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| **Teacher’s Name** | Ms Horkan |
| **Class level** | SET |
| **Suggested work for week beginning** | 27th April – 1st May 2020 |
| **Teachers email address** | mshorkanset@gmail.com |
| **Correction of work** | Work that I have highlighted should be submitted to the e-mail address above. Please write your child’s name in the *subject* part of the e-mail.  Work that is **not highlighted** should be corrected/monitored by an adult/parent. |
| **Message from teacher/s** | You can also email me if you have any queries or questions. Please write your child’s name in the *subject* box of the email. |

**Remember to tune into the RTE Home School Hub every day at 11.00**

Dear all,

As I explained in my earlier correspondence, I am not going to set you additional curriculum work. My email address is provided above and I will be available to support you in your work, in whatever way I can. It has been great to hear from so many of you and to hear you are doing well under these different and challenging times.

1. I have included a list of useful websites once again for your convenience.
2. I have attached a Kind Mind activity below. You can email me your finished result. I would love to see them!
3. Lastly, I have included a recipe for flapjacks if you have the ingredients/time to make them. I hear many of you are enjoying baking recently. They are delicious and easy to make. Enjoy!

I am saying it again, you must remember to look after yourself, do as much as you can and please don’t stress over schoolwork. Take breaks, bake, read, play on your PS4/Xbox/Switch, keep in contact with your friends (if you can), enjoy family time and exercise your mind and body. It’s all about a good balance! Keep helping out at home too.

Stay safe and stay well. I miss each and every one of you. I am delighted to hear from you and please continue to stay in contact via the email address above.

**Remember one of the quotes on our wall at school:**

**“Mistakes are proof that you are trying”!**

**And to all you amazing parents in these strange and challenging times:**

**“The best thing you can give your children is time”.**

Kind regards,

Deborah Horkan

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| **General websites** |

[www.scoilnet.ie](http://www.scoilnet.ie)

[www.schooldays.ie](http://www.schooldays.ie)

[www.twinkl.ie](http://www.twinkl.ie) \**This website is a fantastic resource and is now offered for free. Great PowerPoints for research ideas and information.*

*Most of the book companies have also added their textbooks free online.*

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| **Reading websites** |

<https://stories.audible.com/start-listen>

<https://www.worldofdavidwalliams.com/elevenses/> \* *If you have a copy of any of his books you could read along too!*

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| **Mathematics websites** |

<https://ie.ixl.com/>

<https://www.topmarks.co.uk/maths-games>

<https://www.khanacademy.org/> \**This is fantastic as it covers all topics and levels. It also has a short video clip for each topic if you are having difficulty.*

<http://www.iseemaths.com/home-lessons/> \**Gareth Metcalfe Maths lessons. Some great ideas and challenges with instructions. Select Y5-Y6 activities.*

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| **Exercise websites:** |

Joe Wicks 30-minute sessions called “**P.E. with Joe”** are [streamed live on Wicks’ YouTube channel](https://www.youtube.com/channel/UCAxW1XT0iEJo0TYlRfn6rYQ" \t "_blank) at 9am every weekday morning. I know it’s early but if you aren’t up or ready, you can access it any time of the day. You don’t need any specialist equipment or large amounts of space. It’s really good!

[www.gonoodle.com](http://www.gonoodle.com)  **\*** *Some good ideas for short movement breaks. Stay Calm; sometimes it may not be easy and we all need to take plenty of breaks. 20 minutes on an activity followed by a movement break is a good idea for everyone.*

<https://rtejr.rte.ie/10at10/>

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| **NCSE website** |

<https://ncse.ie/online-resources-for-parents> \**This may be of particular interest to you and is a fantastic resource for you at home. Select* ***For Parents*** *in the tool bar at the top, and in the drop down menu select* ***Online Resources for Parents****.*

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| Kind Mind! |

**Did you know that we are sometimes very mean to ourselves?**

**We often say things to ourselves that we would never say to anyone else, especially if we haven’t done well at something or if we are worried about something. Maybe you’ve said things like ‘I’m so stupid’ or ‘Why am I not as good as -------’. We all do it from time to time.**

**This is not good for our well-being as it can make us feel bad about ourselves? We need to say kinder things to ourselves instead! Here are some kind things that we can say to ourselves:**

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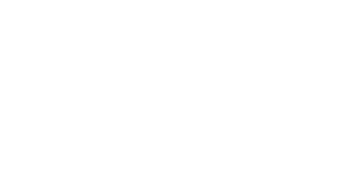
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| **Remember what I always say: If you do your best,**  **your best is always good enough for me!** |

**Why not try the Weaving Well-Being Rap: [www.otb.ie/wwb-rap](http://www.otb.ie/wwb-rap)**

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**Now draw a ‘Kind Mind’ selfie on the mobile phone below and write some of the phrases from the previous list all around it, or make up some of your own!**

A screen shot of a computer

Description automatically generated

**Flapjack Recipe (Jamie Oliver)**

Ingredients:

150g butter

75g Light brown soft sugar

3 tablespoons of golden syrup

250g rolled oats

Preparation time: 10 minutes

Cooking time: 20-25 minutes

Preheat oven to 180°C (160°C fan) or Gas 4

Please make sure there is an adult with you when you are making these, the hob and oven can be hot!

1. Grease a tin or oven tray with parchment paper (if you have it).I use a thin layer of butter and spread it over oven tray.
2. Put the butter, sugar and syrup into a pan/pot at a medium heat and gently stir until it is all melted. (If you leave the butter out of the fridge prior to making them, it is easier to melt and mix).
3. Add porridge oats and keep mixing until all the oats are covered.
4. Spoon out mixture onto tray, spread with the back of a spoon to reach all the corners. Level it off too.
5. Put tray into oven (make sure an adult is with you, or does this for you) and leave for 20 minutes, or until golden brown.
6. Remove from the oven (with a kitchen glove) or ask an adult, and leave to cool for 10 minutes.
7. Get a knife and mark them into squares; 12-16 depending on the size of flapjack you want.
8. Leave to cool for a further 15 minutes and cut along lines you marked out.
9. And lastly, enjoy!

They will keep fresh for about 5-7 days in an airtight container.