

Dear parents/guardians,

It's hard to believe we're now in June. We hope that you are all getting on ok at home and trying to do the best that you can. We really do miss all of you and teaching you every day.

Having spoken to a lot of parents over the past few weeks, we understand that most of you have finished your class workbooks. We will be revising the contents explored this year in June and also spending time completing Planet Maths and Abair Liom.

We hope you are enjoying the booklets that we sent home especially the Mindfulness Booklet.

At the end of this document, we have added in some other Mindfulness breathing techniques that you can practise with your child. They can help with feelings of anxiety.

We absolutely LOVE getting your emails, all of the messages, photos and videos. Please continue to send them.

Take care and keep safe,

Ms. Coughlan and Ms. Needham

Email addresses

msneedham@parteenschool.ie

mscoughlan@parteenschool.ie

Week 1: Monday 2nd June - Friday 5th of June

"RTE Home School Hub" on RTE 2 from 11am - 12pm.

School Twitter Theme: Arts and Crafts. Get arty and crafty! Take a picture of yourself and/or your family and send to msbarry@parteenschool.ie for the school twitter page.

Exercises: Practise a sport of choice e.g. bouncing a basketball, solo a sliotar/tennis ball/shuttlecock, solo a ball, score a goal. Try to increase the number of times you do the skill over the week. Send a little video!

Spellbound: Unit 32 /Theme -'The Classroom'

Words to learn for the week - pen, chair, bell, desk, bell, chalk, copy, book, table, paint, paper, door, ruler, shelf, clock and chart

Monday	Tuesday	Wednesday	Thursday	Friday
A+B	C+D	E + F	G + H	Test (if you feel necessary) 

Check out the daily active spelling challenge at the end of these pages!

PAT: Revision

10 sentences to learn and to be tested in your dictation copy on Friday based on your PAT programme.

1.I play ball in the sun with my Mum and my Dad.

2.I like to bake a cake with my cat in the tall hat.

- 3.The fat rat sat on the big mat.
- 4.Pop to the shop with the cat in the bag.
- 5.The King ate the cake that he did not bake!
- 6.I like to call my Mam and Dad every day.
- 7.Do you have a pet who likes to lick your hand?
- 8.The man put a long pin in the big bin.
- 9.Shake the dice twice to win the game.
- 10.The dog ate the meat on the dish.

Reading:

Weekly challenge: Focusing on fictional and factual books this month

1.Listen to "**Snappy the alligator**" (Fiction) story on <https://www.storylineonline.net/>

Listen to and read along with the story and be aware of the nouns and verbs.

2. Read the story "**Collages**" (Fact) on <https://readon.myon.co.uk/>. Click on "Hobbies and how to", then click on "Crafts", then click on the book "Collages".

Daily Task: Pick a book/any suitable reading material. Read 5 - 10 pages silently or aloud with parents or older sibling. If you like you could record reading on audio or visual and send via email.

Revise class readers and stories from Two Little Frogs and The Four Friends.

Handwriting: Practise your **cursive** handwriting when you do all of your writing exercises.

Let's get writing: Choose from one of the following (vary this Mon- Fri)

<p>Select from the next writing section in Two Little Frogs</p>	<p>Diary entry- Write about something exciting you did. Pick the day!</p>
<p><u>Revision:</u> Write a procedure-see science experiment for ideas-'How to make a lava lamp'</p> <p>You could re-write the experiment using the format that follows.</p> <p>***Remember the correct format of writing a procedure:</p> <ol style="list-style-type: none">1. Title2. List Materials/Ingredients used3. Numbered Steps/Method4. Conclusion	<p>Grammar exercises: Verbs</p> <p>Based on <u>Snappy the alligator</u> story you read above</p> <p>Find 5 verbs e.g. scooted, dragging etc.</p> <p>Create 5 long meaningful sentences e.g. The alligator was dragging his tail up the hill because he was very tired!</p>
<p>Grammar exercises: Nouns</p> <p>Based on <u>Snappy the alligator</u> story you read above</p> <p>Find 5 nouns e.g. alligator, tail, jaw</p> <p>Create 5 long meaningful sentences e.g. The alligator was dragging his tail up the hill because he was very tired!</p>	<p>Dictation Test</p> <p>Practise your ten sentences during the week.</p> <p>Do a test on Friday.</p>

Mental Maths: Week 39

Monday	Tuesday	Wednesday	Thursday	Friday
+Monday's PS	Tuesday's PS	+Wednesday's PS	+Thursday's PS	Fri Review

- Revise addition tables
- Explore **subtraction tables** 7 - and 8- (Use tables books)

Maths Planet Maths

This work has to be completed by the end of this week. Some of these concepts below have been touched on or completed in class previously.

Please spend time with your child exploring these concepts as they may find them difficult to do independently.

Use plenty of concrete material when exploring concepts.

-Concepts to be explored this week

- Tens and Units / Place Value pgs: 97 + 98, 110+111
- Subtraction pgs: 99, 100, 101
- Number Sentences pgs: 102
- Revision of Capacity pg: 104-106
- Shape and Space pg: 103 (exploring mathematical language right/left/underneath, on top of ...)

Tests on Friday (All in Planet Maths)

- Planet Maths pg: 107
- Planet Maths: Tables pg: 108
- Planet Maths: Problem Solving pg: 109

Continue to practise tens and units addition/subtraction in a copy

without renaming. Create as many as you want to keep practising.

e.g.

T	U	T	U	T	U	T	U
8	1	6	4	8	8	4	8
<u>+ 1</u>	2	<u>+ 2</u>	1	<u>- 6</u>	2	<u>- 3</u>	2

Counting forwards and backwards: Practise counting forwards and backwards in 2s, 3s, 4s, 5s, 10s.

Gaeilge: For the month of June, we are focusing on completing their Irish book *Abair Liom*. We have explored most of the content over the past few weeks and this is from their book.

Abair Liom online: folenonline.ie **Abair Liom C**

Click on: Resources, arrow down

Aonad 20, 21 agus 22: Scéal: Na trí gabhar agus an troll, Dul siar 3 (revision) agus Ag imirt rugbaí

Lch (pgs): 101- 111

Póstaer: Lots of interactive activities; Amhrán (song), Dán (poem), Foclóir (vocabulary), scéal (story), ceisteanna (questions), pléasc an balún etc

Please see previous newsletters for vocabulary, songs, poems for Ag imirt rugbaí.

Grow in Love:

Grow in love online: trial@growinlove.ie

password: growinlove.

Lessons: The Rosary and St. Therese of Lisieux

Pgs: 54-57

Activities

- Find Rosary beads at home
- Design your own Rosary beads

<p><u>History</u></p> <p>Listen to <u>Aesop's fables on YouTube</u>:</p> <p>The boy who cried wolf</p> <p>Lesson: If you lie all the time, people won't believe you when you tell the truth</p> <p>https://www.youtube.com/watch?v=gKWktweAZb0 (story)</p>	<p><u>History</u></p> <p><u>Songs</u></p> <p>Ag imirt rugbaí (Abair Liom)</p>
<p><u>Art:</u></p> <ul style="list-style-type: none"> • Design your own rosary beads (GIL) • Create a lava lamp (Science) • Draw picture to match writing exercises 	<p><u>Geography:</u></p> <p>Google the eruption of a volcano e.g. Mount Vesuvius in Pompeii</p> <p>Find out 5 interesting points about this volcano</p>
<p><u>Science/Art/Literacy (Procedural Writing):</u></p> <p><u>Title: Making a Lava Lamp</u></p> <p><u>Ingredients</u> Clear bottle or drinking glass Water Food colouring Vegetable oil Alka Seltzer tablet</p> <p><u>Method</u> Step 1: Put one drop of a food colouring into a bottle.</p>	



Tip: It's even cooler if you have three bottles with three different colours!

Step 2: Fill $\frac{1}{4}$ of the bottle with water.



Step 3

Add about twice as much vegetable oil as water to the bottle.



Step 4

Drop one Alka Seltzer tablet into the bottle and look on as colourful bubbles ooze up and down through the oil.



Tip: For added effect, turn off the lights in the room and place the bottle on top of your mobile phone with the flashlight turned on. This makes the colouring really pop!



Conclusion

The Science behind the Homemade Lava Lamp

After completing the experiment, chat with your kids about the science at the centre of that groovy, little lamp they created..

For example, ask your kids what happened when they poured the oil into the water? Did they notice that the two liquids did not mix?

****Interesting Science facts (for older children /Parents):** They separated because the density of water is greater than that of vegetable oil, and so the water sits at the bottom.

Next, when the tablet is plopped into the bottle, it dives to the bottom and dissolves. This process creates carbon dioxide, which (like the oil) is lighter than water, causing it to form bubbles, with some of the coloured water mixed in, that rise to the top and burst on the surface. After the mini explosion, the coloured water sinks back down to the bottom, resulting in that oozing, lava -like effect in the bottle.

Week 2: Monday 8th of June - Friday 12th of June

"RTE Home School Hub" on RTE 2 from 11am - 12pm.

School Twitter Theme: **Sports Day games**. Get sporty and imaginative! Try out the wheelbarrow race, the egg and spoon, the three legged race and many more. Take a picture of yourself and/or your family and send to msbarry@parteenschool.ie for the school twitter page.

Sports Day: Pick a sunny day this week and design your own Sports Day. Include an obstacle course, wheelbarrow race, relays, egg and spoon and some fun activities such as trampolines, cycling etc. Please email photos and/or videos!

PAT: Revision

10 sentences to learn and to be tested in your dictation copy on Friday based on your PAT programme.

- 1.I will go to the dump with a pump.
- 2.The cat will jump on the wall.
- 3.The big mop fell with a bump.
- 4.Pop the pill into the big tin.
- 5.He fell with a bump on the hay.
- 6.Look at the book on the mat.
- 7.The cook told him to sit on the mat.
- 8.Jack and Jill went up the hill.
- 9.Dad told him to go and play.
- 10.I can play with the bat and the ball.

Reading:

Weekly challenge: Focusing on fictional and factual books this month

1. Listen to "Arnie the Doughnut" (Fiction) story on <https://www.storylineonline.net/>

Listen to and read along with the story and be aware of the nouns and verbs.

2. Read the story "Fluffy, flat and wet" (Fact) on <https://readon.myon.co.uk/>. Click on "Science", then click on "Earth and Space Science", then click on the book "Fluffy, flat and wet".

Daily Task: Pick a book/any suitable reading material. Read 5 - 10 pages silently or aloud with parents or older sibling. If you like you could record reading on audio or visual and send via email.

Revise class readers and stories from Two Little Frogs and The Four Friends.

Handwriting: Practise your **cursive** handwriting when you do all of your writing exercises.

Let's get writing: Choose from one of the following (vary this Mon - Fri)

Select from the next writing section in Two Little Frogs	Diary entry- Write about something exciting you did. Pick the day!
Revision: Write a procedure -see science experiment for ideas-' How to make a clay handprint ' You could re-write the experiment using the format that follows. ***Remember the correct format of writing a procedure:	Grammar exercises: Verbs Based on Arnie the Doughnut story you read above Find 5 verbs e.g. look, made etc.

1. Title 2. List Materials/Ingredients used 3. Numbered Steps/Method 4. Conclusion	Create 5 long meaningful sentences e.g. I like to look at the chocolate cake that I made the other day!
Grammar exercises: Nouns Based on <u>Arnie the Doughnut</u> story you read above Find 5 nouns e.g. doughnut, sprinkles etc Create 5 long meaningful sentences e.g. My favourite type of doughnuts are the ones you buy with sprinkles.	Sports Day Recount Write a recount of your Sports Day at home!

Mental Maths: Week 40

Monday	Tuesday	Wednesday	Thursday	Friday
+Monday's PS	Tuesday's PS	+Wednesday's PS	+Thursday's PS	Fri Review

- Revise addition tables
- Explore **subtraction tables 9- and 10-** (Use tables books)

Maths **Planet Maths**

This work has to be completed by the end of this week. Some of these concepts below have been touched on or completed in class previously.

Please spend time with your child exploring these concepts as they may find them difficult to do independently.

Use plenty of concrete material when exploring concepts.

-Concepts to be explored this week

- Addition pgs: 112+113
- Fractions pgs: 114, 115, 116, 117 + 118

- Subtraction pgs: 120
- Revision of 3D Shapes pg: 121, 122, 123 + 124
- Fun Activity: The Kitchen pgs: 128 + 129

Tests on Friday (All in Planet Maths)

- Planet Maths: Addition pg: 119
- Planet Maths: Mental Maths 7 pg: 125
- Planet Maths: Problem Solving 7 pg: 127
- Planet Maths: Tables 7 pg: 126

Continue to practise tens and units addition/subtraction in a copy

without renaming. Create as many as you want to keep practising.

e.g.	T	U	T	U	T	U	T	U
	8	1		6	4		8	8
	+ 1	2		+ 2	1		- 6	2

Counting forwards and backwards: Practise counting forwards and backwards in 2s, 5s, 10s.

Gaeilge: For the month of June, we are focusing on completing their Irish book *Abair Liom*. We have explored most of the content over the past few weeks and this is from their book. There are simple activities in the book such as cloze procedures, tracing, drawing pictures so it shouldn't take too long to complete. These topics will be explored in September.

Abair Liom online: folensonline.ie **Abair Liom C**

Click on: Resources, arrow down

Aonad 23, 24 agus 25: Ag ceannach sú, Ag péinteáil agus Ag pacáil

Lch (pgs): 112-129

Póstaer: Lots of interactive activities; Amhrán (song), Dán (poem), Foclóir (vocabulary), scéal (story), ceisteanna (questions), pléasc an balún etc

Please see previous newsletters for vocabulary, songs, poems for Ag ceannach sú, Ag péinteáil agus Ag pacáil.

Grow in Love:

Grow in love online: trial@growinlove.ie

password: growinlove.

Lessons: Revision of Lent and St. Patrick

Pgs: 58-61

Activities

- Story writing
- Drawing pictures to match times you show God love and times you didn't

Art:

- Design your Sports Day obstacle course
- Make medals for 1st, 2nd and 3rd places

Science and Art

How to make a clay handprint

Ingredients

- 1 cup flour
- 1 cup salt
- 1/2 cup water
- [Bowls](#) (one for mixing, another for cutting out your circle)
- Spoon
- Food Colouring -if you want to colour your handprint
- Toothpick/ Cocktail stick- If you want to make a hole in your handprint and hang it

Instructions

1. Mix the salt and flour in a large bowl.
 2. Make a well in the salt/flour mixture and add the water.
 3. Knead until smooth and shape into a ball.
 4. If you want to colour your salt dough, simply mix in a few drops of [food colouring](#) while you are kneading it.
 5. If you want to hang it up you must make a hole with a toothpick/cocktail stick before it goes into the oven
 6. You can let your salt dough handprints air dry, but they can also be dried in the [oven](#). Bake at 200 F until dry to the size and thickness of your masterpiece.
 7. Thin flat ornaments may only take 45-60 minutes, but thicker ones like the ones I did can take 2-3 hours or more.
- **Make sure you store any leftover dough in an [airtight container](#) or it will get all dry and crumbly.

Music

- Tá mo chás lán (Gaeilge)
- Bí ag péinteáil
- Cupán mór sú

History

Listen to [Aesop's fables on YouTube](#):

The grasshopper and the ants

Lesson: Work today for what you will need tomorrow

https://www.youtube.com/watch?v=1i6mbw6_2IU (story)

Geography: Map drawing



Draw a map of your obstacle course!

Pick one breathing technique from the list below to
explore each week for the month of June!

Balloon Breathing

This breathing practice delivers loads of oxygen into the body through taking deep, full breaths. This will help children to have more energy and it is the beginning steps for children to learn how to release stress from the body and will also help children to think more clearly.

To do this practice, ask kids to sit up nice and tall, then, place both hands onto their belly and take a big breath in through their nose, as they are doing this, ask kids to make sure their belly is growing big like a balloon!

Get children to use the air that they are breathing in to fill up their balloon! The they can open their mouth and let all of the air out! Repeat this 3-4 times.

Asking children what color their balloon is can be fun and also remind children that they can use this practice any time they are feeling upset or worried and it will help their body and mind to feel calm.

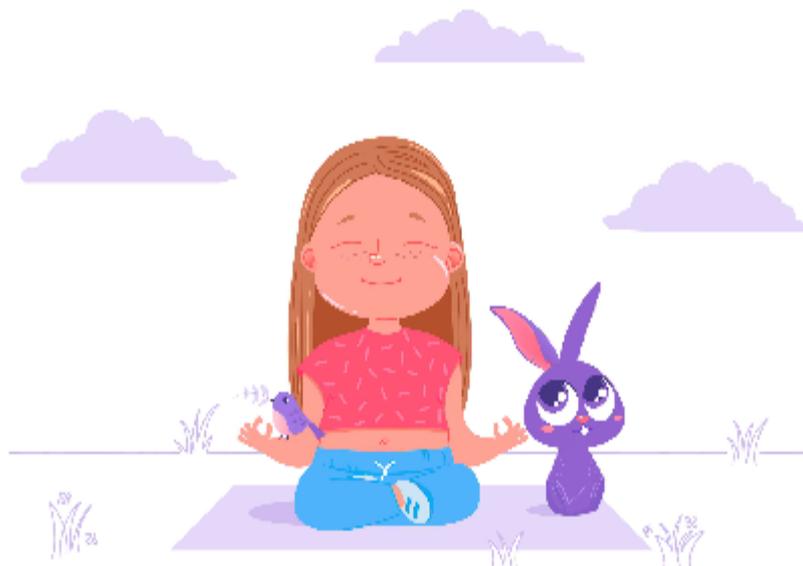
Same Breath

The purpose of this breathing exercise is to breathe in for the same length of time that you breathe out. This practice will calm a child's nervous system and help them to feel peaceful and relaxed.

To begin, get children to sit upright and when they are ready, ask them to breathe in through their nose for a count of two, you can count out loud to guide the children, ONE, TWO, then ask them to open their mouths and breathe out for a count of two, count out loud as they breathe, ONE, TWO.

Once kids are comfortable with this style of breathing they can increase the length of time to counting to four as they breathe in and counting to four as they breathe out.

Everybody breaths at different rates, you may find children can breathe in for longer than four counts and that is fine, the main purpose of this breath is to keep the breath even as this helps to calm the nervous system and settle the mind, so as long as children are breathing in for the same amount of time that they are breathing out, they are doing the practice properly.



Bear Breathing

Bear breathing is perfect for this young age group, it is simple, comforting, fun and it draws attention to the breath. You may need to arrange for children to bring their favourite teddy bear to kindy when you are planning on doing this practice, or you might decide to keep some teddy bears with you when you are teaching, or there may be some teddy bears around the kindergarten that you can use. Children will need to lay on their back for this practice.

- ✧ To begin, ask children to get a teddy bear
- ✧ Next, invite children to lay down
- ✧ Draw their attention to their breath, ask questions such as, can you feel yourself breathing? Does your belly go up and down when you breathe?
- ✧ Next, ask children to place their bear onto their belly and then ask them to watch as the bear rises when they breathe in and falls as they breathe out, spend a few moments here
- ✧ If children are comfortable, you can invite them to place their hands on their bear and close their eyes, feeling for a moment their teddy bear rising and falling as they breathe
- ✧ When you are ready, ask the children to gently roll onto their side and take a moment before coming to sit up
- ✧ Once kids are sitting up allow some time for them to talk about what they experienced



Wave Breathing



Wave breathing is similar to bear breathing, only there's no bear! Instead of using a bear, children will be placing one hand on their chest and one hand on their belly and feeling their chest and belly rise and fall like the waves of the ocean as they breathe in and out. I find it is really beautiful to play some beach sounds while doing this practice



- ❖ To begin, ask children to lay down on their backs, this practice can also be done sitting up
- ❖ Next, invite children to place one hand on their chest and place the other hand on their belly
- ❖ Next, ask children to take a big breath in and feel their hands as they rise up
- ❖ Hold the breath for just a moment
- ❖ And then instruct children to release all of the air from their body and feel their hands as their chest and bellies fall
- ❖ Allow children to now take 2-3 breaths, breathing at their own rate now and watching their hands as they rise and fall with the breath
- ❖ If children are comfortable, you can instruct them to close their eyes down and feel their hands as they rise and fall with the breath
- ❖ When you are ready, ask children to wriggle their fingers and toes and then gently open their eyes and roll over onto their side before coming to sit up
- ❖ Allow some time to chat about what they felt and experienced

These simple practices teach children breath and body awareness, as children experience calm and peace during these short relaxation practices, they will begin to become aware that they can move their attention from place to place, they can choose to place their attention on a sound or they can choose to place their attention on the feeling of their breath in their body, this serves as an anchor for the child's mind, children will recognize after practicing a few times that they can cultivate a sense of peace and calm through these practices, which will help them to manage strong emotions and deal with stresses and anxiety as they grow up.

