



Melland High School
BRIGHT FUTURES EDUCATIONAL TRUST

Remote Learning

Each day try to follow the usual timetable for 3D

Your class teacher will be available during the times and can be contacted through email.

Take a photo during each lesson of either the work or your child engaging with the work provided and email to the tutor.

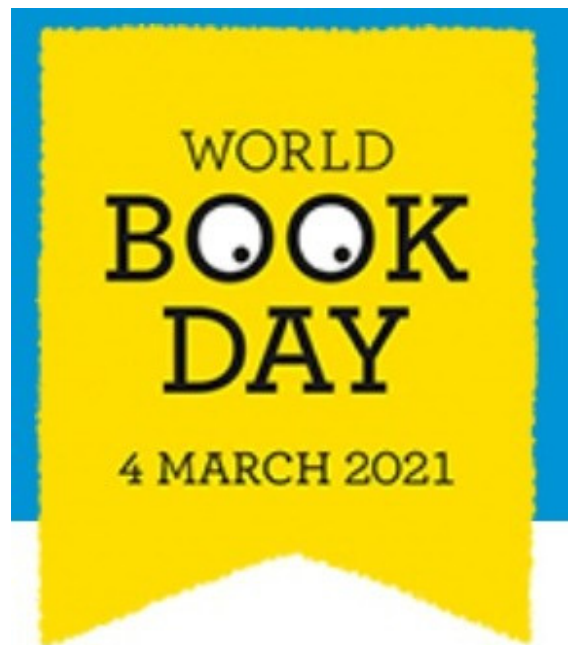
Tutor : gjan-ahmed@mhs.bfet.uk

	Monday	Tuesday	Wednesday	Thursday	Friday
MORNING	English Ms Milburn	PSHCE Mrs Jan-Ahmed	Humanities Mrs Baker	English Ms Milburn	PE Mrs Appleyard
AFTERNOON	Maths Mr Casey	Maths Mr Casey	Science Mr Roberts	Tutor Group Mrs Jan-Ahmed	Computing Mr Roberts

If you have any issues or concerns then please contact school
0161 223 9915.



Melland High School
BRIGHT FUTURES EDUCATIONAL TRUST



World Book Day is a brilliant opportunity for everyone to celebrate the joy of reading. We hope that students are celebrating at home or at school by sharing stories, games and activities. Reading and sharing books is the perfect lockdown activity for everyone to enjoy.

Here is a great web site you can look at for ideas
<https://www.worldbookday.com/>

We will be also celebrating on Thursday the 11th March as part of the whole school Reading Focus - double the fun! Get into the mood by checking out some of the stories read by staff here:

<http://www.melland.manchester.sch.uk/reading-focus/>



MONDAY AM

English

Week 7

- **Log on to Rapid Readers** at <https://www.activelearnprimary.co.uk/> and read 1 of your books.
- **Login:** your first name
- **Password:** meerkats
- **School code:** mehi

We now have **Sumdog Spelling and Grammar**. Log on and start the challenges https://www.sumdog.com/user/sign_in

- Login: your first name
- Password: meerkats
- School code: melland

Week 8

Reading and Research

Alfie's dad tells him lots of stories. David Walliams, the author mentions some creatures:

The Abdominal Snowman

Dragons

Pegasus

Mermaids

Genies

Cyclops

Read and research about these creatures.

Reading and Research. Read the extract.

'From their little bungalow Dad would take his son on all sorts of thrilling adventures. They would ride on magic carpets, dive under the oceans, even drive stakes through the hearts of vampires. It was a multicoloured world of make believe, a million miles away from their black-and-white existence.[...] Together they:

- Went out fishing for the day in Scotland and caught the Loch Ness Monster.
- Climbed the Himalayan Mountains and came face-to-face with the Abominable Snowman.
- Slew a huge fire-breathing dragon.
- Hid aboard a pirate ship and were forced to walk the plank as stowaways, only to be saved by beautiful mermaids
- Rubbed a magic lamp and met a genie who gave them three wishes each, although dad gave all his wishes to his son.
- Rode on the back of Pegasus, the winged horse from Greek mythology.
- Climbed up a stalk to Giant Land and met an extremely hungry Cyclops whose perfect idea of a between-meals snack was a scrawny little twelve-year-old boy, so Dad had to save him.
- Became the first ever father and son team to successfully land on the moon in a home-made rocket.
- Were chased across the misty moors at night by a ferocious werewolf.

This was the world of the imagination. Anything was possible in Dad's and Alfie's adventures. Nothing could stop them. Nothing.'

Using books and/or internet can you choose 2 creatures and research about them:

The Abdominal Snowman

Dragons

Pegasus

Mermaids

Genies

Cyclops

What can you find out about them? List 5 things about the creatures.

MONDAY PM

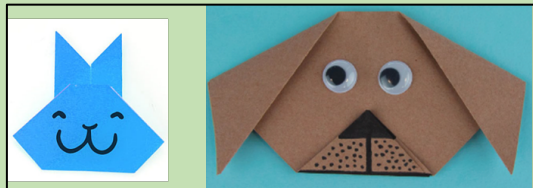
Maths

Week 7: Shape, Position & Direction

Recycled Origami

Using scrap paper (old letter, newspaper or magazines) to try some of the following origami animals (instructions are on the next pages).

Key words : up, down, half, turn, rotate, square, triangle, diagonal, vertical, horizontal, sides, corner, top, bottom, middle



Ask your parent or carer to take a picture and email: kcasey@mhs.bfet.uk.

Week 8 - Sumdog

Log on to Sumdog using the app or https://www.sumdog.com/user/sign_in

Email me if you've forgotten your login details

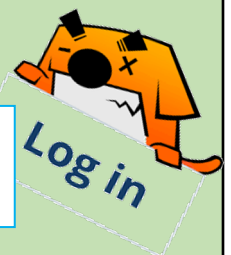
kcasey@mhs.bfet.uk

Earn House Points for correct answers and Accuracy over 75%!!!

Username: first name

Password: meerkats

School code: melland



- Complete the **Challenges** that have been assigned to **3D**
- Then play **games** to practice your maths skills
- You can play your class **mates** if they are online at the same time.

(I can track your progress and participation on line so you don't need to email me).

Teacher: Mr Casey

| email: KCasey@mhs.bfet.uk

Origami (1)

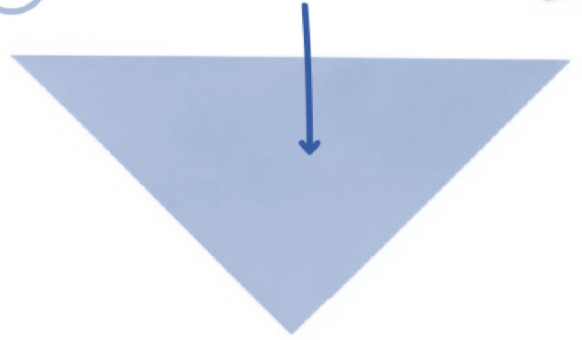


Origami Rabbit

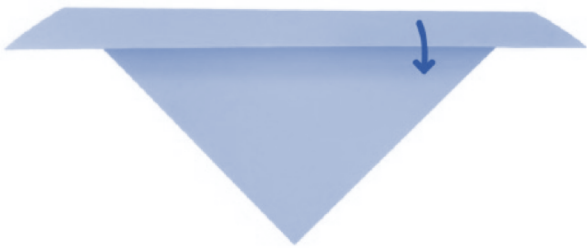
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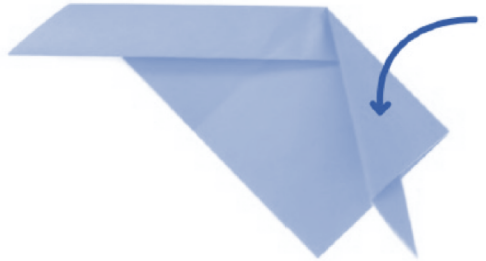
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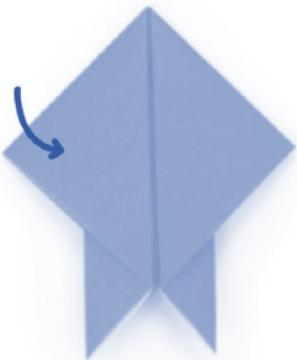
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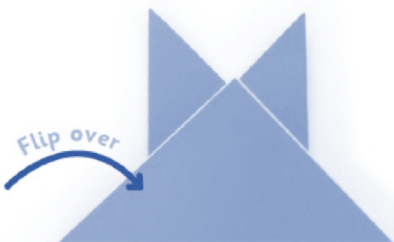
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6



7




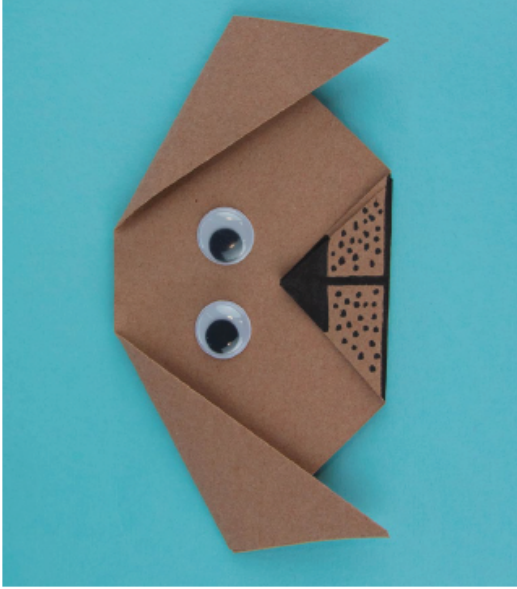
8



You will need:

- Brown square of paper
- Googly Eyes
- Glue Stick
- Black Marker

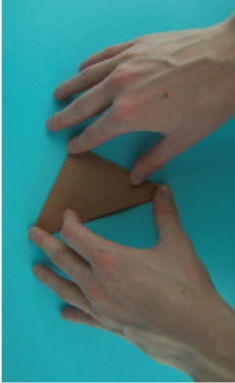




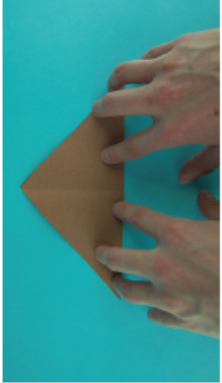
Instructions
Step 1: Take the brown piece of paper and fold in half making a triangle.



Step 2: Fold the triangle in half again.



Step 3: Open back up to the big triangle.



Step 4: Fold the Right Dog Ear by folding the right corner down towards the point.



Step 5: Fold Left Dog Ears by folding the left corner down towards the point.



Step 6: To create the nose of the dog, take the point and fold up $\frac{1}{4}$ of the way following the crease.



Step 7: Using the glue, marker and googly eyes create the face of your dog.



The final dog will look like this.



TUESDAY AM

PHSCE

Week 7

In this lesson, our learning objective is to learn about what makes a balanced lifestyle. Within this lesson, we will compare and contrast two very different lifestyles. Our two main characters will take part in a race which they have prepared for very differently. Who will win? This will help the children to understand that there are different components which make up a balanced lifestyle and from this, they will then create a prompt to stick somewhere in the house.

Follow the lesson using this link and then complete the quiz at the end:

<https://classroom.thenational.academy/units/eat-well-live-well-7109>

Week 8

In this lesson, we will explore what a diet is and why it is so important. We will have a very special visitor who will teach us the benefits of eating the right foods and will be introduced to the Eatwell Plate. From this, we will have a better understanding of the different amounts of foods we should be eating. At the end of the lesson, we will write a letter persuading others to make healthier choices.

Follow the lesson using this link and then complete the quiz at the end:

<https://classroom.thenational.academy/lessons/food-glorious-food-64vkec>

Also, complete the Healthy Diary worksheet on the next page.

Teacher: Mr Gleeson email: rgleeson@mhs.bfet.uk

My Healthy Diary



Name: _____ Date: _____

Breakfast

How many glasses of water did you drink?



Lunch

How many of your 5-a-day did you eat?



Dinner

How many hours of sleep did you get?

Snacks



Drinks

How did you feel overall?

TUESDAY PM

Maths

Week 7: Sumdog

Log on to Sumdog using the app or https://www.sumdog.com/user/sign_in

Email me if you've forgotten your login details kcasey@mhs.bfet.uk

Earn House Points for correct answers and Accuracy over 75%!!!

Username: first name
Password: meerkats
School code: melland



- Complete the **Challenges** that have been assigned to **3D**
- Then play **games** to practice your maths skills
- You can play your class **mates** if they are online at the same time.

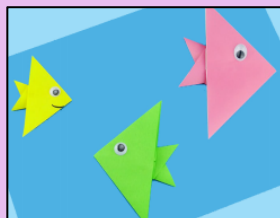
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Week 8: Shape, Position & Direction

Recycled Origami

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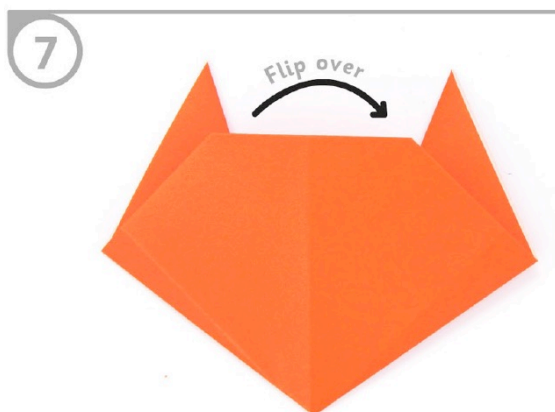
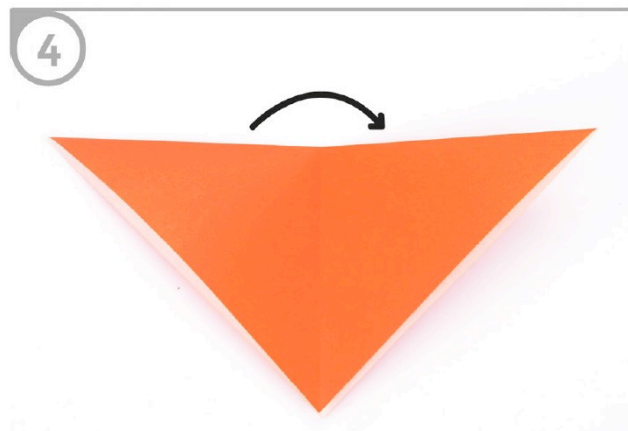
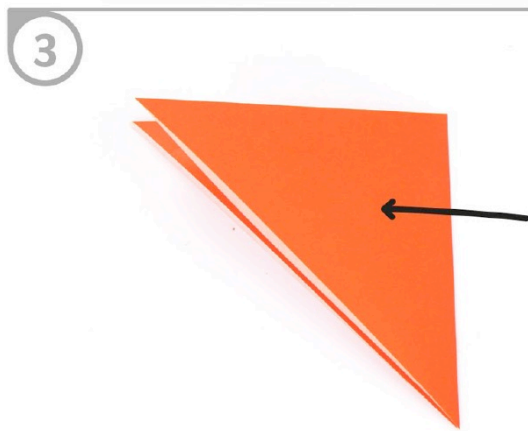
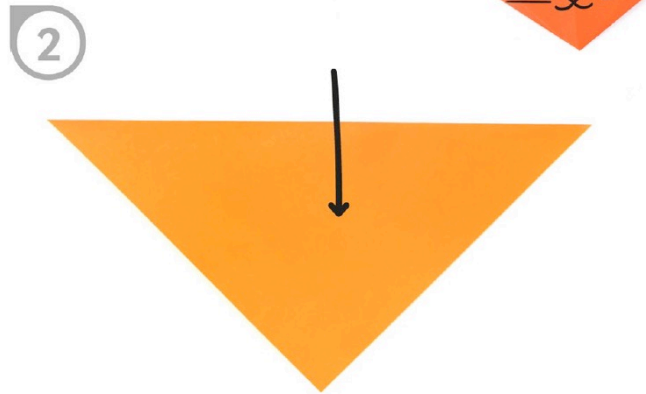
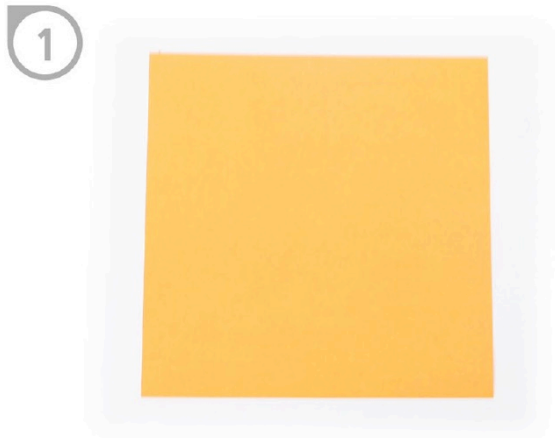
Ask your parent or carer to take a picture and email: kcasey@mhs.bfet.uk.

Teacher: Mr Casey

| email: KCasey@mhs.bfet.uk

Origami (1)

Origami Cat

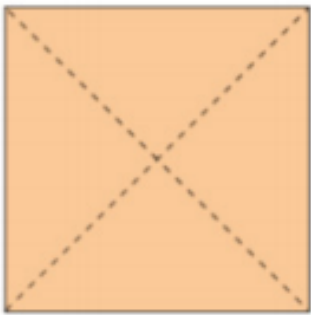
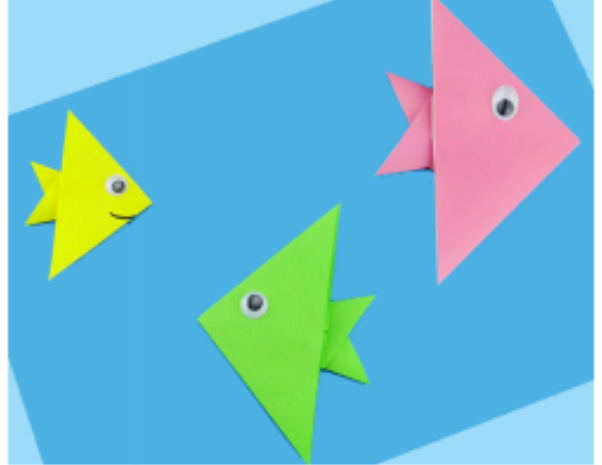


Origami (2)

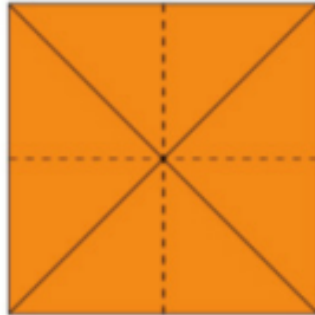
Origami Fish

You will need:

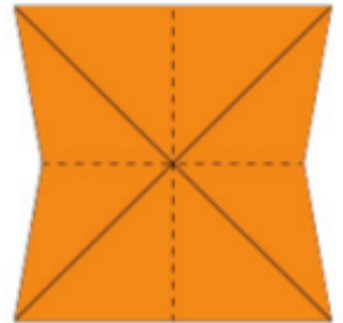
- 1 square piece of paper (at least 12cm x 12cm)
- black felt tip pen



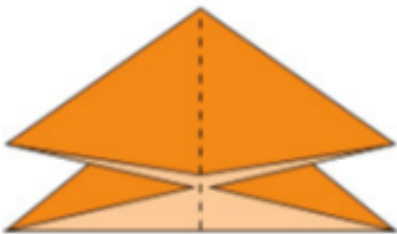
1. Fold the two diagonals.



2. Turn the paper over and fold the vertical and the horizontal line.



3. Hold the paper on both sides and push it together at the folded lines.



4. This creates a triangle.



5. Fold the right corner to the middle to create a fin.



6. Finally fold the left corner on top of the right corner. Turn around the fish and use your black pen to draw an eye.

WEDNESDAY AM

Humanities

Week 7 (03/03/2021) – History

This week you are going to:

1. Find out about aspects of Aztec everyday life
2. Find out about the Aztec Empire
3. Find out about Aztec Religion



Read the information on the next slide, and complete the task on the following slide.

Ask your parent or carer to take a picture and email: lbaker@mhs.bfet.uk.

Lots of house points are up for grabs!

Week 8 (10/03/2021) – History

This week you are going to:

1. Find out about aspects of Aztec everyday life
2. Find out about the Aztec Empire
3. Find out about Aztec Religion



Read the information on the next slide, and complete the task on the following slide.

Ask your parent or carer to take a picture and email: lbaker@mhs.bfet.uk.

Lots of house points are up for grabs!

Week 7

Originally hunter gatherers from the North of Mexico, they lived in different parts of Mexico for hundreds of years before eventually settling on a swampy island in the middle of a lake in central Mexico. By now they had copied much of the culture and beliefs of the tribes they had met in their wanderings. On this island they built the city which would be the centre of an Empire covering large parts of Mexico. This city they called Tenochtitlan. It is now Mexico City, one of the biggest cities in the world. At the time of the Spanish conquest of Mexico in 1521 it was one of the biggest cities in the world, with up to 400 000 inhabitants, which is probably about the same as Constantinople and Venice, the two greatest cities in Europe at the time. It was build on man made islands constructed from mud and plants, and travel around the city was mainly by canoe



Week 7: Task 1

Week 7 - Tenochtitlan

At the centre of the city of Tenochtitlan stood the Pyramid of the Sun, a vast stepped pyramid, used as the setting for many important rituals in the Aztec religion. The city covered several square kilometres and was very densely populated. The Imperial Palace was said to have over 300 rooms, and there were many temples and courts around the centre of the city. The Aztec city was deliberately destroyed by the Spanish, who founded Mexico City on the same site.



The Pyramid of the Sun as it is now



The Pyramid of the Sun as it was in 1519

Use the internet to find the answers to these two questions

- What was the best known ritual carried out on the Pyramid of the Sun?
- Why did the Aztecs do this?

Week 8: Task 1

Aztec Trade

While the Aztecs grew most of the food that they ate, there were many things that they valued which had to be brought from other places, such as cocoa beans, which as well as making a kind of hot chocolate, were used as money. Luxury goods such as brightly coloured feathers, gold and animal skins were expensive and reserved for the rich. Merchants travelled great distances to buy these and sell them to the wealthy members of Aztec society



Task 1: Go to this link and read this page

<https://www.historyonthenet.com/aztec-agriculture-floating-farms-fed-the-people> and then answer these questions

What is a chinampas?

What was so good about chinampas?

What kind of crops did the Aztecs grow?



Week 8: Task 2

The Aztec Empire

The Aztec Empire was quite a new empire when it was conquered by the Spanish. Tenochtitlan was only first built in 1329, and was deliberately flattened in 1521.

Task 2: Watch this video

<https://www.youtube.com/watch?v=urFpctOmJZY> and answer these questions.

- 1) How did the Aztecs manage to create an empire so quickly?
- 2) How did Hernan Cortes manage to conquer the Aztec Empire so easily?



WEDNESDAY PM - Science

Week 7

In the previous half term we have looked at changes to the environment and impact that those changes can have.

This half term we are going to look at specific types of pollution.

This week we will look at **water pollution**.

There are two main ways water can be polluted. Through litter being dropped in such as plastic bottles. Or through waste chemicals being dumped in rivers. Each of these ways has a big impact on the living things that live in the water.

Look at the pictures in Activity 1.

Think about:

What or who caused the pollution?

How could the pollution effect the living things?

What could be done to help?

Week 8

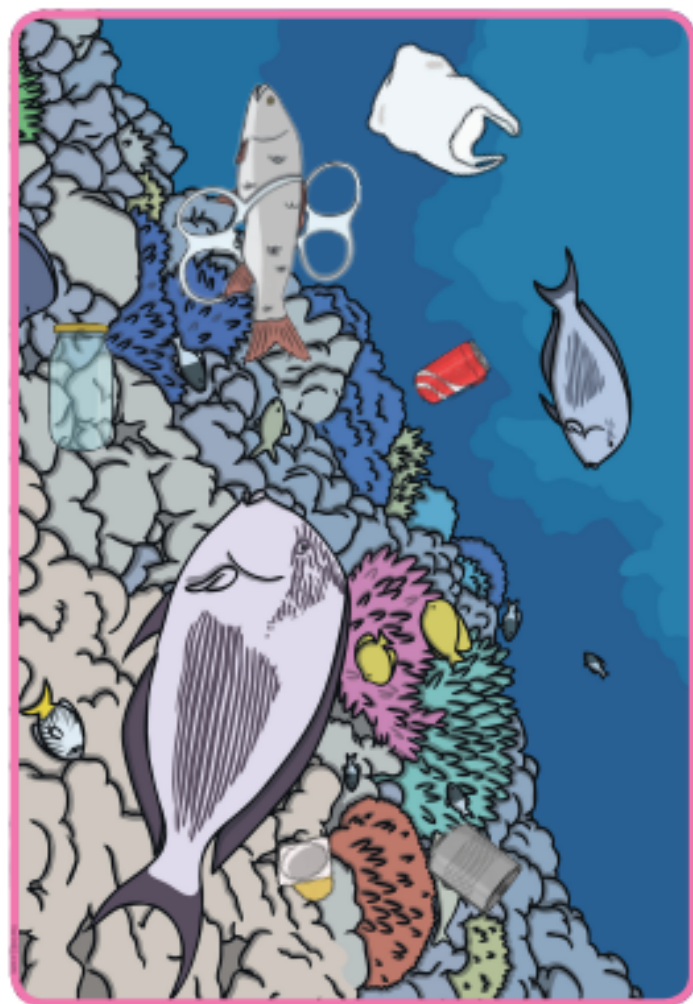
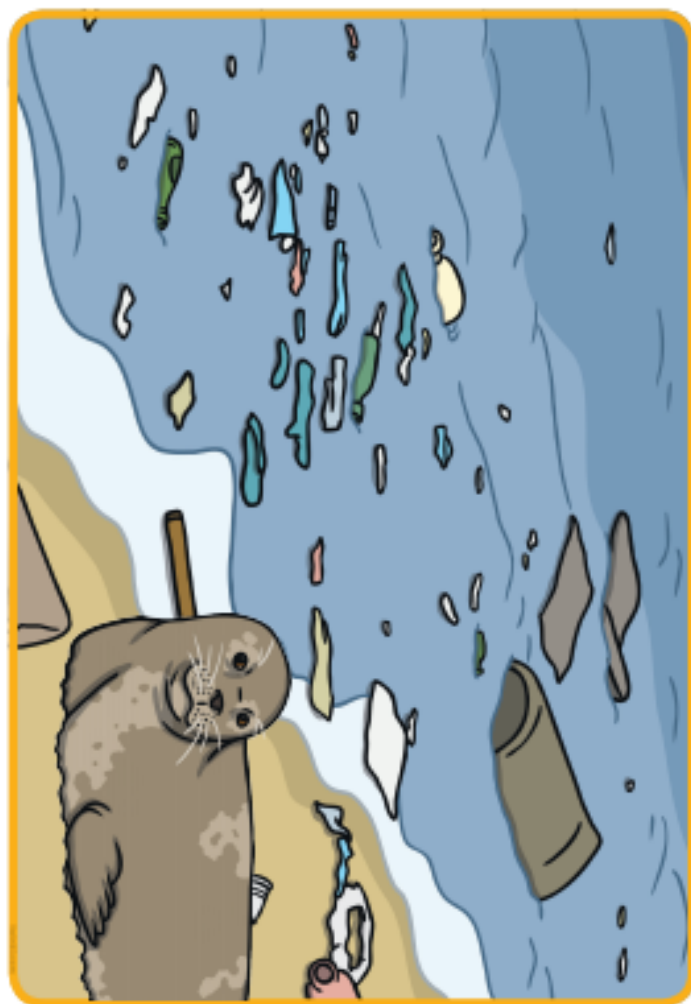
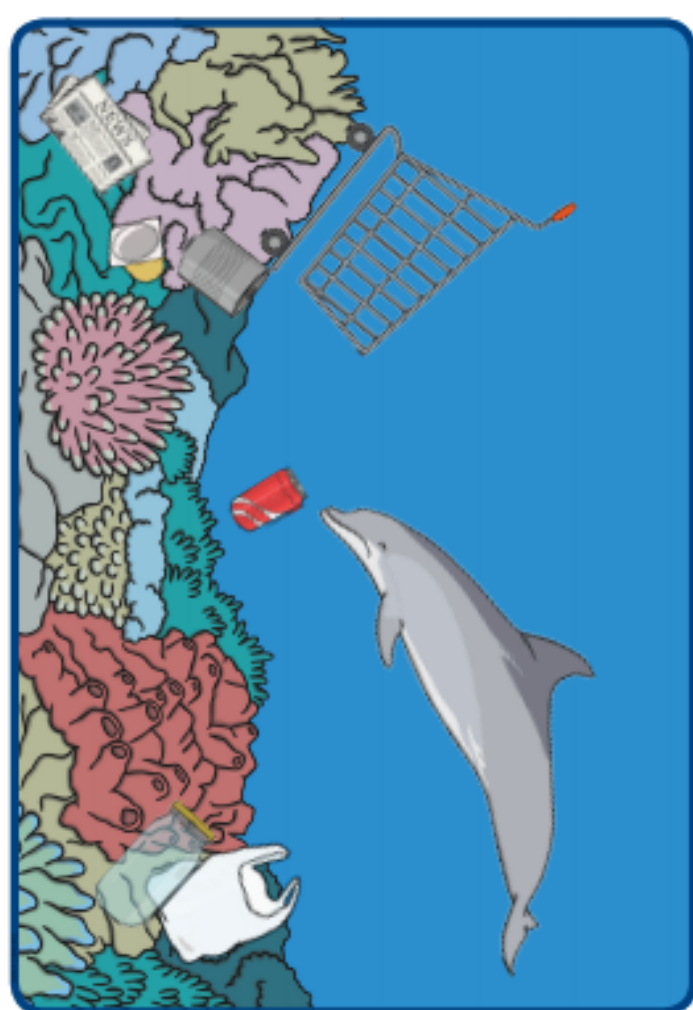
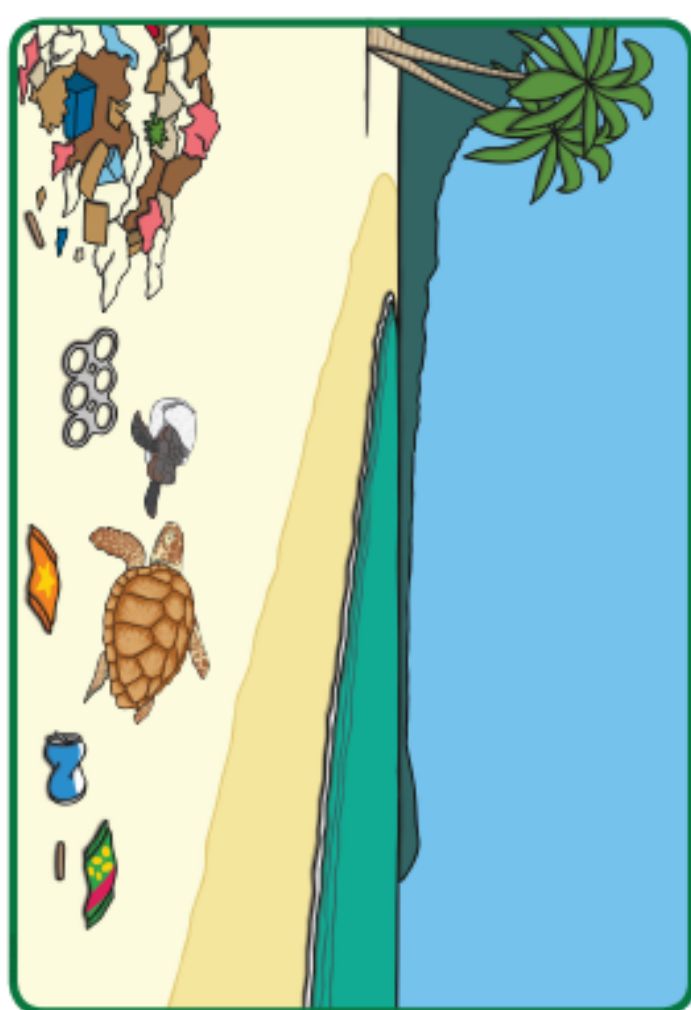
This week will look at **air pollution**.

Look at the visual aid from the Department for Environment, Food and Rural Affairs. It tell us were air pollution can come from.

Think about:

Which source of air pollution effects you most?

What can be done about it?



Water pollution

Use the pictures to answer the question, you can **write or draw** your answers.

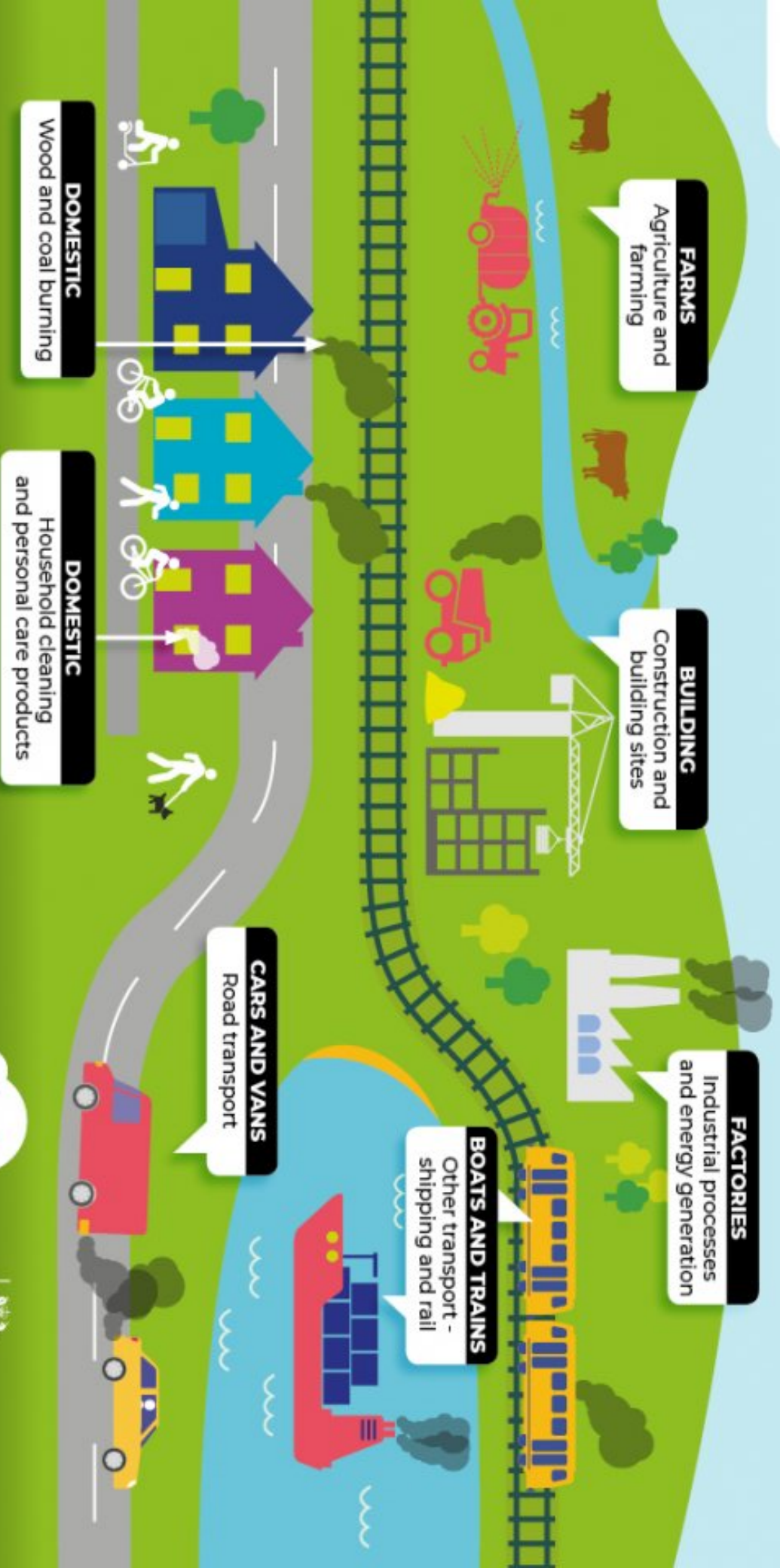
What? What kinds of pollution can you see in the pictures?

Where? Where is the pollution?

Who? Who is the pollution effecting?

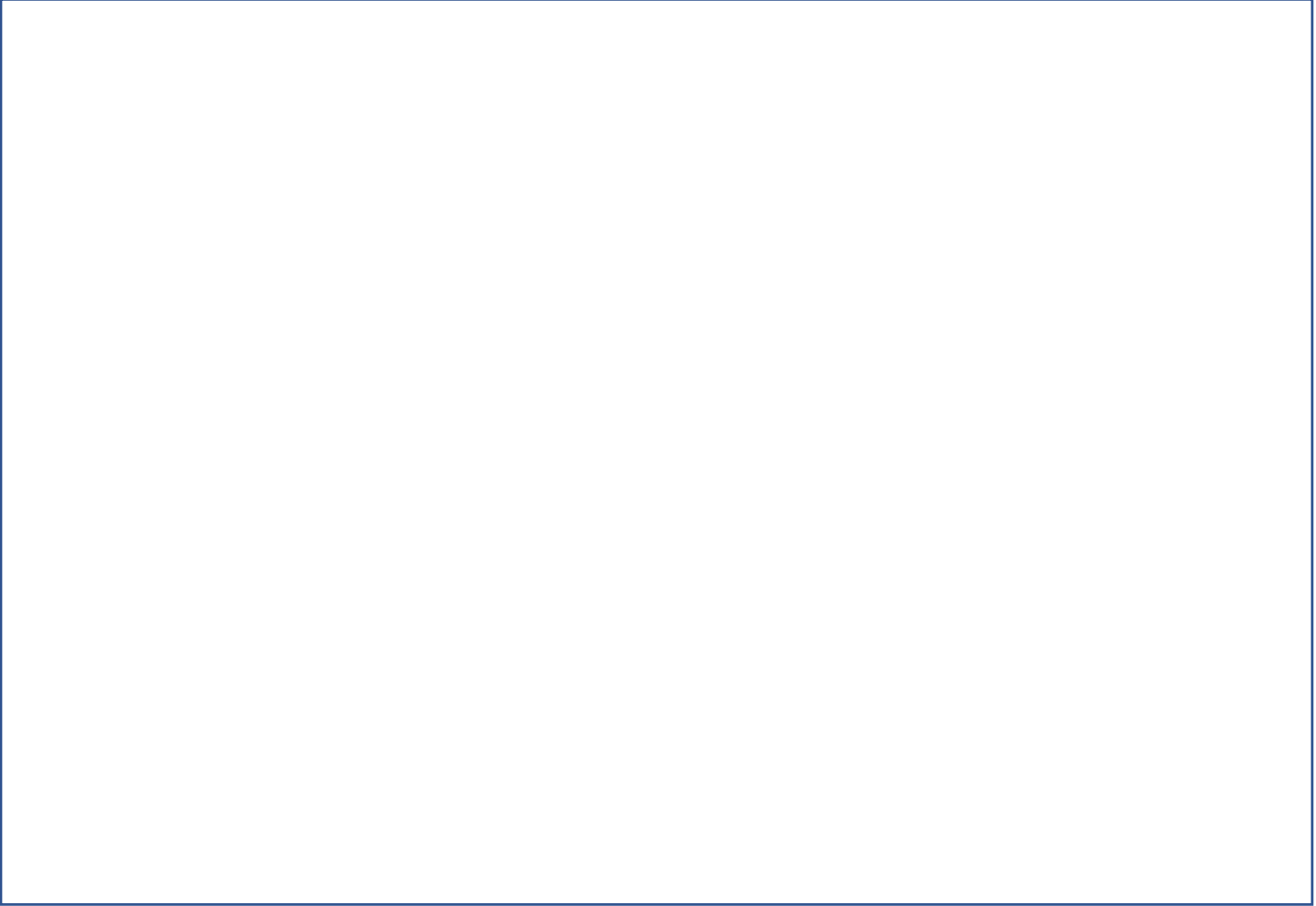
Why? Why do people pollute?

Sources of air pollution



Air Pollution

Draw a picture of the area where you live.



Are there any sources of air pollution in your picture?

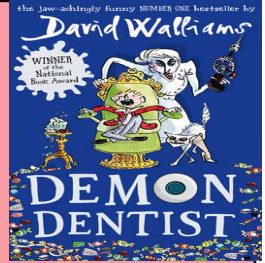
Could you add some that could be there, like cars?

How much air pollution do you think is around your area?

THURSDAY AM

English

Week 7



Listen to the audio book part 3:

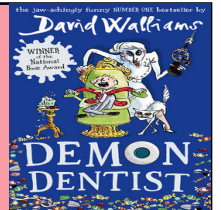
https://www.youtube.com/watch?v=3_XRQC9qH1c

Listen to the audio book part 4:

<https://www.youtube.com/watch?v=o0K4P4T8Mn4>

Alfie makes lots of excuses as he does not want to visit the dentist. Read the extract then write your excuses for not tidying your bedroom!

Week 8



Listen to the audio book part 5:

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

Listen to the audio book part 6:

<https://www.youtube.com/watch?v=MN12n685TKw>

Then write a diary entry. Study the picture carefully.
How does the boy feel? Why is he afraid of the dentist?
What do you think Miss Root the dentist is going to do?
Write a diary entry about how Alfie must be feeling.

Teacher: Ms Milburn email: kmilburn@mhs.bfet.uk

Faced with a dreaded dental appointment Alfie says: "Don't worry, I can easily get the bus there myself from school tomorrow afternoon." The town's bus service had a long-standing reputation for being unreliable. Of course, Alfie had no intention of going anywhere near the dentist, and with the bus service being what it was, he would have a long list of possible excuses as to why he didn't make his appointment.

Excuse 1. The driver went the wrong way and the bus got stuck under a low bridge. A group of scientists then had to miniaturise it so it could get on its way, and of course this took time, as they had to invent the miniaturisation machine first.

Excuse 2. The fattest man in the world stepped on to the bus and it toppled over on to its side.

Excuse 3. I got on the wrong bus, one which was actually being used by a motorcycle display team to jump over.

Excuse 4. The bus was delayed for hours as it stopped at the zoo and a waddle of penguins tried to get on, but none of them had the right change and the driver became quite irate.

Task Can you compete with Alfie and his ingenious and fantastical excuses? Create excuses for not tidying your bedroom. List 3 excuses for not tidying your bedroom.

Excuse 1	
Excuse 2	
Excuse 3	



Study the image carefully. How do you think Alfie is feeling as he is sat in the dentist chair? What do you think is going through his mind?

Imagine you are Alfie and write a diary entry about his visit to the dentist. Write in sentences. Remember capital letters and full stops.



Dear Diary,

Today I

I felt

Good night Diary!

THURSDAY PM

Tutor Group

Week 7

On Thursday afternoons, we are going to be looking at our physical and emotional wellbeing. This means we are going to look at ways for us to feel better both in our bodies and our minds. .

- Follow another of Andrew's videos here:
<https://youtu.be/LloIRO5R3ys?list=PLc0asrzrjtZJWljYTAwKM6mdb4RfoiSxx>
- Anxiety and worry are normal everyday feelings which can help to motivate and protect us. Lets see how we can notice and explore these feelings. See worksheet 1 week 7 or look here :
- <https://www.place2be.org.uk/media/ztvmkdtw/the-art-room-at-home-calm-project.pdf>

Week 8

Lets look at our physical and emotional wellbeing. This means we are going to look at ways for us to feel better both in our bodies and our minds.

- Follow another of Andrew's videos here:
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- <https://www.place2be.org.uk/media/ztvmkdtw/the-art-room-at-home-calm-project.pdf>

The Art Room At Home Calm Project



Anxiety and worry are normal everyday feelings which can help to motivate and protect us. At this time many children and young people may be feeling more anxious as we leave the coronavirus lockdown. This project offers space to notice and explore these feelings. The four creative activities encourage children to spot, settle, soothe and share their worries so these feelings do not become overwhelming. By doing this children can be helped to feel calm.

Activities

There are 4 activities in this project. Each one offers a different way of supporting children to manage anxiety and worry, described in 'Activity Aim'. Feel free to choose which activities would be most helpful for your child.

Materials

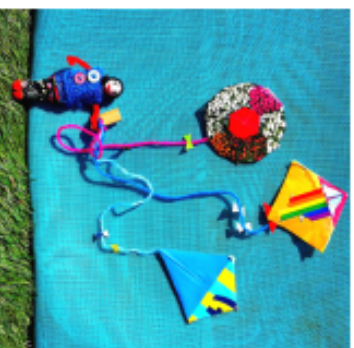
- recycled & natural materials
- paper
- coloured pencils/pens
- scissors and glue/tape



Project inspiration

Check out this document for more images, stories, activities and music which can be calming to listen to while you create. We recommend using these extra ideas alongside this project sheet to help inspire your art.

[Download additional resources](#)



Share your creations

We'd love to see your artwork! Share photos of your creations with us on social media:

[@Place2Be](#)

[Place2Be](#)



Activity 1: Spot your worries



Imagine

Read this story 'Me and My Fear' by Rebecca Sanna



It is on YouTube to read or watch:
<https://bit.ly/3h6S7um>

Listen to our Calm Project Playlist on Spotify:
<https://spot.fi/3j1tDP>



'Emotions Wheel' by Todd Atkins

'Body Maps': We can feel emotions in our bodies. These drawings are by children noticing where they feel happy or angry. More on body maps in our Additional Resources



'A Little Spot of Anxiety' by Diane Alber
You can read the story here:
bit.ly/3exE7Ci



Create

You will need:

- paper/card or card
 - coloured pencils/ pens/ crayons / paint
- Optional:
- scissors and glue
 - recycled magazine paper or newspaper
 - old fabric and string / elastic band / pipe-cleaners

Creative Activity:

1. Draw an outline of a heart or your hand on blank paper or card.
2. Make a key using different colours, patterns and shapes for each of your worries and/or feelings.
3. Fill your outline with the colours and patterns from your key using coloured pens, pencils, crayons and/ or paint. Things can even be pasted onto it.
4. Instead, you can make an envelope or tie a piece of cloth at the top like a bag to put your worried feelings, thoughts and drawings. It can be decorated as pleased.

For instructions on how to make an envelope, see link:
<https://bit.ly/3e2tM9f>

Activity Aim

- To notice and think about feelings and worries through drawing



Explore

- If you had a friend called Fear like in 'Me and My Fear', how would you describe them? Would they change from small to big sometimes?
- Take a look at the 'Body Maps' picture in the Inspire section, and imagine how you would colour an outline of your body when feeling worried? (See our additional resources if you're interested in exploring this further.)
- The child in the story felt alone before learning that other children also had "secret friends called Fear." Have you ever been through something similar?



Share your creations

We'd love to see your artwork! Share photos of your creations with us on social media:

• @Place2Be
• @Place2Be
• @Place2Be
• @Place2Be

Worksheet 2 Week 8



Activity 2: Settle your thoughts



Imagine

Read this story 'Charlotte And The Quiet Place' by Deborah Sosin



It is on YouTube to read or watch:

<https://bit.ly/3B5SRBz>

Listen to our Calm Project Playlist on Spotify: <https://spoti.fi/3J111DE>



'Eye Candy' by Bruce Grey



'Synchopated'

Accompaniment by Franciszek Kupka



'Yellow-Red-Blue' by Wassily Kandinsky

Activity Aim

- To use drawing, colouring and pattern making to help you settle



Create

You will need:

- paper or card
- pencil
- small household objects you can draw around
- colouring pencils or pens

Creative Activity:

1. Collect some small objects from around your house such as coasters, lids, coins, cups and jigsaw pieces. Have fun finding unusual shapes too!
2. One by one, draw around each object with pencil on paper or card. Make sure that the outlines of different objects overlap so that there are more sections of different shapes and sizes.
3. Colour each section with pink, and/or coloured pens, crayons or pencils.
4. Look at your creation and see how many objects you can spot! Show it to someone else and see if they can guess which objects you draw around!



This pattern was made by drawing around a mug!



Explore

- What was it like to pay attention to colouring in your pattern?
- What was it like for Charlotte when she finally found her quiet place in the story? Do you have a quiet place?
- Charlotte listened carefully to her breath to find a calm and quiet place inside herself. Some people might also find it relaxing to colour and draw. What helps you feel settled?

Share your creations

We'd love to see your artwork! Share photos of your creations with us on social media:

• [@place2be](https://www.instagram.com/place2be) on Instagram

• [Place2Be](https://www.facebook.com/place2be) on Facebook

FRIDAY AM PE

**Your PE on Friday Mornings will be the same each week.
Get someone to email me a photo of you joining in.**

Whilst you are at home you are probably moving and walking less than normal so it is even more important that you do something physical each day.

- Warm up – Joe Wicks 5 mins warm up - <https://www.youtube.com/watch?v=pnKCGY9ZocA>
- Go outside – jog around the garden for 10 mins, set yourself a start and finish point, ask someone to time you, can you beat last week's time?
- Go back inside – complete a cosmic yoga session on you tube - https://www.youtube.com/watch?v=GM616bRA_uw

Extra Activities

If you are lucky enough to have a garden at home, get outside and do your exercise there.

Play football/basketball/cricket etc in the garden. Get everyone involved and set up a household game

Teacher: Mrs Appleyard email: aappleyard@mhs.bfet.uk

FRIDAY PM

Computing

Week 7: This week students will be learning about websites. In this lesson, students will explore and review existing websites and evaluate their content. Follow the lesson using this link and then complete the quiz at the end:

<https://classroom.thenational.academy/lessons/what-makes-a-good-website-c9gkcc>

Week 8: Continuing with websites and looking at web page layouts. In this lesson, students will look at the different layout features available in Google Sites and plan their own web page on paper. Follow the link for the lesson and design your own web page using the worksheet.

<https://classroom.thenational.academy/lessons/how-would-you-lay-out-your-web-page-6djp2t>

Teacher: Mr R Barlow | email: rbarlow@mhs.bfet.uk