



High Flyers

To seek, to learn, today...to shape, to lead, tomorrow



Spring 2021 Highsted Grammar School Issue 3



Special Feature: The Right Sheep for the Right Field

**READY
STEADY
GO!**



Try our PE challenges to keep you active at home!

Also inside this issue:

**Terrific
Tortoises!
How big can
they get?**



**Upcycle!
Do your bit for
the Planet!**



Author of the

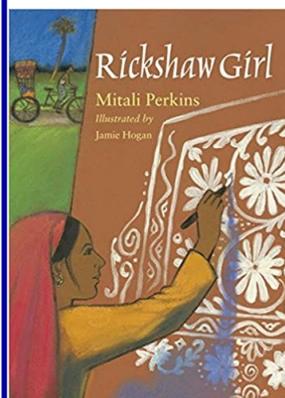
**Term:
Mitali
Perkins**

Calming Classical Music

Could it help you relax?



**Enter the Photography
competition or Maths
challenge to win prizes!!!**





Contents



Welcome to our third issue of High Flyers. This term the Highsted Virtue we have been focusing on is being Resilient.

Which subject inspires you to unlock your potential?



Pages 3 & 4 Special Feature

Discover how sheep have adapted to their environments

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How sheep adapt to their environments



Herdwick

Herdwick sheep were bred in the Lake District in the north west of England. The terrain here is hilly and quite windy. The sheep have a thick fleece that allows them to stay out on the lakeland fells (hills) all year round, but young lambs and their mums are moved to warmer pastures in the dales (valleys) to reduce the risk of the lambs becoming too cold. We currently have 2 Herdwick sheep, they are quite out of place on our low-lying marshy land but enjoy browsing the low branches of trees.



Romney

Romney's are the traditional Kentish sheep. As the name suggests they were bred on Romney Marsh in the south of the county and they are perfect for our type of land. The Romney breed are resistant to many of the problems that living on marshy land can bring, such as foot rot. They were exported to New Zealand, where there are more sheep than people, and in 1965 three quarters of the sheep in New Zealand were of the Romney breed.

Badger Face Welsh Mountain

Welsh mountain sheep are thinner in the legs and more agile than the Herdwicks, this is because they have been bred to climb up mountains. They are sure footed and can easily climb over walls or loose rocks. Our sheep are of the Torddu variety which means "black bellied" in the Welsh language and can be easily spotted in the pictures.

Do Ewe want to hear some really BAA Sheep Jokes?

What do you get if you cross a Sheep and a Kangaroo? A woolly Jumper!

What car do sheep drive? A Lamborghini!

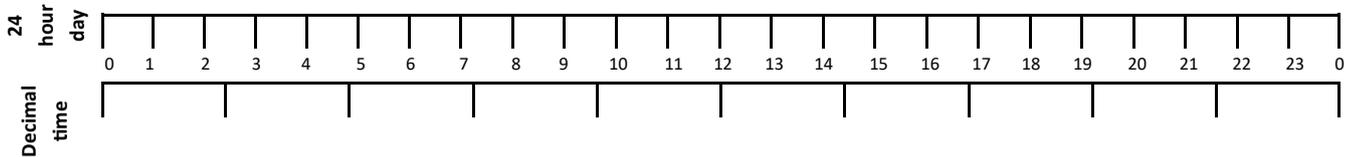
Where do sheep get their haircut? At the BAA BAA Shop!

What do you call a dancing sheep? A Baa lerina!





A Day in Decimal Time



Since time began, there have been different systems for measuring time.

In France in 1792 decimal time was introduced. It was used for a few years during the French Revolution.

The system was introduced so that time could be written as a single decimal.

1:23:45 is 1 decimal hour and 23 decimal minutes and 45 decimal seconds or 1.2345 decimal hours.

How can we convert between decimal time and our system?

In the current system there are 86400 SI* seconds in a day. The decimal system had 100000 decimal seconds in a day.

$$100000 \text{ decimal seconds} = 86400 \text{ SI seconds}$$

When we have our current time in SI seconds, we can divide by 0.864 to get time in decimal seconds.

Activity	Our Time	Decimal Time
Wake up	7:00am	2:91
Breakfast	7:30am	3:12
Lessons	8:35am	3:57
Break	11:35pm	4:82
Lunch	1:05pm	5:45
Finish lessons	3:30pm	6:45
Watch TV	4:00pm	6:66
Dinner	5:00pm	7:08
Hobbies	5:30pm	7:29
Bath	7:00pm	7:91
Read	7:30pm	8:12
Bed time	8:00pm	8:33

Decimal time:

10 decimal hours in a day

100 decimal minutes in a decimal hour

100 decimal seconds in a decimal minute.

The current time system:

24 hours in a day

60 minutes in an hour

60 seconds in a minute

$$\begin{array}{c}
 \times 0.864 \\
 \curvearrowright \\
 1 \text{ decimal second} = 0.864 \text{ SI seconds} \\
 \curvearrowleft \\
 \div 0.864
 \end{array}$$

Your Daily Routine

Can you write your own daily routine in standard time and convert this to decimal time? If you could create a new measure of time, how would you decide how to split up the day?

1 Decimal Hour

$24 \text{ hours} \div 10 = 2.4 \text{ standard hours in a decimal hour}$

$0.4 \text{ standard hours} = 24 \text{ standard minutes}$
 $(0.4 \times 60 = 24)$

So 1 decimal hour = 2 hours 24 minutes in standard time.

* **Fact:** 1 SI second is defined as 1/86400 of a day. SI (*Système international*) is the **International System of Units** which are in current use.



Music for relaxing and dreaming to...

Could music unlock your creativity?

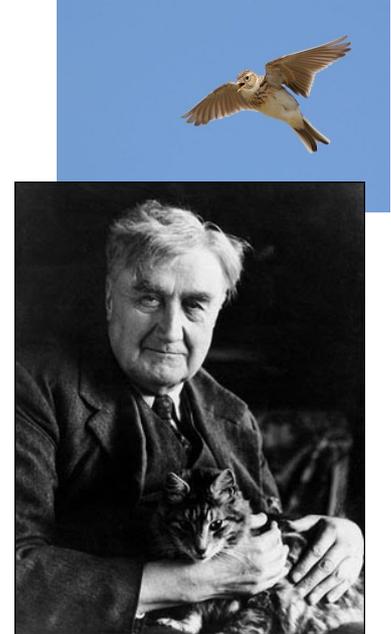
Have you ever considered trying a bit of classical music to help you relax, and even make you dream, or become more creative? (By the way, listening to classical music has also been linked with boosting your brain power!)

And do you like nature? If so, you might try giving a listen to a piece called "The Lark Ascending". It was written by a composer called Ralph Vaughan Williams and it was first played in the version for violin and orchestra exactly one hundred years ago, 1921.

Vaughan Williams loved nature. This is a photo of him with his favourite cat Foxy. He was a large man and he used to let his cats sleep on his shoulders while he was composing.

"The Lark Ascending" is quite short (under fifteen minutes) and you can easily find a music video of it online. Vaughan Williams composed it after reading a poem by a writer called George Meredith. In his poem Meredith describes a skylark flying high in the sky, singing sweetly before eventually disappearing from sight and sound.

Vaughan Williams makes us think of the flight and song of the skylark through a solo violin, playing with often very high notes, but also sometimes swooping or gliding calmly. There is a middle part which might make us think of a country dance going on far down below.



What does the piece make you think of? Perhaps it might make you imagine blue summer skies, and the expanse of fields and houses over which the lark soars... Perhaps it might make you think of something else... Perhaps it might simply make you feel relaxed... The great thing about classical music is that you can invent your own stories for it.

If you like "The Lark Ascending" maybe you might also try these pieces:

- ⇒ Beethoven's Symphony no. 6, "The Pastoral"
- ⇒ Delius, "On Hearing the First Cuckoo in Spring"
- ⇒ Finzi, "Romance for String Orchestra"



Did you know...

Listening to a piece of classical music has been proven to have health benefits. It can improve our memory, make us feel less stressed, and helps us sleep better. It has also been linked with better mental concentration.





Can you work out the current size of the tortoises in the descriptions below?

Galapagos Tortoise

Largest species of tortoise in the world

Latin Name: *Chelonoidis nigra*

Age: 100+ years

Length: 130 cm

Weight: 220-400 Kg

Current Length:

Measurement readings from a measuring tape

Front of carapace: 0 cm

Back of carapace: 129 cm

Length of Carapace:.....



Galapagos Tortoise

Credit BBC earth

Aldabra Tortoise

2nd largest species of tortoise in the world

Latin Name: *Aldabrachelys gigantea*

Age: 80-120 years

Length: 122 cm

Weight: 250 Kg

Current Length:

Measurement readings from a measuring tape

Front of carapace: 6 cm

Back of carapace: 79 cm

Length of carapace:

Sulcata Tortoise

3rd largest species of tortoise in the world

Latin name: *Geochelone sulcata*

Life span: between 80-100 years

Length: on average 70 – 80(+) cm

Weight: up to 100(+)Kg

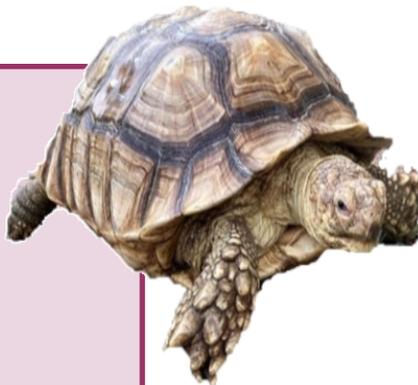
Current Length:

Front of carapace: 8 cm

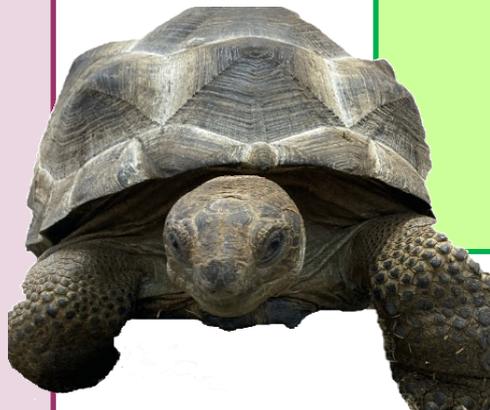
Back of carapace: 67 cm

Length of carapace:

(+) some animals have gone beyond this.



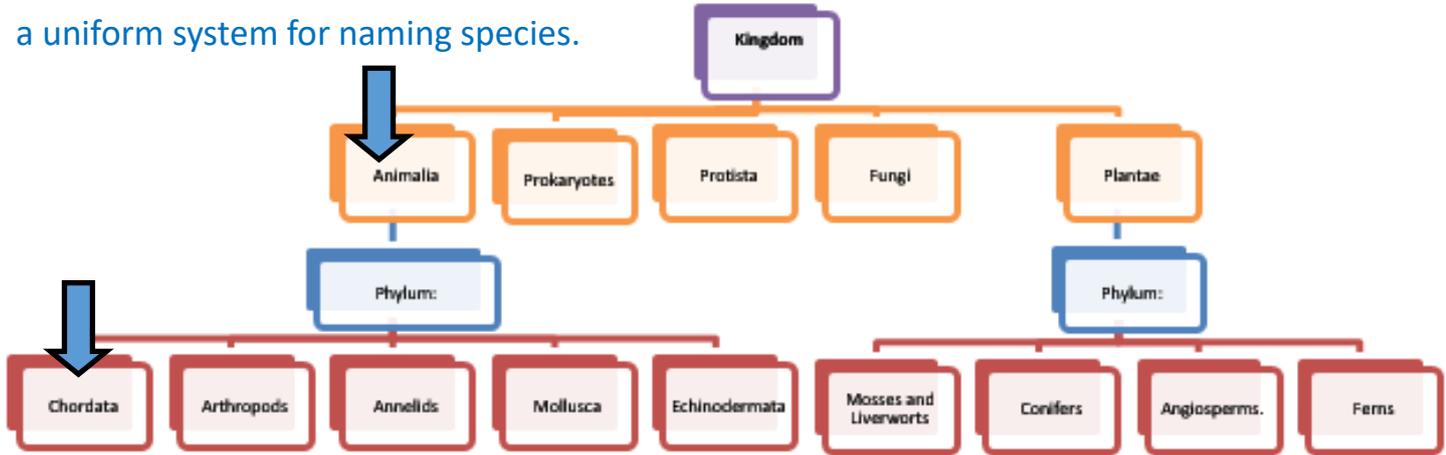
Sulcata Tortoise



Aldabra Tortoise



Every living organism is classified using the same system, initially designed by Carolus Linnaeus in 1758. It was to group species of similar characteristics together and provide a uniform system for naming species.



In this Issue we explore how animals are classified by their Class and Order.

Organisms are placed into their Class and Order due to similar characteristics.

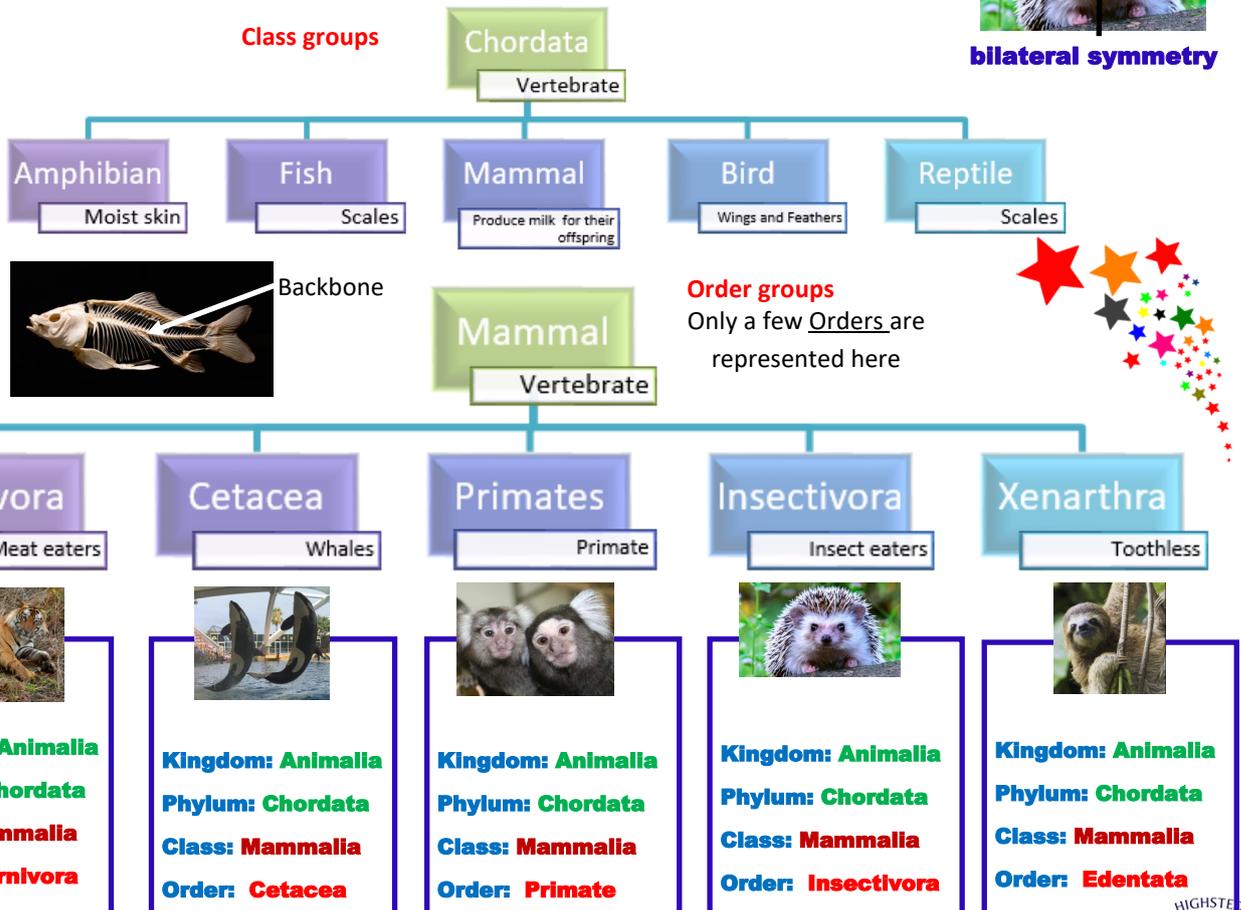
The Kingdom Animalia contains the Phylum Chordata:

Chordata – Are bilaterally symmetrical vertebrates



bilateral symmetry

- Kingdom
- Phylum
- Class
- Order
- Family
- Genus
- Species



Read the next issue to find out about how animals are classified by Family and Genus.



Food: Vegan brownies



Veganism

What is veganism? Vegans follow a plant-based diet and do not eat anything that comes from an animal, comprising meat, fish, eggs, dairy products and honey.

Vegans also avoid using cosmetics that contain animal products or that are made by companies who test on animals. They also avoid wearing wool, leather, silk, fur and other materials that come from animals.

Veganism has gained popularity as one of the fastest growing movements in the world today with more people than ever choosing to adopt an animal-free, plant-based diet.

A plant-based diet can help the environment as animal farming contributes to greenhouse gases.

A vegan diet can be healthier for you. Plant-based vegan food is naturally low in saturated fat and cholesterol and high in vitamins, minerals and fibre. Studies have shown that vegans suffer lower rates of obesity, heart disease, diabetes and certain types of cancer.



Try our Vegan Cherry and Almond Brownies recipe!!

Ingredients

80g vegan margarine(or plant - based spread)
2 tablespoons ground flaxseed
120g dark chocolate
½ tsp coffee granules
125g self-raising flour
70g ground almond
50g cocoa powder
250g caster sugar
¼ baking powder
1 ½ tsp vanilla extract
70g glace cherry (rinsed and halved)

Method

Heat oven to 170 degrees C /Gas mark 4

Grease and line a 20cm square tin with grease proof paper

1. Combine the flaxseed with 6 tbsp water and set aside for at least 5 minutes.
2. In a saucepan melt chocolate, coffee and margarine with 60ml water on low heat. Leave to cool slightly.
3. In a mixing bowl, put the flour, almonds, cocoa, baking powder and 1/4 tsp salt in a bowl and stir to remove any lumps.
4. Using a hand whisk, mix the sugar into the melted chocolate mixture, and beat well until smooth and glossy, ensuring all the sugar is well dissolved.
5. Stir in the flaxseed mixture and vanilla extract, the cherries and then the flour mixture. It will now be very thick. Stir until combined and spoon into the prepared tin.
6. Bake for 35-45 minutes until a skewer inserted in the middle comes out clean with moist crumbs.
7. Allow to cool in the tin completely, then cut into squares.
8. Store in an airtight container and eat within 3 days.





Changing Clocks

Find the missing times to complete the table.

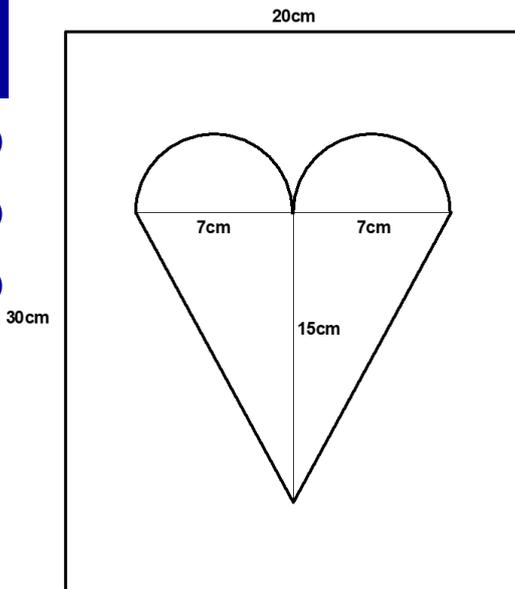
Read the Maths article to find out more about decimal time.

Hint: 1 decimal hour is 2 hours 24 minutes in our time.

When converting from the 24-hour clock to the 12-hour clock remember: for any time after 12:59, subtract 12 from the number of hours.

Decimal time	24-hour clock	12-hour clock
0 (midnight)	00:00	12:00 a.m.
1		2:24 a.m.
2	04:48	
3	07:12	
4		9:36 a.m.
5 (noon)		
6	14:24	2:24 p.m.
7		
8		7:12 p.m.
9		

Friendship Cards



The heart is made up of an isosceles triangle and two semi-circles. What is the area of the triangle?

Can you make this card and send it to someone special?

Missing Multiples

x						
	12				48	
			30			
				36		63
		25				
						84
				44		

Can you fill in the multiplication square?

The numbers 2 to 12 were used to create it, with one number used twice.

Send your answers to:

ks3@highsted.kent.sch.uk:

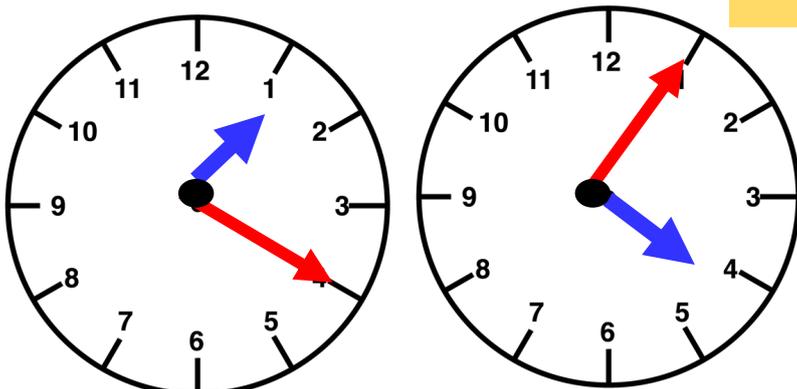
Place **Maths Challenge** in the subject box:

Competition closes: 7th March 2021

Please Include:

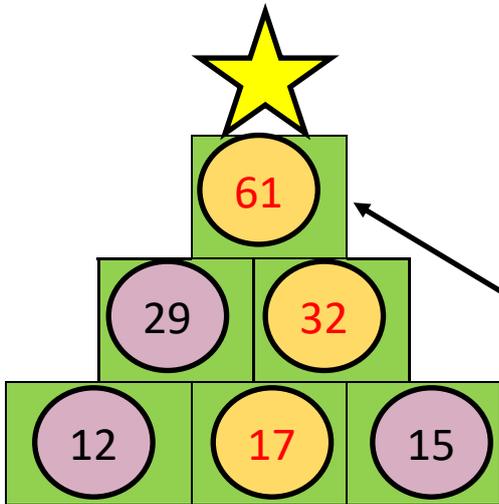
Your name, age, your primary school

Your answers



Reading Time

How long does it take for the clock hands on the left clock to reach the time shown on the right clock?



Reach to the Top

Each block is the sum of the two blocks it sits on. Work out the missing values.

Fact Corner

Angles in a triangle add up to 180°

Angles at a point add up to 360°

Vertically opposite angles are equal.

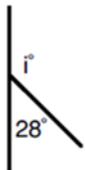
Use these facts to find the missing angles in the cross number.

Angle Rules Cross Number

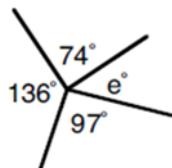
1)		2)	
1	5	2	
		3)	4)
5		5	3
5)	6)		
3	7		1
	7)		
	2	7	5

Across

1.



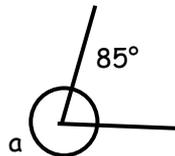
3.



5.

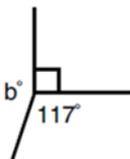


7.

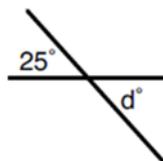


Down

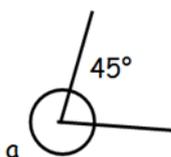
1.



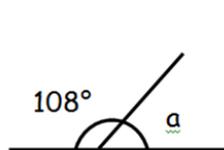
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4.

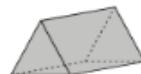


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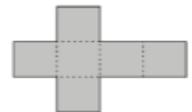


Match the 3D shapes to its net.

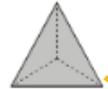
1



A



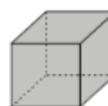
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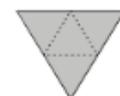
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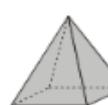
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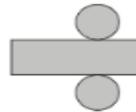
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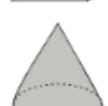
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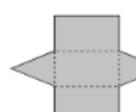
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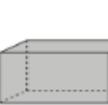
5



E



6



F



7



G



1E, 2C, 3A, 4B, 5G, 6F, 7D





Competition Winner!



Congratulations to **Elizabeth age 9 from Iwade School** who sent in this fantastic entry. We loved how the black and white effect highlights the different textures. Congratulations Elizabeth!



Acknowledgements

High Flyers was produced by Highsted Grammar School to inspire Key Stage 2 students in local primary schools to develop a passion for learning across the curriculum.

With thanks to Mr B Jones , Miss G Springhall, Dr J Gardiner, Mrs S Appleton, Mrs A Reed, Mrs B Tirimisiu Mrs R Ndlovu, Mrs J Hoyte, and Mrs K Day for sharing their enthusiasm for their subjects.



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