

Monday 29th June 2020

Hello from Mrs Faber and Mrs Wellings

What a lot of rain that we had the other week.
I had to fix the leaky roof as it was raining in the living
room!

Newsflash

Grown ups - Maths will be a bit different for the next few weeks. Some lessons this week have a video, some don't. I've also used a mix of resources.

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.

Super Star Mentions

So I have received your letters this week that we wrote to a big chocolate company, Cadburys, about their use of palm oil. I would like to say a big well done to everyone who wrote one, even if you didn't send it in.

But to these children who's letters I have read I am very impressed and proud of you!!



Zachary
3FW



Ben
3FW



Harley
3FW



Leo H
3FW




Poppy
3HM



Fraya
3FW



Benjamin
3HM



Esmail
3HM

As June is almost over I thought I'd pop up a different active activity chart. I know you might not be able to do all of the types of play/ activity.




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, look 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 reading an article on Newsround, there's lots of different stories that you can read.
- <https://www.bbc.co.uk/newsround>

Maths !

- **First** complete the Mental Maths sheet.
- **Grown ups** - this week the White Rose videos are back. Yay! I will continue to use various resources for the 'work'. Don't worry if I don't include all of the White Rose sheets everyday.
- **Children** - some of the videos are back, I hope that you enjoy them.
- This week is all about angles and lines.
- **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** - comparing angles - right angles
- **Tuesday** - comparing angles, right angle, acute and obtuse
- **Wednesday** - horizontal and vertical lines
- **Thursday** - parallel and perpendicular lines
- **Friday** - Friday challenge
- **Bonus video** - this is the video for angles in shapes, you will have completed the lesson last week  you can watch the video to refresh your mind.
- <https://whiterosemaths.com/homelearning/>

Lesson 1 - Right angles in shapes

Annie is facing east.

She turns one quarter turn.

What direction could she be facing now?

South

How many right angles has she turned?



Find the middle number.

You could either count on or use column subtraction to find the difference between the numbers then halve it and add it to the first number. Look at the example that I've done for you.

Question 1

example

$$910 - 750 = 160$$

$$160 \div 2 = 80$$

$$750 + 80 = 830$$

Mental-Arithmetic.co.uk

Free Printable Mental Arithmetic Worksheets for Children Aged 4-11

Click here for the Mental Arithmetic [Free Worksheet Index](#) or visit www.mental-arithmetic.co.uk

Find the Middle Number - 3 digits

Worksheet Number 1

Name: _____

750 _____ 910 ₍₁₎	570 _____ 730 ₍₁₁₎	860 _____ 960 ₍₂₁₎
460 _____ 580 ₍₂₎	490 _____ 740 ₍₁₂₎	490 _____ 810 ₍₂₂₎
390 _____ 450 ₍₃₎	330 _____ 540 ₍₁₃₎	260 _____ 530 ₍₂₃₎

Find the middle number
answers. Phew they were tricky!

• 1. 830

4. 650

7. 910

• 2. 520

5. 565

8. 650

• 3. 420

6. 345

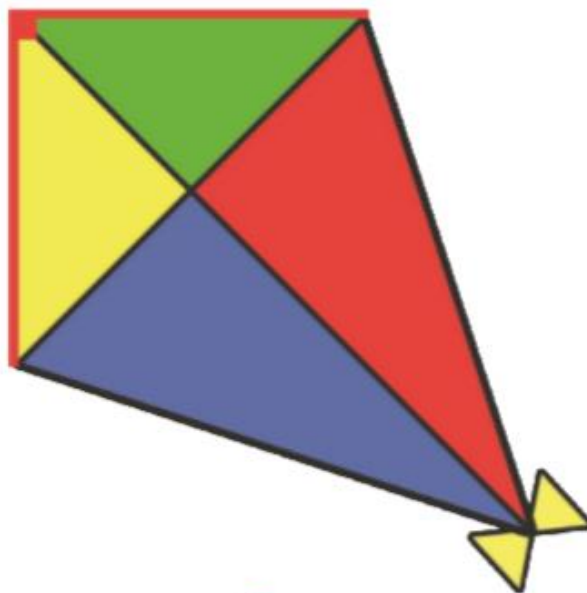
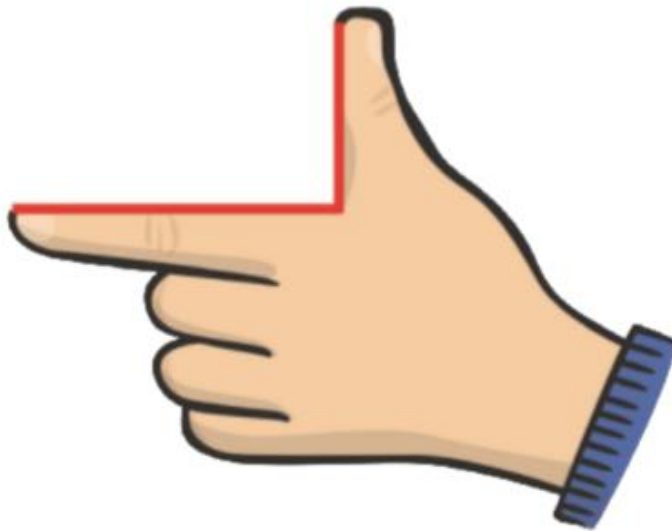
9. 395



Right angle finders to print and cut out.

If you can't print you could use the corner of a cereal box to find right angles around your home.

Right Angle Finders



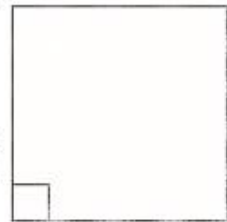
Use your Right Angle finder to check whether the angles below are a right angle or not.









Is It A Right Angle?

An angle is a measurement of a turn. They can be found where two lines meet.

A right angle is in the corner of a rectangle or square.

Look at the angles below. Decide whether each one is a right angle, bigger than a right angle or smaller than a right angle. Write down your answer on the line.



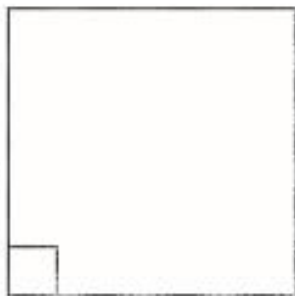
1.  _____	2.  _____
3.  _____	4.  _____
5.  _____	6.  _____
7.  _____	8.  _____

Is It A Right Angle? Answers

An angle is a measurement of a turn. They can be found where two lines meet.

A right angle is in the corner of a rectangle or square.

Look at the angles below. Decide whether each one is a right angle, bigger than a right angle or smaller than a right angle. Write down your answer on the line.



1.



smaller than a right angle

2.



bigger than a right angle

3.



right angle

4.



smaller than a right angle

5.



smaller than a right angle

6.



bigger than a right angle

7.



right angle

8.



smaller than a right angle

Monday's Maths

Properties of Shapes

Knowledge Organiser

Key Vocabulary

Turns and Angles

quarter turn

half turn

three-quarter turn

angle

right angle

acute

obtuse

horizontal

vertical

parallel

perpendicular

polygon

two-dimensional

three-dimensional

flat face

curved surface

edge

curved edge

vertex

vertices

apex

Angles can be used as a description of a turn.



$\frac{1}{4}$ turn



$\frac{1}{2}$ turn



$\frac{3}{4}$ turn



1 turn



clockwise



anticlockwise

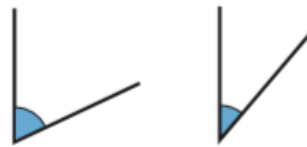
An angle is created when two straight lines meet at a point or intersect.

Right Angle



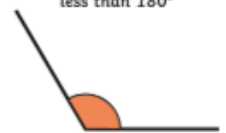
Acute Angle

Less than 90°



Obtuse Angle

Greater than 90° and less than 180°



Type of Lines

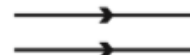
horizontal



vertical



parallel



perpendicular



twinkl visit twinkl.com

Compare angles

1 Here are some angles.

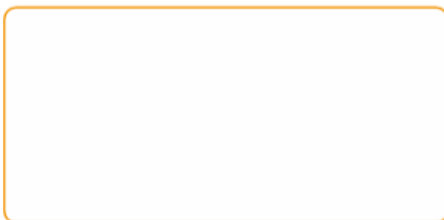
a) Circle the angle that is greater than a right angle.



b) Circle the angle that is less than 90 degrees.



2 Draw three different angles that are less than a right angle.

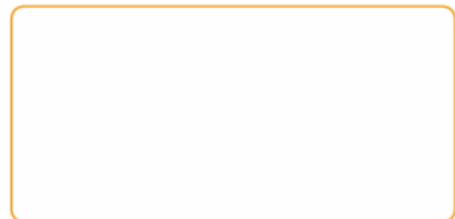


Compare answers with a partner.

Complete the sentence.

These are all examples of _____ angles.

3 Draw two different obtuse angles.



Compare answers with a partner.

Complete the sentence.

Obtuse angles are greater than degrees

but less than degrees.

4 Is the angle between the hands of the clock acute or obtuse?

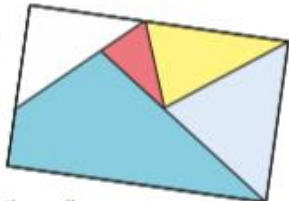
a)



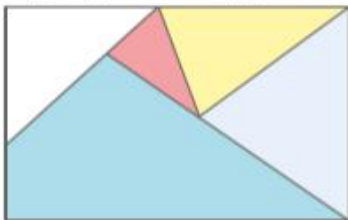
b)



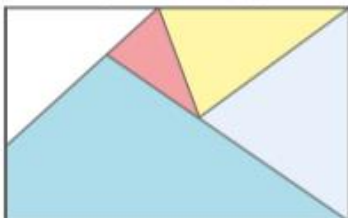
5 Here is a piece of wallpaper.



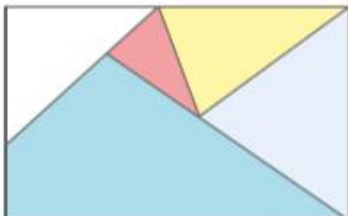
a) Mark two right angles on the wallpaper.



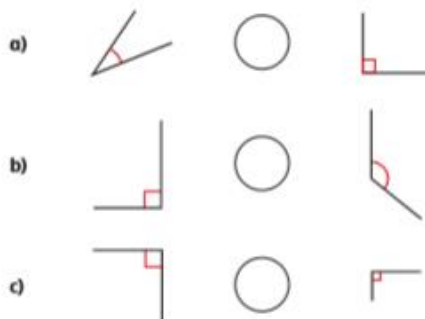
b) Mark four acute angles on the wallpaper.



c) Mark two obtuse angles on the wallpaper.



6 Write $<$, $>$ or $=$ to compare the sizes of the angles.



7 Draw a shape that has one right angle, two acute angles and one obtuse angle.



Compare answers with a partner.

What is the same and what is different about your shapes?

Answers

Compare angles

1 Here are some angles.
a) Circle the angle that is greater than a right angle.



b) Circle the angle that is less than 90 degrees.



2 Draw three different angles that are less than a right angle.

Various answers.

Compare answers with a partner.
Complete the sentence.
These are all examples of acute angles.

5 Here is a piece of wallpaper.



a) Mark two right angles on the wallpaper.



b) Mark four acute angles on the wallpaper.



c) Mark two obtuse angles on the wallpaper



3 Draw two different obtuse angles.

Various answers.

Compare answers with a partner.
Complete the sentence.
Obtuse angles are greater than 90 degrees
but less than 180 degrees.

4 Is the angle between the hands of the clock acute or obtuse?



acute



obtuse

6 Write <, > or = to compare the sizes of the angles.

a) <

b) <

c) =

7 Draw a shape that has one right angle, two acute angles and one obtuse angle.

e.g.

Compare answers with a partner.
What is the same and what is different about your shapes?

These questions get trickier as you go down the page. Do as far as you can.

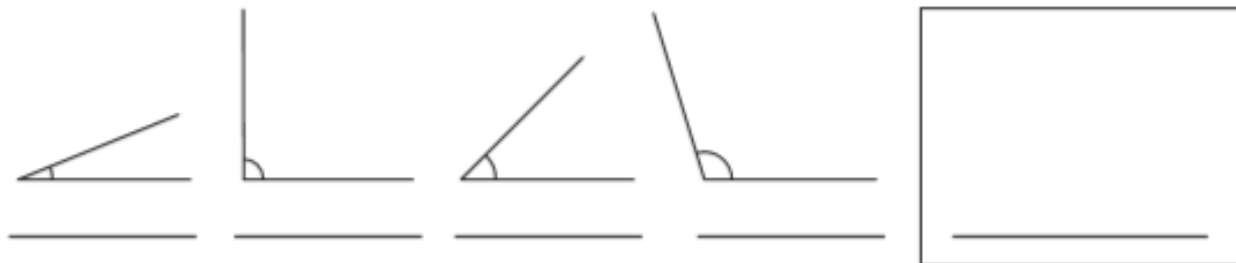
1) Complete these sentences:

An angle less than a right angle is called an _____ angle.



An angle greater than a right angle, but less than 180° , is called an _____ angle.

2) Label each of these angles as obtuse, acute or a right angle. Draw your own angle in the empty box and label it:



1) Are the angles between the hour and minute hands on these clocks obtuse, acute or right angles?





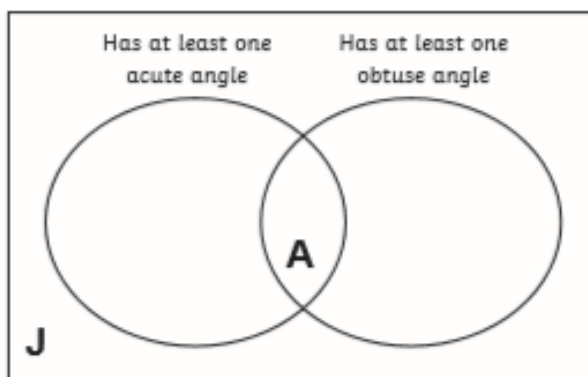




2) Place these letters correctly in the Venn diagram:



K E M T C Y



1) Draw a shape with two obtuse angles and two acute angles.



2) Nikolas and Carla describe this shape differently:



Nikolas

This shape has four right angles. Two of them are curved.



Carla

This shape has two right angles.



Who do you agree with? _____

Explain why: _____



- 1) Complete these sentences:

An angle less than a right angle is called an *acute* angle.

An angle greater than a right angle, but less than 180° , is called an *obtuse* angle.

- 2) Label each of these angles as obtuse, acute or a right angle. Draw your own angle in the empty box and label it:



acute



right angle



acute



obtuse

Multiple answers possible.

- 1)



right angle



obtuse

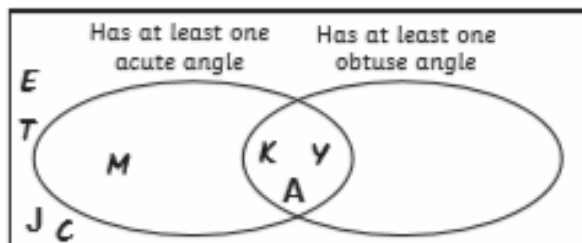


acute

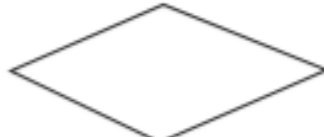


obtuse

- 2)



- 1) Multiple answers possible, such as:



- 2) Carla. Angles are formed where straight lines meet so this shape only has two angles.



Monday 29th June: English

This week in English we are going to look at a poem
By Mark Cowen called 'The Layers of the Rainforest'.

Grown ups - If you can it might be useful to print the poem
off if you can as we will be using it all week.

Children - please spend some time reading the poem like we
do in class. You could maybe do a verse at a time and add
your actions and notes to help you remember it off by
heart. This might take you a while and you could even turn
it into a performance for members of your household.

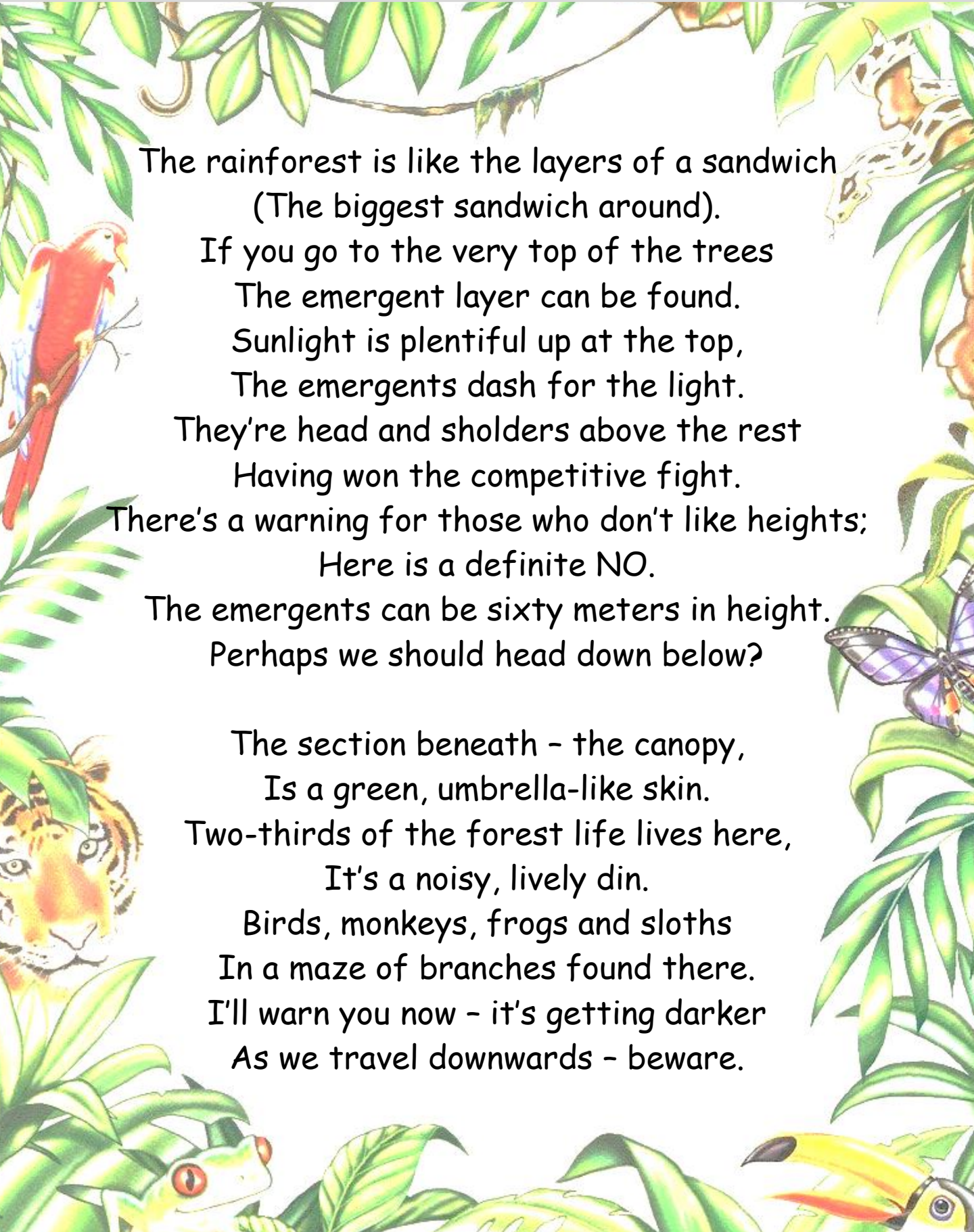
The poem is on the next two slides.

But first watch this youtube clip of Michael Rosen's top
tips for performing poems and stories. Not everything will
apply to this particular poem but there are some useful
hints to help you express the poem in the best way.



https://www.youtube.com/watch?time_continue=2&v=RvV23xoZRkI&feature=emb_logo

Layers of the Rainforest - Mark Cowen



The rainforest is like the layers of a sandwich
(The biggest sandwich around).

If you go to the very top of the trees

The emergent layer can be found.

Sunlight is plentiful up at the top,

The emergents dash for the light.

They're head and shoulders above the rest

Having won the competitive fight.

There's a warning for those who don't like heights;

Here is a definite NO.

The emergents can be sixty meters in height.

Perhaps we should head down below?

The section beneath - the canopy,

Is a green, umbrella-like skin.

Two-thirds of the forest life lives here,

It's a noisy, lively din.

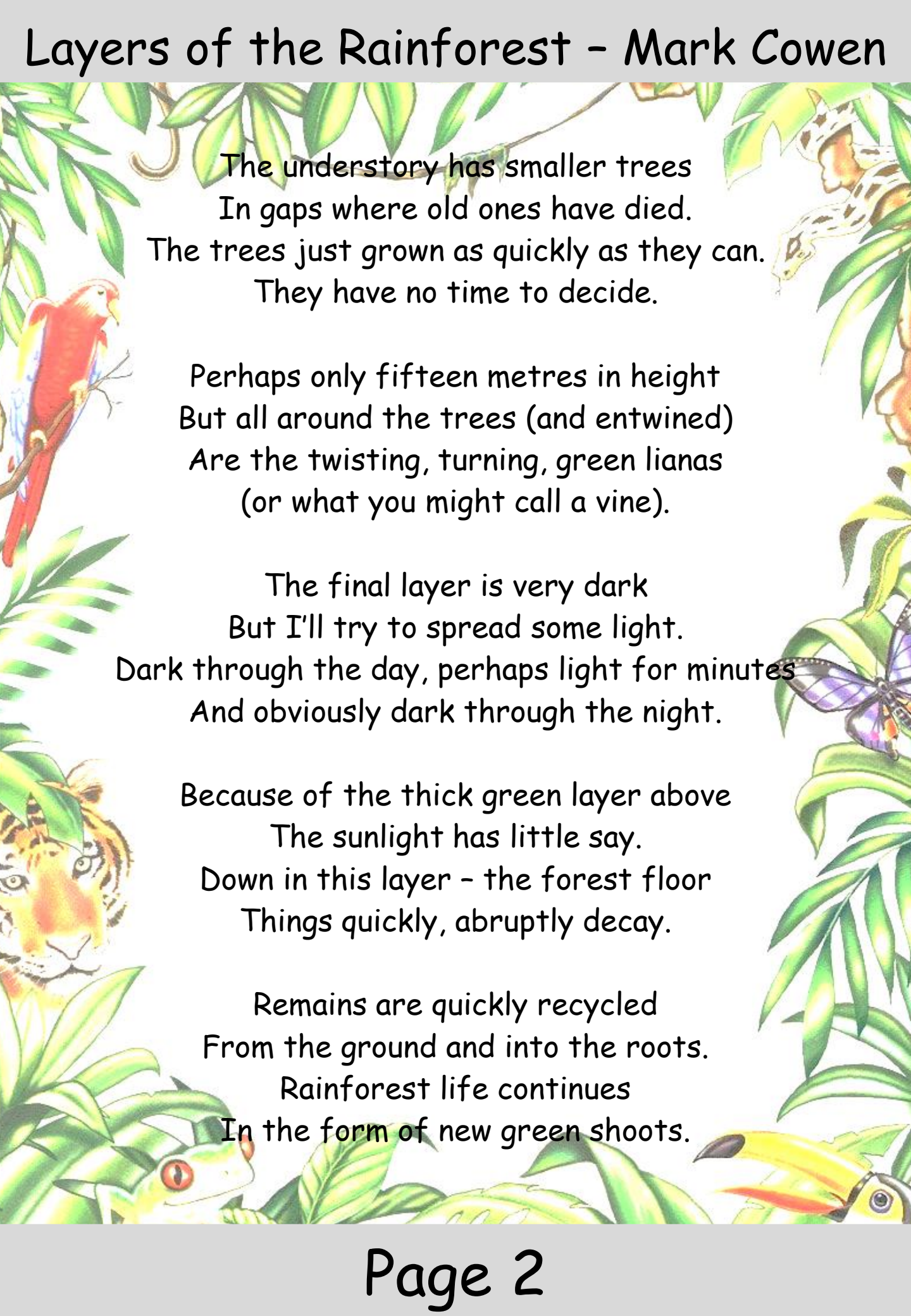
Birds, monkeys, frogs and sloths

In a maze of branches found there.

I'll warn you now - it's getting darker

As we travel downwards - beware.

Layers of the Rainforest - Mark Cowen



The understory has smaller trees
In gaps where old ones have died.
The trees just grown as quickly as they can.
They have no time to decide.

Perhaps only fifteen metres in height
But all around the trees (and entwined)
Are the twisting, turning, green lianas
(or what you might call a vine).

The final layer is very dark
But I'll try to spread some light.
Dark through the day, perhaps light for minutes
And obviously dark through the night.

Because of the thick green layer above
The sunlight has little say.
Down in this layer - the forest floor
Things quickly, abruptly decay.

Remains are quickly recycled
From the ground and into the roots.
Rainforest life continues
In the form of new green shoots.

Mindful Monday! / Wellbeing Wednesday / PSHE Friday

- This week you will have one task that you will complete over the week for your PSHE work.
- We are going to make a soothing/ calm box.
- Over the past few months we have given you lots of ideas to help you to relax and reduce anxiety so we are now going to bring this all together.
- **Monday's** task is to find a box - a small shoe box would be a great size, have a look around because if you don't have a shoe box, you may find a tin or biscuit box that you could use.
- Decorate this box however you want to, colour, paint, cut and stick on pictures of anything that you are interested in. Remember that this will be your box.

- **Wednesday's** task is to have a look at this website - it has ideas of what you could put into the box.
- Then you can collect objects from the list or similar objects that you have around your home. Try not to put lots of items in the box. One item from each category is a good start. When you click on the categories there is a list of ideas.
- <https://youngminds.org.uk/blog/how-to-make-a-self-soothe-box/>
- **Friday's** task is to look back through the mindful and well being activities that we have completed over the past few months. Copy a couple of these onto card or paper and pop them in your calm box. Think about the senses and breathing exercises we did.

If you don't have access to the internet I've popped them on the next page.

How to make a self-soothe box

30 August 2019

If you often find yourself struggling with feelings of anxiety or panic, Eve's 'self-soothe box' is a great way to manage those feelings and help you feel more grounded and relaxed.

What should be in my self-soothe box?

Touch

Memories

Smell

Music

Water

Calming technique cards

Positive affirmation/quote cards

Activity

What do our Activists have in their self-soothe boxes?

Young minds calm box ideas.

Over the past few years I have struggled with feelings of anxiety and panic.

A couple of years ago I was introduced by a mental health professional to the idea of a self-soothe box. This is a box you can make that contains things that ground you, make you feel more relaxed and reduce symptoms of panic, anxiety or low mood. I loved the sound of it and made one immediately; it's a tool I still turn to frequently.

If you find yourself struggling with similar feelings, then I would really recommend putting together a self-soothe box.

What should be in my self-soothe box?

It's recommended to have a range of sensory things and something to focus your mind on. You could include something to smell, something to touch, something to look at and maybe even something to taste. For some inspiration, below are some of the things I have included. You can change yours depending on your preference. I often take a miniature, more travel-friendly version when going on holiday also, which I would recommend if you find travelling stressful or anxiety-provoking.



Touch

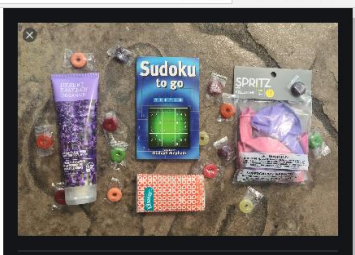
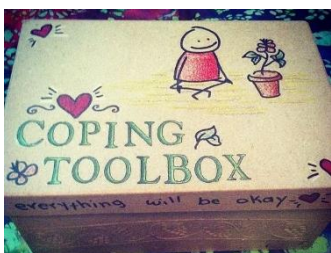
Include something that you can touch; this serves as a good distraction for your hands. Playdough, fidget cubes or spinners, and stress balls are great for this; they're satisfying to touch, and easy to put force into and relieve some stress. It can encourage your muscles to relax, which is what many methods to reduce anxiety involve.

Memories

I always keep a few photos of people or places that have only positive memories attached to them. This acts as a reminder that my life is made up of different elements – not just the mindset that I find myself in at that specific time. It reminds me that there are people who I can turn to and also that new opportunities await. If you don't have pictures, you could keep a nostalgic item that encourages a similar thought process. In my box is a book that I wrote when I was four years old, filled with accounts of my favourite things and days out with friends and family. It's a really nice way to remind yourself how far you have come and how far you are capable of going. Recognising the simplicity of growing older and progressing can help to reduce the pressure to constantly achieve and improve, which often helps with the initial feelings of anxiety or panic.

Smell

This can be personalised depending on what scents you prefer; a few of the typical ones include: peppermint for grounding, and lavender or rose for relaxation and tranquillity. I always keep a bottle of essential oil as it is a strong, concentrated scent; you can put a few drops on your clothing, stress ball or playdough. Another great item is a candle. The scent of a candle is perfect to focus your senses on and has the ability to make you feel much more present. If you can't have candles in your home, room sprays or essential oils work in a similar way. If you try to keep the scent fairly simple and consistent, you can end up associating this scent with relaxing, which increases its effectiveness.



Music

I find that music alone can have a really positive affect on my emotional wellbeing. I keep a little wind-up music box in my kit; it's a really simple way to play music that doesn't require access to a phone or laptop. Of course, it's advised to pick music that is calming and has a solid beat to help you breath slowly and steadily. Slowing your breathing to a steady pace can help you relax if you are feeling stressed. Alternatively keeping some earphones and making an easy-to-access, calming playlist on your phone is a nice, easy way of finding music to listen to.

Water

Drinking water can be such a vital way of reducing symptoms of panic. Not only is it important to stay hydrated, but the regular sipping is a good way to keep a steady rhythm to your breathing. I also find it keeps you fresh-minded, and the coolness of water can often give you something to focus on and have a grounding effect. I keep a cup or water-bottle in my self-soothe box, which acts as a gentle reminder to keep drinking.

Calming technique cards

In my box is a postcard with some steady breathing techniques written on it. It acts as a reminder to keep calm and focused. There are a variety of techniques available; once you find one that works particularly well for you, write it down as a card to remind you. I also have some muscle relaxation exercises written down on other postcards. The NHS website has a few breathing exercises for stress which can be used for anxious thinking and panic also.

Positive affirmation/quote cards

This is entirely personal to each individual. I made up a load of little cards and wrote down my favourite uplifting quotes from films, books, poets and accounts that I follow on Pinterest and Instagram. Some people like to read their positive affirmations out loud to themselves. I also keep letters and postcards that I have received from friends, family and teachers. Being able to see your positive attributes written down in physical form from the perspective of others can be really reassuring. This is particularly helpful if you are prone to feeling strong emotions around attachment and detachment of loved ones when struggling.

Activity

Having an activity to complete can really help you self-soothe. Reading and colouring in are the more obvious options and both of these work for me. You can find plenty of inexpensive beautiful colouring books, pretty much anywhere nowadays - The Works, Amazon and Waterstones all have a good variety to choose from. You can also find a lot of printable colouring sheets online. I keep some colouring pencils and a pad to fill in.

Colouring is a very simple task and having something beautiful that you made can feel very rewarding. You might like to write about how you are feeling, or try some creative writing or poetry; for that you can include a pen and notepad. I also keep a book that is an easy, light read.

I would recommend avoiding books that could be potentially triggering, particularly if you are in a vulnerable mindset. However, this can vary from person to person. I know for some people, emotionally dense poetry or literature can help reduce feelings of loneliness or isolation. Other activities can include: word searches, word games, sudoku, knitting, crocheting, collaging, games on your phone etc.