



School work at home for Mr. Millane's Class

Week 6 14th February 2021



Charleville CBS Primary

Note from your teacher:

Hello everyone. I hope you all had a lovely weekend and enjoyed some of the snow we got. I hope everyone is keeping active and going for walks and getting plenty of fresh air. Hopefully we will be back to school very soon. This is a short week this week as we are off Thursday and Friday. Do your best Monday to Wednesday and then take a well-earned rest from Thursday to Sunday. Well done to everyone who has completed work on the notebook and sent me in different things.

If anyone has any questions or is unsure of anything regarding the notebook please send me an e mail and I will try to help.

<https://www.youtube.com/watch?v=HxBVOADPvro&feature=youtu.be>

This is a video that I have previously shared which will help if you are stuck on something.

Once you have work uploaded could you send me a quick e mail just to tell me that you have work sent in so I can correct it and return it.

Well done to everyone who joined the video call on Monday and Friday. We will have one call this week as it is a short week on Wednesday at 12 o' clock.

There will be more chess next week for any boys that are interested. Below is a note from Br. Ryan Lichess: Log into Lichess before 10 am on Monday. Use your **username** and **password** for Office 365. On the top of the page go to **Community**. Then click on **Teams**. Then click on **Room7CBS**. Then Click on **Rosanes** in **Tournaments**. Don't forget to press the green **Join** button. Well done to everyone who took part last Monday!

If you are late for the first games you can still join in. You will get a half mark for the game you missed.

There will be an **after-school tournament** on **Thursday at 4pm**. If you wish to join the afternoon club search for this team on Lichess, [Charleville CBS Primary Afterschool Club](#). Or hold down the **Control Button** (CTRL) and click on this link <https://lichess.org/team/charleville-cbs-primary-afterschool-club> Then click the green **join** button.

I have broken maths, Irish and English into suggested activities for each day. You can follow this format if it is easier but there is no pressure to follow it if a different way works for you. I will upload the answers to mental maths and Busy at Maths to "Teams" the following day.

We are having a wellness week this week so I have set some different activities I would love for you to try. Wellness is the act of practicing healthy habits on a daily basis to achieve better physical and mental health.

Try these activities to see how you feel after them and we will discuss the activities you tried and enjoyed during our video call on Wednesday.

If you have any questions regarding the notebook, homework or need assistance in anyway, please contact me at bmillane@charlevillecbsprimary.ie

RTE Home School Hub is continuing again from 10am to 12pm daily and there will be lots of useful lessons covered so I hope you all tune in and watch some of the lessons each day.

Continue with all the work you are doing boys and I look forward to seeing all the great work over the course of the week.

Mr. Millane

English	<p>Spellbound- We will not be doing a new week this week as it is a short week. Revise over the book and complete any missed exercises. Revise the spellings from Week 17, 18 and 19 and ask someone at home to choose 20 spellings from these weeks to test you on Wednesday.</p> <p>Treasury- The Conquest of Space Monday</p> <p>Read through Treasury Page 34 Look up the words in orange in the story and write their meaning. Activity A- Q1-10 Full answers</p> <p>Tuesday</p> <p>Treasury Page 35 D- Write there or their to complete each sentence.</p> <p>Wednesday</p> <p>Treasury Page 39 A</p> <p>Choose the correct homonym to complete each sentence.</p> <p>Read Theory- Continue trying to do 1 or 2 quizzes each day on read theory https://readtheory.org/auth/login</p>
Gaeilge	<p>Gaeilge– Bun go Barr</p> <p>Monday</p>

	<p>Page 52- Choose the correct verb to complete each sentence. Use page 132 &133 to help you.</p> <p>Tuesday</p> <p>Page 52 B- Use the verbs in the white box to complete each sentence. Some won't be on page 132 & 133.</p> <p>Déanfaidh- Will make/do</p> <p>Ullmhóidh- Will prepare</p> <p>Ceannóidh- Will buy</p> <p>Glanfaidh- Will clean</p> <p>Wednesday</p> <p>Page 53- D Finish the story</p> <p>Use the verbs in the white box to complete the story</p>
Maths	<p>Mental Maths- We will not be doing a new week this week as it is a short week. Revise over the book and complete any missed tests.</p> <p>Busy at Maths- Revision</p> <p>Monday</p> <p>A Quick Look Back 4 Page 72 You can skip questions 8, 12, 17, 18, 19 & 20</p> <p>Tuesday</p> <p>A Quick Look Back 5 Page 93 You can skip questions 18 & 19</p> <p>Wednesday</p> <p>A Quick Look Back 6 Page 119 You can skip questions 6, 10, 11, 12 & 13</p> <p>You can use https://www.topmarks.co.uk/maths-games/hit-the-button to practice your tables.</p> <p>I will also assign work on Khan Academy and you can try and complete these over the week.</p>
Yoga	<p>Follow this video for a really fun yoga activity https://www.youtube.com/watch?v=vMMRb10LtGM&feature=emb_title</p>
Mindful Colouring	<p>Click on the link to find lots of mandala colouring pages. You can print them out or colour them online! http://www.supercoloring.com/coloring-pages/arts-culture/mandala</p>

Meditation	<p>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!</p> <p>https://soundcloud.com/dermotwhelanmeditation/family-meditation</p>
Breathing Exercises	<p>Follow these 5 breathing exercises for calm and focus. This is a great way to calm and focus the mind and body.</p> <p>https://www.kidsyogastories.com/breathing-exercises-for-kids/</p>
Cooking	<p>Follow this simple pancake recipe for pancake Tuesday. I will share a video on Tuesday of how I make mine! Make sure you have an adult to help you with everything.</p> <p>Pancakes Ingredients</p> <ul style="list-style-type: none"> • 1 Cup of Plain White Flour • 1 Cup of milk • 2 medium Egg • Pinch of sugar • Pinch of Salt <p>Instructions</p> <ol style="list-style-type: none"> 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 use a whisk. 2. Pour into a jug and allow it to rest for 30 minutes in the fridge 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 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. You just can't beat that. Enjoy!
Watch a short movie	<p>Watch a short video about our mental health and how we should talk and listen to others.</p> <p>https://www.youtube.com/watch?v=nCrjevx3-Js&feature=emb_title</p>
Mindfulness Challenge Cards	<p>Choose a mindfulness challenge card each day and try one at home each day.</p> <p>https://drive.google.com/file/d/1ZuFC5H2FM9bpqof4YQAmLFa1bY9tPW9/view</p>