

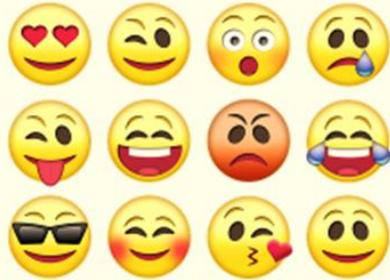
How are you feeling?

Changing feelings

Emotions and feelings change throughout the day and over time. Taking care of our mental health helps us to manage.

Feelings can grow or get stronger with time.

Some feelings seem to fade or pass over time.



Usually feelings that don't feel so good, don't last long.

© PSHE Association 2020

13

What else can YOU do to help YOU?

Activity sheet of ideas from home learning 04.05.2020

<https://www.johnrandallprimary.co.uk/wp-content/uploads/Year-6-wk5.pdf>

Thinking about mental health

Mental health can be thought of as a scale that can move up or down, a bit like a thermometer.

We can move along the scale at any time, between being healthy or unwell.

There are things we can do to help us stay healthy.

There are things that can be put in place if someone is not feeling so good, is struggling or unwell.



© PSHE Association 2020

7

Who can help?



Friend

Teacher

Parent

Childline website www.childline.org.uk

No-one

Childline text / phone line 0800 1111

Someone else

If your emotions feel all mixed up or you often have feelings that make you feel bad, talk to a trusted adult – they can help you find the right support.

© PSHE Association 2020

16

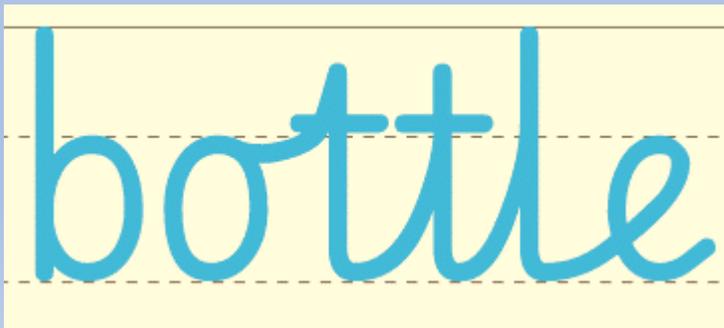
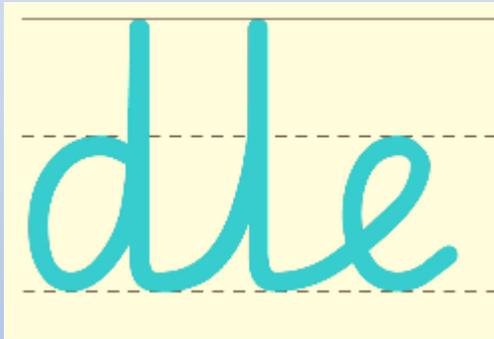
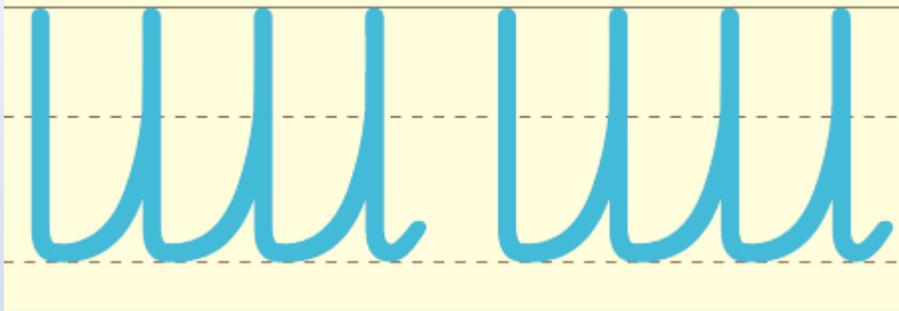
Monday 29th June 2020

Spelling

Week beginning 25.2.18 'silent g words'	Week beginning 25.2.18 'silent g words'	Week beginning 25.2.18 'silent g words'
Group 1	Group 2	Group 3
1. sign	1. foreign	1. foreigner
2. resign	2. campaign	2. sovereign
3. reign	3. designers	3. campaigners
4. gnome	4. gnarled	4. consignments
5. gnaw	5. resigned	5. sovereignty
6. gnash	6. consigner	6. assignment
7. feign	7. reigning	7. countersign
8. align	8. feigning	8. overdesigned
9. assign	9. unaligned	9. assignability
10. design	10. champagne	10. misalignment

Check the spelling definitions in your dictionary and use your spellings within a sentence. Could you also use a thesaurus to find and locate better synonyms for these words.

Handwriting



Year 5

. C
?
!
: and , list
, clause ,
Fronted adverbial ,
,"Speech."
' possess
' contract
' plural possession
(extra info) (clause)
-dash
Formality change
Short
<u>Compound</u>
-although
-meanwhile
-despite
-on the other hand
<u>Complex 1</u>
<u>,embedded,</u>
<u>Complex 2</u>
<u>subordinate</u>
-Despite being
-Although he
-In addition to
Passive
With help
Paragraphs

Punctuation Ladder

Write a sentence with a question mark.

Guided Reading: Northern Lights Pages 182-189

1. Where did Farder Coram and Joh Faa go when they came back to the ship? (Page 182)
2. Why did Lyra clutch the rail? (Page 183)
3. What type of bird did Lyra see? (Page 184)
4. What didn't witches and their daemons feel? (Page 185)
5. Whose side are the bears on? (Page 189)

English ~ Write a factual report about Woodlice

L/o: Plan writing by identifying the audience for and purpose of the writing, selecting the appropriate form and using other similar writing as models for their own

Success Criteria:

I know how to use short, compound and complex sentences as well as . , ! ? : " " ' - ()

I understand the need to organise sections of a report under sub-headings.

I can write a factual report in the present tense and third person.

Year 5
. C
?
!
: and , list
, clause ,
Fronted adverbial ,
,"Speech."
' possess
' contract
' plural possession (extra info) (clause)
-dash
Formality change
<i>Short</i>
<u>Compound</u>
-although
-meanwhile
-despite
-on the other hand
<u>Complex 1</u>
<u>,embedded,</u>
<u>Complex 2</u>
<u>subordinate</u>
-Despite being
-Although he
-In addition to
Passive
With help
Paragraphs

Using your notes you made last week, can you write the last three sections of your report about Hammerhead, Tiger and bull bull Sharks. Remember that you will need to write a concluding paragraph

Try to include as many features from the punctuation ladder as you can. Make sure you tick off the features when you use them.

Mile Track / Break / Snack

Home Learning Task ~ 10 minutes physical activity



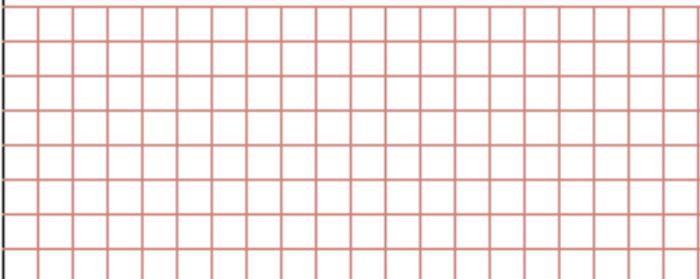
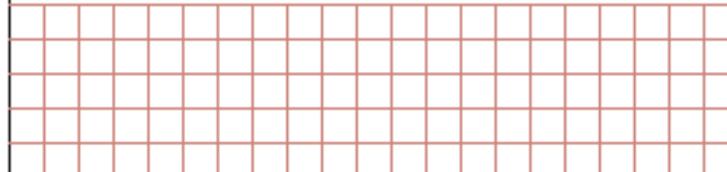
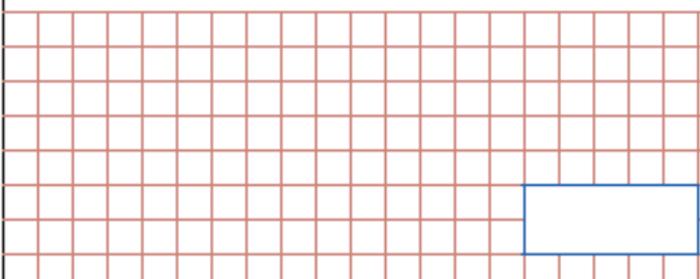
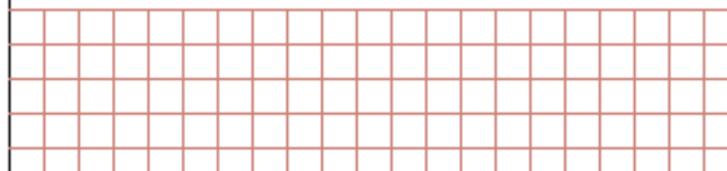
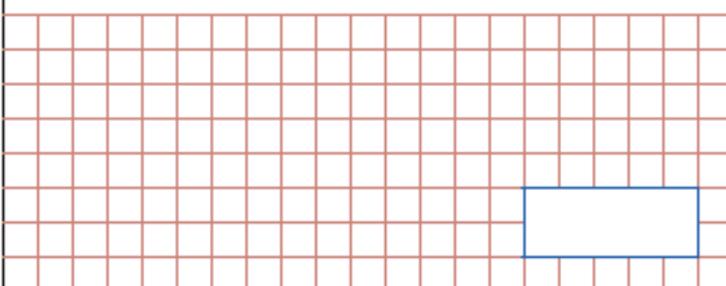
30.06.2020

Fluent in five

Four operations:

1. $8475 + 9384 =$
2. $5050 - 2956 =$
3. $8578 \times 6 =$
4. 2334 divided by 6 =

5 and 6 timestable
practise

<p>1 <input type="text"/> = $18.9 - 5.4$</p> 	<p>4 $800 \div 40 =$</p>  <input type="text"/>	<input type="checkbox"/> 1 mark
<p>2 $8,000 - 5,213 =$</p>  <input type="text"/>	<p>5 $744 \times 5 =$</p>  <input type="text"/>	<input type="checkbox"/> 1 mark
<p>3 $\frac{3}{16} + \frac{3}{8} =$</p>  <input type="text"/>		<input type="checkbox"/> 1 mark

<https://classroom.thenational.academy/lessons/to-find-the-perimeter-and-convert-units-of-measurements>

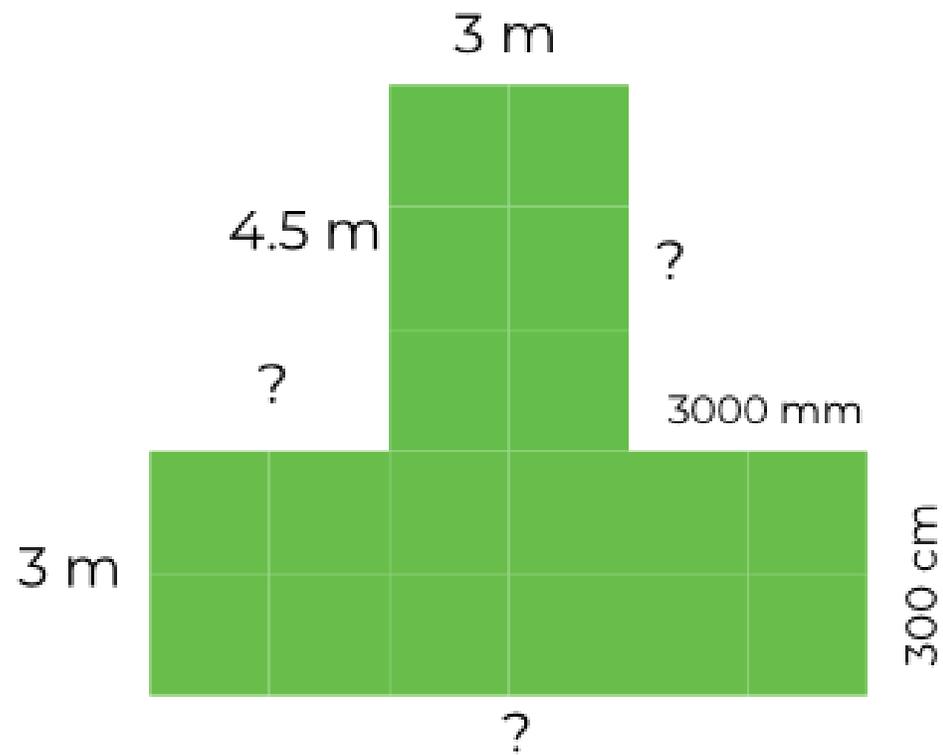
Please click on the link above to access the lesson below.

To find the perimeter and convert units of measurements

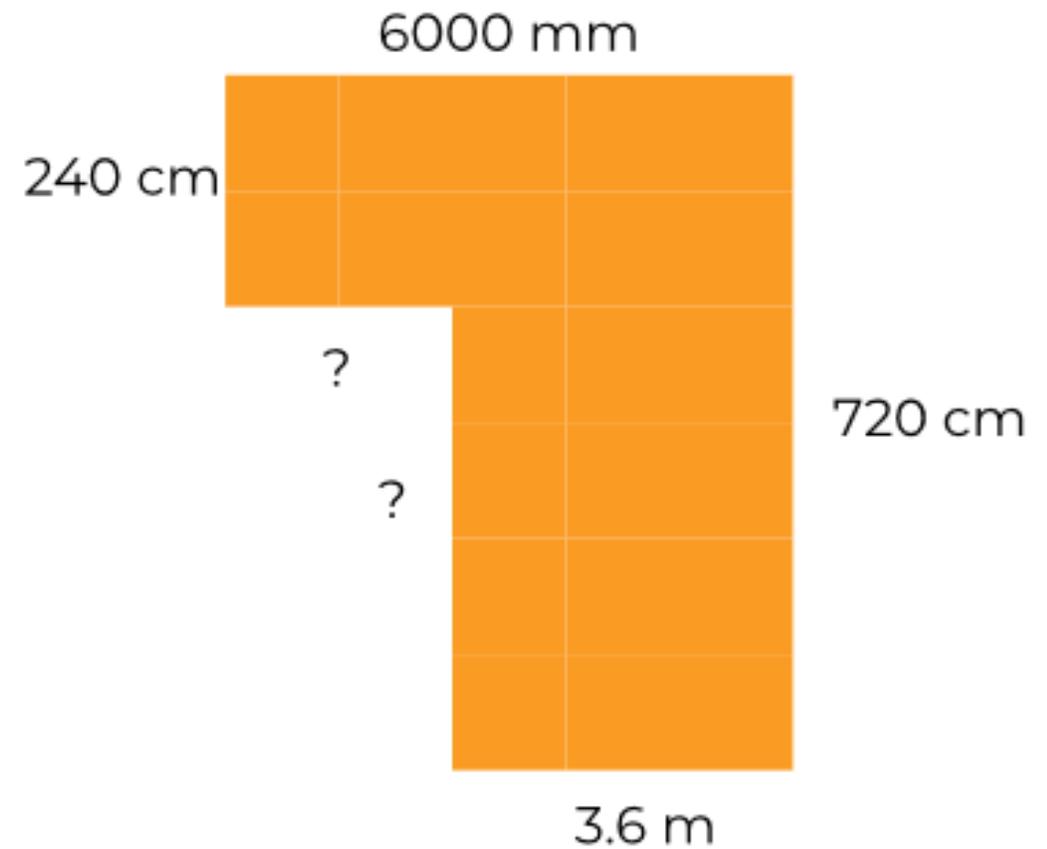
In lesson 5 of our unit on converting measurements, we will be combining our knowledge of perimeter and converting units to find the perimeter of rectilinear shapes.

1. Convert each measurement to the same unit
2. Find your missing quantity
3. Find your perimeter

Task 1



Task 2



1	How many people in the world are estimated to die from smoking-related illnesses each year?			
	A. 500,000	B. 1 million	C. 3 million	D. 5 million
2	How many people in the world are estimated to die each year from breathing in second-hand smoke (passive smoking)?			
	A. 9,000	B. 90,000	C. 900,000	D. 9 million
3	True or false: Low tar cigarettes don't cause that much health damage			
	A. True		B. False	
4	What makes smoking addictive?			
	A. Taste	B. Nicotine	C. Tar	D. Wanting to look cool
5	Which of these chemicals does the average ashtray contain?			
	A. Arsenic	B. Nicotine	C. Ammonia	D. All of these
6	Which group smokes more: boys or girls?			
	A. Girls		B. Boys	
7	Which of these facts about E-cigarettes/ vaping are true?			
	A. Vaping contains fewer chemicals than tobacco	B. Vaping can still cause the body damage	C. Vaping is still addictive	D. All of these
8	True or false: Smoking only damages your health if you have been smoking for years			
	A. True		B. False	
9	Is the number of people who smoke, rising, falling or staying roughly the same each year?			
	A. Rising	B. Staying the same	C. Falling	
10	If we all know the dangers of cigarette smoking, why do young people start to smoke?			
	A. Because their parents smoke	B. Because they think it will help them stay slim	C. Because their friends smoke	D. Because they think they might try it and can easily give up when they want to

PSHE - Healthy Me

What do you know about smoking? Is it good for us? Is it harmful?

Take the quiz on the other side of this page and see if you are accurate with your guesses as the answers are found on the next page.

Science: Plant and life cycles

L/o: Identify how seeds are dispersed by plants

Success Criteria:

I know the terms: egg, embryo, hatchling, fledgling, chick and adult.

I understand how a bird develops through its life and what is needed to help it.

I can identify the stages in a life cycle of a Hummingbird.

Key vocabulary

life cycle

hatch

adult

chick

egg

grow

maturity

baby

birth

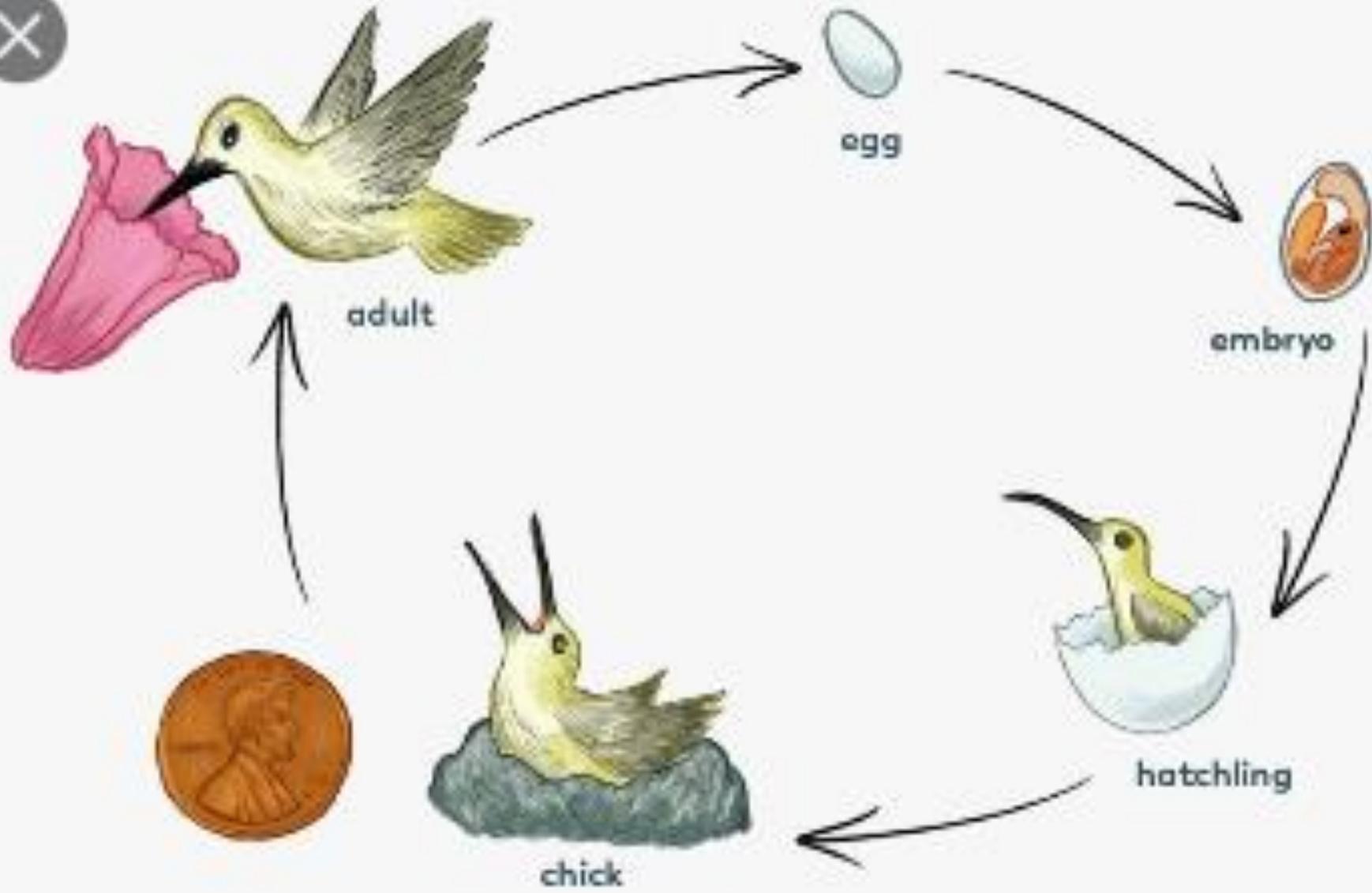
diet

stage

rear

<https://www.youtube.com/watch?v=s-PR0Egcm8k>

Watch the youtube video above about the life cycle of Hummingbird



Copy the diagram into your book and then explain the life cycle of a hummingbird in stages.

Forest School / Home Learning Outdoor Ideas



<http://www.wildforestschool.org.uk/wild-activities>

3) Fashion a **crown**.

These can be made out of leaves, flowers, feathers or sticky weed.



End of the day reading

Northern lights or home reading book.