

SPARKLE BUDS



AGES
7-10

**SPACE
CASE**



**LIFE
SKILLS**



**SPOOKY
TALES**

Issue No. 16
November 2021

Would you rather?
?

November is upon us.

Thanksgiving's nearly here.

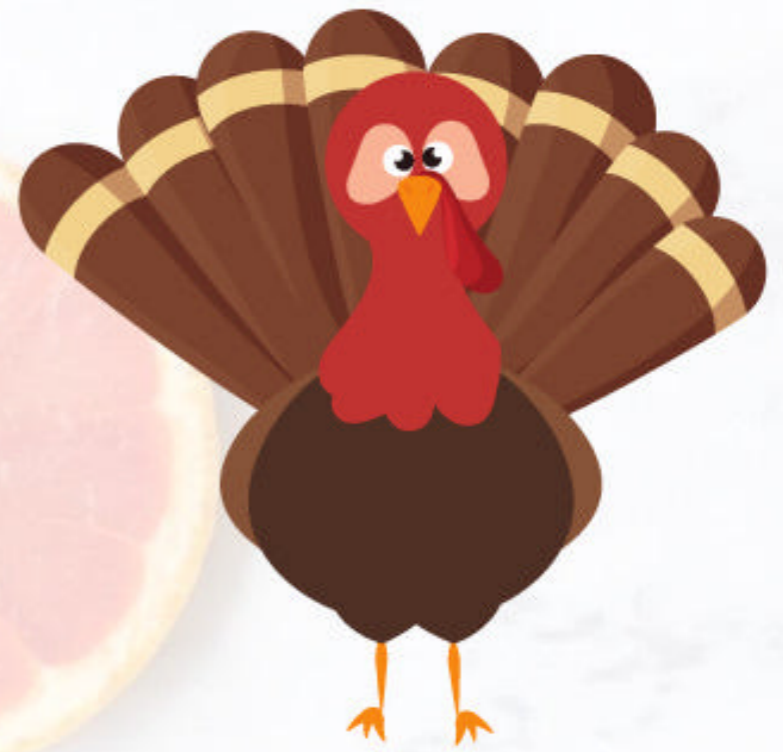
I've never been more thankful than
the way I feel this year.



I'm thankful we have apple pie.

I'm thankful we have beans.

I'm thankful we have mashed potatoes,
yams, and salad greens.



But, most of all, I'm thankful that
my future isn't murky.

My family's vegetarian
and I am their pet turkey.

- Kenn Nesbitt



Keep reading, keep smiling.
With lots of hugs & kisses,

Baba & Robo



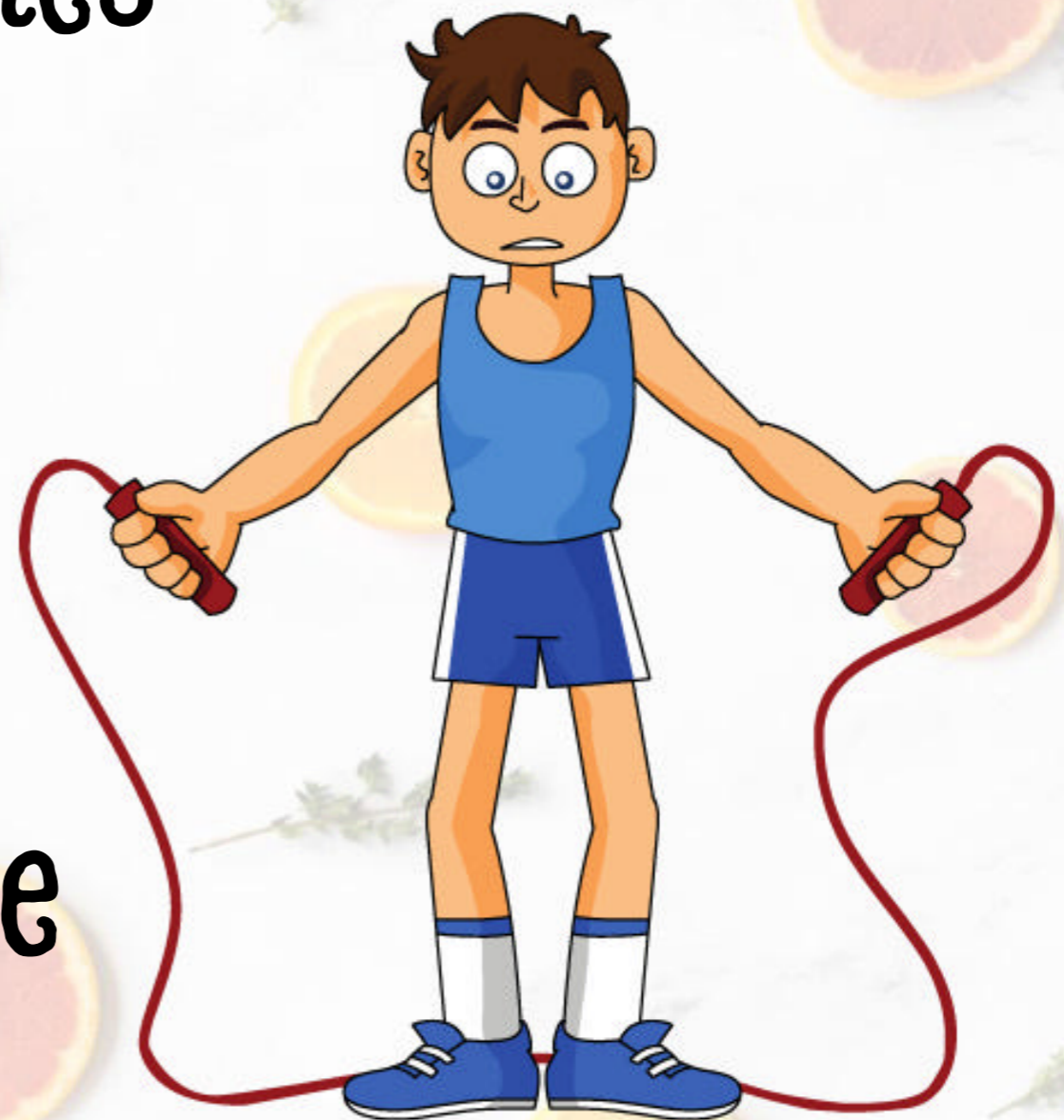
Let's get fit!

Skipping can be a fun form of aerobic activity that can also challenge skills such as balance and coordination.

Skipping

Some skipping games include:

- Hopscotch.
- Jumping rope.
- Obstacle course
- Skipping tag



Why Skipping?

Skipping involves the legs and arms performing different tasks at the same time. Regular skipping can help the proper functioning of the brain.



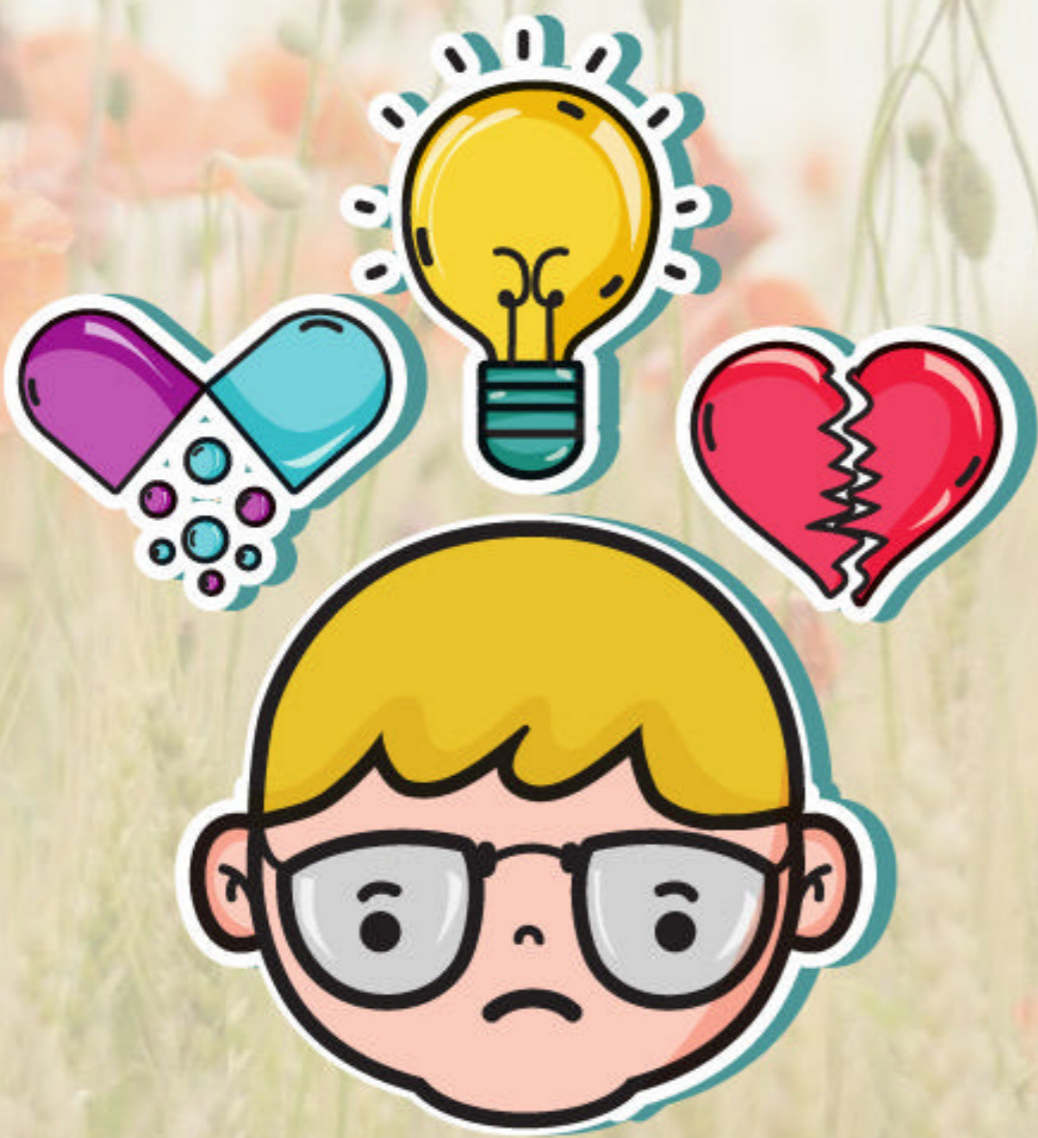
Problems & Pressures

A boy named Carey was upset. His father found him crying.

When his father asked Carey why he was crying, he said that he had a lot of problems in his life.



His father simply smiled and asked him to get a potato, an egg, and some coffee beans. He placed them in three bowls.





He then asked
Carey to feel
their texture
and then fill
each bowl with
water.



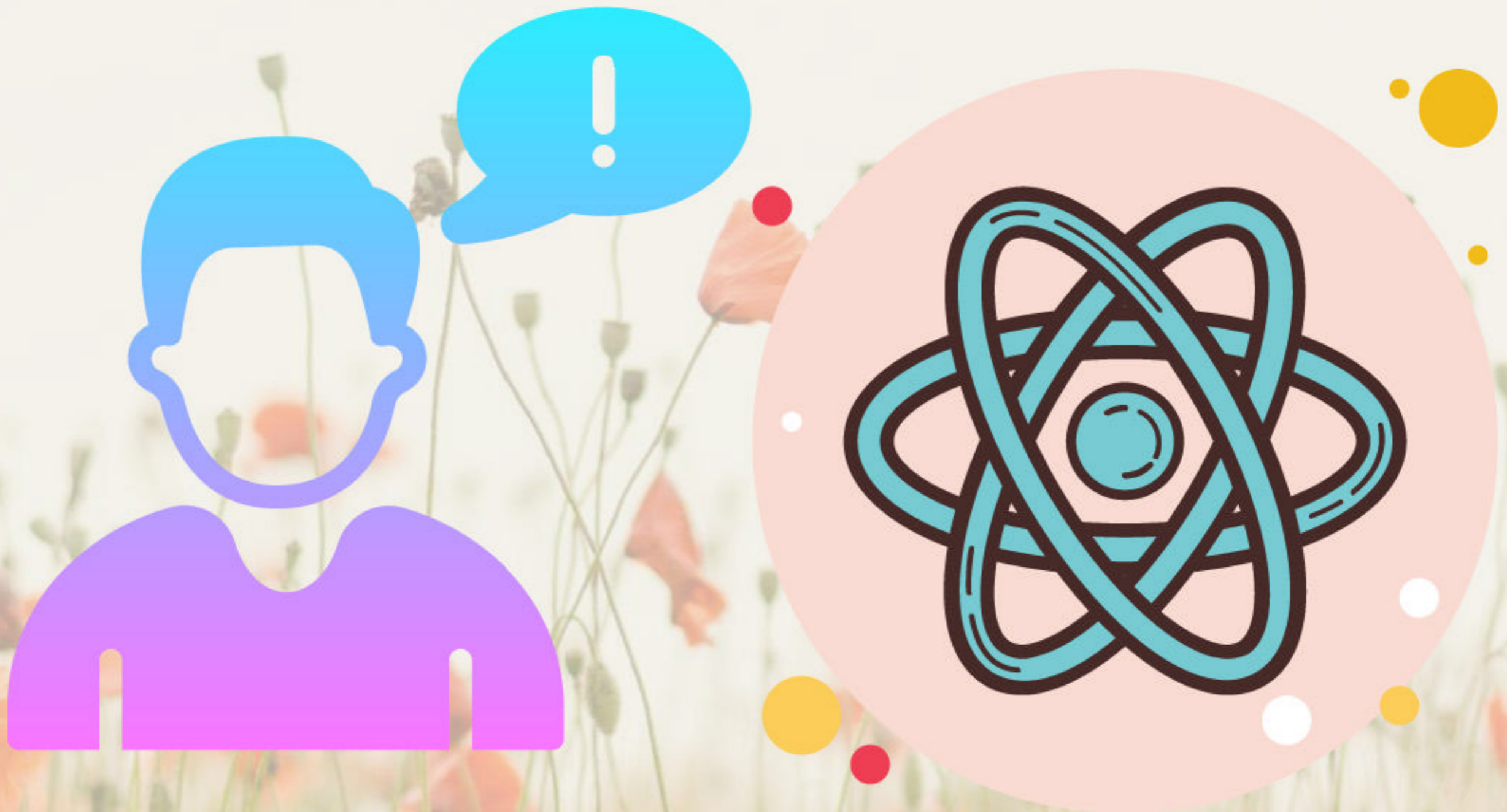
Carey did as he had
been told. His
father then boiled
all three bowls.

Once the bowls had
cooled down,
Carey's father
asked him to feel
the texture of the
different food
items again.





Carey noticed that the potato had become soft and its skin was peeling off easily; the egg had become harder and tougher; the coffee beans had completely changed and filled the bowl of water with aroma and flavour.



Moral: Life will always have problems and pressures, like the boiling water in the story. It's how you respond and react to these problems that counts the most!



SPARKLE

Stars

Dylan Graves Child of Courage

Dylan was walking home with pal James Yeadon when he was faced with a split-second life-or-death decision. A Vauxhall Vectra with no driver had mounted the pavement and was careering towards them, gathering speed all the time.

Without a thought for his own safety, the 12-year-old shoved his friend James out of the way and took the full impact himself.

He was dragged under the car, which police believe had a faulty or unsecured handbrake, and was trapped when it hit a fence.



Dylan represents a form of courage that many adults might not show, let alone a child. Instead of running or screaming, he pushed his friend out the way. He saved his life and was very badly injured himself. It's extraordinary.



RHYMEY TIMEY

The Grumpy Little Brick

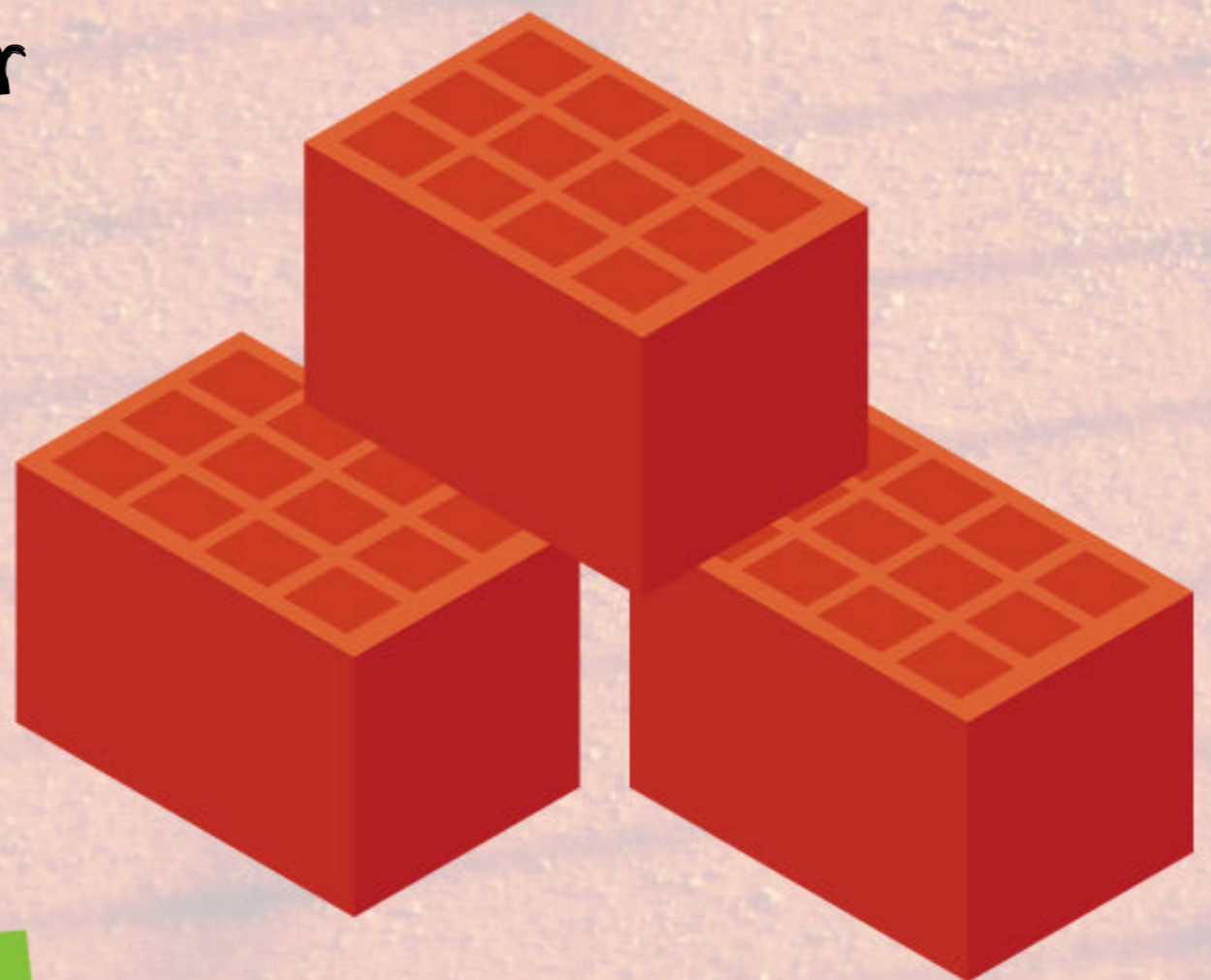
The little brick is always sick
Because it never eats a bit

His legs pain, He has a stain
He has wrinkles over his face
His eyes look like a maze.

Whoever sees him is horrified,
Other bricks say "oh my my my!"

He's red with anger, How do I know?
He wouldn't get more fiercer
Now he'd send me to mow!

I'd love to tell more
But I prefer not to,
Because if I'd say a bit
He'd beat me with a stick!



by Bobo



Let's speak a new Language!

Today - Khmer

The Khmer language, the national language of Cambodia, is a member of the Mon-Khmer family of languages spoken over vast areas of mainland South-East Asia. For centuries, significant minorities speaking Khmer dialects have resided in Thailand, Laos and Vietnam, so that the language is spoken by at least 15 million people in and near Cambodia.

Hello,
My name is
Chelsea



suostei
chhmoh
robsaknhom ku
Chelsea

Thank You



saum
arkoun

I am Sorry



knhom
somtós

Excuse me



attos

I love you
mom and
dad



ég elska þig
mamma og
pabbi



Word of the Month!

exodus

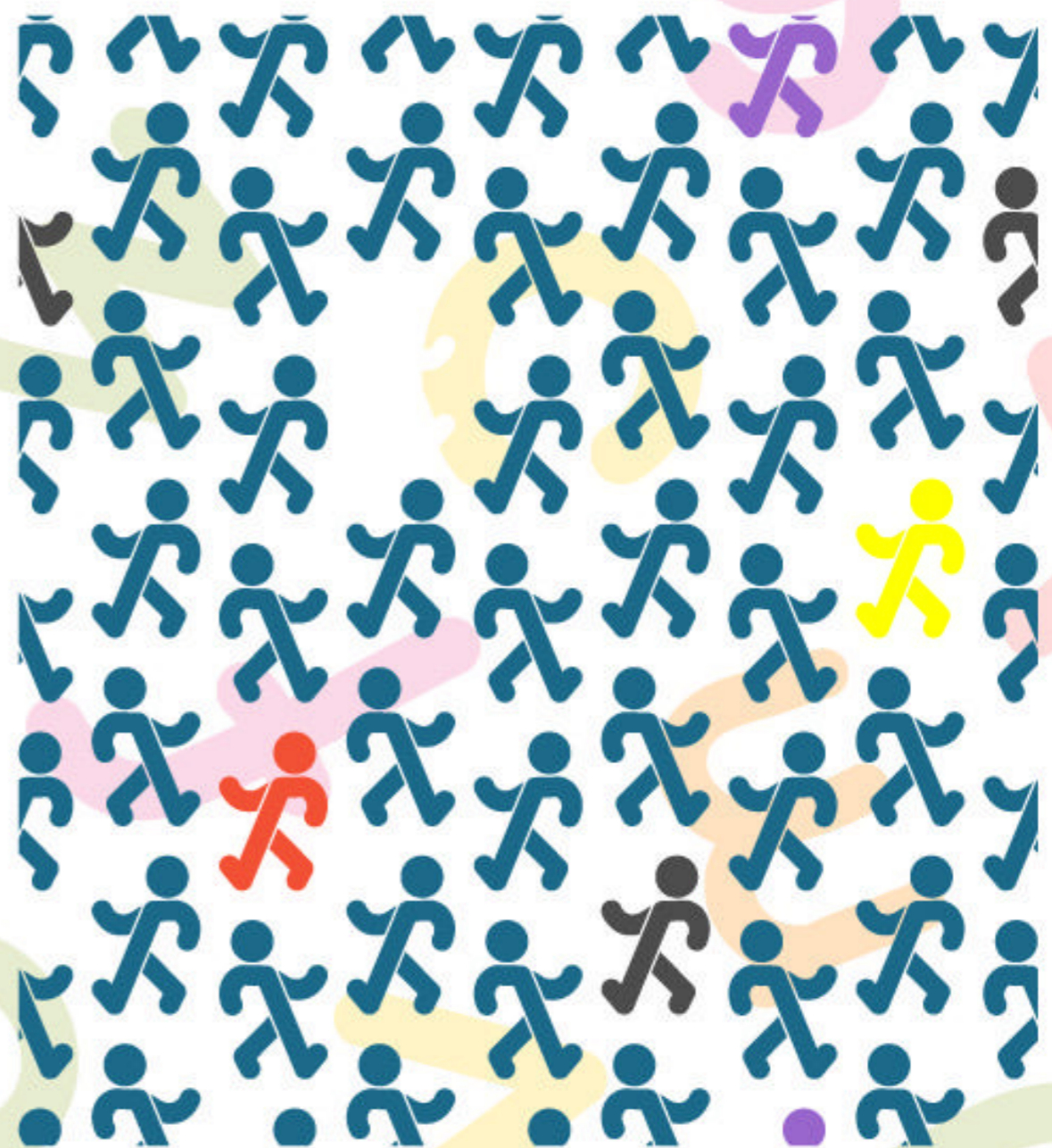
noun

What does it mean?

the departure of a large number of people at the same time.

For example...

the mass exodus from the cities for the beaches and the mountains on most summer weekends.





COOKIE MONSTER DAY

2ND NOVEMBER 2021

Happy Cookie Monster Day! Cookie Monster was first introduced to us in 1969 along with the rest of the characters from Sesame Street. The Cookie Monster's daily life always involves his favourite treat.

You guessed it, Cookies.

Whenever he is not eating his favourite treat, he is typically demanding them.

What is your favourite type of cookie?

If your favourite type of cookie is chocolate chip, then you and the Cookie Monster have something in common.

Cookie Monster Day





Would You Rather?

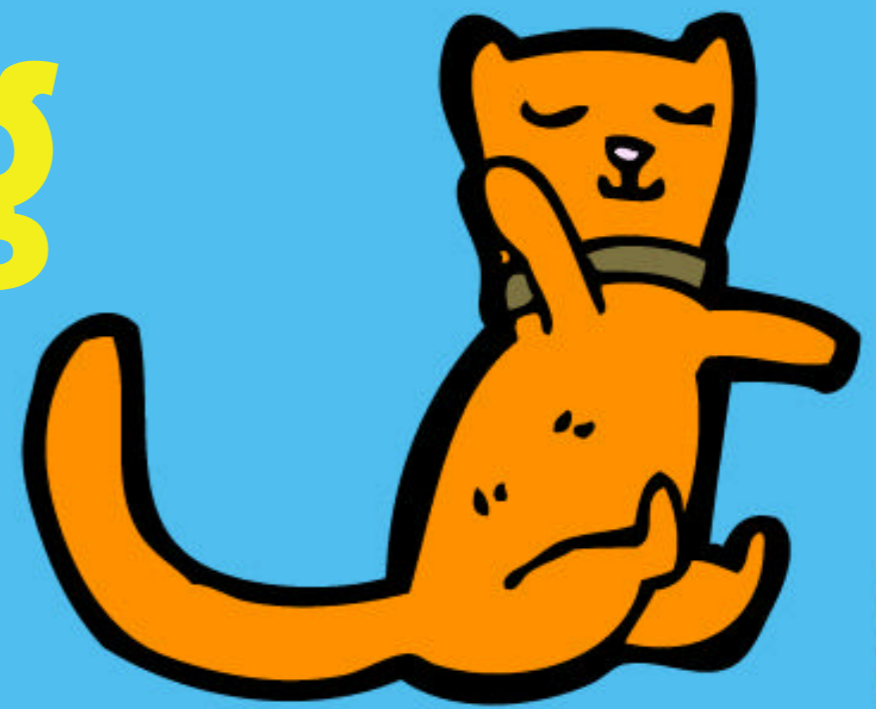
Dear Friends, “Would you rather...” questions are great conversation starters. It helps you break the communication barriers with your parents and friends.

Would you like to have a

pet dog

or a

cat?



Would you rather be

Harry Potter

or

Dumbledore?





LIFE SKILLS FOR JUNIOR STARS

Learn to use a map and compass

Dear Children,

Learn how to mentally map your neighbourhood, school, or favourite playground.



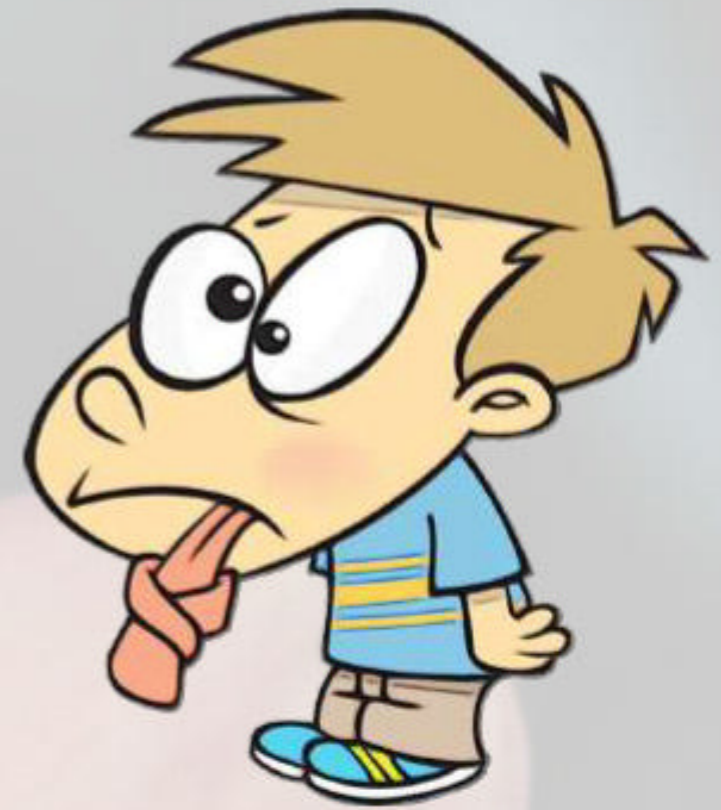
Then break out the old-fashioned map and compass and go to a beach or an unknown new place, with your parents/guardians and challenge yourself to navigate your way to your home one morning.



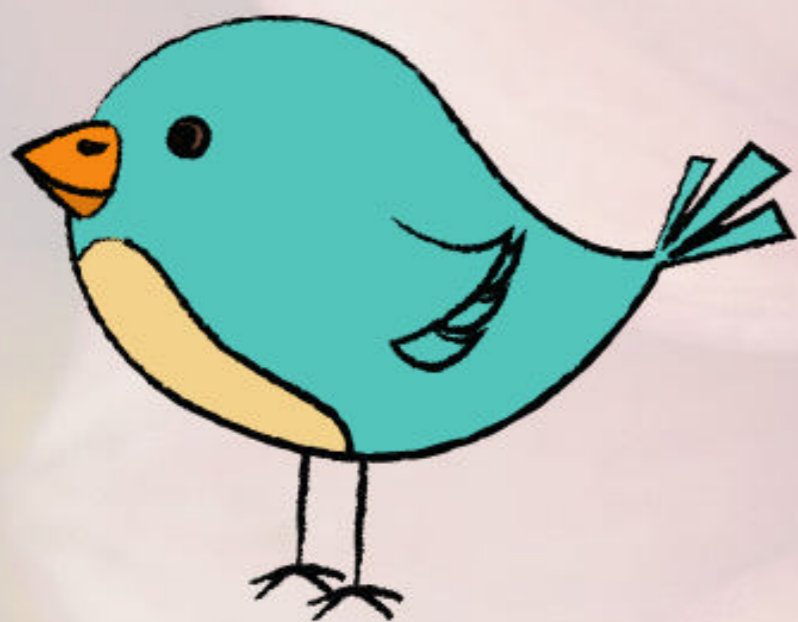
Source: Chelsea Life Skills



Tongue Twisters!



Hey Champs, read the tongue twisters and practise saying it.
How fast can you say it?



Birdie birdie in the sky
laid a turdie in my eye.

If cows could fly
I'd have a cow pie in my eye.

How much ground would a groundhog
hog,

if a groundhog could hog ground?

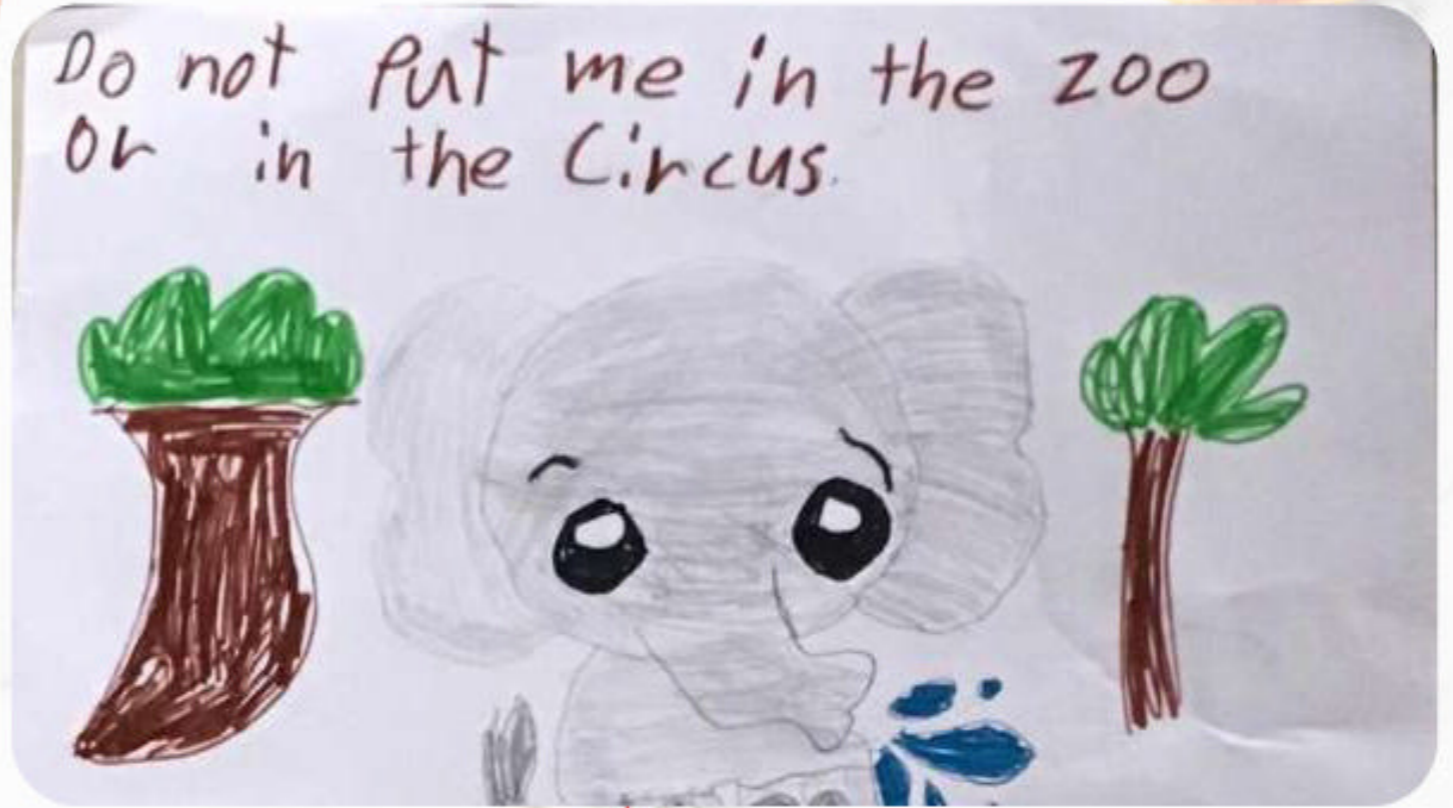
A groundhog would hog all the ground he
could hog,

if a groundhog could hog ground.



Teachers Day Drawing Competition Winners

Miss
Lorna M



Miss Lucia



Master
Simon





Life is Simple - Tips

Be a Fit Kid



Being fit is a way of saying a person eats well, gets a lot of physical activity (exercise), and has a healthy weight. If you're fit, your body works well, feels good, and can do all the things you want to do, like run around with your friends.

DID YOU KNOW?

The trick is to follow these rules most of the time, knowing that some days (like your birthday) might call for cake and ice cream.





Here are five rules to live by, if you're a kid who wants to be fit.

1. Eat a Variety of Foods

You may have a favourite food, but the best choice is to eat a variety. If you eat different foods, you're more likely to get the nutrients your body needs.



2. Drink Water & Milk

When you're really thirsty, cold water is the best thirst-quencher. Kids need calcium to build strong bones, and milk is a great source of this mineral.



3. Listen to Your Body

What does it feel like to be full? When you're eating, notice how your body feels and when your stomach feels comfortably full.

4. Limit Screen Time

Try to spend no more than 2 hours a day on screen time, not counting computer use related to school and educational activities.

5. Be Active

One job you have as a kid — and it's a fun one — is that you get to figure out which activities you like best. Not everyone loves baseball or soccer. Maybe your passion is karate, or kickball, or dancing. Ask your parents to help you do your favourite activities regularly.



Fall Scavenger Hunt!

- | | |
|--|--|
| <input type="checkbox"/> 1. Pumpkin | <input type="checkbox"/> 10. Bird nest |
| <input type="checkbox"/> 2. Scarecrow | <input type="checkbox"/> 11. Seed pod |
| <input type="checkbox"/> 3. Candy corn | <input type="checkbox"/> 12. Something crunchy |
| <input type="checkbox"/> 4. Football | <input type="checkbox"/> 13. Leaf pile |
| <input type="checkbox"/> 5. Rake | <input type="checkbox"/> 14. Nut |
| <input type="checkbox"/> 6. School bus | <input type="checkbox"/> 15. Spider |
| <input type="checkbox"/> 7. 3 different colored leaves | <input type="checkbox"/> 16. Acorn |
| <input type="checkbox"/> 8. Wagon | <input type="checkbox"/> 17. Tree stump |
| <input type="checkbox"/> 9. Colorful tree | <input type="checkbox"/> 18. Hay bale |





The Amazing Creatures!

Scorpion

COMMON NAME: Scorpions

SCIENTIFIC NAME: Scorpiones

TYPE: Invertebrates

DIET: Carnivore

AVERAGE LIFE SPAN IN THE WILD: 3 to 8 years.

SIZE: 2.5 to 8.3 inches



It may surprise you to learn that scorpions are not insects but come from the animal class arachnids.

This means that they, like spiders, have eight legs. Not all scorpions are the same. There are over 1700 different species of scorpions such as the Arizona Bark Scorpion and the Emperor scorpion.

Scorpions also come in a range of different sizes. The smallest scorpions grow to around $\frac{1}{2}$ inches long, while the largest scorpions can grow to over 8 inches long.



Amazing Fact!

**Scorpions
can
survive for
up to a
year on a
single
meal.**



Where do they live?

Scorpions live throughout much of the world and in almost every habitat. This includes deserts, rainforests, grasslands, and caves. They like to burrow into the soil, sand, or rocks making them difficult for both predators and prey to spot.

What does it eat?

They mostly eat insects, but some of the larger ones may occasionally eat a small lizard or rodent. When hunting, they grab their prey with their claws and then paralyze it with their stinger.

Are they endangered?

Some species of scorpions are rarer than others, but, in general, scorpions are not endangered. A few species, like the emperor scorpion, are protected in order to keep collectors from taking too many from the wild.



**INDEPENDENCE DAY OF
POLAND
COAT OF ARMS OF DRAWING
11TH NOVEMBER 2021**

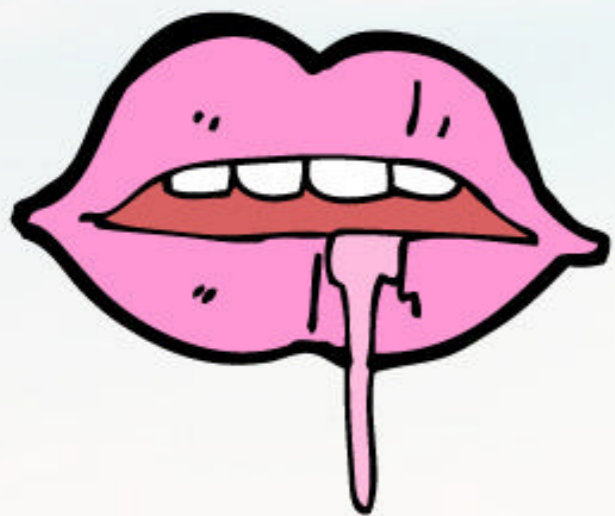




Body Parts - Fun Facts

DID YOU
KNOW?

Eyelashes last about
150 days.



You make about half a quart
(500ml) of spit each day.

Bones are 4 times stronger
than concrete.

The largest muscle in
your body is the one
you are sitting on!.

On average, a man has
6.5 litres of blood in
their bodies, while
women have 5 litres.





Body Parts - Challenge

WHAT & WHY?

- **Why can't a nose be 12 inches long?**



- **What's the most musical bone?**

- **Why is your nose in the middle of your face?**



- **What kind of flower grows on your face?**



The Army of the Dead

A laundress and her husband had recently shifted to a new city and were just settling down.



The laundress would hear heavy footsteps outside the window every night and decided to ask her neighbour about it.



She told the laundress that a large number of soldiers had died in the nearby hospital during the war and they marched off every night to fight the enemies.





That night when
the laundress
heard the
marching sound,
she opened the
window and



saw a dreadful sight.

It was the army of the dead soldiers

walking like zombies with

horses, cannons, and

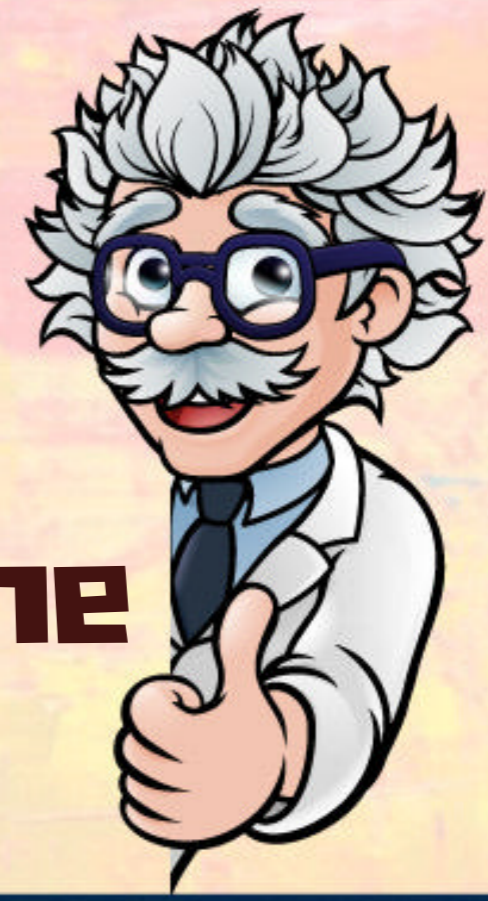
ambulances following them.



Inventions

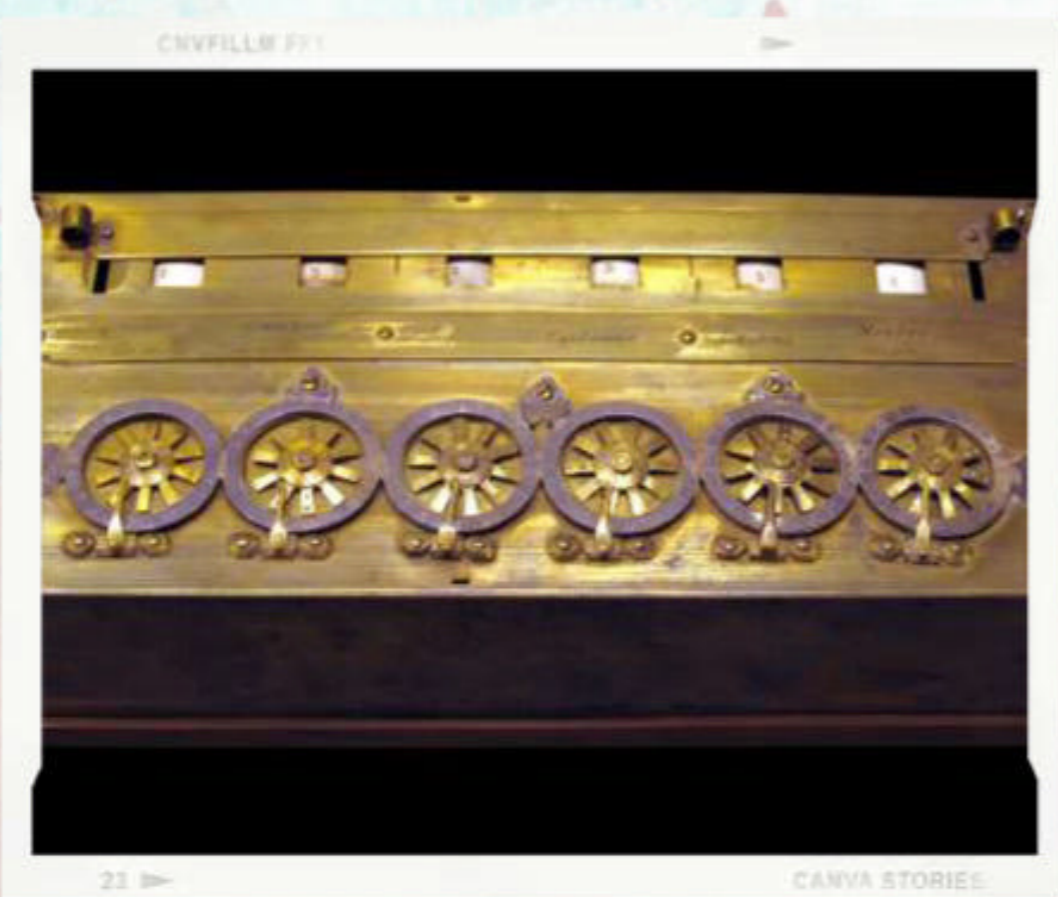
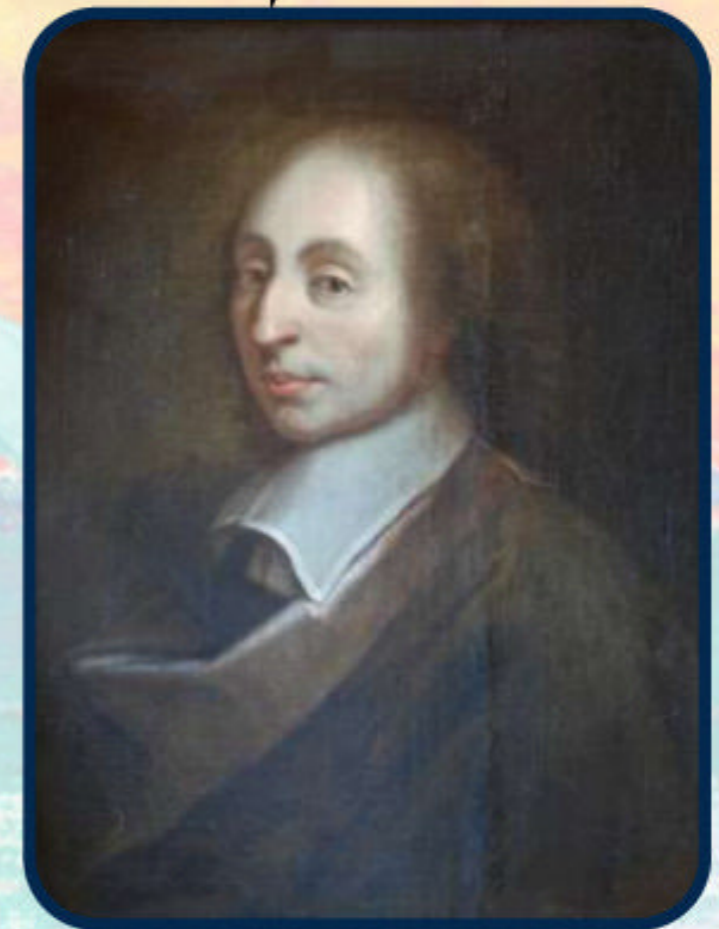
Calculating Machine

France 1642



In the year 1642, a French scientist named Blaise Pascal invented the machine used for addition called Pascal's calculation.

It is a mechanical calculator that normally represents the position of each digit with the help of gears in it. Pascal calculator was the first calculator invented in the mid 17th century.



the Pascal calculator is an arithmetic machine that is used for adding a machine that is to be produced in any quantity and actually used.

The major or main purpose of the pascals calculator is to add or subtract two of the numbers directly and also to perform the multiplication and division of the same numbers through repeated addition and subtraction.



ARTISAN'S CORNER

Spooky Pumpkin Eyes

Perch these DIY eyeball pumpkins on your front steps to keep watch this Halloween.

MATERIALS

- Two small white pumpkins
- Two large orange pumpkins
- Carving tool
- Linoleum cutter
- Red permanent marker
- Black permanent marker
- Green acrylic paint
- Black acrylic paint



INSTRUCTIONS

- Start with two white pumpkins (stems removed) and two slightly larger orange pumpkins. Cut a hole in the back of each orange pumpkin big enough for the white pumpkin to fit into.



- Hollow out orange pumpkins; carve eye shape, then use linoleum cutter to carve lashes.
- Draw iris and pupil circles on white pumpkins, trace iris outlines with a linoleum cutter, and lightly etch lines from the outer to the inner edge of iris.



- Paint with diluted green acrylic paint; when dry, use black acrylic paint for the pupil.
- Draw blood vessels around the iris with a red permanent marker.
- When dry, insert white pumpkins into orange pumpkins.

TA-DA!

It's done! A fun and easy advent activities calendar.
Something to cross off the list... now to get onto the rest.
The clock is ticking!



SPOOKY TALES

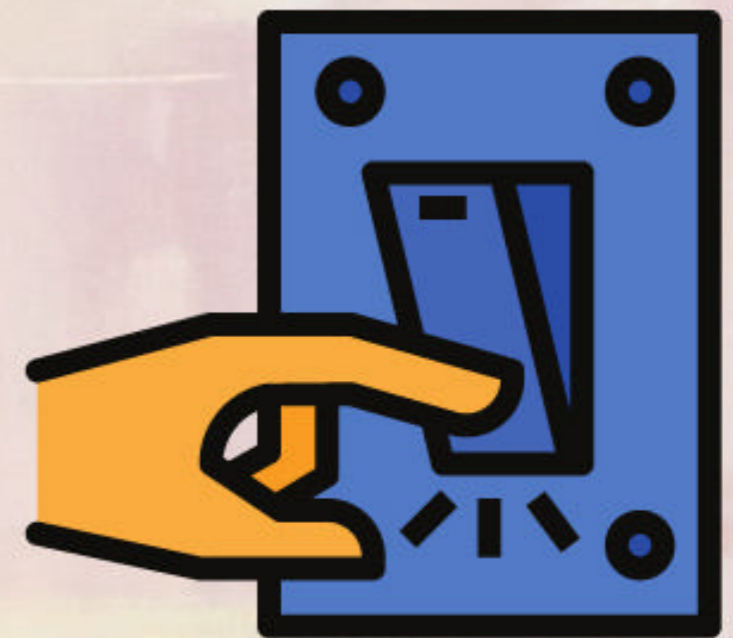
Who's the Boss?

A young girl went to a summer camp during her school vacation. This girl was extremely bossy and hence was an unpopular figure amongst the other students.



Tired of her selfish nature, the students complained to the organisers and asked them to move the girl to another cabin. No one knew that the cabin that girl was moved into, was a haunted one. Just before going to sleep, the girl scribbled on the wall "I am the Boss".

As the lights were switched off, the girl felt a pair of hands creep up to her neck and slowly strangle her.



The next day when the organisers came looking for her, they found her dead. Just above the earlier scribbling were written the ominous words "No, I am the Boss".



"No, I am the Boss".



Little Scientist

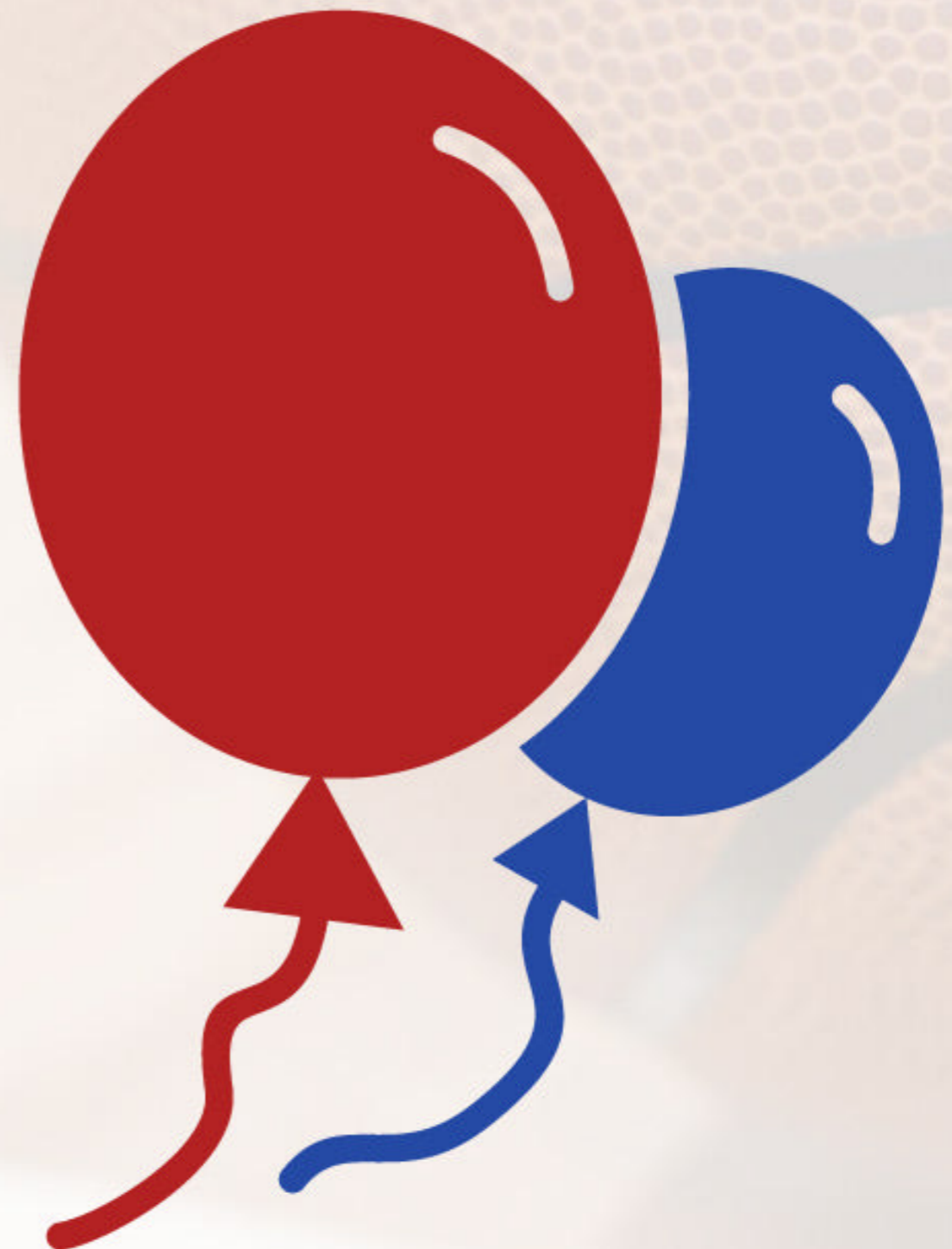


Static Electricity Experiment

They say opposites attract and that couldn't be truer with these fun static electricity experiments. Find out about positively and negatively charged particles using a few basic items, can you control if they will be attracted or unattracted to each other?

What you'll need:

- 2 inflated balloons with a string attached
- Your hair
- Aluminium can
- Woollen fabric





INSTRUCTIONS:

1. Rub the 2 balloons one by one against the woollen fabric, then try moving the balloons together, do they want to or are they unattracted to each other?
2. Rub 1 of the balloons back and forth on your hair then slowly pull it away, ask someone nearby what they can see or if there's nobody else around try looking in a mirror.
3. Put the aluminium can on its side on a table, after rubbing the balloon on your hair again hold the balloon close to the can and watch as it rolls towards it, slowly move the balloon away from the can and it will follow.



WHY?

Rubbing the balloons against the woollen fabric or your hair creates static electricity. This involves negatively charged particles (electrons) jumping to positively charged objects. When you rub the balloons against your hair or the fabric they become negatively charged, they have taken some of the electrons from the hair/fabric and left them positively charged.

In the first experiment both the balloons were negatively charged after rubbing them against the woollen fabric, because of this, they were unattracted to each other.



Dear Santa Letter Week

Every year, children around the world begin writing their letters to Santa to be sure they make it to the North Pole in time. The best time to start is the second week of November.

SO KIDS WHAT ARE YOU WAITING FOR? GRAB YOUR PEN AND GATHER YOUR THOUGHTS AND SEND A LETTER RIGHT AWAY! HERE'S A SAMPLE TO GET YOU STARTED!

Dear Santa



EPILEPSY AWARENESS MONTH

Epilepsy is a poorly understood condition, despite the fact that it is the 4th most common neurological disease.

November is Epilepsy Awareness Month.

What is epilepsy? What is a seizure?

Epilepsy, which is sometimes called a seizure disorder, is a disorder of the brain. A person is diagnosed with epilepsy when they have had two or more seizures.

A seizure is a short change in normal brain activity.

Seizures are the main sign of epilepsy. Some seizures can look like staring spells. Other seizures cause a person to fall, shake, and lose awareness of what's going on around them.

Who treats epilepsy?

Many kinds of health providers treat people with epilepsy. Primary care providers such as family physicians, paediatricians, and nurse practitioners are often the first people to see a person with epilepsy who has new seizures. These providers may make the diagnosis of epilepsy or they may talk with a neurologist or epileptologist.



<https://www.who.int/news-room/fact-sheets/detail/epilepsy>



SPACE CASE

Meteors



What is a Meteor?

A meteoroid is a small fracture of rock that enters our Solar System. Once this meteoroid enters the Earth's atmosphere it becomes a meteor. This meteor can be seen in the sky as a shooting star. Most meteors are observed at night. Meteors are composed of various metals.



Friction with the thin air at an altitude of about 100 km causes meteorites to glow as they are heated and then destroyed.

There are millions of meteors in the Earth's atmosphere every day.

**DID YOU
KNOW ?**





Dinosaurs are believed to have died because an 8-mile long meteor hit the Earth causing a cloud of dust that lowered the climate.



120 Kms
above Earth

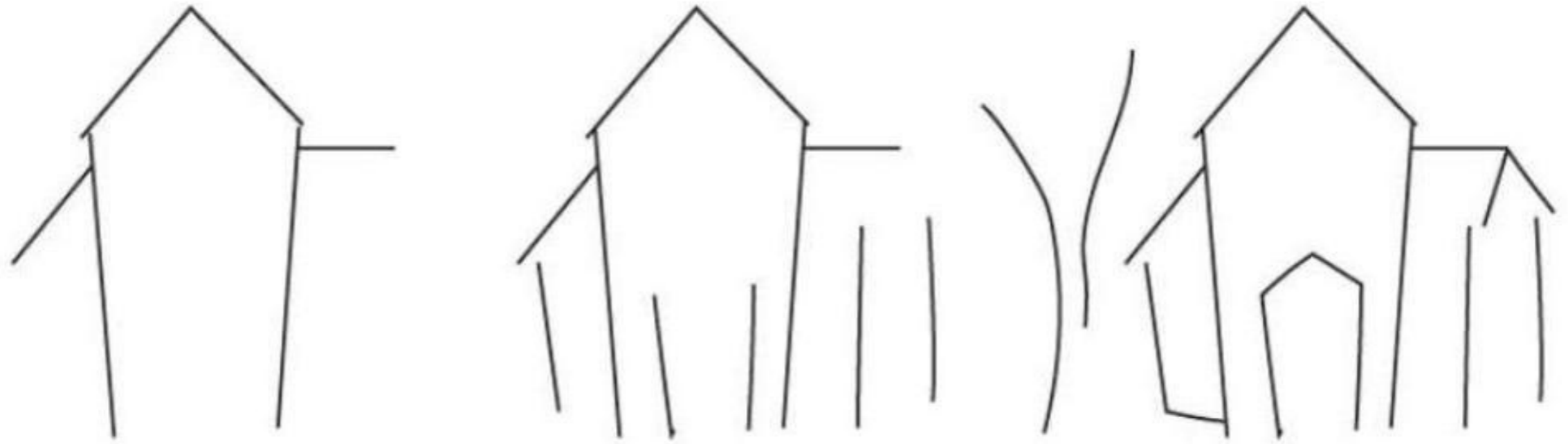


Fun Facts

- A meteor shower occurs when a lot of meteors appear in a short time frame.
- The word meteor comes from a Greek word that means suspended in the air.
- Meteors can become visible as high as 120 kilometres above Earth.
- Meteors can give off various colours when they burn which is associated with their composition.
- Meteors that burn brighter than usual are called fireballs.
- Most fireballs go unseen because they occur over the ocean or during daylight hours.
- Meteors usually burn up in the Earth's atmosphere.
- If a meteor produces a sound called a sonic boom, it is typically heard seconds after the meteor becomes visible.



How To Doodle A HAUNTED HOUSE!





Little Chef

Loaded Baked Potato Dip



Ingredients

- 2 cups sour cream,
- 2 cups shredded cheddar cheese,
- 8 centre-cut bacon or turkey bacon strips, chopped and cooked,
- 1/3 cup minced fresh chives,
- 2 teaspoons hot sauce,
- Hot cooked waffle-cut fries.



Directions

1. In a small bowl, mix the first 5 ingredients until blended.
2. refrigerate until serving.
3. Serve with waffle fries.



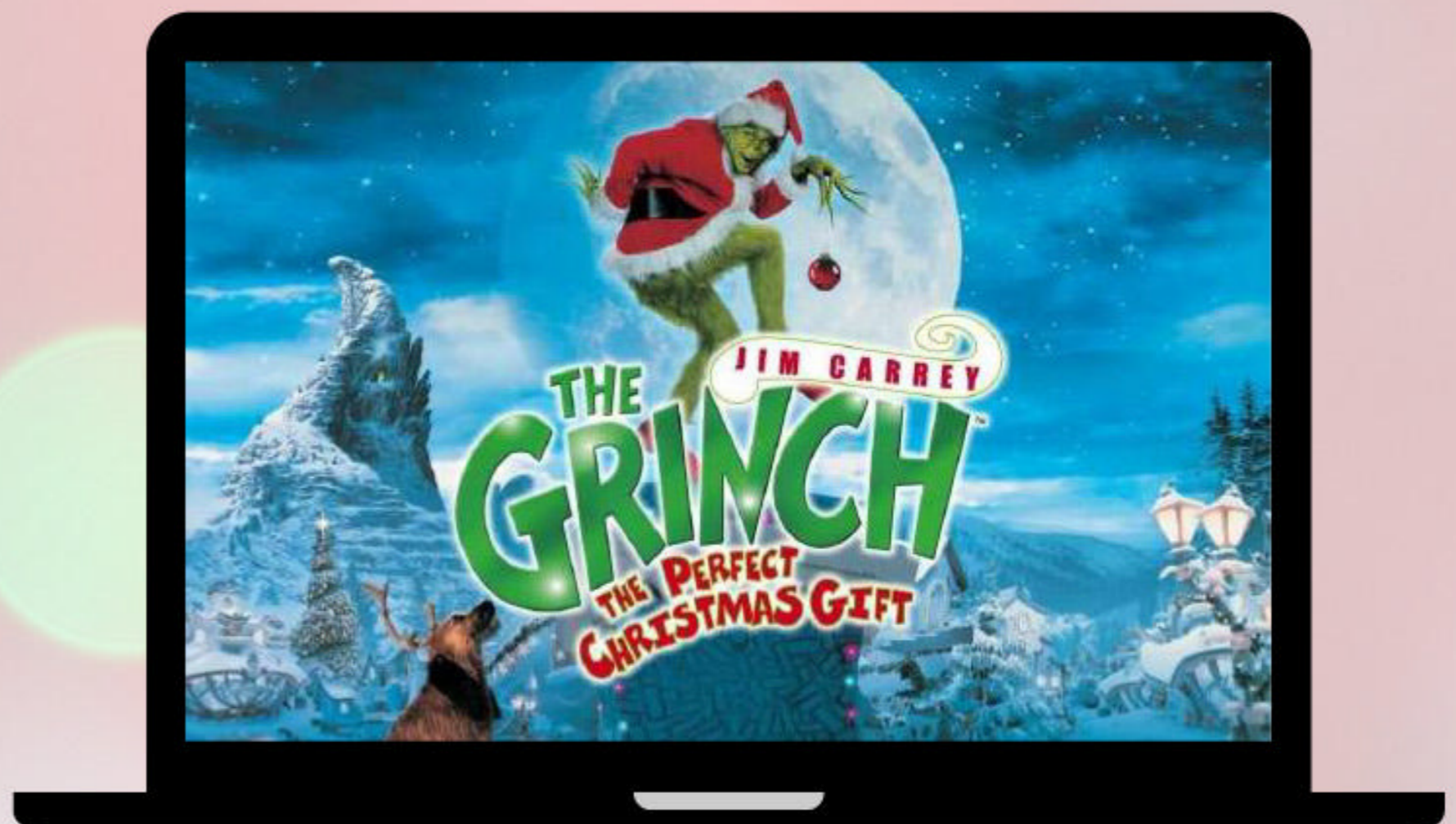
Movie Special



The Grinch felt so lonely and unworthy that he hid in a mountain and swore never to come out. Well, maybe he would come out once in a while if only to be ornery and mess up life for someone else...

That's how the Grinch lives and he really thinks that he doesn't need anyone else.

That is until he meets a very special little girl who teaches him about love, friendship, and the true spirit of Christmas.



Courtesy: Universal Pictures.



Knock Knock? Who?

Knock, knock who's there? Annie

Annie who?

Annie thing you can do I can better!



Knock, knock who's there? Wa

Wa who?

What are you so excited about?!

Knock, knock who's there? I am

I am who?

Don't you even know who you are?!



Knock, knock who's there? A leaf.

A leaf who?

A leaf you alone if you leaf me alone.

Knock, knock who's there? Hike

Hike who?

I didn't know you liked Japanese poetry!

