

Monday 22nd June  
Morning Challenge

bellowed

screached

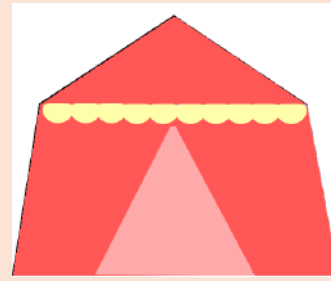
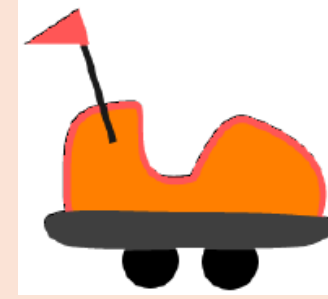
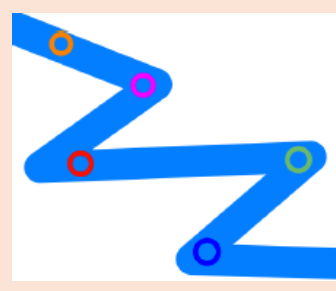
squealed

shrieked

squawked

**Challenge – Use each word in a sentence including dashes for parenthesis.**

Monday 22nd June  
Theme Park Maths

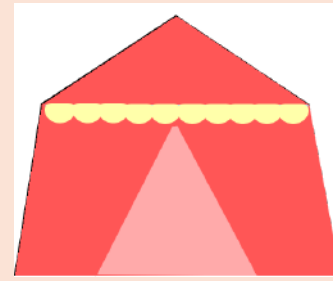
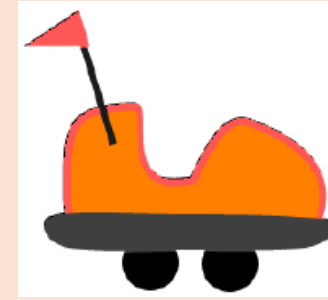
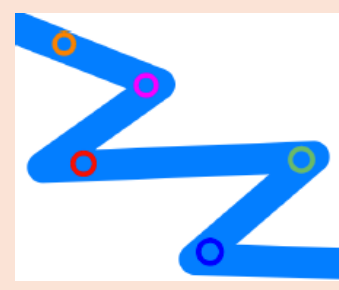


You are going to design your very  
own Theme Park!

**The best theme park in each  
class will win a prize!**



# Monday 22nd June Theme Park Maths



## You are going to design your very own Theme Park!

A plot of land has become available and you have decided to build a brand new theme park.

**You have managed to secure a £500 000 loan from the bank**

During this activity you will have a range of tasks to complete, from building your theme park, to working out how much it costs to run and most importantly working out how much profit you can make

### **Task 1**

Your first task is to plan your park. The piece of square paper you will receive will be your park. You must carefully decide what kind of rides you are going to have. You also need to think about the other facilities visitors will need when they come to your theme park. For example, toilets, cafes, shops and paths will all be available for purchase.

Many theme parks have different areas that are 'themed'. Therefore you might like to have an African area, a wild west American area or a Space area. Think carefully about what you would like to include in yours and make your park the best in the UK.



# Task 1 - Setting up your theme park.

Your spending limit is £500 000. Design and draw your theme park on the squared paper. You must not go over your spending limit and you must have car parks, toilets, paths to connect all the items, cafes and shops for your visitors. It is not about just having rides. You will need to please all of your visitors

Each attraction comes under a different category. Each category varies in price. Choose carefully from the prices and information page, making sure you have something which appeals to everyone.

Follow the key below when colouring in the plan of your park.

## Theme Park Key

**Category 1 Rides:** Red

**Category 2 Rides:** Yellow

**Category 3 Facilities:** Purple

**Bins:** Orange

**Toilets:** Pink

**Trees:** Green

**Lakes:** Blue

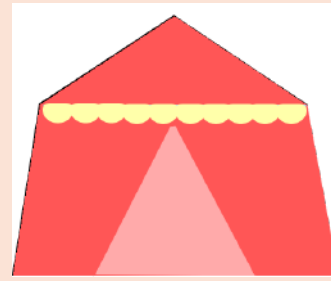
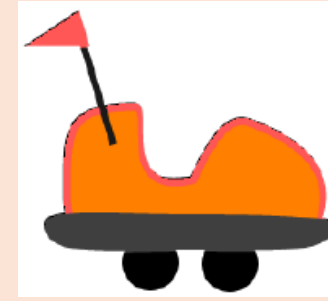
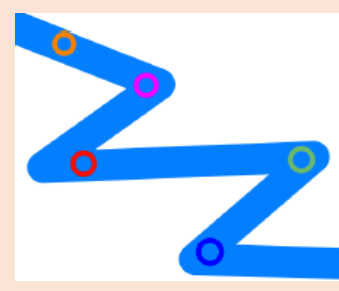
**Picnic Benches:** Brown

**Paths and Car Park:** Grey



# Monday 22nd June

## Theme Park Maths



You are going to design your very own Theme Park!

### To do

- Find a double page spread in your maths book.
- Create a list, using the catalogue, of what your Theme Park needs. Bins, paths, rides..... toilets!
- Think about the costings of each item. You must be under your £500,000 budget.
- Create a budget for your park. What can you afford?
- Design your park – remembering the minimum number of squares needed for each item.
- Use the key – colour code each space according to the key.

### **Theme Park Key**

**Category 1 Rides:** Red

**Category 2 Rides:** Yellow

**Category 3 Facilities:** Purple

**Bins:** Orange

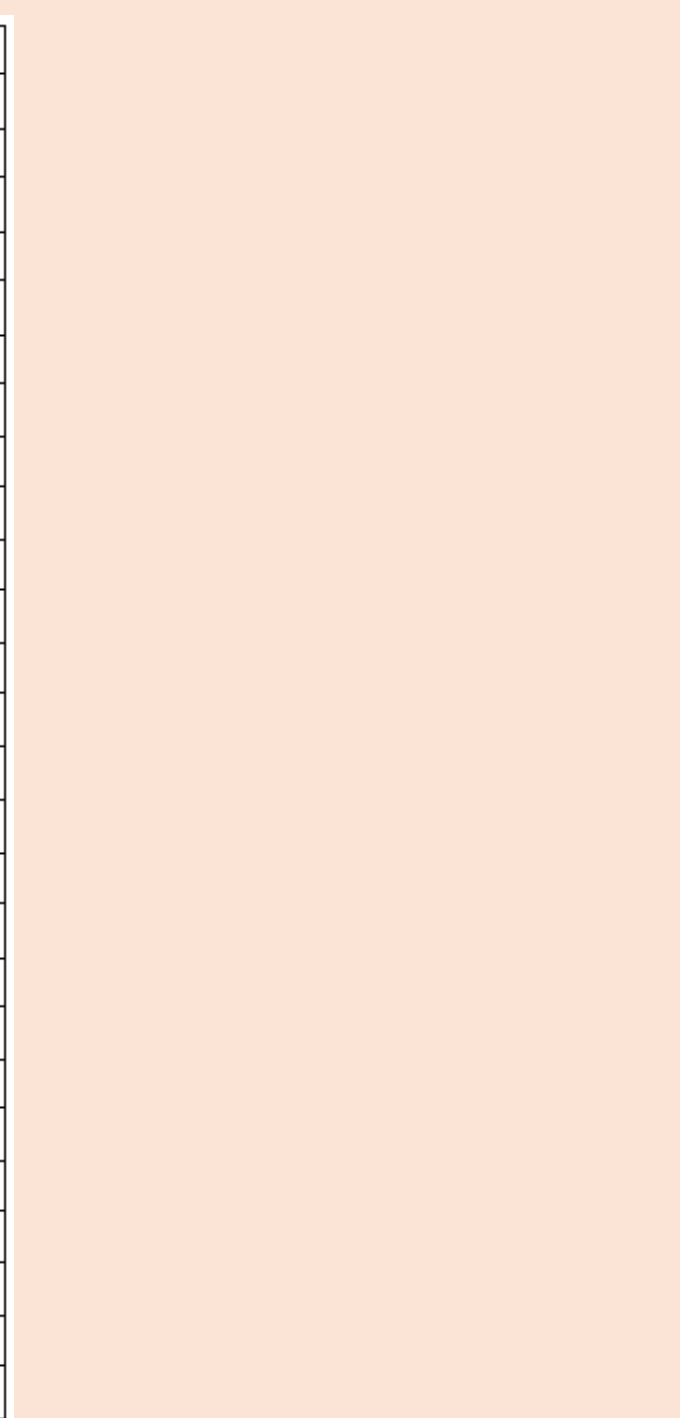
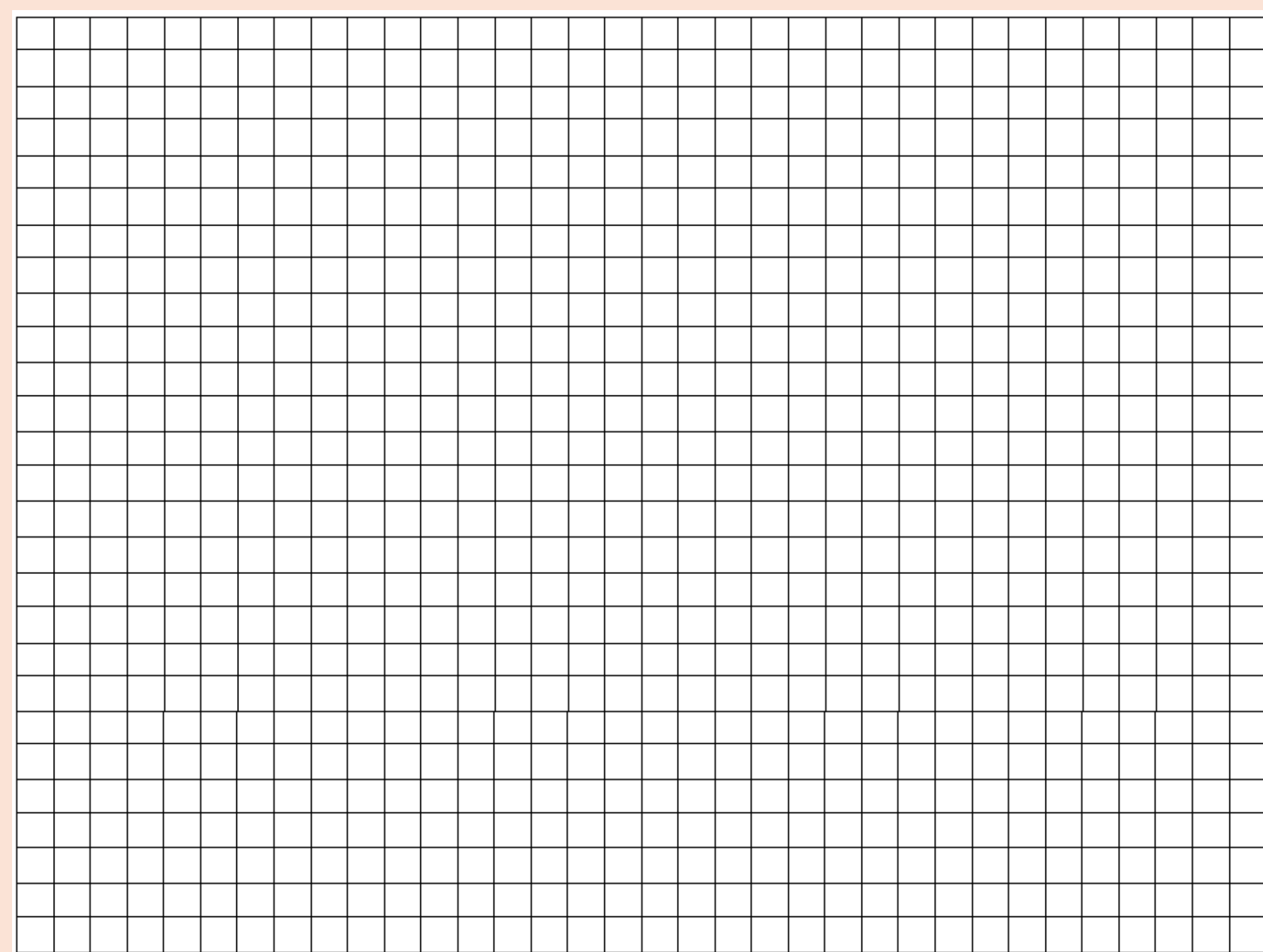
**Toilets:** Pink

**Trees:** Green

**Lakes:** Blue

**Picnic Benches:** Brown

**Paths and Car Park:** Grey



# Monday 22nd June

## TBAT: plan a formal persuasive letter.

### 3 in 3

What does the **prefix** anti- mean in the word anticlockwise?

Tick **one**.

never

opposite

before

without

Sentence	Statement	Command
Watch where you're going.		
We watched the game together.		
My watch stopped working.		
Do not watch too much television.		

Circle the word that is a **synonym** of the word bumpy.

uneven

sore

smooth

low

**Challenge –  
How many root words can you add  
-able to?**

Monday 22nd June

TBAT: plan a formal persuasive letter.

**Identify 3 persuasive devices.**

**Identify the features of a formal letter.**

**Challenge – Write an example of each persuasive device.**

# Match the persuasive device to the example.



**Modality**

Ahmet is a refugee who had to leave his home because of war and is now separated from his family.

**Facts**

We must do everything we can to help Ahmet feel safe and welcome at school.

**Rhetorical  
question**

Without help, Ahmet will feel completely lost forever.

How would you feel if you had to start a new school in a different country all alone?

**Exaggeration**

Monday 22nd June

TBAT: plan a formal persuasive letter.

## **Knowledge Check**

Which persuasive device has been used?

**The government should allow Ahmet's family to come to the UK immediately.**

- *Modality*
- *Facts*
- *Rhetorical question*
- *Exaggeration*

Monday 22nd June

TBAT: plan a formal persuasive letter.

## **Knowledge Check**

Which persuasive device has been used?

**Is it right that a child should be forced to live without their family?**

- *Modality*
- *Facts*
- *Rhetorical question*
- *Exaggeration*

Monday 22nd June

TBAT: plan a formal persuasive letter.

## **Knowledge Check**

Which persuasive device has been used?

**Every second apart is destroying Ahmet's life completely.**

- *Modality*
- *Facts*
- *Rhetorical question*
- *Exaggeration*

Dear Your Majesty,

My name is \_\_\_\_\_ and I am eleven years old. I am writing this letter with great respect to ask for your help for my close friend Ahmet, who is a refugee and a pupil at my school. He has shown incredible courage but he has been separated from his parents and this has been extremely difficult for him.

Ahmet was forced to leave his home because his country was no longer safe. This is not something he chose; it was something that happened to him. Since arriving at our school, he has tried very hard to fit in and continue learning even though he is living without his family. I believe it is deeply unfair that a child should have to carry such a heavy burden alone.

If it were possible, I would respectfully ask that you consider helping to locate Ahmet's parents. You have the power to make a difference where others cannot and even a small action could completely change his life. Surely no child should have to wake up each day wondering whether they will ever see their parents again.

I have tried to imagine how I would feel in Ahmet's place and I find it almost impossible. How would any child feel safe without their family? How can someone be expected to feel that they belong when the people they love most are missing? These thoughts remind me how important your help could be.

I strongly believe that you should help Ahmet because it would bring hope to a child who has already suffered more than most adults ever will. Your kindness could reunite a family and show compassion at a time when it is needed most.

Thank you very much for taking the time to read my letter. I hope you will consider my request, as helping Ahmet would show the world that fairness, humanity and kindness truly matter.

Yours faithfully,

Monday 22nd June

TBAT: plan a formal persuasive letter.

<b>Argument</b> (Expand on this)	<b>Evidence/Explanation</b>
Ahmet is alone in an unfamiliar place	
What happened to Ahmet is unfair and not his fault	
He needs help to be reunited with his family	

**Challenge** - This argument is not very convincing. Rewrite it to make it formal and persuasive.

**Ahmet's life is really sad and someone should probably help him because it's not very nice.**

Monday 22nd June

TBAT: describe ways to look after my mental health.

Listen to others.



Laura

Respect privacy.



Andeep

No judgement!



Jacob

Choose your level of participation.



Izzy

# Keywords

emotions

feelings we have inside, like happiness, sadness or anger

support

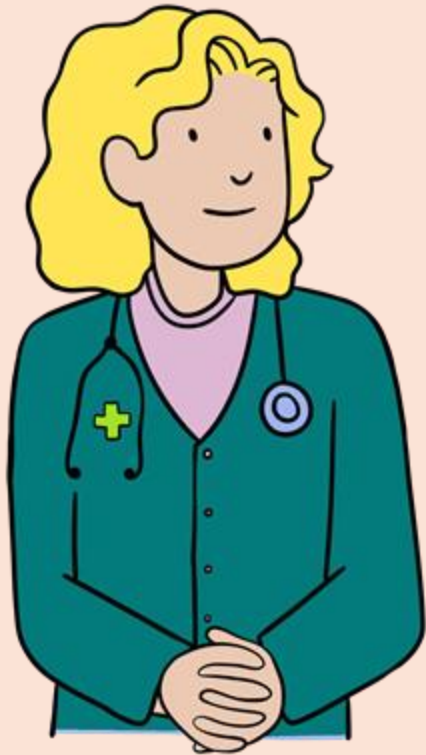
to provide help and encouragement to others

## What might poor mental health look like?



Explanation

Everyone has **mental health**.



Dr Elsie

Our mental health affects how we **feel**, how we **think** about things and how we **act** on a day to day basis.

Mental health is just as important as our physical health.



Dr Elsie

When our body is hungry, we listen to it and give it some energy by eating a healthy snack. When our mind is telling us that it feels overwhelmed or stressed, we need to look after it too. In the same way that we look after our bodies, it's **essential** to look after our minds.



## True or false?

Mental health is less important than physical health.

**T** True

**F** False ✓

## Why?

Mental health and physical health are **equally** important, so we must look after both.

## What might poor mental health look like?

It is normal for our **emotions** to change quickly and many times over the course of a day.

They are often affected by what is going on around us.

I felt **grumpy** when I woke up for school. I hadn't slept enough and I really didn't want to get up.



Lucas

When I got to school, I was **stressed** because I'd forgotten to learn words for a spelling test.

At lunch, I was very **excited** because I got to play basketball with my best friends. It was a lot of fun!



Lucas

After lunch, I was so **happy** because we got to do science, which is one of my favourite subjects.



Which of these statements are true?

**a**

It is abnormal for **emotions** to change quickly.

**b**

It is normal for **emotions** to change many times a day.

**c**

Our **emotions** are not affected by things around us.



Everyone is likely to experience **low-level poor mental health** at some point in their lives.



Dr Elsie

Someone with low-level poor mental health might feel **difficult emotions**, like sad or worried, for **a long period of time**. Although these **emotions** affect them, it doesn't generally get in the way of everyday tasks, like going to school or work, and these feelings **eventually pass**.

## What might poor mental health look like?



Explanation

Ethan experienced low-level poor mental health during his exams.



Ethan

I remember feeling **anxious** because I find revision tricky. Talking to my teacher really helped because they gave me **support** to help me organise my time. Within **a few weeks**, I was sleeping enough and eating properly, so the revision was more manageable and I **felt a lot better!**

## What might poor mental health look like?

Some people might suffer from **more serious mental health concerns**.



Dr Elsie

Someone with more serious mental health concerns will feel **difficult emotions** for **significant periods of time**. This can impact their **ability to function in everyday life**. These feelings do not just pass and anyone with more serious mental health concerns **needs specialised support**.



Dr Elsie

Mental health concerns are **never** down to someone 'doing something wrong'. Mental health conditions can happen for any number of reasons beyond a person's control. Being comfortable enough to ask for **support** is one of the best ways for people to look after their mental health.

## What might poor mental health look like?



Check

Is this a **low-level** poor mental health concern or a more serious mental health concern?

After moving schools, I felt down and tearful for a few weeks. I spoke to my teacher and they helped me by suggesting clubs I could get involved in, and now that I've started to make friends, I feel much happier and more settled.

**low-level** poor mental health

Complete the sentences below by filling in the missing words:

- 1) \_\_\_\_\_ has mental health.
- 2) Mental health is just as important as our \_\_\_\_\_ health.
- 3) It is normal for our **emotions** to change \_\_\_\_\_ and many times over the course of a \_\_\_\_\_.
- 4) A person with \_\_\_\_\_ poor mental health may feel difficult **emotions** for a long period of time but these feelings eventually pass.
- 5) A person with \_\_\_\_\_ mental health concerns feels difficult **emotions** for a significant period of time and needs \_\_\_\_\_.

Your answers to the completed sentences could include:

- 1) **Everyone** has mental health.
- 2) Mental health is just as important as our **physical** health.
- 3) It is normal for our **emotions** to change **quickly** and many times over the course of a **day**.
- 4) A person with **low-level** poor mental health may feel difficult **emotions** for a long period of time but these feelings eventually pass.
- 5) A person with **more serious** mental health concerns feels difficult **emotions** for a significant period of time and needs **specialised support**.

There are lots of things that we can do to **support** our mental health.



Dr Elsie

By using some **self-care** techniques and prioritising our **wellbeing**, we can make sure that our mental health is able to cope with changes and challenges that life throws our way.

## Healthy eating



Eating a **balanced diet** helps our body to get the nutrients that it needs for it to function properly.



Staying **hydrated** with water can also help our moods, ability to concentrate and energy levels.

## Regular exercise



60 minutes of **moderate exercise every day** helps our body and minds to keep healthy.

Getting outdoors in nature is also a great way to manage stress and boost mood.

## Connecting with others



Creating connections with other people can help to reduce **loneliness** and improve mental health concerns, such as stress and anxiety.



Which of these can **support** our mental health?

**a**

healthy eating and hydration



**b**

moderate exercise once a week

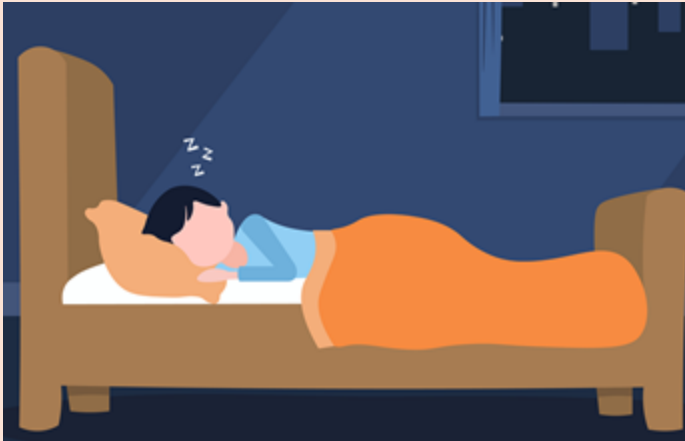
**c**

only connecting with others online

## Rest and relaxation



Finding time to relax by doing the things that we enjoy gives our minds the time and space it needs to feel calm.



While we sleep, our minds and bodies rest and repair. Children between 6-12 years of age should get 9-12 hours sleep each night.

## Mindfulness



Dr Elsie

Our body is great at giving us clues about how we feel. For instance, our heart beat might get faster and our tummy might feel twisted if we're feeling stressed or anxious. **Mindfulness activities** can help us to manage our feelings before they become overwhelming.

## Mindfulness



Dr Elsie

Some of the things that might be helpful include:

- breathing exercises
- bubble blowing
- colouring
- listening to relaxing music

## Support

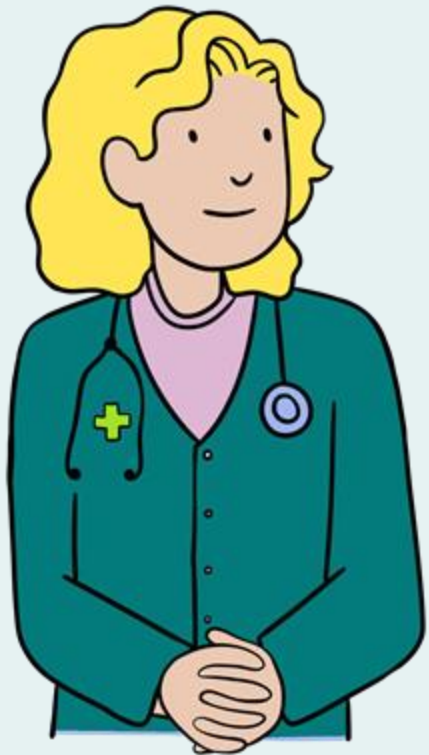


Dr Elsie

If you're feeling anxious, sad, or angry, try using self-care techniques and talk to a trusted adult at the same time. **Support** is available, and you don't have to manage your mental health alone.



Other than healthy eating, regular exercise and connecting with others, how else can we manage our mental health?



Look at the following scenarios and discuss if each person is **supporting** their mental health.

If not, what changes could they make?

1)

I don't have time to eat all my lunch at school, so I usually just eat a packet of crisps. Most days after school, I play games online for hours late into the evening.

Look at the following scenarios and discuss if each person is **supporting** their mental health.

If not, what changes could they make?

2)

I get around 10 hours of sleep each night and if I feel tired during the day, I have a healthy snack and exercise. When I feel stressed, I like to meditate or write in my journal.

Look at the following scenarios and discuss if each person is **supporting** their mental health.

If not, what changes could they make?

3)

I don't enjoy exercising, so I only go for a quick walk at the weekend with my dad and the dog. Lately, I've been stressed but I can't ask anyone for help because people should be able to manage alone.



Your answers might have included:

2)

I get around 10 hours of sleep each night and if I feel tired during the day, I have a healthy snack and exercise. When I feel stressed, I like to meditate or write in my journal.

This person **is supporting their mental health** by getting plenty of sleep each night, eating healthily and exercising. They are also practising mindfulness by meditating or writing how they feel in a journal.

Your answers might have included:

3)

I don't enjoy exercising, so I only go for a quick walk at the weekend with my dad and the dog. Lately, I've been stressed but I can't ask anyone for help because people should be able to manage alone.

This person **is not supporting their mental health** as they are not getting 60 minutes of moderate exercise each day. They are struggling with their mental health alone and need to speak to a trusted adult for **support**.

Mental health is just as important as physical health.

Everyone will experience low-level poor mental health at some point in life, however, difficult **emotions** should eventually pass with some self-care techniques.

More serious mental health concerns, such as being deeply depressed, can impact a person's ability to function and require specialised **support**.

There are lots of things that can **support** our mental health, such as eating healthy, regular exercise and getting enough rest and relaxation.

Anyone struggling with their mental health or that of someone else, should speak to a trusted adult, like a parent, carer or teacher.

P.E.

Sports Day Preparation

# Leavers

