

Lockdown Lift Up

THE WEEKLY SCHOOL CLOSURE NEWSLETTER FOR YOUNG PEOPLE WITH AUTISM

THIS WEEK: Top Tips, Puzzles, Recipes and Awesome Activeness



Welcome to our Summer bumper edition of Lockdown Lift Up!

First, we want to say a massive **THANK YOU** for all your efforts to stay alert and safe, we know it hasn't been easy, but you have all done a brilliant job.

Secondly, a humongous **THANK YOU** for all your contributions to the newsletter, we couldn't have done it without you!

A final contribution for this term - please see the poem below, we think the message is really, really relevant...**KEEP GOING!**

This is the last newsletter of our current academic year but have no fear - we will be back in the Autumn Term with a half-termly newsletter!

Keep Going
by Edgar Guest

When things go wrong, as they sometimes will,
When the road you're trudging seems all up hill,
When the funds are low and the debts are high,
And you want to smile, but you have to sigh,
When care is pressing you down a bit,
Rest if you must—but don't you quit.

Life is queer with its twists and turns,
As everyone of us sometimes learns,
And many a failure turns about
When he might have won had he stuck it out;
Don't give up, though the pace seems slow—
You may succeed with another blow.

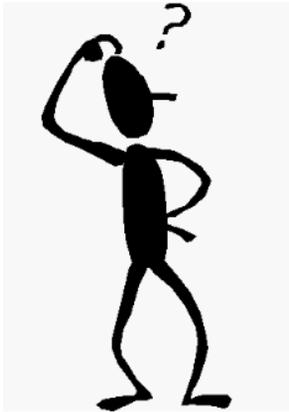
Thoughts of the moment

I can't wait to go and meet my family/friends!

I want to meet with my friends, but what do I do? What do I say?

I'm really not sure how I feel about going out and about.

What do I do when I go somewhere?



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It's ok to have a mixture of feelings about the summer holidays.

Top Tips for the summer:

- * **Talk** to your family/trusted adult. See what they feel is ok to do and not to do. Ask them to run through scenarios and situations that might happen.
- * **Visiting**; if you are visiting anywhere look at the website first, all the guidance will be on there. Most places will expect you to book before you arrive!
- * **Set boundaries** with people you are going to meet. For example, *"I am ok to meet in a park for about an hour, but I will still be socially distancing"*
- * **Anxiety**; if you are feeling very anxious try and put it into words, a song, or a picture to share with a trusted adult. Only do what you feel comfortable doing.
- * **Excitement**; wow! We can go out into the world again! Try to remember the government guidance and keep staying safe.

A rough how to guide...

- * Wash your hands regularly with soap.
- * Wear a face mask in shops if you feel ok to.
 - * Wash clothes regularly.
 - * Stay 2 metres apart (from each other) where possible.
- * Meet people in groups of up to 6 people outdoors or 2 family households can meet indoors or outdoors.





Cool Cooking



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Grilled Cheese Sandwich

Ingredients

- 2 tablespoons unsalted butter
- 8 slices of bread
- 6oz of cheddar cheese, sliced

Method

1. Butter the slices of bread
2. Turn the bread over and spread the sliced cheese on half of the bread slices (on the non-buttered side)
3. Put the other slices of bread on top of the cheese (like a sandwich), butter side up.
4. Put the sandwich in a hot frying pan, when golden on the underside and the cheese starts to melt flip the sandwiches over.
5. Remove from pan when both sides are golden in colour and the cheese has melted.
6. Eat!

You could add tomatoes, mustard, herbs, cooked meats – whatever you want!

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Basic Omelette

Ingredients

- 2 large eggs
- A spoon of butter
- Any fillings you want!

Method

1. Whisk the eggs in a bowl until they're combined
2. Heat the butter in your frying pan until it starts to foam and sizzle
3. Add the eggs in one go and swirl and shake the pan so they cover the surface.
4. As soon as the eggs start to turn solid, tip the pan so that the runny egg goes to the edges.
5. Add the fillings now if you are using them. Continue to cook until your eggs are nearly set in the centre.
6. Fold the omelette in half as you slide it onto a plate.
7. Eat

Chocolate Brownies



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Ingredients

- 185g unsalted butter (cubed)
- 185g [dark chocolate](#)
- 85g plain flour
- 40g cocoa powder
- 100g milk chocolate
- 3 large eggs
- 275g golden caster sugar

Method

1. Put the butter and dark chocolate into a microwavable bowl, cover loosely with cling film and heat for 2 minutes. Stir and allow to cool.
2. Mix the flour and the cocoa powder in a bowl
3. Mix the eggs and caster sugar in with the flour mixture, add the cooled melted chocolate. Be careful not to mix too much.
4. Chop the milk chocolate into chunks and mix in with the flour/cocoa
5. Place into your pre-lined 20cm square cake tin and bake at 160 degrees Celsius for 25-30 mins.
6. Leave to cool in the tin, then Eat!

Have you been to...?

Barnack Hills and Holes



Aversley Wood, Sawtry



The River Nene near Castor

Fotheringhay:
(where Mary Queen of Scots lost her head!)



Walking alongside the Nene Valley Railway

It's awesome to be active!



If you haven't tried it already - try cycling some of The Green Wheel!



Don't forget these online gems:



Playparks reopening



Playparks are now open but there are a few things that you can do to help keep you safe:

- * Clean hands before and after playing on the equipment
- * Don't eat or drink on the play areas
- * Keep distance from other people.

BOREDOM BUSTERS!

Cinema



Mulan



The Secret Garden

Gaming



Minecraft
Dungeons: Jungle
Awakens DLC

Story of Seasons:
Friends of Mineral Town



Marvel's Avengers

Documentaries



Night on Earth

James Cameron's Deepsea
Challenge

From Parrots to Elephants:
Worldwide Animal Rescues



TV

Black is King

The Voice Kids

The Babysitters Club



Lianne La
Havas



Ellie Goulding:
Brightest Blue

Music



Declan McKenna: Zeros



Cosy Corner: Puzzle Page

Wordsearch

Fruit



KIWI
NECTARINE
PASSION FRUIT
PEACH
PEAR
BLUEBERRY
RASPBERRY
GRAPE
APPLE
DRAGON FRUIT
ORANGE
MELON
STRAWBERRY
PLUM
RHUBARB
BANANA
LYCHEE

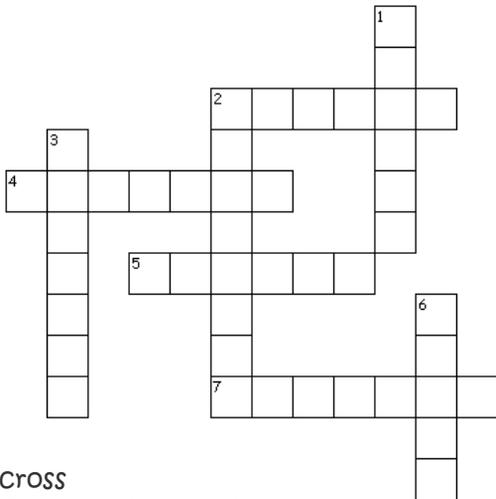
Play this puzzle online at : <https://thewordsearch.com/puzzle/1309051/>

Maths Square

Fill in the missing numbers, using numbers 1-9 and only using each number once. Each row and column is a math equation.

	-		-		-5
X		+		+	
	X		-		12
+		X		-	
	+		X		64
16		30		5	

Criss-cross Word Puzzle Things to put in a salad



Across

- Rhymes with merry
- Green and leafy
- Spherical and red
- Red/pink on the outside, white on the inside.

Down

- Bugs Bunny's favourite food
- Long and green
- Can be red, orange, yellow or green
- A tasty Mediterranean herb

Decode the famous Shakespearean quote

(Clue: Sonnet 18)

___ LL ___ CO ___ A ___ T ___ EE
___ S ___ ER ___ Y

Marvellous Maze

