

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

Term 3: Week 5



'Ngahere Aroha'
Yr 8 Art Compilation, 2019

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** - *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.

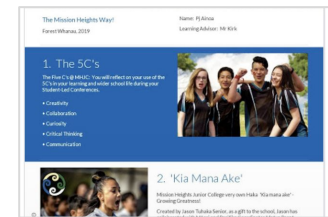


Remember, we will not be following our usual school timetable this week, but the plan on Pg 2 which allows time for existing assessments. Please spend **10 minutes** updating your **Distance Learning Journal** at **2pm** every day. This is located on your **LA's Google Classroom** page.

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 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...


MONDAY 17TH AUGUST	TUESDAY 18TH AUGUST	WEDNESDAY 19TH AUGUST	THURSDAY 20TH AUGUST	FRIDAY 21ST AUGUST
<p>9-10am: Reading Plus <i>Sharpening our skills...</i> 1 x See Reader (80%+) 1 x Eye Balance 1 x Read Around + time for <i>existing assessments</i></p>  <p>EMBRACE NEW EXPERIENCES. SEE OPPORTUNITIES. SURPRISE YOURSELF.</p>	<p>9-10am: Maths Buddy <i>Sharpening our skills...</i> Please start this week's tasks that have been assigned by Mrs Phadke + time for <i>existing assessments</i></p>  <p>EMBRACE NEW EXPERIENCES. SEE OPPORTUNITIES. SURPRISE YOURSELF.</p>	<p>9-10am: Reading Plus <i>Sharpening our skills...</i> 2 x See Readers 92 x SR's for the year + time for <i>existing assessments</i></p>  <p>EMBRACE NEW EXPERIENCES. SEE OPPORTUNITIES. SURPRISE YOURSELF.</p>	<p>9-10am: Maths Buddy <i>Sharpening our skills...</i> Please start this week's tasks that have been assigned by Mrs Phadke + time for <i>existing assessments</i></p>  <p>EMBRACE NEW EXPERIENCES. SEE OPPORTUNITIES. SURPRISE YOURSELF.</p>	<p>9-10am: Reading Plus <i>Sharpening our skills...</i> 1 x See Reader (80%+) 1 x Eye Balance 1 x Read Around + time for <i>existing assessments</i></p>  <p>EMBRACE NEW EXPERIENCES. SEE OPPORTUNITIES. SURPRISE YOURSELF.</p>
<p>10-11am: English <i>It's time to connect!</i> Mr Kirk 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.</p>  <p>Your time, your words, your presence</p>	<p>10-11am: Global Studies <i>It's time to connect!</i> 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.</p>  <p>Your time, your words, your presence</p>	<p>10-11am: Health & PE <i>It's time to connect!</i> 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.</p>  <p>Your time, your words, your presence</p>	<p>10-11am: Wellbeing & Mood <i>Reconnect with the world around you & 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>10-11am: Get moving! <i>Be Active...</i> • Walk the dog • 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</p>  <p>DO WHAT YOU CAN. ENJOY WHAT YOU DO. MOVE YOUR HOOD</p>
<p>11-12pm: Get moving! <i>Be Active...</i> • Gentle stroll, scooter, yoga or stretching • Film a PE challenge • Try a Joe Wicks workout here</p>  <p>DO WHAT YOU CAN. ENJOY WHAT YOU DO. MOVE YOUR HOOD</p>	<p>11-12pm: LA Goals <i>Sharpening our skills...</i> Have you written your SMART Goal? Please copy & paste onto MH Online.</p>  <p>EMBRACE NEW EXPERIENCES. SEE OPPORTUNITIES. SURPRISE YOURSELF.</p>	<p>11-12pm: Get moving! <i>Be Active...</i> • Clean your bedroom • Try a new Joe Wicks workout here • Film a fun PE challenge</p>  <p>DO WHAT YOU CAN. ENJOY WHAT YOU DO. MOVE YOUR HOOD</p>	<p>11-12pm: LA Goals <i>Sharpening our skills...</i> Go to your LA's Google Classroom page. Use the new template to start your SLC slideshow.</p>  <p>EMBRACE NEW EXPERIENCES. SEE OPPORTUNITIES. SURPRISE YOURSELF.</p>	<p>11-12pm: LA Goals <i>Sharpening our skills...</i> 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>Holoistic 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: LA Goals <i>Sharpening our skills...</i> Complete evidence for Stage 1: Part 'A' of Great Learner Evidence Websites. This should now be 100% finished.</p>  <p>EMBRACE NEW EXPERIENCES. SEE OPPORTUNITIES. SURPRISE YOURSELF.</p>	<p>1-2pm: LA Goals <i>Sharpening our skills...</i> Complete evidence for Stage 1: Part 'B' of Great Learner Evidence Websites. This should now be 100% finished.</p>  <p>EMBRACE NEW EXPERIENCES. SEE OPPORTUNITIES. SURPRISE YOURSELF.</p>	<p>1-2pm: LA Goals <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>1-2pm: LA Time <i>It's time to connect!</i> 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>

FOREST'S FIVE WAYS TO WELLBEING: YR 9's

You must fill in your
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2pm each day

Term 3: Week 5

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<p>10-11am: Maths <i>It's time to connect!</i> Mrs Phadke 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.</p> <p>Give Your time, your words, your presence</p>	<p>10-11am: English <i>It's time to connect!</i> Mr Kirk 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.</p> <p>Give Your time, your words, your presence</p>	<p>10-11am: Science <i>It's time to connect!</i> Mrs Lindsay 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.</p> <p>Give Your time, your words, your presence</p>	<p>10-11am: Wellbeing & Mood <i>Reconnect with the world around you & appreciate the little things.</i></p> <p>TAKE NOTICE REMEMBER THE SIMPLE THINGS THAT GIVE YOU JOY</p> <ul style="list-style-type: none"> -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>10-11am: Get moving! <i>Be Active...</i></p> <ul style="list-style-type: none"> • Walk the dog • 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 <p>BE ACTIVE DO WHAT YOU CAN. ENJOY WHAT YOU DO. MOVE YOUR MOOD</p>
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<p>10-11am: English</p> <p>It's time to connect! Miss Singh 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.</p> <p>Give Your time, your words, your presence</p>	<p>10-11am: Global Studies</p> <p>It's time to connect! Miss Wu Zheng 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.</p> <p>Give Your time, your words, your presence</p>	<p>10-11am: Science</p> <p>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.</p> <p>Give Your time, your words, your presence</p>	<p>10-11am: Wellbeing & Mood Reconnect with the world around you & appreciate the little things.</p> <p>TAKE NOTICE REMEMBER THE SIMPLE THINGS THAT GIVE YOU JOY</p> <ul style="list-style-type: none"> -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>10-11am: Get moving!</p> <p>Be Active...</p> <ul style="list-style-type: none"> • Walk the dog • 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 <p>BE ACTIVE DO WHAT YOU CAN. ENJOY WHAT YOU DO. MOVE YOUR MOOD</p>
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FOREST'S FIVE WAYS TO WELLBEING: YR 7's

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<p>10-11am: Global Studies</p> <p><i>It's time to connect!</i> 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 Great Learner Evidence Website.</p> <p>Give Your time, your words, your presence</p>	<p>10-11am: Health & PE</p> <p><i>It's time to connect!</i> Mr Nutt 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.</p> <p>Give Your time, your words, your presence</p>	<p>10-11am: Global Studies</p> <p><i>It's time to connect!</i> 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 Great Learner Evidence Website.</p> <p>Give Your time, your words, your presence</p>	<p>10-11am: Wellbeing & Mood <i>Reconnect with the world around you & 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>TAKE NOTICE REMEMBER THE SIMPLE THINGS THAT GIVE YOU JOY</p>	<p>10-11am: Get moving!</p> <p><i>Be Active...</i> • Walk the dog • 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</p> <p>BE ACTIVE DO WHAT YOU CAN. ENJOY WHAT YOU DO. HAVE YOUR MOOD</p>
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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
ACTIVE

DO WHAT YOU CAN,
ENJOY WHAT YOU DO,
MOVE YOUR HOOD

Give

Your time,
your words,
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TAKE
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REMEMBER
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