



## **Scoil Naomh Eltin**

### **Home-School Pack**

**Class Level:** 1<sup>st</sup> Class B

**Week Beginning:** Tuesday June 2<sup>nd</sup>

Dear students,

I hope you all had a lovely bank holiday weekend. Can you believe that it is June already? We are so lucky with the beautiful weather. I hope that you are all getting the chance to go outside and enjoy it. Don't forget to wear your suncream though! I also wanted to let you know that Active Schools Week is coming soon. During this week we will be doing less book work and more fun activities everyday.

I again want to congratulate you on all the wonderful work you have been doing. Very soon you will be able to see your friends again. For now, get as much of your schoolwork done then go and do all the things that you love doing.

I would like you to keep up the fantastic effort you have been making on Mangahigh. You will see below that I have set a baking challenge – The Great Kinsale Bake Off. I know a lot of you have been baking. If you get a chance to bake something this week I would love to see photos of the finished products. You can also send me a photo of something that you have previously baked.

Have a lovely week and don't forget if you have any questions ask a parent / guardian to contact me.

Stay safe and keep washing your hands,

Ms. Dowling

Dear Parent(s)/Guardian(s),

Thank you all again for your continued contact, co-operation and kindness. The weeks are flying by and I can't believe we are in the month of June already. You will notice that there is less work in this week's work bank and this will be the case from now on.

As mentioned above Active Schools Week will be coming up soon. During this week we will emphasising daily activities rather than book work. I also want to remind you that rental books will be collected at a later date. You will be notified closer to the time.

If you have any queries/ questions please don't hesitate to email me at [donna.dowling@scoilnaomheltin.ie](mailto:donna.dowling@scoilnaomheltin.ie)

Stay safe,

Donna Dowling

## Gaeilge:

### Activities:

- Pg. 76 – Select An Siopadóireacht (Shopping) – click Ceacht 1. The new vocabulary will be mentioned in this lesson. Go over the following new words with the children afterwards. The phrase on this page is 'Is fearr liom \_\_\_\_' (I prefer). Ask your child to repeat this sentence using the new words on the page. Get them to put in their own words (words they can remember as Gaeilge)

Focal (Word)	Pronunciation	Brí (meaning)
Bád	Baw – i -d	Boat
Liathróid	Lee – road	Ball
Teach bábóige	Cha – auk Baw-bow – ga	Dolls house
Teád scipeála	Tead Skip – all – a	Skipping rope
Robó	Ro – bow	Robot
Capall	Cop – al	Horse

- Lch. 77 – Bí ag scríobh, Listen to Ceacht 1 again. This time the children are writing the sentence 'Is fearr liom \_\_\_\_'. Look at the pictures and write in the correct word. Get your child to say the sentence before / after they have written it.
- Lch. 78 – Listen to Ceacht 3. 'Cé a cheannaigh an carr?' (Who bought the car). 'Cheannaigh \_\_\_\_ an carr' (\_\_\_\_ bought the car). Again do this orally with your child first before writing it.
- Scéalta do Pháistí – The following link will bring you to a padlet that allows you to listen to stories as Gaeilge. Please listen to– 'Ciara Cainteach' this week. <https://padlet.com/maire8/fv5mg5v9m27j>

# Maths:

This week we will be looking at Money 3. We are developing the children's knowledge on money again. If possible, use coins to create hands on activities for the children.

Tasks have been assigned in Mental Maths and online on Manga High. The following are warm up activities which may be attempted at any given time in any given week.

## Warm up activity:

- Counting game – Blast Off: Start counting, begin at 1. Each time you say a decuple (10, 20, 30, 40 etc.), shout blast off and mimic blasting off like a rocket using your hands. For example: 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 'BLAST OFF!', 11, 12, 13, 14, 15, 16, 17, 18, 19, 20, 'BLAST OFF!', 21, 22 etc. **Variation:** Start at different starting points. Count backwards from different starting points.

# Literacy:

This week we will continue our story 'Ella the Writer' in your **Fun at the Circus**.

**New Vocabulary:** There is new vocabulary highlighted on some of the pages. First, we need to explain what the new word means and then we put the new word into a sentence.

- Pg. 81 – envelope
- Pg. 82 – collection
- Pg. 83 – scavenger
- Pg. 84 – umbrella, suncream

## Skills Book:

- **Page 126** – During Reading
- **Page 127** – Understanding the text
- **Page 128** – Comprehension work

**Handwriting:** From now on I am going to ask the children to go at their own pace in the handwriting book. Continue with the next two pages. The following link will inform you how to form the letters correctly: <https://www.newwavehandwriting.ie/>

**Mix the following up across the week:**

## PE:

- Coach Clare – I would like you to focus on her lessons as she would be teaching the class if we were in school now. This week's lesson will be available on the school website
- The following link is last week's lesson (Week 4) in case anybody missed them - <https://www.youtube.com/watch?v=xwLnuOAswo0>
- PE with Joe Wicks – The BodyCoach available on YouTube.
- Choose your own form of PE each day.

## Challenge:

- **Baking Challenges:** The Great Kinsale Bake Off. Lots of you have mentioned that you have been baking at home. This is your opportunity to show it off. If you get a chance to bake something send a photo to me before you eat it! Remember we read about checklists in our last story? You could write out your list of ingredients first as a checklist and tick each one off when you know you have it.

## SESE:

- Small World Book –
- Pg. 80 & 81 – Family Photograph
- Pg. 84 – Read about Irish wildflowers. Children do not need to write answers into their copy, they can simply read this page.

## SPHE:

- <https://app.smilingmind.com.au/> Smiling mind is a website that will provide guided mindfulness lessons.
- Continue with Covid – 19 Time Capsule. This week the children will be filling out a 'What I am Doing to Keep Busy' worksheet.
- Yoga exercises (See below)

<b>Monday</b>	<b>Bank Holiday</b>  <b>Maths:</b> <ol style="list-style-type: none"><li>1. Mental Maths:</li><li>2. Manga High</li><li>3. Busy at Maths</li></ol> <b>English:</b> <ol style="list-style-type: none"><li>4. Skills Book: pg.</li></ol>
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	<p>5. F at the C – pg.</p> <p><b>Gaeilge:</b> Bua na Cainte -</p> <p><b>*SESE–</b></p>
<b>Tuesday</b>	<p><b>Maths:</b></p> <ol style="list-style-type: none"> <li>1. Mental Maths Tuesday</li> <li>2. Mangahigh</li> <li>3. Busy at Maths – pg. 150</li> </ol> <p><b>English:</b></p> <ol style="list-style-type: none"> <li>4. F at the C: pg. 81</li> <li>5. Skills Book: pg. 126</li> <li>6. Handwriting – Next two pages <a href="https://www.newwavehandwriting.ie/">https://www.newwavehandwriting.ie/</a></li> </ol> <p><b>Gaeilge:</b></p> <ol style="list-style-type: none"> <li>7. Bua na Cainte – Lch. 76</li> </ol> <p><b>*SESE – pg. 80 – 81 – Family Photographs</b></p>
<b>Wednesday</b>	<p><b>Maths:</b></p> <ol style="list-style-type: none"> <li>1. Mental Maths Wednesday</li> <li>2. Busy at Maths pg. 151</li> </ol> <p><b>English:</b></p> <ol style="list-style-type: none"> <li>3. Skills Book pg. 127</li> <li>4. F at the C: pg. 82</li> </ol> <p><b>Gaeilge:</b></p> <ol style="list-style-type: none"> <li>5. Bua na Cainte – lch. 77</li> </ol> <p><b>Extra:</b></p> <ol style="list-style-type: none"> <li>6. Mindfulness: <a href="https://app.smilingmind.com.au/">https://app.smilingmind.com.au/</a> Log on and choose a program.</li> <li>7. What I am Doing to Keep Busy worksheet (See below)</li> </ol>
<b>Thursday</b>	<p><b>Maths:</b></p> <ol style="list-style-type: none"> <li>1) Mental Maths Thursday</li> <li>2) Busy at Maths – pg. 152 &amp; 153</li> </ol> <p><b>English:</b></p> <ol style="list-style-type: none"> <li>1. F at the C: pg. 83 + 84</li> <li>8. Handwriting – Next 2 pages - <a href="https://www.newwavehandwriting.ie/">https://www.newwavehandwriting.ie/</a></li> </ol>

	<p>9. Skills Book – pg. 128</p> <p><b>Gaeilge:</b></p> <p>10. Bua na Cainte – lch. 78</p> <p>*SESE – pg. 84 – Read about Irish Wildflowers</p>
<b>Friday</b>	<p><b>Maths:</b></p> <ol style="list-style-type: none"> <li>1) Mental Maths Friday Review</li> <li>2) Busy at Maths – pg. 154</li> <li>3) Manga High</li> </ol> <p><b>English:</b></p> <ol style="list-style-type: none"> <li>4) Fun at the Circus: pg. 85 &amp; 86</li> </ol> <p><b>Gaeilge:</b></p> <ol style="list-style-type: none"> <li>5) Scéalta do Pháistí – Listen to ‘Mise agus an Dragún’  <a href="https://padlet.com/maire8/fv5mg5v9m27j">https://padlet.com/maire8/fv5mg5v9m27j</a></li> </ol> <p>Well done!! Enjoy the weekend 😊</p>

How to access online resources:

<b>Manga High</b>	<ol style="list-style-type: none"> <li>1. Go to <a href="https://www.mangahigh.com/en-gb/">https://www.mangahigh.com/en-gb/</a> and click the Log In button.</li> <li>2. Enter the log in details provided to you last October which were stuck into your Homework Journal (if this has been lost please or if you haven't received log in details email <a href="mailto:liam.murray@scoilnaomheltin.ie">liam.murray@scoilnaomheltin.ie</a>)</li> <li>3. Complete the assigned games before the deadline (the games will require you to try a number of times before you succeed – don't give up!)</li> <li>4. Students are free to complete other games in Manga High but one particular challenge will be assigned each day</li> </ol>
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**SPHE:**

YOU ARE NOT STUCK AT HOME,  
YOU ARE SAFE AT HOME!



WHAT I AM DOING TO  
KEEP BUSY AT HOME:

# More YOGA!

## Upward Facing Dog

### Instructor Says:

Now we will move into upward facing dog. This pose helps strengthen your back and open up your chest so that you may breathe more fluently. Begin walking your feet out behind your body looks like a flat board (plank position). Inhale deeply, and as you exhale, gently drop your hips to the floor, while keeping your arms straight and chest up. Slowly move your head back and look to the ceiling. Breathe normally.

### Kids Do:

Kids will move from downward facing dog to plank position by moving feet backward. Kids will then drop their hips to their floor resembling a seal. Kids arms will be straight and elbows will be locked as they look up towards the ceiling. Hold this position for 15 seconds.



Should Look Like:

## Dolphin Pose

### Instructor Says:

Now we will move back into the downward facing dog pose. While slowly bringing your head down, keep your arms straight and walk your feet to your hands until you are back at the downward facing dog pose. Remember, the soles of your feet should be lifted off of the ground. Next, slowly drop your elbows to the floor, one at a time. Once they are both on the ground, clasp your hands together. This is the dolphin pose. It stretches the hips and upper body, helps with mood, and provides you with energy.

### Kids Do:

Kids will return to downward facing dog pose and drop elbow to the ground, clasping their hands together. Hold this position for 7-10 seconds.



Should Look Like:

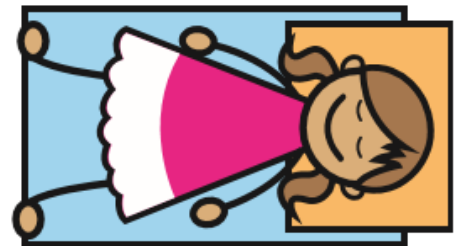
## Micro Nap

### Instructor Says:

We will end our session with the micro nap. Lie down on your back, placing your arms by your side, with your palms flat on the floor. Let your legs relax in a comfortable position. Inhale for 5 seconds, hold your breath for 3 seconds, and exhale for 5 seconds. We will repeat this process for the next 3 minutes, letting yourself fall into deep relaxation.

### Kids Do:

Kids will lie on their back in a comfortable position, with their arms beside them. Kids will breathe deeply for 3 minutes and allow themselves to fall into a state of deep relaxation.



Should Look Like: