

Year 4 – Please use the bingo grid to complete your given tasks. I recommend you do an English and a Maths task every day! Don't forget to ask a grown up to tweet and/or email anything that you have been up to! teachers@st-benets.durham.sch.uk Keep smiling! Miss Loughlin 😊

Week Beginning: 29 th June 2020					Theme: Well-being
English	Practice your spellings at least three times a week with a preferred method including rainbow words. Various, Furious, Glorious, Victorious, Mysterious, Humorous, Glamorous, Vigorous, Odorous, Rigorous	Follow the link to complete the lesson on using similes and metaphors. You could use what you have learnt in your theme work this week by writing about your own mindset. https://www.bbc.co.uk/bitesize/articles/zk68wtv	Complete the attached reading comprehension. Read the text and answer the questions about the children's mental health week. Clue: the answers are in the text!	Practise your handwriting in your book. Remember your tall and short letters.	Spend 15 minutes a day on Lexia to practise your English skills.
Maths	Power Maths Follow the link and accept the terms and conditions to access the Year 4 Summer home learning book online and complete the daily lessons: Week 5 – Decimals https://preview.pearsonactivelearn.com/PowerMathsYear4	Spend 15 minutes a day on Times Tables Rock Stars and/or Hit the Button to speed up your maths skills!	Get some skittles, smarties or different coloured sweets. Empty them out onto a plate and write down what fraction are red, what fraction are yellow, etc. The denominator is the total number of sweets and the numerators are the different colours. You could use coloured buttons, Lego, fruit etc.	Choosing a times table of choice, write a rap/song to help you remember the multiplication facts linked to this time table. Can you challenge yourself and include the corresponding division facts in your rap/song too?	Think about these questions: What calculations can you create using the numbers 127, 111, 200, 28 and 65 ? Will you use subtraction, addition or both? Can you find the inverse to the calculations you write?
Other Subjects	PSHE Keeping Secrets Look at the separate PowerPoint about keeping secrets, follow the slides and complete the task.	R.E. <i>The Communion of Saints: showing people what God is like.</i> Research a Saint. This could be the Saint of our	Theme Be Active Feel the benefit of taking part in a physical activity of your choice. If the	Theme Silly Billy Watch the video: https://abcdoes.com/abcdoes-a-blog/2020/03/31/abc-	Theme Growth Mindset Can you remember the difference between a fixed mindset and a

Year 4 – Please use the bingo grid to complete your given tasks. I recommend you do an English and a Maths task every day! Don't forget to ask a grown up to tweet and/or email anything that you have been up to! teachers@st-benets.durham.sch.uk Keep smiling! Miss Loughlin 😊

		school, your own name or a name in your family. Could you create a simple fact file about this chosen Saint and include information about their ideas and beliefs?	weather is appropriate, you could go for a walk or play games outside. How do you feel when you exercise? Does it make you feel positive spending time outdoors?	does-a-story-silly-billy-by-anthony-browne/ How did Billy overcome his worries? Could you make your own worry dolls?	growth mindset? Complete the attached quiz to check your mindset.
--	--	--------------------------------------------------------------------------------------------------------------------------------------------------------------------	------------------------------------------------------------------------------------------------------------------------------------------------------------------	--------------------------------------------------------------------------------------------------------------------------------------------	----------------------------------------------------------------------

Year 4 – Please use the bingo grid to complete your given tasks. I recommend you do an English and a Maths task every day! Don't forget to ask a grown up to tweet and/or email anything that you have been up to! teachers@st-benets.durham.sch.uk Keep smiling! Miss Loughlin ☺

READING COMPREHENSION

Children's Mental Health Week 2020

A Celebration of You

Children's Mental Health Week runs from 3rd to 9th February 2020 and is a time for children, young people and adults to celebrate their differences. It is a chance to recognise that everyone has skills and strengths and that our differences should be celebrated.

The theme for Children's Mental Health Week 2020 is 'Find your Brave'. Life can sometimes be challenging and scary. However, being brave isn't about coping with these difficulties on your own or holding things in. Instead, bravery is about sharing your worries with others and asking for help. It is about trying something new or pushing yourself outside your comfort zone. Being brave means finding ways to overcome challenges by seeking help and experience from others when necessary.

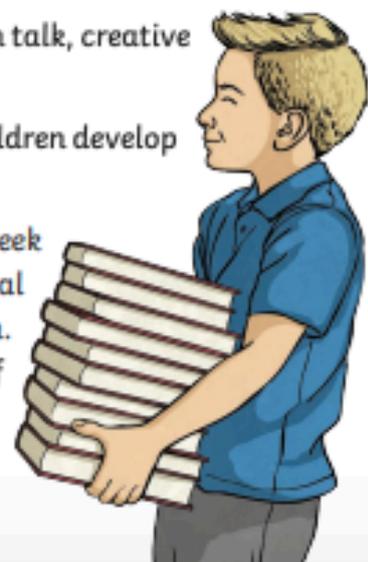
What is Mental Health?

Mental health concerns how people feel about things in their lives such as their relationships, health, work and how they feel about themselves. Mental health is important because it can affect how people deal with different situations each day.

A Place2Be

- A school-based charity called Place2Be was founded in 1994.
- The charity has gone from supporting five schools in London, to supporting 294 schools nationwide.
- Through their in-depth training, Place2Be have reached over 135,000 pupils.
- The charity helps children become more resilient through talk, creative work and play.
- They also provide school support and training to help children develop a positive self-image.

Place2Be launched the first Children's Mental Health Week in 2015 to help spread the word that children's mental health is just as important as their ability to learn. Mental health improves if people have a positive view of themselves. The charity aims to help children learn how to develop good self-esteem and tackle life's challenges in the future.



Year 4 – Please use the bingo grid to complete your given tasks. I recommend you do an English and a Maths task every day! Don't forget to ask a grown up to tweet and/or email anything that you have been up to! teachers@st-benets.durham.sch.uk Keep smiling! Miss Loughlin ☺

Children's Mental Health Week 2020

A Royal Patron

The Duchess of Cambridge has been a patron of Place2Be since 2013. She says that people who are involved with the education and care of young people must "work together to ensure the children in our care have the chance to become the best version of themselves".

Helpful Tips

These tips are suggested to help young people to improve the way they see things and improve their emotional wellbeing.

- Get outside! A little time outdoors every day is great for the whole body, including the mind.
- Talk to an adult you trust if something is worrying or upsetting you. Even if you think it isn't worth bothering someone about, it often helps to share with someone.
- Try to focus on a positive thing that happens every day, even if it is something small.
- Think of three things that you like about yourself.
- Next time you are with a group of people, think about how everyone in that group might be different.



Year 4 – Please use the bingo grid to complete your given tasks. I recommend you do an English and a Maths task every day! Don't forget to ask a grown up to tweet and/or email anything that you have been up to! teachers@st-benets.durham.sch.uk Keep smiling! Miss Loughlin ☺

Questions

1. What is the purpose of Children's Mental Health Week? Tick **one**.

- to celebrate people's similarities and have fun
- to celebrate people's strengths
- to celebrate people's differences
- to celebrate people's birthdays

2. Write **one** thing that being brave involves.

3. How successful do you think Place2Be has been? Give evidence to support your opinion.

4. Look at the section called **A Place2Be**.

Find and **copy** one word which means **to be able to recover quickly from a difficult situation**.

5. Match up the statements.

In 2015,	●	●	Place2Be was founded.
In 2013,	●	●	Place2Be started Children's Mental Health Week.
In 1994,	●	●	The Duchess of Cambridge became a patron of Place2be.

6. What might help to improve someone's mental health? Tick **one**.

- having a good time
- having lots of money
- having a positive self-image
- having a big house

Year 4 – Please use the bingo grid to complete your given tasks. I recommend you do an English and a Maths task every day! Don't forget to ask a grown up to tweet and/or email anything that you have been up to! teachers@st-benets.durham.sch.uk Keep smiling! Miss Loughlin ☺

7. What could people do to try and help their own mental health? Tick all the answers you think are correct.

talk to someone they trust	
sit on their own all the time	
think of three things they like about themselves	
be unkind to someone	

8. When the Duchess of Cambridge says that children should 'have the chance to become the best version of themselves,' what do you think she means?

Year 4 – Please use the bingo grid to complete your given tasks. I recommend you do an English and a Maths task every day! Don't forget to ask a grown up to tweet and/or email anything that you have been up to! teachers@st-benets.durham.sch.uk Keep smiling! Miss Loughlin ☺

R.E.

The Communion of Saints showing people what God is like.

Content

Last week we heard about Eric and the kindness he shows to his family. He is part of the worldwide community we all belong to.

Christians, whether they are living on earth or in heaven, belong to what is called the Communion of Saints. Communion means to belong together and saints are those who follow God's way. They show us something about God. They may be kind, generous, loving, faithful, forgiving and caring.

In the first letter of St John, where he is encouraging his readers to follow God's way, he offers some ideas about how we can all become a bit more like God, a saint:

*See what great love the Father has for us,
that we should be called children of God!
And that is what we are!*

*Dear friends, we are already children of God,
we know that when Christ appears, we shall be like him,
because we shall see him as he is.*

*Everyone who has this hope in Christ,
will try to be loving and kind and keep away from anything that is wrong.*

1 John 3:1–3

We are all called to be saints and there are some people who are given a special title of saint because of the life they have led. These saints may have a special feast day during the year like St Andrew, St David, St Francis or St Margaret. On 1 November every year the Church celebrates the Feast of All Saints, that is all the holy women and men who have followed God's way.

KEY QUESTIONS TO ANSWER

- Q What do you think 'Communion of Saints' means?
- Q What saints do you know about: is your school or parish church dedicated to a particular saint? Do you have saint's name?
- Q What advice does St John have for us?
- Q What advice would you have for someone who wants to follow God's way?

Year 4 – Please use the bingo grid to complete your given tasks. I recommend you do an English and a Maths task every day! Don't forget to ask a grown up to tweet and/or email anything that you have been up to! teachers@st-benets.durham.sch.uk Keep smiling! Miss Loughlin ☺

ACTIVITY

Research a Saint. This could be the Saint of our school, your own name or a name in your family. You could use the internet or any books at home if you have access to them. Could you create a simple fact file about this chosen Saint and include information about their ideas and beliefs.

Year 4 – Please use the bingo grid to complete your given tasks. I recommend you do an English and a Maths task every day! Don't forget to ask a grown up to tweet and/or email anything that you have been up to! teachers@st-benets.durham.sch.uk Keep smiling! Miss Loughlin ☺

Growth Mindset Quiz

Are the following comments growth or fixed mindset? Write a 'G' for 'growth' or an 'F' for 'fixed'.

1. When I'm frustrated, I persevere. _____
2. I ignore criticism or advice. _____
3. I embrace challenges. _____
4. I'm inspired by the success of others. _____
5. I will learn how to do this. _____
6. I'll never be able to do it. _____
7. My effort and attitude determine everything. _____
8. I ask how I can improve. _____
9. I'll try and solve the problem using a different strategy. _____
10. I can't improve this any further. _____

