



Hello to all our families- We hope you are continuing to stay safe and happy with your families. We are missing you all and we thank you so much for engaging with school as generously as you are. We hope you enjoyed some of the activities linked to the 'Significant People' theme - the world is full of inspirational, real life heroes! This week's theme is 'Healthy Me'. Please choose activities that most engage your child/ children and yourselves! Should you wish to share any of your activities you are more than welcome to take a photograph and send it to our year group email or school Twitter account. @StAnnesCP Just a reminder that we do not expect any families to print off worksheets/ resources. Work with what you have at home and most importantly stay safe.

RE- Wednesday Word (available in RE tab in home learning)

Enjoy a quiet moment reading the Gospel and praying to God.

"How to pray" - video series. Each week, the video will be shared via the @StAnnesCP Twitter account and then the links will be added each subsequent week to the overview.

Video Three: YouTube: https://www.youtube.com/watch?v=3i5Xlq_wXIY **How to pray the Divine Mercy**



Prayer and Reflection Time

Please take some time during this week, to reflect on what makes you happy and what you would like to praise and thank God for. At the moment, there is a lot going on which can fill our minds and the world around us. It is important to take a few minutes to consider what we are thankful for, and offering this to God.

Light a candle to remind us that Jesus is always with us and He is the light of the world.

Consider having some calm music playing too, or use this time to create a quiet space. Take it in turns, with members of your family, to say something that makes you happy or something you are thankful for. For example, the beautiful blue sky, my family, being able to spend time together, baking cakes.

You could add what you are thankful for to a prayer jar (for example an old jam jar). Then, when you are feeling a bit sad, tired, or need a reminder or a break, open the jar up and re-read all of the things you have said inside and offered to God. We would love to see a photo of your prayer jars- you can decorate them anyway you wish.



Theme for the week ...'Healthy Me'



Suggested activities...

Healthy Mind

Colour My Feelings

We can have lots of different feelings all in one day. This is perfectly OK. Sometimes, how we are feeling makes us happy but at other times, it does not. It is important for us to notice how we are feeling and talk to someone we trust about it - especially if it doesn't feel good. Being aware of how we are feeling and sharing this with the special people in our lives can help to keep our mind healthy and our body well.

How are you feeling today? Create a colour pattern to show your feelings. Afterwards, talk to someone you trust about your pattern and your feelings.

Healthy Body:

Healthy Plate: Using the suggested video links below, can you design and decorate your own 'healthy plate' on a paper plate?

Hidden sugar challenge: Watch the following video: <https://www.bbc.co.uk/newsround/32> you now investigate food items in your household and research the hidden sugar.

Baking idea: Would you like to follow the 'lock down' trend and make a healthy banana bread link for a simple recipe! <https://www.bbcgoodfood.com/recipes/healthy-banana-bread>

Relaxing Music: Ask members of your household about the music they listen to when they are relaxing. Listen to some of their choices - does it help you to relax too?



Healthy Heart

Competition Time

Give your child an action to do e.g. hop, skip, jump, clap or star jump. How many can they do in one minute? Keep a record of the scores. Ask everyone in the house to have a go! Share a photograph of your time challenge on Twitter or send them into the year group email.

Play Skittles



If you have a set of skittles, you are ready to go, if not, you can make your own skittles using plastic bottles. If you do not have plastic bottles available, you could use tin cans. Ask your child to count how many skittles there are to begin with. Roll the ball at the skittles and ask your child to count how many they have knocked over. Can they work out how many are left?

CHALLENGE: Write this out as a subtraction number sentence e.g. if you start with 5 skittles and knock over 2 your child would write $5 - 2$. Ask them to count how many are left to find the answer $5 - 2 = 3$.

Science

Can you put your hand on your heart? Find out how your heart works using this link to Bitesize <https://www.bbc.co.uk/bitesize/topics/zwdr6yc/articles/ztg6gdm> Draw and label a picture of a heart.

Can you invent a new Olympic game?

Challenge your child to invent their very own game for the 2021 Olympics. Look at a list of all of the sports that already compete in the summer Olympics (<https://www.olympic.org/sports>). Can they write a set of instructions for the new game or draw illustrations. Why not test the game out as a family?



Purple Mash Activities



Make sure you check your **2Dos on Purple Mash** - these will support you work in **Maths and English**, as well as this week's themed topic of **Healthy Me**, you may wish to select a couple of these "2Do":

Which celebrities are promoting a 'Healthy me' attitude?

Create a poster to demonstrate what the celebrity is promoting and why



Have a look at the two examples, or find one of your own!

Story time

We now have a YouTube channel that we have uploaded videos of the Year 4 staff reading you bedtime stories! This will be updated weekly with new stories so please do enjoy ☺ Here is the link -

https://www.youtube.com/playlist?list=PLBI_XHJy9tKIusyYmKiTYazaYxN3Wn6pa

Love to read and want to find out more?

Here is a list of books that link to this week's theme of having a 'healthy mind'

'The huge bag of worries' Virginia Ironside

'Mind your head' Juno Dawson

'Blame my brain' Nicola Morgan

'Wonder' RJ Palacio

'The Rollercoaster Series' Pauls Nagel

'Badger's Parting Gifts' Susan Varley



Please follow our Twitter page and if you would like to share work with us, please include our twitter link @StAnnesCP in your tweet.

If you have any queries about learning and logins, please contact our year group email s83year4@st-annes.solihull.sch.uk You can also use this to share your

children's work and activities i.e. a photo of baking a cake via this year group email

If you have any queries about other matters, please continue to use Parent Mail - parentmail@st-annes.solihull.sch.uk

Healthy Me Video Links

Healthy Mind:

A very Happy Brain

<https://www.youtube.com/watch?v=GZZ0zpUQhBQ>

Managing worry and anxiety

<https://www.youtube.com/watch?v=l7g8Atv27Q8> Talking Mental Health:

<https://www.youtube.com/watch?v=nCrjev3-Js>

There are more important things: friendship and bravery...

<https://www.youtube.com/watch?v=AkqzW0JePyU>

Ten-year-old talks about Finding his Brave after moving to the UK from China

<https://www.youtube.com/watch?v=3LZTeQ5ngCE>

The wolf's colourful coat. Written and read by Avril McDonald

<https://www.youtube.com/watch?v=Z2593x-H3xQ>

The Greatest Showman star reveals her vulnerability and Finds her Brave during rehearsal for song

This is Me

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

Healthy Body:

The five fabulous food groups

<https://www.youtube.com/watch?v=L9ymkJK2QCUC>

How to create a healthy plate:

https://www.youtube.com/watch?v=6mh_xMMJ2PW

Why are fruit and vegetables good for us?

<https://www.youtube.com/watch?v=kteZneJm1EI>

Why do we need to sleep and eat healthy?

<https://www.youtube.com/watch?v=JgM9bXNVV5U>

Healthy Heart:

Real PE- <https://home.jasmineactive.com/>

Username parent email: parent@stannescat-2.com

Password: stannescat

Joe Wicks- <https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ>

Go Noodle - <https://www.gonoodle.com/good-energy-at-home-kids-games-and-videos/>

Follow Kids Bop Kids - <https://www.youtube.com/watch?v=QfzRP6V5rE4>

Choose a super movers dance - <https://www.bbc.co.uk/teach/supermovers>

Youth Sport Trust Home - <https://www.youthsporttrust.org/pe-home-learning>

Yoga bugs - <https://www.thebugsgroup.com/the-bugs-group-activities-page/>

PSHE

Relax and unwind with some guided meditation:

<https://www.bing.com/videos/search?q=Guided+Meditation+for+Kids&docid=60803929723665462&mid=E7DC6BE7C129895A776CE7DC6BE7C129895A776C&view=detail&FORM=VIRE>