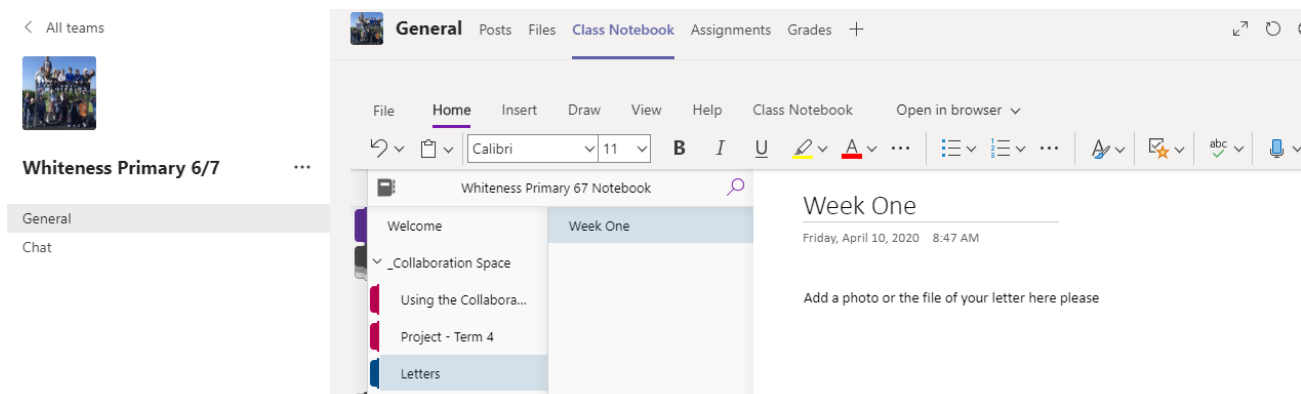


Welcome back everyone. This week we are going to begin using Microsoft Teams for our Learning. Each week I will upload a file like this on to the General page with your learning activities for the week. It is up to you how you organise your learning, as long as you complete the activities over the course of the week. We will be sharing our learning through the Class Notebook section of Microsoft Teams. There is a collaboration space which we can all see, as well as individual notebooks which only you and I can see. Try to upload your learning by the end of the day on Friday.

I also need to hear from you all every day. This can be through email if you don't want anyone else to see or by replying to my daily post on the General page of our Microsoft Team.

## Literacy

- Writing -
  - If you have not already sent your Young Writer entry on 'The Cave', please complete and send your first draft to me.
  - If you have completed your Young Writer Entry, it's time to get back into the way of writing. Just now, there are lots of vulnerable people in care homes and supported living who cannot receive visitors. For your writing task this week, can you write a letter to one of these people. Don't worry about names – you can address it to 'Dear Sir/Madam.'
  - It's up to you what you write about, it could be what you've been up to in the holidays, it could be about something you're interested in. Try to make it descriptive.
  - Once you've written your letter, try to upload it into the Collaborative space in Class Notebook within Teams. I will pass them on to a local Care Home. Hopefully this is something we can continue.



- Spelling words will be issued next week. In the meantime, you can use the Spelling section on Sumdog as this is where your words will be set.

- Reading – You should be trying to read for 30 minutes each day a book of your own choice.
  - This week your task is to write a summary of what has happened so far in your book in the Literacy section of your own class notebook
  - If you are needing a new book, The Shetland Library has lots of ebooks available for free. Let me know if you need help finding a new book.
- Listening and Talking – Can you present your project that you created before the holidays to someone in your family? Remember to talk clearly and ask them for feedback.

## Numeracy

This week we will continue with Money related tasks. A useful website is the Royal Bank of Scotland 'Moneysense' resource. We will continue with Fractions, Decimals and Percentages work on Sumdog this week.

P6 -

1. Use this link to get started. <https://rbs.mymoneysense.com/challenge/debit-and-credit-cards-uk/>
2. Investigate payment methods other than cash. When would each be used? How secure are these methods?
3. Choose a method to present your learning. This might be a poster, presentation, video or another method. Share your learning on the Numeracy section of your Class Notebook.
4. Sumdog Money and Fractions Challenge – you have been allocated tasks based on these areas. Your challenge is to achieve 50 correct answers by the end of Friday. If you wish to try for more, that is also great!

P7 -

1. Use this link to get started. <https://rbs.mymoneysense.com/challenge/debit-and-credit-cards-uk/>
2. Investigate the use of bank cards and digital technologies as payment. Find out about the difference between a credit card and a debit card.

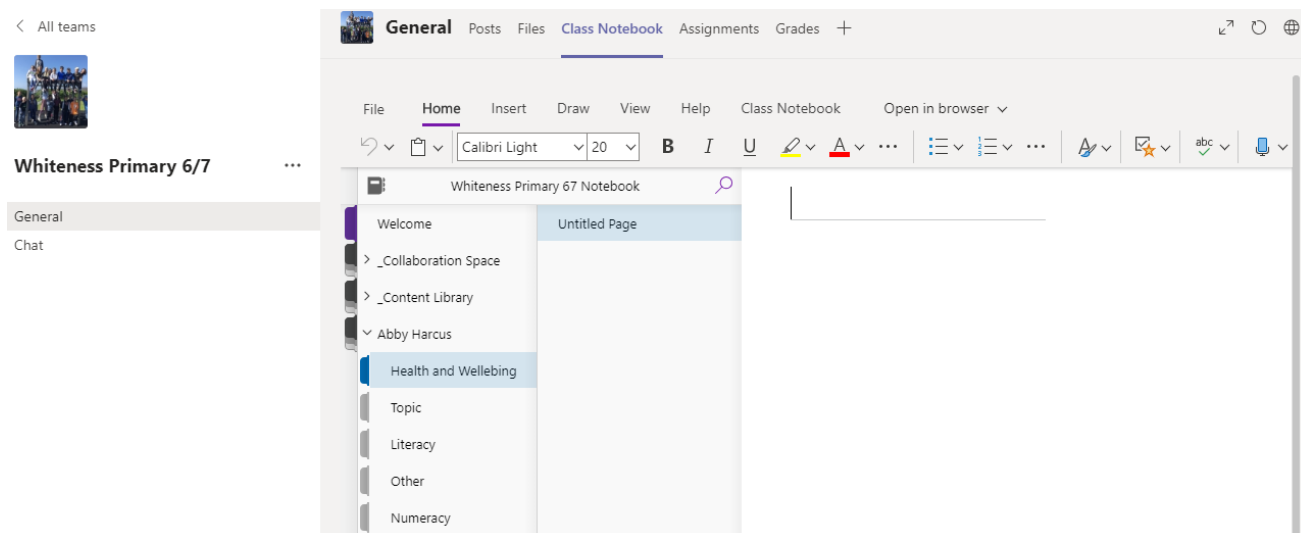
3. Choose a method to present your learning. This might be a poster, presentation, video or another method. Share your learning on the Numeracy section of your Class Notebook.
4. Sumdog Money and Fractions Challenge – you have been allocated tasks based on these areas. Your challenge is to achieve 50 correct answers by the end of Friday. If you wish to try for more, that is also great!

If you wish to continue using your number skills, use any of the following websites:

- Sumdog - I have set the skills so that they are areas you are working on
- Hit the Button
- Numeracy Workout (Username: whiteness Password: button81)
- [https://www.transum.org/Software/SW/Starter\\_of\\_the\\_day/](https://www.transum.org/Software/SW/Starter_of_the_day/) has a daily problem solving task.

## Health and Wellbeing

- For the first few weeks we are going to be learning about food and health.
- This week your task is to help make a meal for your family.
- Find out about the 'food miles' of the food used. Find out where the ingredients have travelled from and find them on a map.
- Upload a photo of your meal and what you have learned to the Health and Wellbeing section of your own Class Notebook.



- Try some Mindfulness. There are lots of super ideas in the files section of our Team.

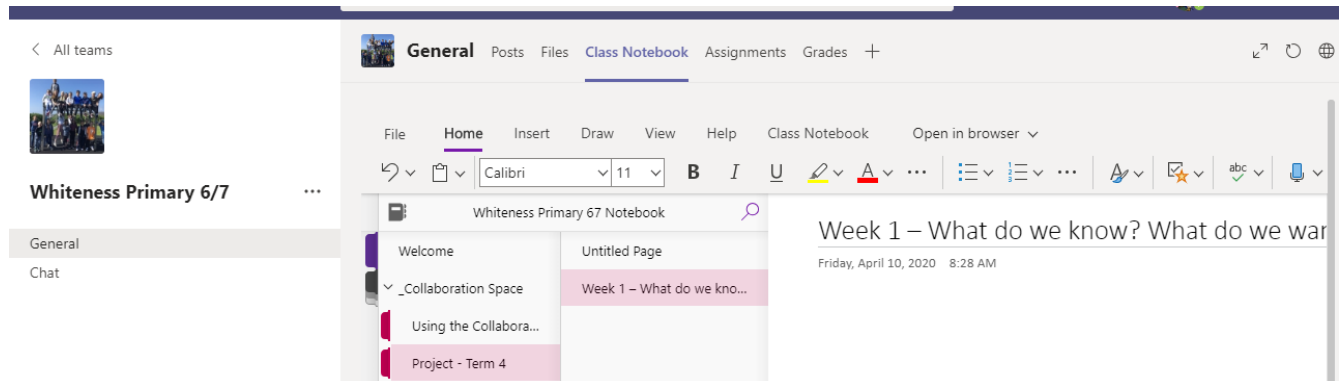
- Remember it is important to keep active as well. Let me know what you've been doing.

## Topic

This term our topic will be **Living Things**. The whole school will be completing the same topic, working at your own level so that you can work with siblings in other classes (if you have any.)

As we are at the beginning of the topic your task for this week is to help with the planning.

In Microsoft Teams, click on Class Notebook, find the 'Collaborative Space.' You will then find 'Project - Term 4' as shown below.



I have added some ideas.

In this space, write your name, along with what you know and what you would like to learn. You may wish to draw a mindmap and insert a photo. This week is all about you learning how to use this.

## Life Skills

Choose at least three skills from the below chart to work on this week. Let me know which ones you have chosen in the Life Skills section of your class notebook in Microsoft Teams. This is also saved in the Files section of our Microsoft Team.

# LIFE SKILLS

**Skills for Learning**  
**Skills for Life**  
**Skills for Work**

Have a go at learning these important life skills at home. Ask an adult or older sibling to help you, they might have some good advice and top tips for you! Can you learn...

<b>COOKING/BAKING</b> <ul style="list-style-type: none"> <li>- How to follow a recipe</li> <li>- How to use/read scales</li> <li>- How to use a measuring jug</li> <li>- How to use the hob safely</li> <li>- How to use the oven safely</li> <li>- How to set a timer</li> <li>- How to make a sandwich</li> <li>- How to boil, fry, poach, scramble eggs and make an omelette</li> <li>- How to boil pasta/rice/potatoes etc</li> <li>- How to use a knife safely</li> <li>- How to use a vegetable peeler</li> <li>- How to grate cheese etc</li> <li>- How to melt chocolate</li> <li>- How to crack an egg</li> <li>- How to sieve flour</li> <li>- How to whisk, mix, fold in etc</li> <li>- How to check things are cooked</li> <li>• <b>VERY IMPORTANT TO LEARN</b> •</li> <li>- Hygiene (wash hands, disinfect surfaces, tie hair back etc)</li> <li>- Safety when handling hot things and using sharp objects etc</li> </ul>	<b>CLEANING</b> <ul style="list-style-type: none"> <li>- How to sweep the floor</li> <li>- How to Hoover</li> <li>- How to dust</li> <li>- How to mop</li> <li>- How to empty the bin</li> <li>- How to clean the kitchen/bathroom</li> <li>- How to clean mirrors/glass</li> <li>- How to wash the dishes or use the dishwasher</li> <li>- How to clean the car (inside &amp; out)</li> </ul>	<b>LAUNDRY</b> <ul style="list-style-type: none"> <li>- How to read clothes labels for washing/ironing instructions</li> <li>- How to use the washing machine</li> <li>- How much detergent to use</li> <li>- How to hang clothes on the washing line outside or inside</li> <li>- How to use the tumble drier</li> <li>- How to iron clothes safely</li> <li>- How to fold clothes &amp; put it away</li> <li>- How to change bedding/make the bed</li> </ul>	<b>CAREER</b> <ul style="list-style-type: none"> <li>- How to recognise your own qualities, values, skills and talents</li> <li>- How to write a CV/application form</li> <li>- How to be professional and present yourself in a job interview</li> <li>- How to develop good time management skills</li> <li>- How to communicate effectively</li> <li>- How to work as part of a team</li> <li>- How to motivate yourself</li> </ul>
	<b>FINANCES</b> <ul style="list-style-type: none"> <li>- How to know the difference between wants and needs</li> <li>- How to budget money</li> <li>- How to save money</li> <li>- How to read a bank statement</li> <li>- How to understand credit &amp; loans</li> <li>- How interest rates work</li> <li>- How to understand insurance</li> <li>- How mortgages work</li> <li>- How debit/credit cards work</li> <li>- What signing a contract means</li> </ul>	<b>EMOTIONAL INTELLIGENCE</b> <ul style="list-style-type: none"> <li>- How to recognise when you feel sad/angry/happy/anxious/unwell</li> <li>- How to use coping strategies to control and manage emotions</li> <li>- How to manage stress</li> <li>- How to deal with disappointment</li> <li>- How to have a growth mindset</li> <li>- How to be mindful &amp; think positively</li> <li>- How to bounce back &amp; be resilient</li> <li>- How to continually build my confidence and self-esteem</li> </ul>	<b>SAFETY/RELATIONSHIPS</b> <ul style="list-style-type: none"> <li>- How to test the fire alarm</li> <li>- How to do basic CPR &amp; First Aid</li> <li>- Who to talk to when you feel worried/anxious or don't feel safe</li> <li>- How to stay safe online</li> <li>- How to negotiate &amp; communicate effectively with others</li> <li>- How to overcome a disagreement</li> <li>- How my actions affect others</li> <li>- How to show empathy &amp; Compassion for others</li> </ul>

**Learning these skills will enable you to become a confident & independent adult.**  
**You can highlight the life skills you have tried/discussed if you want to.**