



Summer Challenge

with



The KCU Summer Challenge is free for all families to use throughout August!

We will also be uploading extra ideas to our Social Media Channels throughout the Summer:

www.twitter.com/K_C_U

www.facebook.com/KentChildrensUniversity

www.youtube.com/KentChildrensUni

www.instagram.com/KentChildrensUniversity



For more information about Kent Children's University please visit

www.kentchildrensUniversity.co.uk

or email kcu@theeducationpeople.org

This Challenge ends on 20th September 2019



www.kcuchallenges.co.uk



Summer Challenge

If you are not part of Kent Children's University, but would like your child to earn Learning Credits, you can download a temporary Passport to Learning from www.kcuchallenges.co.uk
We can always transfer them to a real Passport to Learning in the future.

How to receive Learning Credits from Kent Children's University
Please return any evidence to Kent Children's University by the end of
Friday 20th September 2019.

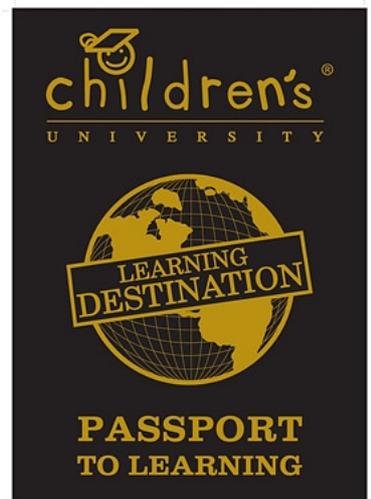
Scanned/photographed images to kcu@theeducationpeople.org are preferred or post to Kent Children's University, Sessions House, County Road, Maidstone, Kent, ME14 1XQ.

Please only send evidence upon completing all the activities you wish to submit for Learning Credits. Don't forget to send the Record Sheet or a numbered list of completed activities too!

LEARNING CREDIT NOTE			
CREDITS TO:		DATE:	
PLEASE ADD THE FOLLOWING INFORMATION TO YOUR PASSPORT TO LEARNING			
DATE	HOUR(S)	ACTIVITY	STAMP OF APPROVAL



KENT CHILDREN'S UNIVERSITY™
G34, Sessions House, County Road,
Maidstone, Kent, ME14 1XQ
Telephone: 03000 414005 email: kcu@kent.gov.uk
www.kentchildrensiversity.co.uk



Original evidence will be posted back to you along with the Learning Credits to stick in the child's Passport to Learning.

Why not earn extra Learning Credits from:
The thousands of national Learning Destinations! Take a look at our website and the FREE App for more information.



For more information about Kent Children's University please visit www.kentchildrensiversity.co.uk or email kcu@theeducationpeople.org



www.kcuchallenges.co.uk



Summer Challenge

Record Sheet

Completed

- | | | |
|--|--------------------------|-------|
| 1. Take part in the Summer Reading Challenge | (6+ Credits) | _____ |
| 2. Enter the RSPB WildArt competition | (1 Credit) | _____ |
| 3. Design, make and keep a Summer scrapbook | (3 Credits) | _____ |
| 4. Write a story or poem entitled "My Summer" | (1 Credit) | _____ |
| 5. Make a piece of Summer-themed craft | (max. 3 Credits) | _____ |
| 6. Create a Fact File about creatures found in seashells | (1 Credit) | _____ |
| 7. Participate in a beach clean | (2 Credits) | _____ |
| 8. Take part in a Discover in a Day Arts Award activity | (1+ Credit) | _____ |
| 9. Get involved with the 10 Minute Shake Up! | (max. 6 Credits) | _____ |
| 10. Take part in Social Action projects | (max. 10 Credits) | _____ |
| 11. Complete a Summer-themed crossword | (0.5 Credits) | _____ |
| 12. Research, design and make a working lighthouse | (max. 2 Credits) | _____ |
| 13. Take part in the Explore Kent walking challenge | (max. 3 Credits) | _____ |
| 14. Make a meaningful connection with an elderly person | (1 Credit) | _____ |
| 15. Conduct a Summer-related science experiment | (2 Credits) | _____ |
| 16. Make, write and send a postcard to KCU | (0.5 Credits) | _____ |
| 17. Write an article/film a vlog about a tourist destination | (1 Credit) | _____ |
| 18. Make a tasty Summer treat using fruit | (1 Credit) | _____ |
| 19. Create a 20 Reasons to Visit Kent/Medway poster | (1 Credit) | _____ |
| 20. Visit at least one Wheels of Time site | (0.5-2 Credits per site) | _____ |
| 21. Take part in an RNLI Swim Safe lesson | (1 Credit) | _____ |
| 22. Learn the BSL for 5 weather conditions and keep a log | (2 Credits) | _____ |
| 23. Can you feed your family for £1 per person for a day? | (2 Credits) | _____ |
| 24. Complete the YoGA Summer Challenge activities | (max 5 Credits) | _____ |



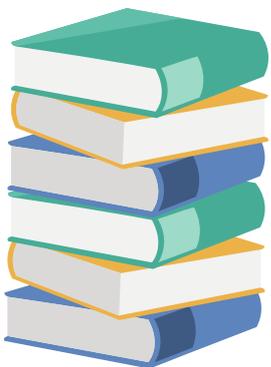


Summer Challenge

Take part in the Summer Reading Challenge at your local library

The Reading Agency and libraries across the country are excited to introduce Space Chase, Summer Reading Challenge 2019, an out of this world adventure inspired by the 50th anniversary of the moon landing. Children aged 4 to 11 (12 in Medway) are invited to join the Summer Reading Challenge in their local library. The challenge will begin on Saturday 13th July and end on Saturday 14th September. Taking part is easy and free – just visit a library to sign up.

Children will help the super space family 'The Rockets' track down books nabbed by mischievous aliens! As they read library books, they will solve clues and collect special stickers to complete their mission folder. Can they find the aliens in time to save the day? Children can borrow books through the summer and earn stickers and other rewards along the way. They will also get a certificate and medal after they've read 6 books.



If you are part of KCU, you will **earn a maximum of 6 Learning Credits from the library** for reading 6 books and an extra credit for each associated Space Chase library activity or event they attend (up to four events).



www.kcuchallenges.co.uk



Summer Challenge

Enter the RSPB WildArt competition

This year the RSPB are teaming up with The Cameron Bespolka Trust to bring you WildArt 2019. They are looking for talented young artists to enter their exciting competition where your artwork could be displayed amongst the top wildlife artists in the UK.



It is really easy to get involved; just create a bright and beautiful picture of any wildlife you like (but not creatures in zoos or cages, or pets). You can be as imaginative as you like, but please try drawing wildlife you see in real life. Experiment with different materials – the eco friendlier the better!

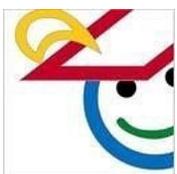


Once your masterpiece is complete, write your name, age and address on the back. If you would like your picture returned, please send the RSPB the correct postage and packaging and write “please return” on the back. They can only send back pictures with the correct postage and packaging included.

Send your entry to: WildArt, RSPB Wildlife Explorers, The Lodge, Sandy, Bedfordshire, SG19 2DL. **It must reach the RSPB by Friday 16th August 2019.**



For more details please visit the RSPB website and click on Fun & Learning section at the top.



If you are part of KCUC, you will **earn 1 Learning Credit** for creating a piece of artwork and submitting it to the RSPB. Evidence would be a photograph of the entry and any additional information about the piece.

www.kcuchallenges.co.uk



Summer Challenge

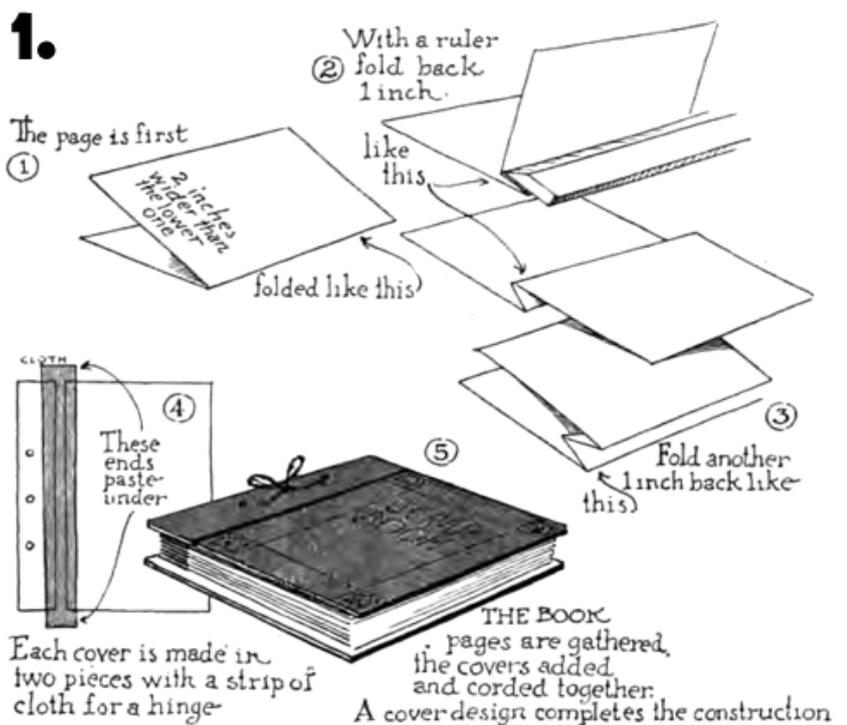
Design, make and keep a Summer scrapbook

Scrap-booking is a fun crafting and documenting activity that involves taking or making books with blank pages and adding photos, memorabilia, drawings, labels and embellishments. You could consider adding a page per day throughout August, like a diary! What did you do? Where did you go? What did you see? Who did you meet?

The primary purpose of scrap-booking is to preserve memories for future generations, but a secondary purpose often is to exercise your creativity as you display your memories in a scrapbook. There are plenty of websites to help you get creative!

SIMPLE SUMMER SCRAPBOOKS

kids can make!

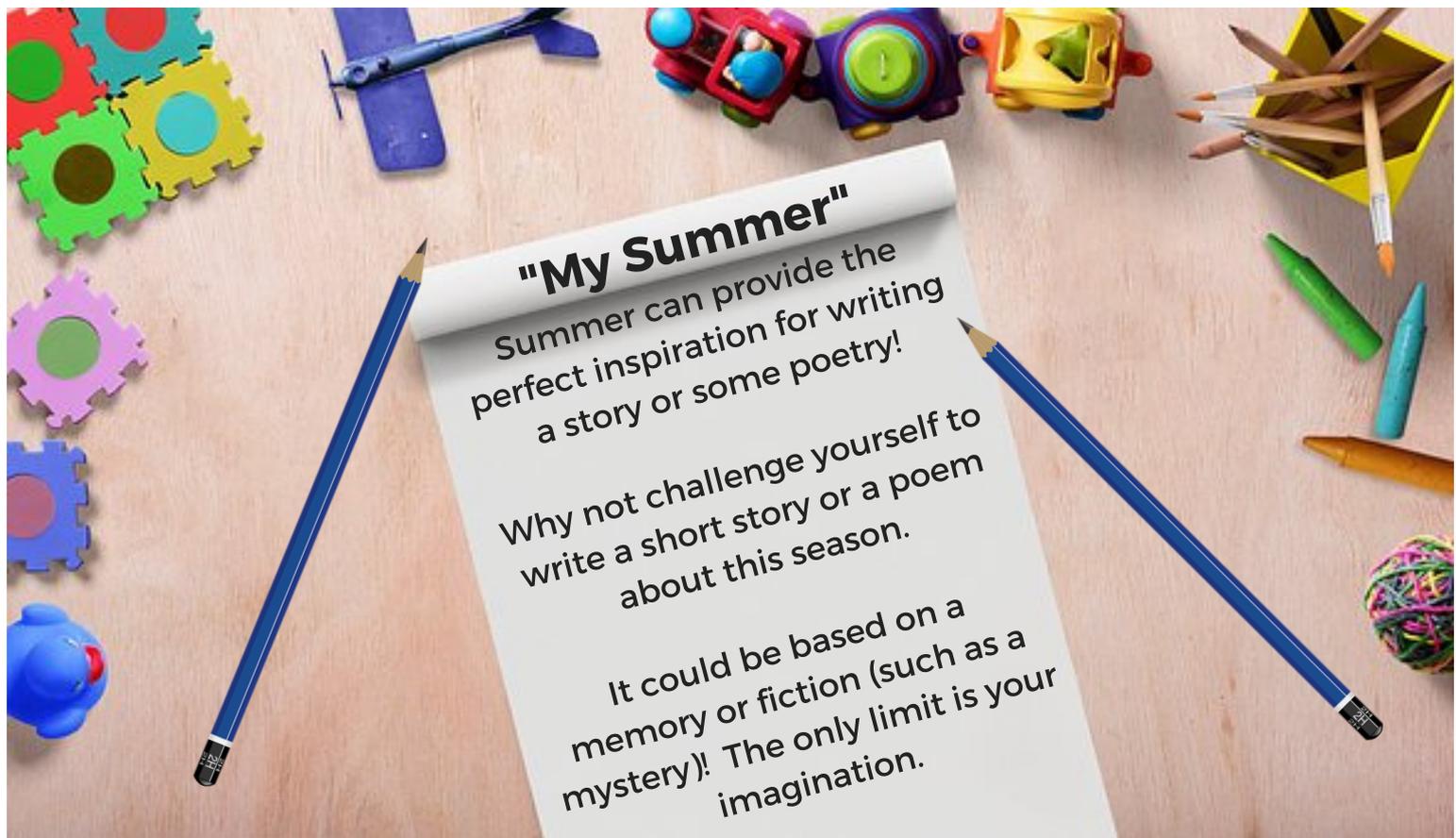


If you are part of KCU, you will **earn 3 Learning Credits** for designing, making and keeping a Summer scrapbook. Evidence would be photographs of you making the scrapbook as well as examples of finished pages.



Summer Challenge

Write a story or poem entitled
"My Summer"



Tips

The new Children's Laureate, Cressida Cowell, gives some wonderful advice for writing a story! Simply go to YouTube and search "Cressida Cowell, How do you capture ideas and plan your writing?"



If you are part of KCU, you will **earn 1 Learning Credit** for writing a story or a poem entitled "My Summer." Evidence would be a copy of your story with any illustrations you make.



www.kcuchallenges.co.uk



Summer Challenge

Make a piece of Summer-themed craft

Summer is full of colour and can be a great time of year to design and make some eye-catching craft. Will you make a sculpture, something for your home, a piece of fashion (such as a t-shirt or hair accessory) or something to display in your bedroom? The choice is yours! Talk to family and friends for inspiration before looking online...



25 Sensational Summer Crafts for Kids

seriously CUTE BEE CRAFTS



If you are part of KCU, you will earn a maximum of 3 Learning Credits for designing and making a piece of Summer craft. Evidence could be your design and photographs of the finished crafts and/or a Learning Log sent to KCU.



Summer Challenge

Create a Fact File about creatures found in seashells

Seashells have been used many ways throughout history, from jewellery to money and animal feed. Molluscs are animals that live in shells for protection. There are between 50,000 and 200,000 different kinds of molluscs. What can you find out about molluscs?



A shell is a hard outer layer, which has evolved in a very wide variety of different animals, including molluscs, sea urchins, crustaceans, turtles and tortoises.

FUN FACTS:

Name:		
Type:		
Habitat:		
Food:		
Body:		
Life span:		
Family:		
Host:		
Size:		

You could follow these steps to create a Fact File:

(Visit a beach and collect some empty seashells).

Decide on the mollusc(s) you wish to research. (Look to identify the seashells using the library and/or internet).

Mindmap facts and find photographs/drawings.

Narrow down the facts.

Design and complete the Fact File.

If you are part of KCU, you will **earn 1 Learning Credit** for creating a Fact File. Evidence would be your Fact File, photographs, drawings and labels,



Summer Challenge

Complete an Arts Award Discover log

We have teamed up with Arts Award to offer the Discover award alongside Children's University activities. We have created a special Discover log for participants to use to collect their evidence and gain their Arts Award certificate.

Arts Award Discover is a certificate and award. Taking part is creative and fun and a great way to find out about the arts and cultural places you are visiting this summer, whilst earning your Children's University stamps.

To complete the Discover award, you need to take part in the arts, find out about an artist and then share your experiences. All of this can be done during one visit to a Children's University Learning Destination if you wish. The Children's University Learning Destination will need to be an existing Arts Award centre, or working with a registered Arts Award adviser who can assess your work and order your certificate. You will need to log what you get up to by collecting evidence - this can be in any form including drawings, writing, photos, video, voice recordings and the artwork you create. Use our specially designed Discover log template to help you.



The Discover award costs £4 per person. If you are part of Children's University, you will earn 4 credits for completing Arts Award Discover in a day. You can also gain extra credits by blogging or vlogging about your experience and sending the link to your local CU manager. This can count towards your sharing for Arts Award too.



If you are part of KCU, you will **earn at least 1 Learning Credit** for taking part in the Arts Award Discover Log. Evidence would be the log and any additional blog or vlog. Arts Award centres can be found on www.artsaward.org.uk



Summer Challenge

Get involved with the 10 Minute Shake Up!

Change4Life and Disney have teamed up again to bring you new Shake Up games inspired by Disney and Pixar's Toy Story 4 and Incredibles 2, and Disney's The Lion King and Frozen.

These 10-minute bursts of fun will really get your kids moving and count towards the 60 active minutes they need every day!

If you are not sure what sort of physical activity you might enjoy, why not take the 10 Minute Shake Up Quiz to help you:

<https://www.nhs.uk/change4life/activities/disney-sports-quiz>

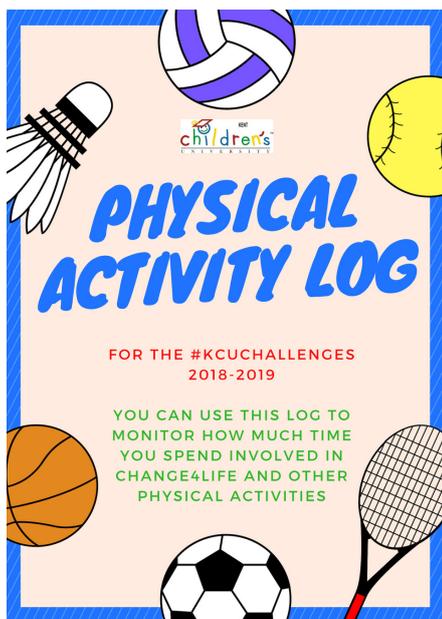
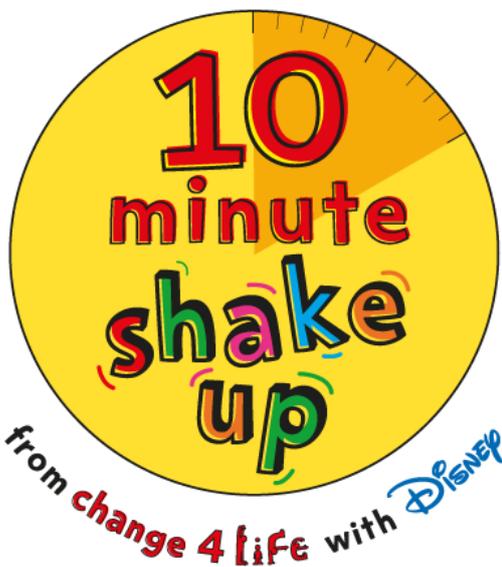
You can use the Physical Activity log to record all the 10 Minute Shake Up bursts you participate in, as well as any other activity that constitutes active movement e.g. sport, dance, cheerleading, gymnastics, outdoor pursuits opportunities etc.

Where will this physical activity take you?

What adventures will you have?

If you are part of KCU, you will **earn a maximum of 6 Learning Credits** for getting involved with the 10 Minute Shake Up. Evidence would be photographs/scans of the Physical Activity log.

www.kcuchallenges.co.uk





Summer Challenge

Take part in Social Action projects and keep a journal of evidence

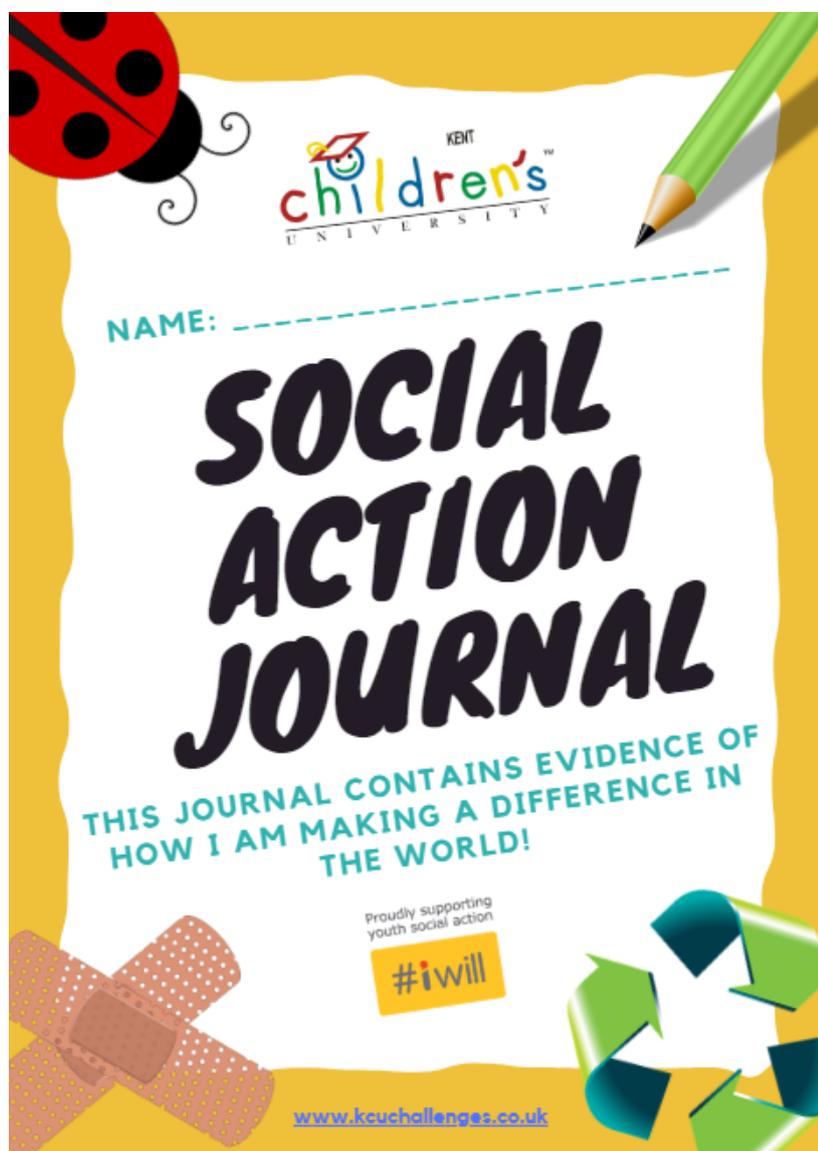
The #iwill campaign promotes social action among 10-20 year-olds but we are encouraging all Kent Children's University children and their families to get involved, whatever their age!

Social action activities such as campaigning, fundraising and volunteering all create a double-benefit - to communities and young people themselves.

Families can use this journal to document all the Social Action projects they are involved in!

What counts as Social Action?

Family activities could include beach cleans, litter picks, fundraising, campaigning, volunteering, cross-generational work, services to the community, producing materials for issues such as anti-bullying etc.



If you are part of KCU, you will **earn a maximum of 10 Learning Credits** for taking part in Social Action projects and documenting the impact. Evidence would be your journal (scanned/photographed copy) sent to KCU.

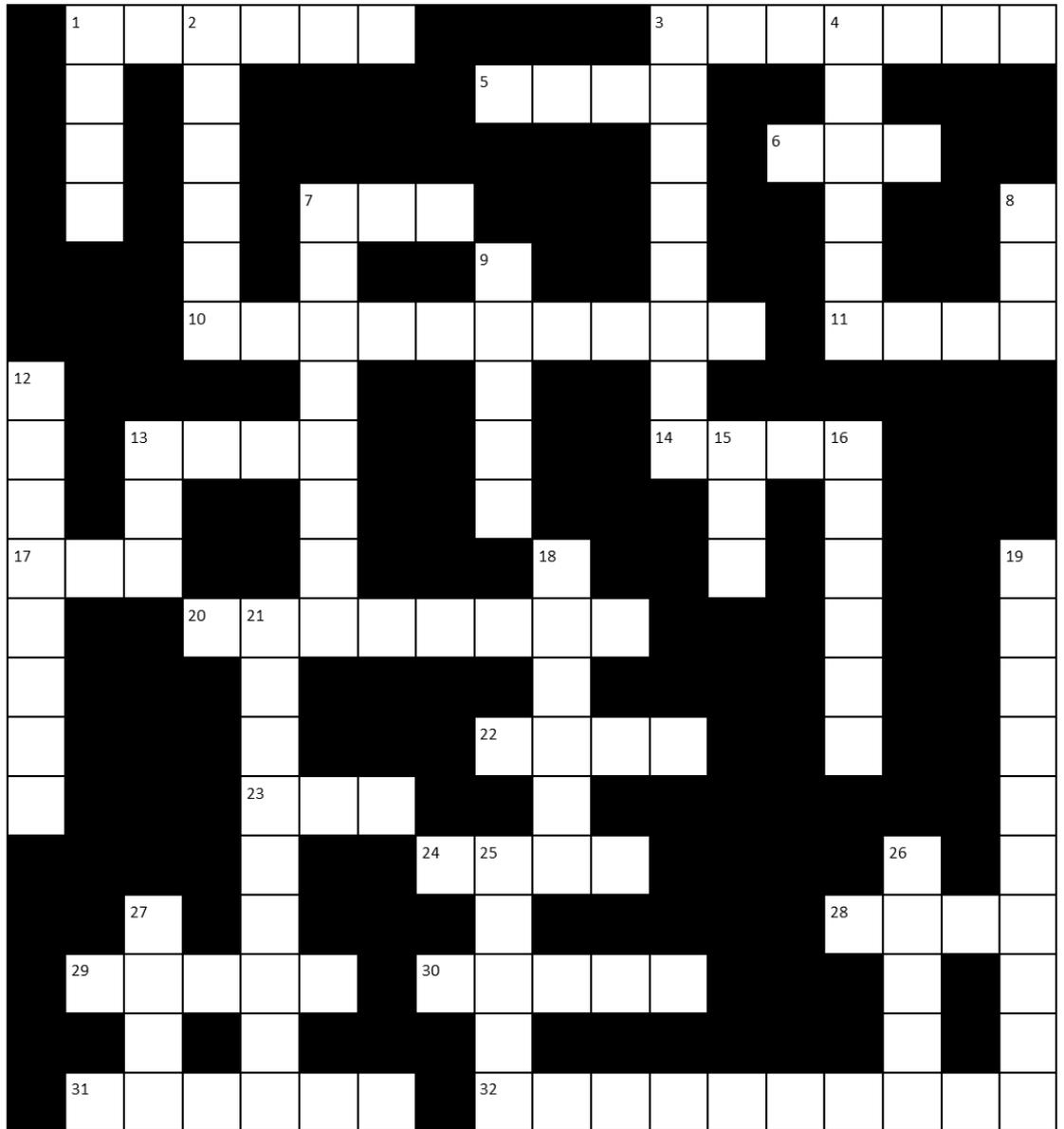


Summer Challenge

Complete a Summer-themed crossword

This crossword is perfect to complete during a long car journey, on the beach or at home (if we have some rain!). Could you create your own?

You can find the clues on the next page!



If you are part of KCU, you will earn **0.5 Learning Credits** for completing this Summer-themed crossword. You will earn an extra 1 Learning Credit for creating your own crossword puzzle. Evidence would be the puzzles.





Summer-themed crossword clues

Across

1. Outdoor meal (6)
3. Put cream on your skin to prevent this (7)
5. You need a strong breeze to fly this (4)
6. Cubes to cool your drink (3)
7. Some people go to a snowy country to do this (3)
10. You need a bucket and spade to build this on the beach (10)
11. You go camping with one of these (4)
13. These swim in the sea (4)
14. You can do this in a pool or in the sea (4)
17. You want this on holiday, ? shine (3)
20. Cold treat that melts quickly (3,5)
22. You choose a meal from this at a restaurant (4)
23. Place where you go to see animals (3)
24. Sea creature with claws (4)
28. Round object you kick (4)
29. You use a paddle to propel this small boat (5)
30. You need to drink plenty of this, especially in summer (5)
31. Never stand near the edge of these to look out to sea (6)
32. Wear these to protect your eyes from the sun (10)!

Down

1. Structure that stretches into the sea (4)
2. Fluffy, white and in the sky (6)
3. Birds you see at the coast (8)
4. Used on the beach with a spade (6)
7. You don't want rain on holiday, you want this (8)
8. You use one of these for pond and rock pool dipping (3)
9. Good exercise for dogs (and their owners!) (5)
12. Type of umbrella used to keep you cool on the beach (8)
13. Enjoyment (rhymes with sun) (3)
15. Opposite of dry (3)
16. Place which displays objects of interest (6)
18. Used to take photographs (6)
19. These make distant objects seem closer (10)
21. Fun game using a club and small white ball (5,4)
25. These get very busy when lots of cars are using them (5)
26. Rounders, netball, cricket, football are all ? (5)
27. A yacht has one of these (4)





Summer Challenge

Research, design and make a working lighthouse

Building a lighthouse model is fun and easy. You could make a simple lighthouse model out of Lego or an empty bottle and a few other household items. We would like to encourage you to create a more complex model by including a small lightbulb (or LED candle) and a possible moving part! With some research, help from your family, patience and creativity, you will soon have a marvellous model lighthouse!

How to Make

Garden Art LIGHTHOUSES

with flower pots



Don't forget to include some research with your evidence. This could be photographs of lighthouses you have seen, the purpose of a lighthouse, facts and history!



If you are part of KCUC, you will **earn a maximum of 2 Learning Credits** for making your lighthouse. Evidence would be a Learning Log, design, photographs, video to show the moving light and research..





Summer Challenge



Take part in the Explore Kent Challenge with your family



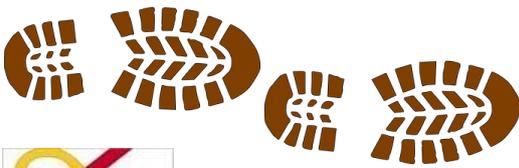
After the success of the long distance walking challenge, Explore Kent decided to create a walking challenge for children this summer!

For a child there is not much more satisfying than completing a new challenge and being rewarded for it! Mark their achievement with Explore Kent's brand new Junior Walking Challenge certificates ranging from Bronze (5km), Silver (7.5km) and Gold (10km).

All you need to do to attain one of these certificates is send in proof that your child completed any route of these lengths along with the child's name and we will email you your certificate.



Proof could be a picture of you at the start and end of the route, a recorded GPS tracking of the route you completed, a short video clip on the walk, or a written description of the walk from the child - any one of these will be accepted.



Email your evidence to explorekent@kent.gov.uk
Visit <https://explorekent.org/home/take-on-the-explore-kent-junior-walking-challenge/> for details



If you are part of KCU, you will **earn a maximum of 3 Learning Credits** for evidence of the completed walks. Explore Kent will issue the Learning Credits (1 for Bronze, 2 for Silver and 3 for Gold).



www.kcuchallenges.co.uk



Summer Challenge

Make a meaningful connection with an elderly person



We continue to develop our cross-generational work and plan to host more Dementia Friend information sessions for families soon! We are asking you to make a meaningful connection with an elderly person in your family or community. Please do this with a parent/carer.



For this activity, we would like you to talk to an elderly member of your family or someone from your community about their childhood Summer holidays. Why not look at photographs with them and ask questions about what you can see? What activities did they do on holiday? Where was their favourite holiday destination? What are the similarities and differences between your answers and theirs?

Calling all parents! Why not sign up to the Be More Us campaign to pledge your support too. Let's be more open.

Let's be more together. Let's Be More Us:

www.bemoreus.org.uk

Proudly supporting youth social action



Remember when making friends was child's play? Over half of adults in the UK say it's been a long time since they made a new friend or connection. So let's learn from the experts.

Children are great at breaking down barriers that stop many of us from connecting. Let's be more like them.

If you are part of KCU, you will **earn 2 Learning Credits** making a meaningful connection. Evidence could be a video or written interview, photographs, Social Action journal entry and your parents' upload to Social Media.

www.kcuchallenges.co.uk





Summer Challenge

Conduct a Summer-related science experiment

Summer science activities for children are a great choice when the weather gets so hot! Why not create an experiment with your family? There are lots of experiments online via sites such as www.fun-a-day.com Here are some ideas from that site to get you started:



SUMMER SCIENCE for kids



Using the scientific method, you will need to:

- 1) Question
- 2) Hypothesise
- 3) Experiment

- 4) Observe and record
- 5) Analyse
- 6) Share results



If you are part of KCUC, you will **earn 2 Learning Credits** for conducting a Summer science experiment. Evidence could be a Learning Log, photographs and your parents' upload to Social Media.



Summer Challenge

Make, write and send a postcard to Kent Children's University

DID YOU KNOW?

The earliest known picture postcard was a hand-painted design on card, posted in Fulham in London by the writer Theodore Hook to himself in 1840, and bearing a penny black stamp.

Hook probably created and posted the card to himself as a practical joke on the postal service, since the image is a caricature of workers in the post office.

In 2002 the postcard sold for a record £31,750.

IN THE
Summer
TIME

How will you make and decorate your postcard?

Could you make your own paper, use collage or use watercolour paint? Why not try using a material you have never used before?

We would like to know things like:

Where you went
How you got there
Learning Destinations visited
Which activities you have taken part in
Something you learned
Your favourite part of the holiday!



Kent Children's University
G34 - Sessions House
County Road
Maidstone
Kent
ME14 1XQ

If you are part of KCU, you will **earn 0.5 Learning Credits** for making, writing and sending a postcard to the Kent Children's University team in Maidstone. You could always email a video postcard if you prefer!

www.kcuchallenges.co.uk

Summer Challenge

Write an article or film a vlog about a local tourist destination



We would like to find out more about the local tourist destinations that you enjoy visiting with your family. It does not need to be a Children's University Learning Destination.

This is your chance to tell us all about the destinations you know and love! Don't forget to tell us where you went, who you went with, what you did and saw, what your favourite part was and anything else you think would make your piece appealing..

Don't forget to send your article or vlog to Educational Life CIC, as part of their Edu-Life Kids Young Journalists opportunity. Email finished pieces to:
eddie@educational-life.org

Each article/vlog submitted to Educational Life will receive 1 Learning Credit and will be shared on the website and social media. Some will even be chosen to be included in the printed magazine!

Please note, articles need to be at least 250 words long. Learning Credits will be issued by Educational Life CIC upon submission of the article.



If you are part of KCU, you will **earn 1 Learning Credit** for writing an article or filming a vlog. As stated above, these Learning Credits will be issued to you directly from Educational Life CIC.

EDU-LIFE KIDS

BECOME A YOUNG REPORTER

We can share your creative work as a one off or you can become an official Educational Life Young Reporter.

If you are between 5-18 and interested in becoming a Young Reporter for Educational Life CIC, please contact 'Eddie' on eddie@educational-life.org with your details and he'll get back to you with more information about this exciting new scheme.

MUSIC
ARTWORK
VIDEOS

SHORT STORIES
REPORTS / ARTICLES
POETRY

YOUNG REPORTERS

Young Reporters Brought to you by Educational Life CIC



Summer Challenge

Make a tasty Summer treat using fruit

Now is the time to get creative in the kitchen! We would like you to create a healthy recipe for a Summer treat, featuring fruit of your choice. What will you choose to make?

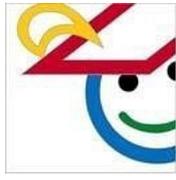


Healthy Recipes for Kids

So Fun to Make
... and Eat!



15+ HEALTHY AND EASY
FRUIT PIZZA
RECIPES
ANNINSPIRED.COM



If you are part of KCUC, you will **earn 2 Learning Credit** for making your tasty treat. Evidence could be a shopping list, recipe, photographs, reviews from those who eat them and your parents' upload to Social Media.





Summer Challenge

Create a "20 Reasons To Visit Kent or Medway" poster

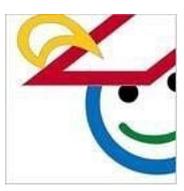
We would like you to think of 20 reasons why people should come to visit Kent or Medway for a weekend or a holiday. You could turn your ideas into a poster with photographs, drawings and/paintings. Make your poster as eye-catching as you possibly can!



What makes Kent and Medway so special?

This is your chance to promote the area you live in.

If you are not feeling very arty, you could make a tourist video instead!



If you are part of KCUC, you will **earn 1 Learning Credit** for designing and making a poster to encourage families to visit Kent and Medway. Evidence would be a photograph or copy of your poster sent to KCUC.





Summer Challenge

Visit at least one Wheels of Time site

Wheels of Time is a partnership of museums and heritage sites in Kent developed to promote education in history and heritage among young children.

Children participating in Wheels of Time have fun exploring Kent's museums and heritage sites following Roamin' Rex's map. They collect a badge individual to each site. After collecting ten badges they can claim Roamin' Rex's Bronze Award Badge and twenty badges Roamin' Rex's Silver Award Badge. Many of the sites are Validated with Kent Children's University too! Keep an eye on the websites as the list is growing.

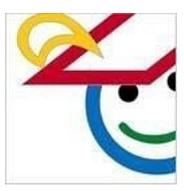
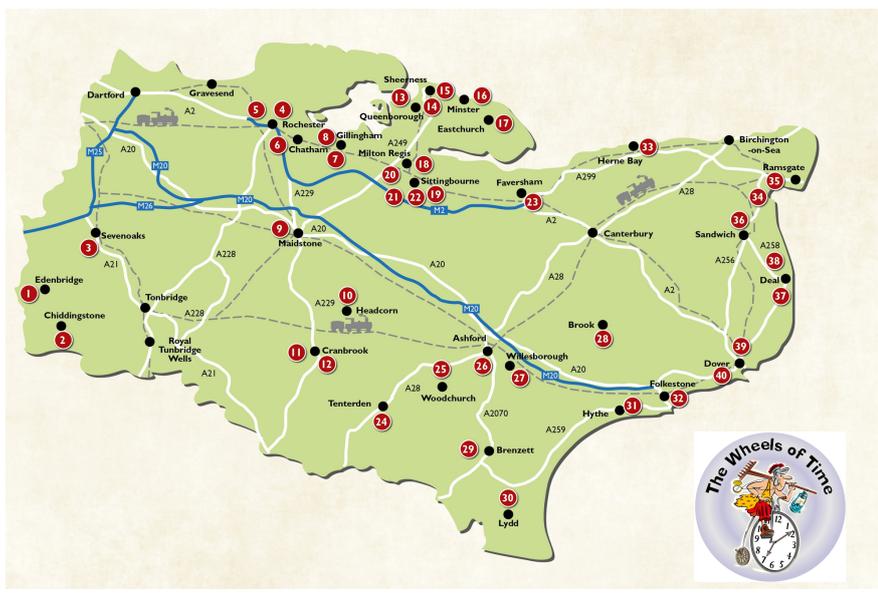
If you have visited ALL of the Wheels of Time sites, you can still earn Learning Credits by making a poster or leaflet about your favourite site and sending it to KCU!

You can find out more here:

<https://wheelsoftime.uk/>

If the site is Validated with Kent Children's University, they will put a sticker in the Passport to Learning for 2 hours.

If the site is not Validated, your child can earn between 0.5 and 1 Credit for each site by sending KCU a recommendation or a Learning Log (see KCU website).



If you are part of KCU, you will **earn a maximum of 2 Learning Credits** for each Wheels of Time site you visit. For more information about how to earn Learning Credits at the sites please visit www.kcuchallenges.co.uk



www.kcuchallenges.co.uk



Summer Challenge

Take part in an RNLI Swim Safe lesson



Swim Safe is a free, fun outdoor swimming activity for children aged 7 to 14.

With more beach and inland locations than ever this summer, book now to help your child stay safe in and around open water.

Led by trained instructors, the free Swim Safe sessions teach children how to have fun and stay safe in or near open water.

This year marks Swim Safe's seventh summer and, with sessions at 37 waterside locations across the UK, it's available to more children than ever before.

We support the ASA and RNLI in wanting all young people to grow up with these essential life skills so book a space now! To find out more or to book a session, please visit: <https://swimsafe.org.uk/book-your-session>

AT THE
pool

Too young? Don't fancy an open water swim?

You could always take part in a swimming lesson at your local Leisure Centre!



If you are part of KCUC, you will **earn 1 Learning Credit** for participating in a Swim Safe or leisure centre swimming lesson. Evidence would be your Swim Safe booking confirmation and images sent to KCUC.



www.kcuchallenges.co.uk



Summer Challenge

Learn the BSL for 5 weather conditions and keep a week's weather log

British Sign Language (BSL) is a sign language used in the United Kingdom (UK), and is the first or preferred language of some deaf people in the UK; there are 125,000 deaf adults in the UK who use BSL plus an estimated 20,000 children. In 2011, 15,000 people, living in England and Wales, reported themselves using BSL as their main language. The language makes use of space and involves movement of the hands, body, face and head. Many thousands of people who are not deaf also use BSL, as hearing relatives of deaf people, sign language interpreters or as a result of other contact with the British deaf community.

DID YOU KNOW?

A Sainsbury's store in Bath is now called Signsbury's as it is the first signing store in the UK.



For this Challenge activity you will need to learn:

- * the days of the week
- * 5 different weather conditions

There are support materials online, such as Signature, or in libraries. Other sign languages are out there but we are focusing on BSL!

KCU encourages people to learn Sign Language as it is a valuable life-skill and we are thrilled to have Vision Communication as a Learning Destination! They are a provider of BSL training and youth BSL choirs. You can find out more with a Learning Destination Search.



If you are part of KCU, you will **earn 2 Learning Credits** for learning the sign language listed above. Evidence could be a video, photographs and parents' upload to Social Media or sent privately through email/Messenger.



www.kcuchallenges.co.uk



Summer Challenge

Can you feed your family for £1 per person for at least one day?

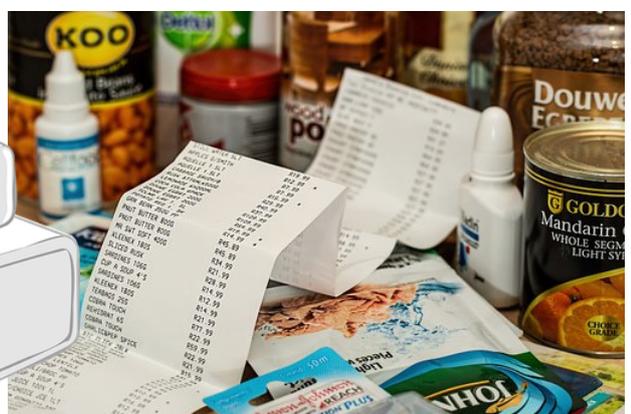
Do you think it is possible to feed your family for £1 per person per day? We are setting your family that very challenge and looking for some top tips to achieve the task! Here is some information from Jane Ashley's website:

<https://eatnotspend.com/> website:

"I started this journey into low cost eating to find out how difficult it would be to only have £1 a day to spend on all of your food. This figure of a £1 a day was set by the charity 'Live Below the Line' to challenge individuals to exist for 5 days to raise awareness of people living in poverty around the world".



1. Always, always have a shopping list.
2. Check what you have run out of or need before you write your list.
3. Never go shopping when you are hungry or you'll end up buying sweets and snacks!
4. Buy supermarket own brands.



If you are part of KCUC, you will **earn 2 Learning Credits** for feeding your family for £1 per person for at least one day. Evidence would be your shopping list, recipes, photographs, top tips and reflection on how you found the Challenge.





Summer Challenge

Complete the Year of Green Action Summer Challenge activities

There is so much we can all do to help our wildlife and to reduce our footprint on the environment, whether at home, work or at school.



Kent Year of Green Action provides you with the opportunity to get involved and make a difference, whatever age you may be and from whatever background. Supporting the Kent Environment Strategy and reflecting the Government's national Year of Green Action, Kent Year of Green Action will promote opportunities throughout 2019.



This Summer, we would like you to complete this season's activities. You can find more information on: www.kcuchallenges.co.uk

These activities are suitable for 1st June to 31st August 2019



Connect
Take part in an Explore Kent walk
It doesn't matter whether you are looking for a chance to scale the length of one of Explore Kent's famous long distance routes, or a short circular walk that includes wonderful views.



Protect
Create a family Green Travel Plan
We highly promote car sharing, cycling and travel by train and bus. This greatly reduces emissions, whilst reducing our use of natural resources.



Enhance
Make a frog and toad abode
Create an underground den where frogs, toads and newts can find safe lodging through the winter's chill. Visit www.rspb.org.uk for ideas to help you with this project.



Research
Research an environmental issue that concerns you
Are you looking for inspiration for this project? The WWF has a collection of ideas that cover a number of issues relating to the natural environment.

For additional inspiration, please visit www.facebook.com/KentChildrensUniversity



If you are part of KCU, you will **earn a maximum of 5 Learning Credits** for completing the YoGA Summer activities. Evidence can be anything that demonstrates the activity has been completed by you.



www.kcuchallenges.co.uk



Summer Challenge

What is Kent Children's University™?

Kent Children's University is part of an international charity that provides 5 to 14 year olds with access to exciting and innovative Learning Activities and experiences outside of the normal school day.

Raising children's aspirations is important to us. We celebrate achievement and reward participation through the award of Children's University certificates.

Any child aged 5 to 14 years can join us and, when issued with a Passport To Learning, is able to take part in Validated Learning Activities and experiences at national Learning Destinations.

Each hour of Children's University Validated learning they complete brings the child closer to a Graduation ceremony held at a Kent University.

How can we get involved?

Check with your child's school to see if they are running or planning to run Kent Children's University. If not, we have a Family Membership model that you can look at and subscribe to via www.kcuchallenges.co.uk



For more information about Kent Children's University please visit www.kentchildrensuniversity.co.uk or email kcu@theeducationpeople.org



www.kcuchallenges.co.uk