



SUPAJAM

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SUPAJAM EDUCATION IN MUSIC AND MEDIA WELLBEING SPECIAL EDITION NEWSLETTER

WRITTEN BY STUDENTS' UNION REPRESENTATIVES FROM SWANLEY

The Newsletter Team



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A Message from The Newsletter Team

'Hello everyone, we hope you are all well and staying safe! We have put together this special edition of the Newsletter to give you some ideas of things to do while at home. Now is the perfect time to pick up a new hobby or learn a new skill, and in this Newsletter we will be giving you online links, tips and activities of some stuff to do if you find yourself bored. We hope to see you all back at SupaJam soon!' - Emilia & Daniel

PHOTOS: DANIELJNEWMAN, EMILIA POUND

Exercise

WE ARE always told exercise is great for the body, mind and your mental health, and a great way to keep fit. It has never been more essential than now. Below are a few ideas you could try at home:

- **Joe Wicks - [youtube.com/thebodycoach1](https://www.youtube.com/thebodycoach1)**
A 30-minute workout, live-streamed every weekday from 09:00 (9AM).
- **Toilet Roll Keepie-uppie Challenge (as seen on TikTok) - youtu.be/LRcQzTljIVQ**
Choose your favourite roll of toilet paper and see how many keepie-uppies you can do.
- **Yoga Sessions on Instagram - [instagram.com/fly_ldn](https://www.instagram.com/fly_ldn)**
Live classes, everyday at 08:00 (8AM), 12:30 (12:30PM) and 17:45 (5:45PM).
- **Pillow Boxing**
Grab a pillow or cushion and hit it with your fists to your hearts' desire.

Try to exercise at least once a day. Remember to make sure you have plenty space in the room around you, so you don't injure yourself or break anything. Take care while exercising; make sure you warm up first!

TV & Film

IF YOU ARE looking to kick back, relax and chill out, here are some great places to watch some television and/or films:

- **Open Culture - [openculture.com/freemoviesonline](https://www.openculture.com/freemoviesonline)**
Over 1,500 free movies for you to have a browse.
- **Documentaries - [documentarystube.com](https://www.documentarystube.com)
[topdocumentaryfilms.com](https://www.topdocumentaryfilms.com)
[documentaryheaven.com](https://www.documentaryheaven.com)**
A range of documentaries on various subjects.

Food

AFTER ALL that exercise, you will want something to eat. Or maybe you just want something sweet. Here are few suggestions of quick-and-easy recipes to give a go:

- **Omelette - [bbcgoodfood.com/recipes/basic-omelette](https://www.bbcgoodfood.com/recipes/basic-omelette)**
- **Fruit Salad**
Cut up some of your favourite fruit and enjoy! (You could even use cookie cutters for some cool shapes!)
- **Birthday Cake - [bbcgoodfood.com/recipes/super-easy-birthday-cake](https://www.bbcgoodfood.com/recipes/super-easy-birthday-cake)**
Whether it's your birthday or not, this is an amazing recipe for a tasty cake.
- **Chocolate Cornflake Cakes - [bbcgoodfood.com/recipes/cooking-kids-chocolate-cornflake-cakes-0](https://www.bbcgoodfood.com/recipes/cooking-kids-chocolate-cornflake-cakes-0)**
Give your oven a rest with this oven-free, chocolatey recipe.

If you try any of these recipes, or some of your own, we'd love to see some photos of your masterpieces. Email them to the email address at the bottom of the page. If you would like some more great recipes, visit either [bbc.co.uk/food](https://www.bbc.co.uk/food) or [bbcgoodfood.com](https://www.bbcgoodfood.com).

Books

BOOKS more your thing? Looking for a good story to fall into?

- **Amazon Kindle Unlimited**
They have added several hundred e-books to its free database. Free titles include: *David Copperfield*, *A Tale of Two Cities*, *Wuthering Heights*, etc. Start a 30-day free trial today (£7.99 per month thereafter).
- **Audible - [audible.co.uk](https://www.audible.co.uk)**
Audiobooks for all age ranges, with everything from JK Rowling to CS Lewis, get your free 30-day trial now!

GOT SOMETHING FOR THE NEWSLETTER OR WOULD LIKE TO JOIN THE MAILING LIST?

EMAIL US: NEWS@SUPAJAM-EDUCATION.ORG



Virtual Trips

THERE ARE some great places to visit around the world. However, as we are not allowed to travel anywhere in the current times take a trip virtually. Museums to art galleries to natural wonders of the world, you're bound to find somewhere you'll enjoy:

- **Ancient Rome** - futurelearn.com/courses/rome
Walk around this 3D model of the ancient city.
- **Museums & Art Galleries** - artsandculture.google.com/partner
From *Hiroshima Peace Memorial Museum* to *Anne Frank House* to *NASA* with everything else in between.
- **Northern Lights** - lightsoverlapland.com/virtual-aurora-tours
This is just one of many natural wonders you can visit virtually, have a search online and see where you can visit.

Music & Theatre

MUSIC AND THEATRE is a great way to keep you occupied for a while. Apart from all the usual ways, here are a couple you may not have seen to keep you entertained:

- **The Met Opera** - metopera.org
A chance to watch and listen to some operatic performances.
- **The Shows Must Go On** - tiny.cc/m08flz
Every Friday at 19:00 (7PM), a full length West End show will be streamed live and available for 48 hours after.

Skills & Courses

IF YOU WANT to learn some new skills, have a look at these:

- **FutureLearn** - futurelearn.com
Offers a range of courses on subjects from *Politics & Society* to *IT & Computer Science* to *Language*.
- **OpenLearn** - open.edu/openlearn
From *The Open University*, search from over 1000 free courses.

Games

WANTING A NEW GAME to play? Here are some great digital games:

- **Tabletopia** - tabletopia.com
Over 900 board games, for all ages.
- **Hooda Math** - hoodamath.com
Lots of fun maths games.

Animals

LOVE ANIMALS? Here are a few things you will enjoy:

- **Monterey Bay Aquarium** - montereybayaquarium.org/animals/live-cams
Watch the animals right from your own home.
- **eBird** - ebird.org
Discover what birds you see.

Health & Wellbeing

SOME THINGS to help you take care of yourself, especially during these strange times:

- **Sleep** - nhs.uk/oneyou/every-mind-matters/sleep
Having restless nights or problems sleeping? These are some tips to help you get better sleep.
- **Mental Health** - mentalhealth-uk.org
Never more than ever do we need to take care of our mental health, here is somewhere that provides any advice or support you may need.