

Dear Parents/Carers,

I hope this letter finds you well. You might have noticed that we have changed our layout for the home learning activities. If you want to, you can work through activities for the days or you can continue to choose. Please always remember that you can complete as much or as little as you deem appropriate. Your child's mental health and well-being is our first priority during this time.

We continue to hear about pledges that children and their families have made for our fundraising event for the GNAAS. So far, you have raised an amazing £659! Well done to all of those who have taken part. You really have made a difference.

Kind regards,

Mrs Whelerton

Oak National Academy



<https://www.thenational.academy/online-classroom/schedule/#schedule>

Oak National Academy is a new collection of high-quality lessons and online resources. Backed by the Government, it has been created in response to the coronavirus lockdown. Lessons are ordered so your child can learn along a clear plan. They provide new lessons and resources each week. Oak National Academy will fit alongside other resources such as BBC Bitesize. Together, these can offer a structure to the day for children until schools fully reopen. Each Oak National Academy lesson will be an hour long. There will be elements such as a quiz, a video explanation from the teacher, and a worksheet.

You can also access the 'Faith at Home' collective workshops with a different theme each week.

BBC Bitesize

BBC Bitesize Daily lessons. Follow this link to access:
<https://www.bbc.co.uk/bitesize/dailylessons>



Mindfulness Games

- **Blowing bubbles.** Focus on taking in a deep, slow breath, and exhaling steadily to fill the bubble. Encourage children to pay close attention to the bubbles as they form, detach, and pop or float away.
- **Playing with balloons.** The aim of this game is to keep the balloon off the ground, but try to move slowly and gently. Pretend that the balloon is very fragile.
- **Texture bag.** Place several small, interestingly shaped or textured objects in a bag. Have each child reach in and touch an object, one at a time, and describe what they are touching. Make sure they don't take the object out of the bag, forcing them to use only their sense of touch to explore the object.



Can you do the Summer Reading Bingo Challenge?

Use the link below to download a pdf version of this reading challenge. Good luck!

<https://themumeducates.com/summer-reading-bingo-free-printable/>



Spaghetti Carbonara

What you need:-

Half an onion, 25g mushrooms, 25g chopped bacon, 15g plain flour, 50g soft cheese, 150ml vegetable stock, 50g spaghetti, 15g margarine, salt and pepper to taste.

What to do:-

Peel and slice the onion and mushroom.

Melt margarine in a pan and add mushrooms, onion and chopped bacon until tender.

Remove from the heat and add flour and stock.

Bring to the boil and simmer for 10 mins.

Remove from heat and add cheese and stir until melted.

Boil and simmer the spaghetti until soft. Drain and serve in a bowl pouring the sauce on top. Enjoy.



Scouts Dilemma

Can you solve the problems caused for the scouts when their bus got a flat tyre on the way to camp?

1. The scouts had to walk 56 miles to reach the camp and walked at a speed of 8 miles an hour. How long did it take them to reach the camp?
2. There were 9 boys on the bus and they would each have received 10 potatoes from a bag which was in the boot. When the bus broke down the potatoes all rolled out of the boot. They could only find 72 potatoes. How many potatoes each will the boys now get to eat?

Can you use a dictionary to find out the meaning of the word 'dilemma'.





Calling all dreamers! Come celebrate Puffin’s 80th birthday and the power of your imagination. Join authors, illustrations and real Puffins for writing masterclasses, draw-alongs and creative challenges. Puffin presenter Radzi will also be taking you on a journey through Puffin’s magical 80 year history and there’ll be oodles of ideas to keep children dreaming after screen-time.

Follow the link below to find out more:

<https://www.penguin.co.uk/puffin/dream-big.html>



Frozen | A Cosmic Kids Yoga Adventure!

Episode 32 | Frozen | A Cosmic Kids Yoga Adventure! An epic kids yoga adventure inspired by Disney's Frozen! Join Jaime as we make the epic journey through Arendelle with Elsa and Anna. The Frozen story in yoga poses!

<https://www.youtube.com/watch?v=xlg052EKMtk>

Out of the Ark – Each and Every Day!

Why not learn a new song this week and enjoy a good singalong!

Try ‘Each and Every Day’ from Out of the Ark. You will find it in ‘Wow and Wonder’ if you follow this link:

TALK ABOUT

What are some of your daily habits – individually and as a family? Gratitude can easily become a great daily habit and it doesn't have to be difficult! **As the day goes by, start noticing and 'collecting' all the little things you can be grateful for.** Nothing is too small or insignificant!

SHARE IT

One great way of nurturing daily appreciation, of even the small things, is to **keep a gratitude jar.** Every day this week, use small pieces of paper to write down (or draw) two or three things each that you really appreciate during the day. Fold your paper and pop it in the jar. At the end of the day, or even at the end of the week, sit down together and remind yourself of all the week's blessings. 😊

CHALLENGE

It's the little things that can be SO important! **Today's challenge is to find as many little things as you can to fill a small matchbox.**

Have a hunt around the house, around the garden, or even on a walk. Find the very smallest things you can so you can fit more in. **Here are a few ideas to get you started:** paperclip; feather; coffee granule; pencil sharpening; lentil; grain of rice; biscuit crumb; short piece of thread or string. Look in **different rooms** for a variety of inspiration.

If there are several of you and you have a matchbox each, **who can fit the most things into their box?** If you are sharing, what number of objects can you get to? 20? 30? More?



Starters for STEM



Starters for STEM are 10 activities that parents can use at home to help children develop their science, technology, engineering and maths skills. These activities are easy to resource and provide children with the stimulus to talk about the world around them. If you see a link you can explore how to extend these activities, you will need to sign up, for free, to access these materials. Don't forget to share your work on social media

#ScienceFromHome

Brilliant bodies

Try testing your body by seeing how long you can balance for or make a reaction tester to see how good your reactions are. Download a reaction tester here. <https://bit.ly/3cp0FED>

<https://bit.ly/2K3Tnu9>

Which chocolate melts the quickest?

Place some white chocolate buttons and some milk chocolate buttons on a plate and leave them in the sunshine.

Which one do you think will melt first? Are there other chocolate you could test? Can you solidify the chocolate so you can eat it?

<https://bit.ly/36zMB9Hf>

Natural art

Collect a few leaves or petals from your garden. Place them between 2 pieces of paper or a piece of spare white material. Using a stone bash the leaves and petals through the paper. When you open up the paper or material what do you see?

Melting coloured ice

Freeze some ice cubes that you have coloured different colours using food colours. Take them out of the freezer and put them all in the same place. Which one do you think will melt first? Why?

<https://www.stem.org.uk/rx33mj>

World's tallest tower

In 2020 the new world's largest tower will be the Jeddah Tower, in Saudi Arabia. It will have 200 floors and will reach 1008 meters high.

Use scrap paper and junk box materials to build a tower. You might like to search for photos of the 'Jeddah Tower' to help you with your design.

What is the tallest tower you can build?

Using your senses

Put some objects, such as a hairbrush, a tube of toothpaste, a packet of biscuits, an ice cream scoop, a packet of tissues and a wooden spoon into a bag. You will also need something to act as a blindfold. Use your senses to feel what is on the bag. Play with a partner and see who guesses most of the objects.

Heart beaters

Can you tickle yourself?

How many litres of blood do you have in your body?

How many times does your heart beat in a day?

Test your family with a body trivia quiz.

Create your own cards or download some from here: <https://bit.ly/2RFJVRN>

Keeping cold drinks cold

Which cup is best at keeping your cold drink cold in the summer? A glass, a mug or a plastic cup?

Place an ice-cube in your drink and see which one stays frozen the longest. What other cups could you test? <https://bit.ly/3c4kIND>

Floaty boats

Using just 1 sheet of paper and some paperclips design a raft that will hold as many coins or marbles as possible. You can download the activity card here to help you. <https://bit.ly/34E7YWs>

Building a bionic hand
It is difficult and tiring for humans to work in space. Bionic hands that can be remotely operated can help humans work more efficiently in space. Try making a model bionic hand using cardboard, straws, string and elastic bands. You will need to think about how a human hand works to help you with your design. <https://bit.ly/2XDvx0j>

Sign up to Mission X resources here: <https://www.stem.org.uk/missionx>

Take a Trip

Go on a virtual trip using Google Earth and a search engine. Think of a place in the world that you would like to visit using Google Earth or a search engine to go on a virtual trip and find out about that place.

<https://earth.google.com/web/>



BE AN ANIMAL ARCHITECT!



A habitat is what we call the place where an animal lives – their home. Animals like to live in lots of different habitats. It all depends on what type of animal they are and what country they live in – but sadly, some animal habitats are under threat.

Find out more about your favourite animal and design their ideal home. Who would live in it? Where would it be? What would it look like? Use your imagination – you can be as creative as you like!

STEP 1 Find out more about your favourite animal. Where does it live? What does it eat? Does it fly, hop, run, slither or swim? What does it like to do? Is it endangered? You'll need to know all these things before you start designing your animal home.

STEP 2 Now that you've discovered loads of interesting facts about your favourite animals, it's time to get drawing. You can use pencils, pens or paints – whatever you like. You could even cut pictures out of magazines to make a collage!

STEP 3 Start with the outside first. What would your animal's home look like? How big would it be? Would it have one level or two? What would its roof be made of? Remember to think about the weather where your animal lives. If it's really hot, cold or windy, you'll need to think about these things in your design.

STEP 4 Now for the inside! How many rooms would it have? Think about what your animal likes to do. What furniture would your animal need? Would the house have any special features – like a swimming pool or climbing ropes?

GENERATION
KIND

Chocolate fridge cake



A no-bake fridge cake that's perfect for making with children. You can also pick and mix the fillings to suit your taste.

Ingredients

- 250g/8oz [digestive biscuits](#)
- 150g/5oz [milk chocolate](#)
- 150g/5oz [dark chocolate](#)
- 100g/3½oz unsalted [butter](#)
- 150g/5oz [golden syrup](#)
- 100g/3½oz [dried apricots](#), chopped
- 75g/2½oz [raisins](#)

Method

1. Use cling film to line a 20cm (8in) shallow, square-shaped tin. Leave extra cling film hanging over the sides.
 2. Bash the biscuits into pieces using a rolling pin. (Put them in a plastic bag first so they don't go everywhere!)
 3. Melt chocolate, butter and golden syrup in a heatproof bowl set over a pan of simmering water. Stir occasionally.
 4. Remove the bowl from the heat and stir in the broken biscuits, apricots and raisins.
 5. Spoon the mixture into the tin. Level the surface by pressing it down with a potato masher.
 6. Leave to cool, then put the chocolate mixture in the fridge for 1-2 hours to set.
- Turn out the cake and peel off the cling film.

Cut the cake into 12 squares and enjoy!

Marshmallows, honeycomb and meringues all work well as alternative fillings - just chop them into small chunks and mix in with the melted chocolate mixture.



Holy Trinity Rosehill C.E (VA) Primary School

Cereal box crafts

ASDA good living website has some great craft activities using cereal and cereal boxes.

Follow the link to see what you can create!

<https://www.asdagoodliving.co.uk/family/things-to-do/cereal-box-crafts>

Memory game



Cereal art



Jigsaw



Robot



Bring the Noise!

The BBC Bring The Noise website has lots of exciting musical activities that you could try at home.

<https://www.bbc.co.uk/teach/bring-the-noise/half-term-music-activities/zmmpxyc/>

Have lots of fun making music in your own home!



Try using household items to make instruments



Think about sounds you hear every day