



## School work at home for Mr. Cagney's Class

Week 6 15<sup>th</sup>- 17<sup>th</sup> February  
2021



Charleville CBS Primary

Note from your teacher:

Hello boys,

I hope you all had a nice weekend. I know a lot of you were looking forward to snow during the week but unfortunately we only got a small amount in Charleville. As we begin week 6 of online work I would like to thank you all for the excellent work you have submitted over the last number of weeks. I am sure you are all looking forward to Pancake Tuesday this week. This week is a short week so the work I have assigned can be done Monday, Tuesday, Wednesday and you will be able to take a well-earned break on Thursday and Friday. Well done to everyone who has been able to access Class Notebook on Teams. Thank you to everyone who was able to take part in the online classes last week also. We will have one online class this week on Wednesday at 11 am.

On Monday 15<sup>th</sup> February Br Ryan will be running Lichess again for anyone who would like to play chess online against another member of the class. This will take place at 11 am. All you need is your username and password for Lichess and you will be able to play as we had been doing in class. I will send out a reminder email Monday morning to remind you all.

This week we are having a Wellness Week. You will notice I have included some different activities for you to try this week. Please try your best with these activities and we will discuss them on Wednesday during the online class.

**Class Notebook is working very well I have received a lot of quality work. Please use Class Notebook to submit your work. You may use Outlook (email) for communication and clarification purposes. Tutorial videos for using Class Notebook can be found on-**  
<http://charlevillecbsprimary.ie/tutorial-videos/>

If anyone needs any assistance with Class Notebook or has any questions relating to the online work please do not hesitate to contact me via email - [acagney@charlevillecbsprimary.ie](mailto:acagney@charlevillecbsprimary.ie)

Remember your usernames and passwords are written in the back of your homework diary.  
You have the same username and password for Khan Academy and Read Theory  
To log onto Outlook use your email address and the password which is Mine followed by 4 digits – eg Mine0123

Stay safe and try your best this week with the activities at home.

Mr. Cagney

<p><b>English</b></p>	<p>Reading Zone Chapter 18 SNOWZONE  Read P84 and 85  Use your dictionary or computer to look up the definitions of each of the red words contained on page 84 and 85</p> <p>Activity A p86 remember all the information you need will be on pages 66 and 67  Activity B and C p86 ( A lot of the new vocabulary you will have found in the dictionary activity)  Read Theory – Aim to do 20 mins this week</p>
<p><b>Gaeilge</b></p>	<p>Bun go Barr 5  Chapter 12 Béigil</p> <p>Read P72 and 73 (Revise)  Activity H p76 (Use the examples in G to help you.)  Activity J p77 ( try your best to complete the story, if you are unsure leave a space and fill it in at the end)</p>
<p><b>Maths</b></p>	<p><b>Mental Maths</b>  Week 20 this week.  As this week is a short week we will complete 2 tests per day  Monday and Tuesday – Monday  Wednesday and Thursday – Tuesday  Friday and Problem Solving – Wednesday</p> <p>I have given you less Busy at Maths this week as you are doing 2 mental maths tests each day.</p> <p><b>5<sup>th</sup> Class – Busy at Maths –Chapter 20 Time P 109</b>  This week we are going to be focusing on time. In each of these activities this week remember the following :  There are 60 minutes in one hour</p> <p>Please attempt the following activities:  P109 Q 1 and 2  You will also need to create the timetable for your day using the grey box on page 109 to complete question 1</p> <p>** Remember these activities can be done over the course of the week.</p> <p>If you are unsure of what to do in any activity please email me <a href="mailto:acagney@charlevillecbsprimary.ie">acagney@charlevillecbsprimary.ie</a> and I will explain it to you.</p> <p>I will assign activities on Khan Academy also based on time also and you can attempt these during the week also.</p> <p>All pupils to practice multiplication and division tables on Hit the Button maths game online <a href="https://www.topmarks.co.uk/maths-games/hit-the-button">https://www.topmarks.co.uk/maths-games/hit-the-button</a></p>

<b>Yoga</b>	<a href="https://www.youtube.com/watch?v=vMMRb10LtGM&amp;feature=emb_title">https://www.youtube.com/watch?v=vMMRb10LtGM&amp;feature=emb_title</a> Follow this link to practice some yoga.
<b>Meditation</b>	Sit down with your family for 20 minutes and listen to this guided mediation with Dermot Whelan. This is a great way to relax after a tough day! <a href="https://soundcloud.com/dermotwhelanmeditation/family-meditation">https://soundcloud.com/dermotwhelanmeditation/family-meditation</a>
<b>Breathing Activities</b>	Follow these 5 breathing exercises for calm and focus. This is a great way to calm and focus the mind and body. <a href="https://www.kidsyogastories.com/breathing-exercises-for-kids/">https://www.kidsyogastories.com/breathing-exercises-for-kids/</a>
<b>Pancake Tuesday</b>	We had a great discussion based on pancakes last week during the online class so you can aim to make your own this week. Follow this simple pancake recipe for pancake Tuesday or you can use your own recipe from home. Make sure you have an adult to help you with everything. Pancakes Ingredients · 1 Cup of Plain White Flour · 1 Cup of milk · 2 medium Egg · Pinch of sugar · Pinch of Salt Instructions 1. Pour one cup of flour, one cup of milk and 2 medium eggs into a mixer and mix together for around 30 seconds. If you don't have a mixer you can do it by hand but it will take longer. 2. Pour into a jug and allow it to rest for 30 minutes before using. Alternatively leave in the bowl and cover and allow rest. You can then use a ladle to pour the correct amount into the pan 3. To cook the pancakes you must heat a heavy based frying pan until hot then turn the temperature down to medium 4. Lightly grease the pan with butter or oil then pour in the required amount to coat the base of the frying pan. Tilt the pan around to ensure the batter coats the pan. 5. Cook over a moderate heat for 2 to 3 minutes lifting with a spatula to check to see if it is done. Using a spatula turn the pancake over or alternative show off your skills by attempting to flip the pancake in the air. (warning pancake will be hot and flip at your own risk) 6. Cook the other side and cook for another minute or two. Check with a spatula by lifting an edge to see if it is done. 7. Move pancake onto a warm plate and place in a warm oven while you cook the remaining pancakes or, serve them as they are cooked. 8. Serve with a sprinkle of sugar and squeeze of lemon juice or whatever your family prefer.
<b>Video</b>	Watch a short video about our mental health and how we should talk and listen to others. <a href="https://www.youtube.com/watch?v=nCrjevx3-Js&amp;feature=emb_title">https://www.youtube.com/watch?v=nCrjevx3-Js&amp;feature=emb_title</a>
<b>PE</b>	Joe Wicks is running his 30 minute PE lessons live at 9am every morning, this would be a great way to start your day with all of your family <a href="https://www.youtube.com/results?search_query=joe+wicks+PE+">https://www.youtube.com/results?search_query=joe+wicks+PE+</a>
<b>Challenge Cards</b>	Choose a mindfulness challenge card each day and try one activity at home each day. <a href="https://drive.google.com/file/d/1ZuFC5H2FM9bpgqof4YQIAmLFa1bY9tPW9/view">https://drive.google.com/file/d/1ZuFC5H2FM9bpgqof4YQIAmLFa1bY9tPW9/view</a>