

Class 3 WFH Curriculum Update 6th July

Hello everyone! It has been great to see all the wonderful things you have been up to while working from home and I really enjoy hearing about what you are doing. I will be putting any photos you send into children's Learning Journeys as this lockdown will be a huge part of their learning that they can look back on. If you are yet to send in photos of your child's learning, please do this, as we don't want your child's Learning Journey to be empty for the Summer Term. Please keep sending any photos to admin@madley.hereford.sch.uk and I will reply to any messages that come through. I will add any photos onto the website too but if you only want your child's photos put in their learning journey, please pop this in your email when you send the photos in. I am really looking forward to seeing those who will be returning for touching base days in the next couple of weeks. As you may have seen from the photos, it will be different being in the Parish Hall but it will be great seeing those of you who are returning. If not, we fully respect your decision at this time and please try not to worry about 'catching up'.

As a global citizen

Values for July: Care and Quality

Did you put a message in your window to encourage respect? I would love to see them if you did. The final Values for the school year are care and quality.

As a global citizen care, especially self-care, is important to us all. We can't control what happens to us, but we can choose how we respond.

So why not try any of these actions to look after and care for yourself and each other during these times? A bigger version is on the WFH page.

RESILIENCE CALENDAR: JUMP BACK JULY 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
We can't control what happens to us, but we can choose how we respond			1 Be willing to ask for help when you need it today (and always)	2 Make a list of things that you're looking forward to	3 Adopt a growth mindset. Change "I can't" into "I can't... yet"	4 Find an action you can take to overcome a problem or worry
5 Avoid saying "must" or "should" to yourself today	6 Put a problem in perspective and see the bigger picture	7 Shift your mood by doing something you really enjoy	8 Get the basics right: eat well, exercise and go to bed on time	9 Help someone in need and notice how that gives you a boost too	10 Don't be so hard on yourself. It's ok not to be ok	11 Reach out to someone you trust and share your feelings with them
12 When things go wrong, be compassionate to yourself	13 Challenge negative thoughts. Find an alternative interpretation	14 Set yourself an achievable goal and make it happen	15 Go for a walk to clear your head when you feel overwhelmed	16 When things get tough, say to yourself "this too shall pass"	17 Write your worries down and save them for a specific 'worry time'	18 Let go of the small stuff and focus on the things that matter
19 Notice something positive to come out of a difficult situation	20 Ask yourself: What's the best thing that can happen?	21 If you can't change it, change the way you think about it	22 Make a list of 3 things that you can feel hopeful about	23 Remember that all feelings and situations pass in time	24 Choose to see something good about what has gone wrong	25 Notice when you are feeling judgemental and be kind instead
26 Get back in touch with a supportive friend and have a chat	27 Write down 3 things you're grateful for (even if today was hard)	28 Catch yourself over-reacting and take a deep breath	29 Think about what you can learn from a recent challenge	30 Ask for help from a loved one or colleague. Be specific	31 Remember that you are not alone. We all struggle at times	

Mental health and well-being – Self-care is about the things that we can do to look after our own mental health. This is very important for adults, children and families. This link gives you some ideas you could try. <https://www.annafreud.org/on-my-mind/self-care/>

Meditation or mindfulness can help children as well as adults to read and respond to internal signals of stress before their developing brains and bodies give in to a full-blown outburst. The key is sensing what your child needs to come back into balance and giving him or her the tools to practice. This link contains some mindfulness activities you could try at home. <https://www.bbcgoodfood.com/howto/guide/10-mindfulness-exercises-kids> Will you try the warrior pose? Or some sound meditation?

As a mathematician

The focus for the White Rose maths this week is linked to measuring, comparing, add and subtracting mass and capacity. .

<https://whiterosemaths.com/homelearning/year-3/>

Keep using this resource, as it is fantastic. BBC Bitesize follow similar lessons too and have more activities and challenges if you want even more.

White Rose Maths Summer Term -6th July - 10th July

Lesson 1 – Measure mass

Lesson 2 – Compare mass

Lesson 3 – Add and subtract mass

Lesson 4 – Measure capacity

Lesson 5 – Challenge day.

Education City/TT Rockstars/Spelling Shed

Education City – Activities are linked to help you with this weeks' offline work.

TT Rockstars – It is time to for another battle and this time to be on the winning side. Class 5 have set us the challenge this time. Come on Year 3, we can win this!

Spelling Shed - This weeks' spellings on Spelling Shed include the **revision of spellings rules in Year 3 final list (disappear, reaction, capable, personal, specifically, misunderstanding, freight, committed, forbidden, neighbour) and some practise of all the year 3 and 4 words** Did you manage to play a game of spelling scrabble with a family member? Did you win? This week, why not create a spelling word search for a family member to solve? I have put a blank grid on the WFH page.

Picture News

What's going on this week?



A red, white and blue paint job on the Prime Minister's plane has recently been revealed. The RAF Voyager is used by the Prime Minister and members of the Royal Family for official visits around the world and was previously coloured grey. An official spokesperson for the government confirmed that the plane received its makeover in Cambridgeshire in the colours of the Union Jack at the cost of £900,000, taken from public funds.

As a global citizen, things to think about and discuss:

- What do you think when you first see the RAF Voyager plane from the poster?
- Do you think it matters what the plane looks like if the Prime Minister or the Royal Family are using it? How about if it was being used to take people on holiday?
- Do you think that the government should pay for the paintwork? Why?

As a scientist, I hope you found out something last week that you did not know about muscles. Maybe you found out that there are over 600 muscles in the body or that the smallest muscles in your body are found in the ear!

This weeks' questions to answer are linked to this clip. <https://www.bbc.co.uk/bitesize/clips/zj2kjsx> How do muscles move? What words are used to describe the movement?

To try: In your family group can you try two activities? Before you begin either you will need to predict what muscles you think will be used before each activity. After the activity you will show the results of what you found with your family members. You will find the details on what to try on the WFH page, called muscle investigation.

Afterwards, think about what you have learnt about muscles and write down any further questions you have about muscles because of this activity.

Madley Sports Day 2020 29th June – 10th July

Second week's entries, long distance and relay race entries need to be in by Thursday 9th July. All results, pictures and videos should be sent to admin@madley.hereford.sch.uk.

Standing triple jump KS2, marking the distance as in the long jump.
Sprint challenge. Fastest time 40m

Relay race: If possible children to video themselves running across the screen from their left to right passing a baton (most imaginative baton from each class will win a prize). Most pupils in class relay wins. Come on Class 3 let us win the relay!!!

Learning Journeys

As you know, our Learning Journeys are very important to us as a record of our journey through school. This time of working from home has become a very important part of that too. Any photos emailed in of your fabulous work will be added to your Learning Journey so please keep the photos coming and if you haven't please take a few moments to share your work over the final few weeks.

As a reader - Reading Comprehension

Our comprehension this week is linked to Vikings so it is not only good for you to practise your comprehension skills but you may learn some history about the Vikings too! There are three levels to choose from with the answers too.

60 seconds read - Access

How have Apple and Microsoft helped the visually impaired? What is code jumper? Find out more through answering just four questions from 100 words reading.

As a musician

Keep an eye out for this week for the encore music update. But in the meantime, I have picked out a previous one for you to try if you haven't.

Composing - Lego!

You may or may not be a Lego fan, but check this out as it is wonderful. On Twitter, City Music Service has uploaded a student's video called, 'Everything is Cancelled'. Maya, the pupil, has used Lego to animate her clip, wrote the lyrics, recorded her singing and played the keyboard-what an inspiration! If you're a Lego fan, or like building, do you think you could develop something like this?

<https://twitter.com/StokeCMS/status/1253679646102753280>

As an eco - rep (we all are whether we have a t-shirt or not)

Gardening is educational and develops new skills for children including:

Responsibility - from caring (July value) for plants. Understanding - as children learn about cause and effect (for example, plants die without water, weeds compete with plants) Self-confidence - from achieving their goals and enjoying the food they have grown.

The links below contains some gardening facts and projects to try at home with the children and is a great way to spend time outside.

http://www.bbc.co.uk/gardening/gardening_with_children/

<https://www.gardenersworld.com/how-to/grow-plants/10-gardening-projects-for-kids/>

As a global citizen, how did you get on with the picture entitled 'talking pictures? What did you think it was? The picture is Halmi after the terrible earthquake in 2010. The shelter was set up by Christian Aid. Why do you think Christian Aid helps in this way? What do you think are the most important things people need after a disaster like this? Research these questions and present the answers in your own way.

As a writer

Lesson 1 - Short burst challenge. See Mr Batstone's update for ideas linked to resilience and determination. Write a diary entry about something that was really hard but you have overcome and shown resilience to keep going even when it got really hard.

Lesson 2 - Diversity is important in our society today and during many wars people from different religions and cultures have fought against each other or had horrible things done to them. World War 2 was no different, as the Germans didn't like the Jewish community. Watch this clip about a young girl called Anne Frank <https://www.annefrank.org/en/museum/web-and-digital/video-diary/> Write down all the thoughts and feelings you have watching it and how you think Anne was feeling. It is up to your parents/carers if you are allowed to watch any more episodes.

Lesson 3 - Plan and write a diary of the day that Anne was having from the video. It is very dramatic, so you should have lot of thoughts and feelings to include. Write the events up until it goes blank.

Lesson 4 - Today, write the next day's diary entry. What do you think will happen? Will it be a good experience or could it be quite scary for Anne? Look on the museum website for some help or you may know the story of Anne Frank anyway.

Lesson 5 - Reading comprehension on the Vikings.

Theme - Battlefields

As a historian, this week can you find out who Anne Frank is? Why is it important to remember her story? The Anne Frank museum has got virtual tours you can take, including seeing her house in 360°. I have always wanted to visit this museum, but it has always been too busy when I have gone to Amsterdam.

<https://www.annefrank.org/en/museum/web-and-digital/>

