

Work for Fourth Class 18th – 22nd May

Hi girls,

We hope you are all keeping well and enjoying as much of the good weather as you can. We are starting to find things more difficult now...it is hard to stay motivated and upbeat but we find that when it all starts getting us down a little then taking a break and doing something we like to do helps. Keeping our own children on task to do school work at home is not easy at all! But what is important is that we just do our best and help each other to stay positive and happy.

It has been lovely to get some emails from Mammies and Daddies about your work. Some parents seem to be a little worried about the amount of work you are getting done. All we ask is that you do your best. Try to do a little school work every day, Monday to Friday. Reading and maths are the two most important things to do, so perhaps prioritise them if you have to. Do not let school work cause stress or put you under pressure. Trust us girls, we will get through what ever work needs to be done when we return to school.

Stay safe and healthy, and remember your mental health is so important so be kind and good to yourself. Ms. Ferguson's challenge this month is 'Be Patient'!

Go n-éirí an bother libh a chailíní - the best of luck to you girls!

We miss you!

D. Mullins & D. Baxter

P.S. When people at home are annoying you and you feel frustrated, take a few deep breaths and 'Be Patient'...these times are tough for everyone. Don't forget to give your parents a bug hug...we are all missing the hugs we normally get from others 😊.


MAY 18th - 22nd

ENGLISH		
AREA	WORK TO BE COVERED	RESOURCES
CORRECTIONS Spellbound	Please see the page on the website with corrections of you work. Give yourself nice, neat ticks and don't forget the smiley faces!	
Spellbound	<ul style="list-style-type: none"> - Look say cover write check <u>your choice of 10</u> of the 'commonly misspelt words' words on page 62 - Complete pages 62 + 63 - Look up 5 words of your choice in the dictionary and write out their meaning 	
Reading and Writing LINKED WITH SESE	<ul style="list-style-type: none"> - Read the extract THE WORLD OF PRIMATES below from Let's Go - Do exercises A, B AND C on page 194 in your head; also e and F on page 245 - Write the answers to D on page 194 into your copy - Write a short story with the beginning from G on page 195 - "My heart was beating wildly. There I was, minding my own business, walking down the road, when this huge gorilla jumped out in front of me from behind a hedge." 	SEE PAGES BELOW with story and written exercises I really miss reading your creative writing stories girls...you are so imaginative!
COVID-19 Diary Linked with History	<ul style="list-style-type: none"> - Write a personal profile for yourself. Include things like: My favourite colour, my favourite toy, my favourite song, my favourite game, my favourite TV program, my favourite film, my best friend, I wish... <p>Now interview the adults in your home and ask them what there favourite things are! Read your answers for your family</p>	

	and chat about them.	
GAEILGE		
CORRECTIONS From Chapters 16	Please see the page on the website with corrections of you work. Give yourself nice, neat ticks and don't forget the smiley faces!	
Abair Liom	<ul style="list-style-type: none"> - Súil Siar C pages 138 and 139 - Caitheamh Aimsire: See www.folens.ie website - Click resources in Abair Liom F (the green one) - Click theme, select Caitheamh Aimsire; Póstaer An Turas Scoile. - Listen to the story SCÉAL - Try the Vocab activity Foclóir - Try the questions Ceisteanna 	Activity A - swap the words in bold with a phrase that has the same meaning from the coloured list above.
Téilifís	<ul style="list-style-type: none"> - Watch Cúla 4 ar scoil on TG4 once during the week (more if you really want to 😊) 	
MATHS		
CORRECTIONS Mental Maths Busy at Maths	<ul style="list-style-type: none"> - Please see the page on the website with corrections of you work. Give yourself and nice, neat ticks and don't forget the smiley faces! 	
Mental Maths	<ul style="list-style-type: none"> - CORRECT ALL PREVIOUS WEEKS using the following log in details: Email: stbrigidsqns@gmail.com Password: Saintbrigids1 - Complete Weeks 32 and 33 from page 95 to 100 including the problem solving and Friday Review 	2 weeks of Mental Maths to be done this week!
Busy at Maths	<ul style="list-style-type: none"> - Chapter 27: Length 2 - The Kilometre. - Page 133 - remember there are 2 	*** Remember there are 1000 metres in a

	places after the decimal point with metres and kilometres!!! - Page 134 - when adding, subtracting, multiplying and dividing keep your decimal points one under the other, nice and neatly!	Kilometre
Tables	Revise the following times tables: - 5x - 6x	
For fun	See activities on website www.topmarks.co.uk	
SESE: Geography		
Map Work	- Bays, Lakes and Rivers of Ireland - Learn 1 more bay, lake and river from each province - Ulster, Munster, Leinster and Connaught. - Revise the ones you learned last week	SEE pages below
HISTORY		
PROJECT - THE VIKINGS	- Below are a number of pages on The Vikings. We would like to you to put together a short project on The Vikings. It can be a booklet, a poster, a digital project or any other method of your choice. - There are 2 weeks allocated for this project	SEE pages below ***There are 2 weeks allocated for the completion of this project
COVID-19 Diary	- Linked with English above	
SCIENCE		
Natural versus Built environments	- Take a different route on your walk this week, maybe a new route that you haven't been on yet in Waterstown Park, Glenaulin Park, Mill Lane. Remember to ask an adult to bring you!!	

	<ul style="list-style-type: none"> - When you are out and about getting exercise look around you and see if you can identify natural environments (ones that occur and are not 'man-made') and built environments. Make a short list for both. 	
SPHE		
Weaving Well Being	<p>N.A.B.B. - Name, Accept, Breathe, Body</p> <ul style="list-style-type: none"> - The Amygdala Hijack pages 28 and 29 <p>www.otb.ie/wwb-amygdala-hijack</p> <p>www.otb.ie/wwb-nabb</p> <p>www.otb.ie/wwb-nabb-posters</p>	<p>SEE PAGES below</p> <p>*** Watch the short videos to help you answer the questions</p>
COVID-19 Diary	Linked with English above	
PHYSICAL EDUCATION		
<p>Stay active!</p> <p>The activities here are suggestions - they do not all have to be done every week. Choose what you would like to do. If you have something else instead that you do to keep active that is wonderful!</p>	<ul style="list-style-type: none"> - Make an obstacle course in your home or garden. Use household items like chairs, cushions, books, toys etc. - Remember to use a variety of movements - walking, running, climbing, balancing, throwing, catching, crawling under, jumping etc. - Demonstrate the obstacle course for your family members and ask them to complete it too! - Create a dance to your favourite song - A Mile a Day - don't forget to get started on this if you can! - 10 @ 10 - Go Noodle - The Body Coach - Walk/cycle/scoot/ skip etc. 	

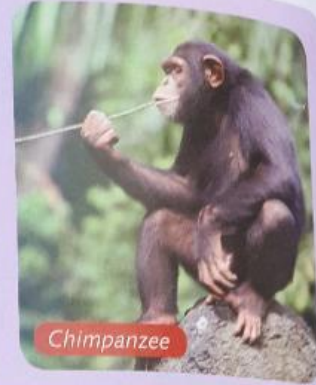
	- Cosmic Kids Yoga	
RELIGIOUS EDUCATION		
Grow in Love For access to songs, music, images etc. please see www.growinlove.ie	Theme 8: The Church - Working For Christian Unity: Pages 73 - 75. Read and discuss. - Read the poem MAKING PEACE on page 75 aloud for your family. Remember our challenge this month is to 'Be Patient'!	
ART		
PROJECT - The Vikings 2 weeks have been allocated for these Art activities	- As part of your project draw or make the following: - A Viking - A Viking Boat - Design a Viking Shield - Don't forget to email them to the school on stbrigidsqns@gmail.com for display on the school website.	You could try to make a 3-D Viking Boat if you wanted 
MUSIC		
Song-singing	- Visit the website listed below, with your parents' permission. - Try to sing along with the Disney Songs; A whole new world (Aladdin) When you wish upon a star (Pinocchio)	Sing like no one is listening girls!! The lyrics are attached at the end of this document
https://www.youtube.com/watch?v=aeDYx7Tkc7I https://www.youtube.com/watch?v=HKh6XxYbbIc		
Tin Whistle	- Practice going up and down the scale one note at a time. Try it with your eyes closed this week! - Practice the following tunes: Happy Birthday Frère Jacques	See pages below with scales, notes and instructions. Please make sure that you practice at an appropriate

	Kookaburra - Revise the tunes practiced in previous weeks	time for your family!
DRAMA		
Project - The Vikings 2 weeks have been allocated for the completion of this activity	<ul style="list-style-type: none"> - Write a mini drama based on the information you know about The Vikings. A mini drama is like a short play that involves one or two scenes, there can be 2 or more characters, give details of what your Vikings can see, hear, smell, and how they feel. - Perhaps your Viking is on a voyage to discover new lands and has just seen land from their boat! - Perhaps your Viking is preparing for battle - Perhaps your Viking is preparing a feast - Your mini drama should not be longer than 2 pages of your copy, unless you really want it to be! 	Use the information from the Music website to give you some ideas!

Photographed Work from Books

The World of Primates

Humans are part of a family of animals called **primates**. This family also includes apes, monkeys and smaller animals such as lemurs. While humans live on all continents of the world, the rest of the primates are to be found in warmer countries in Africa, South America and Asia. Scientists now believe that the very first humans lived in warm parts of the world too. Fossils of the earliest humans have been found in the Great Rift Valley of East Africa. They date back at least three million years.



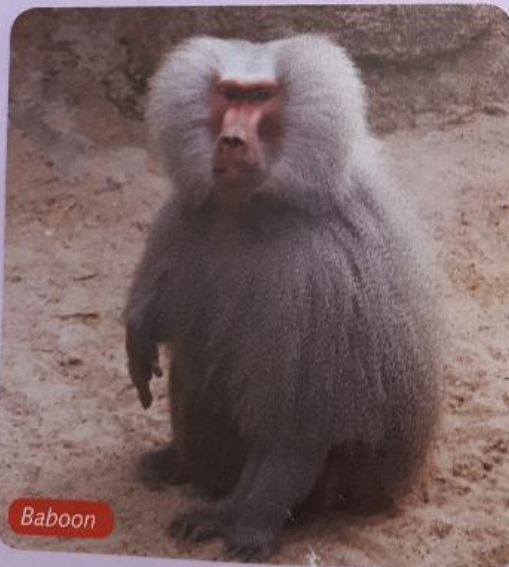
Chimpanzee



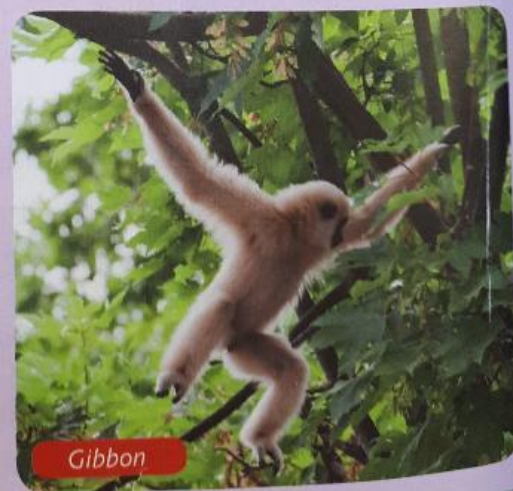
Mountain gorillas



Orang-utans



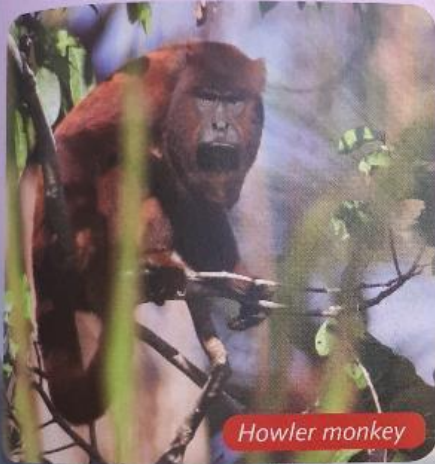
Baboon



Gibbon

All primates have a few features in common. These include well-formed hands and feet with separate fingers and toes. Most primates have **opposable** thumbs. This means that their thumbs can move towards their fingers, allowing the animal to grip objects. Without this ability, we would find it very difficult to use tools. Prehistoric people in The Great Rift Valley, East Africa, were probably the very first beings on Earth to use simple tools such as sticks and stones. This feature was very important to the evolution of humans. Primates also have forward-facing eyes. This means that they can judge distances, working out how far away an object might be.

Just like humans, the other primates like to live together in family groups.



Howler monkey



Ring-tailed lemur



Great Rift Valley, East Africa

The World of Primates

Digital

FACT BOX

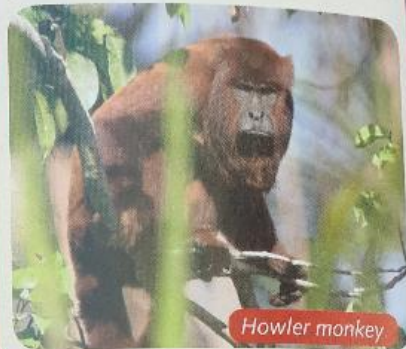
Tell tails: apes do not have tails. Old World monkeys from Africa and Asia do have tails. New World monkeys from Central and South America have **prehensile** tails. A prehensile tail is one that has adapted to be able to grasp and/or hold objects.



Monkey with prehensile tail

FACT BOX

Howler monkeys get their name due to their ear-splitting calls that carry long distances through thick forests.



Howler monkey

FACT BOX

The uakari monkey of the Amazon rainforest is famous for its bright red face.



Uakari monkey

FACT BOX

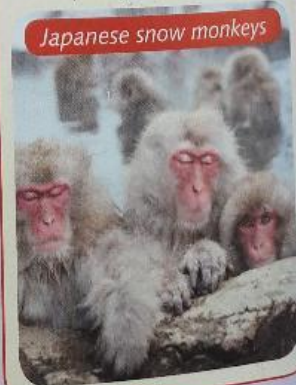
The loris is one of the smallest members of the primate family.



Loris

FACT BOX

These Japanese snow monkeys at Jigokudani Hotspring in Nagano, Japan, have learned to keep warm by spending the winter months bathing in natural hot springs.



Japanese snow monkeys

Animal primates have very large brains compared to other animals their size, making them the most intelligent animals on land. While they are not able to sit down and have a chat about their favourite hobby, our primate cousins do have simple language and can use this to communicate. Their communication can include danger warnings, greetings, as well as displays of anger, fear, friendship or sadness.

Early Stone Age humans learned to make tools out of sticks and stones. Chimpanzees have also learned to use simple tools when they hunt for food. For example, they shove long, thin sticks into termite hills and then remove the termites that stick to it. By watching chimpanzees, scientists have learned how human ancestors developed the first tools.

There are two species of gorilla living in different parts of Central Africa – the western gorilla and the eastern gorilla. They tend to live in family groups, wandering through the mountain forests and swamps looking for leaves and plant shoots to eat. Gorillas live for up to 50 years in the wild. It takes about six years for a baby gorilla to grow into an adult. Over these years, it will be cared for by its parents and others in the group. The young gorilla is taught how to fend for itself.

Orang-utans are shy creatures that live in the rainforests of Borneo and Sumatra in Asia. They are so human in appearance that their name means 'man of the forest'. Like most other primates, they are vegetarians or herbivores. They are an endangered species and efforts are underway to save these beautiful animals from extinction.

Over the next few million years, could it be possible for other primates to evolve to become as advanced as humans? Some scientists believe it is possible. However, many primate species besides the orang-utan are actually at risk of extinction. Their natural habitats, such as the tropical rainforests, are being destroyed as humans turn ever more wilderness into farmland and cut down the trees for wood. It is quite possible that some species, such as the eastern mountain gorilla from Africa, will become extinct in the wild because their homeland forests have been cut down. They may only continue to survive in zoos. Their survival will depend on what their human cousins do to save them in the coming years.

FACT BOX

The proboscis monkey from the island of Borneo is known for its distinctive big nose.



Proboscis monkey

Activities

A Talk about

- 1 In what ways are other primates like humans?
- 2 Why is it important to save other primate species from becoming extinct?

B What have you learned?

- 1 Where have fossils from the earliest humans been found?
- 2 What do opposable thumbs allow primates to do?
- 3 How do New World monkeys use their prehensile tails?
- 4 Which primates seem to enjoy really long hot baths?
- 5 How does having forward-facing eyes help primates?
- 6 How many species of gorilla are there at present?
- 7 Name one of the smallest members of the primate family.
- 8 How do primates show that they are intelligent?
- 9 Do you think it is possible for other primates to become as advanced as humans?
- 10 How have humans become a threat to the other primates?

C Mixed-up sentences

Unscramble the following mixed-up sentences.

- 1 a face. has red The ukari bright monkey
- 2 monkey distinctive The has a proboscis nose.
- 3 to have Chimpanzees simple use tools. learned
- 4 live tend Gorillas in to groups. family
- 5 is primate. small a The loris
- 6 very is shy orang-utan The a creature.

D Dictionary work

Search for the meanings of the following words in your dictionary. Write a sentence about primates using each word.

- | | | |
|-----------|--------------|--------------|
| 1 habitat | 3 opposable | 5 prehensile |
| 2 evolve | 4 extinction | 6 vegetarian |



E Think about it

Use the following clues to decide which primate would say the following, if they could talk.

- 1 'I just love termites. I use a stick to get them out of their nest and then I eat them.' _____
- 2 'I am not blushing. I am very proud of my red face. It helps me and my family to spot one another in the forest.' _____
- 3 'I am very shy and I live quietly in the Borneo rainforest.' _____
- 4 'Everybody knows when I am around because you can hear my call for miles through the thick forest.' _____

F True or false

- 1 Gorillas come from the rainforests of South America. _____
- 2 Chimpanzees are able to make simple tools. _____
- 3 Some primates use simple language to communicate. _____
- 4 Orang-utans are very aggressive creatures. _____
- 5 New World monkeys can grip with their tails. _____
- 6 Apes have tails. _____

G Finish the story

My heart was beating wildly. There I was, minding my own business, walking down the road, when this huge gorilla jumped out in front of me from behind a hedge.

H Look it up

Use the Internet or your library to find out about the following.

- 1 How many species of primate are there? What do they eat? Where do they live?
- 2 Primates are the most intelligent animals on land. What are the most intelligent creatures in the sea?

Súil siar C

A. Cuir snas ar an scéal.

cótaí de gach sórt

go deas teolai

sa deireadh

préachta leis an bhfuacht

an-fhaiseanta

brat bán sneachta

Lá fuar a bhí ann. Bhí **sneachta** ar an talamh. Bhí Síofra **fuair**. Bhí sí ag iarraidh cóta nua a cheannach mar bhí a cóta róbheag. Chuaigh sí go dtí an siopa éadaí le Mamáí.

Bhí **a lán cótaí** ann. Chuir sí cóta glas uirthi. Bhí sé go hálainn ach bhí sé rómhór. Ansin chuir sí cóta corcra uirthi. Bhí sé **go maith** ach bhí sé rófhada. **Ansin** chuir sí cóta gorm uirthi. Bhí sé go hálainn uirthi. Cheannaigh Mamáí an cóta di. Ar aghaidh leo abhaile agus Síofra te **teolai** ina cóta nua.



B. Briathra: Aimsir Láithreach – briathra rialta.

Dún



Caith



Ceannaigh



Éirigh



Imir



- _____ ar a cúig a chlog gach lá. (dún, na siopaí)
- _____ cóta gach lá i rith an gheimhridh. (caith, Seán)
- _____ ar a seacht a chlog gach maidin scoile. (éirigh, mé)
- Nuair a bhíonn airgead ag Síofra, _____ milseáin. (ceannaigh, sí)
- _____ cluichí ríomhaire gach deireadh seachtaine. (imir, Seán)
- Ní _____ leadóg ar chor ar bith. (imir, mé)
- An _____ ar a trí a chlog? (dún, an scoil)
- An _____ spéaclaí gréine i rith an tsamhraidh? (caith, tú)



Scríobh na briathra thuas in abairtí.

C. Gramadach: Na forainmneacha réamhfhoclacha.

Súil siar

le	ag	do	ar	de
liom				díom
	agat			díot
		dó		
	aici		uirthi	



Scríobh cúig cinn de na réamhfhocail thuas in abairtí.

D. Scríobh.



E. Seanfhocal.



Scríobh faoin séasúr is fearr leat.
Cuir isteach an t-eolas seo a leanas:



an séasúr



an aimsir sa séasúr sin



na rudaí a dhéanann tú

An té nach
gcuireann
san earrach
ní bhaineann
sé san
fhómhar.



Tarraing pictiúr chun an seanfhocal seo a mhíniú.



GEOGRAPHY

Bays, Lakes and Rivers



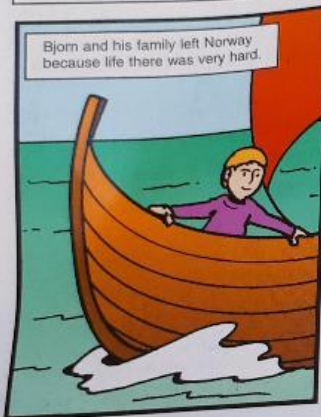
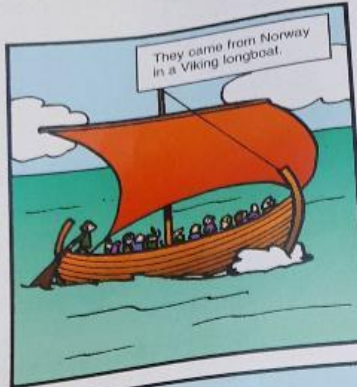
HISTORY

HISTORY
GEOGRAPHY

18 – Bjorn the Viking



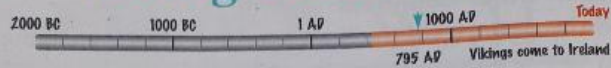
Bjorn Olafsson lives in Dubh Linn in Ireland. His father, Olaf, brought him, his mother and both his sisters there in 1013.



18 - Bjorn the Viking



22 – Viking Raids on Ireland



• The Vikings Arrive

The Vikings first came to Ireland in AD 795. They landed on Lambay Island near Dublin. There was a monastery on the island. The Vikings set fire to the monastery and killed many of the monks. Monks in monasteries throughout Ireland started building round towers near their monasteries. A guard was always on watch at the top of the tower. When he saw Vikings coming near the monastery he would ring a bell. All the other monks would gather the monastery's precious belongings, like manuscripts and chalices, and would rush to the tower. Once all the monks were safely inside the tower, they would pull up the ladder making it impossible for the Vikings to get to them.



A round tower ▲

• The Vikings Settle

The Vikings were great traders. They lived near the

coast because most of their trade was done by boat. They settled in places with deep river harbours. Some of the cities they founded in Ireland are Limerick on the river Shannon, Waterford on the river Suir, Wexford on the river Slaney and Dublin on the river Liffey.



• The Battle of Clontarf

Brian Boru was the King of Munster for many years. He fought against the Vikings in Limerick. When he became High King of Ireland, he decided to take control of Dublin. King Sitric, the Viking leader in Dublin, called on Vikings living in other countries to come to Ireland to help him. Hundreds of Viking longboats sailed into Dublin Bay.

22 - Viking Raids on Ireland

On Good Friday 1014, a fierce battle between the two armies took place at Clontarf. The Vikings were defeated. Brian Boru was killed by a Viking named Brodir. Brian Boru's son and grandson also died in the day-long battle.



Did You Know?

- The Vikings ate different food to us. They ate rough bread, salted porridge and smoked meat and fish. Meat and fish were hung in smoke houses to preserve them. They had knives and spoons but no forks. They used their fingers to eat.
- Men and women wore brooches, necklaces, pendants, bracelets, arm-rings and finger-rings.
- Nicknames were very common, for example, Harald Fairhair, Ketil Flatnose or Eric Bloodaxe.

The Vikings Discover America

The Vikings settled in North America about 500 years before Christopher Columbus got there. Leif Ericson was a Viking from Iceland. When he was young his father brought him on a voyage to Greenland. When Leif was older he sailed to Baffin Island and then to Labrador and Newfoundland. Some Vikings settled in Newfoundland, but they left a few years later when they were unable to make friends with the Native Americans.



Exercises

1. When did the Vikings first come to Ireland?
2. Why did they come?
3. How did Irish monks protect themselves from the Vikings?
4. Who was Brian Boru? What did he do?
5. You were a monk on Lambay Island in AD 795. Tell your story.
6. Where in North America did the Vikings settle?

SPHE

Don't forget to watch the videos!

Weaving Well-Being

THE MORE YOU WEAVE... THE BETTER YOU FEEL!

Lesson 10

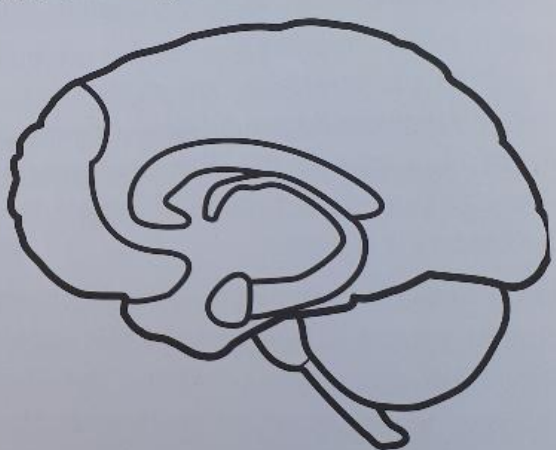
N.A.B.B. (Name, Accept, Breathe, Body.)

If we have an amygdala hijack, our brains can't choose a Tool of Resilience. We can use **N.A.B.B.** to stop an amygdala hijack. This gives us a chance to choose what to do instead of having a fight or flight reaction. When you start to feel overwhelmed by a strong emotion, remember these two steps:

1. Use N.A.B.B. to help to calm yourself.
2. Choose a Tool of Resilience which would be helpful.

Activity 7

Show where the **amygdala** and the **prefrontal cortex** are on this diagram:



What is the job of the amygdala?

What is the job of the prefrontal cortex?

What is an 'amygdala hijack'?

28

Weaving Well-Being - Tools of Resilience - Pupil Book © 2016 www.otb.ie - Copying of this page is illegal

ne, Body.)

ins
use
ves us a
t or flight
trong

ul.

efrontal



Weaving Well-Being

THE MORE YOU WEAVE... THE BETTER YOU FEEL!



Tell about a time when you experienced an 'amygdala hijack'.

Handwriting practice area with ten horizontal blue lines.

What does N.A.B.B. stand for?

N:

A:

B:

B:



Now that you have learned about N.A.B.B. and your six Tools of Resilience, it is up to you to choose one whenever you need to.

Good luck!

Music

The Scale of the Tin Whistle

Legend:
● - holes covered
○ = holes uncovered.

Notes: D, E, F, G, A, B, C, D' (high)
blow a little harder.

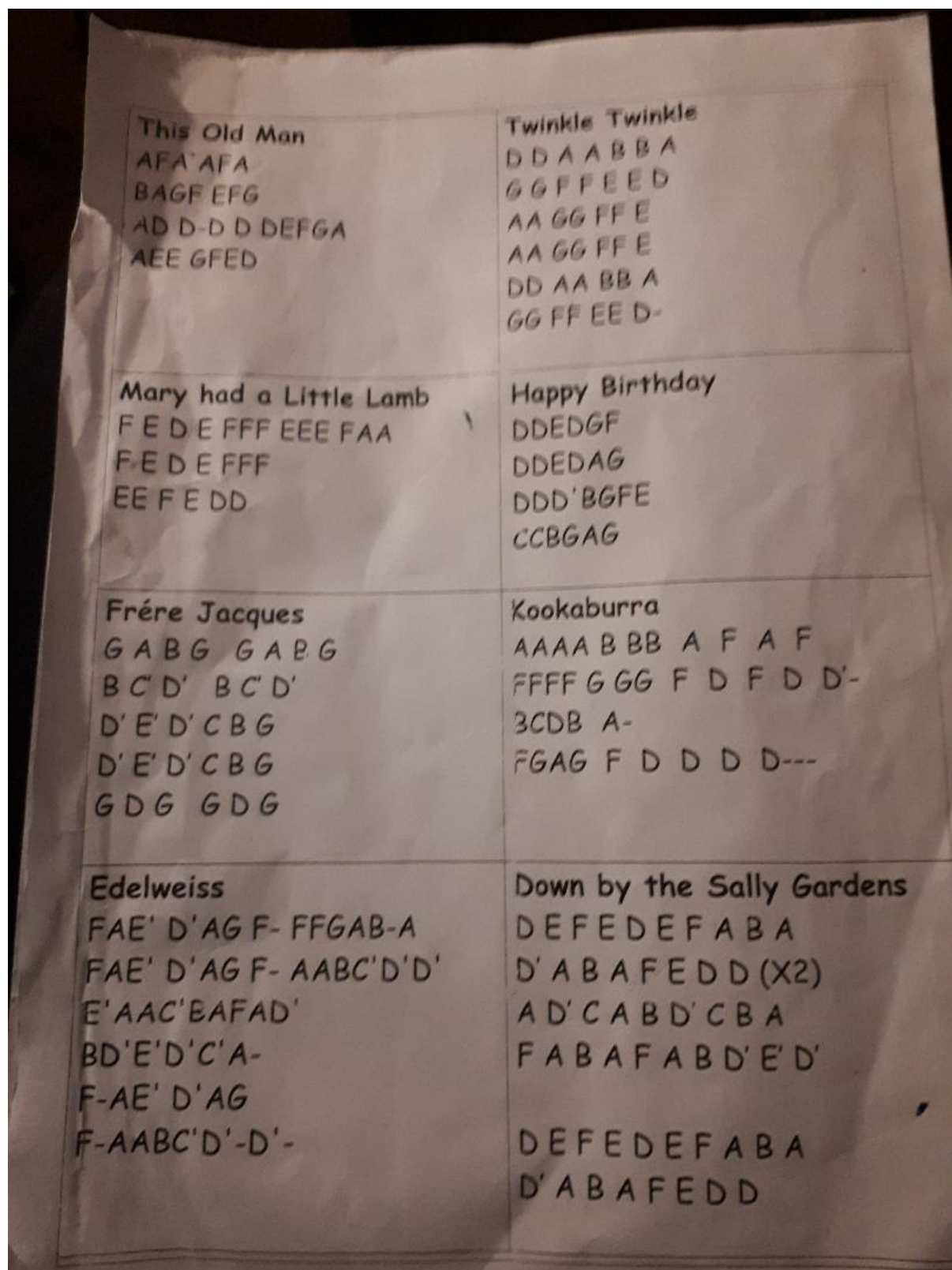
* LEFT HAND always on top

- LOWER NOTES ON THE TIN WHISTLE: BLOW SOFT
- HIGHER NOTES ON THE TIN WHISTLE: BLOW LOUDER
- MAKE SURE ALL FINGERS ARE COVERING THE HOLES

* SLOW AND STEADY WINS THE RACE

omma nī thū

U A B A F E D D



A whole new world (Aladdin)

<https://www.youtube.com/watch?v=aeDYx7Tkc7I>

(Aladdin) I can show you the world
 Shining, shimmering, splendid

Tell me, princess, now when did
You last let your heart decide?

I can open your eyes
Take you wonder by wonder
Over, sideways and under
On a magic carpet ride

A whole new world
A new fantastic point of view
No one to tell us no
Or where to go
Or say we're only dreaming

(Jasmine)A whole new world
A dazzling place I never knew
But when I'm way up here
It's crystal clear
that now I'm in a whole new world with you

(Aladdin)Now I'm in a whole new world with you

(Jasmine)Unbelievable sights
Indescribable feeling
Soaring, tumbling, freewheeling
Through an endless diamond sky

(Jasmine)A whole new world
(Aladdin)Don't you dare close your eyes
(Jasmine)A hundred thousand things to see
(Aladdin)Hold your breath - it gets better
(Jasmine)I'm like a shooting star
I've come so far
I can't go back to where I used to be
(Aladdin)A whole new world
(Jasmine)Every turn a surprise
(Aladdin)With new horizons to pursue
(Jasmine)Every moment gets better
(Both)I'll chase them anywhere
There's time to spare
Let me share this whole new world with you

(Aladdin)A whole new world
(Jasmine)A whole new world
(Aladdin)That's where we'll be
(Jasmine)That's where we'll be
(Aladdin)A thrilling chase
(Jasmine)A wondrous place
(Both)For you and me

When You Wish Upon a Star (Pinocchio)

<https://www.youtube.com/watch?v=HKh6XxYbbIc>

When a star is born
They possess a gift or two
One of them is this
They have the power to make a wish come true

When you wish upon a star
Makes no difference who you are
Anything your heart desires will come to you

If your heart is in your dream
No request is too extreme
When you wish upon a star
As dreamers do
Fate is kind

She brings to those who love
The sweet fulfilment of their secret longing

Like a bolt out of the blue
Fate steps in and sees you through
When you wish upon a star
Your dreams come true

When you wish upon a star
Makes no difference who you are
Anything your heart desires will come to you

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