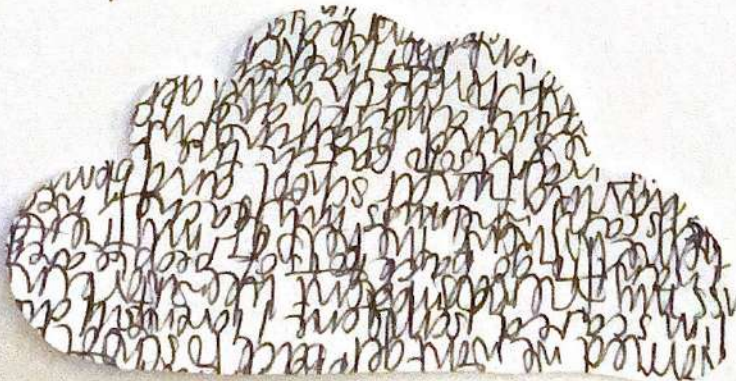



Wash away your Worries

I always find that writing my worries down and making some art with them helps me think more clearly. It might not solve any of the problems, but mostly, writing them down and making them into something, helps.

1. Write, write, write: don't worry about spelling, punctuation or anything. Write it down; hopes, fears; worries - ANYTHING. Write nice and close, even over the top of your writing if you don't want anyone to be able to read it. I often write the same thing over and over again... filling up a page if you can but a small patch is fine. Try not to leave spaces between the lines so that it is hard to read!

2. Cut your writing into a cloud shape. I've even turned mine upside down.



2. Next get your trusty magazine stash and find some colourful pieces in rainbow colours cut them into wedge shapes with a curved bottom  and stick them down to make an umbrella. Give it a top and a handle.

3. Hide your worried face under the rainbow umbrella and draw the rest of your body in wellies and a coat underneath. Colour the wellies in a really cheerful colour and give your coat a splash of something bright too.


4. Draw a big puddle with lots of splashes, by your feet and the rain coming from the cloud - don't forget your umbrella is protecting you from all the worries - and splash them all away with your wellies!




Great Glasses

When we are drawing portraits at Ingestre I'm always asked about glasses - they can be quite tricky but there are lots of people around who wear them - so let's give them a whirl.

1. Find an old piece of newspaper or a page from a magazine which has lots of print on it (lots of words) just so we have an interesting background.

2. Cut out a rectangle - about A6 (that's $\frac{1}{4}$ of a normal piece of **A4** paper) and sketch yourself a margin  to keep inside of.

3. Next, we are going to add a head shape and neck and shoulders. 

4. Keep it simple and next add your hair; help yourself by making it easy and use the "hair helmet" technique, think of the over all shape and draw that rather than

each strand of hair.

5. Add the **GLASSES** next - half way down the head shape - make sure they reach the edges of the face. Then add a nose, eyes and a mouth. Remember that sometimes, glasses make a person's eyes smaller or bigger - this can be quite exciting to explore!

6. When you're happy with your pencil lines get a fineliner and draw them all in.

7. Now you can find a felt-tip pen and colour in the background of your picture leaving the person to be the most exciting part. Don't forget to rub out your pencil lines!

8. Try lots of different hair styles and glasses and make a montage of your creations.

Emotional reading

READING about Jon Biddle's lucky class, choosing to talk about the right to feel emotional when reading (Educate, November/December, page 38), stirred up two memories from long, long ago.

Reading the death of Lenny in *Of Mice and Men* with a fourth year class, the stillness in the room was broken by a disturbance from the back. Being a bit surprised and more than a bit disappointed, I looked up to challenge the source. It was a girl sobbing uncontrollably.

As the memories flow, I can never forget how an A-level class and I were at times rendered helpless with laughter reading passages from *Catch-22*. Fond memories. Thank you, Jon.

John Airs, Liverpool

Abuse overlooked

WITH regards to your article on domestic abuse (Educate, November/December, page 15), I note that the author downplays, by omission, domestic abuse if perpetrated by anyone other than a man towards a female partner. I quote: "Women are most likely to experience domestic abuse at the

hands of a male partner.

Although no-one would deny this is true, the author has failed to give credit to any woman abused by her civil partner, wife or female partner, nor to any man abused by any partner.

May I suggest the sentence be adjusted to read something like this: "Although statistically it is heterosexual women who are most likely to be abused by heterosexual male partners, women are also abused by their civil partners, wife or female partner. Men, too, are abused, by husbands, civil partner and male partners. Domestic abuse is domestic abuse, no matter who the perpetrator nor who the target."

By failing to acknowledge the reality of same sex/gender domestic abuse, the writer has minimised the experience of all survivors, ironically using a tactic employed by perpetrators themselves to justify what they have done.

For reference, minimising, denying and blaming all appear in one section of *The Power and Control Wheel* (<http://www.duluthmodel.org/wheels>), which is a universal vehicle for showing the commo-

themes and experiences of all survivors of domestic abuse.

Why not ask NEU members for submissions next time so that all experiences are covered? I feel rather silenced by my own union.
Franky Clare, Islington

Books with modern Asian figures sought

THERE has been an increase in books concerning famous Black Afro-Caribbean figures, some from the UK, although generally from the US, because of Black Lives Matter, which is great.

However, there are very few books concerning Asian figures. There are some wonderful picture books, but even those only usually picture Asian characters in Hindu legends. These are beautiful, but do not reflect the here and now.

I am a retired teacher, and my granddaughter has started teaching year 5 in an east London school but finds the mainly Bangladeshi community doesn't feature at all in books. No wonder children feel unrecognised. It would be so valuable to have current pictures featured. I have searched everywhere. Can anyone help?

Jane Hailstone, Chiswick

Cookery should be taught like reading

AMIDST the attention raised by the campaign for free school meals during the holidays, more broadly the concerns of food poverty, the role of school has gone unnoticed.

The move to design and technology in the 1980s, of at the expense of good cook teaching, has left many people with poor knowledge of basic skills. The desire for convenience television focus on showy, extravagant food has not helped. Food can be very cheap.

My local supermarket sells off fruit and vegetables at £1.50 for a box. All children should be shown how to make simple, cheap, nutritious meals. It's a life skill like reading and writing.

Andrew McKay, Malvern


No apology for very upsetting TPS error


I WAS interested in the apology from a reader regarding earnings when retired (Educate, November/December, page 15). Currently your employ must inform the teachers' Pension Scheme (TPS) how


Nameflakes

Snowflakes - brilliant aren't they? All different, no two the same. - let's make name ones.
Grab a big plate, some paper and your scissors and let's rustle up a personalised snow-storm!!

1. Pencil, plate, paper.... draw lots of big circles and cut them out neatly.

2. Fold in half  then fold into

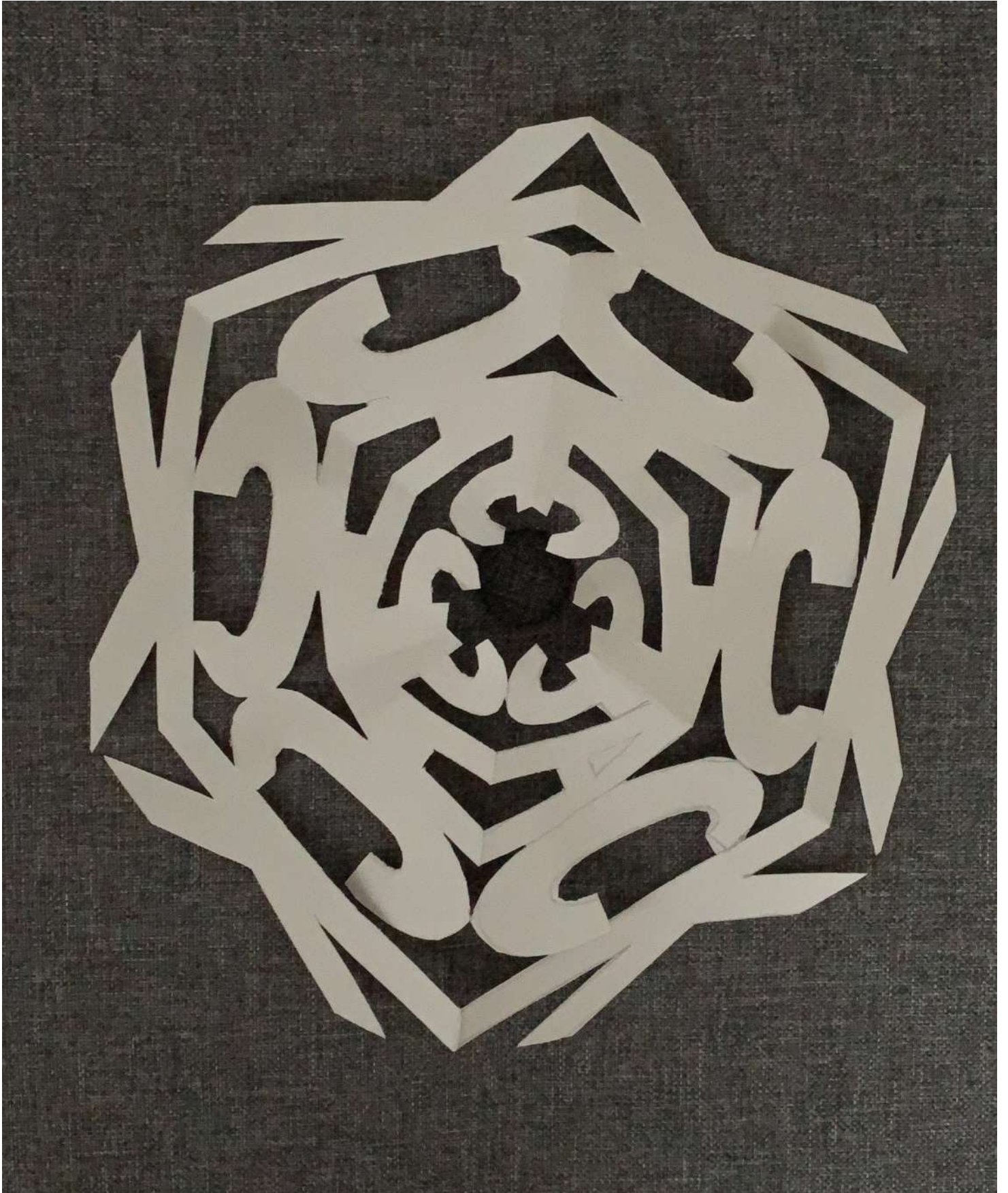
thirds  so that the triangles
over lap.

3.  on your paper, draw your name in block or bubble writing making sure the letters touch each other and top and bottom of the paper. - else it won't work!

You have to be creative with letters which have a hole in them!!!

4. Cut carefully making sure you don't chop any important bits off.



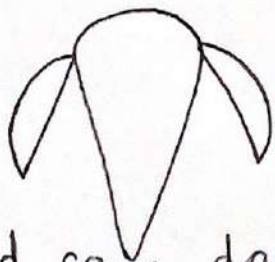


Wallpaper Woollies

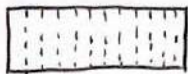
I love wallpaper samples - get them for free off websites which don't charge postage - we frame them, collage with them, wrap small presents... the list is endless!

We are going to make some woolly sheep wearing wallpaper; let's get started.

1. Find something circular to draw round onto your wallpaper. Cut a few circles out.
2. Next draw the head template onto a bit of cardboard so you can draw round it on black or white paper. You need a rounded triangle and two half circles like this.



cut it out and then make some heads out of white or black or grey.

3. Find some dark bits you can cut some strips to turn into legs  cut them out too.

4. First stick the heads on the bodies and draw some eyes.

Then stick the bodies onto some plain paper - or you could collage some grass for your sheep to munch!

5. Slide the legs under the edge of the bodies when you're gluing them in place.


Done!



Dynamic Doodles

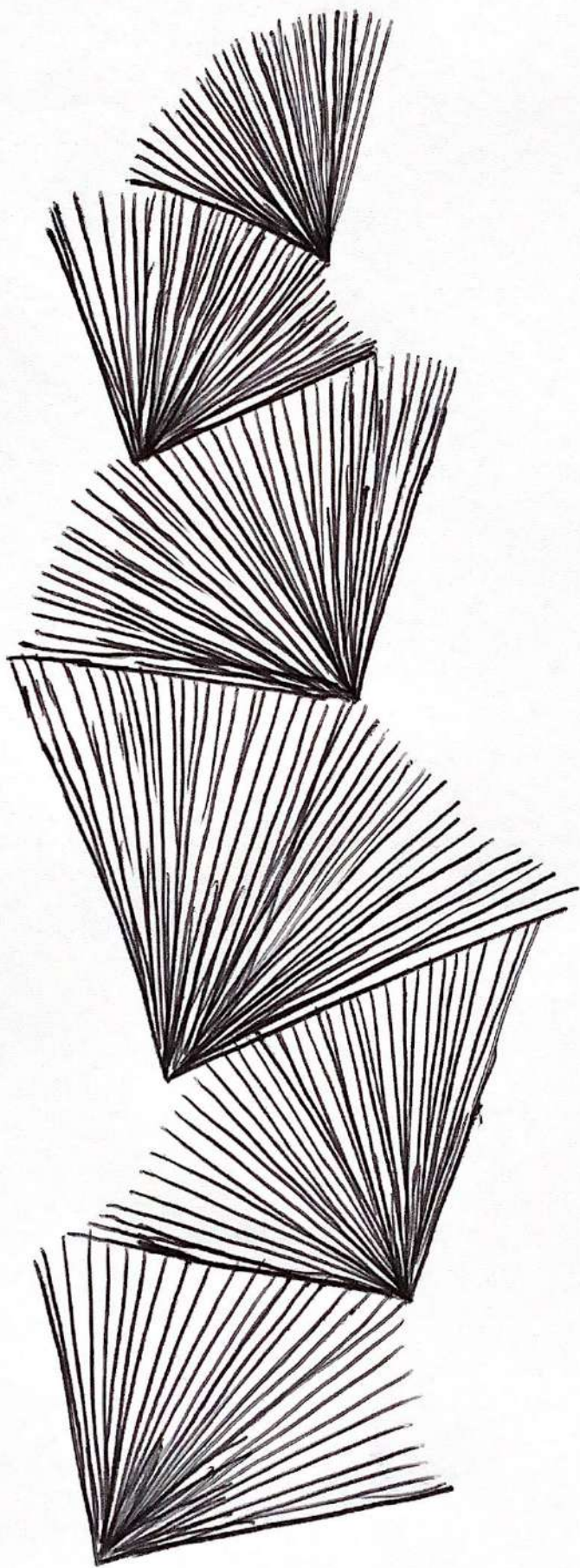
Doodles are a great way of exploring pattern, line and shape. Grab yourself a biro and some paper and let's start doodling!

1. Get drawing some right-angles on your paper, about 5 or 6 is perfect.

 - capital 'l' forwards and backwards is fine too!

2. Start with some lines radiating out from the corner of each L shape. The more you have, the more effective it looks so don't give up. If you can get them to touch when you start the next L then that's amazing!

3. Add more L's if you want - cover the paper or just do a column - remember that the straighter you can draw your lines, the more effective it will look.

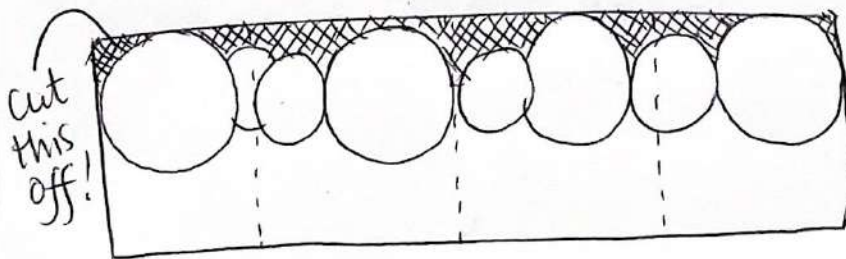


ZigZag Landscape

Getting outside for some fresh air and exercise is really important, but if it's wet and cold it's not that much fun - so why not create a landscape while you're stuck indoors? You'll need a cardboard box, some paper from a magazine and glue + scissors - let's get started...

1. Cut a strip from a cardboard box you are allowed to use (don't forget to check it's not one of those 'useful' boxes adults tend to save!) It needs to be at least the length of a long ruler and the height of a small ruler.

2. Next find some round things to draw round or draw some round shapes yourself at the top of your cardboard.



Now cut the top bit off where I have shaded in

3. Tear out some exciting bits of text from your magazine - I found a sudoku and a crossword which looked really cool! If you put them behind the section of the tree you are covering and draw round it, it makes it easier to get the right shape



4. Stick them down - don't worry if they overlap, make sure the edges are well stuck

5. Next, find something to make the trunks out of - I used a denim shirt someone in the magazine was wearing - anything will do! cut some chunky trunks with the odd branch or two, and stick them down.

6. Now you're ready to fold, zig-zag style so that it stands up.



...the best-selling author...
...Michael fought a long battle with...
...unbeaten by the ravages of this...
...crisis Michael has strong views on the...
...others. A must-read on page 22.
...there are also features on outdoor learning, giving...
...breathing space during the pandemic, and the campaign...
...against discrimination against afro hair in schools and...
...The top priority for the NEU has been your safety -...
...protecting these members at increased risk, or clinically...
...vulnerable. Member feedback tells us we are having success...
...the safety of these members, supporting their requests to...
...home (see page 6).

On page 8 you can read about the work the NEU is doing...
...assessment, a key issue that has been brought into new...
...by Covid-19, and the NEU's work to highlight the issues of...
...poverty, which have been exposed so clearly during the...
...members repeatedly tell us of children not coming to school...
...tired and unable to...
...Covid-19 has shown that we are so much more...
...situations. They are...
...the tremendous support...
...of Lerry Henry and...
...of Milton talking...
...of schooling...
...our supply me...
...we highlight...
...agencies (A...
...supp...

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6	8	2
7	9	3
8	9	2

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...ation thinking, reflect...
...rent teaching discussions...
...rovides a space for the sharin...
...of best practice.

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9	2	1

...a design teacher at L...
...and Engineering UTC (LDE), a...
...school for 14- to 19-year-olds, was...
...dismissed in September, two months after she...
...came a rep...
...NEU members picketed the entrance...
...LDE in Newham on 26 November...
...demanding Sutton's reinstatement. It was...
...the first of six days of action.

Sutton told strikers: "It's a real shame...
...we have got to this point. All we were asking...
...about was health and safety, the wellbeing of...
...staff, questions that as workers we should be...
...able to ask management."

"If it wasn't for...
...support of the NEU...
...would have been...
...my ear. I haven't...
...asked questions...
...encourage people...
...to join their trade...
...because it's...
...important...
...is just...
...the...
...parents li...

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30