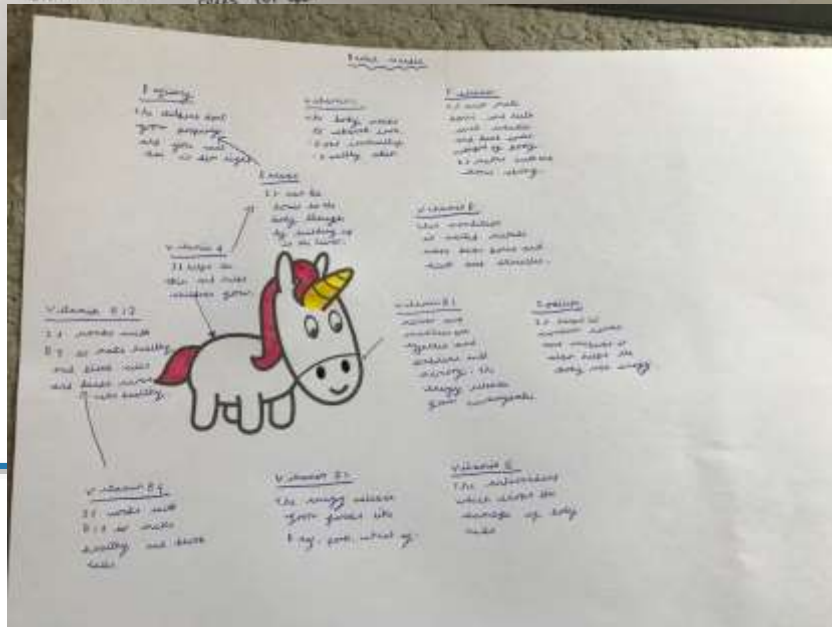
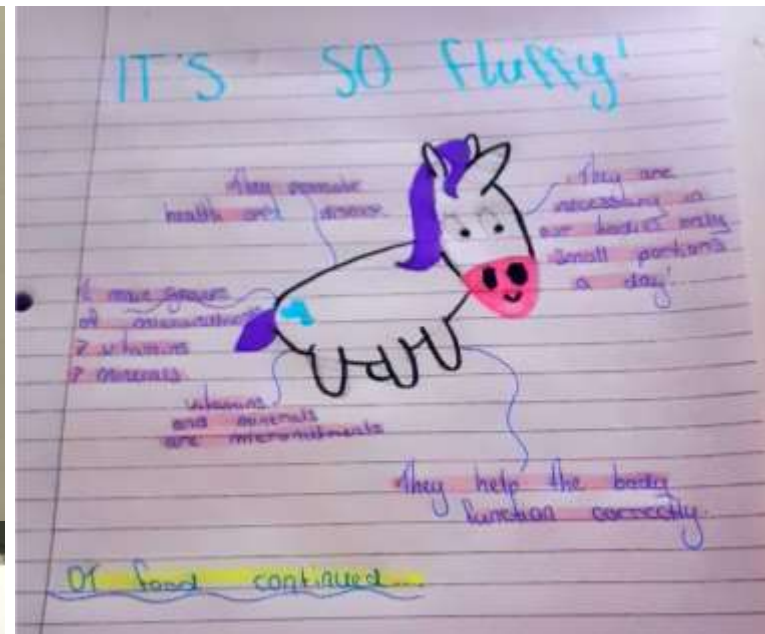
Vinnie Paxton produced amazing History work on the ascension to the throne of England of King James 6th of Scotland



Year 8 produced 'Vitaminions' in their food lessons this week



Year 8 produced 'Nutricorns' in their food lesson this week



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Some more 'Nutrient Characters' from Year 8 food lessons this week

