

Wednesday 1st July:

Pinch Punch, first of the month! We can't quite believe that it is July already.

Daily reading

Remember to try and read for at least 30 minutes today.

Earthquake safety tips:

Earthquakes regularly rattle our planet, striking somewhere in the world every hour of every day. Such events are the result of the slow-motion march of tectonic plates that build stresses in Earth's crust and upper mantle. Eventually the stress hits a breaking point and releases in a ground-shaking quake that can send blocks of the Earth careening out of place.

Most temblors are too small for humans to feel, but every so often a whopper will rock our planet. The majority of earthquakes occur near the boundaries of tectonic plates—like the mighty San Andreas fault that runs along the United States' west coast—but scientists still can't say precisely where and when the next big quake will strike. So if you're in a region prone to shaking, it's best to be prepared. Here are some tips to keep you safe.

Before the quake

One important way to prepare for a temblor is to try to make your home as safe as possible. For old homes, it's a good idea to investigate whether it follows local building codes and identify potential weaknesses.

The stuff inside your home is just as important as the walls themselves. Take a tour of each room to look for things that could fall or break if the ground starts to wobble. Sometimes this can be solved with a little reorganization, moving large or heavy objects to lower shelves. Other times fixing issues takes a bit more handiwork, such as bolting bookcases to wall studs, installing latches on cupboards, and securing any large appliances like water heaters.

While inspecting your home, make sure you know how to shut off your utilities. And while you're at it, check out the connections of gas appliances; it's best if these are flexible rather than rigid so they can bend with the rolling ground.

Assemble an earthquake emergency kit that includes food, water, and other supplies for at least 72 hours. When preparing your kit, consider each member of your family and their needs—and don't forget your pets.

When the shaking starts

Protect yourself as quickly as possible. In many situations that means remembering three actions: drop, cover, and hold.

- **Drop:** Get down on your hands and knees to protect yourself from being knocked over. That also puts you in an ideal position to crawl for shelter.
- **Cover:** Place an arm and hand over your head and neck to shield them from debris. Head for any nearby tables to shelter under until the shaking stops. If a table isn't in sight, sidle up to one of your home's interior walls away from tall objects and furniture that might topple. A common misconception in seeking cover is that doorways offer the best protection during an earthquake. But according to the Earthquake Country Alliance, this is only true if you are in an "old, unreinforced adobe house." In modern homes, the rest of the house is just as strong.

	<ul style="list-style-type: none"> • Hold: Stay put until the shaking stops. If you're under a shelter like a table, keep hold of it with one hand. If you're out in the open, continue to shield your head and neck with your arms. <p>If you use a wheelchair or walker, or cannot drop to the ground, there are <u>other versions of the above protocol to follow that will help keep you safe</u>. For example, if you are in a wheelchair, lock the wheels and then lean over to protect your vital organs, covering your head and neck with your arms.</p> <p>When the ground starts to roll under your feet, resist the temptation to run outside. Instead, take cover in place. But if you are already outdoors, stay outside and move away from buildings and power lines. If you are driving, pull off the road. <u>But do not stop under an overpass</u> or other structure that could crash down.</p> <p>Coastal quakes can be particularly dangerous since the shifting ground can disturb the water column and produce a <u>tsunami</u>. If you are on a coast when a strong earthquake strikes, get to higher ground as soon as you can.</p> <p>After the shaking subsides</p> <p>Even after the ground grows still, the danger is not necessarily over. As the Earth settles from its trembling it can produce a series of smaller quakes known as aftershocks. On rare occasions, a second earthquake that's even bigger than the first might follow. When that happens, the first quake is called a foreshock, and the second temblor is called a main shock. This was the case for the two large earthquakes—a magnitude 6.4 followed by a magnitude 7.1 event—<u>that rocked California in the summer of 2019</u>.</p> <p>Still, once the shaking subsides it's time to start getting yourself and others ready for more. First, check for injuries. Sometimes people won't initially feel pain because of the adrenaline that courses through the body during life-threatening events. Next, check the gas and electric lines, and turn them off if you can do so safely. And if you are inside a heavily damaged structure, get yourself and others out as soon as possible.</p> <p>If you're trapped, stay calm. Protect your mouth, nose, and eyes from the dust and call or text for help. Make noise by whistling or shouting to get responders' attention. But if you are outside, keep an eye out for hazards like fallen electrical lines, ruptured gas pipes, or precarious structures.</p> <p>Turn on the radio—perhaps one you stowed in your earthquake emergency kit—and listen for updates. Heed warnings and instructions from official organizations like the United States Geological Survey and be careful about what you see shared on social media. Falsehoods spread like wildfire in emergency situations. To let your family and friends know all is well—or to check for the status of your own loved ones.</p>
<p>Termly Spellings</p>	<p>Today we are going to take five Year 3 and Year 4 statutory spellings to learn. Today, we would like you to learn the words which have an ei, ey and eigh sound.</p> <p>Eight Eighth Reign Weight Height (exception to rule)</p> <p>Could you use pyramid spellings to practise these today?</p>

Daily times tables

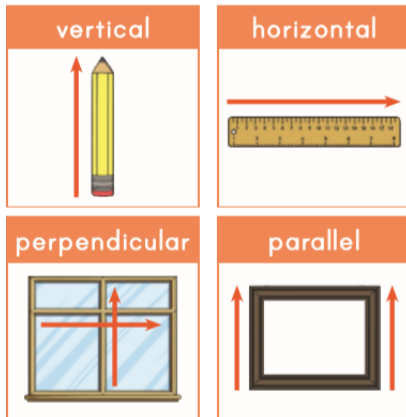
How quickly can you complete the times tables grid?

X	4	8	3
9			
8			
3			
12			
7			
9			
6			
4			
11			
5			
1			
10			

Daily Maths

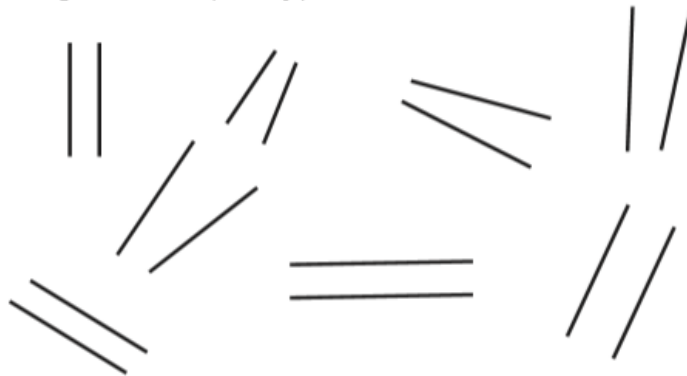
Today, we are going to investigate horizontal, vertical, parallel and perpendicular lines. Do you know what they are?

Types of Lines



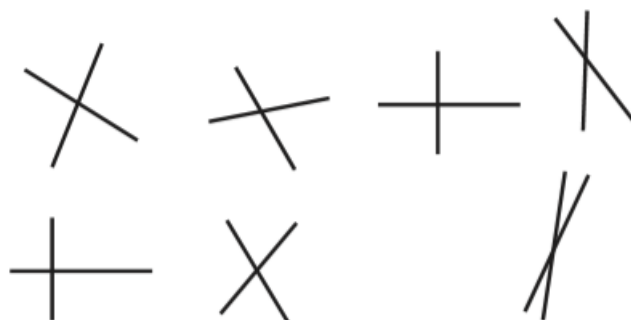
Ready:

Can you circle the pairs of parallel lines?



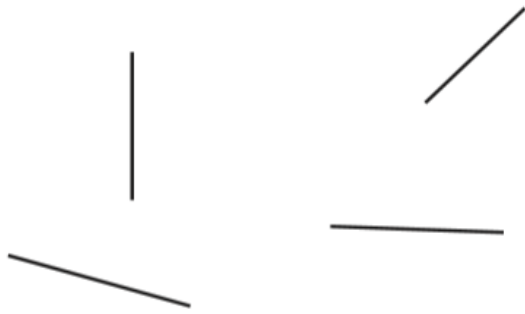
Which lines are horizontal and vertical?

Can you circle the pairs of perpendicular lines?

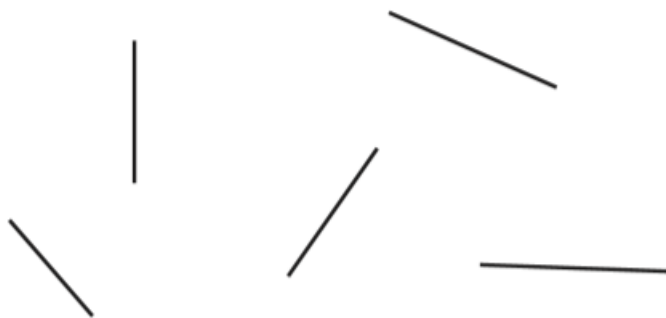


Steady:

Can you draw lines which are parallel to each of these?

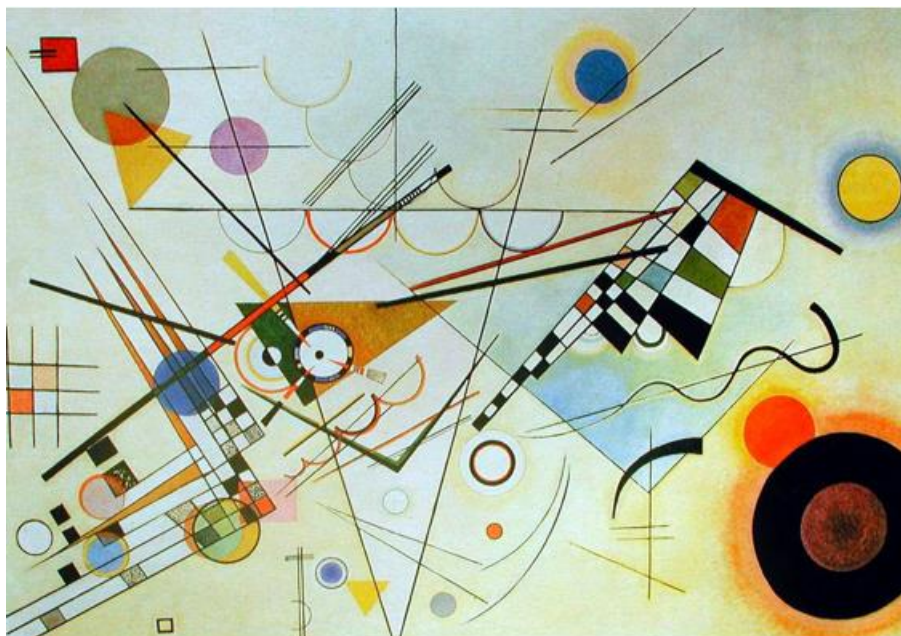


Can you draw lines which are perpendicular to each of these?



Go:

Identify the vertical, horizontal, parallel and perpendicular lines in this picture.



Challenge:

We would like you to go outside and make some art using nature. Make a picture that shows parallel lines, a right angle, an acute angle (less than a right angles) and a obtuse angle (greater than a right angle) Send us a picture of what you have created!

Daily English

Today, you are going to imagine that you live in an Earthquake region and you need to know what to do if an Earthquake happens. You will need to do the daily reading task before you can complete this task.

You are going to create a poster telling people what they should do in the event of an earthquake. Summarise the points from the comprehension.

If you have access to the internet, you could watch this video.

<https://www.youtube.com/watch?v=d08QUmxzdKU>



Problem of the Day

Today, you are going to test your Geography skills. Can you find out the capital cities of these countries? Do you know what continent they are in? Use an atlas or the internet to find out.

France _____

Germany _____

Spain - M _____

Italy _____

Portugal - L _____

Sweden - S _____

Norway - O _____

Finland _____

Hungary _____

Ireland _____

Iceland - R _____

Poland _____

Czech Republic - P _____

Latvia _____

Belarus _____

Healthy Me

WORKOUT FOR BEGINNERS
what's your name!

SPELL OUT YOUR FULL NAME AND COMPLETE THE EXERCISE LISTED FOR EACH LETTER. FOR A GREATER CHALLENGE INCLUDE YOUR MIDDLE NAME & DO EACH ONE TWICE! FOR VARIETY YOU CAN USE A DIFFERENT HISTORICAL PERSON'S NAME OR A FAMILY MEMBER'S NAME EACH TIME.

A 10 jumping jacks	N 10 second jump rope
B 5 push-ups	O 10 russian twists
C 1 burpee	P 5 plie squats
D 20 high knees	Q 10 arm circles
E 5 crunches	R 10 skaters
F 10 mountain climbers	S 10 second jog in place
G 5 squats	T 10 butt kickers
H 10 front lunges	U 5 inchworms
I 10 side lunges	V 5 tricep dips
J 10 second wall sit	W 3 star jumps
K 5 calf raises	X 5 bird dogs
L 5 second plank	Y 10 leg raises
M 3 squat jumps	Z 5 squat jacks

CONSULT A DOCTOR BEFORE STARTING AN EXERCISE PROGRAM - WWW.THEYSPRELL.COM

Can you exercise and spell out your name?

The activities below are supplementary and can be used to further extend learning opportunities whilst at home.

Home Learning

Please look at your Home Learning grid.
Visit the school website at <https://www.newbridge.bathnes.sch.uk/> and go to the tab **Classes** and click on your class.
Please plan and complete these activities throughout the duration of the school closure.

National Curriculum Word Lists

Look in your Reading Log and find all of the spellings for your year group. How many of these can you learn?
Can you write a sentence using the words?

Curriculum Overview

Take time to look at the Curriculum Overview for your year group. This can be found on the school website at <https://www.newbridge.bathnes.sch.uk/> Go to the tab **Key Information**, go down the menu on the left hand side to **Curriculum**, go to **Termly Overview** and click on the one for your year group.
Talk to a grown up at home and decide on an aspect you would like to find out more about. This means that when you come back to school, you will be able to share something new.

Useful websites

Please see useful website list.

Well done for trying all of these areas of learning. Please can I ask that your parent sends a few lines in an email to let me know what you have completed today.

3OG: 3og@newbridge.bathnes.sch.uk 3KC: 3kc@newbridge.bathnes.sch.uk

Please look out for tomorrow's learning, from Mrs O'Gara, Mrs Keynes and Mrs Ross