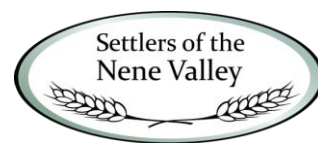


“Settlers of the Nene Valley”

Stanwick Lakes



“Settlers of the Nene Valley” is a three-year community heritage project. Over the past 5,000 years, the Nene Valley has been home for Neolithic, Bronze and Iron Age, Roman, Saxon and Medieval Settlers.

Until March this year, the project team has been arranging events and open days for everyone to explore, re-create and celebrate the lives of these Settlers as they travelled, settled and traded along the Nene Valley.

Our activities are postponed for the moment but as soon as it is feasible a new event will be arranged and details will be posted on our Facebook page.

In the meantime, a series of Workbooks has been prepared that include many of the successful activities that have been enjoyed by “young settlers” at local primary schools.

The Romans at Stanwick Lakes (250AD-410AD)

Complete the activities and then, when we are able to start the project events again, you will be invited to come along and show us what you did.

Follow us: facebook.com/SettlersoftheNeneValley

Contact us : settlers@rftrust.org.uk

Key Stage 2 workbook

Artwork by Andrew Hinchcliffe

© Rockingham Forest Trust(Settlers of the Nene Valley)



Roman Villa and Mosaics

Settlers of the
Nene Valley

“Did you know that there was Roman Villa at Stanwick Lakes?”

The Villa dates back to 250 AD. That’s almost 1,800 years ago!”



“And this is the Villa’s mosaic floor.
Look how well it has survived! “



How to make your own mosaic:

Settlers of the
Nene Valley

- Take a piece of card or paper.
- Choose a pattern or picture you would like to use.
- Use your pencil to draw the pattern onto your piece of card or paper.
- Cut out some coloured squares (tesserae) using coloured paper or magazine pages.
- Glue the tesserae to the card following your pattern design.
- If you do not have anything to cut out for tesserae draw squares directly onto your pattern and use pens or pencils to colour in the squares.

Some ideas for you..



Used as warnings.
This says in Latin 'Cave
Cane' (Beware of the dog!)



Animals



People



Flowers



Guilloche chain

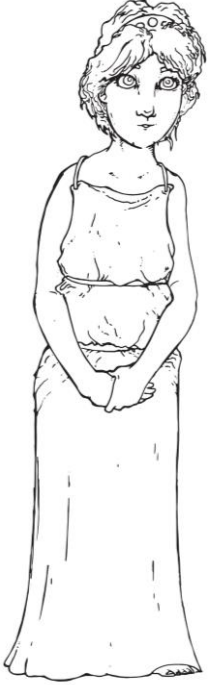


Guilloche knot

Roman Numerals

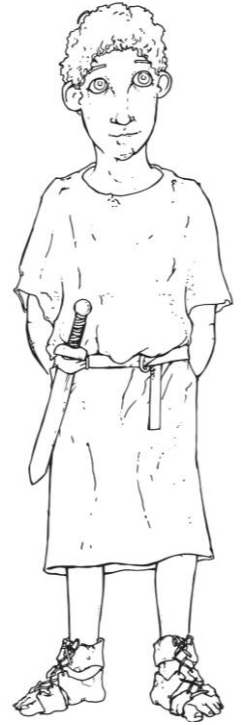
Settlers of the
Nene Valley

Please can you help us with our Maths homework?



We use Roman numerals not numbers.

Have a look at the table below to see what our Roman numerals look like for numbers 1 to 10.



Number	Numeral
1	I
2	II
3	III
4	IV
5	V
6	VI
7	VII
8	VIII
9	IX
10	X

Willow and Stan's Homework



Can you write the answers in Roman numerals?

$$3 + 7 =$$

$$10 - 4 =$$

$$6 + 1 =$$

$$8 - 5 =$$

$$5 + 4 =$$

$$9 - 1 =$$

$$2 + 3 =$$

$$6 - 2 =$$

Try to make up, and answer, your own sums here using Roman numerals:

Match the words to the pictures

Settlers of the
Nene Valley

Aqueduct bridge

A bridge made of arches built to bring water into cities and towns.

(Aqueducts could also be underground tunnels or canals.)



Gladiator

A man trained with weapons to fight against other men and wild animals.



Public Toilets

The toilets were a great place for chatting, just like the Roman baths.

The Romans did not have toilet paper. Instead they used a sponge on a stick to clean themselves.



Hadrian's Wall

An 80 mile long wall built across the countryside of the North of England to create a northern border.



Roman Baths

Large local public baths very like a modern swimming pool but for washing in!



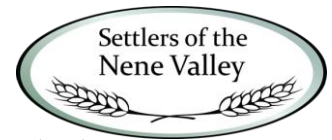
Roman Villa

A country house built for the upper class.

Willow and Stan may have lived in a home like this.



Weaving



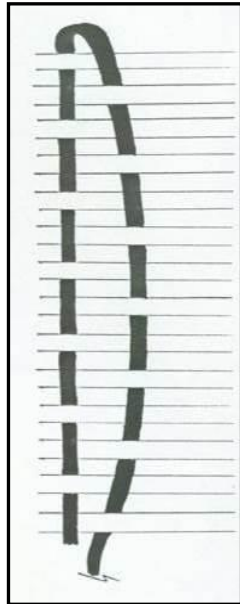
Willow and Stans clothes were made of wool, spun into cloth.

If you were rich you could buy silk, linen or cotton.

To weave you will need :

There was no washing powder in Roman times.

Clothes were often washed in urine (wee!)



A Loom that can be made from carboard, twigs, paper bowls or plates

Scissors

Wool/thread/string/ripped up fabric/plastic bag cut into strips

Weaving is all about opposites – over and under



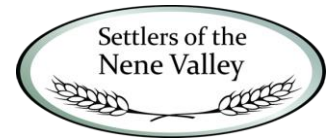
Take inspiration from one of these pictures



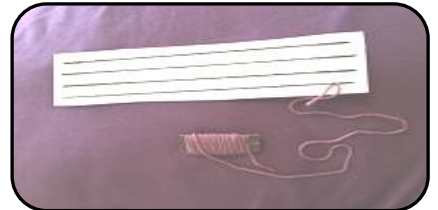
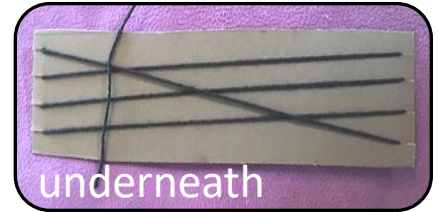
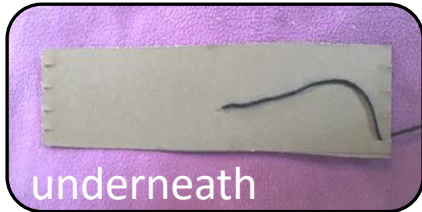
Instructions for making a warrior band are on following pages

How to weave a warrior band

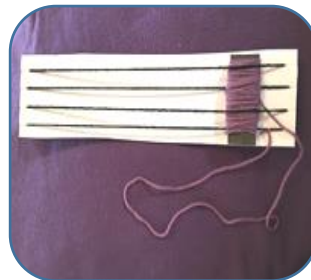
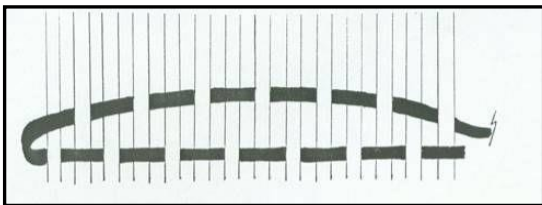
Part 1



1. Cut a piece of cardboard that is 3 inches wide and 10 inches long to make a loom.
 - On each of the short sides cut four notches, each 1 cm long.
 - Using wool or string thread the loom as in the pictures below

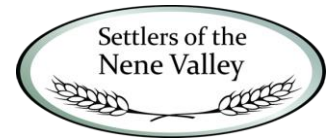


2. Put a 3cm by 2cm piece of card and cut a small notch in one end to make a shuttle.
 - Tuck a piece of thread in the notch and then wind the thread around the shuttle
 - Tie the thread from the shuttle to the first string on the loom.
3. Push the shuttle over the first thread, under the second, over the third and under the fourth as in the diagram.



How to weave a warrior band

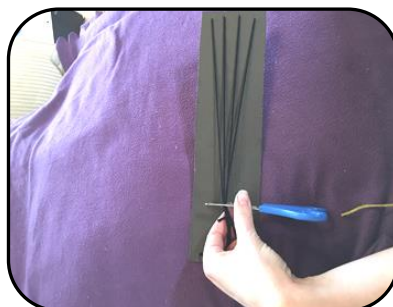
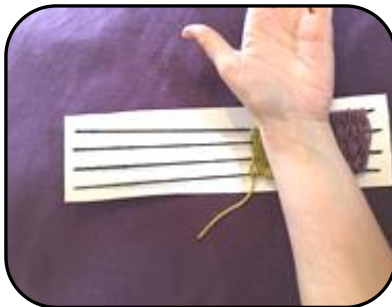
Part 2



3. Push the shuttle over the first thread, under the second, over the third and under the fourth as in the diagram.



4. When you have finished with your colour, tie the thread on the shuttle in a double knot to the last thread on the loom and cut.
 - Rethread the shuttle in the same or a different colour and continue weaving as per the instructions above.
 - Check the width of the weaving against your wrist to make sure it is the right size and then cut and tie off the ends as below.



Roman Boy

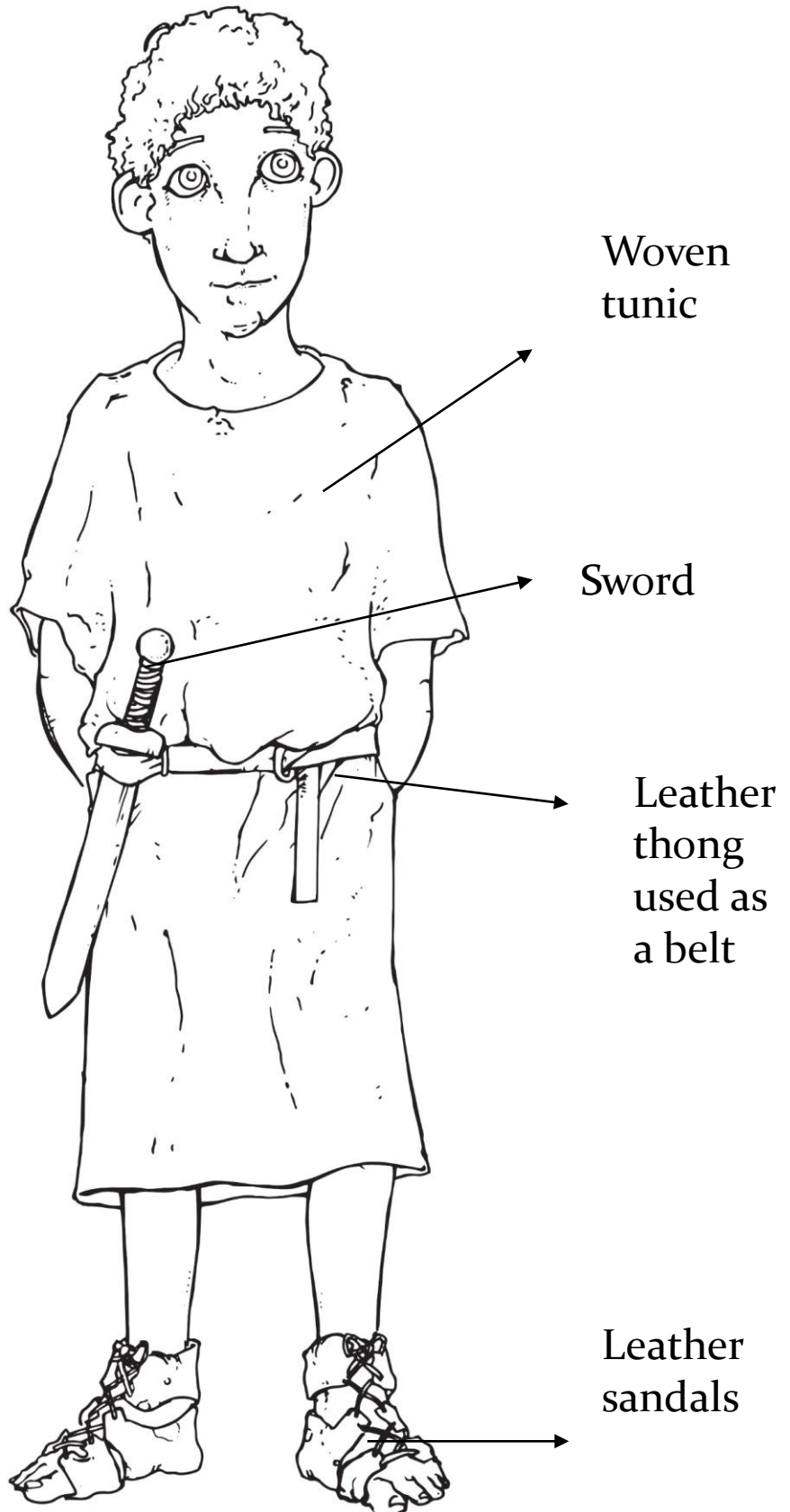
Colouring

We know what Romans wore mainly from paintings and statues.

Romans wore a plain tunic and on top...

-Young boys wore red bordered tunics.

- Girls and Women wore 'stolas' which were long tunics belted at the waist which could be sleeveless or sleeved and layered for warmth.



Roman Boy

Colouring

Roman Girl

Long woven
belted tunic
called a 'stola'
secured at the
shoulders.
Some girls
wore shorter
tunics

