Dear girls and boys,

I hope you all had a wonderful week trying out the different sporting challenges. It is a pity the weather turned bad for the second half of the week but hopefully you still enjoyed and challenged yourself with indoor activities.

This is our last week of scheduled work. We have tried to make it as interesting as possible. Our main focus is on SPHE and keeping safe in the sun but we would also like you to continue on with your sporting activities and logging them on the [padlet](https://padlet.com/rhannan4/j77xky6bu4cxtrxh). With any luck the weather will be nice again and you may get to try out some more of the outdoor sporting activities.

We would like to take this opportunity to thank you and congratulate you for all your hard work. It has been a very different last term in third class but we have thoroughly enjoyed seeing your successes with the work we have set. It has not been easy for many reasons but like every cloud there is a silver lining. We would like you to reflect on your experience and try to focus on one of those special moments that you will remember from lockdown. We have included an activity this week around this moment and hope you enjoy working on it either on your own or with input and support from all your family.

We will issue details later in the week for a ‘hangout’ online session with your class.

In the meantime, try to enjoy your last full week in third class and hopefully our last full week homeschooling. Don’t forget to tidy away all your books, copies, pencil case, library books from school etc as we will need them for our return in late August.

Take care, stay safe and continue with the incredibly important hand hygiene and cough and sneeze etiquette.

Ms. Brennan, Mr. Hannan, Mrs Lally,

**Lockdown Highlight:**

Create a poster or short oral presentation of your favourite Lockdown Memory. This could be anything from a favourite family moment, face timing a loved one, arts and crafts, family games, baking etc. Any moment you have enjoyed during lockdown. Either draw a picture of this moment or write a short oral presentation about it (no more than 30 seconds long).

Each class teacher hopes to have a Google Hangout or video conference of some sort with their classes on Monday June 29th. Details will follow once we have it all ironed out. During this ‘Hangout’ we would love if the children could present a picture or briefly talk about a personal highlight for them. We understand some children may not be comfortable with this so there is no pressure to join or talk, although it would be lovely to see as many of you as possible.

**Information Videos highlighting the important of Sun Safety:**

Wearing sun cream video <https://www.youtube.com/watch?v=ZwpbuCJr63E>

Stephanie Rice Australian swimmer and Olympic Gold Medallist: Despicable Me Sun Safety <https://www.youtube.com/watch?v=7UWvqNeqX6E>

Skin safety rap <https://www.youtube.com/watch?v=g0ZkVvi6wQY>

**Activity A:**

Using the Met Eireann UV Index check: <https://www.met.ie/uv-index>

Fill out the worksheet writing down the UV Index and a brief summary of the weather conditions for this week.



**Activity B:**

Design your own sun cream bottle on an A4 page or in the template included.

Ensure the packaging is appealing and informative. Make sure you include instructions for applying it, The SPF rating, whether it is waterproof etc

What unique feature would you add to sun cream if you could?



**Activity C:**

Have some fun making sun hats. Below are instructions on how to make a Chinese Hat and a Legionnaire’s Hat.



**BBC Home School History: Roman Gladiators**

<https://www.bbc.co.uk/sounds/play/m000k2s4>

Listen to the podcast and answer the questions. Afterward, listen to the answers.

**Questions**

1. What sort of weapon was a ‘Gladius’?
2. Gladiator battles started as a chance for rich people to show off at what kind of event?
3. Which Thracian gladiator led a rebellion in 73BC?
4. Retiarius gladiators used daggers, tridents and what other weapon?
5. What was the name of the biggest and most important amphitheatre in Rome?

**Physical Education:**

The weather wasn’t very kind to us for Sports Week. We challenge you to continue with any of the activities that you were unable to complete last week this week (the activities that interest you and your family). We understand that some activities may not be suitable for your family circumstances, so whatever your parents are comfortable with is perfect.

The most important thing is to get active and enjoy yourselves make sure you include your younger siblings(if you have any).

**Tour Time:**

**San Diego Zoo:** <https://kids.sandiegozoo.org/videos/kids-corner-episode-3-designing-zoo-habitats>

Design an animal habitat. Watch the video and design a habitat for an animal of your choice.

**Áras and Uachtaráin:** <https://president.ie/en/explore-visit/interactive-tour>

The residence of our President Michael D. Higgins

When you go into the entrance hall, have a look at the ceiling and all the detail.

In the formal dining room, how many dinner settings are on the table?

What/Who are the Paintings on the wall of?

What special features are in the garden?

**Canada:** <https://www.youtube.com/watch?v=m6nCjniRnmE&feature=youtu.be>

Visit Ms. Donaldson’s home country of Canada with a special video she made for you.

**Hawaii Volcanoes National Park i**s a national park in the U.S. state and island of Hawaii. It is a UNESCO World Heritage Site. The park was created in 1916. In it are Mauna Loa, the Earth’s biggest volcano, and Kilauea, the Earth’s most active volcano.

<https://artsandculture.withgoogle.com/en-us/national-parks-service/hawaii-volcanoes/nahuku-lava-tube-tour>

**The Virtual School Tour Miniatur Wunderland** This Virtual School Tour takes us to a Model Railway in Germany! It is called Miniatur Wunderland and there we will be able to visit different areas in Europe and even America! There are many things to see and discover.

<https://www.google.ie/maps/about/behind-the-scenes/streetview/treks/miniatur-wunderland/>

For a list of questions and activities download the document.



**Sun Safety Tips For Parents:** (Taken From RTE)

**1. Avoid the midday sun**  
The sun is strongest and its UV rays the most intense between 11am and 3pm, so the best way to protect children’s skin then is to avoid direct sunlight and seek shade.

**2. Cover kids up**  
Dressing children in loose-fitting clothing, a sun hat and sunglasses is one of the best ways to keep their skin safe. Many rash vests or guards provide protection against UV, as well as children’s hats and shades.

The level of UV protection these garments provide is indicated using a system called Unit Protection Factor (UPF),  and it takes into account the type, weave and colour of the fabric. Look for a UPF of 40 or above on clothing labels.

Skin specialist Sandra Gloss says that "sun cream should be put on the feet and the face, as a child should be covered up with clothing everywhere else".

**3.  Sunscreen expires**  
Like any skin creams, sunscreens do expire. Their efficacy lasts a certain time so check the expiry date when you find it in the back of the cupboard.

**4. Use sunscreen on all exposed skin**  
If avoiding direct sun isn’t possible, cover all exposed areas of your child’s skin with sunscreen containing SPF 30 or above, which also has high UVA protection. But always remember, no sun screen is 100%.

Sandra recommends natural sun cream. She says "sun creams that contain minerals and butters such as shea butter work as a mechanical protection and contain antioxidants".

**5. Check easily missed areas**  
With squirmy children, it’s easy to miss patches when applying sunscreen. Don’t forget to check easy-to-miss areas such as the ears, the bottom of the feet and hands, scalp, back of the neck, lips and eyelids.

Children play and move around in a way that can expose areas of their body that an adult wouldn't expose so it's important to keep this in mind when applying sun cream.

**6. Reapply frequently**   
Applying a second coat of sunscreen about 15 minutes after the first helps cover any patches missed initially. Make sure you reapply sunscreen every two hours, and straight after children have been in water.

**7. Make it fun**  
To make sunscreen application more fun for young children, try drawing a picture or writing a word as you squeeze the sunscreen onto their skin, maybe one letter on each limb, torso etc. Then ask them to guess what the picture or word is, and tell them they can help rub it out (i.e. spread it onto their skin).

Alternatively, do a 'join the dots’ with the sunscreen, letting them spread the cream from one dot to the next.

Play makes everything a little easier for children and for the parents. Applying sunscreen can often be a struggle for both parent and child. This can be eliminated by making it into a game and making it fun.

**8. You can get sunburned in the shade**  
Good shade can give up to 75% protection from UV rays.

Sandra warns that "a cloud isn't shade. The skin is still exposed to UV rays. Mechanical protection such as a hat, for example, is a good way to protect the skin".

**9. Lead by example**  
Children learn by example, so make sure they see you putting on sunscreen, say how nice it feels on your skin, and explain why you’re putting it on.

**10. It’s not just burning that’s dangerous**  
Burning and tanning are both harmful to the skin. Sandra says that "staying in the sun for longer than 15 minutes is a danger to your health. Prolonged exposure to the sun damages your skin".