

**Class:** Fourth Class     **Week beginning:** Monday the 1<sup>st</sup> of March.

Hi Girls- World Book day is this Thursday.

I have included a padlet of resources that you may look at during the week - Here it is

<https://padlet.com/misseagers/h3lh3eb1y9r7s56k>

Engineer's week is also this week- there are loads of opportunities throughout the week to get into the swing of some STEM activities.

Please take note of our zoom times ☺

Tues: 2:05

Wed: 1:20 ( with Ali)

Thursday: 1:20

See you all Tuesday for our zoom.

Ms. Eagers

[eiliseagers@smtullow.ie](mailto:eiliseagers@smtullow.ie)






Zoom Meetings Date and time: : **VERY IMPORTANT: YOU CAN ONLY ACCESS ZOOM MEETINGS BY ENTERING THE MEETING ID INTO YOUR ZOOM APP. YOU WILL NO LONGER BE FOLLOWING A LINK DUE TO INCREASED SECURITY MEASURES.**

**Topic: Fourth Class Zoom**

Tuesday 2:05 Meeting ID: 941 1615 8989

Thursday 1:20 Meeting ID: 951 0831 2161

Monday 1<sup>st</sup> of March

Subject	Task	Activity	Resource	Sub
English	Comprehension.	<p>Spell Well: pg 46 Week 22 A &amp; B</p> <div> <h3>Five Formidable Female Engineers</h3> <p>The word 'engineering' means 'making things work'. This could be in inventing or improving machines, how things are made or how things work. Engineers use maths, science and technology to solve problems, design, build and invent.</p> <p>Many of us have heard all about great engineering men such as Isambard Kingdom Brunel, who is famous for his railways, bridges, ships and tunnels, but what about the women? Have you ever heard of Hedy Lamarr or Peggy Johnson? No? Well, read on to find out more...</p> <p><b>Hedy Lamarr 1914 - 2000</b></p> <p>Hedy Lamarr was a famous Hollywood actress, which is a great achievement, but she was also an important inventor. She was born in Austria and moved to America where she worked on developing radio technology to let messages to be sent secretly during the Second World War. This technology is how mobile phones and Wi-Fi work today.</p>  <p><b>Maggie Aderin-Pocock 1968 -</b></p> <p>You might have seen Maggie Aderin-Pocock on the television as she is keen to help people learn about space and science. She started her career at the Ministry of Defence and then moved into the world of space projects. Since 2014, she has presented The Sky at Night and other educational programmes.</p>  <p><b>Stephanie Kwolek 1923 - 2014</b></p> <p>Stephanie was an American chemist from a Polish family. She worked for a company where she found that by mixing certain chemical plastics called 'polymers', a new material was made – this was named Kevlar. It was very strong and light so it is used in many products, e.g. vehicle tyres and bulletproof vests.</p>  </div>	<p>Spell Well</p> <p>WordWise Dictionary</p>	YES

## Five Formidable Female Engineers

### Kalpana Chawla 1962 - 2003

Kalpana was from India, where she gained a degree in aeronautical engineering. After that, she travelled to America where she gained another master's degree in aerospace engineering. If that wasn't enough, she went on to gain a second master's degree and a PhD in aerospace engineering with the aim of becoming an astronaut – she became the first Indian woman in space.



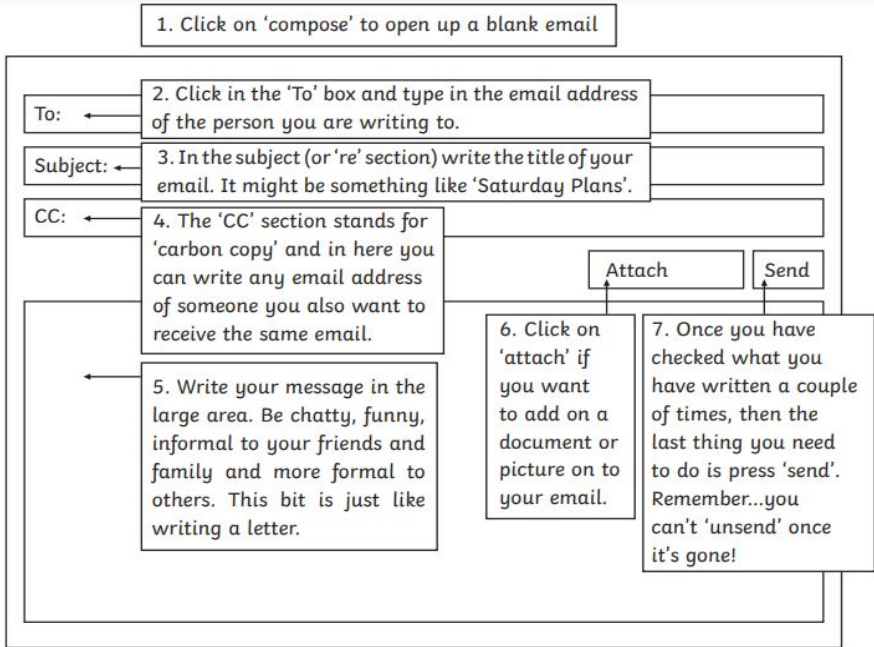
### Peggy Johnson 1963 -

Peggy Johnson was named the number one Most Powerful Female Engineer in 2017. She started with a degree in electrical engineering before spending twenty-four years working for Qualcomm and then on to become an Executive Vice President for the famous computer company Microsoft.

- 1) What does Engineering mean?
- 2) What was Healy Lamarr famous for?
- 3) What show does Maggie Adern- Pocock present?
- 4) What is Kevlar used in?
- 5) Why is Kalpana Chawla well known?
- 6) What did Peggy Johnson become famous for?

Gaeilge	Graiméar: An Féilire	<p>Work to be done: <a href="https://drive.google.com/file/d/1xQINJcaNKqzNA83Q4PLoEDulezs_6a3/view">https://drive.google.com/file/d/1xQINJcaNKqzNA83Q4PLoEDulezs_6a3/view</a></p>		
Maths	Division	Work It Out Week 19 Tuesday 14- 20 *Planet Maths pg 104 B & C		YES
Religion	Lent	<p>Have a look at the Lent Act of Kindness Calendar at the end of the plan and see can you follow it.</p> <ul style="list-style-type: none"> <li>Go onto this website girls and click on <a href="#">Kindness - A Photo Story from South Sudan PowerPoint</a></li> </ul> <p><a href="https://www.trocaire.org/documents/kindness-a-development-education-resource-for-senior-primary-2/">https://www.trocaire.org/documents/kindness-a-development-education-resource-for-senior-primary-2/</a> Write three things you've learned from this photo story.</p>		yes
SESE		Try this online game to create a railway . <a href="https://network-rail.github.io/connecting-the-railway/">https://network-rail.github.io/connecting-the-railway/</a>		YES

**Tuesday 2<sup>nd</sup> of March**

Subject	Task	Activity	Resource	Sub
English	Comprehension /Oral Language.	<p>Spell Well pg 46 C &amp; D Genre work: Writing to socialise: Send an email to Ms. Eagers inviting me to a zoom party. CC your mother or father's email address The zoom party is on Saturday 6<sup>th</sup> of March at 2pm. The aim of the zoom party is to discuss ideas for St. Patrick's Day. Tell me what you would like to discuss/ what are your ideas for St. Patrick's Day? Tell me if you would like me to wear a certain colour. ATTACH A POSTER OF A ST PATRICKS DAY VIRTUAL PARADE THAT YOU MADE TO THE EMAIL.</p> 	Spell Well Copy/ Page	YES
Gaeilge	An Aimsir	Read along to the story. <a href="https://drive.google.com/file/d/1UuBWfdwdu-DF57LwYeuvjgN9dsDn7Q9u/view">https://drive.google.com/file/d/1UuBWfdwdu-DF57LwYeuvjgN9dsDn7Q9u/view</a>	Video	
Maths	Division	Work It Out Wednesday- week 19 1-12 Zoom Call : Dividing hundreds and mind the zero. After the zoom call Planet Maths pg 105 A & B		YES
P.E	Fundamental Skills- Kicking	Warm up: <a href="https://www.youtube.com/watch?v=AsLjncVZ4N4">https://www.youtube.com/watch?v=AsLjncVZ4N4</a> Kicking Skills: <a href="https://vimeo.com/425131385">https://vimeo.com/425131385</a>		
SPHE	Well - Being	Guided Visualisation: At the seaside <a href="https://soundcloud.com/user-547419318/seaside-relaxation-visualisation-for-children-guided-by-nuala">https://soundcloud.com/user-547419318/seaside-relaxation-visualisation-for-children-guided-by-nuala</a>		YES



## Sun Breathing



### Sun Breathing Technique

Sit in a comfortable position with your hands placed gently on your lap. Inhale, reaching one arm up high to grab the sunshine. Exhale through your mouth with a strong 'hah' sound as you pull this sunshine down towards your heart. Inhale and reach up with the opposite arm. Exhale with a 'hah' sound, drawing the sunshine towards your chest.

5

## WELLNESS JOURNAL



Date: \_\_\_\_\_

Happy Thoughts

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

Water

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐



Fruit & Vegetables

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐



Exercise

Time: \_\_\_\_\_

Activity: \_\_\_\_\_



Draw a Happy Thought



\_\_\_\_\_



Things That Made Me  
Happy Today

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

Something good that happened to me today



\_\_\_\_\_



Your Wellness Journal.

Wednesday 3<sup>rd</sup> of March

Subject	Title of Task	Activity	Resource	Sub
English	Spell Well Grammar	<p>Spell Well: pg 47 E &amp; F The conjunctions are highlighted in bold. Have a look at them below and read the sentences.</p> <ol style="list-style-type: none"><li>1. The cherry tree has already bloomed <b>but</b> the apple tree has not.</li><li>2. It never truly feels like spring to me <b>until</b> I see my first daffodil.</li><li>3. The returning swallows swooped in the sky <b>and</b> the sun shone brightly.</li><li>4. He spotted the bird's nest <b>after</b> he heard the chicks chirping.</li><li>5. <b>If</b> there is a late frost, it may damage the growing plants.</li><li>6. I suffer from hay fever <b>whenever</b> the pollen count is high.</li><li>7. The farmer got little sleep last week <b>because</b> it was lambing time.</li><li>8. <b>Once</b> the rain had stopped, the bees began buzzing around the flowers again.</li></ol> <p>Write your own Spring themed sentences below.</p> <div><div>Challenge</div><p>Write three spring-themed sentences of your own using the conjunctions from the sentences above.</p><p>Choose one of your sentences and illustrate it.</p><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div></div></div>	Spell Well Wordwise	YES

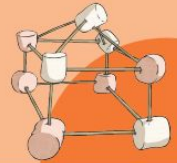
Gaeilge	Am aimsir	<p>Fregair na ceisteanna:</p> <p><a href="https://drive.google.com/file/d/1TT09sDMvyKP3O0qUeZQL4aCOkg34s85k/view">https://drive.google.com/file/d/1TT09sDMvyKP3O0qUeZQL4aCOkg34s85k/view</a></p> 		YES
Maths	Division	<p>Work It Out- Week 19 Wednesday 13- 20 Pg 106 A &amp; B    Video: Mind the Zero</p> <p><a href="https://drive.google.com/file/d/1BvROd09b1qK_RSJcKVqkBFiVI4TjiwM-/view">https://drive.google.com/file/d/1BvROd09b1qK_RSJcKVqkBFiVI4TjiwM-/view</a></p>	Work It Out Planet Maths	
Music- Zoom		<p>You will need a plastic or paper cup.    Try &amp; Practice with video girls on the cup game.</p> <p><a href="https://www.youtube.com/watch?v=Y5kYLOb6i5I&amp;feature=youtu.be">https://www.youtube.com/watch?v=Y5kYLOb6i5I&amp;feature=youtu.be</a></p>		
SESE	Engineer's Week		Mini marshmallows and toothpicks	Yes



Marshmallow Challenge

## Challenge 2

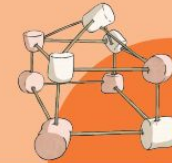
Build a pyramid using the marshmallows and toothpicks. It can be either a square based or triangular based pyramid.



Marshmallow Challenge

## Challenge 3

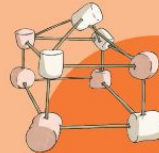
Build a tower using the marshmallows and toothpicks. It should be at least 3 toothpicks tall.



Marshmallow Challenge

## Challenge 4

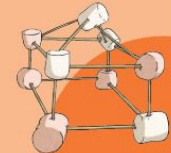
Build a bridge using the marshmallows and toothpicks. It should be at least 5 toothpicks in width.



Marshmallow Challenge

## Challenge 5

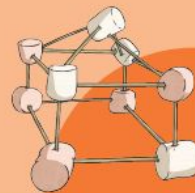
Build a perfectly symmetrical structure using at least 12 toothpicks and 8 marshmallows. (You can use more.)



Marshmallow Challenge

## Challenge 6

Build the tallest possible structure using exactly 20 marshmallows and 25 toothpicks.



Thursday 4<sup>th</sup> of March - World Book Day.

Subject	Title of Task	Activity	Resource	Sub
Maths		Week 19 Thursday 1-14 Planet Maths pg 106 C and pg 107 A Video: <a href="https://drive.google.com/file/d/1mnJhfiOsSongr4nX4IyyO31ZI-_6NRS4/view">https://drive.google.com/file/d/1mnJhfiOsSongr4nX4IyyO31ZI-_6NRS4/view</a>		
English	World Book Day	Dress up as your favourite character from your favourite book*Bring a book/ your favourite book to our zoom. *Here are some resources that you may enjoy during World Book Day ☺		YES

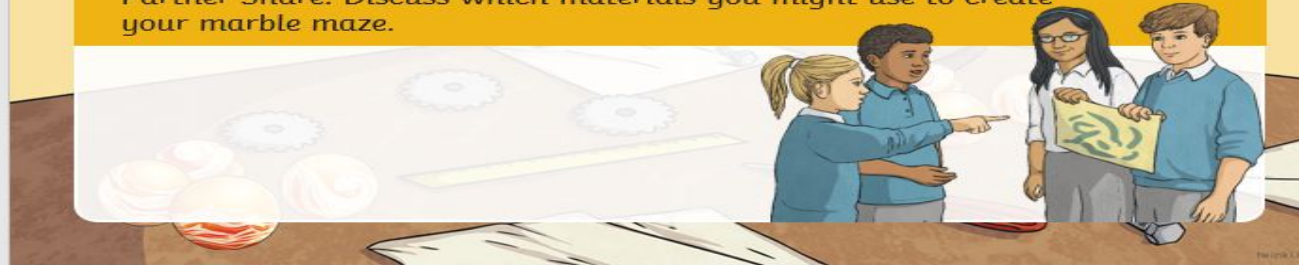
Gaeilge	Éist, scríobh agus tarraing.	<a href="https://drive.google.com/file/d/1KZOBcmghDhL_Hpv-vAPofQx9kvlJwvry/view">https://drive.google.com/file/d/1KZOBcmghDhL_Hpv-vAPofQx9kvlJwvry/view</a>		
Engineers Week	Build a Marble Maze			Yes

# Building a Marble Maze

Your task is to design your own marble maze.

- First, you will need to investigate which materials to use to construct the marble maze.
- Then, you will need to design and plan the marble maze.

Partner Share: Discuss which materials you might use to create your marble maze.



## Choosing Materials

- Decide which materials would be best for your marble maze.
- Decide whether the materials below are suitable or unsuitable for your marble maze. Explain your answers (even if you're unsure).

Material	Suitable	Unsuitable	Unsure
cardboard			
paper			
felt			
lolly sticks			
matchsticks			
straws			
string			

## Features of a Marble Maze



A Marble Maze will have two entry points.



You will need to create a number of different pathways inside your maze.



Your pathways will need to be wide enough to let your marble pass through.



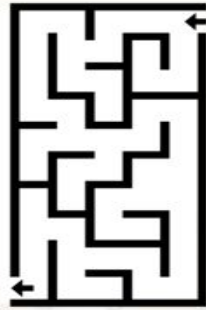
You can add in dead ends to increase difficulty.



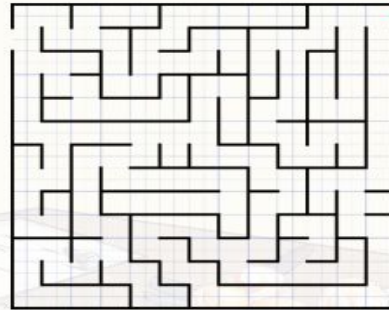


## Here's two examples of a maze.

Which do you think is the more difficult maze? Why?



"Simple Maze" by GEM is licensed under CC BY 3.0



"Maze Example Vector Object" by Roman Gaidad is licensed under CC BY 3.0



# Marble Maze Design


Now, it's your turn to create and build your own marble maze!

- First, you will need to draw and label a design of your marble maze.
- Then, you will choose the materials to use in your maze.

For an extra challenge, why not time how long it takes to complete your maze when you are finished!



**Fun Friday 5<sup>th</sup> of March :**

Subject	Title of Task	Activity	Resource	Sub
Engineering Show	Pre- recorded Show	<a href="https://www.youtube.com/watch?v=DGKaxh0urXg&amp;feature=youtu.be">https://www.youtube.com/watch?v=DGKaxh0urXg&amp;feature=youtu.be</a>		
P.E	GAA skills	<p>Warm up:Carlow GAA coaching is now online. They are offering free GAA football classes for our school <b>every Friday starting on the 26th February 2021</b>.These are optional free classes for anyone who would like to take part.The sessions will take place using <b>Microsoft Teams</b>.( See email for details on how to access the sessions). The coaches have advised <b>you will need a ball/ soft ball to take part</b> so please have one with you. <b>Links will be sent to your email</b> so please check it for access.</p> <p><i>The timetable for coaching classes is:</i> Fourth Class: Fridays @ 11am-12noo</p> <p>If it does not suit you to attend this session alternatively you can try this GAA Skills Class with TJ Reid. <a href="https://www.youtube.com/watch?v=gTpOssa3K0k">https://www.youtube.com/watch?v=gTpOssa3K0k</a></p>		
Art:	Crazy Hair	<p><a href="https://www.youtube.com/watch?v=8l_7WYhf0xM">https://www.youtube.com/watch?v=8l_7WYhf0xM</a></p> 		
Family Cooking		<p><b>WRAP HACK – Another TikTok/ Youtube sensation is the wrap Hack girls.I've been doing it since I saw it online and it is so tasty!! You don't have to fry the wrap in a pan- you can toast</b></p>	An adult to help. Ingredients	

		it in a George Foreman/ Sandwich maker or a toaster with a toastie bag either.Use any ingredients you have at home. <a href="https://www.youtube.com/watch?v=8-rTatXAKAA">https://www.youtube.com/watch?v=8-rTatXAKAA</a>		



# SUNDAY

# MONDAY

# TUESDAY

# WEDNESDAY

# THURSDAY

# FRIDAY

# SATURDAY

Ask if you can help to make the pancakes today

**SHROVE TUESDAY**

**17 ASH WEDNESDAY**  
Try not to eat any snacks today

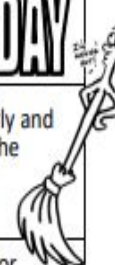
**18** Can you pick Missio Ireland as your charity to help during Lent?



**19** Thank God for all the little creatures on our planet



**20** Get up early and help around the house today



**21 1st Sunday of Lent**  
Pray for missionaries everywhere who are doing God's work in difficult conditions

**22**  
Tidy your bedroom today



**23** Thank God for your food and pray for children who are hungry



**24** Give someone you love a hug



**25** Pray for children who have nowhere safe to sleep



**26** Share your treats with others



**27** Pray for those who lost their jobs and need support



**28 2nd Sunday of Lent**  
Pray for our priests. They are celebrating Mass each day and missing everyone



**1 St David's Day**  
Pray for all the Davids you may know



**2** If you have a pet spend some time caring for it



**3** If you upset someone make sure to say 'sorry'



**4** Do something kind for an elderly neighbour but remember to keep the covid-19 rules



**5 Women's World Day of Prayer**  
Pray for women and girls today!



**6** Get up early to listen to the birds singing



**7 3rd Sunday of Lent**  
Pray for our frontline workers who are doing their very best



**8** Ask if you can facetime or zoom with a friend today



**9** Phone an elderly relative for a chat. They may be lonely



**10** Cheer up someone who is feeling sad



**11** Be kind to someone at home or online today



**12** Before you go to sleep say a prayer of thanks for the people who love you



**13** If you get treats today, try to share them



**14 4th Sunday of Lent**  
**Happy Mother's Day**



**15** Turn off the TV for an hour and have a chat with your family instead



**16** Make sure that you help to keep your room tidy



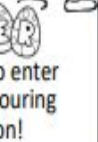
**17 Lá le Pádraig**  
Guimis ar son na síochána



**18** Say a prayer for the teachers in your school



**19 EASTER**  
Don't forget to enter our Easter colouring competition!



**20** Make the world a better place...SMILE!



**21 5th Sunday of Lent**  
Light a candle and pray for everyone's good health and wellbeing



**22** Can you pray the Guardian Angel prayer?



**23** Help with the dishes after dinner



**24** Help in the garden today



**25** Look in a mirror and see how beautiful and unique God has made you



**26** Don't waste water so turn off the tap. Thank God you have safe water to drink...



**27** ...and turn off lights too. Many children in the world have no electricity



**28 PALM SUNDAY**  
Read about the first Palm Sunday in the Gospel of Luke



**29** Make sure you don't eat your Easter Eggs until Sunday!



**30** Gather up your old toys and give them to charity



**31** Pray for children who are living in poverty and fear



**1 April Fool's Day**  
Have fun today but remember to stay kind as it's also Holy Thursday!



**2 GOOD FRIDAY**  
Pray with Jesus on the Cross today



**3 HOLY SATURDAY**  
Pray for everyone today and remember those who have died in a special way

