



Melland High School
BRIGHT FUTURES EDUCATIONAL TRUST

3C - Remote Learning

Each day try to follow the usual timetable for 3C.

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.

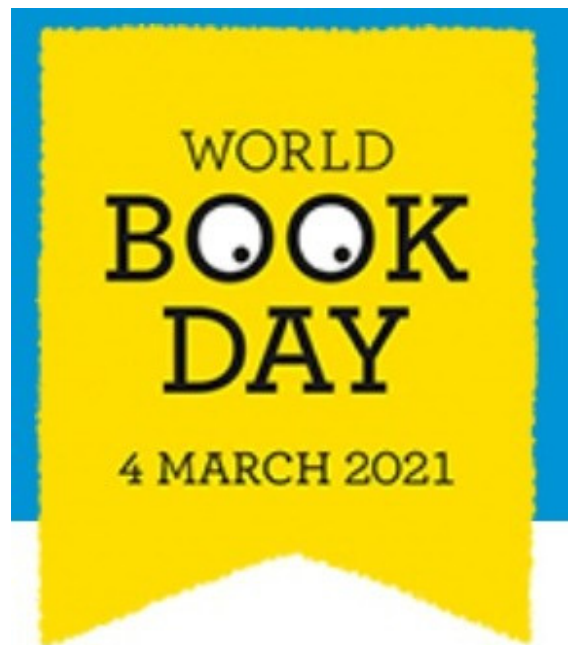
Tutor: kcasey@mhs.bfet.uk

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

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



Melland High School
BRIGHT FUTURES EDUCATIONAL TRUST

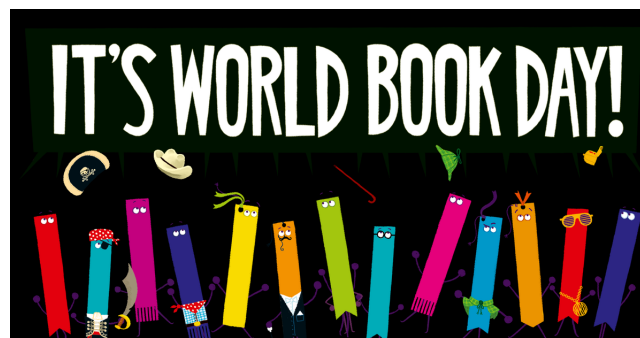


World Book Day is a brilliant opportunity for everyone to celebrate the joy of reading. We hope that students are celebrating at home or at school by sharing stories, games and activities. Reading and sharing books is the perfect lockdown activity for everyone to enjoy.

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

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?

Have Plenty of Rest and Sleep

Our bodies will tell us when we need a rest. Sometimes when we are playing, we will need to stop for a rest – especially if we have been running around!

We need to get lots of rest and sleep at night time too. Getting a good night's sleep helps our bodies to grow and makes us feel better. We will feel sleepy if we do not get enough sleep and this means we are not able to learn or play properly.



What do you do before you go to bed? Do you like having a bedtime story?



An Amazing Fact a Day

The Importance of Sleep



Amazing Fact

In 1964, Randy Gardner, a 16-year-old American high school student, stayed awake for 11 days and 24 minutes. He was monitored throughout that time by a team of scientists who wanted to study the effects of sleeplessness.

Challenge

Every living creature sleeps, from the smallest insect to the largest whale. Some animals spend as many as 20 hours a day sleeping! While children and adults don't need to sleep quite so many hours as this, our sleep is just as important. We need sleep to keep us healthy, happy, and doing our best!

Sleep hygiene describes how healthy our sleeping patterns are.

Complete the table in order to think about how effective your sleep hygiene is.

You could also try to find out:

- how staying awake for long periods affects the human body and brain;
- whether anyone has beaten this time;
- why the Guinness Book of Records do not keep a record for this category;
- how long the longest sleep ever recorded is.

Sleep Hygiene	Answer
Time I go to sleep:	
Time I get up:	
Number of hours of sleep per night:	
My sleep distractions include:	
My transition to sleep	
An hour before I go to bed I...	
Half an hour before I go to bed I...	
Right before I go to bed I...	
What I should avoid before sleeping:	
Things which help me fall asleep:	

Talking about How We Are Feeling

How do you feel today? Sometimes we feel happy, other times we may feel sad. By talking about how we are feeling, we can celebrate the happy and exciting things and support each other to feel better when we feel unhappy or worried.

You can talk to your family, friends and grown-ups. Other people can help you work out how to solve a problem, or sort out things you are worried about.

It is very important to tell a grown-up if you don't feel well or if you hurt yourself so that they can help you to help better.

It is fun to share things that make you happy too! What makes you happy? Can you tell a friend how you are feeling? Try telling a grown-up too.



[back](#)

Feelings

d v f h l a t y b s a d
s n o h o p e f u l t x
c f r v n u x i s v e b
a w t n e e c i n p a o
r g w r l a i k e s r b
e n x r y m t w r u f i
d e u e r j e a l o u s
g r a i t v d s e t l a
s v v f a f r a i d k n
w o r r i e d y b d o g
n u u d s h y k b t i r
j s e f w r i h a p p y

angry

worried

jealous

afraid

sad

nervous

lonely

happy

hopeful

tearful

scared

excited

shy



Which Emotion?

Read through these following scenarios and draw on the face opposite to show what you think the person is feeling. You can write words around the face to describe what they are feeling in more detail, or even what they might be thinking!

1. It is their first day at secondary school. They have arrived at the school door and can't see anyone they know.



6. This person has moved house today, and is sleeping in their new bedroom for the first time.



3. This person is going on holiday today and is on their way to the airport to get on the plane.



4. This person is sitting at a desk getting ready to do a test/exam.



5. This person is standing up in assembly to receive an award.



2 / 3



MONDAY PM

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

- The focus is on compound words.



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

Compound Words

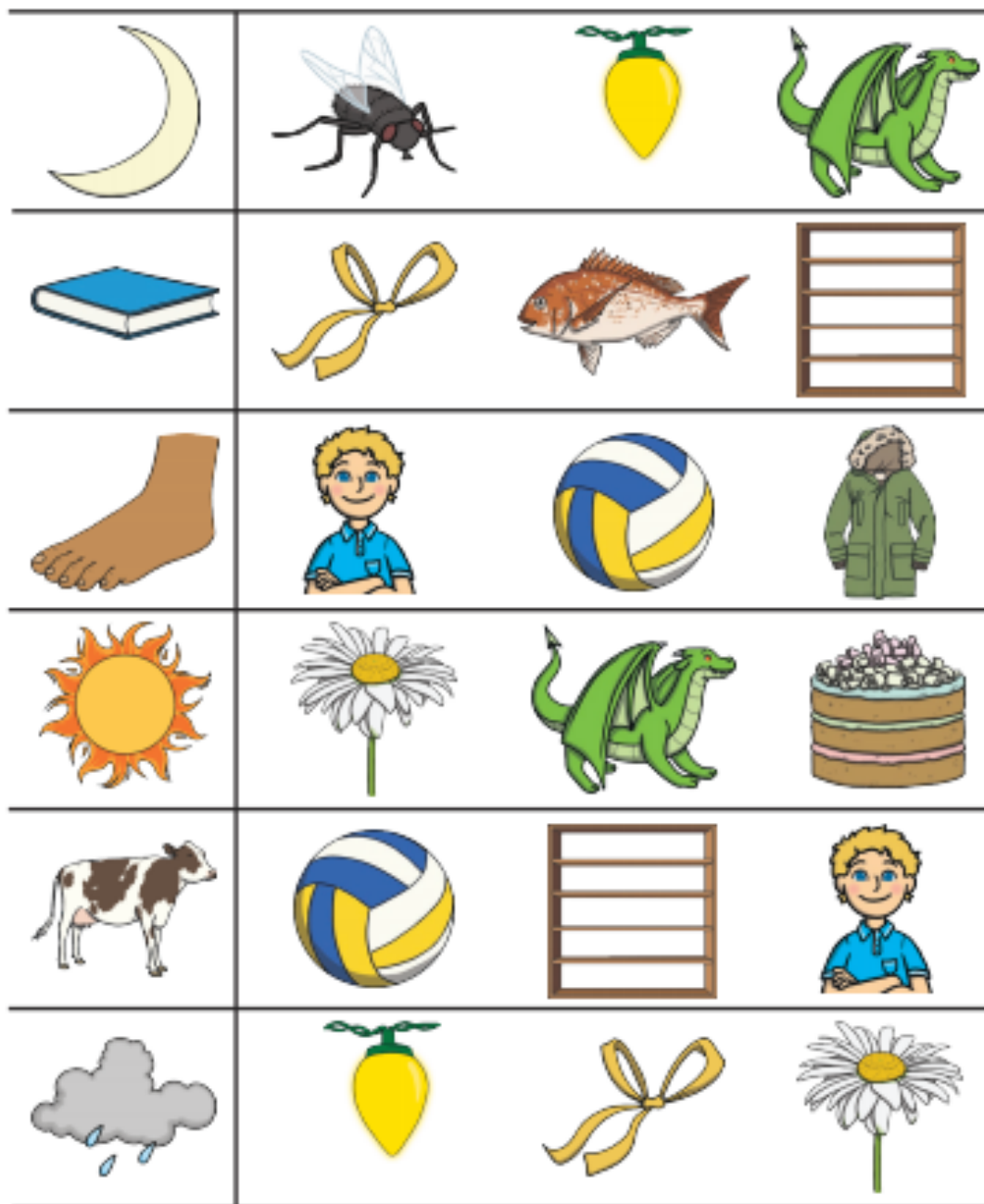
Week 8

Look at the pictures

Circle the pictures that make the compound words

Compound Words

Look at the pictures and circle the one that makes a compound word.



Tuesday AM - 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

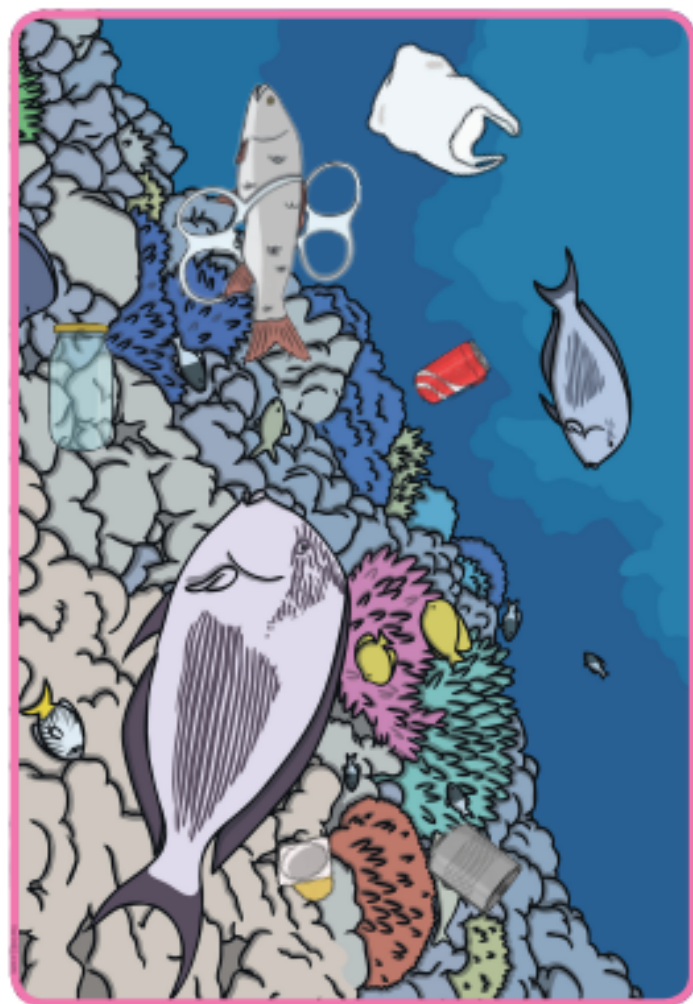
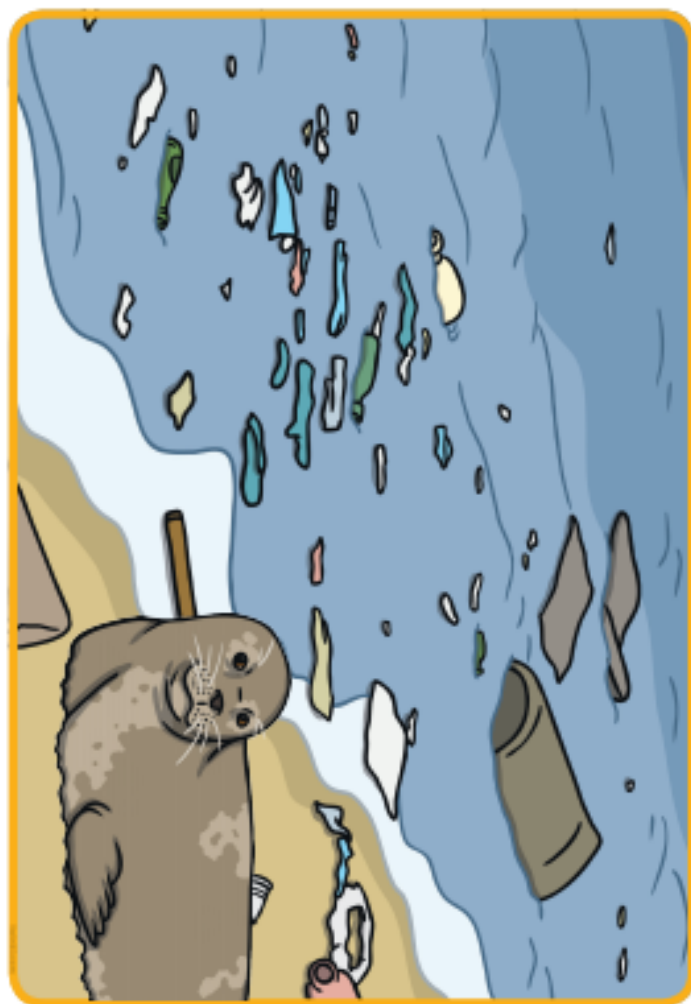
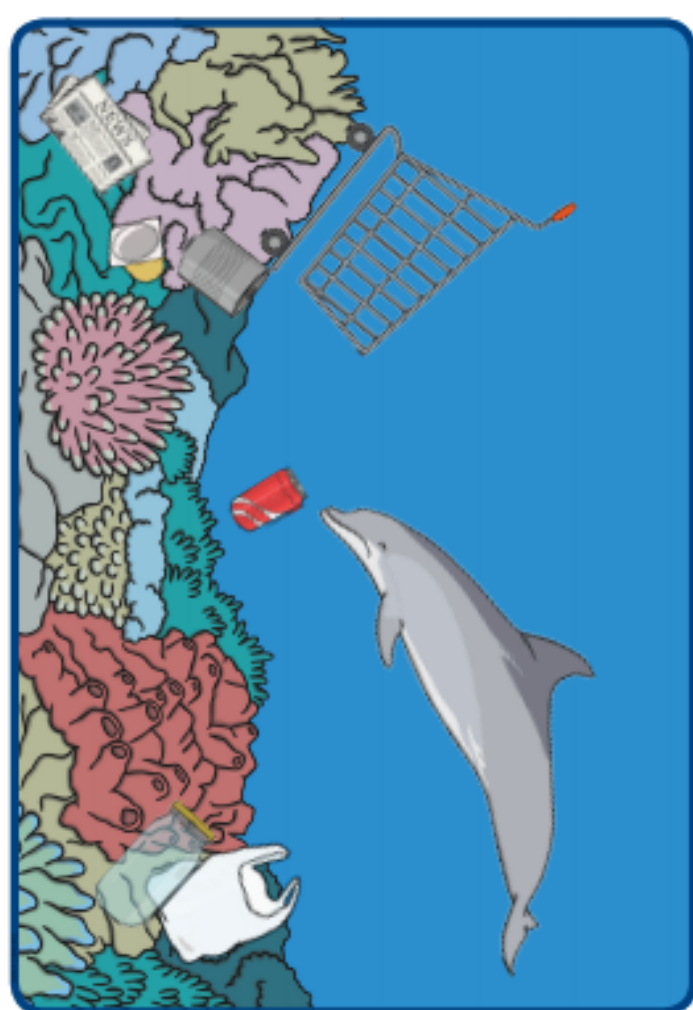
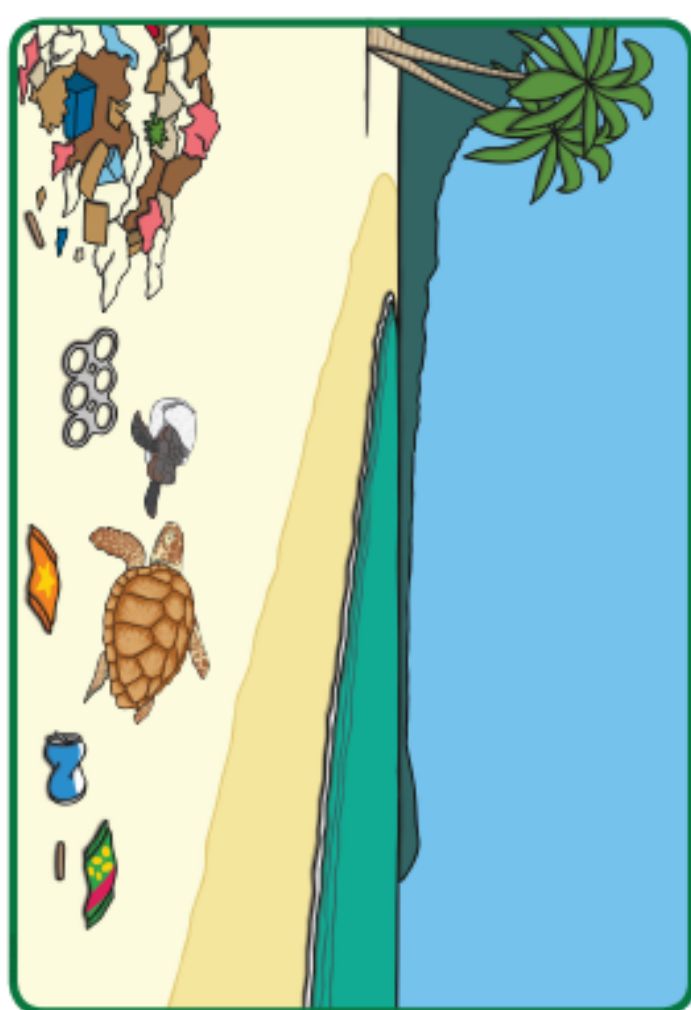
This week will look at **air pollution**.

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.

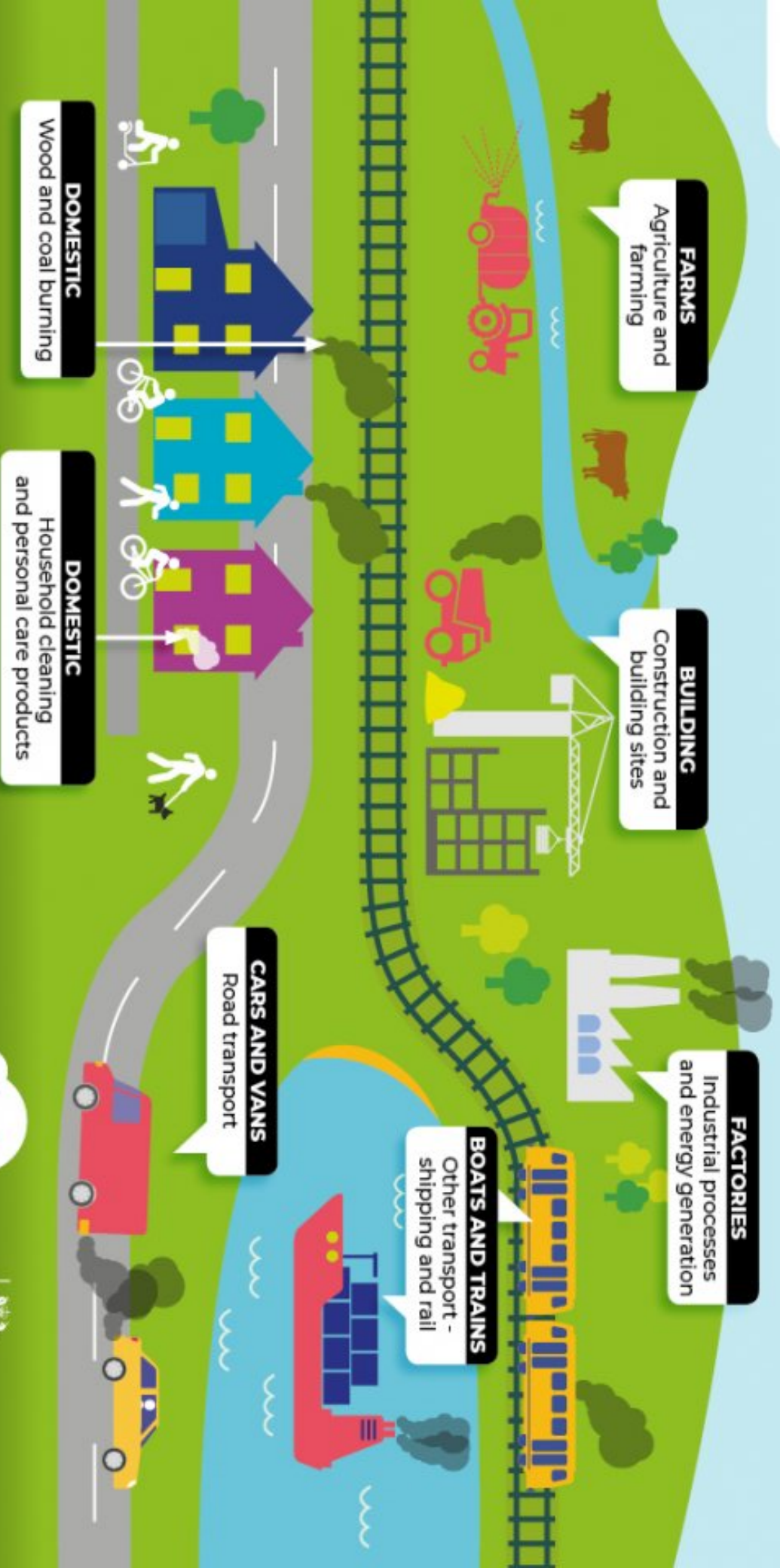
What? What kinds of pollution can you see in the pictures?

Where? Where is the pollution?

Who? Who is the pollution effecting?

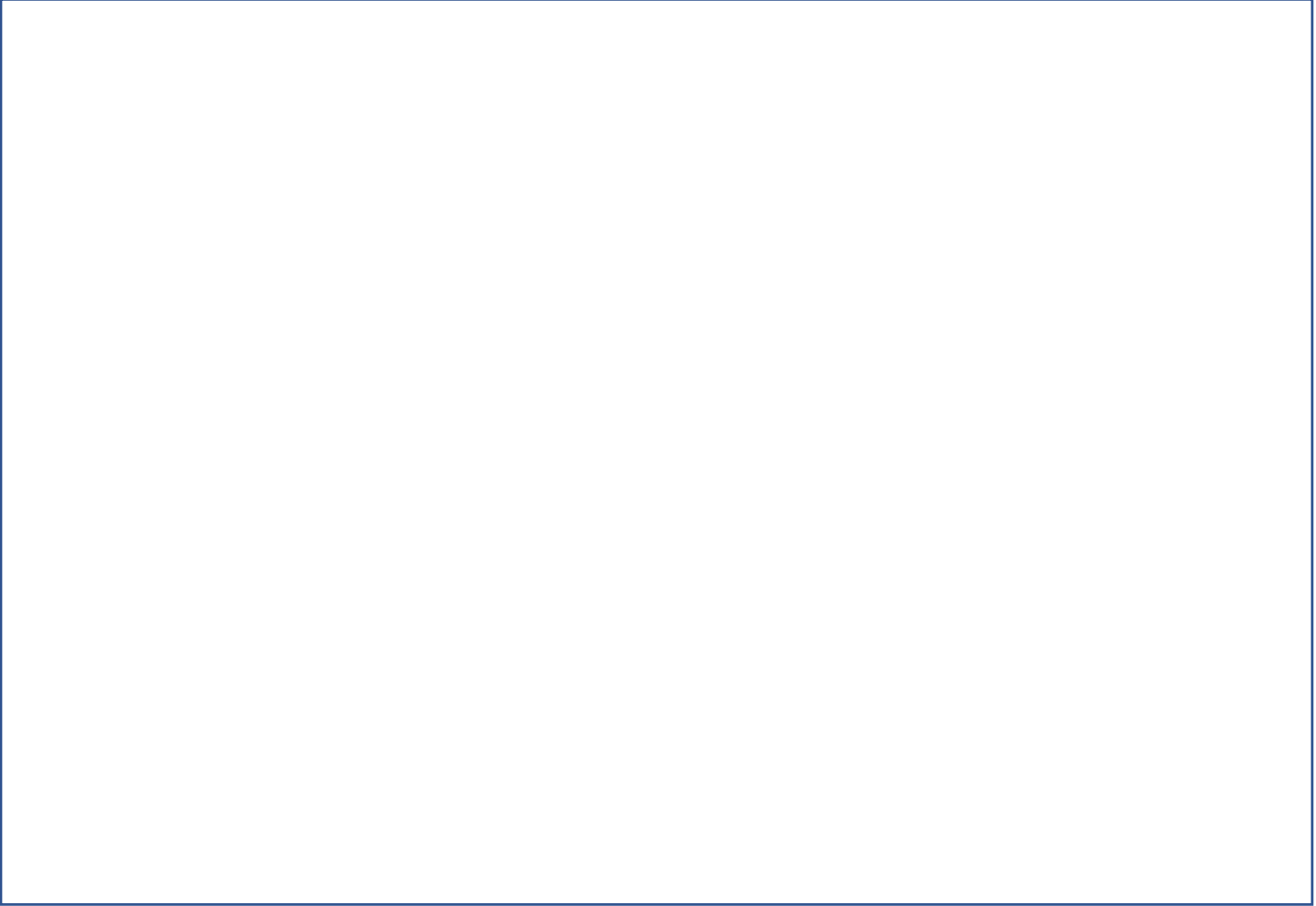
Why? Why do people pollute?

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?

TUESDAY AM

Computing

Week 7: this week we are looking at computer databases. In this lesson you will use a database on a computer. You will sort data to answer question. You will compare using a paper-based database with a computer database.

Use the link to access the work:

<https://classroom.thenational.academy/lessons/computer-databases-c8uk2d>

Week 8: This week you will use another database. In this lesson you will search and order a database to answer questions. Use the link to access the work:

<https://classroom.thenational.academy/lessons/using-a-database-61jkcd>

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

WEDNESDAY AM

Maths


Week 7 – Division

Try this for a division starter...
(You could use real objects to help
You divide equally).

(The two times table might
help here too!)

One-Step Division Word Problem:
Exact Answer

A group of 10 children is divided into groups of 2 children.
How many groups will be formed?



$10 \div 2 = \dots$
There will be \dots groups.



Complete this [worksheet](#) on sharing equally.
Make sure each minibeast has the same
Number of leaves!



Once complete ask your parent or carer to take a picture and
email: Kcasey@mhs.bfet.uk

Week 8 – Position and Direction

Follow this link to play some fantastic games based on direction,
compass points, map reading, coordinates and more:

<https://www.topmarks.co.uk/Search.aspx?q=position%20and%20direction>

Now it's your turn. You could try using real pennies or even just a
number line.

Have a go at this [worksheet](#) 😊

Don't forget a new **SUMDOG** challenge is
now available to win House Points!



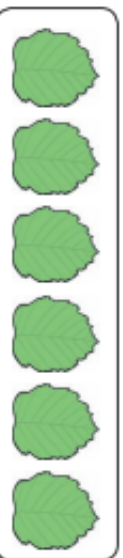
Username: first name
Password: meerkats
School code: melland

Teacher: Mr Casey

| email: KCasey@mhs.bfet.uk

Feeding the Minibeasts

Can you share the leaves equally between the minibeasts? Write the number of leaves in each circle.



What's the Position?

Cut and paste the correct words to describe the position.



The bear is

the table.



The duck is

the grass.



The turtle is

its shell.



The frog is

of the lily pad.

WEDNESDAY PM

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?



THURSDAY AM

Maths

Week 7 – Division

Word Problem Challenge: I can see 8 shoes lying on the floor. How many people have taken their shoes off?

$$8 \div \underline{\quad} = \underline{\quad}$$

Our next [worksheet](#) is similar to last week but with slightly harder examples. Good luck!



Username: first name
Password: meerkats
School code: melland

Also remember to login to [Sumdog](#) for house points!

Week 8 – Position and Direction

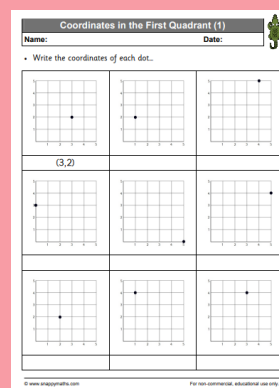
Home Starter Activity: Try playing some of these online games dealing with position, direction, coordinates, compass points and more!

Have a go at this [worksheet](#) on coordinates.

Remember: when reading or writing coordinates we always start with the horizontal (bottom line) number then the vertical (up line) number.

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

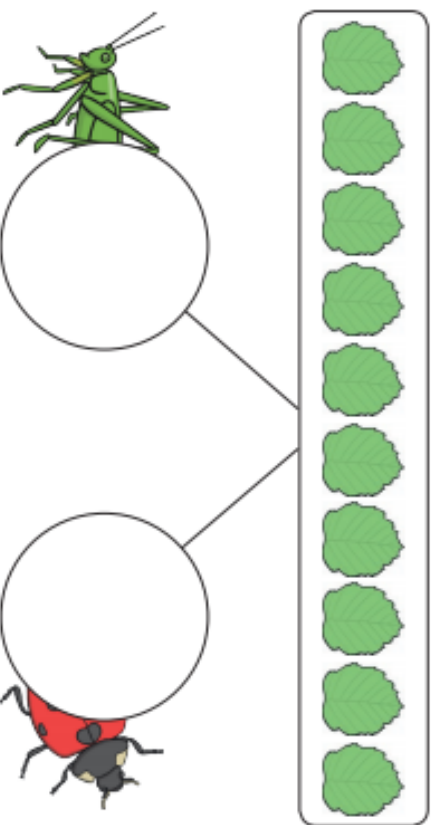
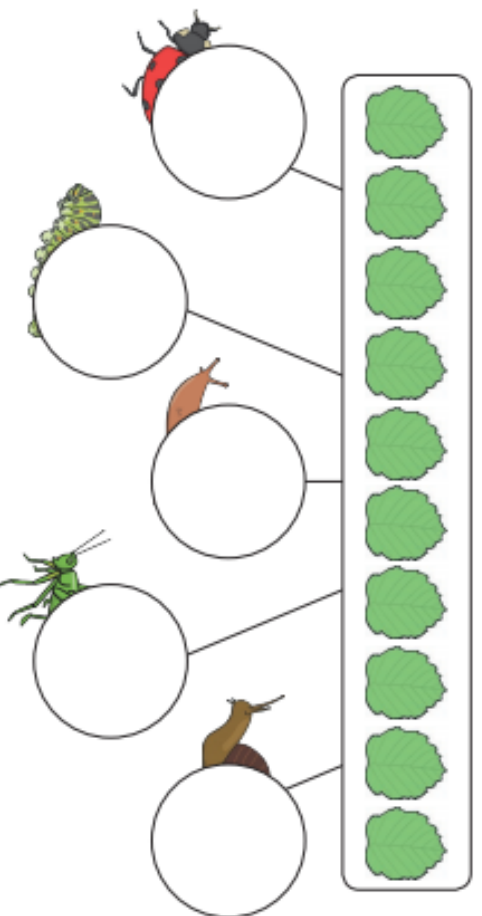
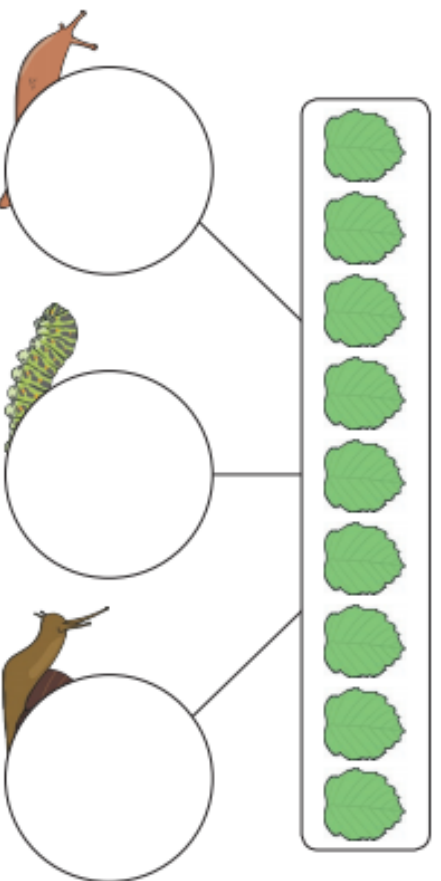
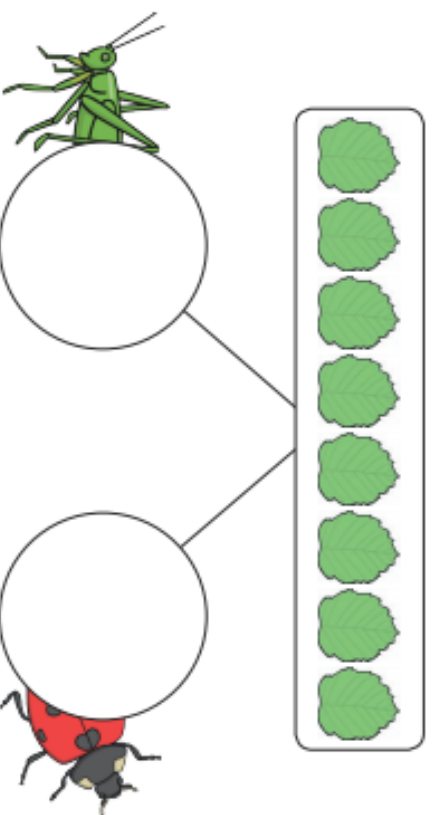
Remember to [LOGIN](#) to sumdog to earn house points too!



Teacher: Mr Casey | email: KCasey@mhs.bfet.uk

Feeding the Minibeasts

Can you share the leaves equally between the minibeasts? Write the number of leaves in each circle.



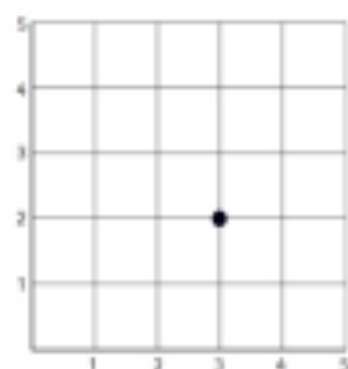
Coordinates in the First Quadrant (1)



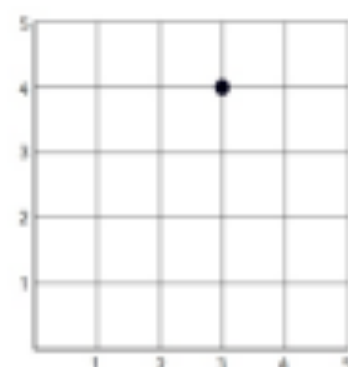
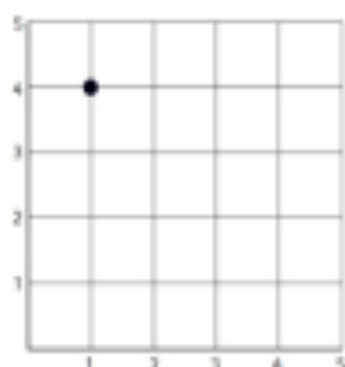
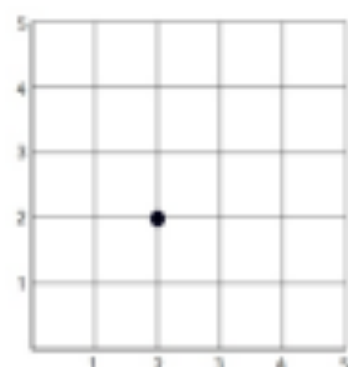
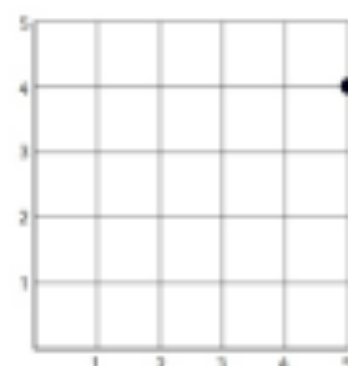
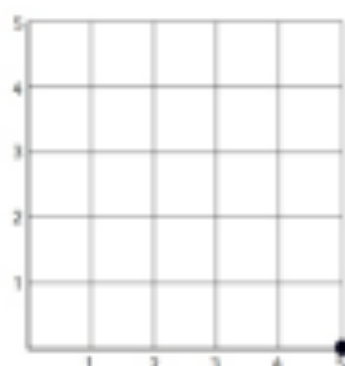
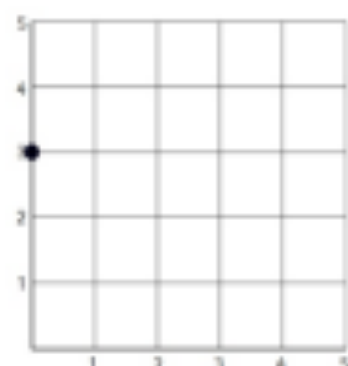
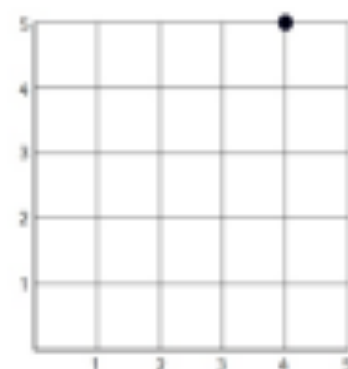
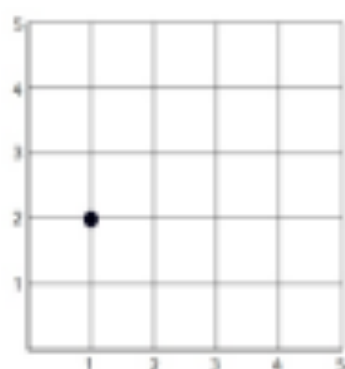
Name: _____

Date: _____

- Write the coordinates of each dot...



(3,2)



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 5 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:
- <https://youtu.be/nvWkGsYNthg?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 2 week 6 or look here :
- <https://www.place2be.org.uk/media/ztvmkdtw/the-art-room-at-home-calm-project.pdf>

Teacher: Mr Casey

email: KCasey@mhs.bfet.uk

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

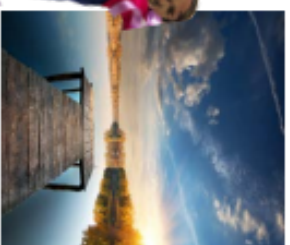
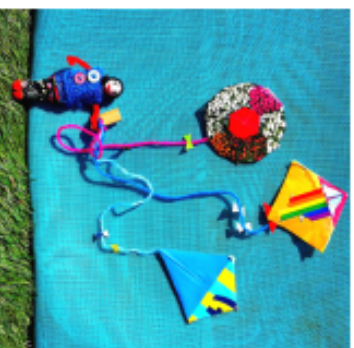
- recycled & natural materials
- paper
- coloured pencils/pens
- scissors and glue/tape



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/3h657um>

Listen to our Calm Project Playlist on Spotify:
<https://spoti.fi/3j1ttDP>



'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

'Emotions Wheel' by Todd Atkins

'A Little Spot of Anxiety' by Diane Alber
You can read the story here:
bit.ly/3exE7Cj



Activity Aim

- To notice and think about feelings and worries through drawing



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/3eztM9f>



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



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 3' by Bruce Grey

'Syncopated' 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:



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 min warm up - <https://www.youtube.com/watch?v=pnKCGY9ZocA>
- Go outside – jog around the garden for 10 min, 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: Mr Casey

| email: Kcasey@mhs.bfet.uk

FRIDAY PM

English

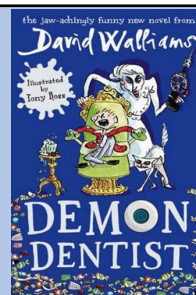
Week 7

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>



Then write a character description about Alfie's friend Gabz. Ask your parent/carer to help you to read and write the words.

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. Ask your parent/carer to help you write/copy the words.

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

short little thin long nose small eyes long hair dreadlocks



This is Alfie's friend Gaby. Ask your parent/carer to help you read the extract below:

Gabriella or Gaby, as she preferred to be called was short for her age in fact she was the shortest kid at Alfie's school. She was shy and no one had heard her speak, despite her having been at the school now for a whole term. Most of the time Gaby hid behind her curtain of dreadlocks, not making eye contact with anyone.

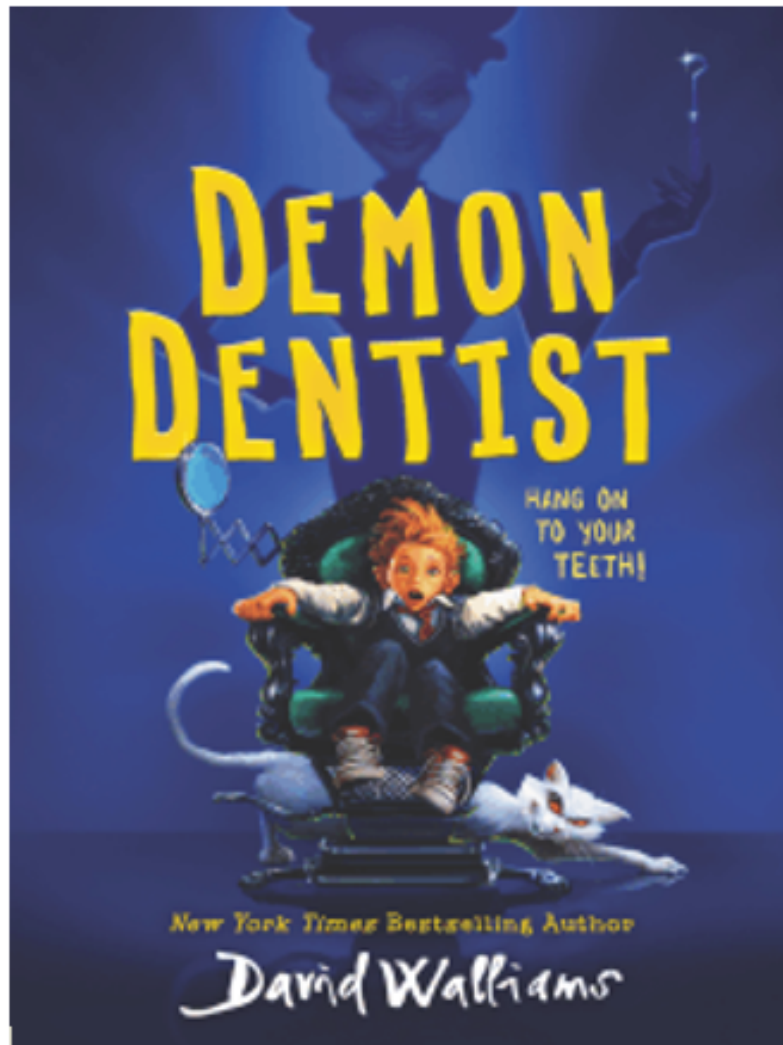
Can you think of words to describe Gaby? Write a list of words to describe Gaby.



is the girl?



does the girl look like?



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?

Week 8

Ask your parent/carer to help you read and write the words. Choose the words for the sentences.



Dear diary

I went to the dentist today. I sat in the chair.

I am feeling

_____ and
_____. I am

_____.

happy
excited



scared
afraid

