

Dear Parents/Guardians,

We hope you are all keeping well and safe. Well done to everyone on their fantastic involvement in last week's Art Week. It was brilliant to see all of the children's wonderful art-work. Well done to all.

We are continuing to incorporate some fun activities into our weekly scheme and this week it is **Mindfulness Week**. There are lots of ideas on the school website so pupils can pick whichever ones they like. Do not feel under any pressure to complete all the activities, they are just there as a guide for you.

Pupils will still be able to send their two pieces of work to their teacher every day, but pupils can also send their mindfulness work to their teachers through Seesaw. Also, it would be great to see some of the boys' and girls' great work on Twitter, so tweet a picture to the school account @PPSNewbridge. We would like to reiterate that all work and the days for which they are scheduled are merely a suggestion and that you should continue to work in whatever way suits your home the best.

Thank you all for your co-operation since Easter. It has been great to continue with the children's learning via Seesaw and to receive such wonderful submissions. We understand that it has been a very tough time since the 12th March but we would like to commend you all on your fantastic and amazing work. We all hope that you all have a wonderful summer holiday and that you make the most of your well deserved rest. Stay safe, stay well.

Yours sincerely,

Ms.O'Shea

Mr.Ryan

Mr.Fogarty

Ms.Dooley.

<p>This is <u>suggested</u> work, please don't stress over it. Do what you can. Above all, stay safe, wash your hands and mind each other.</p>	<p>Please submit TWO pieces of work per day (from the suggested work listed below) to the Seesaw app. We would ask that one of those two pieces of work be from a core subject, i.e. English, Irish or maths.</p> <p>This week's theme is Mindfulness Week</p>
<p>Monday</p>	<p><u>English</u> Ms. O'Shea</p> <ul style="list-style-type: none"> • Write an acrostic poem using the word Summer. (The first letter of each line spells out the word Summer) • Read aloud for 10 mins from a book of choice or Oxford Owl e-book. <p>Mr. Ryan Handwriting for 10 mins</p> <p>Mr. Fogarty Handwriting for 10 mins</p> <p>Pick an ebook or any book for a younger brother or sister. Read it to them or with them. Try and spend 15 minutes doing this, do 2 books if necessary. If you have no younger siblings then pick a book for yourself.</p> <p><u>Maths</u></p> <ul style="list-style-type: none"> • Master Your Maths Week 29 Wednesday. <p><u>Art</u></p> <p>https://www.tate.org.uk/kids/make/paint-draw/make-pop-art-warhol</p> <p>Copy the above link and have a read about Andy Warhol.</p> <p>Try the activity: Design your own soup can.</p> <p><u>Mindfulness Week- Memories</u></p> <p>Make a list of your happiest memories from this year. More detail below</p>
<p>Tuesday</p>	<p><u>English</u> Ms.O'Shea</p> <ul style="list-style-type: none"> • Write a book review. Include the following headings-title, author, what was the story about, who were the characters, what did you like about the book, draw a picture of your favourite character/scene from the book, rating (out of ten).

	<ul style="list-style-type: none"> • Read aloud for ten minutes from an Oxford Owl e-book or a book of choice. <p>Mr. Ryan</p> <p>Write a book review. Include the following headings-title, author, what was the story about, who were the characters, what did you like about the book, draw a picture of your favourite character/scene from the book, rating (out of ten).</p> <p>Mr. Fogarty</p> <p>Write a book review of yesterday's book. Name the book and author. Did your younger sibling or you enjoy it? Was it appropriate for their age? Briefly say what it was about. Add an illustration to your review.</p> <p><u>Religion</u></p> <p>Go to http://bibleforchildren.org/languages/english/stories.php Scroll down to story 50. Jesus heals the blind. Read the story and make an illustration to tell the story.</p> <p><u>Maths</u></p> <ul style="list-style-type: none"> • Master Your Maths Week 29 Thursday. <p><u>Mindfulness Week- Gratitude</u></p> <p>Create and decorate a Gratitude List. More detail below</p>
Wednesday	<p><u>Maths</u></p> <ul style="list-style-type: none"> • Master Your Maths Week 30 Monday. <p><u>SESE</u></p> <ul style="list-style-type: none"> • Counties of Ireland- Name the counties numbered on the map below. You can use your atlas or see what you can remember. No need to print the map just write the answers into your copy. <p><u>Irish</u> Focalchuardach Caitheamh Aimsire (See below)</p> <p><u>Mindfulness Week- All around me</u></p> <p>Take a mindful walk. More detail below</p>
Thursday	<p><u>Maths</u></p> <ul style="list-style-type: none"> • Master Your Maths Week 30 Tuesday.

	<p><u>P.E.</u> A tough GoNoodle workout https://app.gonoodle.com/activities/flex-this-gigunda-kitty?s=Channel&t=Indoor%20Recess&sid=13&cs=indoor-recess</p> <p><u>School Tour</u> Unfortunately we couldn't do a school tour this year but you can take a virtual trip around the natural history museum in London. https://www.nhm.ac.uk/visit/virtual-museum.html#:~:text=5.,of%20Hintze%20Hall's%20gilded%20canopy. Or visit the zoo. https://www.youtube.com/c/chesterzoo/live</p> <p><u>Mindfulness Week- DEAR Time</u></p> <p>Drop Everything and Read. More detail below.</p>
Friday	<p><u>English</u> Handwriting complete the next page in Go with the Flow.</p> <p><u>Toy or Movie Day</u> Well done everyone. Enjoy a movie or some toy time.</p> <p><u>Mindfulness Week- Summer is here!</u> Summer Bucket List. More detail below.</p>
Other	<p>Play Chess! www.movesforlife.ie</p> <ul style="list-style-type: none"> • www.ficheall.ie • Check out librariesireland.ie for ebooks and audiobooks. • https://stories.audible.com/start-listen • https://www.worldofdavidwalliams.com/elevenses/ <p>Don't forget that there are loads of fantastic online games and resources available on the school's padlet: https://padlet.com/emmet_omahony24/patricianprimaryschool</p>

All Classes

Oxford reading tree have a fantastic ebook selection which we would like all classes to make use of in the last school month.

This requires adult help. The books available are just like the ones the children would have brought home from school. Most 4th class children are working between levels 11 and 13 but some will be able to read levels 14 and 15. There are less books at the higher levels but there are books available at levels 11, 12,13 which we do not have in school. To avail of the books (free of charge) go to;

<https://www.oxfordowl.co.uk/>

Click oxford Owl for home.

Browse ebooks.

Browse by oxford level.

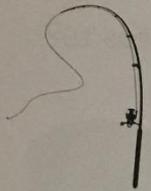
You will be asked to register but this is simple, you just need an email address.

Seachtain 3



Focalchuardach. Faigh na focail!

rugbaí	iomáint	peil	sacar	iascaireacht
haca	leadóg	dornálaíocht	léamh	marcaíocht



p	e	i	l	h	c	i	o	l	a	b	s	g	d	o
r	u	g	b	a	í	a	i	m	g	e	r	t	o	m
c	l	á	r	c	b	s	s	a	b	f	d	u	r	e
e	s	a	c	a	r	c	t	r	m	t	o	u	n	m
f	s	t	c	i	s	a	r	c	a	l	t	i	á	p
t	u	d	m	l	o	i	d	a	s	t	m	ú	l	h
a	c	a	r	t	ú	r	s	í	a	c	l	o	a	u
c	r	i	n	u	p	e	i	o	p	s	é	t	í	r
l	e	a	d	ó	g	a	n	c	u	r	a	s	o	d
p	s	i	o	d	u	c	r	h	e	t	m	i	c	b
u	r	t	r	e	s	h	a	t	r	i	h	e	h	s
i	o	m	á	i	n	t	h	e	l	s	a	g	t	e

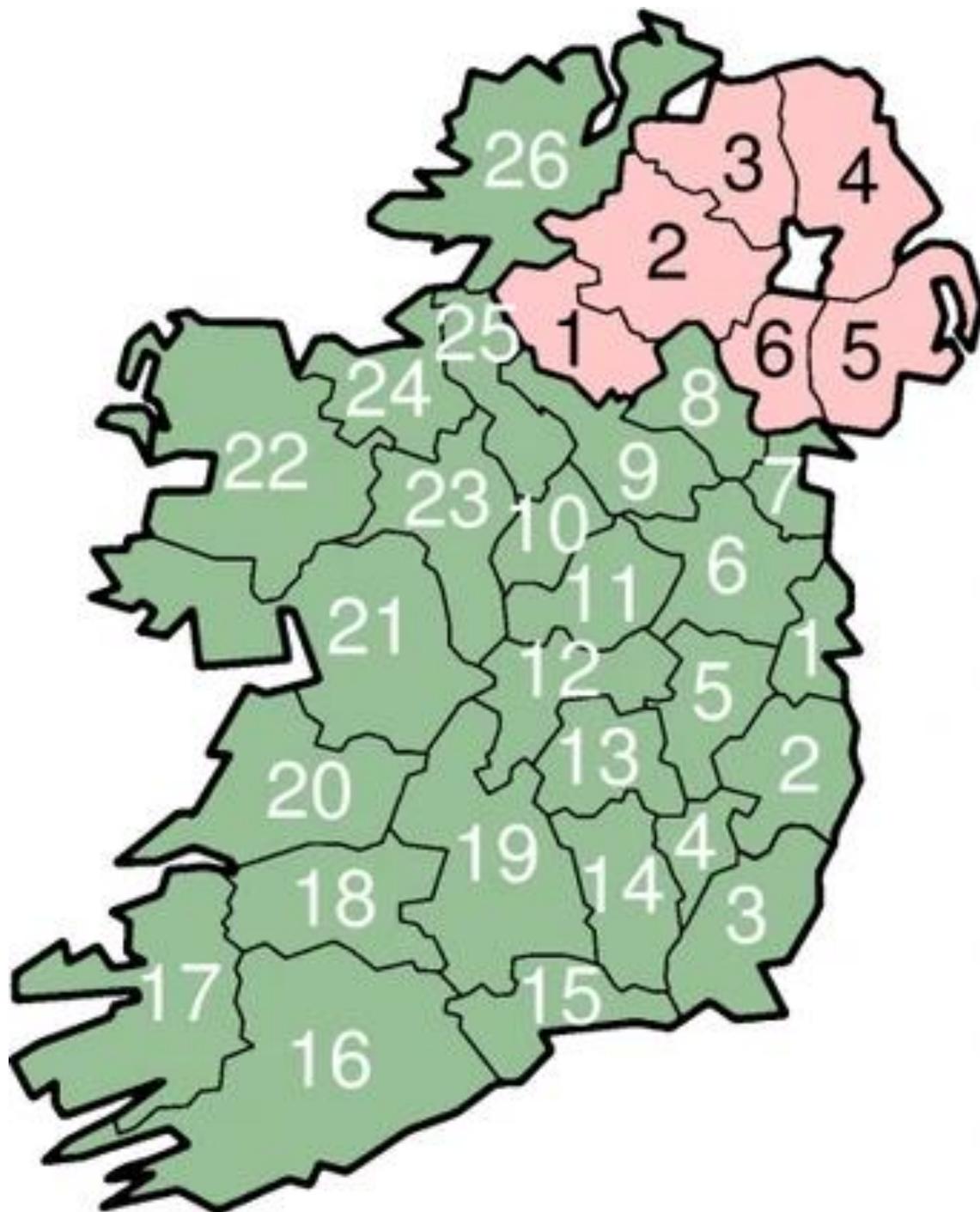


Seanfhocal: Cleachtadh a dhéanann máistreacht



Dathaigh an pictiúr.





Mindfulness Week 2020

Monday- Memories

Capture your Memories

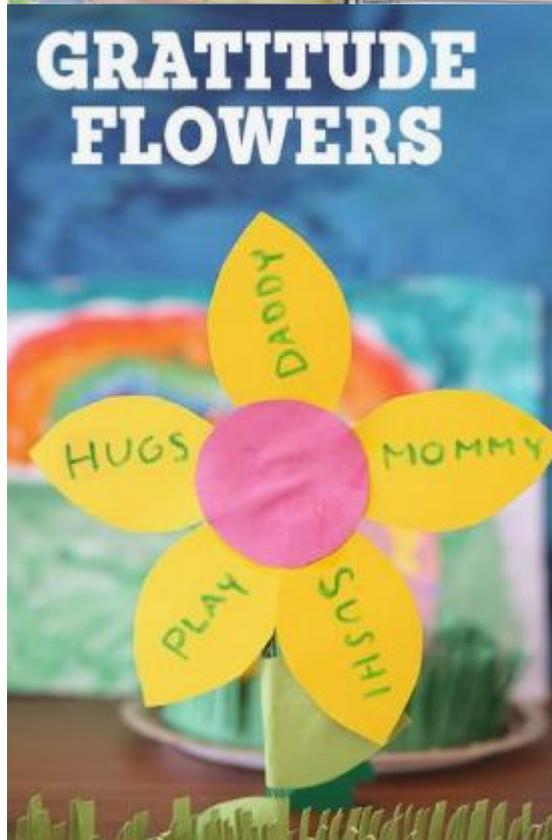
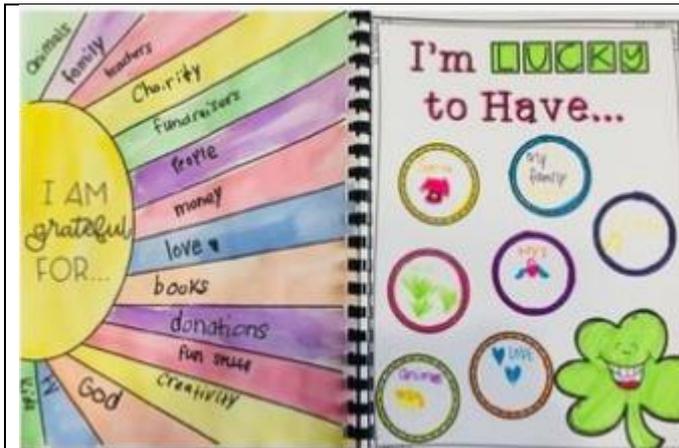
We are coming to the end of our school year.
Let's look back on all your happy memories of the past year.
You can draw pictures of some of your happiest memories.

Tuesday- Gratitude

Gratitude

What are you grateful for? There is always something to be thankful for.
Create and decorate a Gratitude List
On an A4 page, list all the things you are thankful for, you can use different colours and decorate the page. Try to fill the page, you can draw pictures or make illustrations.
Here are some examples of other types of Gratitude Lists:





Wednesday- All around me

Mindful Senses Walk

Take a Mindful walk. Try to use your senses.

Find :

Five things you can *see*

Four things you can *hear*

Three things you can *touch*

Two things you can *smell*

One thing you can *taste*

Thursday- Chill Out

DEAR Time (Drop Everything and Read)

Find a good book.

Find a comfortable chair, cushion, beanbag etc.
If the weather is nice you could read outside
Relax and enjoy some DEAR Time!

Friday- Summer is here!

Summer Bucket List

What are your goals or hopes for the summer?

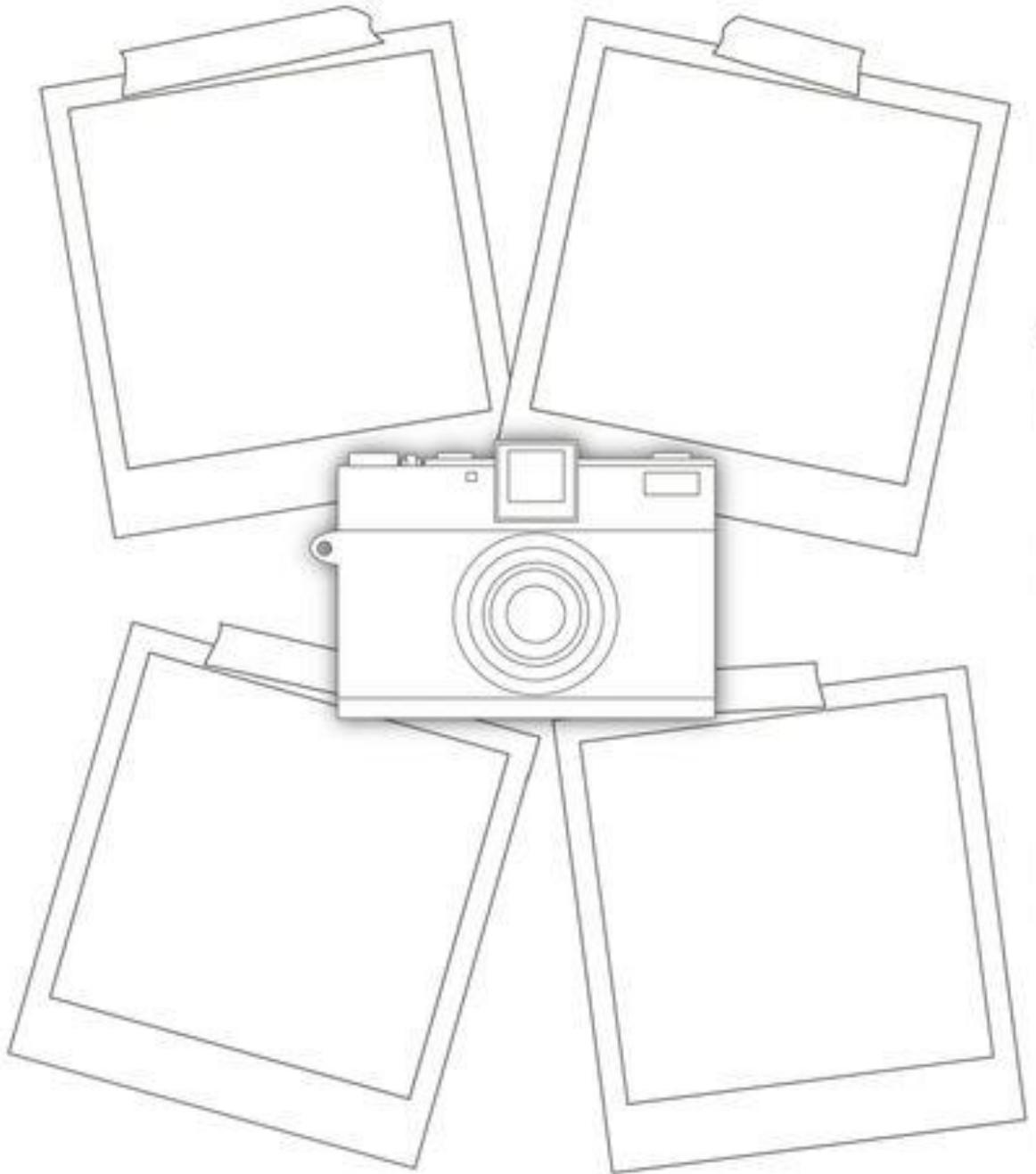
What would you like to do?

What would you like to read?

You can use the Activity Sheet below to help you.

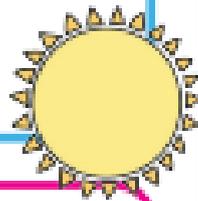
Memories

Draw  some things you *remember the most* about this year inside the photo templates. Pretend that they are *photos of your year*.



Summer Holiday Hopes Write-up

I would like to see...



I would like to eat...



I would like to make...



I would like to learn...

•

•

•

I would like to go...



