**Health Fortnight**

***A note from Mrs Sansom***

Well here we are at the end of the strangest term ever. This is the start of the 14th week since Lockdown began. You have all done a brilliant job of keeping your learning going. You have continued to do the best you could depending on what fits in best with everyone else in your home. I have loved seeing all the new skills you have learned from trampoline or skateboarding tricks to making a cup of tea. Well done everyone! I am very proud to have been your teacher and I am very proud of all of you. As we head in to our last week of term, I hope that you can finally sit back and enjoy some well-earned time to relax.

This week our LVPS Health Fortnight continues. The *Health-Week-Pack* activity grid which was issued last week has lots of suggestions for things to do at home. You can also do any other healthy activities that you think of. Keep a record of what you do and send me lots of photos and short videos that we can put on the blog and twitter.

I have included some activities on our usual grid but the main focus is the Health Fortnight activities. If you want to do more, then all the work from previous weeks is still on the blog or on Teams so you can catch up with anything you haven’t had a chance to do.

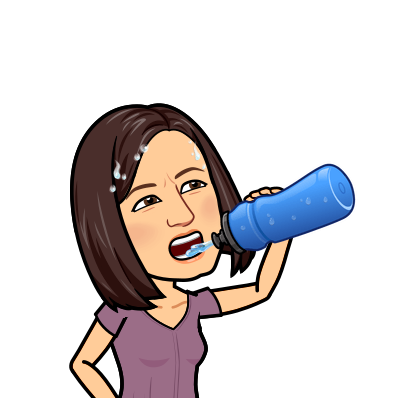
At 10am on Monday and 11am on Friday we will have a Meet Now in Teams on the General Channel where we can all catch up and share what we’ve been doing. Hearing your voices is the best part of the week!

**Learning at Home Grid**

**Week 12**

**21st June – 26th June 2020**

Additional tasks are available on Teams if you want to do more



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| --- | --- | --- | --- |
| **Numeracy/Maths** | **Literacy** | **Health & Wellbeing** | **Across the Curriculum** |
| White Rose **Daily** Lessons  There is no new maths learning this week, but try out your thinking skills with some problem solving. Some of these questions might need you to work out more than one or 2 steps to find the answer.  <https://www.bbc.co.uk/bitesize/articles/zx8p7yc> | Reading  Make sure your First Minister’s Reading Challenge Passport is up to date with everything you have read since Lockdown started.  Keep your Reading Passport safe so that you can update it with any reading you do over the holidays and also because you will need it when we go back to school. | PE – Health Fortnight  You should aim to do as many activities from the pack as possible. You can do other activities that you think of. There are lots of links and suggestions for you. Upload photos and short videos to Teams or email them to me.  *Health-Week-Pack.doc* | French  [www.linguascope.com](https://www.linguascope.com/secure/students/elementary/html5/bin/main.php?language=french&activity=listen)  Especially for Health Fortnight!  Beginners>French>Les Loisirs  Choose from Les Sports d’ Extérieur or Les Sports d’Intérieur  *Choose whatever games or activities you enjoy most.* |
| Flashback Cards  Do one each day.  *Flashback Cards.pdf* | Spelling/Grammar   * Complete the new challenge I have set for you on Sumdog. 150 coins for 150 correct answers. It could be about any Spelling you have worked on during P4! * There is also a 100 coin Sumdog Grammar challenge this week. It could be about any aspect of Grammar – it’s just luck what you get asked. | Lockdown  Take some time to reflect on Lockdown so far.  \*Create a poster to celebrate the good things about Lockdown.  This might be things you have learned (schoolwork) or new skills – sports or life skills. Maybe you have discovered you actually enjoy something after years of thinking you don’t. Did you discover a new hobby or new interests? Have you loved just being with your family and not having to rush around all the time? |  |
| Sumdog Challenge  There is a new West Lothian Sumdog Contest this week. You will be asked 1000 questions but only correct answers count towards the results.  **If you get wrong answers, please take time to read the corrections when you have finished each game. That is how you will learn.** |  | Online Safety at Home  Last 2 lessons!  These lessons are best done with a parent or other adult so that you can discuss the issues covered in the video.  The documents have discussion points and activities listed on them.  *thinkuknow-8-10s-home-activity-sheet-5*  *thinkuknow-8-10s-home-activity-sheet-6*  <https://www.thinkuknow.co.uk/8_10/watch/> | Summer Holidays  If you get bored, I have also added a summer crossword, colouring pages and multiplication colour by numbers activities. These are in the optional learning channel.  You could always create your own wordsearches, do a mini-project about something that interests you, write a story or draw something from your garden! |

All documents can also be found on the LVPS Blog.

On Teams, the documents will be arranged in separate channels under an announcement with the week number:

Weekly Grid and direct link to blog page – **Important Messages**

White Rose Maths, Flashbacks etc – **Numeracy and Maths**

Reading, Writing and Spelling – **Literacy**

Health and Wellbeing incl PE – **Health and Wellbeing**

All other subjects – **Learning Across the Curriculum**

Additional learning activities – **Optional Learning**

Plans, documents and links to all previous learning are still on Teams and the Blog.

Linguascope Login info: See Teams>Important Messages and scroll up to find the post **or**

Teams>General>Files>Class Materials>Useful Websites

Don’t forget Hit the Button has lots of games for tables, number bonds, fact families and more.

Try some of the Maths in Action challenges on the Maths Channel on Teams.

You can still choose to do Read Theory even if it’s not on the grid.

Epic Books is available during school hours. However you can get it free 24/7 if you sign up using the email in your GLOW email account.