

Mental Health Awareness Week.

Our mental health is just as important as our physical health and we must look after our **minds** just like we look after our **bodies**. I'd like you to create a poster for each of these - informing people about how they too can stay healthy. Think about everything we have covered in class about eating healthy balanced meals, staying active and looking after our minds during 'Well-Being Wednesdays'.

It's okay to not be perfect. It's okay to make mistakes. It's okay to do something that you hadn't done, because if we don't do those things, we never grow.

DAWN STANTON



HealthyPlace.com

Mindfulness Ideas

I have created a daily timetable of activities you might like to follow this week.

Monday	Meditate and make time for your mind to be quiet and still. Think about breathing slowly and calmly. Relax your whole body. You could Youtube 'The Gratitude Tree'. This is the one we used in class.
Tuesday	Take notice of everything around you. Sit very still and list everything you can see, hear, smell, taste and feel.
Wednesday	Close your eyes and think about how you are feeling . Happy? Sad? Annoyed? Scared? Something else? Think about how you know you are feeling this way.
Thursday	Sit somewhere quiet and take a moment to think about the happiest day of your life . Try to remember every little detail and how it made you feel.
Friday	Go outside and really notice the beauty around you . Take some time to look at the plants, trees and flowers and see if you can spot any creatures. You might like to sit and draw something that you think is really beautiful.

Writing



Write as many questions as you can starting with 'What if...'

Choose one of them and write a creative story about it.

What if the Earth stopped rotating?

What if Alfie was our head teacher?

What if everyone had to walk backwards forever?

What if animals could talk?

What if everyone had wings?

Maths

James is buying fruit for a picnic. He needs at least 100 pieces, but he doesn't want more than 110.

Apples come in bags of 10, oranges come in bags of 8, passionfruit come in bags of 12 and pears come in bags of 6.

What combinations for fruit could James buy?

List your possibilities. Think about what written method you might use!

Don't forget!

If you would like to do something different to the work I have set or you would like to do some extra home learning, head to: www.bbc.co.uk/bitesize/dailylessons

Make sure you click on Year 5.

Here you will find some amazing lessons across all subjects.

Ironstone Bridge Project!

Overfields Writing Competition

Details attached below for both of these.

Spellings

This week we are focusing on the next ten spellings from the Y5/6 Spelling List. These are inside your reading rocket too.

Available

Category

Average

Cemetery

Awkward

Communicate

Bargain

Competition

Bruise

Conscience

Apply them to sentences and test yourself on Friday.

Ideas to help your creative writing:

Is there a celebrity you'd like to meet? They could turn up at your house in a fancy super car and take you out for the day!

Would you go shopping and they'd buy you **WHATEVER** you wanted?

You could even go to a fancy restaurant and order every flavour ice-cream on the menu (and some made up ones too!)

Would you have a limousine pick you and your besties up and take you straight to a private jet where you head off on a holiday of a lifetime? Where would you go and what amazing things would you see?

Would you have an enormous party with all your friends and family? Would there be a chocolate fountain so big that everyone could get in and swim in it? Would someone famous turn up for entertainment? How would it be the best party EVER?

Would you hire a mansion for all your friends to live in? You could even have a butler who does all the cleaning up so you never have to make your bed ever again! What crazy things would the house have?

A hot tub that takes you into the Atlantic Ocean whenever you go underwater?

A theme park in the garden?
A zoo full of talking animals?

Overfields Primary School Lockdown Writing Competition

 Would you like to win a prize while working from home?

Have you been dreaming about what you will do when lockdown ends? 

 Do you have the skills to impress your teachers?

We want you to write about what you will do on the first day lockdown ends. You might:

- Go and visit relatives or friends
- Go on the swings in the park for an hour
- Buy a giant ice cream with ten toppings from Redcar

Or you might want to use your imagination and really create a fantasy day:

- Go to Buckingham Palace for tea with the Queen
- Challenge Harry Kane to a penalty competition
- Sing on stage with Ed Sheeran

You can write in any style you want:

Diary entry **Story** **Newspaper report** **Recount**

Your teachers can help with ideas if you are stuck

You can write your entry and send a photo of it to your teacher's email address or you can type it – you can even add pictures if you would like to. The closing date is Friday 22nd May so make sure you have your entry in before then.

There will be a first, second and third prize for each class so get writing!

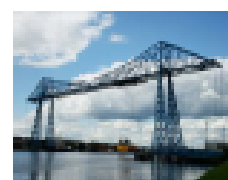
Remember!

You can write in any style you like! Pick the best one which fits the kind of adventure you're going on. I know I have the BEST writers in the school in my class, so let's show everyone how amazing you are!

IRONSTONE BRIDGE PROJECT



Bridges are amazing structures – think where we would be without them! There are thousands of different types of bridges all over the world from a simple plank over a stream to our historic Transporter Bridge over the River Tees.



We are issuing you with a **CHALLENGE** to build your own bridge at home. It could be inside or outside if you have a garden or yard and it can be made from anything you have lying around. BUT – please ask an adult first; don't go using your family's last packet of spaghetti!

Watch this video our project engineer, Paula, has made which tells you all about the challenge.

https://www.youtube.com/watch?v=QK6n_EUJWZk&feature=youtu.be



So the challenge is to build a bridge – here are a few ideas but I bet you can come up with much better ones.



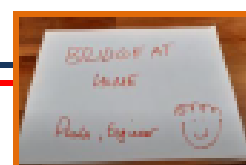
Build a bridge across a sink or bath for your toy vehicles to cross – make sure they don't fall in!



Find a way to get across a garden path without touching it – make sure you leave space underneath though!



Find a way to get your lego people from one chair to another without falling to the floor.



REMEMBER THOUGH!

- ✓ Stay safe – don't climb onto a homemade bridge unless an adult says it is safe.
- ✓ Ask first before using anything from home to build your bridge.
- ✓ Only use tools if an adult says it is ok and is supervising you.

Don't forget - take a picture of your bridge and post it to your school's website or twitter. We would love to see any drawings, designs or



independent work on bridges.

