

St Edmund's Suggested Weekly Plan Date w/c 29th June Year: Y5

Welcome to Week 12. We would like to make you aware that for the remainder of the term, **Fridays will be a revision/catch up/quiz day**. As previously, you can email us with examples of work or for any support needed on: year5@st-edmunds.richmond.sch.uk

Below is the suggested home learning schedule for this week. For the maths activities this week, we are using the White Rose maths resources. Each lesson contains a video to explain the task, an activity for the children and the corresponding answers. The link to access the maths is as follows <https://whiterosemaths.com/homelearning/year-5/>. **Please ignore the 'week dates' as we are working to a different schedule than the website.**

Monday	Tuesday	Wednesday	Thursday	Friday
<p>English – Year 5 Magazine Collaborative Project – FINAL WEEK</p> <p>Big Idea: A Year 5 Magazine that contains a contribution from all members of the year group that will be compiled into one magazine and each child will have a copy by the end of the year.</p> <p>Today's Task: Our Year 5 magazine needs a front cover. For today's task, we would like you to design a front cover for our year 5 magazine. You may wish to call your friends to see what they have written their articles about. The front cover of a magazine should highlight some of the features and articles that will be inside the magazine.</p> <ul style="list-style-type: none"> - We know that it may take time to create a front cover so we will give you two days to complete this task. - Please look at the front cover examples on the year 5, week 12, home learning section of the school website. 	<p>English – Year 5 Magazine Collaborative Project – FINAL WEEK</p> <p>Today's Task: Our Year 5 magazine needs a front cover. For today's task, we would like you to design a front cover for our year 5 magazine. You may wish to call your friends to see what they have written their articles about. The front cover of a magazine should highlight some of the features and articles that will be inside the magazine.</p> <ul style="list-style-type: none"> - We know that it may take time to create a high quality front cover so we have given you two days to complete this task. - Please look at the front cover examples on the year 5, week 12, home learning section of the school website. 	<p>English – Year 5 Magazine Collaborative Project – FINAL WEEK</p> <p>Today's Tasks: Each of you will receive a copy of the magazine when it is finished. We would also like to keep a copy in the year 5 book corners. As you start to think about moving up to year 6, we thought it would be a nice idea to write a little article about 'top tips' for being in year 5. You could include:</p> <ul style="list-style-type: none"> - Details of the topics we study. - What you found most tricky about year 5. - Advice for having a successful year. 	<p>English – Year 5 Magazine Collaborative Project – FINAL WEEK</p> <p>Today's Task:</p> <p>Please email us with the following:</p> <ol style="list-style-type: none"> 1. Your completed front cover. 2. Your year 5 top tips. 3. Any final pieces of work to be included in the magazine. 	<p>Revision/Quiz Day</p> <p>Play our Year 5 Quiz – featuring celebrity guest Mr Nash.</p>

<p>Challenge: How many different ways can you add four odd numbers to make a total of 32?</p> <p>Maths Maths – (Please ignore dates) Summer Term White Rose – Lesson Reference: Week 8 (w/c 15th June) Lesson 1 –Understand percentages</p>	<p>Challenge: Today’s number is 362. Complete the calculations below, start with 35 each time:</p> <ul style="list-style-type: none"> -Add 17 -Double it -Multiply it by 10, 100 and 1000 -Halve it -Subtract 7 -Multiply it by 6 -Square it -Find its factors -Find $\frac{1}{4}$ of it <p>Maths Maths – (Please ignore dates) Summer Term White Rose – Lesson Reference: Week 8 (w/c 15th June) Lesson 2 –Percentages as fractions and decimals</p>	<p>Challenge: I am a 2-digit odd number less than 100. I am a square number and the sum of my digits is 9.</p> <p>What number am I?</p> <p>Maths Maths – (Please ignore dates) Summer Term White Rose – Lesson Reference: Week 8 (w/c 15th June) Lesson 3 –Adding decimals with the same number of decimal places.</p>	<p>Challenge: On a bookcase -$\frac{5}{8}$ of the books are fiction books. -The rest are non-fiction. -There are 72 non-fiction books.</p> <p>How many books are fiction?</p> <p>Maths Maths – (Please ignore dates) Summer Term White Rose – Lesson Reference: Week 8 (w/c 15th June) Lesson 4 –Adding decimals with a different number of decimal places</p>	
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PE: One hour of dedicated movement time

Project for the Week – Growth Mindset – Week 4: MANAGING WORRIES

We hope you enjoyed the growth mindset work from last week. This week we will continue to work through the programme and the focus will be on **managing worries**. It is important to remember that **everyone** feels worried sometimes.

Last week, we spent some time looking at a variety of strategies to help us relax and unwind. This week, we will build on this learning to look at a range of strategies to help us manage emotions connected to being worried. For example, Miss Mone finds writing her emotions down very beneficial whereas Miss Meldon likes to talk through her worries with someone she trusts. Mr Kennedy enjoys listening to podcasts and calming music to help him feel less worried.

Task 1: Complete the **What if..? Then I can!** Worksheet. Often a worry will start off with the words ‘what if..?’ which causes us to think of the negative situations that might happen. This worksheet will help you think about how you can come up with different solutions to help you combat stressful situations.

Task 2: Fill in your **Worry Jar**. It can be very beneficial to write your worries down – this allows us to get the worry out of our heads and on to the paper – we can then focus on thinking of our solutions.

Task 3: Complete the **positive thoughts** worksheet. Make sure to take time out of your day to think about how amazing you are and all the things you have to be grateful for, e.g. family, friends, education or even free time to enjoy fun things like your favourite song.

Task 4: Complete the **challenging our worried thoughts** worksheet. You are in charge of your thoughts! When we experience worries, we often think of the worst case scenario. This exercise will help you think about what is making you feel anxious and what is actually true about your situation.

Task 5: Have a go at some **Traffic light thinking**. Sometimes our thoughts can be unhelpful, these are our 'red' thoughts on the traffic light. We can catch these thoughts and replace them with helpful thoughts (these are our amber and green thoughts).

Task 6: At the end of the week, complete the **3,2,1 exercise**.

Letter Writing Task

Richmond Borough have asked the children of St Edmund's to help them with a new project entitled #LoveThroughTheLetterbox

Children are encouraged to write letters for care home residents in the borough, who are amongst the most affected by the current COVID-19 crisis and who might be feeling particularly lonely right now.

Lots of innovative ways have emerged to help keep people connected. However, this often involves technology, which is not always easily accessible to older generations and also leads to increased 'screen-time' for children.

#LoveThroughTheLetterbox is an opportunity to bring back letter writing as an activity for children and help the older generation feel connected and less isolated. The letter doesn't necessarily have to include words, artwork and drawings are also welcomed.

How to get involved:

If you are happy to support this initiative, please write a letter (or create a piece of art) that you (and your adults) are happy for us to send off as part of the project.

Letters should include your first name, year group and name of the school in case the recipient wishes to write back. The letter can include anything you feel would help the recipient to feel less lonely. You may wish to tell them what has helped you to cope during this time. You could even include some of the strategies you have developed from the growth mindset work. You may type or hand write the letter. You can email or post it to us and we will do the rest.