



**Royal Wootton Bassett  
Academy Sixth Form  
Weekly Newsletter #100  
10 February 2023**



Who would have thought that Stickers and Balloons would bring such fun!!

Thank you to all involved in spreading the love yesterday and raising some money for charity.





# Music Mondays!

## **D of E Celebration Evening**

On Monday 23<sup>rd</sup> January, Function Band performed at the D of E Celebration Evening. Katie Hughes and Maddie Ralph - lead singers, Christopher Jacobs - Piano, Charlie Mann - Trumpet, Cofi Nash - Trombone, Daisy Osborne - Tenor Saxophone and Alfie Whetham - Trombone including other students in years 7-11!



## **Year 11 Celebration Evening**

On Monday 30<sup>th</sup> January, Rhiannon Caple and Tane Castle performed to their Year 11 year group, parents, tutors and teachers. Rhiannon played Scott Joplin's Cascades and Tane Castle played an excerpt from Gershwin's Rhapsody in Blue. Well done to you both!

## **A Level Music Chamber Concert**

On Monday 6<sup>th</sup> February our A Level Music students performed a recital to parents, friends and family.

Fantastic performances from Katie Hughes-Singing, Daisy Osborne-Singing, Christopher Jacobs-Piano, Louis Stephenson- Piano, Flute Ensemble, Rhiannon Caple-Piano, Aaron Notley-Jones-Classical Guitar and Tane Castle-Piano.

Flute Ensemble: Katie Hughes 13WO2, Cofi Nash 13BA1, Naomi Coombs 11WI2 Amy Moody 11BE2, Patricia Chu 10BE3 and Isobel Gleave 9BE3. Well done to you all!

### **Katie Hughes Singing**

At the Evening Window by Jan Freidlin

With You from Ghost

Don't Rain on my Parade from Funny Girl

**Daisy Osborne Singing**

On My Own Claude Michel by Schoenberg from Les Miserables

Don't Stop Believin' by Journey

Life on Mars, Words and Music by David Bowie

**Christopher Jacobs Piano**

Brahms Intermezzo in E

Jingo by Christopher Norton

TV Theme Medley

**Louis Stephenson Piano**

Debussy Reverie

Schumann Romance in F# Op.28

Schubert Impromptu in Ab Op.142

**Flute Ensemble**

Alla Hornpipe from Handel's Water Music

Jurassic Park by John Williams

Both arranged by Tracey Absalom, Flute Teacher

**Rhiannon Caple Piano**

Cascades by Scott Joplin

**Aaron Notley-Jones Classical Guitar**

Doux Movement from Aeolian by Luc Levesque

**Tane Castle Piano**

Chopin Etude 10 Opus 3



**The Y12/13 Term 3 Chess Competition took place on 8<sup>th</sup> February.**

Taking part were Cofi Nash, Ethan Franklin, Fredi Mathews and Zach Coventry. The overall winner was Cofi but, as he says, everyone played really well.

**Congratulations Cofi on the win!**






## Year 13 revision presentation link from Mr Day & Dr Shepperson

<https://prezi.com/view/a9EYfyopfYeXdnMjdt2Q/>

### How to revise: the 20 revision techniques that work

1. Make a plan
2. Create a calm study space
3. Prepare a folder for each subject/topic
4. Be clear about your goals and grades
5. Find out exactly how long you've got
6. Understand your gaps
7. Draw up a revision timetable
8. Test yourself
9. Space out your revision
10. Switch topics regularly
11. Use mind maps
12. Self quiz with flash cards
13. Use practise exam papers
14. Time yourself answering questions
15. Do some revision every day
16. Take regular breaks
17. Know your most productive time of day
18. Sleep well
19. Turn up on time
20. Do your best

Good luck for GCSEs from everyone at  THIRD SPACE LEARNING

## What level are you?

Level 1 – I **read** through my notes

Level 2 – I **make notes** from what I read

Level 3 – I **transform** my notes into another format e.g. diagrams, lists, mnemonics, flash cards, tables

Level a – I answer **past questions** but avoid hard ones

Level b – I answer **hard past questions** until I get it right

Level c – I use **mark schemes** to help me improve my answers

Level d – I use **examiner reports** and mark schemes

Level e – I practise **AGAIN and AGAIN** until I KNOW I have got it right & seek support when I need it.

## Aim for 3e!

# February Half term 9 Day Challenge

Over half term you  
have 9 days  
without lessons!

## Rule of 8

8 hours sleeping  
8 hours studying/  
revisiting learning  
8 hours – your time



## Plan Your Revision

“If you fail to plan you plan to fail”

Make sure you know how you are going to revise, what you are going to revise and when you are going to revise it.

## Be Positive

- Plan small steps to feel good throughout the day.
- Tick off your tasks as you go.



## Look After Yourself

- Eat nutritious food that releases energy slowly
- Drink water instead of sugary drinks
- Sleep – it is important for memory and emotional health
- Take regular exercise

**BAE SYSTEMS**  
INSPIRED WORK



Open evening for BAE Systems Apprenticeship and Graduate schemes in Filton next week

Feb 16

# **BAE Systems Submarines Apprentice and Graduate Schemes Open Evening**

Considering a career with the largest defence company in Europe? Come along to our open evening event to kick start your future career!

<https://www.eventbrite.com/e/bae-systems-submarines-apprentice-and-graduate-schemes-open-evening-tickets-524736339517>



APPRENTICES

# APPRENTICESHIPS IN STEM SUBJECTS

**An overview of apprenticeship opportunities in science, technology and engineering.**



**For more information visit:  
[www.apprenticeships.gov.uk](http://www.apprenticeships.gov.uk)**

## Introduction to apprenticeships

An apprenticeship is a paid job where the employee learns and gains valuable experiences. Alongside their on-the-job training, they will spend at least 20% of their working hours completing classroom-based learning with a college, university or training provider which will lead to a nationally recognised qualification.

An apprenticeship includes:

- paid employment with holiday leave
- hands-on-experience in a sector/role of interest
- at least 20% off-the-job training
- formal assessment which leads to a nationally recognised qualification

For more information about apprenticeships visit: [www.apprenticeships.gov.uk](http://www.apprenticeships.gov.uk)

## Finding an apprenticeship

All accredited apprenticeship vacancies can be found on find an apprenticeship service; [www.gov.uk/apply-apprenticeship](http://www.gov.uk/apply-apprenticeship)

By creating an account, you can sign up to be alerted of opportunities based on interest and location.

Some employers advertise vacancies directly on their website, so make sure you check employer websites directly if you can't find what you're looking for on find an apprenticeship.

## Maths

### Where can maths take me?

Maths subjects open up lots of apprenticeship opportunities because they develop much sought after employability skills such as:

- problem solving
- organisation
- numeracy
- communication
- business management
- attention to detail
- administration
- analytics
- financial planning

### Careers in maths

There are a huge range of sectors and job roles related to maths. Here's just a few examples:

- systems analyst
- business adviser
- quantity surveyor
- electrician
- engineering craft machinist
- teacher
- architect
- accountant
- business and financial manager
- airline pilot
- tax inspector
- software developer
- Royal Navy rating
- aerospace engineer
- plumber

## What maths apprenticeships are there?

There are a number of apprenticeships that link to an interest in maths, such as:

- construction, planning and built environment
- engineering and manufacturing technologies
- information and communication technology
- business admin and law

## Employers that offer maths apprenticeships

There are hundreds of employers that offer apprenticeship opportunities that link to art and design.

Some of the bigger employers you may recognise include:

- Lloyds bank
- Coca-Cola
- PWC
- Santander
- HM Revenue and Customs

To browse current apprenticeship vacancies and employers, visit [www.gov.uk/apply-apprenticeship](https://www.gov.uk/apply-apprenticeship).

## Science

### Where can science take me?

Science subjects open up lots of apprenticeship opportunities because they develop much sought after employability skills such as:

- teamwork
- technical ability
- problem solving
- organisation
- numeracy
- communication
- attention to detail
- administration
- analytics
- discipline

### Careers in science

There are a huge range of sectors and job roles related to science. Here's just a few examples of job roles in science:

- ecologist
- geotechnician
- food scientist
- astronaut
- biochemist
- environmental consultant
- physicist
- palaeontologist
- osteopath
- zoologist
- astronomer
- biologist
- archaeologist
- robotics engineer
- meteorologist
- forensic scientist

## What science apprenticeships are there?

There are a number of apprenticeships that link to an interest in science, such as:

- pharmacy assistant
- theatre support worker
- laboratory/science technician
- gas installation engineer
- polymer production technician
- animal care assistant
- health care assistant
- dental nurse
- sound technician
- software developer
- installation electrician
- civil engineering technician

## Employers that offer science apprenticeships

There are hundreds of employers that offer apprenticeship opportunities that link to science subjects.

Some of the bigger employers you may recognise include:

- RSPCA
- GSK
- NHS
- Boots
- Thames Valley Police

To browse current apprenticeship vacancies and employers, visit [www.gov.uk/apply-apprenticeship](https://www.gov.uk/apply-apprenticeship).

## ICT & Technology

### Where can ICT and technology take me?

ICT and technology subjects open up lots of apprenticeship opportunities because they develop much sought after employability skills such as:

- teamwork
- technical ability
- problem solving
- organisation
- numeracy
- communication
- creativity
- attention to detail
- analytics

### Careers in ICT

There are a huge range of sectors and job roles related to ICT and technology. Here's just a few examples of job roles:

- systems analyst
- IT trainer
- astronaut
- web designer
- IT security coordinator
- web editor
- electrician
- computer games tester
- web content manager
- software developer
- robotics engineer
- teacher
- user acceptance tester
- medical illustrator

## What ICT and technology apprenticeships are there?

There are a number of apprenticeships that link to an interest in ICT and technology, such as:

- civil engineering technician
- installation electrician
- software developer
- network engineer
- IT support
- IT technician
- IT analyst programmer
- web developer
- sound technician

## Employers that offer ICT and technology apprenticeships

There are hundreds of employers that offer apprenticeship opportunities that link to ICT and technology subjects.

Some of the bigger employers you may recognise include:

- Google
- Amazon
- BT
- Sky
- ITV

To browse current apprenticeship vacancies and employers, visit [www.gov.uk/apply-apprenticeship](http://www.gov.uk/apply-apprenticeship).

## Engineering

### Where can engineering take me?

Engineering subjects open up lots of apprenticeship opportunities because they develop much sought after employability skills such as:

- teamwork
- communication
- problem solving
- organisation
- time management
- creativity
- numeracy

### Careers in engineering

There are a huge range of sectors and job roles related to engineering. Here's just a few examples of job roles:

- chemical engineer
- engineering maintenance fitter
- biochemist
- brewery worker
- pattern grader
- biomedical engineer
- welder
- motor vehicle technician
- garment technologist
- structural engineer
- mechanical engineer
- engineer
- offshore drilling worker
- woodworking machinist

## What engineering apprenticeships are there?

There are a number of apprenticeships that link to an interest in engineering, such as:

- aerospace engineer
- electrical power networks engineer
- engineering technician
- manufacturing engineer
- nuclear engineer
- rail and rail systems engineer
- food and drink engineer
- heritage engineering technician
- marine engineer

## Employers that offer engineering apprenticeships

There are hundreds of employers that offer apprenticeship opportunities that link to engineering subjects.

Some of the bigger employers you may recognise include:

- Jaguar Land Rover
- BAE systems
- Bentley
- Airbus
- Network Rail

To browse current apprenticeship vacancies and employers, visit [www.gov.uk/apply-apprenticeship](https://www.gov.uk/apply-apprenticeship).

## Still unsure?

If you're still unsure about your career options, the National Careers Service provides information, advice and guidance to help you make the right career decisions.

Visit: <https://nationalcareers.service.gov.uk/>

Call: 0800 100 900

Chat online:

<https://nationalcareers.service.gov.uk/webchat/chat>





**At Lloyds Banking Group we're building something special.** We've already invested more than £4 billion in our digital transformation, making us the UK's largest digital bank. Now we're continuing that journey, aiming to provide the very best service for our 26 million customers.

**Create a new future for yourself, our business, customers, and communities** as a Lloyds Banking Group apprentice.

Our **wide range of apprenticeship programmes** will provide you with all the training, support and mentoring you need to learn about our industry and develop your strengths. More than that, your work will have a real impact on customers and communities across the country – as part of our goal to **Help Britain Prosper**.

If you're motivated and forward-thinking, there's a place for you here – as part of a diverse, welcoming workplace where you can be your authentic self. You could be working on the latest digital banking innovations, using data to improve the customer experience, helping us fight fraud, and much, much more. **An apprenticeship here is just the start. Imagine what's next.**

**Apply Now:**

[https://www.lloydsbankinggrouptalent.com/our-programmes/apprenticeships/?goal=0\\_65c6d67e71-4fc5f54454-211973597&mc\\_cid=4fc5f54454&mc\\_eid=bd69c7df25](https://www.lloydsbankinggrouptalent.com/our-programmes/apprenticeships/?goal=0_65c6d67e71-4fc5f54454-211973597&mc_cid=4fc5f54454&mc_eid=bd69c7df25)

## INFORMATION FOR YOUR STUDENTS

### THE STUDENT ROOM AND UEA: BLOGS

#### AM I READY?

How can you tell if you're really ready for university?

[READ BLOG](#)

#### HOW WILL I PAY?

How do students cover the cost of going to university?

[READ BLOG](#)

#### GAP YEARS

Is it a good idea to take a gap year before university?

[READ BLOG](#)

### MOOCs



#### Free online courses

Did you know, UEA offers several MOOCs (massive open online courses) as a free and flexible way to broaden your knowledge and prepare for university?

- [An Introduction to Screenwriting](#)
- [The Secret Power of Brands](#)
- [Biochemistry: The Molecules of Life](#)
- [Preparing for University](#)

<https://www.futurelearn.com/unlimited>



# To celebrate our 100th Newsletter have a look at the list below.

In half term what a better way to use the time than focussing on 'you'.

## 100 Ways To Be who you want to be.

1. Put a post-it on your mirror that says, "You look beautiful!" – and then accept the compliment every time you look at yourself.
2. Buy fresh flowers every now and then. – Brighten up the place.
3. Used colored pens for no particular reason. – Blue and black are fine, but how about orange?
4. Take a walk without a destination. – It's a great way to get some exercise and clear your mind. Be mindful of what you see, hear and feel.
5. Take a hot bath. – With bubbles.
6. Write in a journal. – Write anything that calls you. Ideas, experiences, dreams, frustrations – get them out of your head and down on paper.
7. List the things that you're grateful for. – You can't help but feel better when you literally count your blessings.
8. List the things that you like about yourself. – We can all list the things that we don't like about ourselves. Turn that around and think about your many positive qualities.
9. Create something. – Many of us have gotten away from actually making things. Create some artwork. Write something. Build something. Make something that didn't exist before. It can be functional or frivolous – as long as you enjoy the process.
10. Treat yourself. – We struggle to be disciplined, especially with money and food. You deserve a reward, right?
11. Smile. – It's very difficult to feel bad when your face is happy.
12. Squash negative thoughts. – Listen to what's going on in your head and actively quiet the voices of pessimists and critics. Assume the best, not the worst.
13. Try something new. – Go out on a limb. Learn something new. Do that thing you've always wanted to try. The more experiences you have, the richer your life will be.
14. Get enough sleep. – Everything is hard when you're tired.

15. Meditate. – It takes a little practice at first, but if you find a meditation that works for you, you will be calmer and more peaceful.
16. Drink plenty of water. – It's basic, but it's so good for you.
17. Stretch. – Before you start your day, take a few minutes for a good muscle stretch. It just plain feels good. And, it's fast, easy and free.
18. Put some "me time" on your calendar. – When life gets busy, doing things for yourself is the first thing to be sacrificed. So, actually block out time on your calendar. Call it a 'staff meeting' or something so that no one intrudes on your time.
19. Call a friend. – Think of someone who you enjoy and ring them up!
20. Ask for help. – This can be hard. But it's so important to recognize when you need a sounding board, or some advice, or an extra pair of hands.
21. Say no. – Your time is valuable. Set boundaries to avoid becoming overwhelmed.
22. Ask for a hug. – We all need one. So just go get one. The person you ask probably needs one too.
23. Delegate. – Hire someone to mow the lawn or scrub the floors. Teach the kids to do laundry. Give that project to a co-worker. You do not have to do it all.
24. Take a deep breath. – And another. Now another. It's like a mini-break to reset yourself during the day.
25. Light a candle or use a reed diffuser. – Your sense of smell creates the strongest memories. Find scents you love and enjoy them.
26. Claim some space for yourself. – A place where you can go to have a quiet moment to read a book, or meditate, or cry – somewhere that you can get some peace and privacy.
27. Get out into nature. – Reconnecting with the earth is just good for your soul. Feel the breeze. Breathe the fresh air. So good!
28. Buy the good ice cream. – Even on the tightest of budgets, this is important.
29. Use lotions & soaps with scents that you love. – It's a nice way to pamper yourself, plus you'll smell good all day.
30. Give a compliment. – Telling someone that they had a fantastic idea or that they look beautiful in that color creates a pleasant environment and makes two people feel good for the price of one.
31. Listen to music. – Listen to whatever makes you happy. Can you be grumpy while listening to your favourite music?

32. Play. – Something we forget as teens/adults. A board game, a sport, finger painting – find something frivolous and have fun!
33. Eat foods that you love. – Low fat, low calorie, low carb – blah, blah, blah. Food is to be enjoyed! Put food into your body that nourishes you in every way.
34. Be silly every now and again. – We take ourselves entirely too seriously. Let go. Be spontaneous and outrageous!
35. Laugh. – Sometimes you just need a good laugh to lift your spirits.
36. Limit screen time. – Too much time in front of computers, TV's, computer games, and our phones (or all of the above) disconnects you from the world immediately around you and makes your brain mushy. Make sure that you're getting plenty of input from the non-virtual world.
37. Be present. – Be deliberate about experiencing what's happening right now. It's all about the journey – don't miss yours!
38. Stop worrying. – It's going to be fine. Because it is.
39. Trust yourself. – You are smart, capable and talented. Your choices are just as valid as anyone else's. Don't second guess yourself.
40. Do something that's only for you. – Remember that hobby that you used to have time for? Or that food that no one else in your house likes? Reclaim it.
41. Make sure your health is in order. – What's more important than your health? See your doctor regularly. Make sure you are getting the vitamins or supplements that you need. Advocate for yourself as you would for a young child.
42. Give to someone in need. – Donating your time or your stuff or your money to someone less fortunate makes you feel good and puts your problems into perspective.
43. Sparkle! – Feeling schlumpy? Get all dolled up. Wear something schmancy. It's a good way to find your strut.
44. Dance. – It's inherently joyful. You can't be sad if you're dancing!
45. Write your own rock star introduction. – Image you're on tour with thousands of screaming fans. How will you be introduced? "Please welcome the brilliant, the amazing, the gorgeous....you!"
46. Stand up for yourself. – Your needs are important. Don't let anyone disregard them. Pushing back can be scary but it's empowering too!
47. Celebrate! (for any reason at all) – You followed your revision plan! You finished the latest box set! You don't have to get up early! The week is more than half over! Let's party!

48. Find a mantra or an affirmation that lifts your spirits. – “Today is a new day.” “I know that life always supports me.” “I get everything that I want.” Find one that works for you.
49. Stand tall. – Your spirit can’t soar when you slouch. You feel much more powerful when you stand up straight and look the world in the eye.
50. Choose optimism. – Thinking positive thoughts has a tangible impact on your day and on your life.
51. Dream big. – You can do anything you set your mind to!
52. Tune out the naysayers. – People criticize for many reasons, most of which have nothing to do with you. Follow your heart – not everyone has to get it.
53. Add color to your surroundings. – Beiges and taupes are pervasive these days. Depressing. Make sure that you introduce energetic colours to your work and where you live.
54. Surround yourself with the things you love. – Photos of loved ones or mementos that bring happy memories. You should have the stuff that you love all around you.
55. Declutter. – You should have ONLY the stuff that you love. Purge everything in your life, both physical and emotional that you don’t honestly need, use or love. Everything else distracts you from your true intentions and bogs you down.
56. Stop procrastinating. – Procrastination is a form of perfectionism. Accept that it’s not going to be perfect and just get it over with. Imagine how great it will feel to not have it hanging over your head any more!
57. Listen to your inner voice. – Your instincts are good. It’s important to listen to your own head and heart.
58. Cut yourself some slack. – Arguably the most important tip on this list. We hold ourselves to impossible standards and then beat ourselves up when we don’t meet them. Would you be this hard on anyone else?
59. Slow down. – When you’re living your life at top speed, you’re missing most of it. Stop and take a breath. Look for ways to adopt a more humane pace.
60. Identify your passion. – What do you love? Do you have a non-profit organisation that you feel passionate about? Are you passionate about water polo? How about 14th century Portuguese literature? Find something in your life that really floats your boat.
61. Toot your own horn. – You’re awesome. Please make sure that everyone knows it.

62. Move your body. – Run and jump and climb a tree. Take a tap dancing class. Power walk. Anything that feels good that gets your blood moving. The only limitation: it has to be fun. Don't get on a treadmill if you hate the treadmill.
63. Purge things that aren't good for you. – Unhealthy foods, cigarettes, a miserable work environment, toxic people – do what you have to do to set boundaries and demand the highest quality of life. You deserve it. Things that don't nourish and support you – think about how you might be rid of them.
64. Limit your news consumption. – It's important to be well-informed, but the non-stop feed of earthquakes and plane crashes and economic crisis and war is not good for us. Be deliberate in finding a balance that's best for you. Once you've seen today's news cycle, turn it off.
65. Say yes to life. – Opportunities are everywhere. Take a class, join a team, go bungee jumping. When new things present themselves to you – jump at the chance.
66. Stop hating your body. – If the people of the world took all of the time, energy and money that we spend on hating our bodies and turned it towards something productive, there would be no war, poverty or disease left on the planet. Your body is your body. Nobody's looking at your physical flaws because they're all too busy trying to hide their own. Let's give ourselves a break and let it go.
67. Sing loudly. – In the shower and the car and anywhere else you like. With reckless abandon.
68. Be kind. – Be nice to someone else. You will have made the world a better place. What feels better than that?
69. Tell someone you love them. – We often forget to say it out loud. It matters.
70. Take pride in the hard times that you have overcome. – What didn't kill you made you stronger. It wasn't easy, but you did it!
71. Let someone else be in charge for a while. – Other people can be responsible while you do something for yourself.
72. Don't answer the phone unless it's someone you want to talk to right now. – Some people find it difficult not to answer a ringing phone, but it's liberating once you learn to ignore it or even better, just turn it off.
73. Have faith. – It's going to work out. The future is bright!

74. Take a personal inventory. – Does your behaviour match your true intentions? If there's a disconnect, you're carrying a heavy weight.
75. Go on a retreat. – For a couple of minutes or a couple of days, get away for a bit to re-energize.
76. Put your finances in order. – Money problems are enormously stressful. Paying off debt where possible, putting bills on automatic payment, and work within your budget (however small) all help to ease the strain.
77. Eliminate all expectations of perfection. – In fact, eliminate the word 'perfect' from your vocabulary. If you expect yourself to be perfect, you will never stop beating yourself up.
78. Find a good way to blow off steam. – Bottling it up indefinitely will probably end badly.
79. Be who you are. – your authentic, true self.
80. Spend some time alone for quiet reflection. – We spend all of our time go, go, going. Try stopping to think about your life, your goals, and your dreams.
81. Keep your words positive. – Happiness and complaints cannot coexist.
82. Let light and fresh air into your house and room. – Sunlight is a must. Open up those windows!
83. Turn off your social media, phone, notifications, emails, etc. for a while. – It's not healthy to be accessible 24/7.
84. Pare down your to-do list. – Feeling overwhelmed? What's on your list that can be delegated, avoided, or jettisoned?
85. Avoid boredom. – Keep your brain active to keep the blues at bay.
86. Make your home/room a haven. – Your home should be a place where you can take a breath and really relax. If it isn't, you may have some work to do.
87. Be stingy with your time and energy. – Both are precious and should be spent on things that really matter to you.
88. Let go. – 80% of everything is irrelevant. Focus on the other 20.
89. Minimize multi-tasking. – Yeah, some people are supposed to be good at it, but that doesn't make it good for us.
90. Break your routine once in awhile. – Get out of a rut and into a groove.
91. Take action! – If something isn't right in your life, fix it!
92. Plan ahead. – With a few minutes of organising your time and to-do's, you will be better prepared to take on the day.

93. Pay attention to your energy. – Are you most productive first thing in the morning? Are you sluggish after lunch? Honor your natural cycles and plan accordingly.
94. Spend time with people who make you happy. – Who nourishes and supports you? Surround yourself with those people.
95. Enjoy your siblings. – It's easy to rush through the day without really connecting with them. Make a conscious effort to talk with them about their day.
96. Avoid self-deprivation. – When it comes to food, it's OK to cut back on things that aren't good for you (sweet, sweet carbohydrates), but if you feel deprived, it's probably not maintainable, creating a vicious circle of cheating and guilt.
97. Forget the word "should". – Instead of doing what you think you're supposed to, follow your own path.
98. Intentionally enjoy your journey. – As you go through your days, look around. Be present with what you see, hear and feel. You might be amazed at what you've been missing.
99. Always be Kind
100. Find a little pocket of Sunshine in every day.



the  
difference  
between  
who you  
are and  
who you  
want to  
be is what  
you do.





# Suggared Heart Biscuits

*A treat for Valentines Day for you and your family*

*Try these easy chocolate biscuits, that everyone can join in and make.*

*Makes about 30 biscuits*

## Ingredients:

225 g/8 oz of butter, softened  
280g/10 oz caster sugar  
1 egg yolk lightly beaten  
2 tsp vanilla extract  
250 g/9 oz plain flour  
25g/1 oz of cocoa powder  
3-4 food colouring pastes  
100g/3.5 oz plain chocolate, broken into pieces  
pinch of salt

**STEP 1:** Put the butter and half the sugar into a bowl and mix well with a wooden spoon. Beat in the egg yolk and vanilla extract. Sift the flour and cocoa powder and a pinch of salt into the mixture and stir until thoroughly combined. Halve the dough, shape into balls, wrap in clingfilm and chill in the refrigerator for 30 – 60 minutes.

**STEP 2:** Pre-heat the oven to 190C/375F/Gas Mark 5. Line 2 baking sheets with baking parchment/greaseproof paper.

**STEP 3:** Unwrap the dough and roll out between 2 sheets of baking parchment or greaseproof paper. Stamp out the cookies with a heart-shaped cutter and put them on the prepared baking sheets spaced well apart.

**STEP4:** Bake for 10-15 minutes, until firm. Leave to cool on the baking sheets for 5-10 minutes, then using a palette knife, carefully transfer to wire racks to cool completely.

**STEP5:** Meanwhile, divide the remaining sugar among 4 small plastic bags (or less if you are only using 1 or 2 colours) or bowls, add a little food colouring paste to each and rub in until well mixed. (Wear plastic glove if missing in bowls to prevent staining). Put the chocolate in a heatproof bowl and melt over a pan of gently simmering water. Remove from the heat and leave to cool slightly.

**STEP6:** leave the biscuits on the racks, spread the melted chocolate over them and sprinkle with the coloured sugar. Leave to set. **ENJOY ... SHARE THE LOVE!**