



Message from Mrs du Bruyn, Miss Cook, Miss Ross-Heeley and Mrs McGill

We hope that you are all still keeping well and happy. This week we want to remind you of the importance of sleep, exercise and water. You need between 10-11 hours of sleep every day. Do you get enough? Also, you need to move (that's what your body's meant to do) so get up and play, run, chase, jump or walk! Try to drink about 5 glasses of water each day. If you stay hydrated, you can concentrate better. Have a fun week, we miss you all!

English

Spellings for the week

overthrow, overturn, overslept, overcook,
overreact, overuse, overpaid, overlook,
overbalance, overestimate

Spend 5-10 minutes each day learning how to spell words where the prefix 'over' is added to verbs that mean 'too much' of a particular action.

Monday- We will be looking at instruction writing this week. On Wednesday we will plan and write a recipe for friendship. Keep that in mind whilst watching the clip. <https://www.youtube.com/watch?v=Gmx4y6sjwXM>.

Imperative verbs are mentioned in the clip. Here are more examples:

Imperative Verbs

hold	wash	chop
draw	brush	cut
place	rinse	slice
fold	put	peel
tidy	stir	pour
sort	measure	mix
order	bake	take
play	sprinkle	slice
go	add	spread

SPAG task for today: Use some of these imperative verbs in your own sentences. Try to use some of your spellings for the week with the imperative verbs for a challenge.

Tuesday- We will continue to listening to the reading from "There's a boy in the girls' bathroom" by Louis Sachar.

<https://www.youtube.com/watch?v=bZKsi8dZPvg&list=PLm9lGlu-fnWYAD-hZLwGvOwY2DSlwsD0s>

Today, we will listen to chapters 19-20. When the reader ask questions, pause and discuss it with your adult. Bradley is definitely struggling to make friends. Have you ever struggles to fit in or make a new friend? Do you have special friendships? What qualities does a good friend have? Do your friend listen to you? Are they kind, helpful, caring, generous? List the characteristics that you think a good friend should have. Do you have some of those qualities?

Wednesday- Today we'll be planning and writing a recipe for friendship. You can watch Monday's clip again if that will help you and grab that list of characteristic of a good friend that you did yesterday.

First, check your list and pick the 6 most important characteristics of a good friend. Next, write a recipe for friendship (ingredient, method and top tips). Remember to use imperative verbs.

Decorate it beautifully, keep it safe and give it to one of your friends when you see them again.

Here's an example of the ingredients:

A Recipe for Friendship

You will need:

- ♥ a pinch of happiness
- ♥ 1 handful of kindness
- ♥ 2 spoonfuls of gentleness
- ♥ 1 litre of sharing
- ♥ a teaspoonful of helpfulness
- ♥ 3 heaped tablespoons of laughter
- ♥ 50g of smiles
- ♥ a sprinkling of cheerfulness
- ♥ 100g of love



Recipe For Friendship Ingredients

- 1 Pint of Trust
- 1 Dash of Caring
- 2 Cups of Understanding
- 2 Spoonfuls of Shared Secrets
- 1 Cup of Mutual Affection
- 1 Sprinkle of Respect
- 2 lbs of Common Interest
- 3 Spoonfuls of Listening
- And 1 Bag of Fun!

Thursday- Read to an adult at home, any book you are enjoying at the moment.

After each page, re-tell what you've read and ask your adult to ask you questions about your book. Challenge yourself by reading chapter books and aim to read every day in your free time. Reading improves your writing skills and build on your vocabulary. Make a list of new words you've discovered and try to use it when you talk or write.

Friday- Spelling check.

We will also continue to listening to the reading from "There's a boy in the girls' bathroom" by Louis Sachar.

<https://www.youtube.com/watch?v=bZKsi8dZPvg&list=PLm9IGlu-fnWYAD-hZLwGvOwY2DSIwsD0s>

Today, we will listen to chapters 21-24. When the reader asks questions, pause and answer it with your adult.

Do you still enjoy our book? Why?

Do you like Bradley? Explain your answer.

Do you like Jeff? Explain your answer.

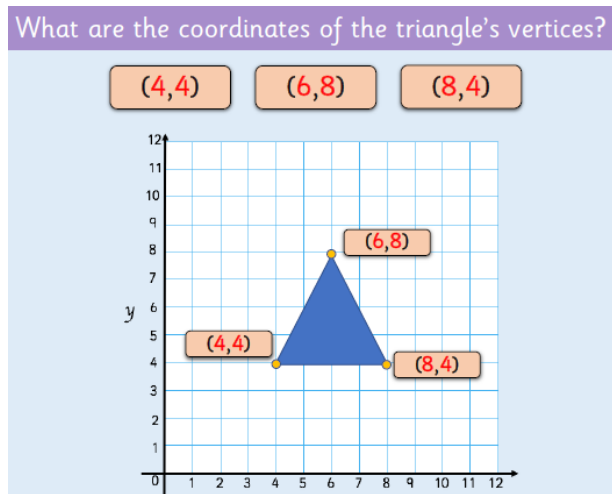
Who's your favourite character? Why?

Maths

Monday-Today we'll be looking at position and direction. Watch this clip

<https://www.youtube.com/watch?v=6eX4PZJjofI>

Now, draw your own grid, draw shapes and write the co-ordinates for each vertices. Example below. You can challenge yourself by drawing reflective shapes and then do the co-ordinates of all the vertices (corners)



Tuesday- Play this co-ordinates game with a member of your family.

1. Draw and label a grid.
2. Both of you write any co-ordinate down from your own labelled grid. Place your written co-ordinates somewhere when no-one can see it.
3. Now, take turns to guess each other's co-ordinates. If your partner call out a co-ordinate eg (3,4) you plot it on the grid if it is wrong.
4. Continue until you've identify each other's grid reference.

Note to adult: A prize could be a special treat from the sweet cupboard.

Wednesday- Mathletics ~ can you earn 3 gold bars today? Any topic you wish to tackle.

Thursday-Today we'll be looking at reflection, rotation and translation.

Watch this clip <https://www.youtube.com/watch?v=KbNFTUgNJw4>.

Now, try this quiz <https://www.turtlediary.com/quiz/reflection-rotation-translation.html>

Friday- Practice your times tables today at <https://www.timestables.co.uk/> or log onto Mathletics and revise co-ordinates .

Extra Activities

R.E / Mindfulness: This week we are continuing to think about harmony in our communities. Let's think about what people can do if they feel angry towards someone else. What do you do when your feel frustrated or angry?

Today we are going to make a "Mindful Jar." This activity can teach you how strong emotions can take hold, and how to find peace when these strong emotions feel overwhelming.

First, get a clear jar (like a Mason jar or jam jar) and fill it almost all the way with water. Next, add a big spoonful of glitter glue or glue and dry glitter to the jar (if you don't have glitter you can use rice or small foil balls). Put the lid back on the jar and shake it to make the glitter swirl.

Imagine that the glitter is like your thoughts when you're stressed, mad or upset. See how they whirl around and make it really hard to see clearly? That's why it's so easy to make silly decisions when you're upset – because you're not thinking clearly. Don't worry this is normal and it happens in all of us (yep, grownups too). Now put the jar down in front of you. Watch what happens when you're still for a couple of moments. Keep watching. See how the glitter starts to settle and the water clears? Your mind works the same way. When you're calm for a little while, your thoughts start to settle and you start to see things much clearer. Deep breaths during this calming process can help us settle when we feel a lot of emotions. Your emotions can cloud your thoughts, Make time every day to be quiet and to let your negative emotions settle down to make way for positive emotions.

Your quiet time can also be used to pray. You can ask God to help you to control your negative emotions.

Extra Activities continued...

History/ PE: This week, if you are able to, why not go with your family for a walk around Stockton-on-Tees and explore. What about walking along the River Tees? Which landmarks do you notice? Try to spot some of these places. Do you know where they are? Think about how these places can improve the economy of Stockton. What does economy mean? Are you proud of where you live? Ask your adult if you can take some photos of your locality, then you can try to draw it if you have time.



Science - This week we will be learning about mammals. A mammal is a particular type of animal. There are two things that make mammals special: mammals make milk to feed their babies and they are all warm-blooded. This means they can maintain a constant body temperature, independent of the temperature of their environment. Here are the stages of the life cycle of a rabbit, a mammal. Watch this clip: <https://www.youtube.com/watch?v=hGonwMTPV6g>

You can make a slide show with interesting facts about mammals. You can also add a quiz or even a video.

Or, you can draw a picture of your favourite mammal and do research about its life cycle, habitat, diet, enemies, where they can be found and other interesting facts.

