

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

Term 3: Week 6

Forest Whanau teachers hope you are feeling *happy, healthy, capable* and *engaged*. You are encouraged to make important Decisions about your own Curriculum Timetable this week, as you take ownership for building the 'Five Ways to Wellbeing' into your week.

Why the Five Ways work:



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 guide & tasks on Pg 2 + Pg 3. Please spend **10 minutes** updating your *Distance Learning Journal* at **2pm** 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 **FWhanau** course page of MH Online.
- Stage One: Part A & B** evidence of your '*Great Learner Evidence Website*' is now overdue. 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 



'Ngahere Aroha'
Yr 8 Art Compilation, 2019



 Holistic Student Reflections



The Mission Highlights Why?
Event/Whakaari: 2019

Hosts: Whanau Learning/Whakaari: 18 Kiwi

1. The 5C's
The 5C's (5C's) are the 5C's that you will use to assess your learning and skills when you start your 'Great Learner Evidence Website'.

- Creativity
- Collaboration
- Confidence
- Critical Thinking
- Communication

2. 'Kia Mana Ake'
Mission Highlights Your College can be 'Kia Mana Ake' - Growing Creativity!
Created by your 'Tutor' before an agent to the school, learn how





















Continued on next page...

PAGE 2 FOREST'S FIVE WAYS TO WELLBEING:

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

Term 3: Week 6

MONDAY 24TH AUGUST	TUESDAY 25TH AUGUST	WEDNESDAY 26TH AUGUST	THURSDAY 27TH AUGUST	FRIDAY 28TH AUGUST
<p>9-10am: Reading Plus Sharpening our skills... 1 x See Reader (80%+) 1 x Eye Balance 1 x Read Around + time for Options or core curriculum</p>  <p>EMBRACE NEW EXPERIENCES. SEE OPPORTUNITIES. SURPRISE YOURSELF.</p>	<p>9-10am: Maths Buddy Sharpening our skills... Please start this week's tasks that have been assigned by Mrs Phadke + time for Options or core curriculum</p>  <p>EMBRACE NEW EXPERIENCES. SEE OPPORTUNITIES. SURPRISE YOURSELF.</p>	<p>9-10am: Reading Plus Sharpening our skills... 2 x See Readers 96 x SR's for the year + time for Options or core curriculum</p>  <p>EMBRACE NEW EXPERIENCES. SEE OPPORTUNITIES. SURPRISE YOURSELF.</p>	<p>9-10am: Maths Buddy Sharpening our skills... Please start this week's tasks that have been assigned by Mrs Phadke + time for Options or core curriculum</p>  <p>EMBRACE NEW EXPERIENCES. SEE OPPORTUNITIES. SURPRISE YOURSELF.</p>	<p>9-10am: Reading Plus Sharpening our skills... 1 x See Reader (80%+) 1 x Eye Balance 1 x Read Around + time for Options or core curriculum</p>  <p>EMBRACE NEW EXPERIENCES. SEE OPPORTUNITIES. SURPRISE YOURSELF.</p>
<p>10-11am: Curriculum Focus Please navigate to Slide 3 to select your Curriculum focus for this session. View your teacher's Screencastify message & task instructions...</p>  <p>EMBRACE NEW EXPERIENCES. SEE OPPORTUNITIES. SURPRISE YOURSELF.</p>	<p>10-11am: LA Time It's time to connect! Click on the link at the top of your LA's Google Classroom page to discuss Evidence Websites & SLC slideshows</p>  <p>Your time, your words, your presence</p>	<p>10-11am: Curriculum Focus Please navigate to Slide 3 to select your Curriculum focus for this session. View your teacher's Screencastify lesson and follow the instructions...</p>  <p>EMBRACE NEW EXPERIENCES. SEE OPPORTUNITIES. SURPRISE YOURSELF.</p>	<p>10-11am: Wellbeing & Mood Reconnect with the world around you & appreciate the little things. -Take a break from digital devices -Play a board game -Listen to your favourite music</p>  <p>REMEMBER THE SIMPLE THINGS THAT GIVE YOU JOY</p>	<p>10-11am: Get moving! Be Active... <ul style="list-style-type: none"> Walk the dog Do some gardening Vacuum for 15 minutes Try a Les Mills Hip Hop Workout 2 Or film your own 'dance' style workout to share with friends </p>  <p>DO WHAT YOU CAN. ENJOY WHAT YOU DO. MOVE YOUR HOOD</p>
<p>11-12pm: Get moving! Be Active... <ul style="list-style-type: none"> Gentle stroll, scooter, yoga or stretching Film a PE challenge Try a Les Mills Hip Hop Workout 1 </p>  <p>DO WHAT YOU CAN. ENJOY WHAT YOU DO. MOVE YOUR HOOD</p>	<p>11-12pm: Curriculum Focus Please navigate to Slide 3 to select your Curriculum focus for this session. View your teacher's Screencastify message & task instructions...</p>  <p>EMBRACE NEW EXPERIENCES. SEE OPPORTUNITIES. SURPRISE YOURSELF.</p>	<p>11-12pm: Options/Specialist Sharpening our skills... Please connect with your Options or specialist teacher</p>  <p>EMBRACE NEW EXPERIENCES. SEE OPPORTUNITIES. SURPRISE YOURSELF.</p>	<p>11-12pm: Curriculum Focus Please navigate to Slide 3 to select your Curriculum focus for this session. View your teacher's Screencastify message & task instructions...</p>  <p>EMBRACE NEW EXPERIENCES. SEE OPPORTUNITIES. SURPRISE YOURSELF.</p>	<p>11-12pm: LA Goals Sharpening our skills... Click on the rectangle to learn how to load your evidence to MH Online</p>  <p>EMBRACE NEW EXPERIENCES. SEE OPPORTUNITIES. SURPRISE YOURSELF.</p>  <p>THINK SMARTER THINK ONLINE HOLISTIC REPORT Stage 1 GREAT LEARNER</p>
<p>1-2pm: Connect to build a support network Reach out & speak to some classmates (not texting or commenting on others) Learn a shared dance, song or skill such as the MHJC Haka. Be kind.</p>  <p>TALK & LISTEN. BE THERE. FEEL CONNECTED</p>	<p>1-2pm: Curriculum Focus Please navigate to Slide 3 to select your Curriculum focus for this session. View your teacher's Screencastify message & task instructions...</p>  <p>EMBRACE NEW EXPERIENCES. SEE OPPORTUNITIES. SURPRISE YOURSELF.</p>	<p>1-2pm: LA Goals Checklist: Have you completed? <ul style="list-style-type: none"> SMART Goal + posted to MH Online? Stage One: Part 'A' evidence? Stage One: Part 'B' evidence? </p>  <p>EMBRACE NEW EXPERIENCES. SEE OPPORTUNITIES. SURPRISE YOURSELF.</p>	<p>1-2pm: SLC Slideshow Sharpening our skills... Continue to work on your Student-Led Conference Slideshow.</p>  <p>EMBRACE NEW EXPERIENCES. SEE OPPORTUNITIES. SURPRISE YOURSELF.</p>	<p>1-2pm: LA Time It's time to connect! Click on the link at the top of your LA's Google Classroom page to discuss Evidence Websites & SLC slideshows</p>  <p>Your time, your words, your presence</p>

PE & HEALTH - DNU	GLOBAL STUDIES - MKI/ ASE	ENGLISH - SSA	MATHS - PHI	SCIENCE - IBR
<p>Learning Intentions: WALT Demonstrate a clear understanding of each area of Hauora</p> <p>Use knowledge to track/ record how you are looking after your Hauora in lockdown</p> <p>Screencastify link here... Hauora at Home link...</p> <p>Activity Instructions:</p> <ol style="list-style-type: none"> 1. Go to Google Classroom and view the home well being task 2. Read task and record your activity. 3. Write a short reflection and rating for each. 4. Ensure All 4 areas of Hauora have something for each day. https://docs.google.com/document/d/1XSWYfvtvTRzx0iUjFokP9A_5MxZZCmBoMs8P9ME3urlM/edit <p>Links: Refer to 7F1 & 7F2 Google Classroom pages 7F1 Google Classroom Link 7F2 Google Classroom Link</p> <p>Further learning/ Can Do's Start to create a list of what worked best in lockdown so that you can present this in a creative way to others.</p>	<p>Learning Intentions: WALT Understand how people participate individually and collectively in response to community challenges</p> <p>Screencastify link here... How to insert your KWS & SWOT Analysis charts from your Outlook for Someday Management Plan to your Evidence Website</p> <p>Activity Instructions:</p> <ol style="list-style-type: none"> 1. View the instructional video then complete the KWS & SWOT graphic organisers on TOFS Film Management Plan, as evidence for Great Learner Evidence Website Step One Part 2 'Up' <div data-bbox="415 649 749 693" style="border: 1px solid black; padding: 2px;"> <p>Key Focus Area: Thinking & Learning Strategies Criteria: I have been guided to use a range of processing strategies</p> </div> <ol style="list-style-type: none"> 2. Take screenshots of your completed graphic organisers 3. Write 3 bullet points to explain how your Management Plan + graphic organisers are examples of using thinking & learning strategies. <p>Links: Refer to 7F1 & 7F2 Google Classroom pages</p> <p>Further Learning: Complete the editing + titles for your short film.</p>	<p>Learning Intentions: WALT Plan and select some evidence for an essay based on the short film we have watched.</p> <p>Resources: Slides and the doc you need to complete can be found on Google Classroom under 'English Lockdown Learning: Film Analysis.'</p> <p>Activity Instructions:</p> <ol style="list-style-type: none"> 1. Follow the slide on how to understand an essay question. 2. Read of the definitions of the differences between topic, themes and ideas. 3. Find the definitions and film examples of topics from the film (Found on Google Classroom) <p>Links: Refer to Google Classroom.</p> <p>Further Learning: Reading Plus</p>	<p>Learning Intentions: WALT Draw animals to scale</p> <p>Screencastify link here... See how Mrs Hindson explains how to draw to scale here</p> <p>Activity Instructions:</p> <ol style="list-style-type: none"> 1. On an A4 piece of paper, Add a heading 'Putting the Animal Kingdom into Proportion' (You can make up your own heading if you prefer) 2. Pick around 6 different sized animals and research on the internet how big your animals grow to be. (eg human, dog, elephant, blue whale, giant squid etc) 3. Draw in your dot guides (as shown on this video) For every meter, measure 1 cm on the paper.. 4. Fill in the space with a drawing of your animal. (It doesn't have to be a work of art, keep it simple) 5. Upload it on Google Classroom 7 Maths Forest. See my example here. <p>Links: How to draw animals link #1</p> <p>Further Learning: Scale drawings Brainpop.</p>	<p>Learning Intentions: WALT Demonstrate an understanding of the five food groups</p> <p>Activity Instructions:</p> <ol style="list-style-type: none"> 1. Go to Google Classroom. Watch the YouTube clip on nutrition 2. View the Powerpoint presentation and instructions from Ms Brandauer 3. Keep a food diary - you can do one day or the whole week 4. Print and cut out the different foods. Stick them onto the corresponding food group. You can also just edit the document. 5. Design your own dinner including all the five food types. <p>Links: Refer to Google Classroom</p> <p>Further Learning: Go onto 'Brainpop' (Nutrition) https://www.brainpop.com/health/nutrition/nutrition/</p>