

June 15th -19th

Hello all,

I hope you all had a lovely weekend. I hope you enjoyed taking part in the Bake Off. Your creations looked amazing, I'm sure they tasted even better!

We are experiencing lots of bright and fine weather, relatively speaking. When we can't go too far afield, we are exploring more of our local area. With this in mind, I have included a farm safety lesson this week. Road safety is also very important. Can you remember the 'Safe Cross Code'? If not, click on this link for a reminder and a trip down memory lane.

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

Don't forget your 'Cycle Safe' rules that we learned with Ollie and Donal. If you are cycling, make sure you are wearing bright clothes and are wearing your helmet.

If you have any questions, please email these to me at: carmstronglisronaghns@gmail.com

As usual, all the documents needed to complete the homework are available on the dropbox link below. If you have any problem accessing this, let me know.

I hope you all have a great week!

Kind regards,

Mrs. Armstrong.

The video link below is from President Higgins to all the 6th Class students.

6th Class: A message for you as you end one chapter of your education and begin another. <https://president.ie/en/diary/details/president-higgins-issues-message-to-6th-class-students/video>

5th Class;

<https://www.dropbox.com/sh/hlnu3qa3vv6r19z/AAD77PLSYjKqITNzZfI9q7ema?dl=0>

6th Class;

<https://www.dropbox.com/sh/uaa9aut53fk5snb/AAB1qQRnnMnP77zLw4pzMbmya?dl=0>

Mindful Monday

- Mile a day Challenge. If you have been doing the mile a day challenge on your own, try and get someone to go with you if possible. It's always a bit easier and certainly more enjoyable, with company. If your legs are tired or heavy, make sure to stretch well before and after. Remember, every mile that you run/jog/walk/cycle/scoot, is a mile fitter and healthier.
- Try this 15 minute relaxation exercise.
<https://soundcloud.com/user-719669409/relaxation-techniques-30-03-2020>
- Weaving Well Being: 'Dealing With Worries'. All the worksheets needed for weaving well being for the week are located in the Weaving Well Being folder on dropbox.
- Gaeilge: Log in to www.duolingo.com and continue with your practice. Revise an irregular verb of in your Abair Liom, page 182. An aimsir catie, an aimsir láithreach agus an aimsir fháistineach.
- Maths: Mental Maths week 36 Monday
- Planet Maths 5th Class Page 187 B&C – Video on dropbox
- Planet Maths 6th Class page 199 B – Video on dropbox
- D.E.A.R. time 20 minutes
- P.E. Yoga Class, we have done this together before, try your best and focus on balance and breathing. <https://www.youtube.com/watch?v=ho9uttOzdOQ>

Talented Tuesday

- Mile a day challenge- is your time improving?
- Weaving Well Being: 'Rainbow Breathing'
- Gaeilge: Leigh an scéal 'Scoilanna Fadó'. (Gaeilge Léitheoireacht)
- Mental Maths Tuesday
- Planet Maths 5th Class page 188 A&B
- Planet Maths 6th Class page 200 A&B
- Comprehension- 'Summer in Ireland' read and answer the questions. This comprehension is in the Reading Comprehension folder on dropbox.
- Music: Practise your tin whistle, play all the known tunes we have in our hardback copy.
- Art: Follow the link to draw an owl
<https://www.youtube.com/watch?v=OJZF9Nka-78>
I would love to see the final results, send them to me if you can.

Work it Out Wednesday

- Mile a day challenge
- Weaving Well Being: 'Change is part of Life'
- Gaeilge: Leigh an scéal 'Scoileanna Fadó' arís agus freagair na ceisteanna.
- Science: Try some of these experiments:
'Snow Fluff' <http://www.sciencefun.org/kidszone/experiments/snow-fluff/>
'Orange Fizz' <http://www.sciencefun.org/kidszone/experiments/orange-fizz/>
'Dry Erase' <http://www.sciencefun.org/kidszone/experiments/dry-erase/> a dry erase maker is a whiteboard marker.
- Mental Maths Wednesday
- Planet Maths 5th Class page 188 C
- Planet Maths 6th Class page 177 B
- Farm Safety: This lesson is not just for children living on farms. Lots of us are going to give a nearby horse or donkey a carrot, or look at animals in the field. These are lovely things to do, but we must remain aware that there are dangers too. Read the '**Animal Behaviour Signs**' discussion sheet carefully fill in the behaviour sign worksheet that accompanies it. These are in the Farm Safety folder on dropbox. You can also go to www.agrikids.ie for more information , games and activities.

Tasty Thursday

- Mile a day challenge
- Weaving Well Being: 'Being Brave'
- Mental Maths Thursday
- Maths: Receipt work- Look at the receipt in the maths worksheet folder and answer the following questions- 1. Round each item to the nearest euro and add. What would the total be? 2. Add each item to the nearest ten cent and add, what is the total? 3. Look at the original total, €26.11, what change would you get from €50 and from €100? 4. Find 10% of the total and add it on (remember you can do this 2 ways, find 1/10 or X by .10, do this to the nearest cent) 5. If the customer only bought the first 10 items, how much would they have spent? 6. What is the most expensive item, and why do you think this? 7. Find a receipt over the next few days and find the price of 5 common items that you use most days, like bread, milk, cheese etc. Make a note of these prices in your maths copy.
- Gaeilge: Log in to www.duolingo.com to continue your learning, approximately 15 minutes.
- Make Lunch for yourself and someone else in your house. Make sure it is relatively healthy and ask permission beforehand. Tidy as you go along, so you're not left with a big mess and write a quick account of what you served.
- D.E.A.R – 20 minutes

Fit Friday

- Take a rest from your mile a day challenge today. Rest is just as important to help your body recover. Rest does not mean sitting on the couch the whole day though. Take a nice stroll and stretch your body. There is a 'Stretching poster' file on dropbox.
- Weaving Well Being: 'Mood Boost'
- Mental maths Friday
- Guided visualisations: choose one to listen to when you follow the link. Make sure you are in a quiet place before you begin.
<https://www.pdst.ie/primary/healthwellbeing/relaxationandself-regulationtools>
- Geography: Atlas work- You will need your physical map of Ireland to find and label the Islands, Bays/Inlets/Harbours of Ireland on the worksheets provided. See can you answer the quiz questions on Ireland also. Worksheets are located in the geography folder on dropbox.
- Make your own exercise movie! Choose a warm up, 10 exercises and a cool down. You can record this if you want to, but it is not necessary. Make a list of the 10 exercises and how many repetitions of each you wish to include. You can research for ideas.