

# Wellbeing Wednesday

 **THINK** POSITIVELY

 **EXERCISE** DAILY

 **EAT** HEALTHY

 **WORK** HARD

 **STAY** STRONG

 **WORRY** LESS

 **DANCE** MORE

 **LOVE** OFTEN

 **BE** HAPPY

# Wednesday 8th July

Morning prayer

<https://www.tentenresources.co.uk/daily-prayers-for-home>

## Holy-days

The prayers this week help children to plan ahead and prepare for the summer holidays, something they might usually be very excited for, but perhaps a little less so this year – they might feel like they've already had a long holiday at home!

The word 'holiday' comes from 'holy day', when people would be allowed time off work to observe religious festivals and feast days. Today, a holiday means any time off from our usual work. These prayers consider how children's 'holidays' can truly become 'holy days'.

Each day children will be led in reflection using Psalm 34 (note that this is the Sunday Psalm from last week, rather than 5th July) and offered a suggestion for an activity to do, either this week or during the holidays. You might like to encourage children to keep a list of these activities so that they remember them.



# Spelling

The spelling tasks this week are based on this half term's spelling words.

Here is a list of this term's spelling words to help you.

| Week 1<br>Words<br>ending in the<br>suffix -al | Week 2<br>Words<br>ending with<br>an /zhuh/<br>sound spelt<br>with 'sure' | Week 3<br>Words<br>ending with<br>a /chuh/<br>sound spelt<br>with 'ture' | Week 4<br>Words<br>ending with<br>a /chuh/<br>sound spelt<br>as 'ture' | Week 5<br>Silent<br>Letters<br>Revision |
|--|---|--|--|---|
| natural  | treasure  | creature   | lecture  | island                                  |
| occasional                                     | measure   | picture  | literature   | answer                                  |
| actual   | pleasure  | nature   | mature   | write                                   |
| accidental                                     | enclosure   | furniture  | miniature  | wrapper                                 |
| medical  | closure   | capture  | mixture  | knife                                   |
| national                                       | leisure   | culture  | puncture   | knock                                   |
| capital  | exposure  | moisture   | sculpture  | thumb                                   |
| vocal  | pressure  | future   | signature  | doubt                                   |
| sensational                                    | composure   | gesture  | temperature  | half                                    |
| personal                                       | fissure   | structure  | texture  | calm                                    |

Spot the spelling mistakes.  
Highlight them , correct them and write them in the grid below.

Activity 3



As part of their topic Nachure Hunt, the children at the nursery have been learning about farm animals and today, they are going on a trip to an acchual farm. The parents have had a gide explaining the dangers of expozhuh to the sun and have been asked to send the children in with a sunhat.

It is the morning of the trip and harf the children have forgotten to bring one. To be onest, most schools keep spares and soon, the children are ready to go. The teacher, Mr Smith, checks that the medicle kit is packed and puts on his rucksack.

In a gescher to quieten the class, he puts his finger on his lips and leads them out to the waiting coach. Due to the clozjure of the local farm, they will have a longer journey today but there is no dowl that all the children are still very excited to be going.

Mr Whoops needs to practise these words:

|  |  |  |  |
|--|--|--|--|
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |



# Reading Wednesday

We've noticed that there are not many of you doing Bug Club each day.

Please log on, read your books and remember to **answer the questions!**

We are checking each week to see who is reading!



## Bug Club

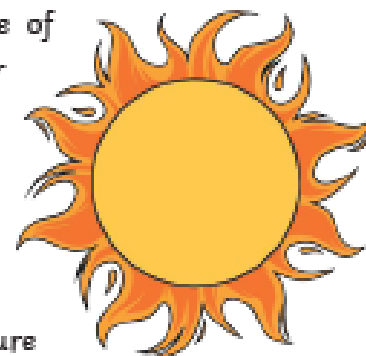
# Sun Safety Reading Comprehension

We all need some sun exposure - it's the top source of Vitamin D, which helps our bodies absorb calcium for stronger, healthier bones.

However, repeated, unprotected exposure to the sun's ultraviolet (UV) rays can cause skin damage, eye damage and skin cancer.

Most children get much of their lifetime sun exposure before age 18, so it's important for parents to teach them how to enjoy fun in the sun safely.

Taking the right precautions is very important when protecting your skin.



## Sun Exposure

The sun radiates light to the earth, and part of that light consists of invisible UV rays. When these rays reach the skin, they cause tanning, burning, and other skin damage. Sunlight contains three types of ultraviolet rays: **UVA**, **UVB** and **UVC**:

- **UVA** rays cause skin aging and contribute to skin cancer. Because UVA rays pass effortlessly through the ozone layer (the protective layer of the atmosphere, or shield, surrounding the earth), they make up the majority of our sun exposure.
- **UVB** rays are also dangerous, causing sunburns and eye damage (cataracts). They also contribute to skin cancer. Melanoma, the most dangerous form of skin cancer, is associated with severe UVB sunburns that occur before the age of 20. Most UVB rays are absorbed by the ozone layer, but enough of these rays pass through to cause serious damage.
- **UVC** rays are the most dangerous, but fortunately, these are blocked by the ozone layer and don't reach the earth.

### **Melanin: The Body's First Line of Defense**

UV rays react with a chemical called melanin that's found in skin. Melanin absorbs dangerous UV rays before they cause skin damage. The lighter someone's natural skin colour, the less melanin it has and the darker a person's natural skin colour, the more melanin it has to protect itself.

As the melanin increases in response to sun exposure, the skin tans. Those who are regularly exposed to the sun are at a much greater risk. Sunburn develops when the amount of UV exposure is greater than what can be protected against by the skin's melanin.

### **Avoid the Strongest Rays of the Day**

Seek shade when the sun is at its strongest (usually from 10am to 4pm). If you are in the sun during this time, be sure to apply and reapply sunscreen. Most sun damage occurs as a result of incidental exposure during day-to-day activities, not sunbathing! Even on cloudy, cool or overcast days, UV rays travel through the clouds. Clouds don't filter out UV rays and this 'invisible sun' can cause unexpected sunburn and skin damage. People are often unaware that they're developing sunburn on cooler or windy days because the temperature or breeze keeps skin feeling cool.

| Cover Up  | Use Sunscreen  | Use Protective Eyewear  |
|---|--|---|
| <p>One of the best ways to protect yourself from the sun is to cover up and shield skin from UV rays. Be sure that clothes will screen out harmful UV rays by placing your hand inside the garments and making sure you can't see it through them. Babies under 6 months should be kept out of the sun.</p> | <p>Select an SPF of 30 or higher to prevent sunburn and tanning, both of which are signs of skin damage. Choose a sunscreen that protects against UVA and UVB rays. For sunscreen to do its job, it must be applied correctly. So be sure to:</p> <ul style="list-style-type: none"> <li>• Apply sunscreen whenever you are in the sun and reapply often (every 2 hours).</li> <li>• Apply a water-resistant sunscreen around water or when swimming.</li> </ul> | <p>Sun exposure damages the eyes as well as the skin. The best way to protect eyes is to wear sunglasses. Not all sunglasses provide the same level of ultraviolet protection; Purchase sunglasses with labels ensuring that they provide 100% UV protection.</p> |



# Sun Safety Questions

1. How does Vitamin D help our bodies?  

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2. What are the three types of ultraviolet rays which radiate from the sun? Which is the least dangerous and which is the most dangerous?  

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3. How does the ozone layer work to protect us from the sun's rays?  

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4. How does melanin protect the skin?  

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5. Why does sunburn happen?  

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6. When is the sun at its strongest?  

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7. True or false: Clouds filter out UV rays.  

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8. What is meant by 'invisible sun'?  

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9. What precautions should parents of babies take?  

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10. Why is it important to reduce 'tanning'?  

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11. True or false: Sunscreen should protect against UVC rays.  

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12. What should you look for when purchasing sunglasses?  

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# Answers

**1. How does Vitamin D help our bodies?**

Vitamin D helps our bodies by absorbing calcium for stronger, healthier bones.

**2. What are the three types of ultraviolet rays which radiate from the sun? Which is the least dangerous and which is the most dangerous?**

UVA, UVB, UVC. UVA are the least dangerous to humans. UVC rays are the most dangerous to humans.

**3. How does the ozone layer work to protect us from the sun's rays?**

It protects us completely from UVC rays and from some UVB rays.

**4. How does melanin protect the skin?**

Melanin absorbs dangerous UV rays before they cause skin damage.

**5. Why does sunburn happen?**

Sunburn develops when the amount of UV exposure is greater than what can be protected against by the skin's melanin.

6. When is the sun at its strongest?

Usually from 10am to 4pm.

7. True or false: Clouds filter out UV rays.

False

8. What is meant by 'invisible sun'?

Even on cloudy, cool or overcast days, UV rays travel through the clouds.

9. What precautions should parents of babies take?

Babies under 6 months should be kept out of the sun.

10. Why is it important to reduce 'tanning'?

As the melanin increases in response to sun exposure, the skin tans.

11. True or false: Sunscreen should protect against UVC rays.

False

12. What should you look for when purchasing sunglasses?

Purchase sunglasses with labels ensuring that they provide 100% UV protection.

# Correct the Sentence Punctuation

Write the correct sentence underneath by adding in capital letters, full stops, question marks and inverted commas.

1. one warm, sunny day jessica and lilly went to the zoo when they arrived, they visited the monkeys

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2. i like the zoo, said jessica lilly looked up and saw a monkey had stolen her lunchbox

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3. do we have any money to buy more food asked jessica

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4. lilly replied no now we dont have anything for lunch

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5. dont worry girls, a voice called from behind them it was the zookeeper, who was holding their lunchbox, with a big smile on his face

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# Punctuation

Punctuate the following sentences:

1. where have you been all day
2. ill need two things a tent and a sleeping bag
3. i dont believe it
4. youre my friend my very best friend
5. how awful
6. please could you fetch me three apples two pears a peach and a carton of orange juice
7. if you dont stop that immediately im going to
8. dont do that actually never mind
9. move along theres nothing to see the police officer said
10. thomas has five hundred pounds £500
11. come back thats benjamins bike she yelled
12. shenika cant stand fruit cake benny will eat it

# Correct the Sentence Punctuation **Answers**

| Question   | Answer  |
|--|---|
| 1. one warm sunny day jessica and lilly went to the zoo when they arrived they visited the monkeys                                   |   |
|  | <b>One warm, sunny day Jessica and Lilly went to the zoo. When they arrived, they visited the monkeys.</b>                                      |
| 2. i like the zoo said jessica lilly looked up and saw a monkey had stolen her lunchbox  |   |
|  | <b>'I like the zoo,' said Jessica. Lilly looked up and saw a monkey had stolen her lunchbox!</b>  |
| 3. do we have any money to buy more food asked jessica   |   |
|  | <b>'Do we have any money to buy more food?' asked Jessica.</b>  |
| 4. lilly replied no now we dont have anything for lunch  |   |
|  | <b>Lilly replied 'No! Now we don't have anything for lunch!'</b>  |
| 5. dont worry girls a voice called from behind them it was the zookeeper who was holding their lunchbox with a big smile on his face |   |
|  | <b>'Don't worry girls,' a voice called from behind them. It was the zookeeper who was holding their lunchbox, with a big smile on his face.</b> |



# Punctuation Answers

Punctuate the following sentences:

1. Where have you been all day?
2. I'll need two things: a tent and a sleeping bag.
3. I don't believe it!
4. You're my friend, my very best friend.
5. How awful!
6. Please could you fetch me: three apples, two pears, a peach and a carton of orange juice.
7. If you don't stop that immediately, I'm going to...
8. Don't do that! Actually, never mind.
9. "Move along, there's nothing to see!" the police officer said.
10. Thomas has five hundred pounds (£500).
11. "Come back, that's Benjamin's bike!" she yelled.
12. Shenika can't stand fruit cake; Benny will eat it.

# Maths Wednesday



**Remember:**

**Please log in to these for maths before you do My Maths. These will help you with the tasks for My Maths this week.**



# Maths Wednesday



**Remember daily:**



There are 10 tasks this week. You can do all the times tables tasks, or pick the ones that you know were your target times tables before lockdown.

Monday: Short multiplication,  
Tuesday: Short division,  
Wednesday: 4x table,  
Thursday: 8x tables  
Friday: Multiplication and Division Overview

# Topic

## Choose something to do today

See the Topic Powerpoint for:

RE

Science

History

Music

PSHCE