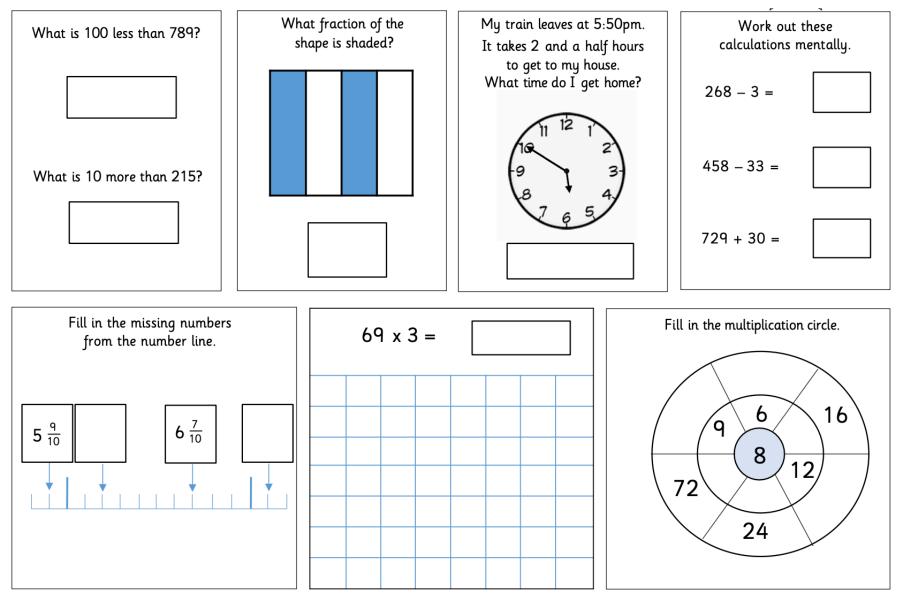
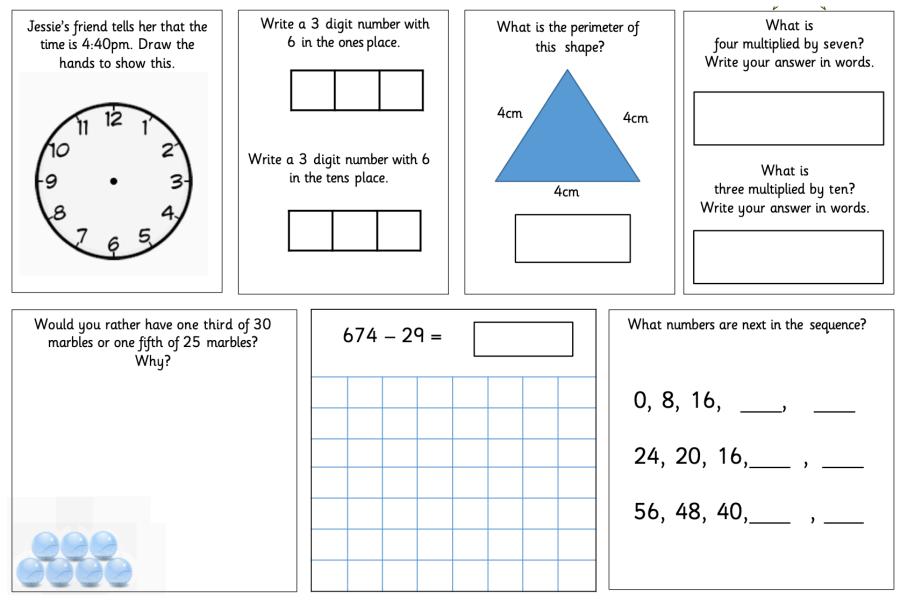
Numeracy

Please remember to complete these questions in your exercise book. Write the question and then complete the answer.

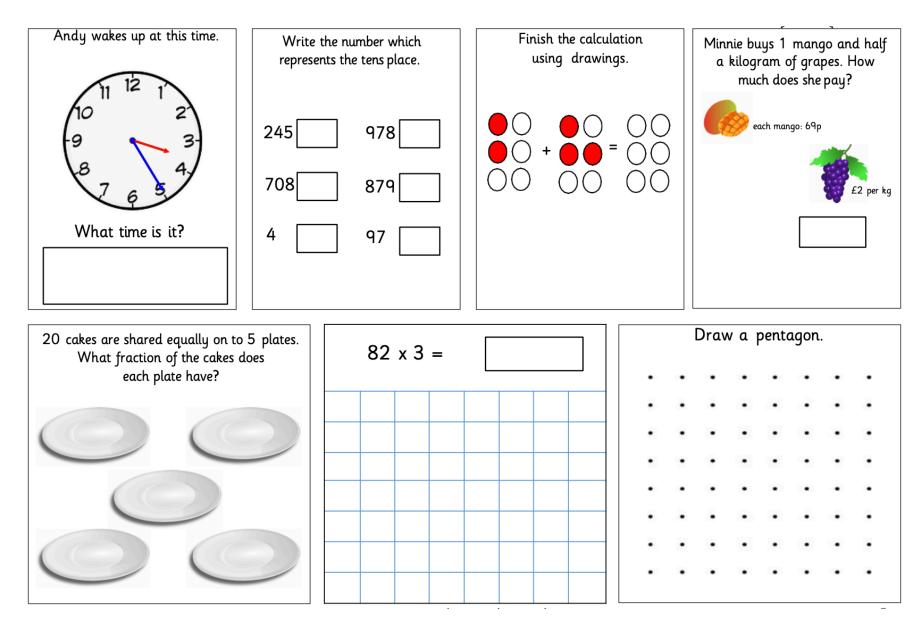
Monday



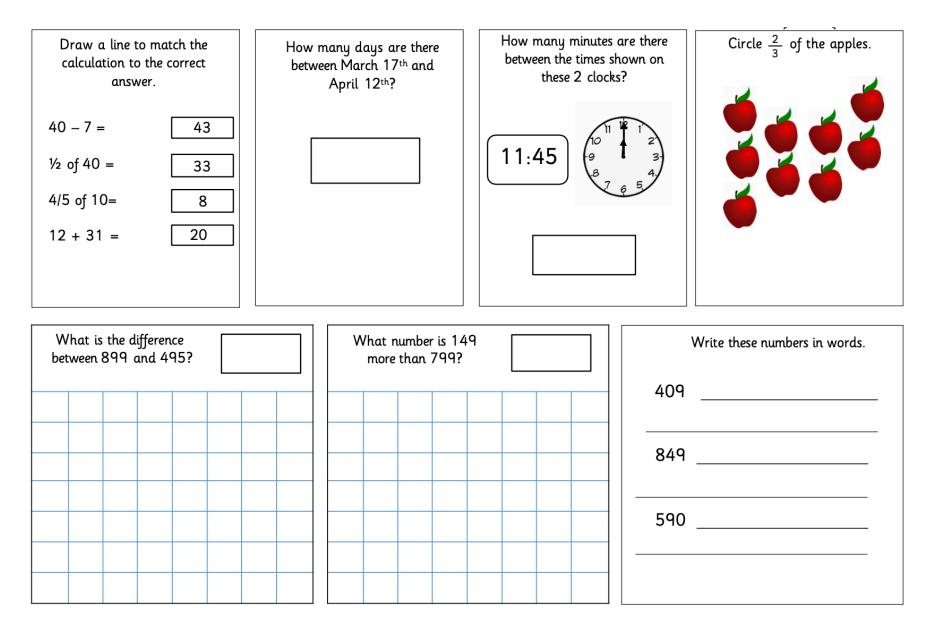
Tuesday



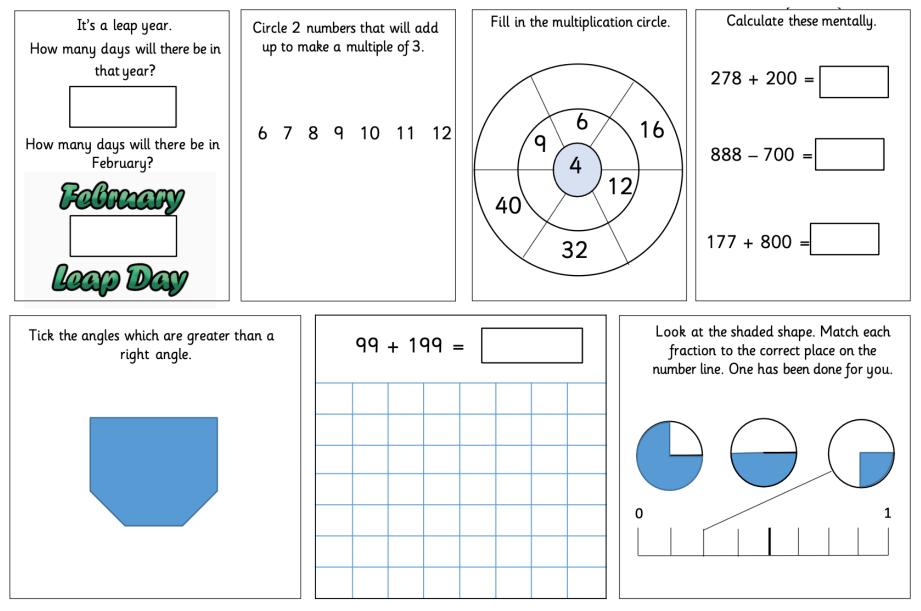
Wednesday



Thursday



Friday



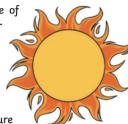
Literacy

Monday

Sun Safety Reading Comprehension

We all need some sun exposure - it's the top source of Vitamin D, which helps our bodies absorb calcium for stronger, healthier bones.

However, repeated, unprotected exposure to the sun's ultraviolet (UV) rays can cause skin damage, eye damage and skin cancer.



Most children get much of their lifetime sun exposure before age 18, so it's important for parents to teach them how to enjoy fun in the sun safely.

Taking the right precautions is very important when protecting your skin.

Sun Exposure

The sun radiates light to the earth, and part of that light consists of invisible UV rays. When these rays reach the skin, they cause tanning, burning, and other skin damage. Sunlight contains three types of ultraviolet rays: **UVA**, **UVB** and **UVC**:

- UVA rays cause skin aging and contribute to skin cancer. Because UVA rays pass effortlessly through the ozone layer (the protective layer of the atmosphere, or shield, surrounding the earth), they make up the majority of our sun exposure.
- UVB rays are also dangerous, causing sunburns and eye damage (cataracts). They also contribute to skin cancer. Melanoma, the most dangerous form of skin cancer, is associated with severe UVB sunburns that occur before the age of 20. Most UVB rays are absorbed by the ozone layer, but enough of these rays pass through to cause serious damage.
- **UVC** rays are the most dangerous, but fortunately, these are blocked by the ozone layer and don't reach the earth.



Sun Safety

Melanin: The Body's First Line of Defense

UV rays react with a chemical called melanin that's found in skin. Melanin absorbs dangerous UV rays before they cause skin damage. The lighter someone's natural skin colour, the less melanin it has and the darker a person's natural skin colour, the more melanin it has to protect itself.

As the melanin increases in response to sun exposure, the skin tans. Those who are regularly exposed to the sun are at a much greater risk. Sunburn develops when the amount of UV exposure is greater than what can be protected against by the skin's melanin.

Avoid the Strongest Rays of the Day

Seek shade when the sun is at its strongest (usually from 10am to 4pm). If you are in the sun during this time, be sure to apply and reapply sunscreen. Most sun damage occurs as a result of incidental exposure during day-to-day activities, not sunbathing! Even on cloudy, cool or overcast days, UV rays travel through the clouds. Clouds don't filter out UV rays and this 'invisible sun' can cause unexpected sunburn and skin damage. People are often unaware that they're developing sunburn on cooler or windy days because the temperature or breeze keeps skin feeling cool.

One of the best ways Sel	ect an SPF of 30 or higher to	
to protect yourself pre- from the sun is to bot cover up and shield dan skin from UV rays. Be sure that clothes will UV screen out harmful do UV rays by placing cor your hand inside the garments and making sure you can't see it	vent sunburn and tanning, th of which are signs of skin mage. Choose a sunscreen tt protects against UVA and B rays. For sunscreen to its job, it must be applied rectly. So be sure to: Apply sunscreen whenever you are in the sun and reapply often (every 2 hours). Apply a water-resistant sunscreen around water or when swimming.	Sun exposure damages the eyes as well as the skin. The best way to protect eyes is to wear sunglasses. Not all sunglasses provide the same level of ultraviolet protection; Purchase sunglasses with labels ensuring that they provide 100% UV protection.

Sun Safety Questions

1. How does Vitamin D help our bodies?

2. What are the three types of ultraviolet rays which radiate from the sun? Which is the least dangerous and which is the most dangerous?

3. How does the ozone layer work to protect us from the sun's rays?

4. How does melanin protect the skin?

5. Why does sunburn happen?

6. When is the sun at its strongest?

7. True or false: Clouds filter out UV rays.

8. What is meant by 'invisible sun'?

9. What precautions should parents of babies take?

10. Why is it important to reduce 'tanning'?

11. True or false: Sunscreen should protect against UVC rays.

12. What should you look for when purchasing sunglasses?

Tuesday LO: To use commas to clarify the meaning of a sentence.

Alter the following so they include commas in the correct places:

- 1. When the lightning was bright people were scared.
- 2. "Careful children!" shouted the teacher.
- 3. As the campers sat round the fire eating the bear hid in the bushes.
- 4. "Let's leave Samira!" he shouted.

Add commas to one of the sentences to give them different meanings:

- 5. Hurry up and shoot Dad. Hurry up and shoot Dad.
- 6. The room was full of crying babies and mothers. The room was full of crying babies and mothers.
- 7. The boy said the teacher was noisy. The boy said the teacher was noisy.

Extension: Alter the sentences used to describe the pictures, with commas to clarify meaning where needed:





"Quiet class!" exclaimed the teacher.

"Quiet class!" exclaimed the teacher.

Wednesday LO: To use fronted adverbials.

Here is a short description of a tropical rainforest. However, the writer hasn't included any fronted adverbials in the story. Try to improve the text by adding fronted adverbials. In this activity, you must decide where to add the fronted adverbials yourself and what type of adverbials to use. For example:

The parrots were preening their feathers.

Early in the morning, the parrots were preening their feathers.

Remember:

- You can add fronted adverbials to answer the questions Where? When? How?
- Place a comma after each fronted adverbial.

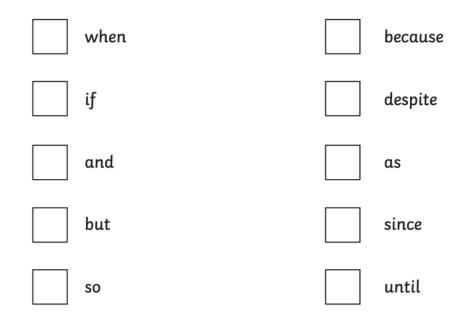


The sun began to rise over a tropical rainforest. The sounds of different animals could be heard as they carried out their daily activities. A roaring waterfall cascaded down into the cool river. The sunlight sparkled and glittered on the water's surface. The sweet scents of tropical flowers drifted whilst insects went from

plant to plant. A butterfly flapped its wings whilst a blue frog watched. A silky black jaguar was sitting on a rock relaxing in the sun. The monkeys began to howl as they saw a spotted jaguar strolling through the water. The parrots began to flap their wings and took flight to escape the noise. The spotted jaguar lapped up some water and then disappeared into the undergrowth, looking for prey. The sun began to set.

Thursday LO: To use conjunctions.

Now it is time to use a range of conjunctions in a comic book. Using the boxes provided, draw your own comic book superhero having an amazing adventure. They could rescue a cat from up a tree, help some children to get to school when their car breaks down, save animals at sea or do whatever your imagination creates! Below each scene in your comic, write a sentence to describe what is happening. Use the conjunctions provided to extend your sentences. Tick each conjunction that you use as you are creating your comic.



Friday

LO: To correct the spelling mistakes.

The spelling mistakes in these sentences have been circled. Write the correct spelling for each circled word in the box.

- 1. The three little pigs began to bild their houses.
- 2. I can't disside whether to have the pepperoni or ham pizza.
- 3. My brother thought it was too earlie to get up for school.
- 4. "Get into a groop of four," said my teacher.
- 5. Dad rode his bicickle to work.
- 6. The letter did not have the right adress on it.
- 7. Jane lives in the house oposite Harry.
- 8. Ben(thort) it was time to go to bed.



Each sentence below has one word that is incorrect. Write the correct spelling of the word in the box.

Lily's birthday is in Februry.
The doctor gave the girl some medicin to make her feel better.
The class really enjoyed the science experimint.
What hight is Dad compared to Mike?
100 years is the same as a sentuary.
That scarf is diferent to that one!
Kim went to the librarie and got four books out.
It's not posible.

Develop your photography skills!

Your challenge, if you choose to accept it, is to develop your photography skills this summer through using a camera/phone to capture a variety of photos. Please send any photographs taken over the summer break of whatever it is that you may be doing. I would love to see!

Getting the Right Shot

Once you have your lights and equipment ready, it's all about composition and your subject.

Composition – This is what the photograph is made up of – what is in it and how they are placed.

Subject - The thing or person that you are taking a picture of.

Taking a good photo

Tips:

- Find the right situation. Keep your eyes peeled for a good situation. Is someone really enjoying something? Is someone sitting in a really nice setting? Is it a special event? A good photographer always has their eye out for a good shot.
- 2. Decide what to include. What needs to be in the shot? Obviously, the subject (people or things) but what else? Do you really need that shopping bag in the background? Is there something relevant in the background? If there is, include it. If in doubt, include it and you can crop your photo later if you need to get rid of things on the edge.
- 3. Is it better portrait or landscape? Have a look at what you want to include and decide if it is better landscape or portrait. This is all to do with which way round you hold the camera. If in doubt, take your photo both ways round and see what looks better later.



This lady sitting at a table looks better in portrait.

This building is wide, so it looks better in landscape.

4. Be natural. There's nothing worse than an awkward-looking photo where people look really self-conscious. Be cheery and make people feel at ease. If someone doesn't want their photo taking, respect how they feel and don't include them. 5. Experiment with angles. Don't just take a photo from where you are standing. This might be right for some situations but you can be more adventurous with your shots. Try a shot while squatting down or holding your arms up high and shooting down on the subject. Try from one side or the other, or even from behind. You may be surprised at how much better a photo can be just by varying the angle.



 Choose your focus. You need to decide which bit of your photo is the most important and make sure that this bit is in

focus and not blurred. Most digital devices automatically focus on the centre of the screen but you might have to tell your device where to focus if your subject is at the side.

You might also want to change some settings to decide whether you want the background in focus or blurred. Look at how it can change a shot.





Here the background is blurred, which is called a small 'depth of field'. This means that we really focus on the dandelion.

Here the background is in focus so we can see the busy street behind and get a better sense of location.

- 7. Take some photos. As we have mentioned before, take lots of photos and decide which to keep later. Try a few different angles or positions.
- 8. Edit your photographs afterwards. Most people will be taking digital photos which will be on a computer or device after you have finished shooting. Take time to really have a detailed look at what you have taken. See what they look like in black and white too. Make copies of the photographs and experiment with cropping the edges to change the composition and start to choose the best photos.

Photos of Fun, Family and Excitement

Have a go at taking photographs based around a theme. Let's start with 'fun, family and excitement'.

First, take a moment to think about what these words mean to you, use the space below to list some ideas for each word. It might be a situation that you think of or an activity or a memory. Any ideas you have, jot them down here.

Family	Excitement
	Family

Now, look at your ideas and think about some situations that would make a good photograph. Fill in the table to organise your ideas.

Fun	Fun	Family	Excitement
Who might be in your photo?			
What might the situation be?			
Where might your photo be taken?			
What are people doing?			
What else could be in your photo? Pets? Objects?			

Now, you can set up a photo with some of your ideas but usually it's best to just keep your camera with you next time you're out with your family or playing in the garden and keep an eye out for those great shots.

Read 'Getting the Right Shot' for some top tips.