**Senior Room: Children in 4th, 5th and 6th Class**

Hi everyone,

I hope you had a lovely weekend. I’m looking forward to hearing all about how you’re doing at Wednesday’s Zoom. Thanks again for your **feedback** on the Weekly Learning Guide. Here are the changes this week:

* We’re combining Wellbeing with English.
* You have a mindfulness listening activity each morning to get you started.
* In Gaeilge, we’re learning the rap for our fourth province and going to Cúla 4 (TG4!)
* Our **fourth learning area** this week is: **science**! Huge thanks to Teagasc for their suggestions for ***Learning Science at Home***. Try out the first three experiments with adult supervision. After you watch the fourth video, take a trip outside! Let me know on the Class Dojo how you get on with these experiments… and your ideas for this year’s submission to the **Primary Science Fair**!
	+ [Creating Carbon Dioxide (CO2)](https://www.youtube.com/watch?v=IY2sNUe9zo8&list=PLdcRN-ArFOFhFg_R5BZawryWqF6u7P8V_&fbclid=IwAR3Mlekwth1Bm-4W4hBne0uBHQRIbJzTi3cC0rKKWxGEx75F_ImK3EIc14k)
	+ [Mixing acids and bases… to make a chemical reaction!](https://www.youtube.com/watch?v=2QalebmiDsU&list=PLdcRN-ArFOFhFg_R5BZawryWqF6u7P8V_&index=3)
	+ [What happens when you don’t wash your hands…?!](https://www.youtube.com/watch?v=04wcAGmdhYQ&list=PLdcRN-ArFOFhFg_R5BZawryWqF6u7P8V_&index=4)

# [In the garden…Mushrooms, Bug Hunt, DNA Extraction & Instant Ice](https://www.youtube.com/watch?v=B7zT4CXaBG0&list=PLdcRN-ArFOFhFg_R5BZawryWqF6u7P8V_&index=2).

* To keep up your fitness, you’ll find lots of ideas on our [Active Padlet here](https://padlet.com/annemarieroche1/yoexribtn9op56dn).

Have a super week!

Sarah

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| **Monday, 18th May, 2020** |
| **English & Wellbeing*** Find a quiet place and listen to this four-minute podcast: [Mindfulness and my Brain](https://www.walkinmyshoes.ie/media/1517/mys_mindfulness_ex1.mp3).
* Wellbeing means:
	+ Feeling good and strong in our **minds and bodies**.
	+ Getting along with and helping **others**.
	+ Knowing our **strengths**.
	+ Feeling proud because we are **doing our best**.
	+ Being able to cope with the normal **problems and disappointments** of life.
* Think about your strengths. What are they? If you have your wellbeing journal (hardback journal with your designed cover) use it for this week’s English writing. If not, use your copy. Write down your five main character strengths. Begin each sentence with ‘I’.
* Explain in writing how you demonstrated one of your strengths recently. What happened? Use your 5W to structure your writing—write a sentence for each of the 5W: who, what, why, where and when. In your last sentence, focus on how you demonstrated your strength.
* Open SIF, Unit 31, pages 66 and 67.
	+ Chant:Cloud like a cow – ou, ou, ou.
	+ Action: Draw a cloud-shape in the air with your finger.
	+ Grapheme Box: ough: bough (like a branch), oub: doubt.
* Complete tasks #1 and #4, page 66. If you’re unsure of words on the Word List, look them up in the dictionary, [www.dictionary.com](http://www.dictionary.com) or message me on the Dojo!
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| **Maths*** [Learn about a pie chart, also called a pie graph with this short video](https://www.youtube.com/watch?v=LhfGPqW2xkM) which begins by showing you the ingredients in an applie pie…
	+ A pie graph (or pie chart) is a picture that show parts of something.
	+ It is a circular graph divided into parts (or sectors).
	+ Sectors show the size of data.
	+ Pie charts show numerical proportion. They show the size of each sector, compared with the other sectors.
	+ We can use what we know about the size of one sector to help us learn about the other sectors.
* This travel company has shared information (data) on their cruise ticket sales over one year. Take a look at this three-minute video to understand how the travel company showed their [cruise sales information (data) using a pie chart (also called a pie graph)](https://www.youtube.com/watch?v=4JqH55rLGKY&list=PLgE5bhxxg8zXZdRxaAqrxY9NlA3gbRdvv).
* Take these two **Pie Chart Challenges** to learn more about using a pie chart to show information you have collected. Try the challenge yourself then look at the answer slide which explains the steps to finding the answer:
	+ [BCNS Pie Chart Challenge 1: Crisps](https://www.brannoxtowncns.ie/wp-content/uploads/2020/05/PieCharts1-Crisps.pdf)
	+ [BCNS Pie Chart Challenge 2: Travel](https://www.brannoxtowncns.ie/wp-content/uploads/2020/05/PieCharts2-Travel.pdf)
* BAMS: 5th p.59, #1 and #2. 6th p.63 #1 and #2.
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| **Gaeilge*** Ceol: We have a new province this week; it’s our fourth and last… **Cúige Uladh**! You’ll find the rap/music on Class Dojo. Here are the [words to all four raps for counties of the provinces of Ireland](https://www.brannoxtowncns.ie/wp-content/uploads/2020/05/Gaeilge-ContaeNaCuige.docx).
* Clár (Programme) – Scéal agus foclóir: Watch this programme on Cúla 4 about [two people who exchange lives for a day: Episode 1-2](https://www.cula4.com/en/watch/player/?pid=6087480124001&teideal=Mo%20Shaol%20Do%20Shaol&series=Mo%20Shaol%20Do%20Shaol&dlft=NaN). You may not understand everything and that’s ok. Listen to hear as much Irish as you can. Turn on the **CC** symbol (bottom right of screen) to see Closed Captions (text in Irish).

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| ***My Life, Your Life***A series where we take two people who are totally different from one another & make them swap hobbies and lives for a day. In this episode Tae Kwon Do expert Róisín swaps with top class chess player A. | ***Mo Shaol, do Shaol***Sraith ina mbabhtálfaidh beirt, nach bhfuil cosúlacht ar bith acu lena chéile, an saol mar a chaitheann siad é agus caitheamh aimsire ar feadh aon lá amháin. An saineolaí Tae Kwon Do Róisín a bheidh ag babhtáil leis an imreoir fichille Aishling an tseachtain seo. |
| * beirt (two people)
* an saineolaí Tae Kwon Do (the Tae Kwon Do expert)
* an imreoir Fichille (the chess player)
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* Foclóir: There are 18 Pastimes on this sheet. Read and spell the [Caitheamh Aimsire (Pastimes)](https://www.brannoxtowncns.ie/wp-content/uploads/2020/05/Gaeilge-CaitheamhAimsire-18.pdf) **1-4** on page 1. Write Caitheamh Aimsire **1-4** on page 2.
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| **Tuesday, 19th May, 2020** |
| **English & Wellbeing*** Find a quiet place for our second mindfulness audio: [Body Scan](https://www.walkinmyshoes.ie/media/1518/mys_mindfulness_ex2.mp3).
* Read yesterday’s writing on your character strengths. Think about how you can use your strengths to help others. Describe a recent example of how you used your character strength(s) to help others. In your writing, explain what you did. Then write about how it made you feel.
* Listen to [Try Everything](https://www.youtube.com/watch?v=jpqV3dzYOgk&list=PL51H4kItPlP_yL4g1ymtfQjQ1LPoQE_OR&index=2) (Zootopia) by Shakira.
* Imagine you are trying to help a friend to try even though they might fail. Write the three things you will say to motivate them (or create a poster with these three pieces of advice) to motivate them to stay going.
* Complete SIF tasks #5 and #6 on page 66.
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| **Maths*** Look at this 5 minute video to [revise how to find a percentage of a number](https://www.youtube.com/watch?v=_BPY1lMO5r0).
* Take the third **Pie Chart Challenge** to revise the steps in using a line graph to show information (data). Try the challenge yourself then look at the answer slides:
	+ [BCNS Pie Chart Challenge 3: Temperature](https://www.brannoxtowncns.ie/wp-content/uploads/2020/05/PieCharts3-Temperature.pdf)
* [Revise steps in using a protractor](https://www.mathsisfun.com/geometry/protractor-using.html) to draw segments of a circle with different degrees.
* BAMS: 5th p.59, #3 and #4. 6th p.60, #3.
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| **Gaeilge*** Ceol: Déan cleachtadh (Practice) **Cúige Uladh**! Revise **Cúige Mumhan**. The rap/music is on Class Dojo. Here are the [words to all four raps for counties of the provinces of Ireland](https://www.brannoxtowncns.ie/wp-content/uploads/2020/05/Gaeilge-ContaeNaCuige.docx).
* Clár (Programme) – Scéal agus foclóir: Watch this programme on Cúla 4 about [two people who exchange lives for a day: Episode 3.](https://www.cula4.com/ga/feach/player/?pid=6089429481001&teideal=Mo%20Shaol%20Do%20Shaol&series=Mo%20Shaol%20Do%20Shaol&dlft=NaN)

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| ***My Life, Your Life***A series where we take two people who are totally different from one another and make them swap hobbies and lives for a day. This week hip-hop dancer Aoibhe swaps with ice hockey player, Tytus. | ***Mo Shaol, do Shaol***Sraith ina mbabhtálfaidh beirt, nach bhfuil cosúlacht ar bith acu lena chéile, an saol mar a chaitheann siad é agus caitheamh aimsire ar feadh aon lá amháin. An damhsóir hip-hop Aoibhe a bheidh ag babhtáil leis an imreoir haca oighir Tytus an tseachtain seo. |
| * sraith (programme)
* nach bhfuil cosúlacht ar bith (no similarity at all)
* an damhsóir hip-hop (the hip-hop dancer)
* an imreoir haca oighir (the ice-hocker player)
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* Foclóir: There are 18 Pastimes on this sheet. Read and spell the [Caitheamh Aimsire (Pastimes)](https://www.brannoxtowncns.ie/wp-content/uploads/2020/05/Gaeilge-CaitheamhAimsire-18.pdf) **5-8** on page 1. Write Caitheamh Aimsire **5-8** on page 2.
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| **Wednesday, 20th May, 2020 \*Zoom session at 2pm\*** |
| **English & Wellbeing*** Find a quiet place for your third mindfulness audio: [Leaves on a Stream](https://www.walkinmyshoes.ie/media/1519/mys_mindfulness_ex3.mp3). This will help you to notice your thoughts as they come … and then you can let them go.
* We know that wellbeing is about how we see ourselves and what we do to help ourselves and others to be as well as we can be. Here’s a [Wellbeing Bingo](https://www.brannoxtowncns.ie/wp-content/uploads/2020/05/Image-11-05-2020-at-15.51.jpg) sheet for today, tomorrow and Friday. How many items can you check off this bingo sheet by Friday afternoon? (with thanks to @missgeog92!)
* List at least five actions that you would include on a new bingo sheet, if you were the author. Each should be a complete sentence. Each sentence should satisfy our definition of Wellbeing from Monday.
* Complete SIF tasks #7 and #8 on page 66.
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| **Maths*** Here you’ll find [how to turn the numbers for each group in your data set into percentages.](https://www.mathsisfun.com/data/pie-charts.html)
* Ask everyone at home to tell you their top four favourite pets. [Use this pie chart maker to present your Favourite Pet information (or data)](https://www.mathplayground.com/piechart.html). Send me a photo/screenshot of your finished chart!
* 6th: Take a look at these slides that explain [how to draw a pie chart when I have a set of data](https://www.brannoxtowncns.ie/wp-content/uploads/2020/05/Data-DrawingPieChartGraph.pdf) (information).
* BAMS: 5th p.60, #1. 6th p.51, #1.
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| **Gaeilge*** Ceol: Déan cleachtadh (Practice) **Cúige Uladh**! Revise **Cúige Chonnacht** The rap/music is on Class Dojo. Here are the [words to all four raps for counties of the provinces of Ireland](https://www.brannoxtowncns.ie/wp-content/uploads/2020/05/Gaeilge-ContaeNaCuige.docx).
* Clár (Programme) – Scéal agus foclóir: Watch this programme on Cúla 4 about [two people who exchange lives for a day: Episode 4.](https://www.cula4.com/ga/feach/player/?pid=6089432571001&teideal=Mo%20Shaol%20Do%20Shaol&series=Mo%20Shaol%20Do%20Shaol&dlft=NaN) Try to find out what the sport of lúibíní is! To give you a hint, lúibín means ‘curl’.

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| ***My Life, Your Life***A series where we take two people who are totally different from one another and make them swap hobbies. Horse-rider Méabh will attempt to learn lúibíní for the first time ever while Liúibíní expert Neans will exchange with the rider, Méabh, this week. | ***Mo Shaol, Do Shaol***Sraith ina mbabhtálfaidh beirt, nach bhfuil cosúlacht ar bith acu lena chéile, an saol mar a chaitheann siad é agus caitheamh aimsire ar feadh aon lá amháin. Neans, atá go maith ag lúibíní, a bheidh ag babhtáil leis an marcach Méabh an tseachtain seo. |
| * ag babhtáil (exchanging/swopping)
* babhtálfaidh (will exchange/swop)
* lena chéile (with one-another)
* an marcach (the rider)
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* Foclóir: There are 18 Pastimes on this sheet. Read and spell the [Caitheamh Aimsire (Pastimes)](https://www.brannoxtowncns.ie/wp-content/uploads/2020/05/Gaeilge-CaitheamhAimsire-18.pdf) **9-12** on page 1. Write Caitheamh Aimsire **9-12** on page 2.
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| **Thursday, 21st May, 2020 Digital Detox Day!** |
| **English*** Find a quiet place for your next two mindfulness audios. Both are short exercises to use whenever you feel your thoughts are taking over and you want to feel strong:
	+ [Dropping the Anchor](https://www.walkinmyshoes.ie/media/1520/mys_mindfulness_ex4.mp3). This is a short exercise to help you centre yourself and feel connected with the world around you.
	+ [Notice five things:](https://www.walkinmyshoes.ie/media/2955/mys_mindfulness_ex5.mp3) This exercise is also to centre yourself and help you to notice what’s going on around you.
* Imagine you are a reporter with CNN 10 and you’ve been asked by Carl Azuz to report on the five mindfulness exercises you completed this week. (You can write or record your final report.) Plan like you always do in Writing Workshop, beginning with a brainstorm. Your writing/recording should name the mindfulness activities and say the purpose of each one. It should also say how you felt as a participant. Try to use rich vocabulary appropriate to the topic: relaxing, still, quiet, focused, etc.
* Complete SIF tasks #9 and #10 on page 67.
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| **Maths*** Draw a pie chart to show a set of data in your home. For example, you could use four sets of cutlery: tea-spoons, knives, forks and soup spoons. Count the number in each group. Use the steps you have revised to work out the percentage of each group. Remember that all the cutlery will be 100%. Send me a photo of your graph on the Class Dojo!
* **BAMS:** 5th BAMS, p.60, #2. 6th, p.51, #2.
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| **Gaeilge*** Ceol: Déan cleachtadh (Practice) **Cúige Uladh**! Revise **Laighean.** The rap/music is on Class Dojo. Here are the [words to all four raps for counties of the provinces of Ireland](https://www.brannoxtowncns.ie/wp-content/uploads/2020/05/Gaeilge-ContaeNaCuige.docx).
* Scribhneoireacht: Choose to be an expert in any of the eight sports in this week’s four episodes of Mo Shaol, Do Shaol. Write about yourself, substituting your own words for the green highlighted text. Aim to write three more sentences about your favourite sport:
	+ Is mise [name]. or [Name] is ainm dom.
	+ Imreoim cúpla spóirt. (I play a few sports).
	+ Is maith liom gach spóirt (I like every sport) ach is é [name of favourite sport] an spóirt is fearr liom. (…the sport I prefer).
* Foclóir: There are 18 Pastimes on this sheet. Read and spell the [Caitheamh Aimsire (Pastimes)](https://www.brannoxtowncns.ie/wp-content/uploads/2020/05/Gaeilge-CaitheamhAimsire-18.pdf) **13-16** on page 1. Write Caitheamh Aimsire **13-16** on page 2.
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| **Friday, 22nd May, 2020** |
| **English*** Look at Wednesday’s Wellbeing Bingo sheet and your own suggestions for Wellbeing Bingo. Write all the wellbeing activities you completed this week. You could write them in a list or in a poster to share with others. Remember to send me a photo on the Class Dojo!
* Choose one news item from this week’s [CNN 10](https://edition.cnn.com/cnn10) episodes and write 5 facts about this story. Give you writing a clear and appropriate title so the reader knows what to expect!
* Complete SIF task #11 and the Challenge task on page 67.
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| **Maths*** Revise angles in a circle, with this [mathplayground virtual protractor activity](https://www.mathplayground.com/measuringangles.html).
* [Revise your knowledge of bar graphs](https://ie.mathgames.com/skill/7.250-interpret-bar-graphs) with this short quiz.
* Explore this [interactive pie chart creator](http://www.shodor.org/interactivate/activities/PieChart/) to show how to make the segments of a pie graph bigger or smaller. Watch the percentage increase/decrease as you change the size of the segment.
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| **Gaeilge*** Ceol: Can na ceathair amhráin (Sing the four songs): Cúige Mumhan, Cúige Chonnacht, Cúige Laighean agus Cúige Uladh! The rap/music is on Class Dojo. Here are the [words to all four raps for counties of the provinces of Ireland](https://www.brannoxtowncns.ie/wp-content/uploads/2020/05/Gaeilge-ContaeNaCuige.docx).
* Clár (Programme) – Scéal agus foclóir: Watch this programme on Cúla 4 about [two people who exchange lives for a day: Episode 5.](https://www.cula4.com/ga/feach/player/?pid=6095251899001&teideal=Mo%20Shaol%20Do%20Shaol&series=Mo%20Shaol%20Do%20Shaol&dlft=NaN)

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| ***My Life, Your Life***A series where we take two people who are totally different from one another and make them swap hobbies and lives for a day. In this episode footballer Ciara swaps with scout Aoibhinn. | ***Mo Shaol, do Shaol***Sraith ina mbabhtálfaidh beirt, nach bhfuil cosúlacht ar bith acu lena chéile, an saol mar a chaitheann siad é ar feadh aon lá amháin. Ciara, peileadóir den scoth, a bheidh ag babhtáil leis an ngasóg Aoibhinn an tseachtain seo. |
| * ar feadh (for the duration of)
* aon lá amháin (one single day)
* an peileadóir (the footballer)
* peileadóir den scoth (top-class footballer)
* an ngasóg (the scout)
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* Foclóir: There are 18 Pastimes on this sheet. Read and spell the [Caitheamh Aimsire (Pastimes)](https://www.brannoxtowncns.ie/wp-content/uploads/2020/05/Gaeilge-CaitheamhAimsire-18.pdf) **17 & 18** on page 1. Write Caitheamh Aimsire **17 & 18** on page 2. Read all and test your spelling.
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| **Science:*** What are your questions for our submission to this year’s Primary Science Fair? We need a good question, a prediction (what we think we’ll find) and an idea of what research to do!
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