

# LEARNING HUBBUB



Topical tales from the Learning Hub.



## Veganuary:

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## What is Veganism?

“Going vegan” means that you don't eat or drink anything made from or by animals. That means that you don't consume meat, fish, cheese, milk or eggs. Some vegan's don't eat honey, but that is a personal choice. All of these foods and drinks are traditionally made from or by animals, however, we now have vegan versions of most animal products. These alternatives used to be hard to find, but they are now stocked in most supermarkets.

## What is Veganuary?

Veganuary is a charity that is championing for “a world without animal farms and slaughterhouses. A world where food production does not decimate forests, pollute rivers and oceans, exacerbate climate change and drive wild animal populations to extinction”. The company aims to inspire people to try veganism for the month of January, and hopefully far beyond just that one month. They encourage people to make compassionate and responsible food choices that will protect the planet and improve human health.

Since 2014, Veganuary have worked with businesses to drive up vegan food provision in shops and restaurants, and have made veganism more visible and accessible through their work with national and international media. They have supported over a million people to join the cause and have participants in over 190 countries worldwide.

## Gimmie the Numbers...



**1,000,000**

Over 1,000,000 participants since 2014



**192**

192 countries around the world



**1200**

More than 1200 new vegan products and menus were launched for Veganuary 2020



**98%**

98% would recommend Veganuary to a friend



**600**

More than 600 businesses took part in Veganuary 2020

## Vegan Voices.

Interested in trying veganism but not sure where to start or what to change? There are lots of people in the same boat! And lot's of Vegan Veterans that have gifted us with their wisdom:

[BBC Bitesize](#)

[Spotify: Meet the ChickPeeps!](#)



There are lots of myths surrounding veganism but as long as you are eating a good source of protein and getting a variety of nourishing vitamins in your diet then there is no reason that going vegan (even for a day or two to try it) wouldn't be a beneficial change.

All of these celebs are, or have been, vegan! Some choose to follow a vegan diet full time, some have specific days of the week where they only eat vegan meals and some have periods of time where they eat a vegan diet in preparation for work—to cleanse their body for instance. Other vegan celebrities of note are; Elliot Page, Benedict Cumberbatch, Ellie Goulding, Ariana Grande, Venus and Serena Williams and Liam Hems-

## Guess Who('s Vegan).



Beyoncé



Zac Efron



Miley Cyrus



Alex



Sarah Stewart



Abel Trujillo



Peter Dinklage



Jermain



Laverne Cox



Maggie Q



Lewis Hamilton



Sandra

## What's in the Hub?

*Hungry* for more vegan know how? Well the shelves of the Learning Hub are *full* of treats just for you! We have a range of cook books that could help you learn new and exciting recipes, and even those that aren't designed strictly for a vegan diet can easily be adapted. We have books that showcase simple foods that are full of flavour and are easy and cheap sources of protein, so if you're interested in learning to cook something new (or just learning to cook!) please just get in touch and we will advise you on where to start.

The hub is also home to many books written about vegan stars; Lewis Hamilton for instance has a great biography in our non-fiction section!

And of course the work of vegan writers fill our shelves: Benjamin Zephaniah is a wonderful author and poet who has written a whole host of epic novels and been part of many great anthologies. For instance, *Refugee Boy* follows Alem, a refugee that flees the war in Ethiopia and finds himself in England. At first, Alem is delighted to be having a holiday with his dad, until he wakes up one morning to find his father has left him in England alone...

And *Terror Kid* tells the story of Rico. Rico knows trouble. He knows the look of it and the sound of it. He also knows to stay away from it as best he can. Because if there's one thing his Romany background has taught him, it's that he will always be a suspect.

If there is are any books in particular you'd like to request or just find out more about then just email the Learning Hub team at [learninghub@woodgreenacademy.co.uk](mailto:learninghub@woodgreenacademy.co.uk).



## Miss Cooper's Best Vegan Brownie Recipe Ever!

Preheat oven to 180C.

Line baking tin with parchment paper (I used an 8x8 tin).

Mix ½ cup of hot melted vegan butter, 1 ½ cup of granulated cane sugar, 1/3 cup of non-dairy milk (I used oat) and 3 teaspoons of vanilla extract.

In a separate bowl, mix 1 cup of plain flour, ¾ cup of cocoa powder, ¾ teaspoon of bicarbonate of soda and a bit of salt (around ¼ teaspoon).

Mix wet and dry ingredients.

Fold in vegan choc chips – I did 200g.

Then put in tin and bake for 25/30 mins!

Let it cool in tin for around 30 mins and then it take out and cool on a cooling rack.

Then cut a slice and enjoy your DELICIOUS treat.



Non-Vegan ingredients to avoid: Galtian, collagen, honey and isinglass.

They may not be ingredients you would look out for normally but these non-vegan items are found in lots of meat eater diets. Be sure to be on the look out for them.

## Miss Bennett's Top Tips (for new vegans)!

1. **Don't pressure yourself to get things perfect straight away: you can make this journey in your own time.** Some people wake up and decide to be vegan right then and there; changing to a strict vegan diet straight away. Some people think it over for a long time, and make small conscious choices and become vegan over a longer time frame. For instance switching out your regular milk to a vegan alternative (like soy milk) is a great first change.
2. **Experiment with new vegan alternatives and give new recipes and foods a try!** Switching to a vegan diet doesn't mean you are going to be deprived of your favourite food; there are lots of great new alternatives including milk, cheese, pizza, burgers, sausages and chicken! You might need to try a few different brands or recipes to find the one you love, but we have to do that with a non-vegan diet anyway. Not even Goldilocks found her favourite porridge right away!
3. **Be prepared to answer lots of questions about calcium and protein.** Most of the time people aren't concerned about what you are eating, but when you change your diet to pescatarian, vegetarian or vegan, usually lots of people want to know where you will get all the nutrients that you need; namely protein and calcium! However, plant based diets are often more nutritionally dense and varied than meat based diets. For instance you can find calcium in: spinach, chickpeas, orange, broccoli, sweet potato, carrots, tomatoes, brazil nuts, almonds, rocket, kale, soy beans, tofu. And you can find lots of protein in: peanut butter, almonds, pistachios, oats, tofu, peas, potatoes, whole wheat bread.
4. **You need to supplement B12.** You can find this in meat, eggs and fish, but it actually comes from dirt—and these animals tend to be given supplements as even they can't get B12 in their natural habitat anymore. So by cutting out meat, fish and dairy, you are cutting out the middle man and just taking the supplement yourself. Lots of vegan foods will be labelled "with added B12" or you can buy supplement tablets from health food stores.
5. **You will make mistakes along the way, but don't give yourself a hard time over it.** We don't live in a vegan world and not everything is labelled, you are bound to accidentally eat or drink something that isn't vegan, but that's ok! This will be a learning process and going vegan was a choice you made for and by yourself, you don't owe an explanation to anyone for slip ups. Equally, don't be upset with yourself for having cravings! This is a big lifestyle change and it's bound to take some effort. Just remind yourself of why you made the change in the first place and find yourself an alternative snack.

# LOOKING AFTER ME

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## LOCK DOWN THREE

2020 was a year of many challenges, and it looks like the start of 2021 will look pretty different to 'normal' for us too. And as we move towards a 'new normal', it is important to make sure we take time to build self care into that new routine. That time will look different for each person; some people will unwind by reading a chapter of a book, some will draw or paint, some may play a game or do something active where possible. But while we are working online a lot, time away from screens in the evening is important. We've got some resources and advice on what to do during your down time, some reminders on the basics of what your body and mind need, and some numbers to call if you need to turn to someone.

### When in doubt, talk it out:

If you feel that you are ready to start a conversation about your mental health you should do it how you are most comfortable. That could be with a **friend or family member** or your **GP**. The service **Kooth** offer is entirely anonymous and **Shout Crisis (text 85258)** and **Childline (call 0800 1111)** or the **Samaritans (call 116 123)** are all accessible too.

However you choose to reach out for help, know that your voice is heard and it is valued. As are you.

### Mental Health.

Starting the conversation yourself might be difficult, so if you would feel more comfortable listening in on discussions around mental health, then the podcast '**Insane in the Men Brain**', might be the place to start.

**Rise Above** also have some great content regarding anxiety, social concerns, depression and other mental health battles that you can access here.

And if you feel like you are ready to start the conversation, but don't who to start it with, **Kooth** is a great anonymous service you could turn to in order to air your worries.

### Physical Health.

Our physical health can play a role in our mental health; if we aren't looking after our bodies, we often aren't looking after our minds. It is really important to stay active and make choices that are conscious of our health and fitness.

**Teen Vogue** have put together a great list of apps that can help motivate and monitor your fitness journey.

It's also important to remember that our physical well being is often just as aided by a rest day or some down time as it is by pushing yourself to walk that once a day 5k at a speedier pace.

### Self Care Top Tips.

Negativity is infectious, and in tough times it's easy to be tough on ourselves. So it is really important to find *you time* in order to see a positive change in your outlook and attitude.

Top Tip's from your peers are:

- Get organised: write or print out your time table, prioritise your tasks and build time in to your routine for you to have a moment or two of calm.
- Remember that your teachers are here to help advise you with remote learning.
- Find something that helps you relieve stress: a new hobby, reading, meditation, a walk.
- Get enough sleep: a solid 8 hours can really refresh you.
- Drink lots of water and eat well.
- Find your support system: speak to your friends and family about your concerns. A problem shared is a problem halved.



'If you break your leg, you're going to go to the doctor to get that leg healed. If... something inside you feels like it's wounded, it's just like a physical injury. You've got to get help. There's nothing weak about that. It's strong'  
- President Obama.

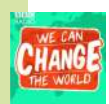
### Lovely Listens.

Having a positive playlist can make all the difference to the way that you start your day or unwind in the evening. It can also be a great way to fill a study break with a quick 10 minute dance before getting back to live lessons.

However you choose to use music, we have created a playlist of lovely listens to encourage a positive change to your mood: just click the link you like the look of to explore...

If you're more of a podcast person then we recommend you make time for *Wake Up/Wind Down* or *Happy Place* with Fearné Cotton.

*We Can Change the World* with Isy Suttie is an inspiring podcast from the BBC in which the host, Isy, interviews inspiring young people that have had a huge impact on their local community, and in some cases, the world. The BBC also offers *Make a Difference*, a good news podcast.



# Virtual Work Experience Programme 20/21!

A feature from  
Miss A Birch.

This academic year has seen a difference in the way that we do work experience at Wood Green Academy, however it has not stopped our pupils going above and beyond and looking at other ways of gaining those valuable employability skills. Speakers for Schools and other companies are looking at ways to ensure our pupils can achieve their goals.

So far since September 2020 the following pupils have completed a Virtual Wex Placement:

Mohammed Rahman 11D1 at Tesco and PWC (Price Waterhouse Coopers)

Simone Ali 11P1 at Wilmott Dixon Construction (her team won the Amazon voucher prize)

And the following pupils have joined a course being run by Medic Mentors, which started on the 17<sup>th</sup> October and is run on every 3<sup>rd</sup> Saturdays for 6 months:

Alishba Asif 11A1 / Ben Curtis 11S1 / Asna Kazmi 11A1/ Azka Kazmi 11A2 / Tahmina Hoque 10E1 / Sairah Begum 10S1 / Rehan Rahman 10D2 / Sajiha Khanum 10A1 / Abida Zannat 10E1 / Sehrish Adnan 10D2 and Saimah Khanom 10N1.

The Queen Elizabeth Hospital has partnered with Medic Mentor, the UK's largest medical family, to provide free live virtual work experience to any student in the UK wanting to become a doctor, dentist or vet. This work experience programme is completely unique because unlike other virtual work experience programmes, it is **LIVE**, using high fidelity simulation in the best state-of-the-art-simulation centre in the country, at the QE Hospital in Birmingham. The pupils are following 3 patients over a 6-month period as they go from diagnosis, to treatment and follow up, that is provided by real doctors and a multidisciplinary team.

## Asna Kazmi:

Recently I joined medic mentors after attending one of their get into medicine conferences. I found it amazing as it gave me a lot of insight into medical school applications what I need to get in my GCSE's and A-LEVELS and how to pass my UCAS exams. I have joined their virtual work experience program and so far it has been delightful. I have gotten rare insight on how multidisciplinary teams work together to diagnose treat and follow up patients. I have been able to see how complicated procedures such as lumbar punctures arterial blood gases and ventilators are applied to patients. Moreover, I have attended a lot of Webinars on how to "prepare for medical school interviews" and "if I have what it takes to be a medical student" It has all been helpful and interesting and has confirmed my career aspirations as I am now sure that I want to do medicine.

## Rehan Rahman:

Recently, I have been accepted to the Medic Mentor's VWEX. I have already completed one session with the next one being in November. I chose this placement as I wanted to learn more about people in the medical field, the skills they require and the tasks they complete. From the first session, I have learned about taking a medical history of the patient, how doctors and nurses deal with difficult situations and how doctors reflect on their work. I took many notes on the first session, including tests the doctors did, the tone the doctors used and ideas on the reflective journey, using Gibb's Reflective cycle in the workbook they gave to me. I have already been contacted by the company about details of the next session, on zoom. The placement is useful as it allows me and other pupils to ask informative questions which go directly to the doctors.