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.



'Ngahere Aroha'

Yr 8 Art Compilation, 2019

Why the Five Ways work:

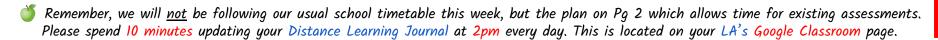


Connect - Me whakawhanaunga: Strong relationships with others are an essential part of building resilience and boosting wellbeing.

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.



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 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



FOREST'S FIVE WAYS TO WELLBEING: YR 10'S You must fill in your Lifts Reflection tog of 2pm each day

KEEP

NOTICE

LEARNING

-Term 3: Week 5

KEEP

LEARNING

MONDAY 17TH AUGUST

TUESDAY 18TH AUGUST

WEDNESDAY 19TH AUGUST

THURSDAY 20TH AUĞUST

FRIDAY 21ST AUGUST

9-10am: Reading Plus Sharpening our skills... 1 x See Reader (80%+)

1 x Eye Balance

1 x Read Around

Mr Kirk will



9-10am: Maths Buddy Sharpening our skills...

+ time for existing assessments

Please start this

week's tasks that

have been assigned by Mrs Phadke

Give

KEEP

LEARNING

EMBRACE NEW EXPERIENCES, SEE OPPORTUNITIES SURPRISE YOURSELF

Sharpening our skills... 2 x See Readers

92 x SR's for the year

9-10am: Reading Plus

EMBRACE NEW EXPERIENCES, SEE OPPORTUNITIES, SURPRISE YOURSELF + time for existing assessments

KEEP

LEARNING

Give

9-10am: Maths Buddy Sharpening our skills...

Please start this week's tasks that

have been assigned by Mrs Phadke + time for existing assessments

10-11am: Wellbeing & Mood

1 x Eue Balance I x Read Around

Be Active...

· Walk the doa

· Do some gardening

· Vacuum for 15 minutes

9-10am: Reading Plus

Sharpening our skills...

1 x See Reader (80%+)

10-11am: Get moving!

+ time for existing assessments

+ time for existing assessments

classes to join a Google Meet

session. You will be adding evidence

of MHJC's 'values in action' to your

Great Learner Evidence Website.

10-11am: English It's time to connect!



10-11am: Global Studies

It's time to connect! Mrs Selagan will send an invite to both

classes to join a Google Meet session. You will be adding evidence of MHJC's 'values in action' to your

Great Learner Evidence Website.

10-11am: Health & PE

It's time to connect! Miss Young will

send an invite to both classes to join a Google Meet session. You will be adding evidence of MHJC's 'values in action' to your

Great Learner Evidence Website.

Reconnect with the world around you & appreciate

the little things. -Take a break from

digital devices -Sit in your garden (listen) GIVE YOU JOY

-Listen to your favourite music

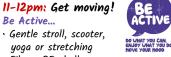
-Bake a new recipe or enjoy a milo

11-12pm: LA Goals

· Try a Joe Wicks workout here · Or film your own 'Joe Wicks' style workout to share with friends

11-12pm: Get moving!

send an invite to both



such as the MHJC Haka. Be kind.

DO WHAT YOU CAN, ENJOY WHAT YOU DO, MOVE YOUR MOOD · Film a PE challenge · Try a Joe Wicks workout here

11-12pm: LA Goals Sharpening our skills... Have you written your

SMART Goal? Please copy & paste onto MH Online.



· Clean your bedroom · Try a new Joe Wicks

workout here

· Film a fun PE challenge

BE ACTIVE DO WHAT YOU CAN, ENJOY WHAT YOU DO, MOVE YOUR MOOD

KEEP LEARNING

Google Classroom page. Use the new template to start your SLC slideshow.

11-12pm: LA Goals

Go to your LA's

Sharpening our skills...



Click on the rectangle to learn how

KEEP LEARNING

to load your evidence to MH Online

1-2pm: Connect to build a

support network Reach out & speak to some classmates (not

CONNECT TALK & LISTEN, texting or commenting on others) Learn a shared dance, song or skill

1-2pm: LA Goals

Sharpening our skills... Complete evidence for Stage I: Part 'A' of Great Learner Evidence Websites.

This should now be 100% finished.

1-2pm: LA Goals

Sharpening our skills... EMBRACE NEW EXPERIENCES, SEE OPPORTUNITIES, SURPRISE YOURSELF Complete evidence for Stage I: Part 'B' of Great Learner Evidence Websites. This should now be 100% finished.

1-2pm: LA Goals

Sharpening our skills... Continue to work on uour Student-Led Conference Slideshow.

KEEP LEARNING EMBRACE NEW EXPERIENCES, SEE OPPORTUNITIES, SURPRISE YOURSELF 1-2pm: LA Time

Give 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

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

-Term 3: Week 5

MONDAY 17TH AUGUST

TUESDAY 18TH AUGUST

WEDNESDAY 19TH AUGUST

THURSDAY 20TH AUĞUST

FRIDAY 21ST AUGUST

9-10am: Reading Plus Sharpening our skills... 1 x See Reader (80%+)

1 x Eye Balance

1 x Read Around



9-10am: Maths Buddy Sharpening our skills... Please start this week's tasks that have been assigned by Mrs Phadke

+ time for existing assessments

KEEP 9-10am: Reading Plus Sharpening our skills...

2 x See Readers 92 x SR's for the year

EMBRACE NEW EXPERIENCES, SEE OPPORTUNITIES, SURPRISE YOURSELF + time for existing assessments

Give

KEEP

Sharpening our skills... LEARNING Please start this week's tasks that have been assigned by Mrs Phadke

9-10am: Maths Buddy



Sharpening our skills... 1 x See Reader (80%+) 1 x Eue Balance I x Read Around

10-llam: Get moving!

9-10am: Reading Plus

+ time for existing assessments

KEEP

LEARNING

+ time for existing assessments

10-llam: Maths

It's time to connect!

send an invite to both

Mrs Phadke will

Give Your time, your words, your presence classes to join a Google Meet

It's time to connect! Mr Kirk will

10-llam: English

send an invite to both classes to join a Google Meet session. You will be adding evidence of MHJC's 'values in action' to your

Great Learner Evidence Website.

10-11am: Science

It's time to connect! Mrs Lindsau will send an invite to both

Your time, your words, your presence classes to join a Google Meet session. You will be adding evidence of MHJC's 'values in action' to your

Great Learner Evidence Website.

10-11am: Wellbeing & Mood Reconnect with the world

-Listen to your favourite music

-Bake a new recipe or enjoy a milo

+ time for existing assessments

around you & appreciate NOTICE the little things. -Take a break from digital devices -Sit in your garden (listen) GIVE YOU JOY

Be Active... · Walk the doa · Do some gardening

· Vacuum for 15 minutes

· Try a Joe Wicks workout here

· Or film your own 'Joe Wicks' style workout to share with friends

11-12pm: Get moving!

· Film a PE challenge



session. You will be adding evidence

of MHJC's 'values in action' to your

Great Learner Evidence Website.

11-12pm: LA Goals

Sharpening our skills... Have you written your SMART Goal? Please copy & paste onto MH Online.

KEEP LEARNING

LEARNING

Give

11-12pm: Get moving! Be Active... · Clean your bedroom

· Try a new Joe Wicks workout here

· Film a fun PE challenge

Sharpening our skills...

BEACTIVE DO WHAT YOU CAN, ENJOY WHAT YOU DO, MOVE YOUR MOOD

KEEP LEARNING

11-12pm: LA Goals Sharpening our skills...

Go to your LA's Google Classroom page. Use the new template to start your SLC slideshow.



11-12pm: LA Goals

Click on the rectangle to learn how EMBRACE NEW EXPERIENCES. SEE OPPORTUNITIES. SURPRISE YOURSELF

KEEP

LEARNING

evidence to MH Online

1-2pm: Connect to build a CONNECT 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.

· Try a Joe Wicks workout here

1-2pm: LA Goals

Sharpening our skills... Complete evidence for Stage I: Part 'A' of Great Learner Evidence Websites.

This should now be 100% finished.

1-2pm: LA Goals

Complete evidence for Stage I: Part 'B' of Great Learner Evidence Websites. This should now be 100% finished.

1-2pm: LA Goals

Sharpening our skills... Continue to work on uour Student-Led Conference Slideshow.

LEARNING EMBRACE NEW EXPERIENCES, SEE OPPORTUNITIES, SURPRISE YOURSELF 1-2pm: LA Time

Give 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

KEEP LEARNING

NOTICE

-Term 3: Week 5

KEEP

LEARNING

MONDAY 17TH AUGUST

TUESDAY 18TH AUGUST

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THURSDAY 20TH AUGUST

FRIDAY 21ST AUGUST

9-10am: Reading Plus Sharpening our skills...

1 x See Reader (80%+) EMBRACE NEW EXPERIENCES, SEE OPPORTUNITIES, SURPRISE YOURSELF 9-10am: Maths Buddy Sharpening our skills... Please start this

10-llam: Global Studies

+ time for existing assessments

week's tasks that have been assigned by Mrs Phadke

KEEP

Give

Sharpening our skills... 2 x See Readers 92 x SR's for the year

9-10am: Reading Plus

+ time for existing assessments

KEEP LEARNING

9-10am: Maths Buddy Sharpening our skills...

Please start this week's tasks that

10-11am: Wellbeing & Mood

-Listen to your favourite music

-Bake a new recipe or enjoy a milo

have been assigned by Mrs Phadke

+ time for existing assessments

1 x Eue Balance I x Read Around

Be Active...

· Walk the dog

· Do some gardening

11-12pm: LA Goals

10-llam: Get movina!

9-10am: Reading Plus

Sharpening our skills...

1 x See Reader (80%+)

+ time for existing assessments

+ time for existing assessments

classes to join a Google Meet

session. You will be adding evidence

of MHJC's 'values in action' to your

Great Learner Evidence Website.



Miss Singh will

send an invite to both

1 x Eue Balance

1 x Read Around



KEEP

LEARNING

It's time to connect! Miss Wu Zheng will

Your time, your words, your presence

send an invite to both classes to join a Google Meet session. You will be adding evidence of MHJC's 'values in action' to your Great Learner Evidence Website.

10-llam: Science

It's time to connect!

Mrs Brandauer will send an invite to both classes to join a Google Meet session. You will be adding evidence

of MHJC's 'values in action' to your

Great Learner Evidence Website.

Give Reconnect with the world around you & appreciate the little things. -Take a break from

diaital devices

-Sit in your garden (listen)

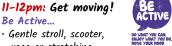
· Vacuum for 15 minutes

· Try a Joe Wicks workout here

· Or film your own 'Joe Wicks' style

workout to share with friends

11-12pm: Get moving!



yoga or stretching

· Film a PE challenge

· Try a Joe Wicks workout here

11-12pm: LA Goals



KEEP LEARNING

KEEP LEARNING

Be Active... · Clean your bedroom

11-12pm: Get moving!

· Try a new Joe Wicks

workout here · Film a fun PE challenge

11-12pm: LA Goals ACTIVE Sharpening our skills... DO WHAT YOU CAN, ENJOY WHAT YOU DO, MOVE YOUR MOOD

Go to your LA's Google Classroom page. Use the new template to start your SLC slideshow.



Sharpening our skills... Click on the rectangle to

KEEP LEARNING

to load your

learn how

evidence to MH Online



some classmates (not texting or commenting on others)

Learn a shared dance, song or skill such as the MHJC Haka. Be kind.

Sharpening our skills...

1-2pm: LA Goals

EMBRACE NEW EXPERIENCES, SEE OPPORTUNITIES, SURPRISE YOURSELF Complete evidence for Stage I: Part 'A' of Great Learner Evidence Websites. This should now be 100% finished.

1-2pm: LA Goals



1-2pm: LA Goals

Sharpening our skills... Continue to work on your Student-Led Conference Slideshow.



KEEP LEARNING

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

-Term 3: Week 5

MONDAY 17TH AUGUST

TUESDAY 18TH AUGUST

WEDNESDAY 19TH AUGUST

THURSDAY 20TH AUĞUST

FRIDAY 21ST AUGUST

9-10am: Reading Plus Sharpening our skills... 1 x See Reader (80%+)

It's time to connect!

send an invite to both

Miss Kindley will

1 x Eue Balance

1 x Read Around

KEEP LEARNING EMBRACE NEW EXPERIENCES, SEE OPPORTUNITIES, SURPRISE YOURSELF 9-10am: Maths Buddy Sharpening our skills... Please start this week's tasks that have been assigned by Mrs Hindson

+ time for existing assessments

9-10am: Reading Plus LEARNIN

Sharpening our skills... 2 x See Readers

92 x SR's for the year

10-11am: Global Studies

EMBRACE NEW EXPERIENCES, SEE OPPORTUNITIES, SURPRISE YOURSELF + time for existing assessments

KEEP

LEARNING

Give

Sharpening our skills... Please start this week's tasks that

9-10am: Maths Buddy

have been assigned by Mrs Hindson + time for existing assessments

KEEP

I x Read Around

Be Active...

· Walk the doa

9-10am: Reading Plus

Sharpening our skills...

1 x See Reader (80%+)

10-llam: Get moving!

1 x Eue Balance

+ time for existing assessments

+ time for existing assessments

classes to join a Google Meet

session. You will be adding evidence

of MHJC's 'values in action' to your

Great Learner Evidence Website.



10-11am: Health & PE It's time to connect!

send an invite to both

classes to join a Google Meet

session. You will be adding evidence

of MHJC's 'values in action' to your

Great Learner Evidence Website.

Mr Nutt will

Give

It's time to connect! Miss Kindley will send an invite to both

classes to join a Google Meet session. You will be adding evidence of MHJC's 'values in action' to your 10-Ilam: Wellbeing & Mood Reconnect with the world around you & appreciate

-Listen to your favourite music

-Bake a new recipe or enjoy a milo

the little things.

-Take a break from

NOTICE

-Sit in your garden (listen)

· Do some gardening · Vacuum for 15 minutes

· Try a Joe Wicks workout here

· Or film your own 'Joe Wicks' style workout to share with friends

11-12pm: Get moving!



· Try a Joe Wicks workout here

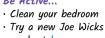
such as the MHJC Haka. Be kind.

11-12pm: LA Goals Sharpening our skills... Have you written your SMART Goal? Please copy & paste onto MH Online.

KEEP LEARNING

11-12pm: Get moving! Be Active...

Great Learner Evidence Website.



workout here · Film a fun PE challenge

BEACTIVE DO WHAT YOU CAN, ENJOY WHAT YOU DO, MOVE YOUR MOOD

KEEP LEARNING

11-12pm: LA Goals KEEP LEARNING Sharpening our skills... Go to your LA's Google Classroom page.



Click on the rectangle to

11-12pm: LA Goals

learn how to load your evidence to MH Online

EMBRACE NEW EXPERIENCES, SEE OPPORTUNITIES, SURPRISE YOURSELF

KEEP LEARNING

KEEP LEARNING

1-2pm: Connect to build a support network

Reach out & speak to some classmates (not

CONNECT texting or commenting on others) Learn a shared dance, song or skill

1-2pm: LA Goals

Sharpening our skills... Complete evidence for Stage I: Part 'A' of Great Learner Evidence Websites.

LEARNIN

Complete evidence for Stage I: Part 'B' of Great Learner Evidence Websites. This should now be 100% finished. This should now be 100% finished.

Sharpening our skills...

1-2pm: LA Goals

1-2pm: LA Goals

Use the new template to

start your SLC slideshow.

Sharpening our skills... Continue to work on uour Student-Led Conference Slideshow.



1-2pm: LA Time

It's time to connect! Click on the link at the top of your LA's Google Classroom page to aiscuss

Evidence Websites & SLC slideshows

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

