



Good morning Year 6! WELCOME BACK TO YOUR HOME LEARNING!

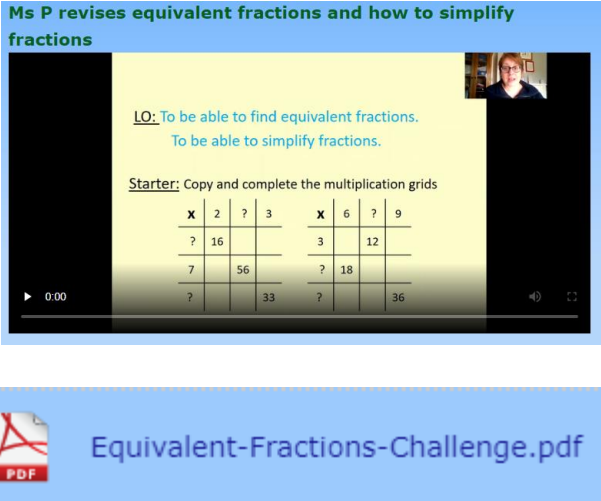



Here are your lessons for Monday 1st February.

You made it through January you clever kids and you are still working hard at home! I am so very proud of you all.

Feel free to message me on the vle if you would like to tell me what you got up to over the weekend....I miss our Monday morning chats.

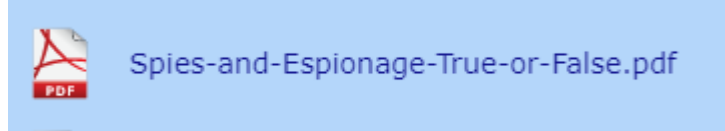
YOU GUYS can email me through the vle <https://meadgate.myvle.co.uk/login/>

YOUR PARENTS/CARERS can email me year6@meadgate.essex.sch.uk

Subject	Activity	What you will need
PE	Joe Wicks 20 minute workout Try to do some exercise – you really will feel better afterwards 😊	
Maths	<p>I could tell that some of you found last week's fraction work a little bit tricky. You CAN do it Year6 – it just feels different when we are not in the classroom having a go on whiteboards. So I have made a few videos this week to help.</p> <ul style="list-style-type: none"> Find this video below these lessons today: <p>This is a lesson for you to watch, taking you step-by-step through the concepts and skills of finding equivalent fractions and simplifying fractions. I will ask you to pause the video and work out some questions as we go and you can go back if you don't understand a concept.</p> <p>or</p> <ul style="list-style-type: none"> If you are already a whizz-kid at fractions, you may just like to do the challenge underneath the video. <p>You choose!</p>	
Break	Well done! Have a drink and a snack and do something you'd like to do for 15 minutes to relax.	
English	<p>Reading</p> <p>I would like you to have a really good reading session today and get stuck into a good book. Here are some ideas:</p> <ul style="list-style-type: none"> Find a favourite book and somewhere to snuggle and relax. Find a comfy spot and listen to a good audio book. Struggling to find something good? Click here Reading Activities Meadgate Primary School to find oodles of reading activities and audio books in Meadgate Primary's virtual library. Offer to read to a younger sibling. Look on previous days of the Year 6 webpage for home learning and listen to a chapter of Letters from the Lighthouse read by me. They start on Tuesday 19th January. Log onto Bug Club and read a book. <p>When you have done this, please write in your reading record book. I can not wait to see how much reading you have done by the time we get back together in school again! 😊</p>	
Lunch	Fab work Year 6! See if you can help make lunch. If you make something really yummy at any time or do some baking after your home learning, feel free to message me and share a photo!	

Spy Training!

Today's spy training may require you to use an online device to do a bit of research. Click on



It is difficult to tell fact from fiction in the shady world of spying and espionage where secrecy counts for everything. Spy stories make great reading and many have been written which further blur the lines between fiction and reality. Use this resource to see if you can tell fact from fantasy!

1. Cut out the template on the next page and the True and False sorting pouches.
2. Attach the pouches in the designated positions.
3. Decide how you will decorate the front of your True or False activity – use the title page provided or create your own.
4. Decide whether you think the statements are true or false and place them in the appropriate pouch.
5. Check the answers provided on the last page to see if you were right. (Don't look yet!)
6. Conduct some research to find out more about the facts you find interesting or surprising.
7. Add some of your own statements to the blank cards. Some made up, some true.
8. Try the activity on someone else.

**Stay positive!
Be kind to yourself and those around you!**

This week is **children's mental health week**.

Your well-beng is extremely important to me. So I am going to give you some things to do each day that might help. Today you have some choices:

- Click here: [Ms Meager's Spread Some Kindness Challenge | Meadgate Primary School](#) and try one of Ms Meager's kindness challenges...spread a bit of happiness!

Or

- Find the resource called



Don't panic! You don't have to do all 30 days!
Just pick something to do that will make you feel good, happy or relaxed.

The 30-Day Positivity Challenge

Day 1 Write down 5 things you are thankful for.	Day 2 Design a logo or banner which reflects you as an individual.	Day 3 Write a happy note for a friend.	Day 4 Design a message in a bottle by writing down something you would like to achieve or that you are looking forward to today.	*Day 5 Help relax your mind with some mindful colouring. (It might include a bit of maths!)
Day 6 List 5 things, words or phrases that make you laugh.	Day 7 If you could have any superpower, what would it be and why?	Day 8 Write down 3 of your strengths.	Day 9 Write about how you feel today.	Day 10 Read a book or article.
Day 11 Write down something you love about yourself. What makes you you?	*Day 12 Word Wheel Challenge	Day 13 Write down 5 places or countries you would like to visit.	Day 14 List 3 things you can do when you feel overwhelmed.	Day 15 Write down something you are excited or happy about.
Day 16 Write down or draw 5 things which describe you.	Day 17 Draw your favourite meal.	Day 18 Make up a new word and write down what it means (nothing rude or offensive).	Day 19 Write down at least 1 thing which makes you happy.	Day 20 Set a mini-goal for the day.
Day 21 Have a sort out - organise your planner, bag or pencil case, etc.	Day 22 Build something using a single piece of A4 paper.	Day 23 Write down a worry.	Day 24 Draw a picture with your eyes closed.	Day 25 Record 3 good things that have happened this week.
Day 26 Send a smile: smile at 5 new people today.	Day 27 Ask yourself: What do I need to do today? Write down a to-do list if it helps.	*Day 28 Make an origami bird.	Day 29 Write down 5 positive things about yourself.	Day 30 Write down one thing you could change. This could be something like handing in homework on time, going to bed earlier or something at home.

Now you can relax and I hope you have a lovely evening.

Keep being kind to your family and remember to just try your best.
Please email me if you have any worries or questions.

You are doing great! ☺

Ms Pateman

