

Week beginning 15/06/2020

Hi everyone. Well done on the fantastic work you have been doing over the past few weeks. Can you believe we have reached the last full week of school? That means the last week of online learning! I know it was not easy and you all really tried your best. Thanks to all of you who sent me photos of your amazing work. I am extremely proud of you all.

I hope you are all keeping well and looking after yourselves. By this I mean eating healthily; including fruit and vegetables in your diet every day, getting 60 minutes of exercise every day and going outside as much as possible as sunlight provides vitamin D which your body needs.

Why do we need Vitamin D? It is important for bone and muscle health. It helps the body absorb calcium and phosphate from food, which are important for healthy and strong bones. Vitamin D is known as the sunshine vitamin because **most vitamin D is made in the skin when it is exposed to the sun.**

As well as causing problems with bones and muscles, there is evidence that **low** vitamin D is linked to other health problems including: problems with immunity (how the body fights infections) and autoimmune diseases (including diabetes). **That is why I am encouraging you to be outside as much as you can this summer.**

Why should I eat fruit and vegetables? Watch this video to find out
https://www.youtube.com/watch?v=j_hHKF-nXYI

Fruit and vegetables contain vitamins. A vitamin is a material found in foods that helps the body grow and stay healthy. There are 13 vitamins. They are vitamins A, C, D, E, K, and a group of 8 B vitamins. Each vitamin does things for the body that no other vitamin can do.

Vitamin A is necessary for healthy skin and bones. It is found in liver, eggs, meat and milk. **Vitamin C** is needed for the ligaments, which hold the bones together, as well as for healing cuts. It is found in fruits and potatoes.

Vitamin D prevents rickets, a disease that harms bones. It is often added to milk but the best way to get Vitamin D is by being outside.

Vitamin E helps the body's cells stay healthy. It is found in nuts, seeds, vegetable oils and whole-grain cereals.

Vitamin K helps make blood thicken near a cut, so that the cut stops bleeding. Cauliflower and green leafy vegetables, such as kale, cabbage and spinach, are rich in vitamin K.

Vitamin B is found in meat, fortified breakfast cereals, cheese, milk and seafood.

If you want to find out more about each vitamin, visit
<https://www.worldbookonline.com/kids/home#search/vitamins>

Stay healthy and active this summer 😊

Here are your activities for the week:

English Spelling – Unit 18 Summer Holidays

Art and Maths – Watch Ms. Creed’s lovely video about Wassily Kandinsky

<https://drive.google.com/file/d/1c9EO54YZcUgKPs4XCv7L7e12uMuSFxgz/view>

Maths

– Maths Trail (Do this in one day or space it out over the week)

-Mental Maths and Tables Champion

Science – Birdwatching Challenge – Look at the images of each bird. Go out into your garden or go for a walk and see what birds you can spot. I gave the sheets to your parents when they dropped back the rental books.

Science – Leaf hunt – Look at the images of each leaf. Go for a walk and tick off the leaves you find. I gave the sheet to your parents when they dropped back the rental books.

History The Natural History Museum Virtual Tour <https://www.cliste.ie/library1/Natural-History-Museum-Dublin-Virtual-Tour.pdf>

History: Learn about the **Titanic** <https://www.youtube.com/watch?v=AIXYgoRRFts>

Try out one of these experiments:

<https://titanicbelfast.com/BlankSite/media/PDFs/Titanic-Belfast-Tin-Foil-Boats.pdf>

<https://titanicbelfast.com/BlankSite/media/PDFs/Titanic-Belfast-Salinity-Experiment.pdf>

PE School Fitness Ireland 12 p.m. on Tuesday and Thursday

<https://www.youtube.com/channel/UcNxdHHRxBYtV2pjZR67ITXg>

60 minutes of exercise every day – NO EXCUSES

Reading - Why do I need to exercise?

Physical fitness is having a strong, healthy body. Physical fitness helps people to look and feel their best. Exercise helps strengthen your muscles, heart, and lungs.

Stamina, strength, and flexibility - Your body is made to bend, stretch, run, jump, and climb. The more you do these things, the stronger and fitter your body will become. Being fit means having stamina, strength, and flexibility.

Stamina <<STAM uh nuh>> means having the energy, or power, to be able to keep doing something for a long time. It takes time to build stamina. Regular exercise is the best way to develop stamina. Strength means having strong muscles and strong bones. People can increase their muscle and bone strength in three ways. One way is to exercise regularly. A second way is to get the right amounts of sleep and rest. A third way is to eat many kinds of healthy foods. Muscles, like other parts of your body, need exercise to grow. Exercise makes muscles grow bigger and work better. Strong muscles help you do more without getting tired as fast, and they give you firm arms and legs. Flexibility means being able to bend and move easily. Small children are flexible because their muscles and some of their other body parts are elastic, or stretchy. Older people are not as flexible. Older adults may need to do exercises that require bending if they want to stay flexible.

Flexing and stretching exercises help us all to be flexible. These kinds of exercises also strengthen our muscles and make us feel relaxed. People with flexible bodies can bend, stretch, twist, and turn easily.



Regular exercise builds strong muscles and bones.



Jumping on a trampoline

Increasing physical fitness To be physically fit, we need to eat many kinds of healthy foods.

We need fresh fruits and vegetables, milk, bread, rice, pasta, fish, and lean meats. Fried foods and sweets do not strengthen our bodies like healthy foods. They should only be eaten in small amounts.

Other Options: Virtual Tours

Science:

Take a virtual tour of Dublin Zoo: <https://www.dublinozoo.ie/animals/animal-webcams/>

Aquarium of the Pacific California <http://www.aquariumofpacific.org/exhibits/webcams>

International Space Station https://www.nasa.gov/mission_pages/station/main/suni_iss_tour.html

Mars (NASA) <https://eyes.nasa.gov/curiosity/>

History:

Anne Frank House Amsterdam <https://www.annefrank.org/en/anne-frank/secret-annex/>

Take a virtual tour of Áras an Uachtaráin the home of the Irish President Michael D. Higgins

<https://president.ie/en/explore-visit/interactive-tour>

Geography:

Giant's Causeway [https://www.nationaltrust.org.uk/giants-causeway/features/take-a-virtual-tourof-](https://www.nationaltrust.org.uk/giants-causeway/features/take-a-virtual-tourof-the-giants-causeway)

[the-giants-causeway](http://panoramas.nationaltrust.org.uk/giants-causeway/1/) <http://panoramas.nationaltrust.org.uk/giants-causeway/1/>

Eiffel Tower Paris France [https://www.google.co.uk/maps/about/behind-](https://www.google.co.uk/maps/about/behind-the-scenes/streetview/treks/eiffel-tower/)

[the-scenes/streetview/treks/eiffel-tower/](https://www.google.co.uk/maps/about/behind-the-scenes/streetview/treks/eiffel-tower/)

STEM challenge: You have 30 mins to complete one of these STEM challenges. Please get permission from an adult first! Please send me a photograph.

- create a bridge using spaghetti. How strong can you make it?
- create a pyramid using lego bricks, how tall can you make it?
- build a paper plane out of tissue paper, can you make it fly?
- make something out of newspaper to protect an egg. You must drop the egg from a height – does it break?
- create a boat using sticks, does it float?

Making a sundial



☀️ Make your own sundial with stones and a stick! On a sunny day put a stick in the ground. On the hour (e.g. 10am), mark where the shadow falls with a stone and repeat every hour. You can write corresponding numbers on the stones to help with telling the time.

Over the next few days check the time. Ask somebody at home to quiz you on the time.

What time is it now?

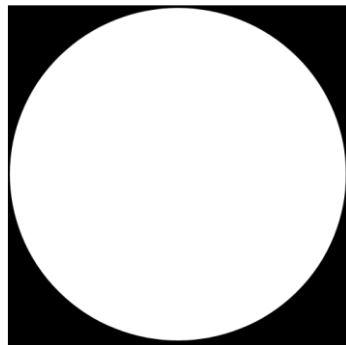
What time will it be in a half an hour?

What time was it 2 hours ago?

Mrs. Walsh' Maths Trail at Home

First Stop: The Kitchen

1. What time is it? _____
2. What time will it be in one and a half hours from now? _____.
3. Draw this time on the clock face:



4. How many pieces of fruit are in the fruit bowl?

Estimate: _____.

Answer: _____.

5. If you had 4 fruit bowls and they all had the same amount of fruit, how many pieces of fruit would you have?

_____.

6. Go to a food press.

(a.) find two things that are **around** 400g: _____.

(b.) find one thing that is 1 kg: _____.

(c.) Add the weight of the three items _____ g.

What shapes are the items above? _____

7. Find a box of cereal. What shape is this?

_____.

How many faces does it have? _____.

How many edges does it have? _____.

How many corners does it have? _____.

8. Estimate and then measure the length of the kitchen table.

Estimate: _____.

Measure: _____.

9. (a.) How many litres of milk are in the fridge? _____.

(b.) If a cup of hot chocolate needs 200ml of milk, how many cups of hot chocolate could you make from 1litre?

Estimate: _____.

Answer: _____.

10. If a box of Roses contains 20 sweets and you eat 4 each day.

How many days will they last? _____.

11. A pizza is divided into eights and you eat $\frac{4}{8}$, how much is left?

_____.



12. Can you find any hexagons?

_____.

13. Using Lego to build two 3D shapes! What shapes did you make?

A _____ and a _____.

Second Stop: The Bathroom

1. If each roll of toilet paper costs 50c, how much would all the toilet paper in the bathroom cost in euros? €_____.

2. If you had 7 packs of toilet roll and each pack had 4 toilet rolls. How many toilet rolls would you have? _____.

2. Name and draw four 3D shapes you can see in the bathroom:

Third Stop: The Garden

1. Find lines that are parallel/vertical/horizontal.

_____.

2. Find an example of a right angle in the area.

_____.



Find an angle that is less or more than a right angle.

_____.

3. What 2D and 3D shapes can you find in the garden?

_____.

4. (a) I have 4 packets of tomato seeds. Each packet has 12 seeds in it. How many seeds do I have? _____.

(b) If each seed grows a tomato plant, and I want 50 tomato plants, how many more seeds do I need? _____

5. If the back door of the house faces west, what direction does the



front door face? _____.

6. Skip using a skipping rope, jump on a trampoline or run on the spot counting in multiples of 4 up to 48 and back.

Congratulations!



You have maths eyes!