

Thursday 26th March: Good morning Year 4, we hope that you have had a good couple of days and had a chance to enjoy some of the sunshine. We have been really impressed by the amount of work you have all been doing and thank you for letting us know. It's good to see that you have all been doing the Joe Wicks workout. I've (Mr. H) been doing it too and I wonder who will be the first to get a shout out! Mr C has been planting seeds in the garden. If you can get some seeds, try and grow some vegetables. Enjoy baking today and we look forward to seeing some of your Boudicca information pages. Using technology, why not try and share what you've been doing with friend? Stay connected. Mr H & Mr C

Daily reading

Today please read for 30 minutes.
If anyone at home has the opportunity to discuss this with you, please ask them to.
Try reading a story to a family member or friend.

Daily times tables

Please continue to learn your year group times tables: 6x, 7x, and 9x
If these are a bit tricky, please work on your 2x, 5x and 10x or 3x, 5x and 8x.

Create a picture using the numbers in a times table.
Times tables website: <https://www.timestables.co.uk/>

Termly Spellings

Please take time to learn spellings for future weeks and to re-visit past spellings.
These can be found on the school website at <https://www.newbridge.bathnes.sch.uk/> and go to the tab **Classes** and click on your class.
Using the words and writing them down are the best ways to learn them. Activities you could do are:

- Find the meaning of the words
- Put the words into sentences
- If there is a pattern, how many words you can find with the same pattern
- Draw pictures of the what the words mean with the word in the picture
- Create a word search
- Create a crossword
- Test your parents!

Daily Maths

Multiplying and dividing by 10 and 100
Today is a cooking day! Can you find a recipe to make 10 biscuits, cakes or snacks etc (see website below)? Weigh out all the ingredients. Can you convert the measurements e.g. grams to kilograms? What ingredients would you need to make 1, 10, 100 or 50? Write your calculations in your workbook. (Of course we understand that you may not have these ingredients.)

Maths With Parents – converting measures with decimals

Websites:
Cooking website: <https://www.cookingwithmykids.co.uk/cookies-and-biscuits/>
X & ÷ by 0,1, 10 and 100: <https://www.bbc.co.uk/bitesize/topics/z36tyrd/articles/z2fkwx8>
Fraction and decimal games:
<https://www.topmarks.co.uk/maths-games/7-11-years/fractions-and-decimals>

Daily English

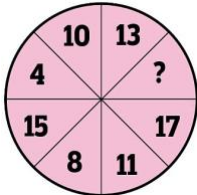
Punctuation: – apostrophes for omission(contraction) e.g. haven't, couldn't.
Try and include omission apostrophes in your writing today.

English: Today is a writing day! You've taken notes on her, you've described her, you've even created presentations about her: Boudicca!
Today, write an information page about Boudicca. Write sentences about her under the headings:

- Who was Boudicca?
- Why did Boudicca attack the Romans?
- What happened when Boudicca attacked the Romans?

Try not to start a majority of your sentences with Boudicca, she, her or then. Use fronted adverbials.

Websites: BBC fronted adverbials:<https://www.bbc.co.uk/bitesize/topics/zwwp8mn/articles/zp937p3>

<p>Well-being</p>	<p>Tomorrow it's Feel Good Friday (FGF): Good mental health allows children and young people to develop the resilience to cope with whatever life throws at them and now couldn't be more relevant a time. This term in Personal Social and Health Education {PSHE} we have been following our scheme of work called JIGSAW. The jigsaw piece is titled 'Healthy Me.' We would like to create a 'Happy Healthy Newbridge Newsletter.'</p> <p>We want nothing but positivity and happiness to shine through everything we do today and tomorrow. See below for the challenge for each year group. (Please don't overload yourself trying to get this work done as well all the other work you have been set – why don't you substitute it for another. We have sent this today so you can prepare this work or do over a couple of days)</p> <p>Write your own calm me script as used in JIGSAW. An example has been included below. Please include positive visualisation – include what makes you happy. (It doesn't have to be this long either!)</p> <p>This is an example of a 'calm me' script.</p> <p><i>This Puzzle is about being healthy and the choices we make to keep ourselves healthy. So in this 'Calm Me' time we are going to focus on our bodies and how incredible they are. So let's start our 'Calm Me' time by sitting in our 'Calm Me' way, nice and straight in the chair, feet flat on the floor and spine all straight and proud. Shoulders are relaxed and eyes are gently closed. Now listen to our chime until you can no longer hear any sound... In this quietness bring your attention to focus on your breathing. Breathe in through your nose with nice long, gentle breaths and feel your tummy expand as the air fills your lungs. Hold your breath for just a couple of seconds and then gently and slowly release the air back out again. Breathing like this we feel calm and gentle... Breathing in and silently counting 1,2,3,4,5... breathing out silently hearing the words "I am glad to be alive" Now come with me as we scan our bodies and keep discovering how incredible they are. Keep breathing gently and slowly and bring all your attention to your head. See if you can feel all your attention in your head...how does your head feel? Warm? Tingly? What an amazing thing your head is... think about what your head does for you... Now move your attention, focus your mind on your shoulders and see if they have any tension stored in them... let them relax... really relax Breathe in... amazing body Breathe out... I am so lucky Now move your attention down to your feet. How do they feel? Gently wiggle your toes and keep your mind focussing on your feet. Feet make life so much easier for us...we can walk, run, play football, swim, balance... stop for a moment to appreciate your feet... Take one nice deep breath in and out. I appreciate my body and mind.</i></p>
<p>Healthy Me</p>	<p>It is also important to take time to focus and relax to support your mental health. Yoga exercises are great at supporting physical and mental health. We have included a couple of videos but you may have your own exercises. Give them a go but be careful with the crow pose, you don't want to face-plant!</p> <p>Website:</p> <p>Strengthen Your Focus (GoNoodle): https://www.youtube.com/watch?v=0vuaCHEAs-4</p> <p>Cosmic Yoga for kids: https://www.youtube.com/watch?v=ho9uttOZdOQ</p>
<p>Problem of the day</p>	<div style="display: flex; align-items: center;">  <div style="margin-left: 20px;"> <p>14. What's the missing number?</p> </div> </div>
<p>The activities below are supplementary and can be used to further extend learning opportunities whilst at home.</p>	
<p>Home Learning</p>	<p>Please look at your Home Learning grid. You should have a copy in your folder, if not 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.</p>
<p>National Curriculum Word Lists</p>	<p>Look in your Reading Log and find all of the spellings for your year group. How many of these can you learn?</p> <p>Can you write a sentence using the words?</p>

Curriculum Overview	<p>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.</p> <p>Which aspects have you not yet covered in class? (Your teacher will have highlighted this on the paper copy).</p> <p>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.</p>
Useful websites	Please see the useful websites list.
<p><i>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.</i></p> <p style="text-align: center;">4C: 4c@newbridge.bathnes.sch.uk 4H: 4h@newbridge.bathnes.sch.uk</p> <p><i>Please look out for tomorrow's learning, from Mr Hempleman and Mr Cumpson</i></p>	