



Queen Alexandra College

# *QAC Weekly*

*Issue 13*



# Monday

IF you can

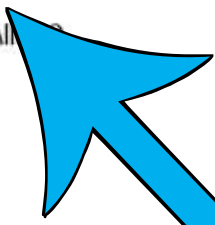
DREAM it,

you can

DO it.

Colour Me

Doodle Art All





# Monday

## On This Day...

**1986**

Argentine football player Diego Maradona scored his memorable "Hand of God" goal (the ball struck his hand, but the referee mistakenly thought it had hit his head) to help Argentina defeat England in a World Cup quarter-final game; Argentina went on to win the tournament.



**1611**

English explorer Henry Hudson - who earlier had tried to discover a short route from Europe to Asia through the Arctic Ocean - was set adrift with his son and seven others in Hudson Bay by mutineers.

## Notable Birthdays...

**1964**

*Dan Brown*  
**AMERICAN AUTHOR**



**1949**

*Meryl Streep*  
**AMERICAN ACTRESS**



# Monday

## Recipe of the Day

### *Easy Lentil Pastries*

#### **Ingredients:**

- 320g shortcrust pastry sheet (homemade or shop bought)
- 250g pouch French tomatoey green & Puy lentils
- 100g feta
- 1 egg

#### **Method:**

- Heat oven to 200C/180C fan/gas 6.
- Unroll the pastry and cut into 24 squares.
- Divide the lentils and feta between the pastry squares, leaving a border around the edge.
- Beat the egg and brush a little of it onto the edges of the pastry, then pinch together to seal in a cross shape at the top.
- Transfer the pastries to a large baking sheet, brush with the remaining beaten egg and bake for 20 mins until golden.
- Serve as a starter with dressed leaves.



# Monday

## Tokyo Word Search

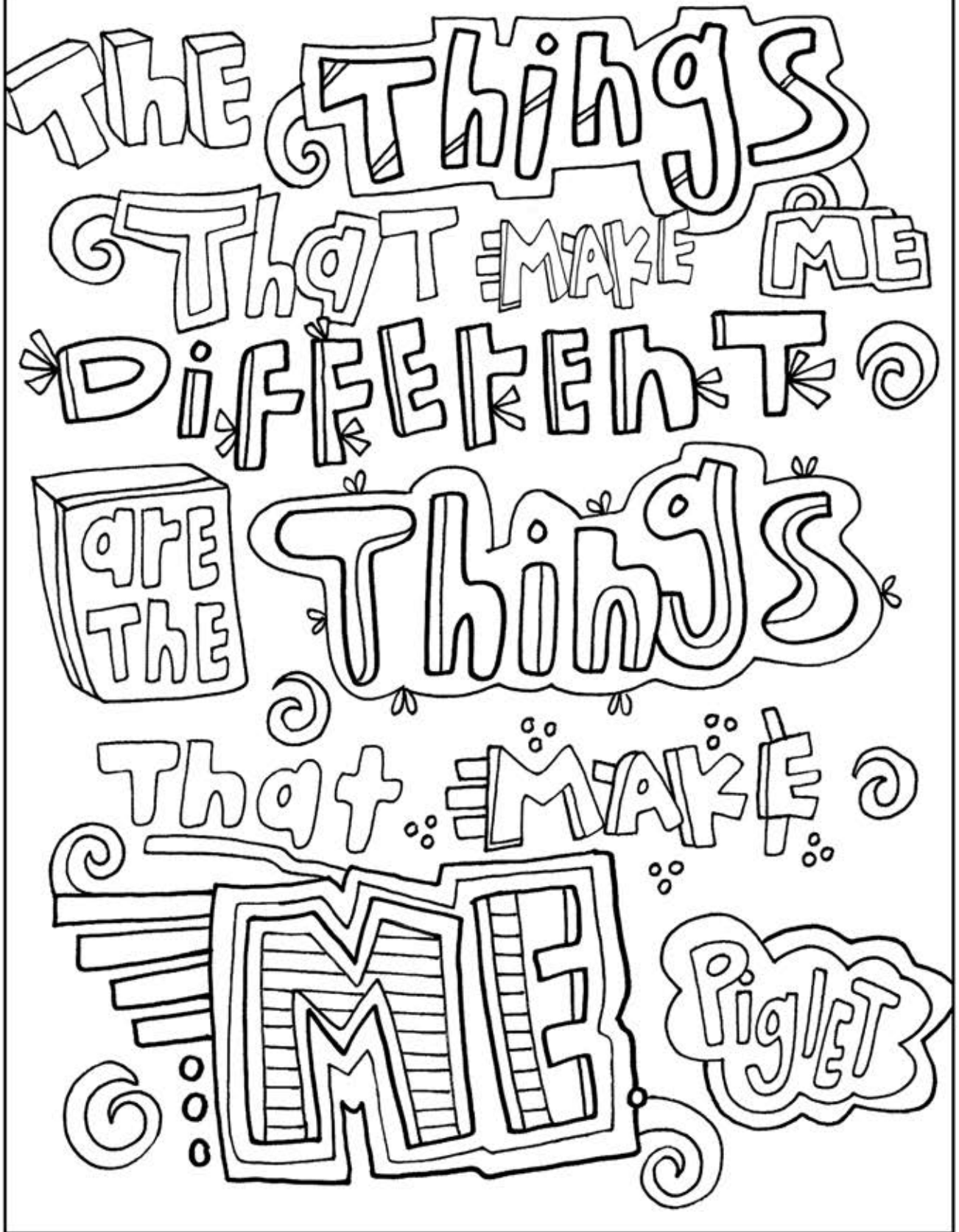
DIRECTIONS: Find and circle the words in the word search grid. Look for them in all directions including backwards and diagonally.

- Akihabara
- Disneyland
- DisneySea
- Fish Market
- Ginza
- Godzilla
- Harajuku
- Imperial Palace
- Museums
- Odaiba
- Park
- Ramen
- Roppongi
- Salaryman
- Shibuya Crossing
- Shrine
- Sky Tree
- Sumo
- Sushi
- Temple
- Tempura
- Tokyo Dome
- Tokyo Tower
- Train
- Udon
- Yakitori



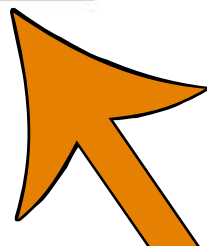


# Tuesday



Doodle Art Alley ©

# Colour Me



# Tuesday

## On This Day...

2016

The United Kingdom voted in a referendum to withdraw from the European Union, with 51.9 percent supporting Britain's exit ("Brexit") and 48.1 percent opposing the move; it marked the first time a country had decided to leave the organisation.



1314

The Battle of Bannockburn began on this day, a decisive engagement in Scottish history whereby the Scots defeated the English, regained their independence, and established Robert the Bruce as Robert I.



## Notable Birthdays...

1940

*Wilma Rudolph*  
**AMERICAN TRACK AND  
FIELD ATHLETE**



1912

*Alan Turing*  
**BRITISH MATHEMATICIAN**



# Tuesday

## Recipe of the Day *Cheat's Gnudi*

### **Ingredients:**

- 200g bag spinach
- 150g garlic & herb Boursin
- 100g fresh breadcrumbs
- 2 tbsp grated parmesan (or vegetarian alternative)

### **Method:**

- Put the spinach in a large colander set over the sink.
- Pour boiling water over, then leave to cool and drain.
- Squeeze out the excess moisture, then blitz in a food processor with the soft cheese, breadcrumbs and some seasoning.
- Rub some oil on your hands, then shape the mixture into 20 balls.
- Cook in a pan of boiling, salted water for 2 mins.
- Scoop out, season and drizzle over some oil and scatter over the parmesan.





# Tuesday

## Pets Word Scramble

We keep many animals as pets the most popular include dogs, cats, hamsters, fish, mice, guinea pigs and birds. Did you know that a goldfish can live up to 40 years and a bird must eat at least half its own weight in food each day to survive?

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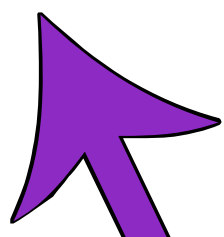
This Pets themed Word Scramble features **10** Pets themed words which have been scrambled. See if you can unscramble them to see what they are.

# Wednesday

Doodle Art Alley ©



# Colour Me





# Wednesday

## On This Day...

**2010**

Australian politician Julia Gillard was sworn in as Australia's first female prime minister.



**1497**

John Cabot became the first European to set foot in North America since the Vikings.

## Notable Birthdays...

**1987**

*Lionel Messi*  
**ARGENTINE-BORN  
FOOTBALLER**



**1979**

*Mindy Kaling*  
**AMERICAN ACTRESS,  
COMEDIAN AND  
AUTHOR**



# Wednesday

## Recipe of the Day *Breaded Mushrooms*

### **Ingredients**

- 100g/3½oz mushrooms
- 100g/3½oz plain flour, seasoned with salt and freshly ground black pepper
- 2 free-range eggs, beaten
- 100g/3½oz breadcrumbs
- 500ml/18fl oz vegetable oil

### **Method**

- Toss the mushrooms in the flour, coat them in egg, then coat in breadcrumbs.
- Heat the oil in a deep, heavy-bottomed pan. It is ready when a breadcrumb that is dropped in will sizzle gently in it. (CAUTION: hot oil can be dangerous. Do not leave unattended!)
- Deep fry the mushrooms until golden. Carefully remove with a slotted spoon and drain on kitchen towels.





# Wednesday

## Number Search

INSTRUCTIONS: Find the numbers that appear in the list below the grid. Numbers can be found in any of the following directions: up, down, forwards, backwards and diagonally.

3	8	7	6	9	4	9	6	8	7	4	0	9
2	5	4	8	0	2	9	4	7	4	1	9	0
9	5	1	0	6	7	4	7	1	4	4	8	8
3	6	2	7	0	6	9	4	6	8	3	2	5
2	5	9	2	5	8	0	5	3	0	7	2	7
9	9	6	1	8	1	7	8	1	3	5	1	7
9	2	1	4	7	6	8	4	2	5	0	5	4
4	6	7	0	5	0	7	3	2	4	1	6	7
6	3	4	8	2	7	4	3	6	1	9	2	3
8	9	3	9	3	6	4	6	3	6	1	9	3
6	8	6	2	0	5	9	7	7	3	5	9	6
0	2	7	4	0	1	9	7	2	6	7	6	9
9	4	4	0	7	2	3	1	7	4	2	4	4

174244

254802

269208

279104

323460

329946

351751

374775

515970

578506

597735

629565

634716

687409

699428

703508

714488

742119

743619

804127

876949

914749

936463

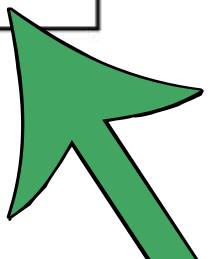
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# Thursday



Doodle Art All

# Colour Me





# Thursday

## On This Day...

1950

North Korea unleashed an attack southward across the 38th parallel, after which the UN Security Council (minus the Soviet delegate) passed a resolution calling on UN members to assist South Korea



1447

Casimir IV, the grand duke of Lithuania, was crowned king of Poland.

## Notable Birthdays...

1961

*Ricky Gervais*  
BRITISH COMEDIAN



1852

*Antoni Gaudi*  
SPANISH ARCHITECT



# Thursday

## Recipe of the Day

### Hummus

#### Ingredients

- 400g can chickpeas, drained
- 80ml extra virgin olive oil
- 1-2 fat garlic cloves, peeled and crushed
- 1 lemon, juiced then ½ zested
- 3 tbsp tahini
- mixed crudités and toasted pitta bread, to serve (optional)

#### Method

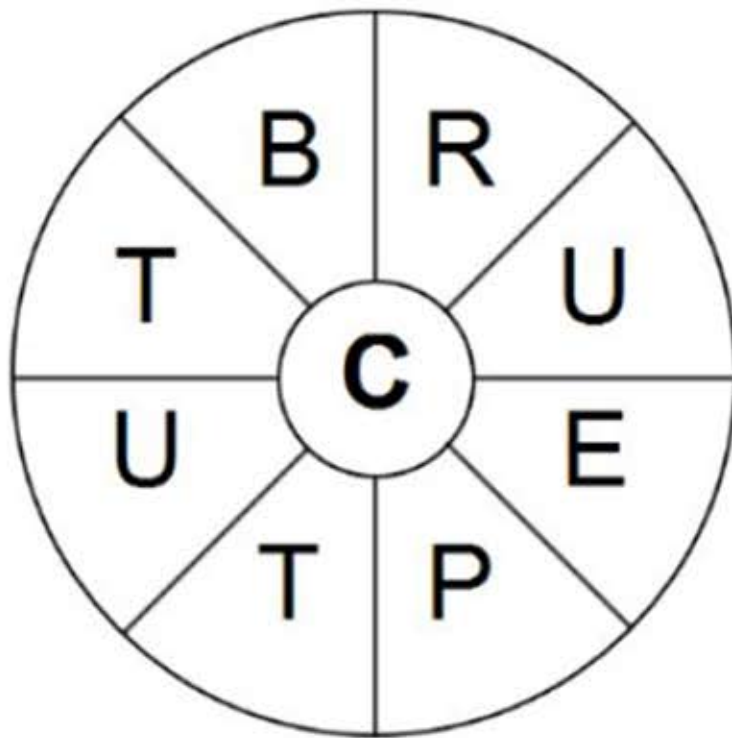
- Thoroughly rinse the chickpeas in a colander under cold running water.
- Tip into the large bowl of a food processor along with 60ml of the oil and blitz until almost smooth.
- Add the garlic, lemon and tahini along with 30ml water.
- Blitz again for about 5 mins, or until the hummus is smooth and silky.
- Add 20ml more water, a little at a time, if it looks too thick.
- Season and transfer to a bowl.
- Swirl the top of the hummus with the back of a dessert spoon and drizzle over the remaining oil.
- Serve with crunchy crudités and toasted pitta bread.



# Thursday

## 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**.





Friday



Colour Me 

# Friday

## On This Day...

**1979**

After almost 20 years of professional fights, heavyweight champion Muhammad Ali announced his retirement from boxing.



**1977**

Elvis Presley performed in public for the last time.

## Notable Birthdays...

**1931**

*Colin Wilson*  
**BRITISH WRITER**



**1911**

*Babe Didrikson  
Zaharias*  
**AMERICAN ATHLETE**



# Friday

## Recipe of the Day

### Tuna Sweetcorn Burgers

#### Ingredients:

- 85g white bread, torn into pieces
- 198g can sweetcorn, drained
- 2 x 185g cans tuna in water, drained well
- 25g grated cheddar
- 3 spring onions, finely chopped
- 1 egg, beaten
- 2 tbsp vegetable oil
- Wholegrain bread rolls, lettuce, salsa, to serve

#### Method:

- Whizz the bread in a food processor to crumbs, tip into a bowl, then whizz half the sweetcorn until finely chopped.
- Add the chopped corn, remaining whole corn, tuna, cheese, spring onions and some seasoning into the bowl with the bread and mix well.
- Add the egg, bit by bit (you may not need it all), until the mixture is sticky enough to be shaped into four even-size burgers.
- Heat the oil in a non-stick pan, then cook the burgers for 5 mins on each side until golden and hot through the middle.
- Stuff into wholemeal buns with your favourite lettuce and a good dollop of salsa.





# Friday

## The incredible life of Honey Bees

- Honey bees must gather nectar from two million flowers to make one pound of honey.
- One bee has to fly about 90,000 miles - three times around the globe - to make one pound of honey.
- The average bee will make only 1/12 th of a teaspoon of honey in its lifetime.
- A honey bee visits 50 to 100 flowers during a collection trip.
- A honey bee can fly for up to six miles, and as fast as 15 miles per hour.
- The bee's brain is oval in shape and about the size of a sesame seed, yet it has a remarkable capacity to learn and remember things. For example, it is able to make complex calculations on distance travelled and foraging efficiency.
- Honey bees communicate with one another by dancing.
- A colony of bees consists of 20,000-60,000 honey bees and one queen.
- Worker honey bees are female, live for about 6 weeks and do all the work.
- The queen bee can live up to 5 years and is the only bee that lays eggs. She is the busiest in the summer months, when the hive needs to be at its maximum strength, and lays up to 2500 eggs per day.
- Larger than the worker bees, the male honey bees (also called drones), have no stinger and do no work. All they do is mate.
- Honey has always been highly regarded as a medicine. It is thought to help with everything from sore throats and digestive disorders to skin problems and hay fever.
- Honey has antiseptic properties and was historically used as a dressing for wounds and a first aid treatment for burns and cuts.
- The natural fruit sugars in honey - fructose and glucose - are quickly digested by the body. This is why sportsmen and athletes use honey to give them a natural energy boost.
- Honey bees have been producing honey in the same way for 150 million years.
- The honey bee is the only insect that produces food eaten by man.
- Honey lasts an incredibly long time. An explorer who found a 2000 year old jar of honey in an Egyptian tomb said it tasted delicious!



# Friday

## *The incredible life of Honey Bees*

- The bees' buzz is the sound made by their wings which beat 11,400 times per minute.

- When a bee finds a good source of nectar it flies back to the hive and shows its friends where the nectar source is by doing a dance which positions the flower in relation to the sun and hive. This is known as the 'waggle dance.'

- Honey's ability to attract and retain moisture means that it has long been used as a beauty treatment. It was part of Cleopatra's daily beauty ritual.

- Honey is incredibly healthy and includes enzymes, vitamins, and minerals. It's the only food that contains "pinocembrin", an antioxidant associated with improved brain functioning.



# Biography

## Baroness Tanni Grey-Thompson

Paralympic Champion and Peer

Baroness Grey-Thompson of Eaglescliffe is a Paralympian, lifetime peer and broadcaster who has broken 30 world records across an incredible 16 year Paralympic career.

Tanni is a wheelchair-racer like no other. She has won the London Wheelchair Marathon a staggering six times between 1992 and 2002 and competed at five Paralympic Games from 1988 - 2004, taking home 11 gold medals, four silver and one bronze. At the 1992 Barcelona Paralympics, she became the first woman to complete 400m in less than 60 seconds. At World Championships she added a further five gold, four silver and three bronze medals to her haul.

Tanni has written two books: *My Autobiography* and *Aim High*, and does motivational speaking. She was voted BBC Wales' Sports Personality of the year three times and named BBC Sports Personality of the Year and Sunday Times Sports Woman of the Year. Tanni has been recognised by numerous institutions and holds a staggering 28 honorary degrees. Since 2015 she has served as Chancellor of Northumbria University.

In 2005 Tanni was made a Dame for her services to sport, and in 2010 created a life peer, becoming Baroness Grey-Thompson of Eaglescliffe, in the County of Durham. As a working cross-bench peer she sits on numerous All Parliamentary Party (APPG) groups, and is especially active on issues of equality, disability rights, welfare reform and sports.

Tanni is Chair of active and a board member at the BBC, the London Legacy Development Corporation, Sports aid Foundation, and the Duke of Edinburgh Awards. She is married to fellow wheelchair athlete Dr Ian Thompson.

Tanni said: "Attitudes toward disabled people have come a long way but there's still much to do. The Power List shows the huge variance of disabled people in a wide variety of roles and shows the different pathways you can take."



Photo of  
Tanni Grey-Thompson



# 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!

## DIY Hanging Shelf

### Materials

- Wood (Poplar, 5 1/2 x 24)
- Macramé cording
- Power drill
- Drill bit (match the size to your cord/rope)
- Sanding block
- Gold macramé hoop, 2 inch
- Glue gun
- Scissors

### Method

1. Trim wood to appropriate size. The shelf featured here is 5.5 inches x 17 inches. Sand edges.
2. Drill holes using appropriate size drill bit in all four corners of the wood.
3. Lightly sand drilled holes.
4. Cut two pieces of cording, 3 to 4 feet. Thread one piece up through the holes on the left side, and then the other cord through the holes on the right, pulling the cording up from the bottom.
5. Pull the left and right sides of the cording to meet evenly at the top. Loop the four pieces of cording through the metal ring.

6. Determine how long you want your shelf to hang from the gold ring. Secure the cording onto the ring using hot glue. Fold the cording over the ring and glue.
7. Take two pieces of the cording and wrap around the other two pieces of cording. You will wrap around four or five times.
8. Trim the ends of the rope that you wrapped around the other cording.
9. Wrap the end of the rope and add some hot glue to make sure it stays secure. Glue on the front and back of the ends of the wrapped rope.
10. Hang the shelf and add your favourite small vases, candles, ceramics, beauty products, and more!

