

Adult Education Service Ballyfermot

MAGAZINE

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Magazine compiled by Clodagh Lynam, Senior Support Tutor, CDETB AES, Ballyfermot

A Letter from the ALO

Hi Students!

Welcome!

I hope that you are safe and well! Welcome to the first edition of our magazine. Your tutors have made an educational magazine, so that you can keep up with your reading and writing while we are all staying apart to keep ourselves and each other safe.

Coming together while staying apart

We all have to keep at least 6 and a half feet away from one another. This is very hard. We like being sociable and keeping in touch with people. This magazine is one of the ways that we can keep in touch. We will also send you some worksheets for your folders. Tutors will ring you to help you with the worksheets.

Covid-19

In the magazine you will find tips on keeping everyone safe from Covid-19.

Fake news

There are also questions on how to tell the difference between fact and opinion. It is always important to be able to do that, but now more than ever. When you read something or hear it, ask yourself three simple questions.

- 1. Who is telling me this?
- 2. How do they know?
- 3. Is it also in sources that I can trust, like RTE news, or from the HSE? If not, it probably isn't true.

Minding your mental health

This is a stressful time for many people. Some people or their family members are losing their jobs and some people of their loved ones are sick. It is important to look after your mental health at this time. There are tips on how to look after your mental health in the magazine.

Fun

There are some quizzes and fun things to do, while we all are stuck at home. Denise has made some suggestions for how to keep up your art practice. Even if you have never done art before, you can try her ideas.

Your ideas for the next magazine

We would love to have your ideas for the next magazine.
You can text me (Siobhán) your ideas at 087-92 111 93
or you can email at siobhan.condron@aes.cdetb.ie. I'd love to hear from you.

Stay safe and well!

Siobhán Condron

COVID-19 Tips and Information

What is COVID-19?

COVID-19 is an illness caused by a type of virus called a coronavirus.

Can it be cured?

At the moment, there is no cure, but doctors can treat the symptoms. Scientists all over the world are working to find a vaccine. A vaccine is an injection you can get which means you cannot get the illness.

How does it go from one person to another?

The virus travels by contact with eyes, nose and mouth.

If I have the virus and I rub my eyes, then open a door with my hand, I leave the virus on the door handle. Someone else can get the virus if they touch the door handle and then touch their eyes, nose or mouth.

How can we stay safe and keep others safe?

1. Washing our hands properly with soap and water.

We can stop the disease going from one person to another if we wash our hands properly with soap and water for 20 seconds (See the next page).

We need to wash our hands before and after eating, after using the toilet, after being outside, after touching anything that might be dirty.

If you are out of the house and cannot wash your hands, use hand sanitiser.

2. Social Distancing.

This means that you keep 2 metres away from other people when you meet them. 2 metres is the same as 6 and a half feet.

3. Don't touch your eyes, nose and mouth

If your hands have touched the virus, touching your eyes, nose or mouth can make you sick.

What do I do if I think I have the virus?

If you have a **fever** or a **cough**, **call your doctor** immediately. Your doctor will tell you what to do.

How to Wash Your Hands

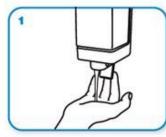
From the World Health Organisation

Sing Happy Birthday two times while you wash.

Then you know your hands are clean.



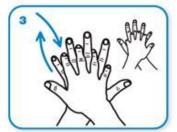
Wet hands with water



apply enough soap to cover all hand surfaces.



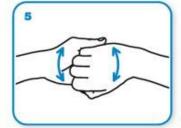
Rub hands palm to palm



right palm over left dorsum with interlaced fingers and vice versa



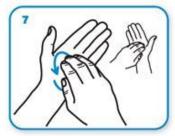
palm to palm with fingers interlaced



backs of fingers to opposing palms with fingers interlocked



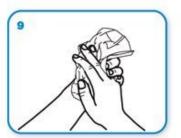
rotational rubbing of left thumb clasped in right palm and vice versa



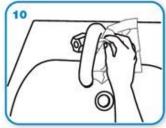
rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa.



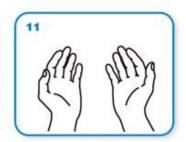
Rinse hands with water



dry thoroughly with a single use towel



use towel to turn off faucet



...and your hands are safe.

Everyday Words to Write

By Deirdre Butler

In the kitchen – write the word under each picture



window



cooker



fridge

In the sitting room — write the word under each picture



couch



lamp



television

In space – write the word under each picture



star



moon

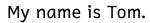


earth

Can you think of 3 things you might see in the garden?

Tom Plays Football

by Deirdre Butler



I play football.

My boots are black.

My socks are white.

My top is green and black.

My shorts are green and black.





football



boots



socks



top



shorts



Tom

Words Beginning with B and H

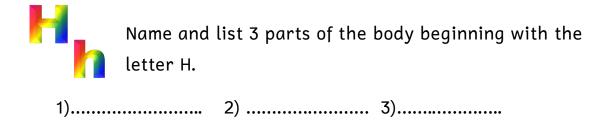
By Ursula Melia



Write down 10 things you can see in the kitchen starting with the letter B.

1	•••••
2	•••••
3	•••••
4	
5	•••••
6	
7	
8	••••
9	
10	

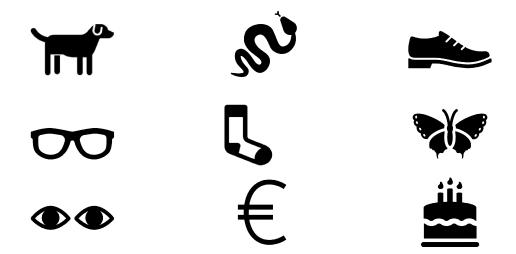
Now take a piece of paper and write down what you see in other rooms, using other letters.



You could also look out the window and write down all the things you see beginning with other letters of the alphabet.

Memory Game

Look at the following items for 2 minutes.



Now cover the items and see how many you can remember. Don't worry if you are not sure how to spell the word, you can always draw it.

.....

How did you get on?

We can increase our memory by using it often and playing memory games.

Things to do!

By Deirdre Butler

Watch some films on TV
Sing some songs you like
Read a bit
Keep a diary
Listen to the radio
Design a cover for your favourite book, film, LP or CD
Write a little
Play some card or board games
Be mindful and stay well

Try Some Art

By Denise McShannon

Activity 1

Take your phone and photograph some flowers in a garden.

Take a daffodil or primrose or some other flower and photograph it from all angles.

Do a drawing of the flower you have photographed.

Activity 2

Do a drawing of the garden from the window.

Activity 3

Go for a walk,

Look for the shadows of trees, observe the sunlight playing through the leaves.

Take a photo with your phone.

QUIZ

Look at the clues on the left and write your answer in the blank lines:

To form words	 5	letters
A step	 5	letters
An animal found in the zoo	 4	letters
How heavy something is	 6	letters
Another word for blonde hair	 4	letters
A join in material	 4	letters
To say prayers	 4	letters
The opposite of left	 5	letters
Animal found in Phoenix Park	 4	letters
Not covered	 4	letters
To stay	 4	letters
Number after three	 4	letters
To look at someone	 5	letters
To stop living	 3	letters
To colour	 3	letters
Listen to	 4	letters

ANSWERS:

Hear	Four	Open	Bear	Write	Pray
Weight	Seam	Deer	Fair	Wait	Stare
Die	Dye	Right	Stair		

For the correct answers, see page 32

Beyoncé

By Grace Corrigan

Beyoncé was born in Texas in 1981.

Her dad was a salesman and her mam was a hairdresser.



Even though she was a quiet little girl, Beyoncé joined a singing group when she was nine years old.

Her dad Matthew started the group Destiny's Child because he thought that Beyoncé had talent.

In 1997, Destiny's Child got a record deal.

The first song they recorded was called 'Killing Time' and it was used in the movie Men in Black.

Destiny's Child recorded three albums and broke up in 2001.

Beyoncé became a solo singer. She also became an actor and starred in films such as The Pink Panther.

She is married to the singer Jay-Z and has three children.



Beyoncé

Read the piece on Beyoncé and answer the following questions. The answers are all in the reading.

Please try to use full sentences in your answers.



1.	In what year was Beyoncé born?
2.	What did Beyoncé's mam work as?
3.	What was the name of the group that Beyoncé's dad started?
4.	How many albums did Destiny's child record?
5.	How many children does Beyoncé have?

Please complete the Word Search below.

Beyonce

Please complete this Word Search. All words are based on the reading piece about Beyonce.

С	N	Н	A	W	L	L	T	V	R	X	N	M	N	R
С	G	Α	Q	Н	R	N	J	P	P	1	C	Α	Y	E
Н	R	1	U	F	A	F	M	S	Α	W	M	X	X	С
D	M	R	F	J	X	T	U	В	G	S	U	K	٧	0
K	Α	D	S	F	0	S	Α	N	E	Z	N	L	R	R
Q	R	R	P	W	1	E	1	L	Ε	P	E	Y	G	D
Р	R	E	В	Y	Н	G	Α	D	E	В	В	В	Z	1
1	1	S	С	В	N	S	С	N	В	N	Р	R	Н	D
Z	Е	S	M	1	Y	S	Н	В	Α	С	T	0	R	E
Z	D	E	S	Y	M	٧	1	E	G	Τ	L	K	D	N
W	В	R	D	L	0	T	L	С	T	В	Α	E	U	R
Α	J	T	I	T	٧	Н	D	Α	S	S	P	Y	L	X
G	R	F	U	E	1	R	R	M	I	В	Р	N	K	K
J	В	٧	Н	N	E	E	Ε	E	1	P	P	E	J	Z
F	N	D	Z	J	G	E	N	T	K	J	Q	C	C	С

ACTOR	BECAME	BROKE
CHILDREN	FILMS	HAIRDRESSER
MARRIED	MOVIE	RECORD
SALESMAN	SINGING	TALENT
THREE		

Beyoncé

Choose the right word from the box below to complete the sentences.

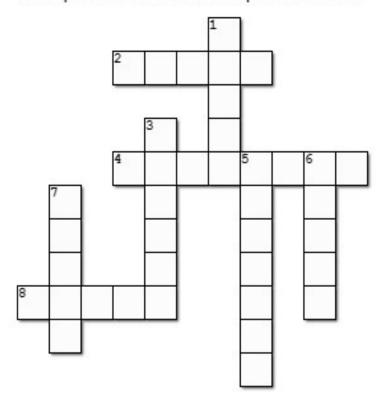
quiet	record	born
talent	hairdresser	three
thought	singer	group
films	married	first



Beyonce was	in lexas	s in 1981.
Her dad was a salesman	and her mam v	was a
Even though she was a _		_ little girl, Beyoncé joined a singing
w	hen she was nin	ne years old.
Her dad Matthew starte	d the group Des	stiny's Child because he
that Beyoncé had		
In 1997, Destiny's Child	got a	deal.
The song	they recorded v	was called 'Killing Time' and it was
used in the movie Men i	n Black.	
Destiny's Child recorded	1	albums and broke up in 2001.
Beyoncé became a solo		She also became an actor and
starred in	such as The F	Pink Panther.
She is t	o the singer Jav	y-Z and has three children.

Beyonce

Complete the crossword puzzle below



Across

- 2. Someone who acts on film, TV.
- 4. A man whose job involves selling things.
- 8. When there is no noise.

Down

- 1. A film you can see in the cinema or on TV.
- 3. A skill that you are good at.
- 5. When something began it

____·

- 6. A collection of songs recorded onto a CD.
- 7. A number of people gathered together.

The correct answers are on page 33

Syllables

A syllable is the smallest part of a word which can be said on its own. Another way of looking at it is a syllable is the number of beats in a word.

Example: the word student has two syllables or beats — stu dent

1 2

Count the number of syllables in the words below and write each syllable on the lines.

Texas	 	
salesman	 	
hairdresser	 	 _
record	 	
children		



Fair City



Fair City is a soap opera which started on RTE 1 in 1989.

It was made so that Irish people could watch a drama series like Coronation Street and Eastenders.

It has won many awards and is the longest running Irish drama programme.

The Fair City story is about the lives of the people who live in Carrigstown, which is supposed to be an area in Dublin city.

Fair City is recorded in the RTE studios but sometimes it is recorded in real Dublin places, such as Grafton Street and Dublin Zoo.

You can watch Fair City on RTÉ One at 8pm on Tuesday, Wednesday, Thursday and Sunday.

The name Fair City came from the first line of the Dublin Song, Molly Malone, which goes, 'In Dublin's fair city, where the girls are so pretty".

Information taken from the RTÉ Fair City website

Fair City

Please circle either True or False for each of the following statements.



1. Fair City is a soap ope	era which started on BBC 1 in 1989.
True	False
2. It was made so that I Coronation Street and	rish people could watch a drama series like d Eastenders.
True	False
•	about the lives of the people who live in supposed to be an area in Dublin city.
True	False
4. You can watch Fair Ci Wednesday, Thursday	ty on RTE One at 8pm on Monday, , and Sunday.
True	False
5. The name Fair City ca Dublin in the Rare Au True	me from the first line of the Dublin Song, ld Times. False

The correct answers are on page 34.

Writing Practice

Please put the following words into a sentence.



television	
actor	
programme	
watch _	
week	

Word Search

Please find the following words in the Word Search below.

Α	M	Q	Α	L	Ζ	Т	Ν	F	Z	M	С	1	J	Е
В	J	F	Ζ	R	X	D	U	J	0	D	В	Е	D	D
В	Х	0	0	Т	G	W	Ρ	J	Q	Ν	М	L	W	Ν
М	K	0	Н	W	V	Т	Е	J	S	С	U	G	G	W
Н	Α	R	Е	Р	0	G	S	G	1	L	Α	Т	R	F
С	V	L	В	Κ	J	В	1	Е	Т	G	F	K	V	W
Z	S	0	М	Е	Т	T	М	Ε	S	С	X	С	S	Α
Р	Т	G	F	Х	S	Q	М	0	0	Е	R	Κ	0	Τ
L	U	K	М	Ε	Χ	М	Α	F	L	Α	Н	В	Ν	С
0	0	R	R	1	Α	Р	Ν	Р	W	Х	Е	S	0	Н
Κ	D	Ν	С	R	W	Q	0	Α	Χ	D	1	L	G	M
С	R	Р	G	X	R	Е	R	0	Α	Ν	Α	М	G	F
U	Z	0	Q	Е	Р	D	Т	0	Α	В	X	Ν	L	Υ
D	R	Α	М	Α	S	R	W	L	Q	В	R	D	J	J
Р	K	S	D	V	Ī	Т	R	Е	Ī	M	В	Р	0	Ν

SOAP	OPERA	DRAMA
AWARDS	PROGRAMME	PEOPLE
SOMETIMES	LONGEST	WATCH

Palindromes

adapted by Deirdre Butler from English A to Z Language Worksheets by Peter Clutterbuck

Palindromes are words that read the same from left to right or right to left. For example, Dad, Civic.

Make a palindrome below. The first one is done for you.

1.	A female sheep	<u>ewe</u>
2.	A baby wears it while eating	
3.	You see with it	
4.	Twelve o'clock midday	
5.	A way of tracking aeroplanes	
6.	Flat, even	
7.	A reception given by a mayor	
8.	How you may address a lady	

Answers: (not in order) eye, level, madam, bib, noon, civic, radar.

The correct answers are on page 35.

Point of interest: It is said the longest palindrome in the English language is redivider. The longest palindrome in any language comes from Finnish, the language of Finland and the world is 'saippuakivikauppias'.

Zodiac

adapted by Deirdre Butler from English A to Z Language Worksheets by Peter Clutterbuck

Most newspapers have a horoscope section. Some people treat what is said very seriously. It was probably at least six thousand years ago that people began to study and name the star patterns in the sky. A Greek thinker named Aristotle described the way the stars seemed to move through the Milky Way. He called the star patterns in the sky Kyklos Zodion. Today we call it the Zodiac.

Cancer, Aries, Aquarius, Scorpio, Virgo, Pisces Libra, Gemini, Leo, Capricorn, Taurus, Sagittarius.

What star sign are you?	Write your horoscope for next week	

Going Camping

By Deirdre Butler

Imagine you are going camping next week. Study the items below and decide which ones are the most important to take with you. List the most important as 1 and the least as 10.

fresh water	
tent	
sleeping bag	
first aid kit	
mobile phone	
books	
toothpaste	
matches	
fishing rod	
torch	

Fact and Opinion

adapted by Deirdre Butler from English A to Z Language Worksheets by Peter Clutterbuck

Facts are statements that usually can be proved. Opinions are personal feelings or ideas about something or someone.

To decide whether something is a fact or opinion, think carefully about the following:

- a) Can the statement be proved? If so, it is a fact. Example: Spain is a country.
- b) Do others agree with the statement? (Many people may agree with an opinion but that does not mean the opinion is based on fact.) Example

 Oranges are the nicest of all fruits. This is an opinion because not everyone would agree it is true.

Read each statement carefully. After each, write F for fact or O for opinion.

1.	Cork is the nicest county to live in.	
2.	Dogs make far better pets than cats.	
3.	There are 100 cents in a Euro.	
4.	Cricket is the most boring sport of all to watch.	
5.	Most modern homes have at least one television.	
6.	France has a bigger population than Ireland.	
7.	Of all flowers, the rose is the most beautiful.	
8.	Mercury is the closest planet to the sun.	

All of us have our own opinions. It is important to respect each other's opinions even if we don't agree with their opinion about something.

Three Short Fables

Collected by Deirdre Butler

The Helpful Lady

Check the facts

One afternoon, a lady, laden with shopping, noticed two small boys on the front step of a house. With their bags and uniforms, they were obviously going home after school. They were on tiptoe trying to reach the doorbell with a stick. "Poor little lads, they can't get in," she thought. She marched up the path, reached over the boys and gave the bell a firm push. The surprised boys turned around and screamed "Quick, run!" and very quickly disappeared over the garden wall.

Clap and Cheer

Taking pride in what you do

A small boy was hoping to get a part in a school play. His mother knew that he'd set his heart on being in the play - just like all the other children hoped too - and she feared how he would take it if he was not picked. On the day the parts were given out, the little boy's mother went to the school gates to collect her son. The little lad rushed up to her, eyes shining with pride and excitement. "Guess what Mum," he shouted, and then said the words that provide a lesson to us all, "I've been chosen to clap and cheer."

It Will for That One

Making a difference

A small boy was walking along a beach at low tide, where thousands of small sea creatures, having been washed up, were stranded. A man watched as the boy picked up individual creatures and took them back into the water. "I can see you're being very kind," said the watching man, "But there must be a million of them; it can't possibly make any difference." Returning from the water's edge, the boy said, "It will for that one."

Three Poems

Collected by Deirdre Butler

Whether the Weather

Whether the weather be fine,

Or whether the weather be not,

Whether the weather be cold,

Or whether the weather be hot.

We'll weather the weather,

Whatever the weather,

Whether we like it or not!

Author unknown

Sometimes it is said that the English language is hard to learn and this verse with its same-sounding words proves the point. This clever verse is a tongue twister and its date and author are unknown.

Rain

The rain is falling all around,

It falls on field and tree,

It rains on the umbrellas here,

And on the ships at sea.

Robert Louis Stevenson

1850-1894

Stevenson was often confined to his bed due to illness as a child. It is easy to imagine him looking out the window watching the world outside.

Listen To The Mustn'ts

Listen to the MUSTN'TS,

Listen to the DON'TS,

Listen to the SHOULDN'TS

The IMPOSSIBLES, the WONT'S

Listen to the NEVER HAVES

Then listen close to me -

Anything can happen,

ANYTHING can be.

Shel Silverstein

Try Some Writing!

Do you want to write? Sometimes the hardest part is getting started. Here are some ideas to get the ideas flowing.

- 1. **Look at a picture** any picture and write about what you see. Make up a story, or just describe what is in the picture.
- 2. Look out the window and write about what you see.
- 3. **Think about someone you know** and write about them.

 What sort of person are they? How did you get to know each other? What do they like to do?
- 4. **Keep a diary**: Every day write one sentence or more about what happened today. The more often you write, the easier it gets. If you write a little every day, it becomes a habit, and gets much easier.
- 5. Make up a story using some of these words.

(You do not have to use them all).

jacket	breakfast	delight	warm
fresh	gate	middle	sky
help	apple	rain	song

Don't worry about getting the spellings right. For these exercises, it is more important to express yourself in words on a page than to get the spellings right.

These famous writers were very bad at spelling:

Agatha Christie wrote detective stories about Hercule Poirot and Miss Marple. You might have seen them on television.

Ernest Hemingway wrote The Old Man and the Sea.

F Scott Fitzgerald wrote *The Great Gatsby*, which was made into a film twice.

Jane Austen - many of her books have been made into films and tv dramas, including *Pride and Prejudice*, *Emma* and *Persuasion*.

Managing Stress

Finding calm in difficult times

By Clodagh Lynam

Here are some things you can do to help you relax and take things in your stride. Try them out and see if there is one that you like to do.

Gratitude Practice

Thinking about what is positive in our lives changes how our brain works and is very good for our mental health.

- 1. Every morning think of one thing in your life that you are grateful for.
- 2. Do the same every evening before you settle down to sleep.
- 3. Every day, write down in a notebook one thing you are grateful for. It does not have to be something different every day.

30-second breathing space.

You can do this exercise any time during the day.

- 1. Close your eyes, or leave them slightly open, if you prefer.
- 2. Take a deep breath. As you breathe out slowly, relax your body a little.
- 3. Breathe in again. As you breathe out slowly, relax your body a little more.
- 4. Say to yourself:

For a few moments, I can relax.

For a few moments, I do not need to worry about anything.

- Breathe normally for a few breaths.Notice how your body breathes in and out.
- 6. Take a deep breath. As you breathe out slowly, open your eyes.

Befriending Practice

This meditation helps to boost positive feelings and can help us to find calm when things are difficult.

- 1. Find a comfortable way to sit.
- 2. Close your eyes, or leave them slightly open.
- 3. Say to yourself, May I be well, may I be safe, may I be happy.
- 4. Think of someone you love or care about (it could be an animal such as a pet dog!).
- 5. In your mind, say to them, May you be well, may you be safe, may you be happy.
- 6. Think of a group of people, such as family or friends.

 Say to yourself, May they all be well, may they all be safe, may they all be happy.
- 7. When you are ready, open your eyes.

Listening Practice

If possible, do this outside or sitting near an open window.

- 1. Find a comfortable way to sit.
- 2. Close your eyes, or leave them slightly open, if you prefer.
- 3. Tune in to whatever sounds come to your ears.
- 4. Notice how you can tune in to one sound, and then leave that and tune in to another sound.
- 5. Notice how your mind likes to follow some sounds more than others.
- 6. Notice how you might like some sounds more than others.
- 7. If there are sounds you like, you can remember them at any time during the day.
- 8. When you are ready, open your eyes.

QUIZ - Correct Answers

Look at the clues on the left and write your answer in the blank lines:

To form words	Write	5	letters
A step	Stair	5	letters
An animal found in the zoo	Bear	4	letters
How heavy something is	Weight	6	letters
Another word for blonde hair	Fair	4	letters
A join in material	Seam	4	letters
To say prayers	Pray	4	letters
The opposite of left	Right	5	letters
Animal found in Phoenix Park	Deer	4	letters
Not covered	Open	4	letters
To stay	Wait	4	letters
Number after three	Four	4	letters
To look at someone	Stare	5	letters
To stop living	Die	3	letters
To colour	Dye	3	letters
Listen to	Hear	4	letters

Beyoncé Crossword - Correct Answers

Across	Answers
2. Someone who acts on film, TV.	ACTOR
4. A man whose job involves selling things.	SALESMAN
8. When there is no noise.	QUIET
Down	
 A film you can see in the cinema or on TV. 	DRAMA
3. A skill that you are good at.	TALENT
5. When something began it	STARTED
6. A collection of songs recorded onto a CD.	ALBUM
7. A number of people gathered together.	GROUP

Fair City True or False - Correct Answers

1. Fair City is a soap opera which started on BBC 1 in 1989.



2. It was made so that Irish people could watch a drama series like Coronation Street and Eastenders.



3. The Fair City story is about the lives of the people who live in Carrigstown, which is supposed to be an area in Dublin city.



4. You can watch Fair City on RTE One at 8pm on Monday, Wednesday, Thursday, and Sunday.



5. The name Fair City came from the first line of the Dublin Song, Dublin in the Rare Auld Times.

True False

Palindromes - Correct Answers

1. A female sheep <u>ewe</u>

2. A baby wears it while eating <u>bib</u>

3. You see with it <u>eye</u>

4. Twelve o'clock midday <u>noon</u>

5. A way of tracking aeroplanes <u>radar</u>

6. Flat, even <u>level</u>

7. A reception given by a mayor <u>civic</u>

8. How you may address a lady <u>madam</u>