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**Summer 2020 – Issue #2**



Hey you all,

Hope you are enjoying the best of your holidays!

We have a lot to celebrate since our first issue. Well mostly because one of our crew has a birthday coming soon! 😊

So we're in the mood to party!

***But also because, since our launch 2 weeks ago, we have 1500 followers on social media (Facebook fam – thanks!). Pls follow us on Instagram too @tweenholiday***

And 100s of downloads of Issue 1.

*Thank YOU ALL!*

So join our party in this issue, as we celebrate

- Healthcare heros
- Family fun
- StoryCookoff challenge with creamy cakes! Yum!

We also have a small word of encouragement that we hope inspires you at this time.

Please get in touch with us.

Our amazing tween writers have been even harder at work! And want to hear from you.

**Caritas! x**

Email: [tweenholiday@sapphiregroup.uk](mailto:tweenholiday@sapphiregroup.uk)



# Tween Holiday

SUMMER TIMES #2

In this issue we cover



Healthcare Heroes



Stay Active



Family Fun



The Joy of Parties



Gift of Hope



Story Cookoff  
Creamy Cakes





# SUPPORT HOSPITAL WORKERS

WASH  
YOUR  
HANDS

## Our Healthcare Heroes

In the last few months, we have seen for ourselves how much our healthcare workers deserve so much of our respect.

The work they do is not easy.

They constantly put up their time and even put themselves in danger to care for others.

**We are grateful for them.**

In the UK, we started a recent tradition of using rainbow colours to show our support.

We also come out on Thursday evenings at 8pm to clap in appreciation for our healthcare heroes.

**If you have a family member who works in healthcare (as we do), tell them we say, "THANK YOU!"**

We share these rainbow flowers as our appreciation to them.





# Stay Active

Summer Fun

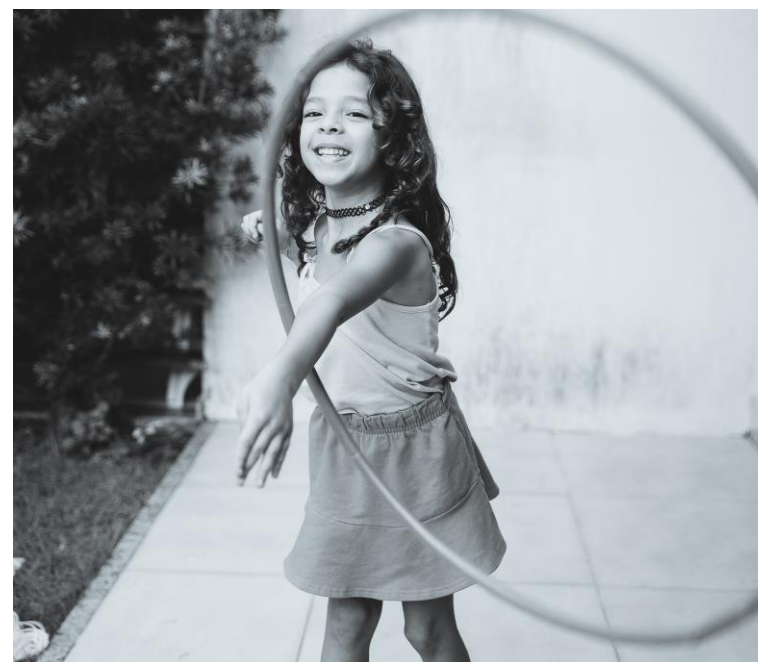
Written by Zizi

This summer many people are doing their best to stay active because the restrictions on lockdown has made a lot of us feel tired and lazy.

Staying active is important to improve our health and prevent obesity.

*Obesity is when someone is very overweight.*

Below we give some tips on how you can stay active while enjoying some summer fun!



*Take a walk or ride a bike with your family.*

You may like to do something energetic with your family in the nice sunny weather.

Maybe something like riding a bike or taking a walk.

You can hula hoop or skip rope.

Do whatever works for you.

But remember, choose health!

Eat regular healthy meals.

Always remember to have your five a day, every day.

Experts says regular exercise is good for us.





If you like the idea of doing exercise but are not sure how to start, here are some ideas.

Sports: Go outside and kick a football around – it can be loads of fun, you don't even have to join a team.

If kicking a football isn't your idea of fun, then here is a workout for you to try out. Start with the warm up, followed by stretches and then the actual workout.

Remember to stretch out and shake off to cool down after.

### Warm up

Run on the spot for 30sec (medium speed). Rest 10sec  
High knees 20sec (raise your legs so that they are nearly up to your chest)  
Jump up and down 10sec. Rest 20sec

### Stretches

Touch your toes 10sec (make sure your legs aren't bent)  
Stand up separate your legs and touch your toes from side to side 5 times on each side (make sure your legs are straight)  
Go into a lunge but your back leg should be straight hold 10 sec  
(Switch leg)  
Pike hold for 10sec (15 for a challenge if you can)  
Straddle hold for 10sec for each leg



# Workout routine

By Cam Cam & Anton

### Actual workout

Jumping jacks x10  
Squats x10 (or five if it is too hard)  
30sec rest (or 1 minute if you are still tired)  
Sit ups 30sec (or 15sec, someone can hold your legs)  
Push ups x10 (if not five and if it is still hard do knee push ups x 10 )  
Lungesx10 (If not 5 normal lunges not the ones you do in the stretch)  
Switch legs  
And then you can stretch out, shake your whole body

**End of workout. YOU DID IT! 😊😊😊 congrats.**





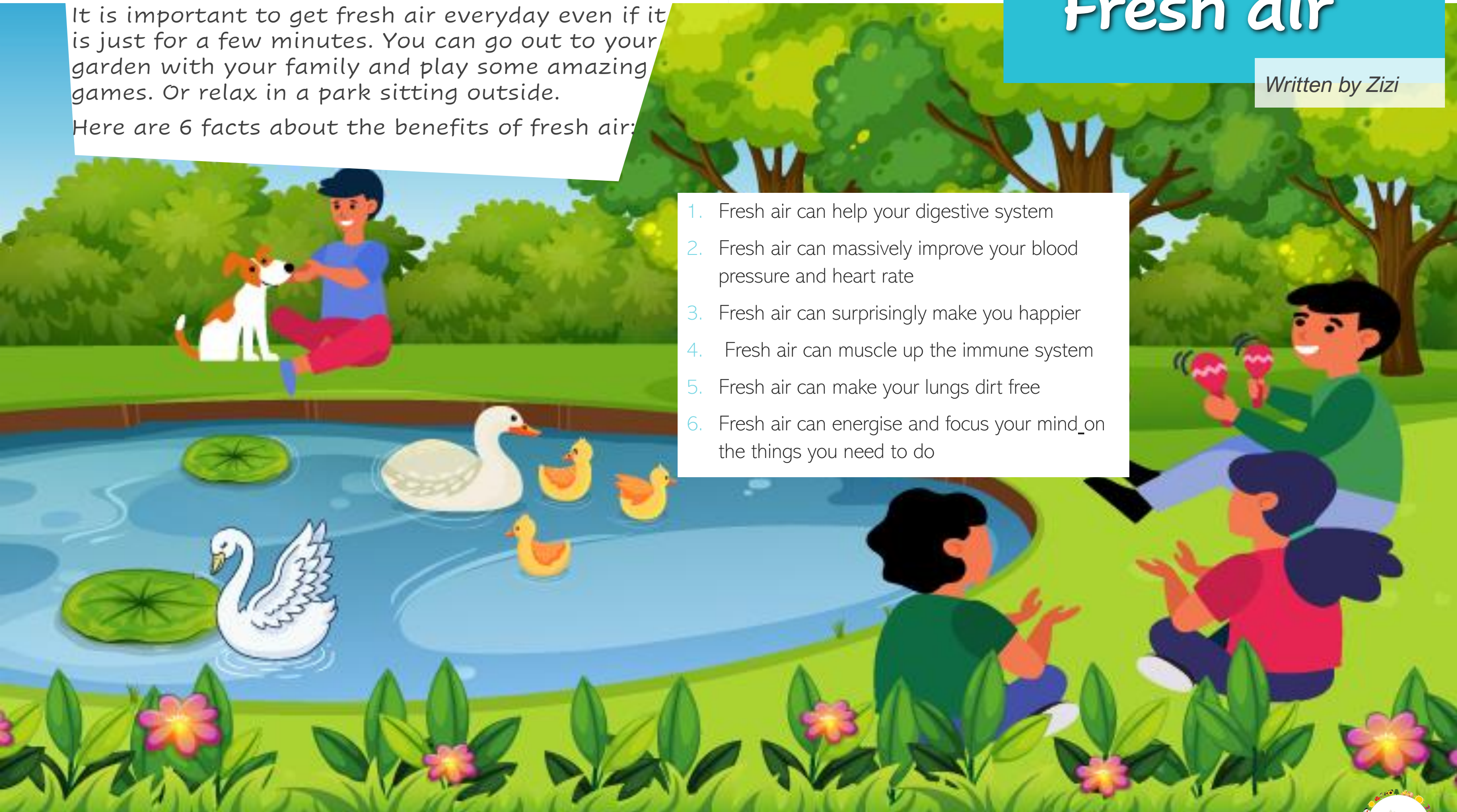
# Fresh air

Written by Zizi

It is important to get fresh air everyday even if it is just for a few minutes. You can go out to your garden with your family and play some amazing games. Or relax in a park sitting outside.

Here are 6 facts about the benefits of fresh air:

1. Fresh air can help your digestive system
2. Fresh air can massively improve your blood pressure and heart rate
3. Fresh air can surprisingly make you happier
4. Fresh air can muscle up the immune system
5. Fresh air can make your lungs dirt free
6. Fresh air can energise and focus your mind on the things you need to do





# Taking care of me

Room Matters by Cam Cam

It is important to sometimes relax and just chill out. It can be indoors, outside on a blanket or even in a bubble bath. Some people overwork themselves, but they don't realise it and they keep on going and going and going until they can't move a muscle and they have to rest for a long time.

**It is important to have space to rest and this is a perfect place to do it.... Is in your bedroom.**

We are going to talk about ways to make your bedroom look comfortable at all times and here are some ways to do it:

You can put some wall stickers in your room about things you like (Sports, singing, dancing)

1

2

Related to that you can put posters up on your wall about people you look up to and want to be like when you are older

3

You can make a reading corner in your room so then when you want to, you can pick up a book and read it happily.

4

You can get a table and put it in your room and do crafty things on it maybe make bookmarks, sock puppets, corner protectors.

5

You can get a scented candle (with permission from your mum, dad or carer) and light it in your room for a short while to fill the place with a lovely smell.

We've featured our favourite scented candle from Cyan Scents. **Sweet Sunrise** is: A juicy explosion of red fruits, sugar and light musk with a kiss of mint. The smell is sweet, juicy and fresh!





A central illustration of a young girl with dark skin and curly hair, wearing pink headphones and a yellow top. She has her eyes closed in a relaxed state. Surrounding her are various items: two yellow daisies, a pink unicorn mask with closed eyes, a yellow book with a green arrow, a blue slipper, and a white dog sitting in a brown basket. The background is a warm orange color with geometric shapes.

## Taking care of me

*Chilling out ideas – quick solutions*

**Powder** – Sprinkle puffs of baby powder around your room to make it smell fresh. You can sprinkle some on your sheets for a crisp feel.

**Lemon** – cut a lemon in two and put it on a small plate beside your bed. The smell opens up your air waves and makes you relax better.

**Flowers** – put some natural flowers or plants in your room for a burst of colors and fragrance.

**Music** – play soft music in your room or use a headphone if you have one. Try some jazz and listen to the sounds of music without words.

**Soft toys or blanket** – always a great way to get some TLC. Don't worry we're never too old to show affection to our loved toys.

**Sleeping mask** – if you struggle to rest during the day, try a face mask. If you don't have one, maybe be creative, try using a soft light scarf.



Do you have any special events that you're celebrating as a family in the next few weeks?

*For us at Tween Holiday, we're celebrating the launch of the magazine and the birthday of one of our crew.*

We hope to invite you and your families to a special online event where we can all celebrate together.

In any case, if you don't have any special events soon, you can create some party fun still.

*Consider having a small, scale family party just to celebrate and spend time with each other!*

---

Getting together with family is always fun.

Try and come together this holiday period to spend quality time.



*Give your time together an extra special feeling! Put up some light decorations and play some music!*

*Also, try party games: charades are always a family warmer.*




# Family Fun

*The Joy of Parties*







To make sure no-one feels overwhelmed,  
the secret is for everyone to help, out.  
Helping with making the food.  
Party food can be simple but exciting when  
we all do things together.

**Drink ideas:**

**Freshly squeezed orange juice** – simply cut  
and hand squeeze if you don't have a juicer  
**Ice water** with lemon and cucumber slices  
**Lemonade** – squeeze lemons, water, sugar  
**Fruit cordials** – mix with water

**Party or picnic food ideas:**

**Sandwiches** – tuna or sardine with  
mayo, ham, cheese, peanut butter, jam  
**Veg** – carrots, cucumber, lettuce  
**Mini bites** – olives, feta cheese, baby or  
diced tomatoes, samosas  
**Main** – potato or pasta salad



# Building Character

## Learn to Save, Have Hope, Be Considerate

Say you have gone to the shops and you have paid more than needed. That is when you receive change.

Change is when you have paid more money than needed and you get the extra money you paid back from the shopkeeper.

You cannot receive change from a credit/debit card. This is because you are paying directly out of your bank and you cannot pay more than needed.

This is called a direct payment. It is important that we all know how to save and spend properly every day!



### Have you considered saving money?

We know it can be quite hard.

But the old “piggy bank” trick can work wonders. Just put the money in there and forget about it until when you really need it.

If you don’t have a piggy bank, try using a box.

You’ll be glad in a few months that you did.

We’re at a time in the world – where we hope more than ever that things would turn around for good.

I don’t know what you’re doing to keep up your good spirits but one thing you can do is to have HOPE!

**HOPE is never disappointed.**

The troubles we have passed through in the last few months

(think of them: stopping school, missing friends, being bored, challenges of home schooling, not being able to go outside frequently, squabbling with our siblings...)

**All of these have helped to form us to become more patient.**

**And patience, has helped us to build our character.**

**This character is what gives us hope.**

**And again**

**HOPE is never disappointed.**



Sometimes there are things that your whole family likes. Maybe it is a pastry that everyone in your house loves or a device that only one person can use at a time or you have to share something with your siblings.



If it is a thing that only you do, then sure do it all you like, but if it is a thing that everyone in your house likes to do, then you have to think of them first.

Especially if you have younger siblings. You think of them first before yourself and if they do not want it, then you can have it.

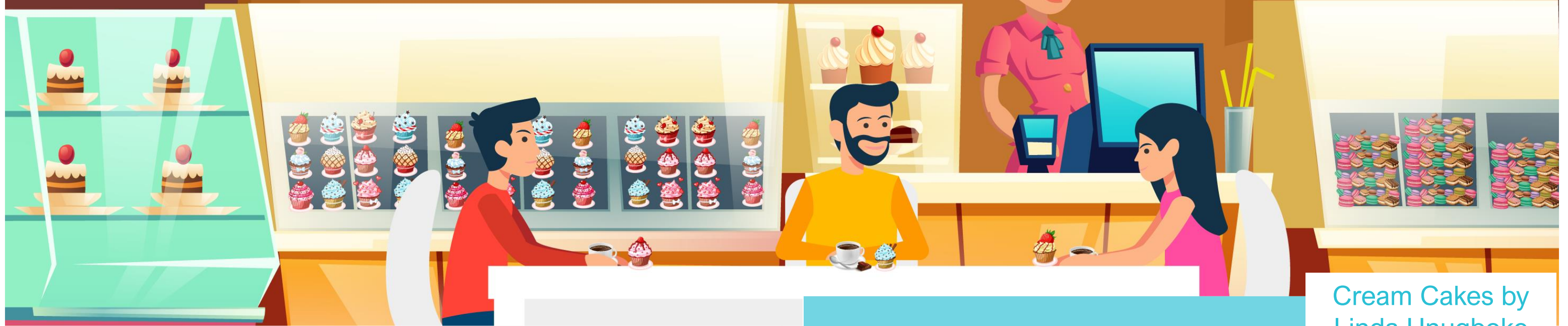
**Remember being considerate is important.**





# Story Cook off

## Creamy Cakes Challenge



Cream Cakes by  
Linda Unugboke

YAY! We are excited to launch our latest story cook off challenge.

And today since we're in party mood – yes, we've said it a gazillion times 😊

What else should we celebrate but cakes!

Not just any cakes but creamy cakes... or creamy cup cakes!

Sooo... our story cook off challenge is based on a book by our crew... Linda!

She authors children's books and is soon to release this one as part of a series. So watch this space.

Anyway, because you're SO SPECIAL, you get a sneak peek of the recipe.

Cream butter and sugar

Curdle the creamed mixture with eggs and flour, to create a cake mix

Combine your chosen ingredient (coconut, caramel, currants) to the cake mix

Pour the cake mix into cans and cook in the oven

Cool the cooked cakes

Case the cooled cakes in crinkly paper cases

Completely cover the cake with curls of cream on the top and corners

Crown the creamy cakes with cinnamon, or choc chips (you choose!)





# Food Chefs – Bakers Challenge



Remember to share and tag photos of your creamy cup cakes with us: @tweenholiday on Facebook or Instagram or email us [tweenholiday@sapphiregroup.uk](mailto:tweenholiday@sapphiregroup.uk) IF you don't like cakes, hey! try cookies instead!



Written by  
Cam Cam

*Our Featured Role Model in this issue is*

***Tilly Ramsay***

Tilly fabulously represents all that we celebrate in Tween Holiday - holidays, family, fun, food, friendship, the outdoors.

She is the daughter of Gordon Ramsay and is a chef like her father.

At the age of 13, she started off a cooking show on CBBC called Matilda and the Ramsay bunch, where she celebrates her summers with her family, cooking for them and having fun with them indoors or outdoors.

She also has a book called *Tilly's Kitchen Takeover* and she talks about how to make different foods and family life. Go check it out on Amazon Kindle.

She is a really good chef and makes cooking and baking fun. I think she is a great role model for us all as she inspiring young people to get into cooking and baking which is a really fun thing to do as you get to try new recipes and learn to make new food. Go and get baking this holiday.

**Come on, Tilly, if you're reading this, take on our Story  
Cook off Creamy Cakes challenge and send us your  
photos! ☺ x**





# Amazing Authors...

## Sneezles A Poem by A.A.Milne

Christopher Robin  
Had wheezles  
And sneezles,  
They bundled him  
Into  
His bed.  
They gave him what goes  
With a cold in the nose,  
And some more for a cold  
In the head.  
They wondered  
If wheezles  
Could turn  
Into measles,  
If sneezles  
Would turn  
Into mumps;  
They examined his chest  
For a rash,  
And the rest  
Of his body for swellings and lumps.  
They sent for some doctors  
In sneezles

And wheezles  
To tell them what ought  
To be done.  
All sorts and conditions  
Of famous physicians  
Came hurrying round  
At a run.  
They all made a note  
Of the state of his throat,  
They asked if he suffered from thirst;  
They asked if the sneezles  
Came after the wheezles,  
Or if the first sneeze  
Came first.  
They said, "If you tease  
A sneeze  
Or wheeze,  
A measles  
May easily grow.  
But humour or pleazle  
The wheeze  
Or sneeze,  
The measles

Will certainly go."  
They expounded the reazles  
For sneezles  
And wheezles,  
The manner of measles  
When new.  
They said "If he freezles  
In draughts and in breezles,  
Then PHTHEEZLES  
May even ensue."  
  
Christopher Robin  
Got up in the morning,  
The sneezles had vanished away.  
And the look in his eye  
Seemed to say to the sky,  
"Now, how to amuse them to-day?"





# Amazing Authors... A.A Milne

## Why I like Sneezles by Cam Cam

Sneezles is my favourite poem.

A.A Milne who wrote the poem is also the creator of the famous character Winnie-the-Pooh.

I am sure you have heard of him and if you haven't (which I'm sure all of you have) then go check it out.

This man inspired me to start writing poems and normal stories and it actually helps me relax.

I don't want to publish them, I just write and get ideas and the wonder of literature. It doesn't have to be words, it could be a number sequence as long as you have what all stories need; a beginning, middle, and the end.

It could be a rap, it could be anything, and that's what I like about A.A Milne, he just makes up words and goes with the flow. Whatever he thinks, goes on the paper and I like the way the words feel because it is like a tongue twister and in general it is a poem that anyone can read.



Christopher Robin, Winnie the Pooh and Friends.  
Picture copyright: d23.com





# Weird & Wacky Facts!

A donkey will sink in quicksand, but a mule won't. *Yes, they are that stubborn!*



Did you know that a shrimp's heart is inside its head?

*So I guess it's easy for them to think with both their heads and hearts!*



Snail's have between 14,000 -25,000 teeth. *Hmm...I wonder with small mouths, where do they keep them?*

Snails can have the longest naps; their naps can last up to three years! zzzzz



Any unclaimed swan swimming in the open sea belongs to the queen. *No wonder they act like royalty.*



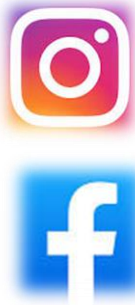
A rabbit can see 360 degrees except on the blind spot by its nose.

*Better watchout!*





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Thanks for reading  
this issue! x

We still have some weeks left to  
enjoy an amazing summer holiday.

**And we have one more Summer issue  
coming up before the start of school.**

Remember: There are loads of things you can do to  
make your summer awesome.

You may like to have a party, barbeque or a picnic.

Get fresh air and you will feel great!

Ride a bike or make daisy chains

Maybe even doing fitness outdoors in your garden.

Just feel the feeling of Summer!

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