



'Ngahere Aroha'  
Yr 8 Art Compilation, 2019

# Remote learning: Here's an overview of what to do...

Term 3: Week 5

Forest Whanau teachers are aiming to promote the 'good life': a flourishing society where citizens are **happy, healthy, capable and engaged**. In other words, a society where people have high levels of **wellbeing!** Use the timetable on the following page to help you understand how to build the 'Five Ways to Wellbeing' into your week.

**Why the Five Ways work:** **CONNECT** **BE ACTIVE** **TAKE NOTICE** **KEEP LEARNING** **GIVE**

- Connect - Me whakawhanaunga:** Strong relationships with others are an essential part of building resilience and boosting wellbeing.
- Keep Learning - Me ako tonu:** Sharpening our skills, being curious and seeking out new experiences positively stimulates the brain.
- Be Active - Me kori tonu:** Being physically active improves physical health & can improve mood, wellbeing + decrease stress/anxiety.
- Give - Tukua:** Carrying out acts of kindness, whether small or large, can increase happiness, life satisfaction & sense of wellbeing.
- Take Notice - Me aro tonu:** Paying more attention to the present moment, to thoughts & feelings + the world around, can boost our wellbeing.

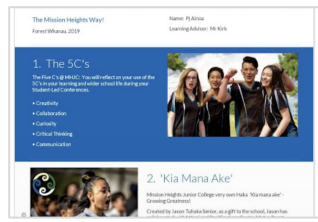


Remember, we will not be following our usual school timetable this week, but the plan on Pg 2 which allows time for existing assessments. Please spend 10 minutes updating your **distance learning journal** at the end of every day. This is located on your **LA's Google Classroom** page.

Please ensure you have completed your **SMART Goal** paragraph & copied it to the **FW**hanau course page of MH Online.

**Stage One: Part A & B** evidence of your 'Great Learner Evidence Website' is due this week. To find this go to... **3X3 Google aps grid > Sites > New Google Sites**

Here's our short video reminder of how to locate + share your website with your LA [Finding Your 'Great Learner Website'](#)























Our best wishes for a happy, healthy, capable & engaged week - Forest Whanau Staff

Continued on next page...

# FOREST'S FIVE WAYS TO WELLBEING: YR 8's

You must fill in your  
LA's Reflection Log at  
2pm each day

Term 3: Week 5

MONDAY 17TH AUGUST	TUESDAY 18TH AUGUST	WEDNESDAY 19TH AUGUST	THURSDAY 20TH AUGUST	FRIDAY 21ST AUGUST
<p><b>9-10am: Reading Plus</b> Sharpening our skills... 1 x <a href="#">See Reader</a> (80%+) 1 x <a href="#">Eye Balance</a> 1 x <a href="#">Read Around</a> + time for <i>existing assessments</i></p>  <p>EMBRACE NEW EXPERIENCES. SEE OPPORTUNITIES. SURPRISE YOURSELF.</p>	<p><b>9-10am: Maths Buddy</b> Sharpening our skills... Please start this week's tasks that have been assigned by <b>Mrs Phadke</b> + time for <i>existing assessments</i></p>  <p>EMBRACE NEW EXPERIENCES. SEE OPPORTUNITIES. SURPRISE YOURSELF.</p>	<p><b>9-10am: Reading Plus</b> Sharpening our skills... 2 x <a href="#">See Readers</a> <b>92 x SR's</b> for the year + time for <i>existing assessments</i></p>  <p>EMBRACE NEW EXPERIENCES. SEE OPPORTUNITIES. SURPRISE YOURSELF.</p>	<p><b>9-10am: Maths Buddy</b> Sharpening our skills... Please start this week's tasks that have been assigned by <b>Mrs Phadke</b> + time for <i>existing assessments</i></p>  <p>EMBRACE NEW EXPERIENCES. SEE OPPORTUNITIES. SURPRISE YOURSELF.</p>	<p><b>9-10am: Reading Plus</b> Sharpening our skills... 1 x <a href="#">See Reader</a> (80%+) 1 x <a href="#">Eye Balance</a> 1 x <a href="#">Read Around</a> + time for <i>existing assessments</i></p>  <p>EMBRACE NEW EXPERIENCES. SEE OPPORTUNITIES. SURPRISE YOURSELF.</p>
<p><b>10-11am: English</b> <i>It's time to connect!</i> <b>Miss Singh</b> will send an invite to both classes to join a <b>Google Meet</b> session. You will be adding evidence of MHJC's 'values in action' to your <b>Great Learner Evidence Website</b>.</p>  <p>Your time, your words, your presence</p>	<p><b>10-11am: Global Studies</b> <i>It's time to connect!</i> <b>Miss Wu Zheng</b> will send an invite to both classes to join a <b>Google Meet</b> session. You will be adding evidence of MHJC's 'values in action' to your <b>Great Learner Evidence Website</b>.</p>  <p>Your time, your words, your presence</p>	<p><b>10-11am: Science</b> <i>It's time to connect!</i> <b>Mrs Brandauer</b> will send an invite to both classes to join a <b>Google Meet</b> session. You will be adding evidence of MHJC's 'values in action' to your <b>Great Learner Evidence Website</b>.</p>  <p>Your time, your words, your presence</p>	<p><b>10-11am: Wellbeing &amp; Mood</b> <i>Reconnect with the world around you &amp; appreciate the little things.</i> -Take a break from digital devices -Sit in your garden (listen) -Listen to your favourite music -Bake a new recipe or enjoy a milo</p>  <p>REMEMBER THE SIMPLE THINGS THAT GIVE YOU JOY</p>	<p><b>10-11am: Get moving!</b> <i>Be Active...</i> • Walk the dog • Do some gardening • Vacuum for 15 minutes • Try a <b>Joe Wicks</b> workout <a href="#">here</a> • Or film your own 'Joe Wicks' style workout to share with friends</p>  <p>DO WHAT YOU CAN. ENJOY WHAT YOU DO. MOVE YOUR MOOD</p>
<p><b>11-12pm: Get moving!</b> <i>Be Active...</i> • Gentle stroll, scooter, yoga or stretching • Film a PE challenge • Try a <b>Joe Wicks</b> workout <a href="#">here</a></p>  <p>DO WHAT YOU CAN. ENJOY WHAT YOU DO. MOVE YOUR MOOD</p>	<p><b>11-12pm: LA Goals</b> <i>Sharpening our skills...</i> Have you written your <b>SMART Goal</b>? Please copy &amp; paste onto MH Online.</p>  <p>EMBRACE NEW EXPERIENCES. SEE OPPORTUNITIES. SURPRISE YOURSELF.</p>	<p><b>11-12pm: Get moving!</b> <i>Be Active...</i> • Clean your bedroom • Try a new <b>Joe Wicks</b> workout <a href="#">here</a> • Film a fun PE challenge</p>  <p>DO WHAT YOU CAN. ENJOY WHAT YOU DO. MOVE YOUR MOOD</p>	<p><b>11-12pm: LA Goals</b> <i>Sharpening our skills...</i> Go to your LA's <b>Google Classroom</b> page. Use the new template to start your SLC slideshow.</p>  <p>EMBRACE NEW EXPERIENCES. SEE OPPORTUNITIES. SURPRISE YOURSELF.</p>	<p><b>11-12pm: LA Goals</b> <i>Sharpening our skills...</i> Click on the rectangle to learn how to load your evidence to <b>MH Online</b></p>  <p>EMBRACE NEW EXPERIENCES. SEE OPPORTUNITIES. SURPRISE YOURSELF.</p>
<p><b>1-2pm: Connect to build a support network</b> Reach out &amp; speak to some classmates (not texting or commenting on others) Learn a shared dance, song or skill such as the <b>MHJC Haka</b>. Be kind.</p>  <p>TALK &amp; LISTEN. BE THERE. FEEL CONNECTED</p>	<p><b>1-2pm: LA Goals</b> <i>Sharpening our skills...</i> Complete evidence for Stage 1: Part 'A' of <b>Great Learner Evidence Websites</b>. This should now be 100% finished.</p>  <p>EMBRACE NEW EXPERIENCES. SEE OPPORTUNITIES. SURPRISE YOURSELF.</p>	<p><b>1-2pm: LA Goals</b> <i>Sharpening our skills...</i> Complete evidence for Stage 1: Part 'B' of <b>Great Learner Evidence Websites</b>. This should now be 100% finished.</p>  <p>EMBRACE NEW EXPERIENCES. SEE OPPORTUNITIES. SURPRISE YOURSELF.</p>	<p><b>1-2pm: LA Goals</b> <i>Sharpening our skills...</i> Continue to work on your Student-Led Conference Slideshow.</p>  <p>EMBRACE NEW EXPERIENCES. SEE OPPORTUNITIES. SURPRISE YOURSELF.</p>	<p><b>1-2pm: LA Time</b> <i>It's time to connect!</i> Click on the link at the top of your LA's <b>Google Classroom</b> page to discuss <b>Evidence Websites &amp; SLC slideshows</b></p>  <p>Your time, your words, your presence</p>



# The Five Ways to Wellbeing are:

**Connect** – *Me whakawhanaunga*: Be there for others, build strong relationships

**Be Active** – *Me kori tonu*: Do regular physical activity that you enjoy

**Give** – *Tukua*: Carry out acts of kindness, whether small or large

**Take Notice** – *Me aro tonu*: Appreciate the world around you

**Keep Learning** – *Me ako tonu*: Sharpen your skills, be curious & seek out new experiences



CONNECT

TALK & LISTEN,  
BE THERE,  
FEEL CONNECTED

BE  
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DO WHAT YOU CAN,  
ENJOY WHAT YOU DO,  
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