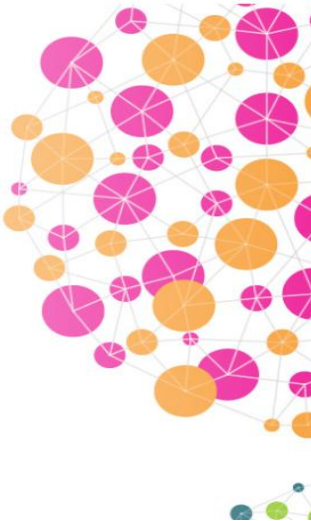


5-14 March British Science Week 2021



Explore outdoors, in the community or in local cultural spots. This could be anything from going on a nature walk around local parks to spotting STEM in action on the streets around pupils' houses. Why not try out some of the CREST Award activities which are quick and easy to do as fun, outdoor challenges too:

<https://primarylibrary.crestawards.org/>

WELLBEING WEDNESDAYS

at Burnbrae PS



What is 'Wellbeing Wednesday'?

Every Wednesday we will have a focus on:

- Exercise and wellbeing
- Mindfulness & Self care
- Trying New Things 'Have a go!'

The expectation is that you spend some learning time on Wednesday focusing on wellbeing activities.

Have a look at our Support for Learning Grid for lots of wellbeing activities!



Wellbeing
Wednesday

British Science Week Competition

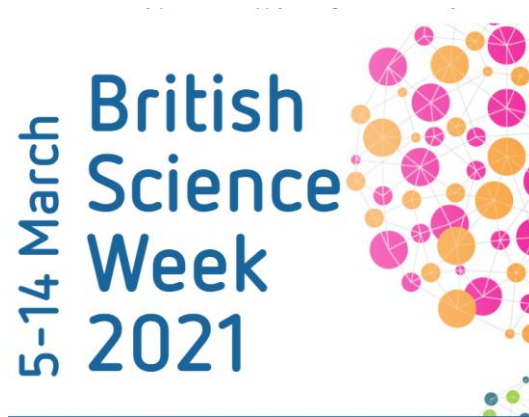
Create a poster about whatever version of this year's theme 'Innovating for the future' you like. Posters can be made by hand or using a computer. Inspiration can come from anywhere - innovation in technology or health care, or maybe even innovation that is used in STEM careers!

Still stuck for ideas? Have a look at last year's competition winners [here](#).

You've got until 30 April 2021 to submit your entries digitally via our [online entry form](#) along with the name of the artist, email address and postcode location.



British Science Week



Why not try these fun science-based activities from the CREST at home Star collection which can be completed at home with few resources.

https://collectionslibrary.crestawards.org/#tab_e thICKF5NwsMjQq8

Design a National Book Token Competition



Your school and you could win HUNDREDS of pounds worth of books with our fantastic National Book Tokens **DESIGN A BOOK TOKEN** competition.

To take part, your pupils simply have to make their mark on the template and **design a brand new National Book Tokens gift card**. A panel of judges will select a winner and runner-up in each of three age categories: **up to 8 years, 9-12 years and 13-16 years**.

<https://www.worldbookday.com/competitions/design-a-national-book-token-2021/>

How to enter:

All entries should be produced on **A4 paper using the template** at the web link below. Please ensure you provide the child's name and age, and your contact details, on the second page of the form.

The closing date for entries is **Friday 2 April 2021**. Winners will be announced in May 2021.

Going back to School- It's okay to worry!

It's **completely normal** to have a lot of different feelings about coming back to school. Here are some tips and activities that can make the transition back to school a little easier.

| | | | |
|---------------------------|---|---|--|
| <div>Parents/Carers</div> | <p style="text-align: center;">Planning ahead</p> <p>There are some things that will be different at school and a lot of things that will be the same! Use this template to write a list of things that will and won't change at school.</p> <p>Changes:</p> <ul style="list-style-type: none"> Physical distancing from others in class and school. Frequent hand washing and hygiene measures. Moving around the school following the one way systems. Your teacher will be wearing a mask in class. Your teacher may hold more lessons outside. <p>Things that will stay the same:</p> <ul style="list-style-type: none"> Your teachers and your friends will be really happy to see you. Your safety and wellbeing is priority. You will be continuing to learn your usual subjects. You will still have your break and lunch and time outside. | <p style="text-align: center;">Supporting new changes and routines</p> <p>Here are some ideas on how you can help make the transition back to school easier.</p> <ul style="list-style-type: none"> Work with your child to create a morning and afternoon routine to get ready to go to school and for the transition home. Here is an example. It is helpful to use visual pictures of activities and to use a timer or countdown to let children know how long they have left on each activity. Social stories can help children learn what to expect, what other people may be thinking and ways they could respond. Use this Social story to explain the transition back to school and some changes to expect. Have a chat about going back to school. Use the list of things that will and won't change along with the social story above to talk about feelings about going back to school calmly. | <p style="text-align: center;">Feeling anxious about going back to school</p> <p>Even after preparing, It's normal to still feel anxious about returning to school. It may take some time to adapt.</p> <div data-bbox="1532 655 1832 1002"> </div> <p>What you may see.</p> <p>What your child may be feeling.</p> <p>Here are some things that can help</p> <ul style="list-style-type: none"> Do some exercise or relaxation exercises (something your child enjoys or an activity from the SfL grid) Use some of these Sensory Items to help feel calm. Talk about how your child is feeling using this Emotion chart. |
|---------------------------|---|---|--|

Design a Board Game

If as a family you have got stuck playing the same games over and over, watching the same films and TV shows and going on the same walks, you can get inventive by creating a whole new experience. Build your own board game.



Come up with a concept and a name. Will it be a trivia game? A game of luck? Will you have to use cunning? Or collect pieces? You can create a game just using pens and paper, but if you want a little more structure, there are free templates [here](#) - or you can design online and have your special game sent to your door using this great [service](#).

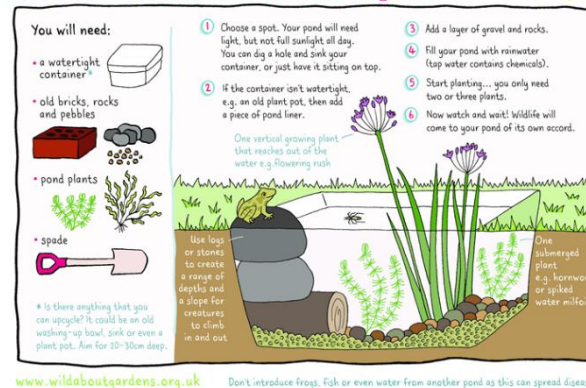


wildlife watch

The Great Outdoors

Wildlife Watch is part of The Wildlife Trusts who look after lots of awesome places for wildlife and run hundreds of events each year. This [site](#) has lots of great ideas for things to do outside.

How to build a mini wildlife pond



www.wildaboutgardens.org.uk Don't introduce frogs, fish or even water from another pond as this can spread disease.

Ever built a den? Fancy learning how to make your very own pond in a bucket? From colouring sheets to how-to guides there are plenty of [great ideas](#) to keep you wild!

Send Friendly Wishes

Make a list of family members, friends and people in your community you'd like to send friendly wishes to. Imagine a picture of them and send your friendly wish to them. Have a look at the examples below to give you some ideas!



You could even make a friendly wish card and actually send it to them!

PlayLab

Some play ideas for March.



play LAB
March
play poster

| | | |
|--|---|---|
| plant seeds and herbs | paint fingerprint blossom pictures | make a weather chart |
| collect books about Spring and plants in a basket to read together | dissect a flower to examine all of the parts | splash in puddles |
| collect items for a Spring nature table | draw and label the parts of a plant or flower | stick tissue paper onto a twig to create a blossom branch |
| grow a bean in a jam jar | make shredded wheat birds nests and fill with mini eggs for a treat | cut a rain gauge from a plastic bottle and measure rainfall |
| set up a garden centre role play area | cut celery stalks and use them to print roses | dye eggs using natural fruit and vegetable dyes |
| draw and paint flowers | make a giant collage rainbow | make a giant collage rainbow |
| make birds nests using twigs and play dough | paint egg cartons and cut them to create a flower wreath | grow cress in egg shells decorated with faces |
| | make a frog life cycle small world play | |

Connected Kids



Rainbow Breathing

It's very normal to feel anxious, angry or upset sometimes. Have a go at this guided rainbow breathing meditation by Chris Maxwell at Connected Kids to help you soothe and let go of worried or unhelpful thinking.

Rainbow Breathing



<https://insighttimer.com/mindfuliveschris/guided-meditations/rainbow-meditation-for-children>

Sounds of Nature Bingo

Spring is well and truly on its way. There are more birds singing in the early mornings. Soon, there will be leaves growing again and rustling on trees. If you listen carefully, there are sounds you can hear wherever you live - in the countryside or the town. Have a go at the National Trust's Sounds of Nature Bingo!



Download the template [here](#). Listen out for cooing pigeons, crying seagulls, buzzing bees and hooting owls. If you listen carefully you may also hear the wind in the trees or the patter of rain. Turn it into a family competition to see who can spot the most sounds. And notice how the more you play, the more you will hear!

Books and The Real World

Competition Week 3 (8-14 Mar)

Books And The Real World - take your book on a journey and share where you got to! This could be when you're out for a walk or out in your garden. Or, show us your favourite books that capture the real world for you from stories about far off lands to your favourite non-fiction reads. Remember game books and pop-ups, audiobooks and magazines too!

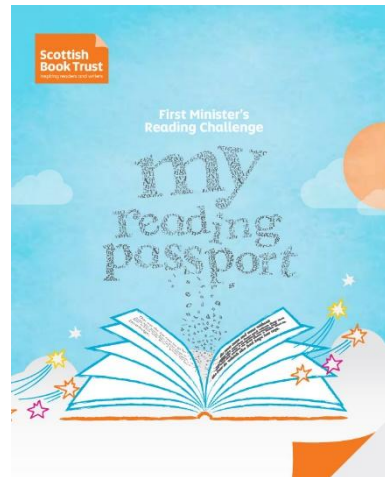
THE PRIZES are a **£100 National Book Token per school/nursery** to boost your library and a **£100 National Book Token per family, per week** with the best pictures featured in our online gallery.

<https://www.worldbookday.com/show-your-shares/>

First Minister's Reading Challenge

Remember:

Use your Reading Passport to keep track of your reading. You can record the books you read and set yourself reading challenges.



World Book Day 2021 £1 Books

The £1 book tokens can then be swapped for one of the exclusive, new and completely **FREE** World Book Day books available from participating booksellers or used to get **£1 off** any full price book or audiobook instead (as long as the book or audiobook costs at least £2.99. The World Book Day £1 books are a gift from booksellers, who fully fund the cost of the £1 book token redemptions. The £1 books are also available in braille, large print & audio via Guide Dogs and RNIB.



<https://www.worldbookday.com/books/>

Sumdog

Practice your math skills while playing fun, math-related games against friends, classmates, or students from around the world.



https://www.sumdog.com/user/sign_in

If you need a username and/or password or have forgotten your details - please ask your teacher!

Basic Facts

| Addition and Subtraction | Numbers to 100 |
|--|--|
| Daily 10 Visit the Top Marks website or download the Top Marks App. Play 'The Daily 10' and choose the topic you wish to practise. | Eye Spy Find numbers around the house. Add them together! |
| Eye Spy Find numbers around the house. Add them together! | Memory Game Make number cards to 20. Place them upside down and play the memory game making number bonds to 20. |
| Times Table Facts | Doubles and Halves |
| Dice Roll two dice and multiply them together. | Choose 5 Choose five even 2 digit numbers. Double and halve each of them. |
| Hit the Button Visit the Top Marks website or download the Top Marks App. Play 'Hit the Button' with multiplication tables. | Sumdog Log on to Sumdog - how many questions can you answer correctly |
| Single Digit by Multiple of 100 | Products |
| How Many? How many different ways can you make 500 using different calculations? | How Many? How many different ways can you make 1000 using different calculations? |
| Daily 10 Visit the Top Marks website or download the Top Marks App. Play 'The Daily 10' and choose the topic you wish to practise. | Daily 10 Visit the Top Marks website or download the Top Marks App. Play 'The Daily 10' and choose the topic you wish to practise. |

March Rigour Maths

RIGOUR March CfE 1st Level Calendar #abitofmathseveryday

1 Calculate $23 + 49$

2 Write the number 3004 in words

3 Today is National 'I want you to be happy' Day. How many lines of symmetry does this smiley face have?

4 Write these numbers in order from the smallest to the biggest: 111, 11, 1111, 1

5 How many days are there in July?

6 Write the time shown here in words

7 Calculate 3×6

8 Can you name this 3D object?

9 Calculate 99×10

10 What number is 500 less than 1200?

11 In the number 123 456 what does the 3 stand for?

12 Today is National Girl Scouts Day. If a group of girl scouts sell 8 boxes of cookies priced at 60p each how much money will they make?

13 What is the value of the missing number represented by the shape below? $6 + \triangle = 7$

14 Round £3.14 to the nearest pound

15 How many 20p's are there in £6?

16 $33 - 17$

17 Today is St Patrick's day. Do you know which country has the flag? What fraction of the flag is shaded green?

18 What is the name of this 2D shape?

19 34×8

20 Calculate $45 \div 5$

21 Write the next two numbers in this sequence: 3, 6, 9, 12, ...

22 Is this statement true or false? $1 > 2$

23 Today is National Puppy Day. Did you know that puppies sleep for 15 hours every day? How many hours sleep is this per week?

24 If today is Monday, what day will it be a day less than a week later?

25 Today is National Waffle Day. How many squares can you see in this Belgian Waffle?

26 Write the following in 24 hour time: 12:28 pm

27 On this map, what direction should the jeep travel in to get to the checkpoint?

28 Write the 29th of March 1984 as numbers only.

29 Today is National Teacher day. What training is becoming a teacher? How long does it take to become a teacher? How old will he be when he becomes a teacher?

30 Which is bigger? 4×4 or $15 \div 3$ Give a reason for your answer!

You can download our CfE 1st Level calendar above. Click [here](#) to view the answers.

RIGOUR March CfE 2nd Level Calendar #abitofmathseveryday

1 The population of Wales is 3 133 000 rounded to the nearest thousand. What is the maximum number of people who could live in Wales?

2 Calculate $1986 + 597$

3 What is the name of this shape? How many sides does it have? How many vertices?

4 Calculate 10% of £57

5 Calculate the area of the rectangle below: 9 cm, 4 cm

6 Write 30 709 in words

7 Which of these are multiples of 15? 30, 55, 60, 75, 80

8 Calculate $3 + 7 \times 8$

9 Calculate the perimeter of this shape.

10 How many lines of symmetry does this sign have?

11 Draw a table like the one below and put the angles in the correct column: $124^\circ, 237^\circ, 90^\circ, 51^\circ, 180^\circ$

12 Which of these are equivalent fractions to $\frac{2}{3}$? $\frac{2}{3}, \frac{3}{4}, \frac{5}{6}, \frac{12}{21}, \frac{32}{35}, \frac{48}{48}$

13 John went to bed at 9:39 pm and woke up at 7:17 am. How long did he sleep?

14 Change 314 seconds into minutes and seconds.

15 Solve the equation below: $7x = 98$

16 $87 \cdot 65 - 12 \cdot 34$

17 Which of these are factors of 36? 1, 3, 8, 9, 10, 12

18 Calculate the missing angle: 79°

19 What is the name of this 3D object? How many faces does it have?

20 Calculate 274×5

21 How much water is shown?

22 Calculate the volume of this shape.

23 Simplify the fraction below: $\frac{20}{36}$

24 Calculate the missing angle: 79°

25 Calculate $893 \cdot 92$

26 Write down the missing numbers from this number line: -32, -24, ..., -8, 0, 7

27 Write down the next two numbers in the sequence below: 13, 9, 5, 1, ...

28 Calculate $\frac{3}{4}$ of 32

29 What is the direction of travel from Germany to Austria?

30 Calculate: 63×200

31 What fraction of this shape is shaded?

You can download our CfE 2nd Level calendar above. Click [here](#) to view the answers.