

MISS WILLIAMS' CLASS ACTIVITIES
Friday 18th February 2022



Good morning children.

Here are the activities that you should complete today. Email your work/photographs of your work (please use your Hwb Email Account) to WilliamsJ132@hwbcymru.net

Stay safe today.

Miss Williams xx

Maths:

Magical Maths

Amazing Fact

If you take any number, double it, add 10, divide by 2, and subtract your original number, the answer will always be 5.

Challenge

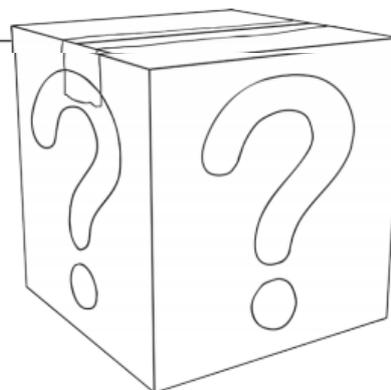
Maths tricks are a fun way to astound your friends and practise your maths skills by problem solving. Try out the following maths tricks by yourself or with your friends. Remember, you will need to work through the trick more than once to find the solution!

Reversing Rally

- To start with, pick any two numbers from 1-9.
- Place the digits together to make a 2-digit number. Reverse the digits.
- You now have two 2-digit numbers.
- Subtract the smallest number from the largest number.
- Reverse the digits of the answer to create a new 2-digit number.
- Add this to the answer you previously got in step 4.
- The answer is always...

Mystery Number

- Choose a number from 1-100.
- Multiply the number by 2.
- Then, multiply the new number by 5.
- Finally, take the zero away from the answer.
- What number do you always have now?



Super Sequences

- Choose any number to begin with – any number at all!
- If the starting number is an even number, divide it by 2.
- If the starting number is an odd number, multiply it by 3 and then add 1.
- Continue the pattern by repeating step 2 or 3 with each new number you create.
- Regardless of the starting number, what number do you always end up with?



English: Comprehension

The factual report below gives information about Drugs. Read the text several times. Then create at least ten comprehension questions from the information given (think of more if you wish). Remember to put a question mark at the end of each of your questions.

Drugs

There are four different categories to divide drugs into:

- Socially acceptable drugs
- Prescribed drugs
- Over the counter medicines
- Illegal drugs

Socially acceptable drugs

Socially acceptable drugs are drugs which are legal to possess and are seen as acceptable to be taken in company – cigarettes (nicotine), alcohol and coffee (caffeine). This doesn't mean they do not cause problems.

Nicotine and alcohol can be bought legally at the shop or supermarket. However, some scientists believe that they are just as dangerous as illegal drugs. Smoking can damage your lungs and drinking alcohol can damage your liver.

Caffeine is found in lots of everyday food and drinks, for example coffee, soft drinks and chocolate. It can even be advertised in some soft drinks to boost your energy! However, while it can make you more alert for a short time, it can also increase your heart rate, increase your blood sugar level, cause headaches, dizziness and interrupt sleep patterns.

Prescribed drugs and Over the Counter Medicines

Prescribed drugs are drugs which require a prescription from a medical professional such as a doctor or nurse. Examples are antibiotics like penicillin and asthma inhalers. Over the counter medicines can be bought at pharmacies and help us when we are unwell or in pain. Examples are calpol, paracetamol and cough syrups.

Abusing Medicines

While over the counter and prescribed drugs are there to help us, you should only take the dosage stated on the packet or bottle. Also, some people can misuse them. These medicines can be addictive and can cause allergic reactions, breathing difficulties and mental health problems.

Illegal Drugs

Illegal drugs are drugs such as heroin, cannabis and cocaine. They are known as class A drugs and if you are caught in possession or selling them by the police, you can be arrested. Some drugs are injected and if users share needles, then they increase the risk of passing on life-threatening diseases. It is rare that a drug bought on the street will be pure. In order to make more money, drug dealers will mix drugs with other dangerous chemicals and substances. This can range from herbs and spices, to bleach, brick dust and gravel. You never know exactly what you are taking!

What are the risks?

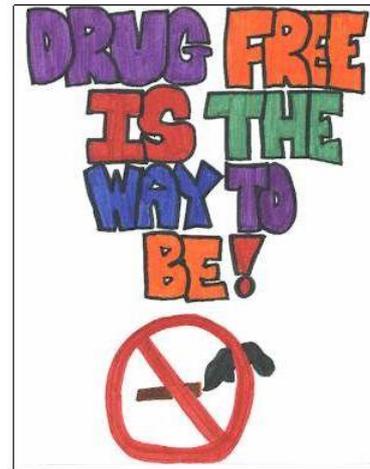
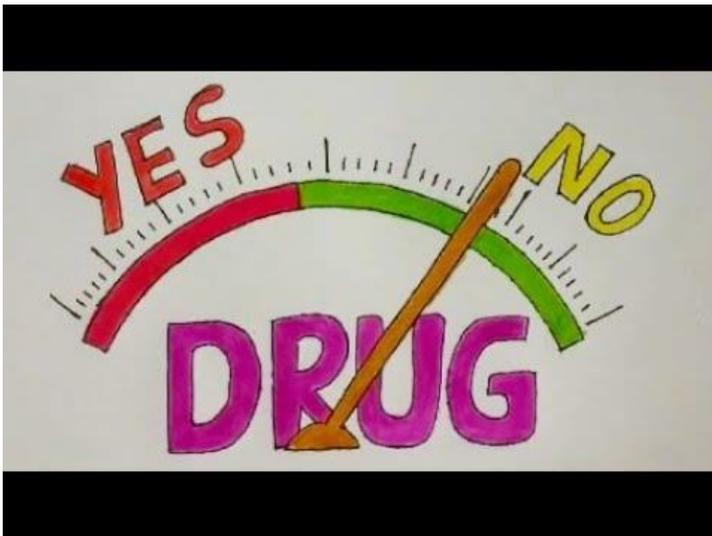
Heroin – it is extremely addictive and it can cost almost £100 a day to feed the habit! Overdosing with heroin can put you in a coma and can lead to death. Infections from needles can not only be life-threatening but can lead to flesh infections which may mean limbs having to be amputated.

Cannabis – smoking cannabis can cause lung cancer and breathing problems. Prolonged use of cannabis can cause mental illness, depression and anxiety. Hallucinations can be terrifying and disrupt people's sleep and daily lives.

Cocaine – can raise the body's temperature causing dehydration. It also increases heart rate and can lead to heart attacks. When snorted, it can damage your nose cartilage causing an odd shaped nose. Sharing needles can cue the spread of dangerous diseases. It is highly addictive. One gram of cocaine can cost £42, making it an expensive addiction!

Health and Well-being:

Using the information about Drugs above, make a poster to warn teenagers about the dangers of drugs and alcohol. Include a combination of facts/information and pictures. Remember ABC – make it attractive, bold and clear. Use colours if you have any.



By Nicole,
Age 13

