
St. Joseph's Wednesday Weekly

March
03/ 3 / 21

EXTRA IDEAS FOR LEARNING AT HOME



Recipes



Jokes!

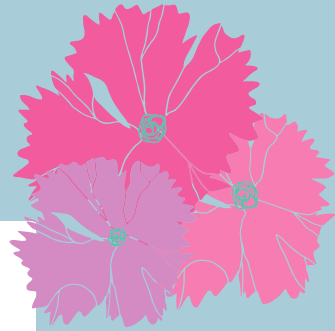
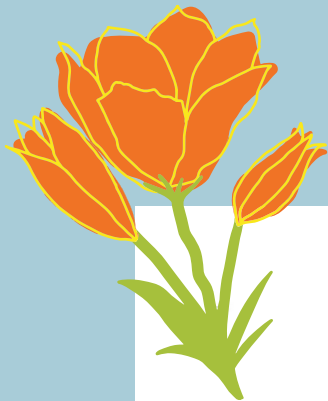


Quizzes



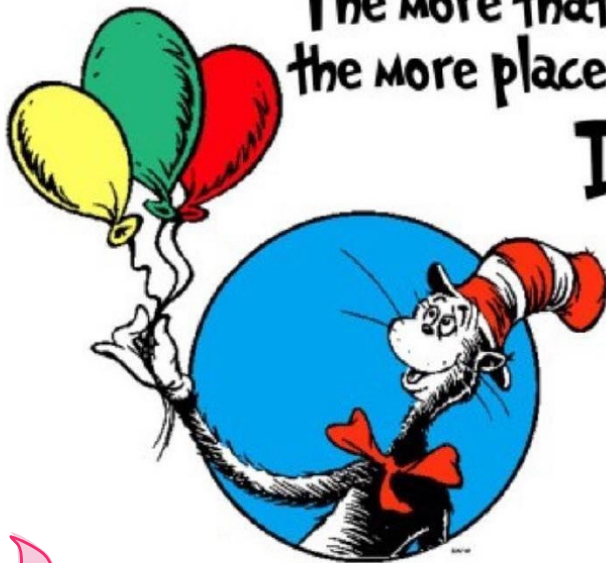
AND LOTS MORE!

Thought for the week



The more that you read,
the more things you will know.
The more that you learn,
the more places you'll go.

Dr. Seuss



OUR WEDNESDAY WEEKLY

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SPOT THE DIFFERENCE!

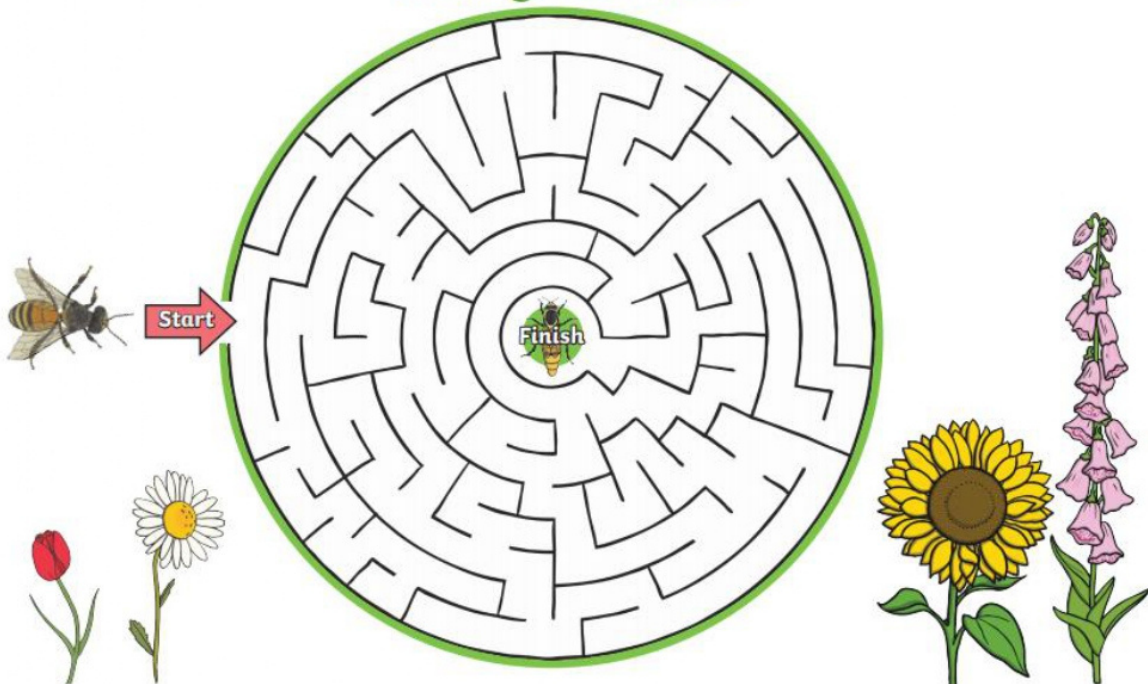
Find 10 differences between the 2 pictures!



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Honeybee Maze



OUR WEDNESDAY WEEKLY

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Friendship

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

fun
laughter
adventures
trust

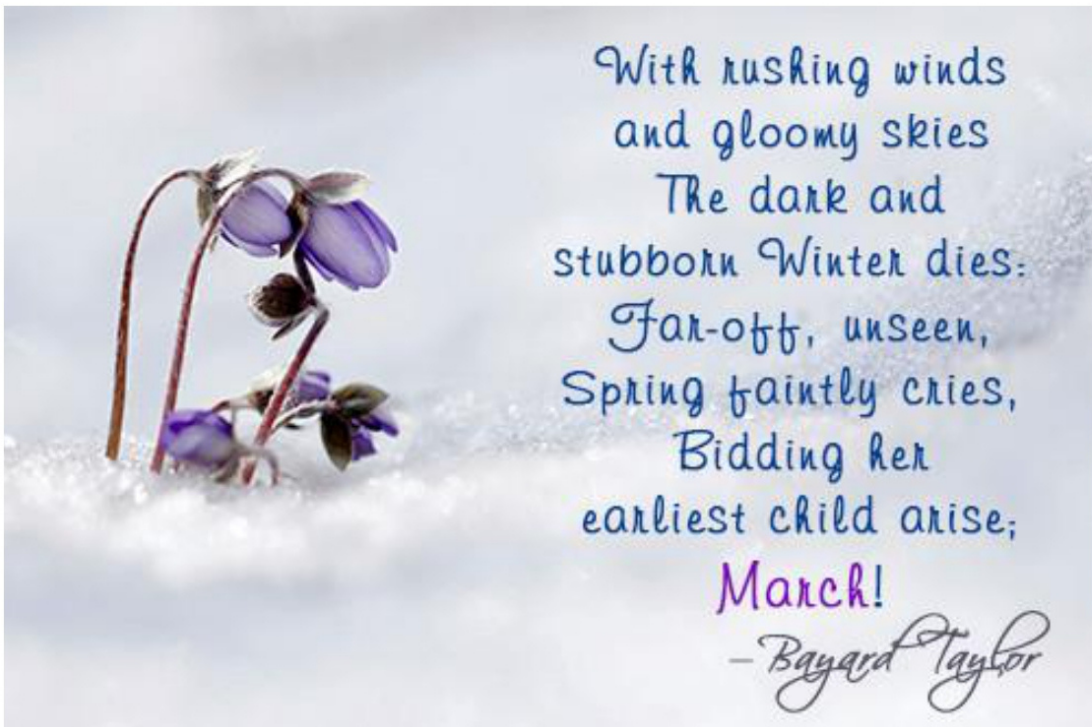
kindness
caring
reassurance
support

invitations
happiness
journey
helpful

**OUR WEDNESDAY
WEEKLY**

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March Poems



OUR WEDNESDAY WEEKLY

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Many weathers

Atmospheric surprises daily

Rain, snow, sleet, sunshine, wind

Climate changes unexpectedly

Hello Springtime!



Acrostic Leona J. Atkinson ©2016

OUR WEDNESDAY WEEKLY

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March

A Spike of Green

When I went out
The sun was hot
It shone upon
My flower pot.

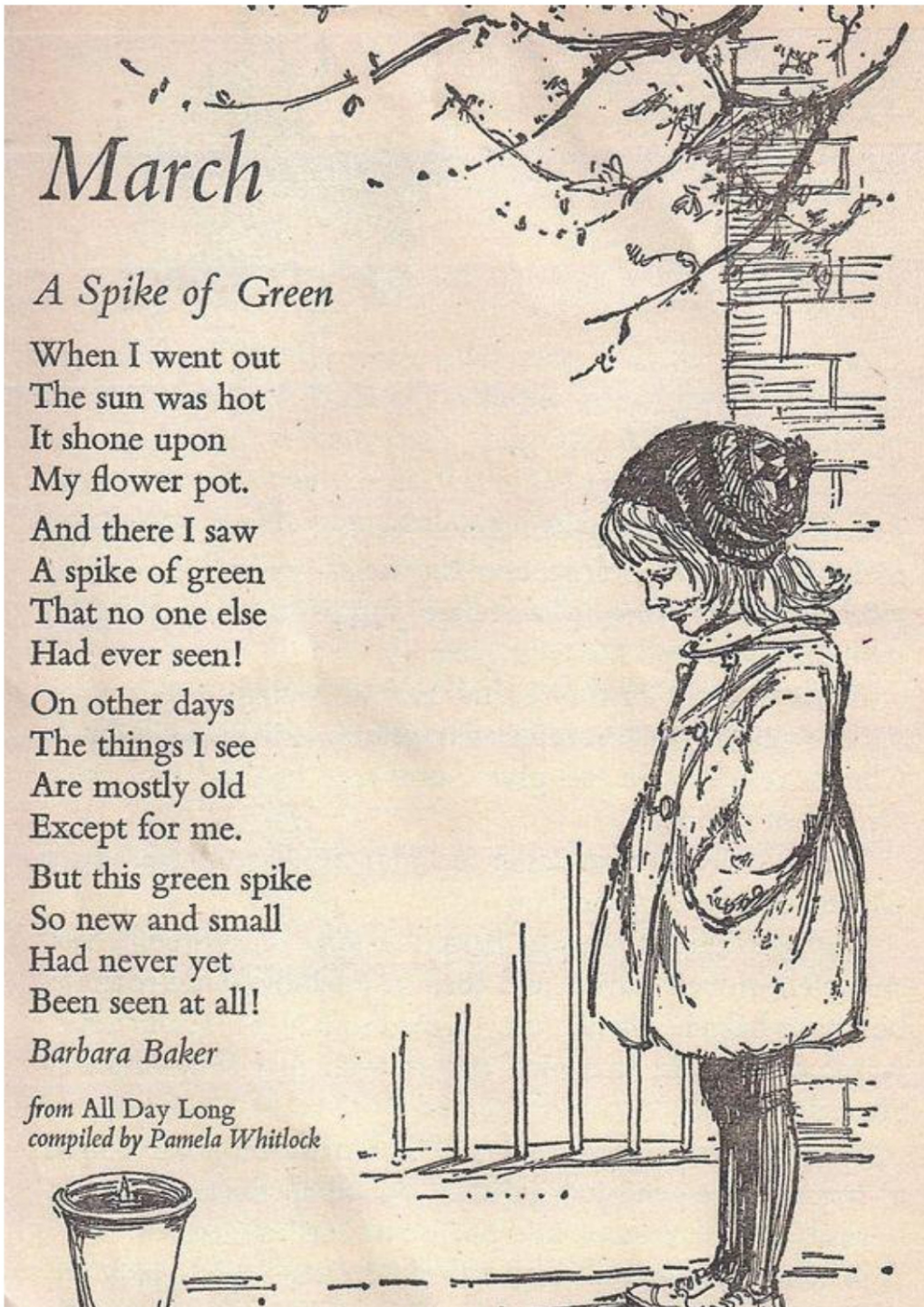
And there I saw
A spike of green
That no one else
Had ever seen!

On other days
The things I see
Are mostly old
Except for me.

But this green spike
So new and small
Had never yet
Been seen at all!

Barbara Baker

*from All Day Long
compiled by Pamela Whitlock*



LETTER Rip

*All your answers will start with letter **W** –
for Wednesday.*

1. What is the capital of Poland?
2. Who owns the chocolate factory in "Charlie and the Chocolate factory?"
3. We all drink ...
4. Vehicles have 4 ...
5. Seven days in a ...
6. Buildings have ...
7. Opposite of length ...
8. Place for storing clothes ...
9. 2/3 of the surface of the Earth is ...
10. Spider's house...
11. A body part ...
12. Wild animal like a big dog ...
13. A colour ...
14. A purse is also called a ...
15. Aquatic mammal ...
16. A type of nut ...

Answers to Letter Rip

1. Warsaw
2. Willy Wonka
3. Water
4. Wheels
5. Week
6. Walls
7. Width/wide
8. Wardrobe
9. Water
10. Web
11. Wrist/waist
12. Wolf
13. White
14. Wallet
15. Whale
16. Walnut

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Outdoor Spring Activities for Kids

Scavenger Hunts

The best thing about scavenger hunts is that they can be different every single time. All you have to do is alter the theme or the items to make it a whole new ballgame. You can also control how long the scavenger hunt should last take by adjusting the difficulty levels. The whole idea is to send kids looking for clues, prizes or items throughout the house, garden or neighbourhood (with an adult)

Agility Competition

Why not set up a little obstacle course in your back yard? Kids love to challenge themselves when it comes to things like this. Set up several stops where they have to perform certain exercises or fun activities. This will keep them moving, get them some exercise and pass the time as well. You can make this as involved or simple as necessary to keep them engaged.

Mud Pie Bake Off

When was the last time you made a mud pie? Grab some empty containers and send your kids off to get nice and dirty. The only rules are that they use the mud and decorations from the yard or garden. Have them make a mud pie to be proud of.

Footpath Chalk Drawing Contest

Get a few boxes of chalk and a safe area to draw and you have an entire afternoon of spring freedom. Give them some kind of theme for inspiration. Block off a specific area for each kid and let them do their thing. You might be surprised at the abilities in the end and should have some awards ready to make it special.

Outdoor spring games are really all about finding a way to get your kids moving and thinking.

Enjoy these games or get started on some of your own this spring!

Raspberry & Apple Smoothie

Whip up a breakfast smoothie with raspberries, apples, yogurt and oats. It's a great way to start the day and up your fruit intake.

Always ask a parent or guardian before you start.

Ingredients

- 2 apples , cored (we used Granny Smith apples)
- 150g frozen raspberries
- 150ml natural yogurt
- 2 tbsp porridge oats
- ½ lemon , juiced
- 100ml milk



Method

Tip all ingredients into a blender or smoothie maker and blitz until smooth.

Add 50ml water or milk if it's too thick. Enjoy!!

Noodle Doodle

Always ask a parent or guardian before you start.

Ingredients

70 g fine Chinese-style dried
egg noodles
sweetcorn
125 ml chicken stock
1 ½ tsp dark soy sauce

25 g frozen peas
35 g drained canned or frozen
50 g cooked chicken, shredded
½ tsp cornflour

Method

- Cook the noodles according to the packet instructions (or use pre-cooked noodles).
- Drain and set aside.
- Put the stock, soy sauce, peas, sweetcorn and chicken in a pan over a medium heat.
- Bring to a simmer and cook for 2 minutes.
- In a small cup, mix the cornflour with 2 tsp of cold water and add to the contents of the pan then cook, stirring, for a further minute until the liquid thickens slightly.
- Add the noodles and reheat briefly, stirring.
- Enjoy!



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Toasted Cheese Sandwich

You will need:
Bread
butter
cheese
mustard
mayonnaise



Mix one
tablespoon
mayonnaise
and 1/2 teasp
mustard



Butter one
side of each
slice of bread

PIC•COLLAGE

Place on hot
frying pan



Place
sandwich on
hot pan



Press down
for a minute

Using a spatula,
turn the
sandwich after
2 mins... cook
until golden
brown on both
sides



Turn



PIC•COLLAGE

Butter one side
of each slice of
bread

Spread mixture
on unbuttered
sides



Top with
cheese, ham,
onion,
tomatoes..
whatever you like



Sprinkle with
cheese



Sandwich
both slices
together

PIC•COLLAGE



PIC•COLLAGE

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Dip each Q-tip in a colour of paint. You may have to bend/fold each Q-tip towards the colour of paint you want so you don't get mix the colours. But if you do, it's okay. It can give a fun blurred look.

With your paper ready, start at one side of the paper and press all the tips of the Q-tips on the paper and slide/paint them across. You may have to do it a couple of times for it to show up well on either side.



One at A time:

You can simply use one Q-tip per colour and add it to your card one at a time. This is the easy way. It makes a really clear, deep rainbow colour.



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Painting Rainbows with Q-tips

Q-tips, or cotton swabs, are the perfect paint brush for small hands. They fit well in kids hands and are smooth to paint with. Let's create these rainbow cards to celebrate spring and St. Patrick's Day which is just around the corner.

Supplies:

- Q-tips or cotton swabs – one per colour of paint
- paint – all the colours of the rainbow
- tape or glue dots
- plate and newspaper
- paper sheets or folded cards – white paper is best

Instructions:

Set out your paints and get your Q-tips ready.



Now it's time for the painting. There are a few ways to use your Q-tips when painting these rainbows. You can use two different techniques

All in a line:

Line up 6 Q-tips in a row. Add a piece of tape to the tops of all the Q-tips in a line. I added a second piece of tape to the other end as well, just to keep it secure. Then flip over the taped Q-tips and add 2 more pieces of tape on top of the others to make them really secure, sandwich style.



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Find a Word!

Rule: You can use each letter only once in each word.

O	D	I	N
Y	M	L	E
S	U	R	H
A	B	B	T

Points

3 letters = 1 point

4 letters = 1 point

5 letters = 2 points

6 letters = 3 points

7 letters = 5 points

8 letters = 9 points

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____

11. _____

12. _____

General Knowledge 8 – 10 years old

Q. In which direction does the sun rise?

Answer: East

Q. How many zeros are there in one hundred thousand?

Answer: Five

Q. How many hours are there in two days?

Answer: 48 hours (24+24)

Q. How many months of the year have 31 days?

Answer: 7 (January, March, May, July, August, October and December)

Q. How many weeks are there in one year?

Answer: 52

Q. Name the colours in a rainbow?

Answer: Violet, Indigo, Blue, Green, Yellow, Orange, Red

Q. How many bones does an adult human have?

Answer: 206

Q. Who was the first man to walk on the moon?

Answer: Neil Armstrong

Q. How many millimetres are there in 1 cm?

Answer: 10

Q. Which is the nearest star to planet Earth?

Answer: Sun

Q. Which is the longest river on the earth?

Answer: Nile

Q. Which is the main source of energy for Earth?

Answer: Sun

Q. How many lungs does the human body have?

Answer: Two

Q. What is the standard taste of the water?

Answer: Water is tasteless

Q. Which is the tallest mountain in the world?

Answer: Mount Everest

Q. Which is the fastest animal on the land?

Answer: Cheetah

Q. Which continent is known as 'Dark' continent?

Answer: Africa

Q. Which planet is known as the Red Planet?

Answer: Mars

Q. Which is the most sensitive organ in our body?

Answer: Skin

Q. Which gas is most abundant in the earth's atmosphere?

Answer: Nitrogen

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General Knowledge 10 – 12 years old

- Q. What do you call a shape that has five sides?
Answer: Pentagon
- Q. Which way is anti-clockwise, to the left or right?
Answer: Left
- Q. How many equal sides does an isosceles triangle have?
Answer: 2
- Q. Which is the coldest location on Earth?
Answer: East Antarctica
- Q. Who discovered electricity?
Answer: Benjamin Franklin
- Q. Which is the most widely spoken language in the world?
Answer: Mandarin (Chinese)
- Q. Which two parts of the body continue to grow for your entire life?
Answer: Nose and Ears
- Q. Where is the largest 'Democracy' in the world?
Answer: India
- Q. Which is the smallest bone in the human body?
Answer: Stapes (Ear bone)
- Q. What colour symbolises peace?
Answer: White
- Q. What is the largest joint in the human body?
Answer: Knee
- Q. During which year did World War I begin?
Answer: 1914
- Q. Global warming is caused by the excess of which type of gas?
Answer: Carbon dioxide
- Q. How many cards are there in a complete pack of cards?
Answer: 52
- Q. What is the name of the biggest rainforest in the world?
Answer: The Amazon
- Q. What makes up (approx.) 80% of our brain's volume?
Answer: Water
- Q. 'Stars and Stripes' is the nickname of the flag of which country?
Answer: United States of America
- Q. Which language is used by the computer to process data?
Answer: Binary language
- Q. Which is the hardest substance available on Earth?
Answer: Diamond

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GAELIC GAMES

H	L	N	A	P	A	R	I	S	H	N	H	A	A
Y	L	E	S	L	A	N	I	F	E	T	A	T	M
G	T	L	E	L	N	O	F	E	L	N	I	U	A
O	C	H	A	N	I	A	E	F	L	I	E	U	E
L	U	H	L	B	F	O	P	O	I	N	T	L	T
L	P	A	U	O	T	U	T	R	L	E	I	E	F
G	R	H	N	R	S	O	G	A	A	O	L	E	P
A	S	E	U	B	L	F	O	O	R	O	A	D	I
A	L	F	P	R	U	I	N	F	A	G	T	L	A
H	L	O	T	L	T	L	N	F	U	L	U	E	T
P	H	H	U	S	Y	R	C	G	N	E	L	L	H
L	E	E	R	E	F	E	R	E	I	A	C	O	P
S	M	A	T	C	H	P	Y	F	E	I	L	L	H
L	A	C	E	T	Y	T	N	U	O	C	A	N	E

HURLING
COUNTY
FINAL
FIELD
TEAM
PARISH
REFEREE
MATCH
SLIOTAR
CLUB
GOAL
GAA
POINT
CUP
FOOTBALL
REPLY

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