



## School work at home for Ms. Lane's Class

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



**Charleville CBS Primary**

Hello boys,

Happy Mid-Term break!! I hope you all enjoy the two days off and get lots of fresh air and rest!

**Important days this week:** Tuesday (Pancake Tuesday) and Wednesday (Ash Wednesday: marking the beginning of Lent)

**Wellness Week:** I hope you enjoy the Wellness Week activities and take some time to be mindful, thankful and active!

Thank you for all the excellent work submitted last week and for working so well during our live lessons including our live chess tournament!

Please find the work for this week outlined below. Please try your best with the work. There is no pressure to get all activities completed but try to do as much as you can.

Please use Microsoft 365- Teams- Class Notebook to submit your work. You may use Outlook (email) for communication and clarification purposes. Please watch the following tutorial on how to upload your work: <https://youtu.be/HxBVOADPvro> If you have any issues using Microsoft 365, khan academy, read theory etc., please contact me. You have all the log in/usernames and passwords in your homework journal.

We will have two online classes this week using Teams again, I will notify you of the times for these via email. Well done to all the boys for logging on and engaging so well in the live lessons!!

Answers will be emailed on Wednesday to help with corrections. I am so proud of all of you and am looking forward to being back in our classroom soon!

Please email me on [paulalane@charlevillecbsprimary.ie](mailto:paulalane@charlevillecbsprimary.ie) if you have any questions or need any further information.

Ms. Lane ☺

### English

- Spellbound: Unit 19 Pages 40&41 Ex.1-5
- Reading Zone: Unit 17: Read 'Murphy's Law' pages 81-84
- Reading Zone page 85 A-C, page 86 D-E

<p><b>Gaeilge</b></p>	<p><b><u>Bun go Barr:</u></b> Lth 69</p> <p><b>D:</b> Bhí <u>rang cispheile</u> ar siúl i halla na scoile. (There was a <u>basketball class</u> taking place in the school hall)</p> <p><b>E:</b> Críochnaigh na habairtí: finish the sentences</p> <p>Bhí an mheánscoil go hiontach ach b'fhéarr liom ___ (Secondary school was excellent but I prefer ___)</p> <p><b>F:</b> Bhí sé in am <u>dul ar ais ar scoil.</u> (It was time <u>to go back to school</u>)</p> <p><b><u>Litriú</u></b> <i>emailed</i></p> <p><b>Léigh an scéal agus freagair na ceisteanna-</b> (Read the story and answer the questions)</p> <p><i>emailed</i></p> <ul style="list-style-type: none"> <li>• Éadaí Nua</li> <li>• Mo Chara Amy</li> <li>• Ríomhphost ó Laura</li> </ul>
<p><b>Maths</b></p>	<p><b><u>Mental Maths</u></b> p35&amp;36</p> <p><b><u>Busy at Maths</u></b></p> <p>Chapter 17: Length</p> <ul style="list-style-type: none"> <li>• Page 85 Q1-5 (Note Question 2: units of measurement are mm, cm, m, km)</li> </ul> <p>This link will help with Page 85:  <a href="https://data.cjfallon.ie/resources/20714/BAM6_Tutorial_052/lessons/BAM6_Tutorial_052/index.html">https://data.cjfallon.ie/resources/20714/BAM6_Tutorial_052/lessons/BAM6_Tutorial_052/index.html</a></p> <p><b><u>Khan Academy:</u></b> assignments to be completed- aim to do 20 minutes of khan academy this week</p>
<p><b>Religion</b></p>	<p><b><u>Lent</u></b></p> <p><b>Pancake Tuesday is on Tuesday 16<sup>th</sup> February.</b></p> <p><b>Ash Wednesday is on Wednesday 17<sup>th</sup> February</b> which marks the beginning of Lent. Lent lasts for 40 days, representing the 40 days Jesus spent in the desert. Lent prepares us for Easter and ends on Easter Sunday.</p> <p><u>Grow in Love page 129</u></p> <ul style="list-style-type: none"> <li>• Read Grow in Love page 129</li> <li>• Chat to your family about Lent (<i>What is Lent? How long does Lent last? When does Lent begin? When does Lent end? What kinds of things do people do for Lent? Why do we have the season for Lent?</i>)</li> </ul>

- Pick two things you would like to do over Lent- give up something, take up a new hobby, help someone.
- As you prepare for Easter: Look at the questions under each section: Think about your relationship with God, Think about your relationship with others, Think about how you treat yourself

### **Wellness Week**

**\*\*After each day, take some time to complete your wellness journal (emailed)**

#### **Mindful Monday**

- Guided meditation: <https://www.youtube.com/watch?v=CvF9AEe-ozc>
- Mindful Colouring: <http://getcolorings.com/mindfulness-coloring-pages>
- Yoga: [https://www.youtube.com/watch?v=Td6zFtZPkJ4&ab\\_channel=YogaWithAdriene](https://www.youtube.com/watch?v=Td6zFtZPkJ4&ab_channel=YogaWithAdriene)
- Breathing activities (emailed)
- Get active!: Operation Transformation 10@10 <https://rtejr.rte.ie/10at10/>
- Screen free evening!-read a book, chat, play board games

#### **Thankful Tuesday**

- Gratitude Journal: Write three things you are grateful every day this week
- Write a thank you letter to a family member/ friend
- Guided meditation [https://www.youtube.com/watch?v=64QzBuhsyuk&ab\\_channel=NewHorizon-Meditation%26SleepStories](https://www.youtube.com/watch?v=64QzBuhsyuk&ab_channel=NewHorizon-Meditation%26SleepStories)
- Say 'thank you' twice a day and one nice/positive thing to someone today
- List 3 things you like about yourself
- Do something that makes you happy!
- Get active!: [https://www.youtube.com/watch?v=v8FKjeQLjOs&ab\\_channel=CorkGDACoaching%26Games](https://www.youtube.com/watch?v=v8FKjeQLjOs&ab_channel=CorkGDACoaching%26Games)

#### **Wellness Wednesday**

- Mindful Colouring: <http://getcolorings.com/mindfulness-coloring-pages>
- Get active!: go for a walk and spend time in nature
- Drink a glass of water before each meal and eat an extra piece of fruit or vegetable today

- Do a five minute body stretch
- Clean your room
- Rainbow breathing  
[https://www.youtube.com/watch?v=O29e4rRMrV4&feature=emb\\_logo&ab\\_channel=GoNoodle%7CGetMoving](https://www.youtube.com/watch?v=O29e4rRMrV4&feature=emb_logo&ab_channel=GoNoodle%7CGetMoving)
- Write three things to look forward to over your mid-term break!