

Dear parents/guardians,

We can't believe that there are only two weeks left in 1st Class. You have all been amazing completing your tasks at home. We know it has been difficult but you have all tried really hard during this extremely challenging time. Little did we know on March 12th, that that would be the last day we would all see one another in school.

Have a look at the virtual school tour of Dublin Zoo today Monday the 15th or if you miss it, try it out next Monday the 22nd! The tour starts at 10am. See details below. We will look forward to hearing about it and seeing any photos!

We hope to catch up with you all in the next two weeks over zoom. Please email your teacher by the end of Tuesday 16th so that we can send you the link for the zoom call.

Have a fantastic Summer and look forward to seeing you all in September PG!
We are both really excited to be teaching you again!

Take care and keep safe,

Ms. Coughlan mscoughlan@parteenschool.ie

Ms. Needham msneedham@parteenschool.ie

Week 1: Monday 15th June - Friday 19th of June

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

School Twitter Theme: **Random Acts of Kindness**. Think of nice kind things that you can do for a member/members of your family. Take a picture of yourself and/or your family and send to msbarry@parteenschool.ie for the school twitter page.

Virtual School Tour: <https://www.dublinozoo.ie/event/virtual-tour/>

Monday 15th June or 22nd June.

Dublin zoo website. Virtual tour

happens at 10am!

Pack your bag the night before and bring some treats. You could pretend to get on the bus and travel to your destination. Who will you sit beside? Enjoy the tour!

No school work or homework today!

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

- 1.I can put the tray on the mat.
- 2.The thin rat fell into the bin.
- 3.The big tray is on top of the wall.
- 4.Fold the string in the sack.
- 5.The cat can play in the tent.
- 6.The hat fell onto the big mat.
- 7.He can cook in the tent.
- 8.Shake the tin with the cake in it.
- 9.Dump the mat into the bin outside.
- 10.Go to the shop to get some sweets!

Reading:

Weekly challenge

Listen to "When a Dragon moves in" (Fiction) story on <https://www.storylineonline.net/>

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

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 Tues- Fri)

<p>Recount</p> <p>Write a recount story about your Virtual Tour of Dublin Zoo</p>	<p>Diary entry- Write about something exciting you did. Pick the day!</p>
<p>Write a procedure-see science experiment below-'How to make coloured toast'</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>When a Dragon moves in</u> story you read above</p> <p>Find 5 verbs e.g. build, move etc.</p> <p>Create 5 long meaningful sentences e.g. The large dragon liked to move the sandcastle with his powerful tail!</p>
<p>Grammar exercises: Nouns</p> <p>Based on <u>When a dragon moves in</u> story you read above</p> <p>Find 5 nouns e.g. sandcastle, dragon etc</p> <p>Create 5 long meaningful sentences e.g. The large dragon liked to move the sandcastle with his powerful tail!</p>	

Mental Maths: Book now completed. Check that all units have been completed

- Revise addition tables
- Explore subtraction tables 11- (Use tables books)

1. 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 and Subtraction pgs: 130 + 131 (very difficult pages)
- Subtraction using tens and units pgs: 132
- Revision Time pgs: 133, 134, 135 + 136
- Addition 5/Renaming pgs: 137, 138, 139, 140, 141 + 142 (very difficult concept, it will be explored again in September so please don't worry)
- Game: Have fun! Pgs: 146 + 147

Tests on Friday (All in Planet Maths)

- Planet Maths pg: 143
- Planet Maths: Tables 8 pg: 144
- Planet Maths: Problem Solving pg: 145

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
+ 1	2	+ 2	1	- 6	2	- 3	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. 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: folenonline.ie **Abair Liom C**

Click on: Resources, arrow down

Aonad 26, 27 agus 28: *Ar Saoire, An Circín Rua (Scéal) agus Súil Siar 4*

Lch (pgs): 130-139

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

'Ar an Trá' (On the beach)

Amhrán

Go minic sa samhradh caithim an lá (I often in the Summer spend the day)

In aice na farráige thíos ar an trá (beside the sea down on the beach)

Snámhaim san uisce, bailím sliogáin, (I swim in the water, I collect shells)

Ach is fearr liom ar fad bheith ag tógáil caisleán. (But I prefer the most building sandcastles)

Grow in Love:

Grow in love online: trial@growinlove.ie

password: growinlove.

Lessons: Exploring different religions and how they interact with their Gods

Pgs: 62+63

Activities

- Research information on the internet that will help you to complete these tasks
- Create your own prayer to God

Art and Science

Construction: Personalise your toast!

Materials:

- Bread
- Food colouring
- Clean paint brush
- Toaster
- Plate

Method: 1. Put a slice of bread on a plate

2. Choose the food colouring you want to paint the bread.
3. Create your own design picture on the bread.
4. Use a paint brush if needed.
5. Toast the bread and voilà.

Tip: Maybe have this toast on the morning of your virtual tour!

Music:

Ar an trá (Abair Liom)

History

Listen to Greek Mythology on YouTube:

Theseus and the Minotaur

<https://www.youtube.com/watch?v=xQuAUBX5xBw>

(story)

Geography: Animals

Where would you find the following animals? Draw your favourite animal from the list below and write some facts inside the animal!

Zebra	Cobra snake
Lion	Koala bear
Tiger	Tasmanian devil
Gorilla	Chimpanzee
LLama	Penguin
Giraffe	Rhino

Week 2: Monday 22th of June - Friday 26th of June

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

School Twitter Theme: **Time Capsule**. Take a picture or video of yourself and/or your family of any time during the school closure and send to msbarry@parteenschool.ie for the school twitter page. We appreciate how challenging a time this has been for all but we are going to turn into a positive experience for the children. All photos/videos will be combined for our last tweet for this school year.

Exercises: Practise your mindful breathing outside in the garden. Use the examples at the end of this. Play relaxing music such as the one here.

<https://www.youtube.com/watch?v=qFZKK7K52uQ&t=1241s>

Reading:

Weekly challenge: Focusing on fictional and factual books this month

Listen to "The Empty Pot" (Fiction) story on <https://www.storylineonline.net/>

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

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.

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

<p><u>Letter</u></p> <p>Write a letter to your Teacher about the things that you enjoyed this year in 1st Class.</p> <p>What were your highlights?</p> <p>What made you happy?</p> <p>What subject did you enjoy the most?</p> <p>What friendships did you make?</p> <p>Email to your Teacher.</p>	<p>Grammar exercises: Verbs</p> <p>Based on <u>An Empty Pot</u> story you read above</p> <p>Find 5 verbs e.g. burst, smelled etc.</p> <p>Create 5 long meaningful sentences e.g. The balloon burst when the boy put a pin in it.</p>
<p>Grammar exercises: Nouns</p> <p>Based on <u>The Empty Pot</u> story you read above</p> <p>Find 5 nouns e.g. Kingdom, flowers etc</p> <p>Create 5 long meaningful sentences e.g. The magical flowers only grew in this Kingdom.</p>	<p>Summer Plan</p> <p>Write a list of activities that you would like to complete over the Summer.</p> <p>Decorate or draw a picture.</p>

Mental Maths:

Revise addition tables and explore **subtraction tables 12-** (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

- Subtraction pgs: 148, 149 + 150
- Money pgs: 151, 152, 153 + 154
- Revision of Mathematical Language pg: 157
- Revision of Tables explored pg: 158 + 159
- Colour by Number pg: 160

Tests on Friday (All in Planet Maths)

- Planet Maths pg: 155
- Planet Maths: pg: 156

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
	+ 1	2		+ 2	1		- 6	2		- 3	2
<hr/>											

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. 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 29: Le foghlaim: na dathanna, na míonna

Aonad 30: Na laethanna agus cluiche

Lch (pgs): 140-143

Grow in Love:

Grow in love online: trial@growinlove.ie

password: growinlove.

Explore: Write out your favourite prayer and draw a picture

Pgs: 64 + 65 for examples

Art: Here are some examples of things to do.

Bring a sketch pad outside and draw a picture of the nature around you.

Construction: (Make a capsule for your incredible egg drop challenge (see science experiment below)

Science

The Incredible Egg Drop Challenge

Can you save this egg from getting scrambled?

Engineering activities give children a chance to develop problem solving and observations skills, to work with interesting and engaging tools and materials. In this activity, your child will get to do all of that as he/she is challenged to protect an egg from breaking after it is dropped from a set height.

Preparation

Arrange the recycled materials on the table. Place any tools (scissors, etc.) on the tables also. Lay out the newspaper or drop cloth on your “drop zone.”

Suggested Materials

- 2 raw eggs (there may be accidents...)
- Tape, glue, glue guns and other adhesives
- String
- Scissors
- Newspaper or plastic drop cloth
- Lots of recycled materials (cardboard tubes, foam, Styrofoam, plastic bags, sponges, straws, tissue paper, packing peanuts...anything you have around the house)

1

MAKE IT MATTER

Opening Discussion

Show your child a raw egg and ask the following questions:

-What do you think would happen if you dropped it on the ground?

-Do you think you could design some way of preventing the egg from breaking using the materials you've laid out on the table?

The Challenge

Save your egg from certain doom by creating a way to protect it from the cold, hard ground!

2

MAKE IT HAPPEN

Doing the Activity

1. Arrange a variety of recycled products on the table/floor. When everything is ready, hand your child the egg. Tell him/her that the challenge starts now—you don't want the egg to break before he/she even gets a chance to drop it!
2. The challenge is to create some method for protecting the egg after it has been dropped from a certain height (the height depends on your available space—the higher, the better). Start the challenge by showing them the height from which you'll drop the egg. It could be from as high as you can hold it, from the top of a ladder, out the window—it's up to you to decide. **Make sure that you are taking safety into consideration, and that you are the only one doing the dropping.**
3. Create the egg protectors! Make sure you have lots of different kinds of materials for your child to experiment with.

3

MAKE IT CLICK

Let's Talk About It

When your child has been working for 10 minutes or so, take a break and discuss the process so far.

-How are you going to protect the egg?

-What materials are you using?

-Are there any designs that you have considered but then decided not to try?

This discussion should last no more than 5-7 minutes.

4

MAKE IT BETTER

Build On What They Talked About

When your child is finished, drop the creations from a height (an adult needs to do this for safety reasons), and check inside to see if the egg broke or was protected.

Some suggestions to keep in mind:

- Children tend to go tape crazy—you might want to provide a tape limit.
- **Parachute designs** work very well for this activity. (**Remember you had to create a parachute for an action figure last week for Science) If you are working with younger children, have lots of plastic bags, tissue paper, string and other materials appropriate for making parachutes. If you are working with older siblings/or a parent who might want to join in, you can limit these parachute materials to increase the challenge of the activity.
- Make the final drop a big show—the more dramatic you are, the more fun it will be!

HAVE FUN!!!!!!!!!!

<p><u>Music</u></p> <p>-Listen to relaxing music outside while practising your mindful breathing</p> <p>-Listen to the birds</p> <p>https://www.youtube.com/watch?v=bfVR7_nsQ7w</p>	<p><u>6. History</u></p> <p>Listen to <u>Greek Mythology on YouTube:</u></p> <p>Icarus and Daedalus</p> <p>https://www.youtube.com/watch?v=RVkwWo_LNZs (story)</p>
<p><u>Geography:</u> (Bird watching)</p> <p>Can you identify these birds in the back garden? The most common birds in Irish gardens are robins, sparrows, blackbirds, thrushes, finches (green, gold, chaff and bull), tits (blue, great and coal), wagtails, magpies, pigeons, crows, starlings and wrens.</p>	

https://www.youtube.com/watch?v=ICSF_uKapRI (Irish garden birds)

Draw pictures of the birds in your back garden

Try some of the mindful breathing
exercises below!

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.

