

Summer 2 Week 6: 6th July 2020

Wellbeing Week!

As a whole school we would like to focus on our physical and mental wellbeing.

Research shows that if we do the following five things, our happiness will increase!

Connect

Building solid and varied social connections in your life can increase your feelings of happiness and self-worth.

Be Active

What you do with your body can have a powerful effect on your mental wellbeing. There are loads of ways to stay active whilst enjoying life.

Keep learning

Step out of your comfort zone in order to grow. You will learn new things that you never knew before!

Help others

Whether it's giving a friend or family member a hand or just supporting other people in some way. Giving is so important for our mental wellbeing.

Taking notice

Happiness is often right in front of you. Take time to think about all the things that you appreciate and are thankful for.



We will be sharing staff photos showing some of the projects/skills that teacher's have been busy doing! Check our twitter page everyday to see what's happening.

Keeping Fit - Northcote Sports Month!

Task: Northcote 'Sports Month' Fitness Challenge

During this time of the year, we should have been competing in our 'Sports Day'. Rather than cancelling, we have decided to change our plans this year. Instead of a 'Sports Day' we are organising a 'Sports Month'.

For the next 4 weeks, we will be setting daily fitness challenges for you and your family to complete - this will help us achieve the recommended 30 minutes of exercise each day!

Each day you need to check the school's Twitter account to see what the daily fitness challenge is.

<https://twitter.com/northcotesch?lang=en>

We want to see as many photos of you and your family completing all the fitness challenges as well as images of fitness record cards. (Remember when posting a photo on Twitter do not include your name).

DOWNLOAD YOUR FITNESS RECORD CARD: [Sports Month Plan - Children's record chart](#)

If you are able to complete all of the week's challenges you will receive a certificate.

To be able to receive the certificate, you need to email an image of the fitness record card completed weekly to your class teacher.

Good luck and let's get fit!

Northcote Cooks



As a whole school, we are going to be looking at healthy eating this week! As we are focusing on getting fit and healthy, we thought it would be the perfect opportunity to share some healthy recipes with everyone! We will be posting some ideas for healthy snacks which you could make after your daily workouts!

Check our twitter page everyday to see what tasty dishes the teachers have been cooking! Everyday we will be posting recipe ideas that you can try with your family.

You can join in by creating one of the recipes we post, or sending your own ideas in! Whatever your family makes this week, send your teacher some photographs or tweet them with the hashtag #northcotecooks

Writing:



This week we are going to be learning about dental hygiene.

Watch Ava's First Visit To The Dentist!



<https://www.youtube.com/watch?v=GGJRR5RsaIU>

What did Ava put in her memory box?

Why do we need to go to the dentists?

Can you remember which foods are good for your teeth and which foods are bad for your teeth?

Write your own sentences using the bordered paper below:

<https://www.twinkl.com/resource/au-t2-s-029-teeth-and-eating-page-borders>

Print off the pictures below. Can you sort the foods into two groups? Which foods are good for your teeth? Which foods are bad for your teeth?

<https://www.twinkl.com/resource/roi-t-360-the-dentist-cut-and-paste-healthy-teeth-activity-sheets>

Or

Look for food pictures in magazines. Cut them out and glue onto the good for teeth/bad for teeth pictures.

<https://theclassroomcreative.com/wp-content/uploads/2014/01/tooth1.pdf>

<https://theclassroomcreative.com/wp-content/uploads/2014/01/tooth11.pdf>

Brush Your Teeth Song:

https://www.youtube.com/watch?v=wCio_xVlgQ0

Make sure you brush your teeth at least twice a day!

Use the chart below:

my toothbrushing diary

This diary belongs to: _____

fill in each time you brush your teeth

week 1

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

week 2

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

ask an adult to help you

brush at least twice a day – first thing in the morning and last thing before going to bed

use a pea-sized amount of fluoride toothpaste

spit, don't rinse

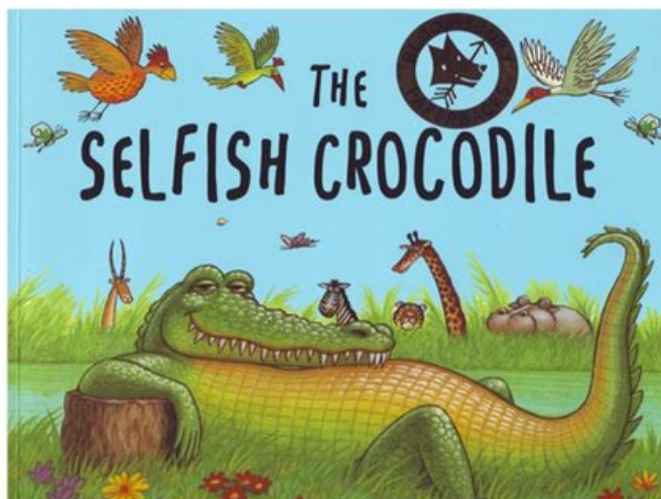
Is your toothbrushing getting better? _____

http://www.child-smile.org.uk/uploads/documents/4352-MyToothbrushingDiary3_6.pdf

Reading/Phonics



Listen to the story of The Selfish Crocodile.



https://www.youtube.com/watch?v=0-NhjJ_RZI

Why did the other animals not like him? How was he selfish? What is wrong with crocodile? Who helps him? Do the other animals like crocodile towards the end of the story? Why?
























Write your own book review.

<https://www.twinkl.com/resource/t-l-1069-book-review-writing-frame>

Phonics

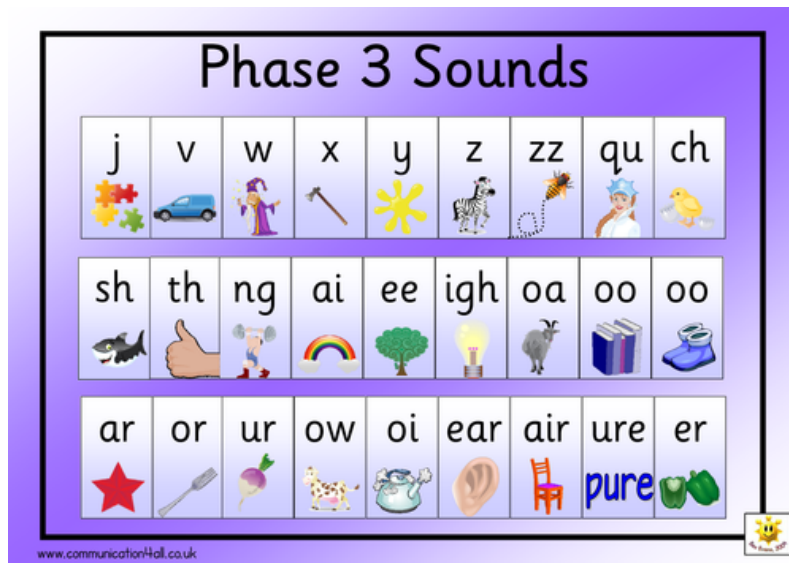
Check how many sounds you know:

Do you know all Phase 2 sounds?

Phase 2 Sounds							
s 	a 	t 	p 	i 	n 	m 	d 
g 	o 	c 	k 	ck 	e 	u 	r 
h 	b 	f 	ff 	l 	ll 	ss 	

www.communication4all.co.uk

How many Phase 3 sounds do you know?



Practise your phonic knowledge with the games below:

Pop the balloons before they fly away!



<https://www.phonicstracker.com/games/BalloonPop/index>

Challenge yourself with some of the trickier Phase 3 sounds!



<https://www.ictgames.com/mobilePage/forestPhonics/index.html>

Depending on your child's ability, choose sets from Phase 2 or Phase 3 sounds.



<http://www.ictgames.com/mobilePage/viking/index.html>

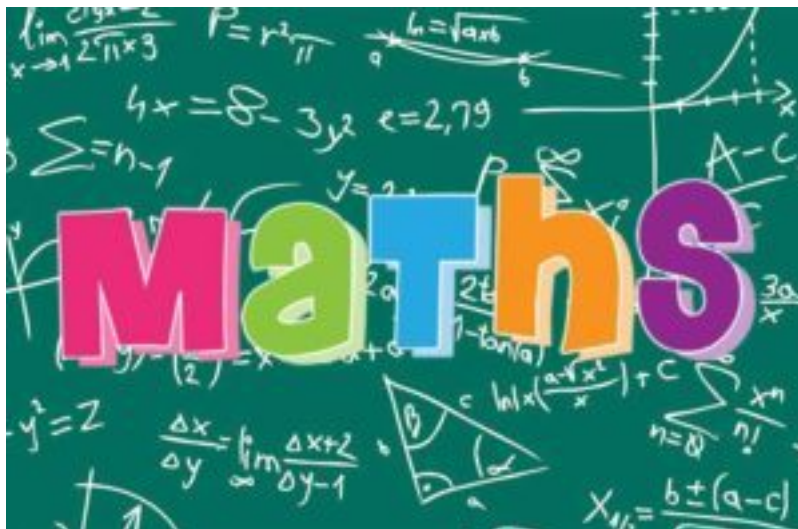
Help the penguins across the bridge by answering the yeti's questions!



<https://www.phonicsbloom.com/uk/game/yes-no-yeti?phase=3>

Why not take part in the Summer Reading Challenge- follow the link for more information on how you can get involved: <https://summerreadingchallenge.org.uk/>

This weeks bedtime story is told by Mrs Akyurek. We hope you enjoy this story:



Maths:

Counting to 100 song

<https://www.youtube.com/watch?v=QbHobZOKY5w>

Counting back from 20-0

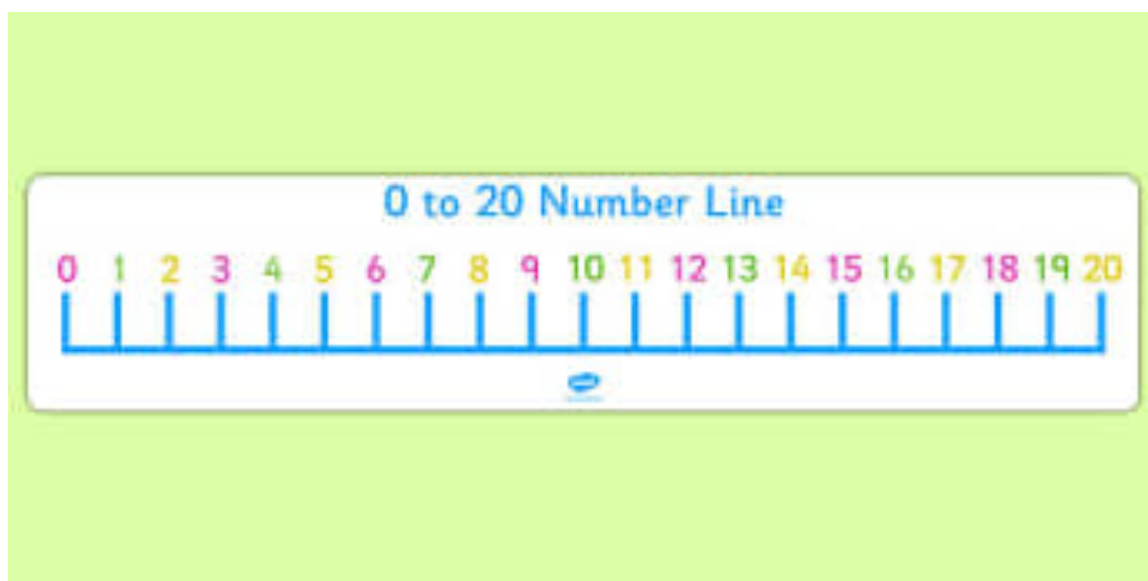
<https://www.youtube.com/watch?v=ShqXL-zfLxY>

1 more/1 less with objects



Choose your favourite toy e.g. teddy and give him a plate. Count out 10 grapes, 10 sweets, 10 slices of apple, etc. Choose a number from 1-10. Carefully put e.g. 6 grapes on teddy's plate. Can you give teddy 1 more grape, how many now? Can you give teddy 1 less grape, how many now? Repeat with other numbers.

Print off the number line below:



<https://www.twinkl.co.uk/resource/t-n-7007-0-20-number-line-display-banner>

1 more/1 less than a given number up to 20

Use the number line to put a counter/coin on a given number e.g. 4. Can you work out which number is 1 more/1 less? Remind your child that 1 more is a jump to the right/1 less is a jump to the left. Repeat with other numbers up to 20.

If you find this activity easy, can you find 2 more or 2 less than a given number?

Ask an adult to write some number sentences relating to more than/less than e.g.

$$4+1= \dots$$

$$4-1= \dots$$

$$15+1= \dots$$

$$15-1= \dots$$

$$6+2= \dots$$

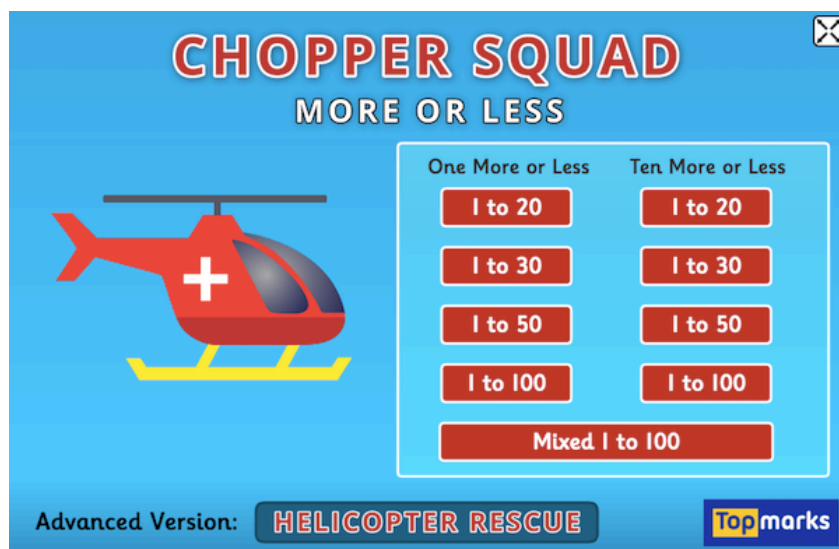
$$6-2= \dots$$

$$12+2= \dots$$

$$12-2= \dots$$

Challenge: Can you write your own number sentences?

Play Chopper Squad



<https://www.topmarks.co.uk/learning-to-count/chopper-squad>

Topic



Get Creative!



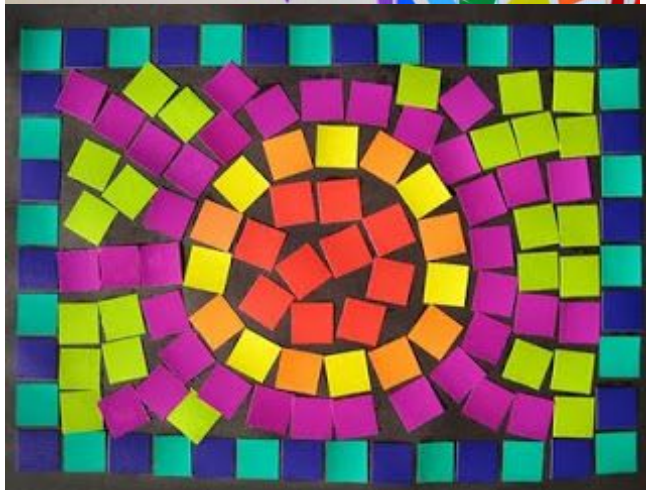
How to make your own paper mosaics

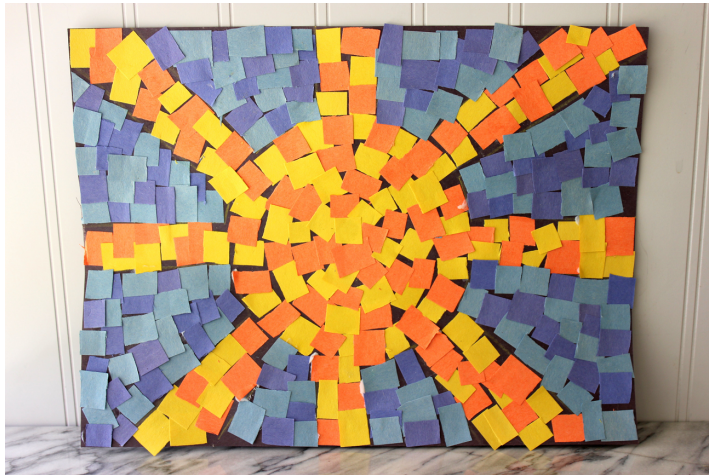
You will need:

- Different scraps of coloured paper. Magazines are good to use because of the range of colours, but plain coloured paper, tissue paper or wrapping paper can also be used.
- Glue stick or craft glue.
- Print off a picture that you like or you could also use a simple picture from a colouring-in book).
- Click on the links below for some other ideas:

<https://www.twinkl.co.uk/resource/t-t-25750-basic-animals-template-resource-pack>

<https://www.twinkl.co.uk/resource/t-t-1302-the-rainbow-fish-colouring-sheets>





Or why not try pointillism? This is a painting technique in which small, distinct dots of colour are applied in patterns to form an image.

You will need:

- Different coloured paints
- Cotton buds (for small dots) or plastic bottle tops/lids or glue stick lid (for larger dots/pictures)
- Pictures of your choice

