

Monday 15th June 2020

Hello from Mrs Faber and Mrs Wellings

So it's the middle of June and it seems like ages ago that we all saw each other. We bet that you have all grown taller and have much longer hair! Or shorter hair if you've had a lockdown cut like Mrs Wellings' little boy (not Mrs Wellings' idea!)

I was glad that it wasn't so hot after half term, however I think it's been too cold and want to put the heating on! I am now planning with my dressing gown on and I look very silly. (Mrs F)

Newsflash

Grown ups - Maths will be a bit different for the next few weeks. The White Rose lessons for the next few weeks are about fractions which we have already done. The topics that we still need to do don't have videos yet, so we will be using some power point slides from classroom secrets and also some of the White Rose worksheets. As always do what you can and choose the questions that you think that you can do.

Even though the curriculum has been slimmed slightly we will still be adding mindfulness activities and optional extras, again it is your choice whether to do them or not. Some of the mindfulness activities will be repeated as if you're using them to come into the 'moment' and reduce anxiety then they need to be practiced over and over again.

Children - A quick reminder, if you are writing a Rainforest letter from the English lessons before half term, please remember to post them to Mrs Wellings at Howley Grange Primary School, Howley Grange Road, Halesowen, West Midlands B62 0HS. Mrs Wellings will arrange for them to be collected and we will enjoy reading them.

Missing you all, please send me a bit of sunshine.

Active June activity

If you're looking for a physical challenge try this. A different activity for each day and different levels too. See if you can do at least the bronze each day.

Active June!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Do some sit ups : Bronze: 10 sit ups Silver: 20 sit ups Gold: 40 sit ups	2 Do some star jumps : Bronze: 20 times Silver: 30 times Gold: 50 times	3 Practise balancing on right leg : Bronze: 1 minute Silver: 2 minutes Gold: 3 minutes	4 Practise balancing on left leg : Bronze: 1 minute Silver: 2 minutes Gold: 3 minutes	5 Have a jog around: Bronze: 5 minutes Silver: 10 minutes Gold: 15 minutes	6 Create your own throwing and catching game!	7 Teach the people at home your game and see who scores the most points!
8 Do some burpees : Bronze: 10 burpees Silver: 15 burpees Gold: 20+ burpees	9 Try and do some mountain climbers : Bronze: 10 times Silver: 20 times Gold: 30+ times	10 Carefully try and do a plank : Bronze: 30 seconds Silver: 45 seconds Gold: 60+ seconds	11 See how many tuck jumps you can do in a row: Bronze: 10 jumps Silver: 20 jumps Gold: 30 jumps	12 Push ups! Bronze: 10 push ups Silver: 15 push ups Gold: 20+ push ups	13 Use a pack of cards and create a game involving different exercises and the different suits!	14 Compete against someone at home to see who can complete more exercises in a given time.
15 Try and do some crunches : Bronze: 10 crunches Silver: 20 crunches Gold: 30 crunches	16 Do some lunges on both legs: Bronze: 10 each leg Silver: 20 each leg Gold: 30 each leg	17 Do a wall sit – remember, stay still: Bronze: 20 seconds Silver: 30 seconds Gold: 60 seconds	18 Squat – count how many squats you can safely do in a minute: Bronze: 10 squats Silver: 15 squats Gold: 20+ squats	19 High knees – Keep going without stopping Bronze: 30 seconds Silver: 50 seconds Gold: 1+ minute	15 Challenge yourself to learning some new yoga posts – watch a Youtube video to help.	16 Practise those yoga skills you learned and see if you can balance for longer than you did yesterday.
22 Try doing some scissor kicks : Bronze: 30 seconds Silver: 45 seconds Gold: 60+ seconds	23 Do some shuttle runs : Bronze: 15 runs Silver: 30 runs Gold: 50 runs	24 Hop on the spot: Bronze: 10 each leg Silver: 25 each leg Gold: 50 each leg	25 Hopscotch until you need to stop Bronze: 30 seconds Silver: 45 seconds Gold: 2 minutes	26 Try safely to do some jump squats in a minute: Bronze: 10 squats Silver: 15 squats Gold: 20+ squats	27 Go outside and be active with someone from your house. Go for a run or a walk!	28 Use your outdoor time to jump over things, balance along things and move in different ways.
29 Try hurdling over something (or just jumping!): Bronze: 1 minute Silver: 3 minutes Gold: 5 minutes	30 Step jumps – find a step and jump up and down on it safely: Bronze: 10 times Silver: 20 times Gold 40+ times	<p>Let's get active in June! Try each of these activities with the people you're with! Challenge yourself to get as many bronze/silver/golds as you can! Keep track and celebrate your achievements! Remember it is important to stay active and healthy!</p>				

Activities for each day - these are the same for each day of the week.

• TT Rockstars

- Please aim to spend at least 15 minutes on the online game, or you can do a sheet or two from the booklets that we sent home just before lockdown began. By the end of year 3 you need to know your 2, 5, 10, 3, 4 and 8 times tables off by heart and also their division facts. All children have their times tables set up until the end of August.

• Reading at home

- You should be aiming to read for at least 20 minutes everyday. (books, magazines, newspapers and instructions all count too).
- Your parents have had a parent mail from Mrs Graham to say that you can now take Accelerated Reader quizzes from home by using this link [Howley Grange Renaissance at home](#) and logging on as usual using your username and password.
- To check that the book you are reading has a quiz, you can check it using on [Accelerated Reader Bookfinder](#). It's okay to read books which haven't got a quiz - just keep a record of what you have read.
- Keep reading and exploring new worlds and adventures!

• This week, try putting the subtitles on the TV, we always 'read' the TV. Sometimes they get mixed up and it's really funny.

Maths !

- **First** complete the 5 times tables questions or game.
- **Grown ups** - as explained on the first slide we are out of videos so we are using a combination of Classroom secrets, Twinkl and White Rose resources.
- **Children** - as we have run out of videos we are going to use some of the classroom secrets/ Twinkl power points as your introduction to lessons.
- This week is all about TIME! Some children will find this concept quite tricky, others who sometimes find Maths really tricky may find it quite easy - it sometimes happens with the Maths topics.
- If you have a watch it would be a good idea to wear it each day, having a watch on makes it so much easier to practice telling the time.
- Last week I included a paper clock to make to help you with telling the time. It's also near the end of the power point.
- **Finally** check your answers and correct any mistakes, just like we do in class. You can even use a pink and green pen if you want to. (Bonus points if you find a mistake!)
- **Maths this week**
- **Monday - time - five minutes - power point and practical**
- Tuesday -time - five minutes - clock sheets
- Wednesday -Roman Numerals
- Thursday -Roman Numeral time
- Friday - challenge day!

Monday's Maths

- On the Home school page on the website there is an extra power point - **Maths Monday 15th June.**
- Today's Maths is to work through it - there is NO need to print it, it's separate as it's a big file.
- After you have worked through the power point please use the rest of your Maths time today practicing telling the time to five minutes on your watch or on the paper clock that you have made.
- You can also have a go at using this online teaching clock to read and tell the time, you can set different clocks and times.
- <https://www.topmarks.co.uk/time/teaching-clock>



I've swapped ten in ten for some counting in 5's practice, this is essential for telling the time. On the next few slides there are a couple of activities to choose from.

Name _____

Date _____

5 TIMES TABLE TEST 2



- | | |
|---------------------------|-----------------------------|
| 1) $0 \times 5 =$ _____ | 21) _____ $\times 5 = 40$ |
| 2) $6 \times 5 =$ _____ | 22) $5 \times$ _____ $= 0$ |
| 3) $5 \times 3 =$ _____ | 23) $5 \times$ _____ $= 35$ |
| 4) $5 \times 9 =$ _____ | 24) _____ $\times 5 = 15$ |
| 5) $8 \times 5 =$ _____ | 25) _____ $\times 5 = 30$ |
| 6) $5 \times 10 =$ _____ | 26) _____ $\times 5 = 45$ |
| 7) $1 \times 5 =$ _____ | 27) $5 \times$ _____ $= 5$ |
| 8) $4 \times 5 =$ _____ | 28) $5 \times$ _____ $= 50$ |
| 9) $5 \times 7 =$ _____ | 29) _____ $\times 5 = 10$ |
| 10) $9 \times 5 =$ _____ | 30) $5 \times$ _____ $= 25$ |
| 11) $2 \times 5 =$ _____ | 31) _____ $\times 5 = 35$ |
| 12) $5 \times 5 =$ _____ | 32) $5 \times$ _____ $= 15$ |
| 13) $5 \times 8 =$ _____ | 33) _____ $\times 5 = 5$ |
| 14) $10 \times 5 =$ _____ | 34) $5 \times$ _____ $= 30$ |
| 15) $3 \times 5 =$ _____ | 35) _____ $\times 5 = 25$ |
| 16) $5 \times 6 =$ _____ | 36) $5 \times$ _____ $= 40$ |
| 17) $5 \times 2 =$ _____ | 37) _____ $\times 5 = 50$ |
| 18) $7 \times 5 =$ _____ | 38) $5 \times$ _____ $= 10$ |
| 19) $5 \times 5 =$ _____ | 39) _____ $\times 5 = 50$ |
| 20) $5 \times 1 =$ _____ | 40) _____ $\times 5 = 15$ |

SCORE

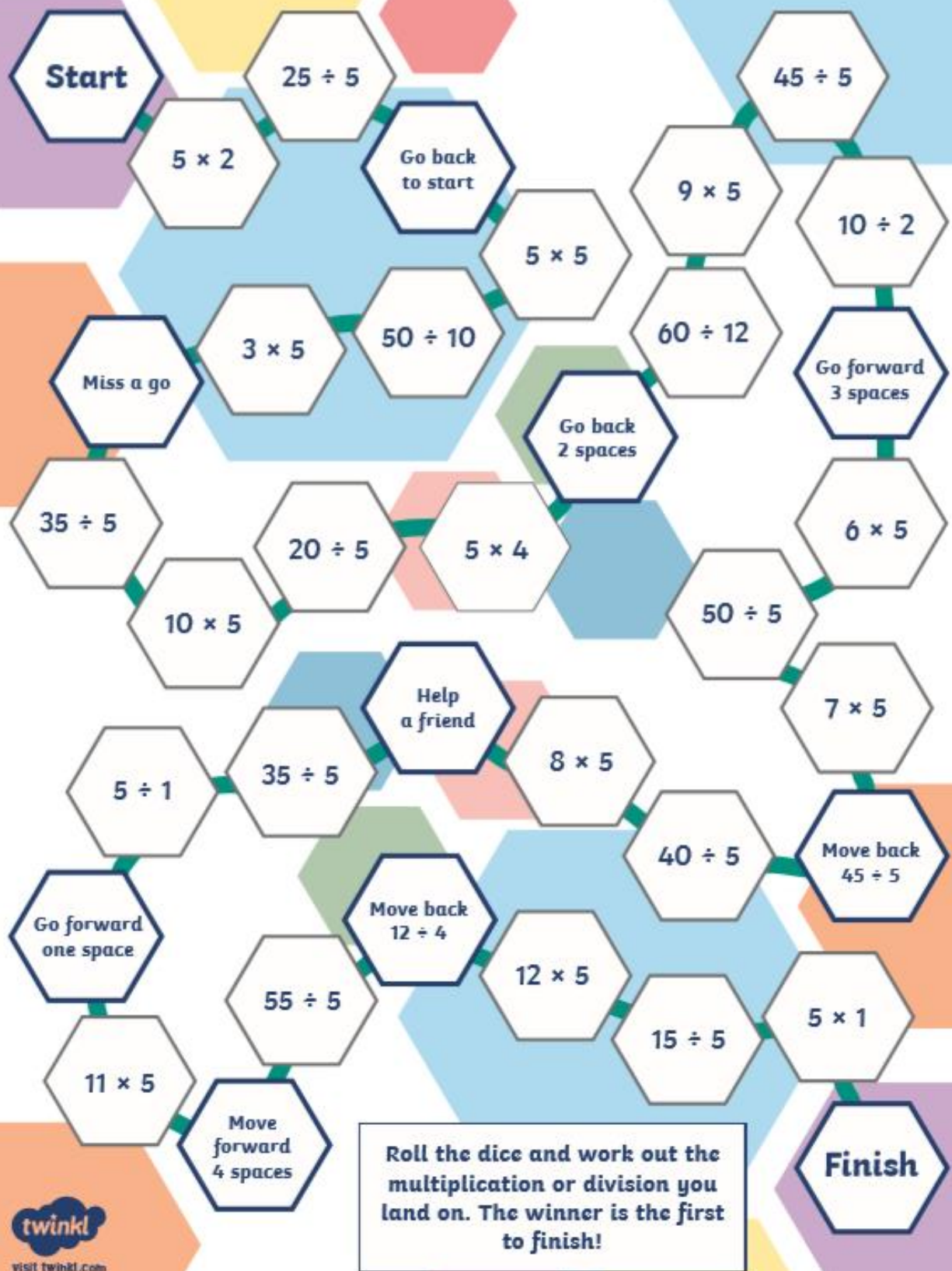


Free Math Sheets, Math Games and Math Help

MATH-SALAMANDERS.COM



5 Times Table Multiplication and Division Board Game



Roll the dice and work out the multiplication or division you land on. The winner is the first to finish!

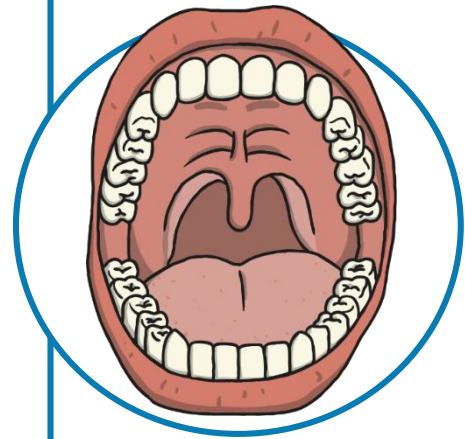
Monday 15th June: English

This weeks English is going to focus on the PSHE aims about teeth.

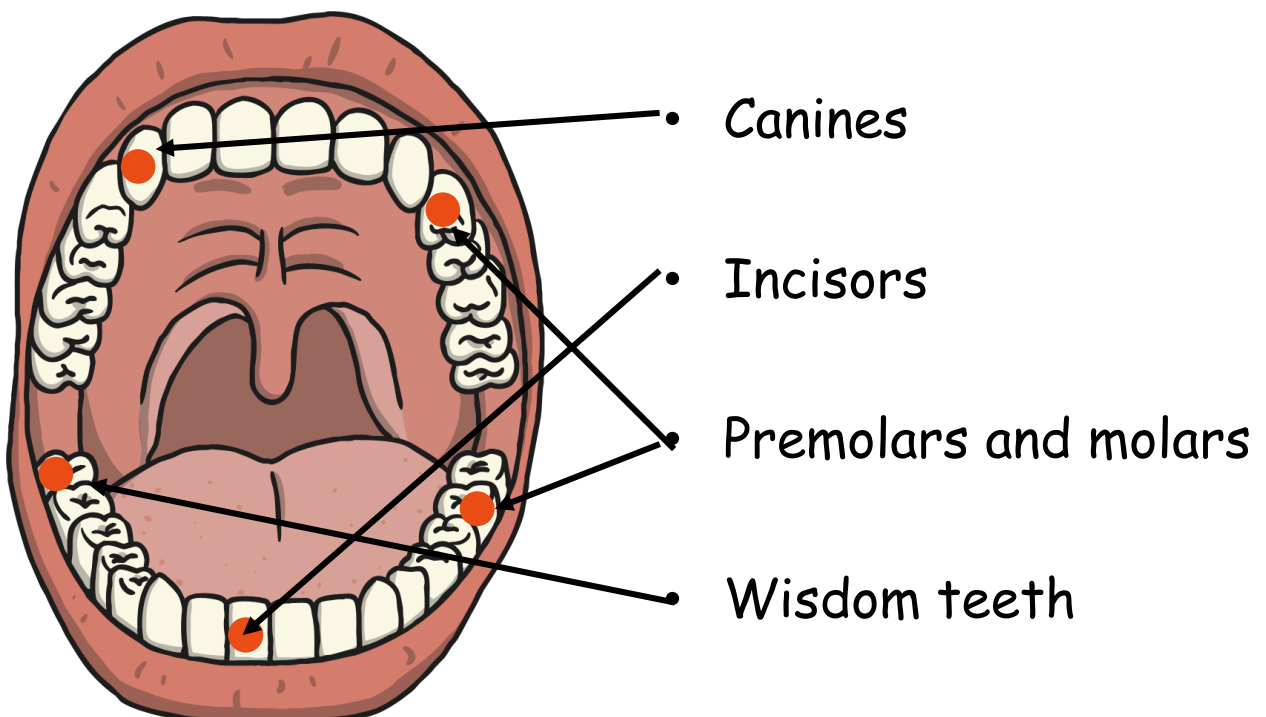
Read the following information about your teeth and complete the activity.

Spend a minute feeling your teeth.
Can you feel any differences?

I can feel that my teeth are different. Some are thin and quite sharp, others are thicker and have ridges along them.

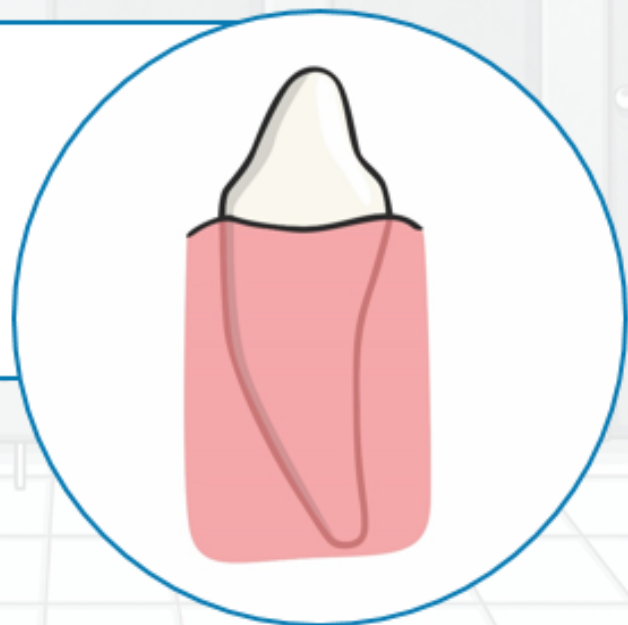


Types of Teeth



Canines

Canines are used for ripping and tearing food. Your canines are either side of your incisors and you have four of them. The word 'canine' means 'something connected to dogs'. As you can see, canine teeth are often pointy, a bit like the teeth of a dog or wolf.



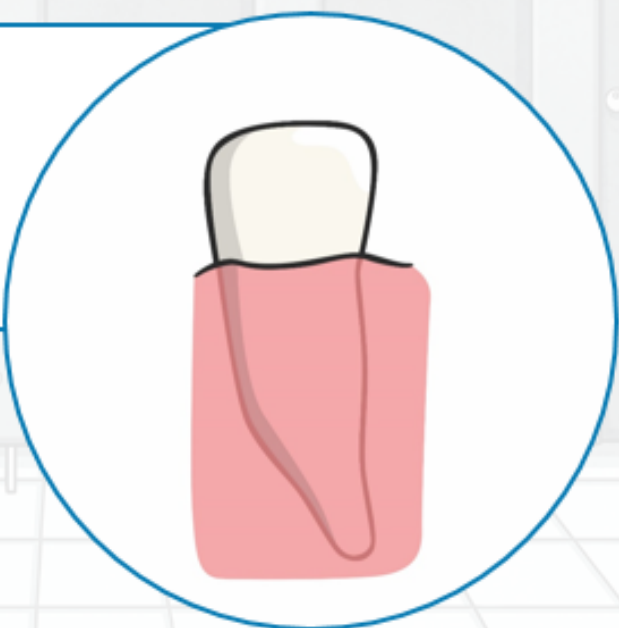
Did You Know?

Carnivores (animals that eat only meat) have large canine teeth to help rip their food.

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Incisors

Incisors are used for biting and cutting food. Think about biting into an apple. It is your incisors that bite into the apple and cut it up. They are at the front of your mouth and you have eight of them, four at the top and four at the bottom.



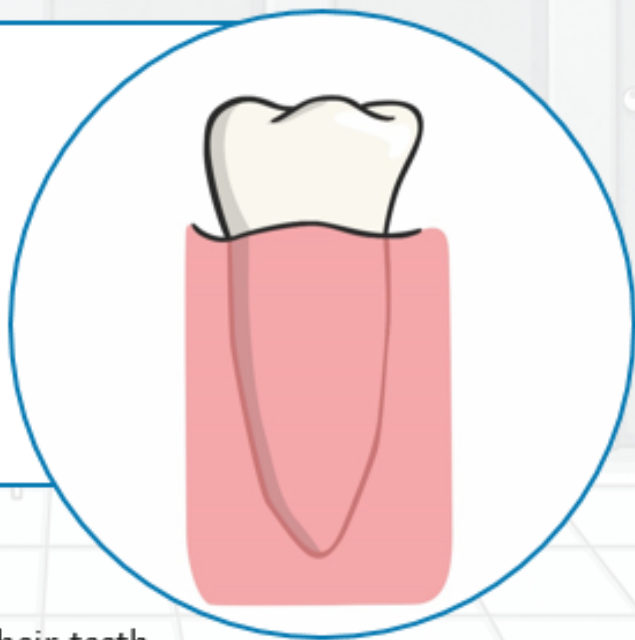
Did You Know?

Children have 20 teeth. A full adult set contains 32 teeth.

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Premolars and Molars

Premolars and molars are towards the back of your mouth. They are bigger and wider than incisors and canines and this is because of their functions. Premolars are used for holding and crushing food. At the very back of the mouth, are molars (bigger versions of premolars). They chew and grind up food, working with your tongue to prepare food for swallowing.



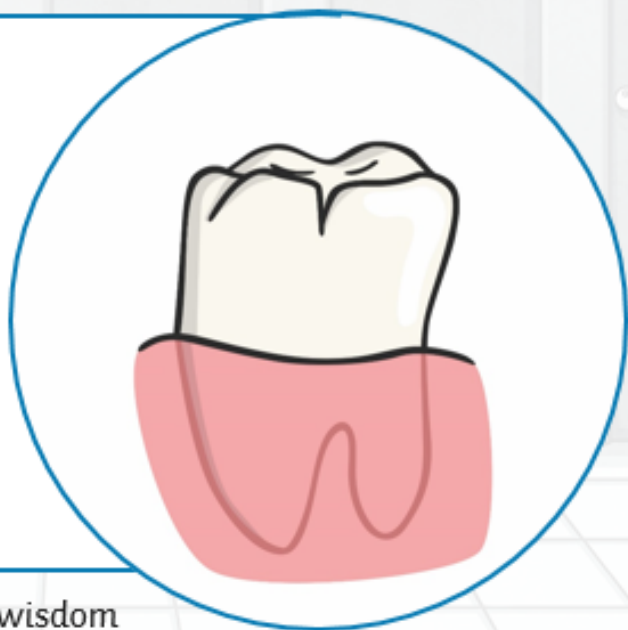
Did You Know?

Babies are born with all their teeth, even their adult ones! The teeth just haven't emerged through the gums yet.

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Wisdom Teeth

Wisdom teeth are an extra set of molars at the very back of the mouth. Despite their name, wisdom teeth are nothing to do with being clever! Scientists think wisdom teeth come from a very long time ago, when our ancestors ate a diet of coarser, rougher food. They needed an extra set of molars to chew up the food. Over time, humans' diets have changed and now wisdom teeth have no function. Wisdom teeth usually emerge in adults when they are around 18 years old or older.



Did You Know?

Lots of adults never have wisdom teeth emerge. Sometimes they have just a few come through. Ask your teacher if they have any wisdom teeth.

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Inside a Tooth

crown - The part of the tooth above the gum that you can see.

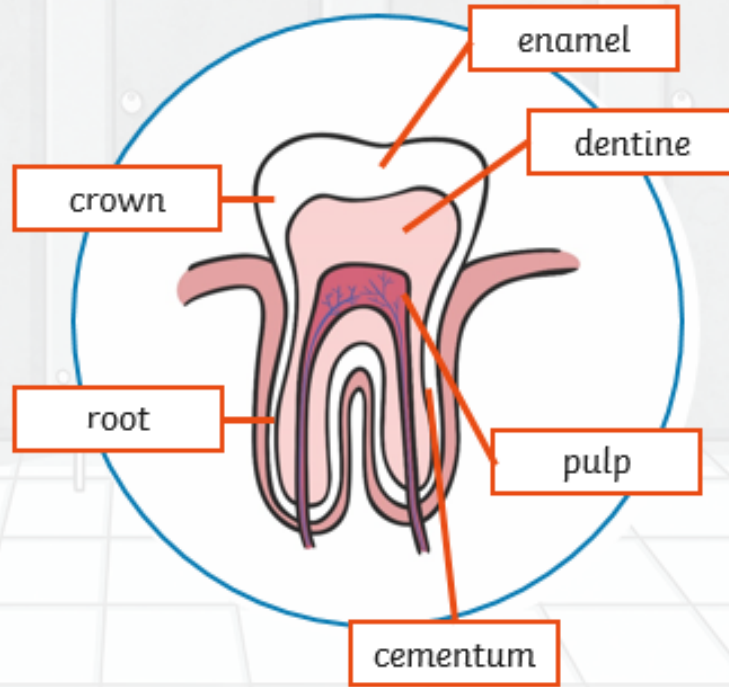
root - The part of the tooth hidden under the gum.

enamel - The shiny, white surface of a tooth. Enamel is the hardest substance in the human body.

dentine - A hard substance which protects the inside of the tooth.

pulp - The part of the tooth which contains blood vessels and nerves. The blood vessels keep the tooth alive. The nerves send messages to your brain, for example whether you are eating something very hot or very cold.

cementum - The layer which covers and protects the root of the tooth.



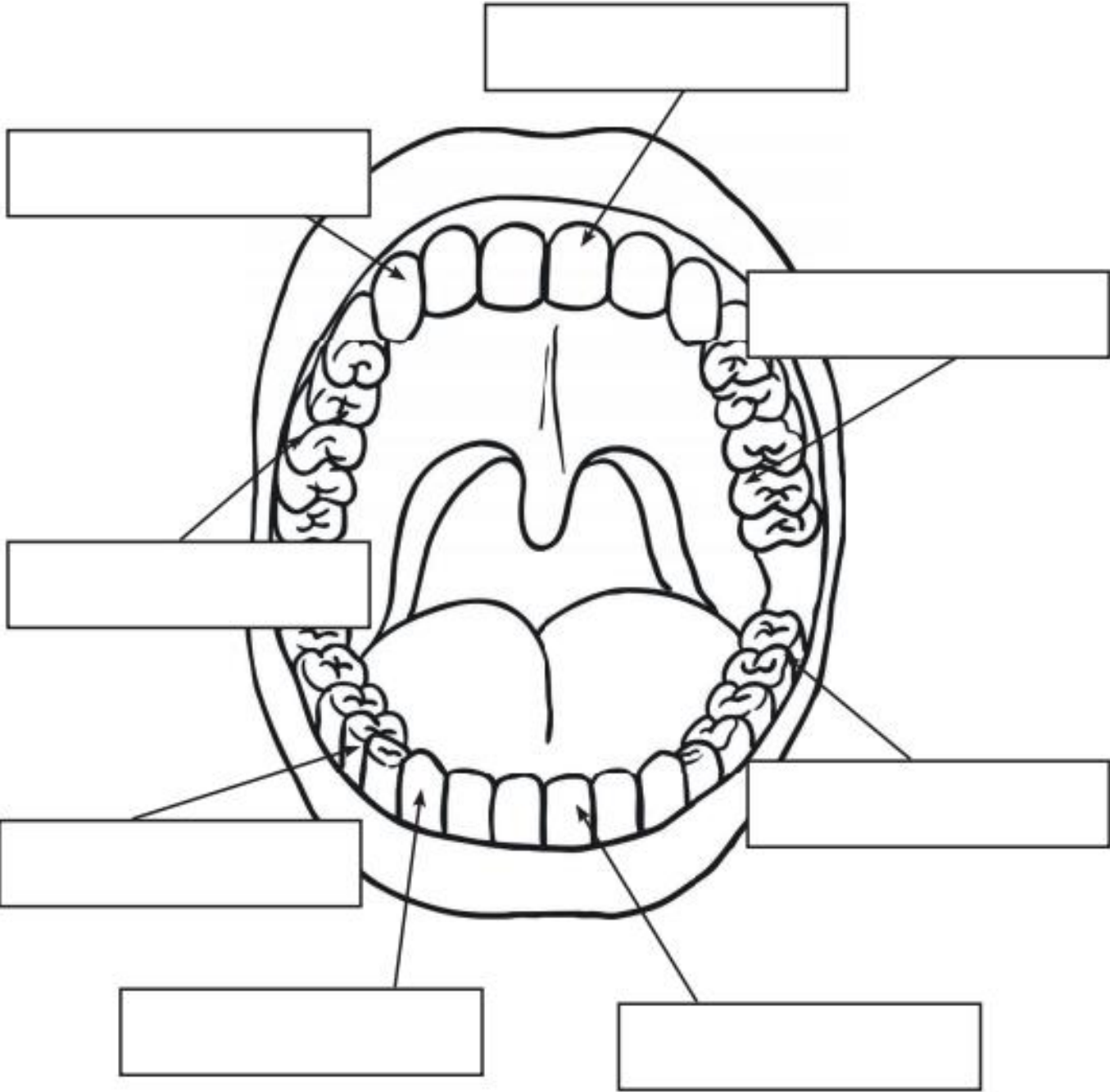
How to Care for Your Teeth

In 30 seconds, write down as many ways as you can remember of how to look after your teeth.



English Activity 1: labelling

Label the teeth using the information you have just read to help you decide which tooth is which.

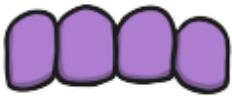
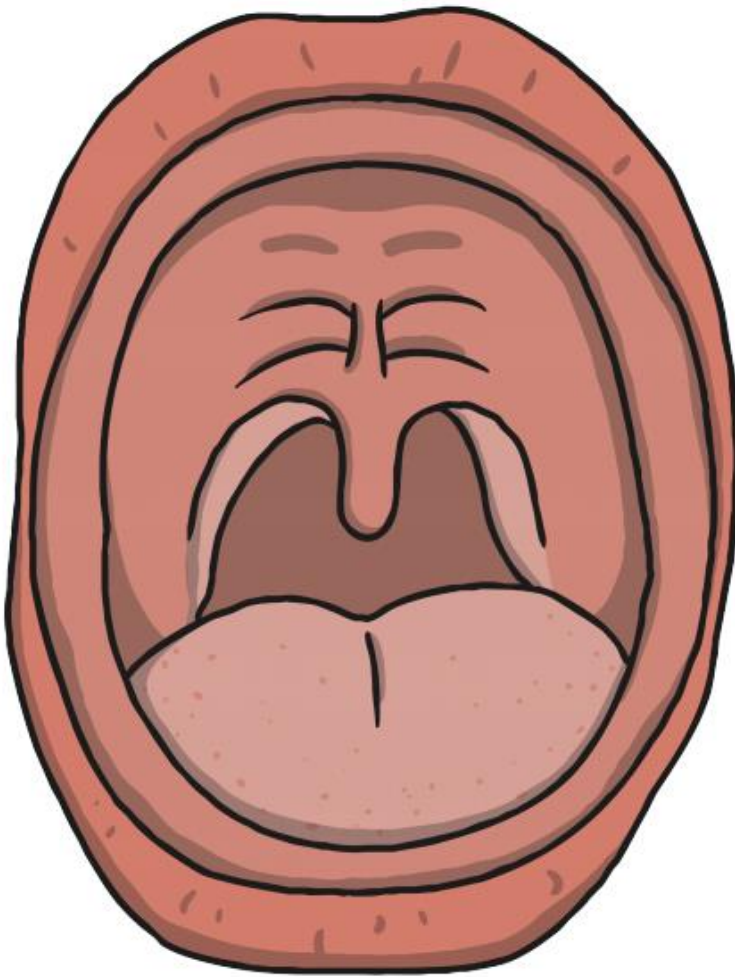


- | | | | | |
|-------|----------|---------|-------|---------|
| molar | canine | incisor | molar | incisor |
| | premolar | canine | molar | |

Activity 2:

Cut and stick the teeth into the correct places in the mouth.

Then use it to create a poster and add information about each tooth and its function within the mouth.



Upper Incisors



Upper Molars



Upper Canines



Upper Premolars



Lower Wisdom Teeth



Upper Wisdom Teeth



Lower Canines



Lower Molars



Lower Premolars

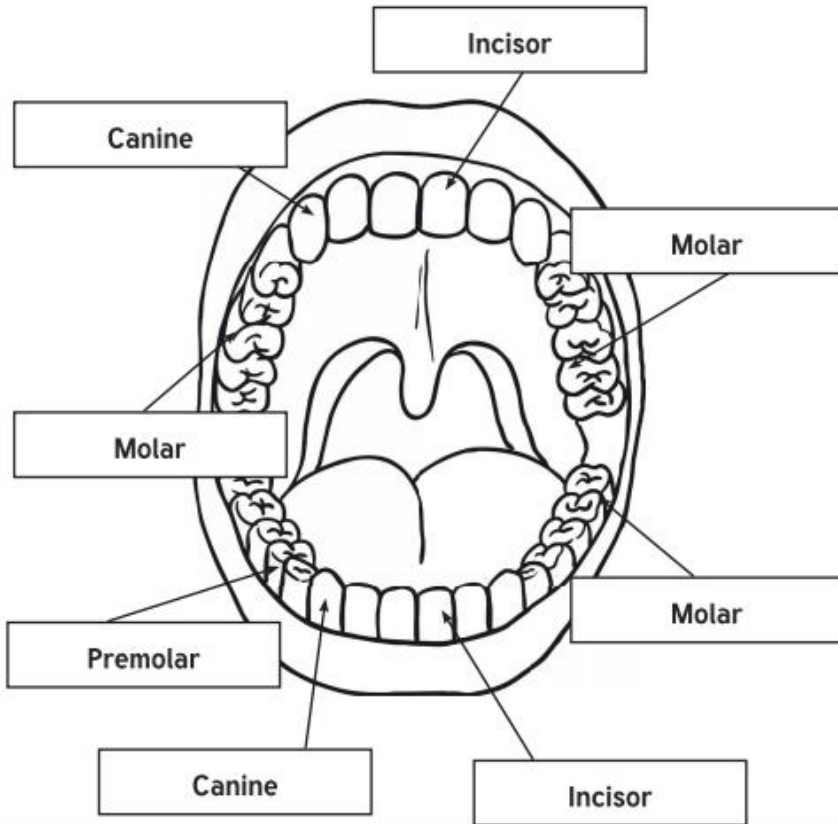


Lower Incisors

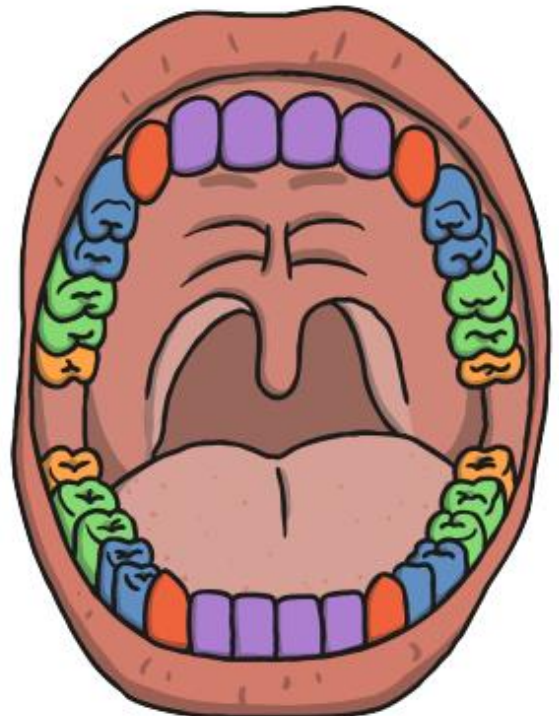
English Answers

Teeth Labelling Answers

Label the teeth in this diagram using the words at the bottom of the page to help you.



Human Teeth Cut and Stick **Answers**



Mindful Monday!

- Today we are being grateful. At the moment there is lots of things that we can not do, however we can look at this from a different direction. Fill in the table below and think about what you might be grateful for at the moment.

I am grateful because I ...

can

am

have

It's not happiness that brings us
gratitude.

It's gratitude that brings us
happiness.