



Autumn 2020 – Issue #4



*Have fun
with an
outdoor
expedition*



@tweenholiday

Hey you all,

We've missed you!

Yes, we took some time off to allow you and our awesome, young writers settle back into school nicely.

So tell us...

How has your first half-term, back in school been?

*Drop us an email to let us know!
tweenholiday@sapphiregroup.uk*

*OR (with your parent/carer's consent)
on Instagram & Facebook
@tweenholiday*

We hope you enjoy relaxing over half-term because you certainly deserve it! Have fun reading this issue and let us know your thoughts.

We are planning our next issue for the Christmas holidays, and it's going to be fabulous!

If you want to star as a writer in the Christmas issue, send us an email:
tweenholiday@sapphiregroup.uk

Caritas! x



Tween Holiday

AUTUMN TIMES #4

In this issue

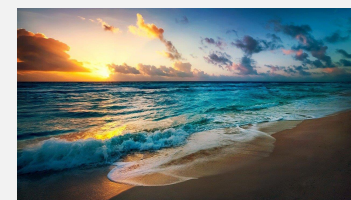


Relax

Take some time out

Vacationing

*My dream
half-term location*



*Black History Month
Heroes who made a
difference*

Story Cook Off

*Appeticious Almond
Amaretti*



Movie Time

Family favourites



*Writers
Cam Cam & Zizi*

*Editorial Review
Anton*

*Editor In Chief
Linda Unugboke*

*Creative Directors
Cam Cam & Linda*



With having to wake up early for school, and all the new rules to keep to, you must just want to relax.

Luckily, at Tween Holiday, we have you covered!



Relax

By Zizi

Ideas:

- ❖ Have a warm bubble bath or shower.
- ❖ Rub body lotion to soften your skin.
- ❖ You can rest slices of cucumbers on your eyes.
- ❖ Ask your parent or sibling to give you a light massage.
- ❖ Grab a cup of warm drink, cocoa or hot chocolate is always a great idea and sip.
- ❖ Go outside to a quiet location and read a book or your copy of Tween Holiday for some extra chilling out.
- ❖ Sleep! Yes, you don't have to wake up so early during half-term, so you can catchup on sleep or have a lie down during the day.



Important times in History

Black History Month

by Cam Cam

History is a really important subject because it helps us learn about things in the past and how they shaped the future. So in this issue, we talk about Black History.



Photo credit: BBC Newsround



Museum of London website has some articles and fascinating events celebrating Black History Month.

<https://www.museumoflondon.org.uk/museum-london/black-history-month>

In the UK, every year in October, we celebrate Black History Month. The reason we do this is to celebrate the black people who have done amazing things in the past to make the world equal.

Now you might be thinking why do we have a Black History Month and not a White History Month or a Cake Month (just kidding 😊) or an Amazing People Month?

Well, it is because in the past black people have not always been treated fairly because of the colour of their skin. Now we know that is very silly because everyone is as amazing as each other.

Americans celebrate Black History Month in February, which is the birth month of Abraham Lincoln and Fredrick Douglass. Both men were instrumental to abolishing slave trade in their country.



Some Black History Month Heroes

- Rosa Parks – refused to give up her seat on the bus.
- Harriet Tubman – helped people escape from enslaved places.
- Martin Luther King – wrote the “I have a dream” speech.
- Ruby Bridges – was the first African – American person to go to an all white school in the Southern region of the USA.
- Malcolm X – was a human rights activist and supporter of black nationalism.
- Carter G Woodson – was an author and historian, and father of Black History Month.
- Frederick Douglass – was an escaped slave that became an author and public speaker.
- Mary Seacole – was a British Jamaican who set up her own hospital called British hotel during the Crimean war.
- W.E.B Dubois – was an author, writer and editor.
- Barack Obama – was the first black man to be an American president.



Rosa Parks



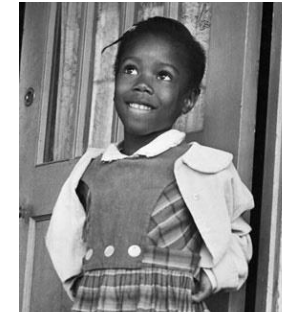
Harriet Tubman



Martin Luther King



Malcolm X



Ruby Bridges



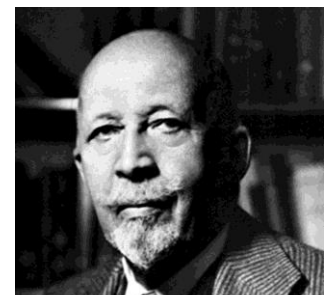
Carter G Woodson



Frederick Douglass



Mary Seacole



W.E.B Dubois

If you have any Black History Month favourites tell us [@TweenHoliday](#) on Instagram and Facebook.



So as you know, it is half term and since the lockdown, people have been travelling less.

If you're not able to travel during this half-term (we are also at home) we can play a game of imagination together!

Vacationing

Oh the places you could go

by Cam Cam

Think about where you want to be now. It could be the Himalayas or Hawaii; it could be Scotland or Finland; U.S.A. or Canada; New Zealand or South Africa.

Wherever you may want to go, just imagine you are there. Think of reasons why you like the location, maybe look at some pictures to make it even more intriguing.

Imagine yourself, having fun, relaxing, trying out new foods, soaking in the scenery! Just imagine and smile... 😊😊😊



One important aspect of getting into a good morning routine, is enjoying a good night sleep.

Sometimes we might struggle with going to bed early. So we will teach you how to make you fall asleep quicker!



Taking care of me

Getting a good night sleep

by Zizi

- 1) Reading a book will soon make your eyes tired and a few minutes later you will fall asleep.
- 2) Continuously taking deep long breaths, will put your mind at rest and help you drift off to sleep.
- 3) Thinking of somewhere peaceful will relax you and calm you down and take you to dreamland!
- 4) If you have aching muscles, you can rub against that area or ask your parent/carer to apply mild balm to ease the aches.
- 5) You could have a nutritious snack just before bedtime.
- 6) In the daytime, be active and then you will get tired.
- 7) If you feel stressed and cannot go to bed, write down why you feel that way, and speak to your parent/carer about it.
- 8) Use some of the ideas from the 'relax' article in this issue (have a warm bath, a warm drink.
- 9) Saying a prayer before bedtime will work wonders in taking away any fears.
- 10) Use a night lamp if you don't like the dark.



A woman with long dark hair, wearing a red and blue patterned sarong and a red shawl, sits barefoot on a large rock. She is looking up and to the right, holding a small object in her hands. Behind her is a large, cascading waterfall surrounded by dense green foliage. Sunlight rays stream down through the trees, creating a magical atmosphere. A large tree trunk is visible on the left side of the frame.

Pause for a while

*Imagine you are outside,
exploring, surrounded by a
waterfall and green trees.
How do you feel?
Close your eyes and enjoy
the scene.*

*Listen to the sound of the water.
Hear the whistling of the leaves.
Enjoy the chirping of the birds.*

US Elections

by Cam Cam

Donald Trump vs Joe Biden

The US elections are the talk of the town, it is a very big deal.

It is happening on Tuesday, 3rd November 2020.

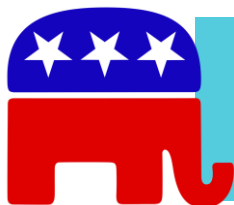
The two competitors are Joe Biden and Donald Trump.

Now maybe you are thinking I thought Donald Trump has already had his time of being president, well it is because he has only had four years and the longest you can be president for is eight years; so he wants to have another four years in charge.

You might recognise the name Joe Biden; because when Barack Obama was in charge (the former president) he was his vice president.

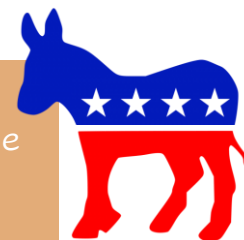


In the US, there are two main political parties – the Democratic Party and the Republican Party



Donald Trump is on the Republican Party. The Party's symbol is an elephant.

Joe Biden is on the Democratic Party, the Party symbol is a donkey.



So who would you vote for, Donald Trump or Joe Biden?

Let us know at @TweenHoliday Instagram or Facebook page (with parental permission).



A ROLE MODEL we admire



by Cam Cam

As we are in Black History Month, we thought it would be a good idea to choose a Black History Month hero.

Our role model in this issue is:
Ruby Bridges.

Ruby Bridges was the first African American person to go to an all white school. Her parents (Abon and Lucille Bridges) had eight children, and Ruby was the oldest.

In 1960, New Orleans segregation (separating black people from white people) was illegal but some people did not agree. They liked having an all white school.

But all New Orleans schools chose a selection of different African American children to start the next school year and guess what, Ruby was one of them!

The school she was starting was Frantz Elementary, which is still open today.



When Ruby went to school, hundreds of protesters threw things at her. She spent an entire year as the only person in her class – because other parents did not want their children to mix with her. Ruby's teacher was called Mrs Henry.

Ruby learnt quickly and was smart and bright.

The following year Ruby went back to school, all the protesters were gone, the school had finally been intergraded.

Today, Ruby is a civil rights activist.

Ruby was an inspiring, young, courageous girl and she is an example to us all.



Movie Time!

by Zizi & Cam Cam

The half-term, is a great time to watch a movie with your family.

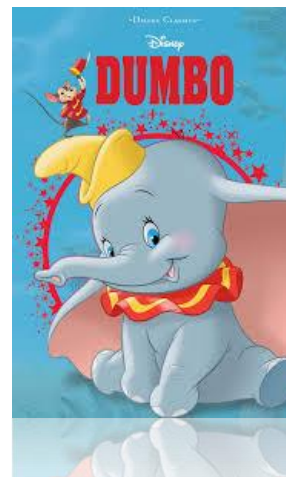
If you are visiting the cinema, **Two by Two Overboard** is a new release which has good reviews.

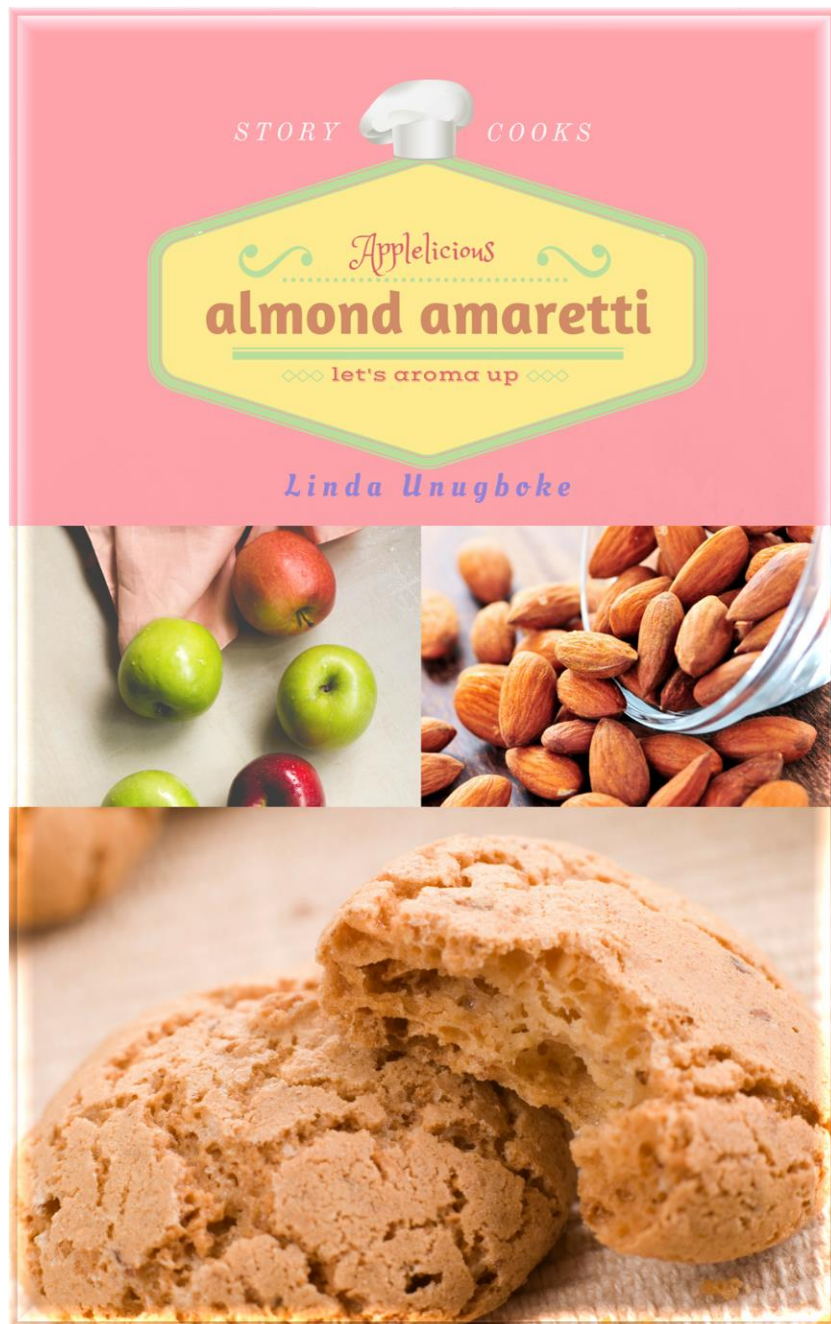


If not, there are lots of movies to watch on Netflix and Disney+.

We've posted some of our favourite films.

If you have any movie favourites tell us @TweenHoliday.





Story Cook Off Challenge

It's autumn and our story cook off challenge is aptly ample with "a" as alliteration.

Awesome!

Apples
Almonds
Amaretti

The idea for the challenge is inspired by the (soon to be released) book by our editor-in-chief,
Linda Unugboke.

Have fun with this challenge.

It's yummy!





Almond Amaretti by Linda Unugboke

Feel free to use a recipe that works for you!
You can swap almonds for apricots.
Share and tag photos from your almond
amaretti challenge with us: @tweenholiday
on Facebook or Instagram or email us
tweenholiday@sapphiregroup.uk

- ☐ Adjust the oven to 170 Celsius
- ☐ Break eggs and separate the white part (the albumen)
- ☐ Aerate the albumen by whisking
- ☐ Blend the almonds and then the apples
- ☐ Add caster sugar into the ground almonds and mix
- ☐ Add the apples into the almond, sugar mix; add the albumen
- ☐ Add an appropriate amount of flour
- ☐ Mix thoroughly and assemble scoops onto a baking tray
- ☐ Bake in the preheated oven for 15-20 minutes



Computer Coding

by Zizi



Computer coding is a really fun activity to do, and useful skill to have. There is actually a website called “scratch” that helps you understand computer coding. It is easy to use and you can create whatever you like.

Here’s a link: <https://scratch.mit.edu/>

There are others tools too not just “scratch”. You can use “sway” to make a website. It is in the Microsoft teams

Here’s the link: <https://sway.office.com/>

Hope you check these out and give them a try.

Heads up, for “scratch” on the top, left side there should be a button that says ‘create’ – press it, it will load, and you can start creating.

For “sway” since it is Microsoft teams, you will need a Microsoft account.

Show us or send us a link of your creation @TweenHoliday.



Riddle time

by Cam Cam

Here are some riddles to help pass time.

1. How can a person go eight days without sleep?
2. What belongs to you but can be used by others?
3. I'm full of keys but can't open the door. What am I?
4. I am as light as a feather, yet the strongest man can't hold me for 5 minutes. What am I?
5. Timmy's mother had three children. One named April one named May, what was the name of the third child?
6. What appears once in minute twice in moment but never in thousand?
7. What word contains 26 letters but only has three syllables?

Hope you liked these riddles you can test them on friends and family!

If you have any riddles you would like to share, contact us on Facebook or Instagram [@TweenHoliday](#)



Answers to the riddles

- | | |
|-----------------------------|---------------------|
| 1. They only sleep at night | 4. Your breath |
| 2. Your name | 5. Timmy obviously! |
| 3. A piano | 6. The letter M |
| | 7. Alphabet! |



Have a go! Pen some riddles.

What ideas and puzzles
does this picture
inspire?
Write them down.





Use your time well

by Zizi

Using your time well and staying organised is important considering that we are now back to a school routine.

Here are tips to help you stay organised.

1. When you get home from school, wash your hands, and eat dinner (if you eat dinner later, have a short rest).
2. After you have had dinner, do your chores, homework and study.
3. Keep a planner so you can stay organised with time. You can allocate an amount of time to each task.
4. After you have done your work, check the time and if you like, go to bed early at 7:30PM, 8:00PM, etc.
5. Keep a piece of fruit next to you in bed, in case you get hungry and a bottle of water.
6. Have a 'to do' list for your activities the next day.
7. Pack your school bag and stationary ready for school.



Weird & Wacky Facts!

- ❑ Popsicles were made by an eleven-year-old boy by accident.
- ❑ Sloths can hold their breath for about 40 minutes.
- ❑ It's impossible to hum while holding your nose.
- ❑ Octopuses and squids have three hearts.
- ❑ In the Philippines, McDonalds serves spaghetti.
- ❑ Lobsters taste with their feet.
- ❑ The Royal Family is named after Windsor castle.
- ❑ A Blue Whale's tongue can weigh as much as an elephant.



Follow and like us
(via your parent/carer)
on Instagram/Facebook
@tweenholiday



Thanks for reading
this issue! x

We hope you enjoy the autumn season.

Our next release will be the Christmas Issue!!!

Remember:

We're looking for star writers for Christmas.

Send us an email with the topic you want to
cover.

So far, we're thinking:

Carols, Christmas Tales, Decorations, Presents,
Winter Snacks, Christmas Crafts & Crackers...

What else?! Let us know.

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