Hello everyone,

It has been great seeing some of you again this week! I have been busy over the past two weeks speaking to your new high schools about your new classes. If you would like to discuss any concerns regarding high school, please don't hesitate to email or ring the school for more support.

<u>lmills@moorside-academy.co.uk</u>

National Oak Assemblies

https://classroom.thenational.academy/assemblies/

The ONA are also delivering weekly assemblies for all children. They will include special guests and inspirational speakers which might help you through this difficult time.

Thankyou

Miss Mills

<u>Maths</u>

<u>Activity</u>	<u>Worksheet</u>	Helpful Links/Websites
Maths	Lesson and Resources available on Oak National Academy	 <u>https://classroom.thenational.academy/schedule-by-year/year-6</u> Continue to use ONA to access brilliant lessons on a daily basis. I will also be attaching some arithmetic that we have been doing in school this week for you to try at home. These will be available on Monday afternoon.
Times Tables	Continue to test your TT!	www.ttrockstars.com also available as a free app. www.purplemash.com Multiplication has been set as a 'To do'.

English

Activity	<u>Worksheets</u> Included	<u>Helpful Links/Websites</u>
Weekly Spellings	Purple Mash -	<u>Spellings -</u>
		Physical
		Sphere
		Pheasant
		Phrase
		Orphan
		Paragraph
		Phantom
		Geography

PharaohContinue with the spelling booklet this week, Don't forget to get somebody to test you on your spellings.G and PUseful links to help with your writing.Grammar ActivityWhat sentences are made up of? (Revision)Grammar ActivitiesWhat sentences are made up of? (Revision)ICTTypes of Sentences (Revision)ICTContinue with last week's grammar activities.ICTTopic focus - Can you use your own research to create your own trianic timeline about the events that led up to the ship's sinking?Reading FocusPound at 'Oak Mational Academy'Bug ClubLog on to keep reading fyou have finished your home reading books.SpanishMindfulness ActivitiesPSHEMindfulness ActivitiesMindfulness Activitieshttps://classroom.thenational.academy/schedule-by: vear/year-6ScienceParticleshttps://classroom.thenational.academy/schedule-by: vear/year-6https://classroom.thenational.academy/schedule-by: vear/year-6PSHEMindfulness ActivitiesPopulations and why do they changeNet/sci/classroom.thenational.academy/schedule-by: vear/year-6Pointionshttps://classroom.thenational.academy/schedule-by: vear/year-6Particleshttps://classroom.thenational.academy/schedule-by: vear/year-6			Cellophane
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time <u>year/year-6</u>			<u>year/year-6</u>

<u>PE</u>

<u>Online</u> – One the school website you can find fun lessons to keep you fit and healthy from our sports partnership! Keep moving!

http://www.moorside-academy.co.uk/physical-activity-programme/

Wellbeing

• <u>Keeping a gratitude diary</u> - each day write down some things that you are grateful for and why. This could be as small as your favourite breakfast or a

member of your family. You could also use '3 Good Things' app to record daily achievements and gratitude.

- <u>Limit the amount of time spent on social media, games and your mobile</u> <u>phones.</u> Try to do something that can help you to relax, including: reading, sketching/drawing or listening to music with your family.
- <u>Listen to some relaxing music</u> before you go to bed to ensure a good night's sleep.
- <u>Have a look at our school website</u> for links to helpful mindfulness apps to help relax.
- Joe Wicks PE every morning you could take part in some exercise. This will help to keep you active.

https://www.youtube.com/channel/UCAxW1XT0iEJo0TYlRfn6rYQ

