



Queen Alexandra College

# *QAC Weekly*

*Issue 7*

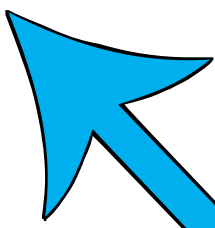




# Monday



# Colour Me



# Monday

## On This Day...

**2010**

Scottish-born British politician Gordon Brown officially resigned as prime minister of the United Kingdom, ending 13 years of Labour Party rule.



**1997**

IBM's chess-playing computer Deep Blue defeated Garry Kasparov in the last game of a six-game match to claim a 3.5-2.5 victory (it won two games and had three draws); it marked the first time a current world champion had lost a match to a computer under tournament conditions



## Notable Birthdays...

**1904**

*Salvador Dali*  
**SPANISH ARTIST**



**1811**

*Chang and Eng*  
**AMERICAN SHOWMEN**





# Monday

## Recipe of the Day

### *Creamy Pea and Spinach Soup*

#### **Ingredients:**

- 4 spring onions sliced
- 1 clove garlic crushed
- 1 large potato peeled and diced
- 600ml vegetable stock
- 200g chopped spinach
- Small bunch of fresh mint leaves
- 200g frozen peas defrosted
- 2tbs half-fat crème fraiche plus more to serve

#### **Method:**

- Heat 1tsp olive oil in a pan and fry the spring onion and garlic for 1 minute.
- Add the potato and stock and simmer until the potato is tender.
- Add spinach, mint and  $\frac{3}{4}$  of the peas and simmer for a further 5 minutes
- Add the crème fraiche and zap with blender.
- Season to taste and serve with an extra swirl of crème fraiche and the remaining peas.



# Monday

## Star Wars Word Search



ALDERAAN

ANAKIN

BATTLESHIP

C3PO

CHEWBACCA

DARTH VADER

DEATH STAR

DROID

EMPIRE

FORCE

HAN SOLO

JEDI

LEIA

LUCAS

LUKE

Obi-Wan

PALPATINE

R2D2

SITH

SKYWALKER

STORMTROOPER

TATOOINE

WOOKIEE

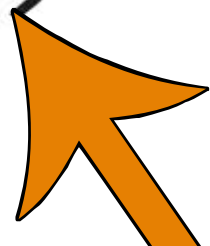
YODA



*Tuesday*



*Colour Me*



# Tuesday

## On This Day...

1972

The British rock group the Rolling Stones released *Exile on Main Street*, a double album that is considered one of their defining works.



1937

King George VI of the United Kingdom was crowned following the abdication of Edward VIII.

## Notable Birthdays...

1907

*Katharine Hepburn*  
AMERICAN ACTRESS



1820

*Florence Nightingale*  
BRITISH NURSE AND  
SOCIAL REFORMER





# Tuesday

## Recipe of the Day

### *Simple Vegetable Soup*

#### **Ingredients**

- 200g chopped, raw vegetables of your choice
- 300g potato peeled and cubed
- 1tbsp oil
- 700ml vegetable stock
- Crème fraiche and fresh herbs to serve

#### **Method**

- Fry the raw vegetables and potatoes in the oil until they start to soften.
- Cover with the stock and simmer for 10-15 minutes until the vegetables are tender.
- Blend until smooth (or leave a little chunky if preferred) and season to taste.
- Serve with a dollop of crème fraiche and fresh herbs.

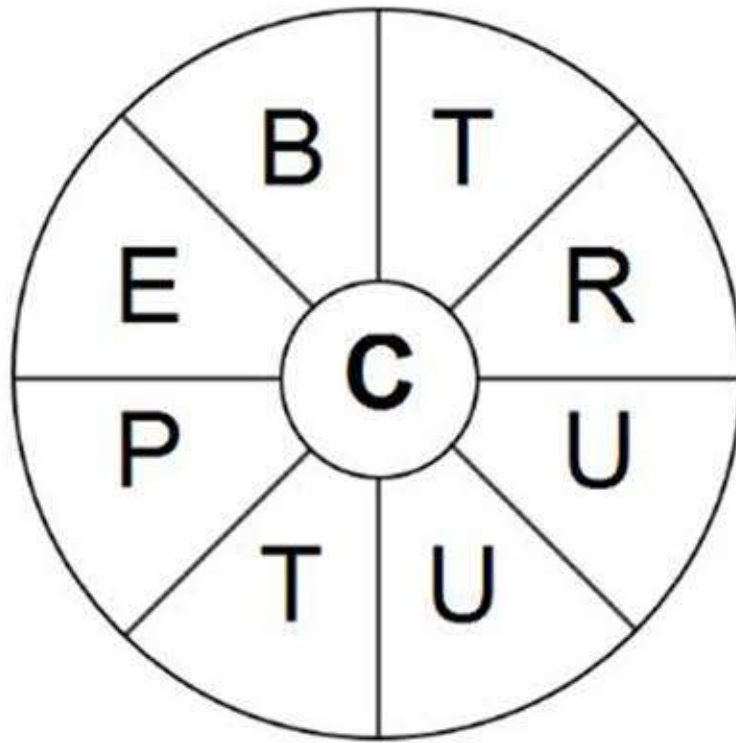




# Tuesday

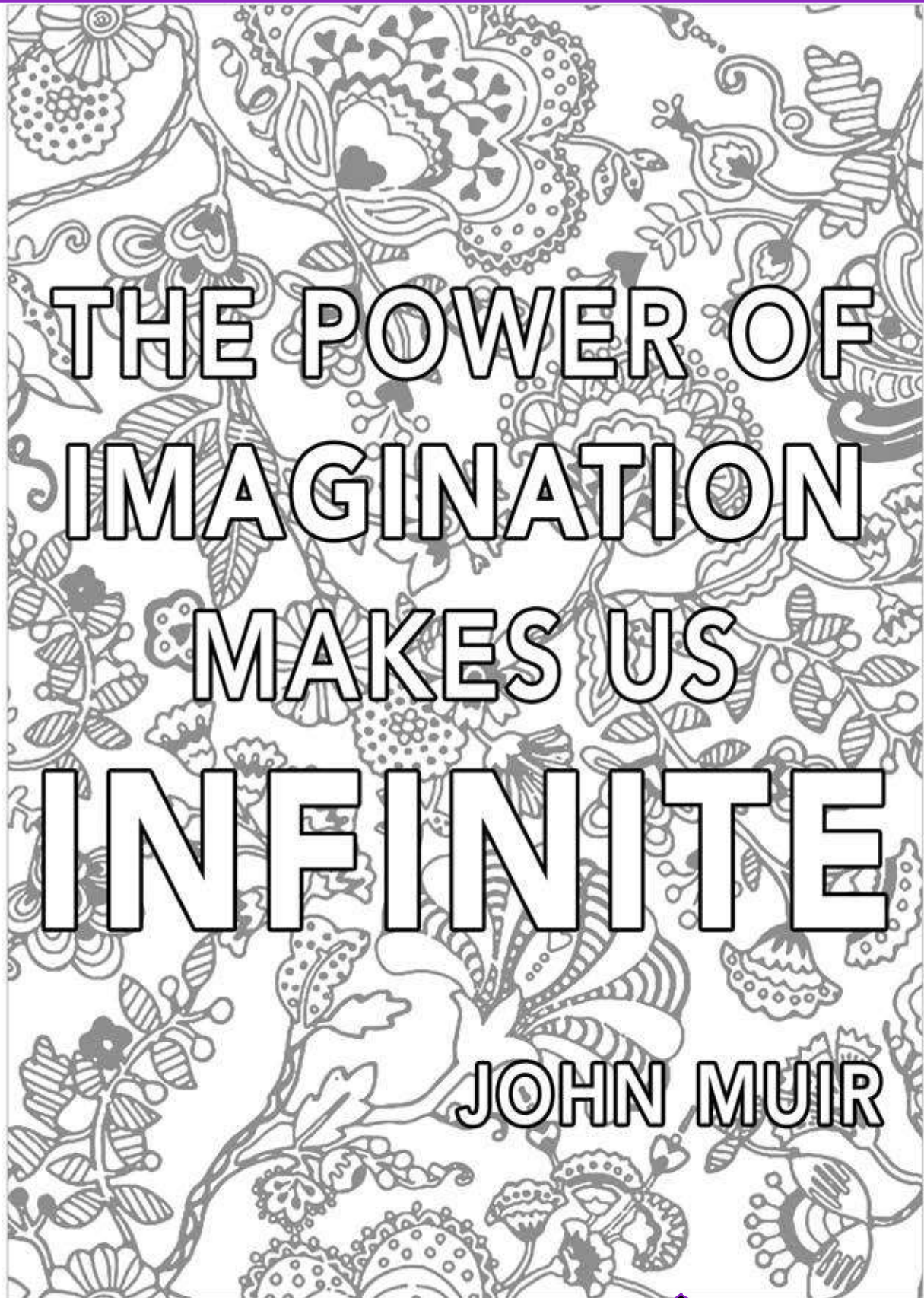
## Flowers Word Wheel

Flowers are often called blossoms. A flower gets its food from the sunlight, water and from minerals within the soil. The flower is the reproductive part of the plant. Did you know that broccoli is actually a flower?



This Flowers themed word wheel is made from a 9 letter Flowers themed word. Try and find that word, then make as many words of any length as you can from these letters. You can only use each letter once, and each word must include the letter C.

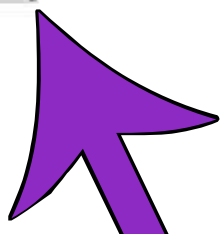
*Wednesday*



THE POWER OF  
IMAGINATION  
MAKES US  
INFINITE

JOHN MUIR

*Colour Me*





# Wednesday

## On This Day...

1940

British politician Winston Churchill faced the House of Commons for the first time as prime minister and told the members “I have nothing to offer but blood, toil, tears and sweat.”



1917

Three children - Lucia dos Santos and her cousins Francisco and Jacinta Marto - reported seeing the Virgin Mary near Fátima, Portugal.

## Notable Birthdays...

1986

*Lena Durham*  
AMERICAN ACTRESS,  
WRITER, DIRECTOR AND  
PRODUCER



1950

*Stevie Wonder*  
AMERICAN SINGER,  
COMPOSER AND  
MUSICIAN



# Wednesday

## Recipe of the Day

### Cauliflower Cheese Soup

#### Ingredients:

- Knob of butter
- 1 large onion finely chopped
- 1 large cauliflower (about 900g/2lb) trimmed and cut into florets
- 1 medium potato peeled and cut into chunks
- 700ml vegetable stock
- 400ml milk
- 100g mature cheddar diced (or white stilton if preferred)

#### Method:

- Heat the butter in a large saucepan.
- Tip in the onion and cook until softened, about 5 minutes, stirring often.
- Add the cauliflower, potato, stock, milk and season to taste.
- Bring to the boil, reducing the heat to allow it to simmer for about 30 minutes until the cauliflower is soft and the potato almost collapsing.
- Whizz in a food processor or crush with a potato masher until you get a creamy, thick soup.
- Top up with more milk to thin it a little if serving in mugs.



You can make this up to 2 days in advance, cool, cover and leave in the fridge until needed, or freeze for up to 1 month. When ready to serve, warm through, ladle into mugs or bowls, top with the cheese pieces, stir through before eating.



# Wednesday

## How Well Do You Know Birmingham

Try these 10 Birmingham related quiz questions to test your knowledge...

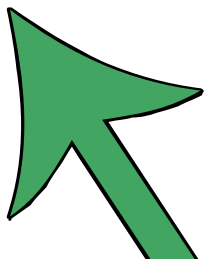
1. Aston Villa is the city's most successful football team. At which ground do they play their home games?
2. Primark replaced which shopping centre in Birmingham city centre in 2019?
3. What is the real name of the Bullring Bull?
4. Birmingham has more miles of canals than which famous European city?
5. How many Michelin-starred restaurants does the city have?
6. Bournville is home to which world-renowned chocolate factory?
7. How many universities does Birmingham have?
8. Which tea brand was founded in Birmingham?
9. Which heavy-metal band was formed in the city in 1968?
10. In what area of Birmingham would you find The Custard Factory?



# Thursday



Colour Me





# Thursday

## On This Day...

1973

Skylab, the first U.S. space station, was launched.



1796

Edward Jenner administered the first vaccination against smallpox

## Notable Birthdays...

1984

*Mark Zuckerberg*  
**AMERICAN COMPUTER  
PROGRAMMER AND  
ENTREPRENEUR**



1969

*Cate Blanchett*  
**AUSTRALIAN ACTRESS**



# Thursday

## Recipe of the Day *Cucumber and Lettuce Soup*

### **Ingredients:**

- 1tsp rapeseed oil
- small bunch spring onions, roughly chopped
- 1 cucumber, roughly chopped
- 1 large round lettuce, roughly chopped
- 225g frozen peas
- 4tsp vegetable bouillon (stock)
- 4tsp bio yogurt (optional)
- 4 slices rye bread

### **Method:**

- Boil 1.4ltrs water in a kettle.
- Heat the oil in non-stick frying pan and cook the spring onions for 5 mins, stirring frequently or until softened.
- Add the cucumber, lettuce and peas, pour in the boiled water.
- Stir in the bouillon, cover and simmer for 10 mins or until the vegetables are soft but still bright green.
- Blitz the mixture with a hand held blender until smooth. Serve hot or cold, topped with yogurt and rye bread on the side.





# Thursday



## Forest Mix Up Word Scramble

The wind blew through the forest and scrambled the trees in all directions. Can you figure out the tree names by unscrambling the letters?

TTCNHUSE

\_\_\_\_\_

RPJEINU

\_\_\_\_\_

PLOPAR

\_\_\_\_\_

BCEHE

\_\_\_\_\_

SAENP

\_\_\_\_\_

LIANAGOM

\_\_\_\_\_

WDRDOEO

\_\_\_\_\_

YERPCSS

\_\_\_\_\_

PMLA

\_\_\_\_\_

OKA

\_\_\_\_\_

LLIWWO

\_\_\_\_\_

LIEVO

\_\_\_\_\_

BBAABO

\_\_\_\_\_

HBCRI

\_\_\_\_\_

KEYUBCE

\_\_\_\_\_

OIMMAS

\_\_\_\_\_

YROSMACE

\_\_\_\_\_

LKOEMCH

\_\_\_\_\_

TLUNWA

\_\_\_\_\_

ONGIGK

\_\_\_\_\_

ECUSRP

\_\_\_\_\_

DAECR

\_\_\_\_\_

EALPM

\_\_\_\_\_

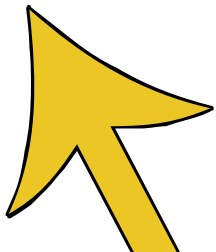
CLIAL

\_\_\_\_\_

*Friday*



*Colour Me*





# Friday

## On This Day...

**1991**

Edith Cresson of the Socialist Party became the first female premier of France



**1918**

The first regular airmail route in the United States opened between New York City and Washington, D.C.



## Notable Birthdays...

**1987**

*Andy Murray*  
**BRITISH TENNIS  
PLAYER**



**1914**

*Tenzing Norgay*  
**TIBETAN MOUNTAINEER**



# Friday

## Recipe of the Day Easy Vegetable Pho

### Ingredients:

- 100ml vegetable oil, plus extra for the tin
- 100g rice noodles
- 1tsp Marmite
- 1tsp Vegetable oil
- 50g chestnut mushrooms, sliced
- 1 leek, sliced
- 2tbs soy sauce

### To Serve:

- 1 red chilli, sliced (deseeded if you don't like it too hot)
- ½ bunch mint leaves (stalks removed)
- handful of salted peanuts
- sriracha

### Method:

- Tip the noodles into a bowl and cover with boiling water. Leave to stand for 10 mins, then drain, rinse in cold water and set aside.
- In a jug, mix the Marmite with 500ml of boiling water. Set aside while you cook the vegetables.
- Heat the oil in a saucepan, add the mushrooms and leek. Cook for 10-15 mins until softened and beginning to colour, add the soy sauce and Marmite water mixture, stir and bring to the boil for 5 mins.
- Divide the noodles between two deep bowls and ladle over the hot broth. Top with the chilli slices, mint leaves and peanuts and serve with some sriracha on the side.





# Friday

## *Brummie Born & Bred*

Richard Hammond - TV  
Presenter



Jamelia - R&B Singer

Kenny Baker - Actor,  
R2-D2 in Star Wars



# Friday

## *Brummie Born & Bred*

Jane Sixsmith - England  
Hockey Player



Adil Ray - Comedian, Actor,  
Writer and Presenter

Barbara Cartland -  
Novelist





# Friday

## *Brummie Born & Bred*

Sir Alfred Bird, 1st Baronet  
Food Manufacturer and  
Chemist



Toyah Wilcox - Singer and  
TV Presenter

Daniel Sturridge - Footballer



# Friday

*Brummie Born & Bred*



Glynn Purnell - Chef,  
Restaurateur and TV  
Personality



# Biography

## Malala Yousafzai

Malala Yousafzai is a Pakistani education advocate who, at the age of 17 in 2014, became the youngest person to win the Nobel Peace Prize after surviving an assassination attempt by the Taliban. Malala became an advocate for girls' education when she herself was still a child, which resulted in the Taliban issuing a death threat against her.

She was born on July 12, 1997, in Mingora, Pakistan, located in the country's Swat Valley. For the first few years of her life, her hometown remained a popular tourist spot that was known for its summer festivals. The area began to change as the Taliban tried to take control.

Malala attended a school that her father, educator Ziauddin Yousafzai, had founded. In 2008, after the Taliban began attacking girls' schools in Swat, Malala gave a speech in Peshawar, Pakistan, the title of her talk; "How dare the Taliban take away my basic right to education?"

In early 2009, when she was just 11 years old, Malala began blogging for the BBC about living under the Taliban's threats to deny her an education. In order to hide her identity, she used the name Gul Makai. However, she was revealed to be the BBC blogger in December of that year.

With a growing public platform, she continued to speak out about her right, and the right of all women, to an education. Her activism resulted in a nomination for the International Children's Peace Prize in 2011. That same year, she was awarded Pakistan's National Youth Peace Prize.

Malala and her family learned that the Taliban had issued a death threat against her because of her activism. Though she was frightened for the safety of her father — an anti-Taliban activist — she and her family initially felt that the fundamentalist group would not actually harm a child.

On October 9, 2012, when 15-year-old Malala was riding a bus with friends on their way home from school, a masked gunman boarded the bus and demanded to know which girl was Malala. When her friends looked toward her, her location was given away. The gunman fired at her, hitting her on the left side of her head; the bullet then travelled down her neck. Two other girls were also injured in the attack.



Photo of Malala Yousafzai

# Biography

The shooting left Malala in critical condition, so she was flown to a military hospital in Peshawar. A portion of her skull was removed to treat her swelling brain. To receive further care, she was transferred to The Queen Elizabeth Hospital in Birmingham, England.

Once she was in the United Kingdom, Malala was taken out of a medically induced coma. Though she would require multiple surgeries - including repair of a facial nerve to fix the paralysed left side of her face - she had suffered no major brain damage. In March 2013, she was able to begin attending school in Birmingham.

The shooting resulted in a massive outpouring of support for her, which continued during her recovery.

Following the attack, Malala said that “the terrorists thought that they would change our aims and stop our ambitions, but nothing changed in my life except this: weakness, fear and hopelessness died. Strength, power and courage were born.”

Nine months after being shot by the Taliban, Malala gave a speech at the United Nations on her 16th birthday in 2013. She highlighted her focus on education and women’s rights, urging world leaders to change their policies. She also urged action against illiteracy, poverty and terrorism quoting; “The extremists were, and they are, afraid of books and pens. The power of education frightens them. They are afraid of women... Let us pick up our books and pens. They are our most powerful weapons.”

In October 2013, the European Parliament awarded Malala the Sakharov Prize for Freedom of Thought in acknowledgment of her work. In October 2014, she became the youngest person to receive the Nobel Peace Prize, at just 17 years old; she received the award along with Indian children’s rights activist Kailash Satyarthi.

Also in 2013, Malala and her father launched the Malala Fund, which works to ensure girls around the world have access to 12 years of free, safe, quality education. The fund prioritises assistance to its Gulmakai Network — a reference to the pseudonym Yousafzai used when she wrote her BBC blog about life in Pakistan under Taliban rule. These countries, including Afghanistan, Brazil, India, Lebanon, Nigeria, Pakistan and Turkey, are where most girls miss out on secondary education.

For her 18th birthday, in July 2015, Malala continued to take action on global education by opening a school for Syrian refugee girls in Lebanon. Expenses were covered by the Malala Fund; the school was designed to admit nearly 200 girls from the ages of 14 to 18. “Today on my first day as an adult, on behalf of the world’s children, I demand of leaders we must invest in books instead of bullets,” she proclaimed in one of the school’s classrooms.



# Biography

In April 2017, United Nations Secretary-General Antonio Guterres appointed Malala United Nations Messenger of Peace to promote girls education. The appointment is the highest honour given by the United Nations. She was also given honorary Canadian citizenship in April 2017. She is the sixth person and the youngest in the country's history to receive the honour.

Malala began studying at Oxford University in 2017. She studies philosophy, politics and economics.

In 2018, Malala returned to Pakistan for the first time since her brutal 2012 attack. Not long after arriving, she met with Prime Minister Shahid Khaqan Abbasi, and delivered an emotional speech at his office.

# Have a go and show!

Below are some simple DIY Craft ideas you can get involved in and try for yourself! Share your efforts with us by emailing [info@qac.ac.uk](mailto:info@qac.ac.uk) with photos of your attempt!

## Make your own Bath Bomb

What you'll need:

- 100g bicarbonate of soda
- 50g citric acid
- 25g cornflour
- 25g Epsom salt (optional)
- 2 tbsp oil – such as sunflower, coconut or olive oil
- ¼ tsp essential oil, such as orange, lavender or chamomile
- a few drops of liquid food colouring
- orange peel, lavender or rose petals, to decorate (optional)
- Mixing Bowl
- Whisk
- Plastic Moulds – you can use anything flexible as a mould (yoghurt or pudding pots, plastic packaging from toys, Easter egg packaging, plastic biscuit cutters on a tray, silicone ice cube trays...)

Instructions:

- Put the bicarbonate of soda, citric acid, cornflour and Epsom salt into a bowl. Whisk until all the ingredients are combined.
- Pour the base oil, essential oil and food colouring in a small bowl. Mix together well combining the oil with the colouring as much as possible.
- Very slowly add the oil mixture into the dry ingredients a little at a time, whisking between each addition. When all the oil is added, add a few tiny drops of water and whisk again (it will fizz when you add the water, so mix it in quickly). You're looking for the mixture to slightly clump together when pressed in your hand and keep its shape – it shouldn't be too wet.
- If you're adding peel or flower petals to decorate, drop them into the bottom of your chosen mould. Pack your mixture tightly on top, pressing down and smoothing out the top with a teaspoon.
- Leave your bath bomb in the mould to dry for 2-4 hrs, then carefully remove it. It's now ready to drop into the bath – watch it fizz away!





# Have a go and show!

## Tin Can Planters

### You will need:

- Tin cans (make sure they have been well washed and dried)
- Hammer
- Nail
- Spray paint (outdoor water and rust resistant spray paint preferred for longevity of these planters)
- Succulents or other small plants
- Soil
- Rocks

### Instructions:

- First start by prepping the can- make sure that it is free of any metal shards left over from opening it. Make sure that it has been well washed and dried before starting. Remove the labels of the cans using hot water and dish soap.
- Use the hammer and nail to place drainage holes in the bottom of each can. You can also use a drill with large drill bit if you prefer a large hole for drainage.

- Next spray the cans. Spray the outside and bottom of the can first with an evenly applied coat. Let dry thoroughly (approximately 20-30 minutes) before flipping to paint the inside and let dry again. You don't need to spray the entire inside, just the top that will show in the interior of the planter.

- Once the tins are dry, fill with rocks at the bottom for drainage. Top with soil and plant the plants in each planter. Dust off the sides of the planters (from the excess dirt of planting) and find the perfect place for your little plant. You may want to use a small plate under each planter for drainage of excess water if you are using inside.

- These little planters lined up in a row would make a great centrepiece for your table, or use them sporadically around the house. They also make great little housewarming gifts, especially for the upcycle enthusiast!



# Have a go and show!

## Toilet Paper Roll Pillow Box

You will need:

- Toilet paper roll
- Drinking glass
- Scalpel (If you don't have a scalpel, you could use a butter knife or other knife)
- Decorations: Ribbons, wrapping paper, stamps etc.

Instructions:

- Clean and flatten your toilet paper roll. First, be sure to clean off any last bits of toilet paper or paper towel from the cardboard roll. Now, you will need to flatten the roll. Just a simple press with your hand will do. You don't want to completely flatten it because you still want it to form a pillow when you're finished.
- Create the flaps. Place a drinking glass at one end of the toilet paper roll, and lightly trace around it with a scalpel to create a curve. You want to press down firmly enough to score the cardboard, but not enough to cut through it. Flip the toilet paper roll over, and do it again on the other side. Then, repeat the process on the other end of the roll.

- Fold in the flaps. Bend the ends of the roll in along the score lines to form the sides of your pillow box. The beauty of a pillow box is that you can open and close it whenever you wish to fill it. It is reusable.
- Fill your box and decorate it. Tuck your gift or party favour inside. Then, decorate the box with bits of wrapping paper or ribbon. You can use a rubber stamp to make designs as well, It can be personalized however you wish.





# Local Heroes

## Staff Spotlight: Nicky Stitt, Manager at Umberslade Nurseries



*Nicky volunteers for Sandwell Council, delivering food and medication to the elderly and to those who are isolating because they have underlying health conditions. She also supports her aunt and uncle who, due to health conditions, have been advised to isolate for 12 weeks.*

*She has set up a private Facebook group for the people who live on her road, which is a particularly long road on which not everybody knows one another. This allows people to request help, post good news stories, keep in touch with each other - especially after their Thursday evening applause for NHS/Care staff/Keyworkers.*

*The group helps to promote community spirit and helps people realise that they are not alone!*

*One Nicky's friends also produces PPE, which Nicky will be delivering to care homes in her local area.*

*In addition to all this good work, she also sings with a virtual choir!*

# New Arrivals

## **Annabelle Michaela Grant**



**Born: 1st May 2020 at 3.03pm**

**Weight: 8lb 8oz**

**Congratulations to Jade, daughter  
of QAC's Rehabilitation and Travel  
Training Team Manager Michaela,  
who earlier this month welcomed  
Annabelle into the World!**