

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

Term 1: **Week 3**



'Ngahere Aroha'

Forest Whanau teachers are aiming to promote the 'good life' during lockdown: a 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 learning programme on Monday 15th to Wednesday 17th February, 2021.

**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 follow Forest's Distance Learning plan on Pg 2 for the next three days. **ePassport** instructions are on 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. 
-  A friendly reminder that for **Reading Plus**, **8 x** 'See Readers' are due by due Sunday 21st February. Please complete your assigned **Maths Buddy** tasks by Sunday evening also.
-  Join Forest's **Haka** Google Classroom Page: **7qybtal**  
-  We don't want you to feel too bombarded with school work and hope that your learning activities are stress-free. If you experience any troubles please **send an email** to your **Learning Advisor** to seek assistance - we promise to be caring, helpful and flexible.




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

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# PAGE 2 FOREST'S FIVE WAYS TO WELLBEING:

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

Term 1: Week 3  
Continued on next page...

MONDAY 15TH FEBRUARY	TUESDAY 16TH FEBRUARY	WEDNESDAY 17TH FEBRUARY	THURSDAY 18TH FEBRUARY	FRIDAY 19TH FEBRUARY
<p><b>9-10am: Reading Plus</b> Sharpening our skills...</p> <p>1 x <i>See Reader</i> (80%+) 1 x <i>Eye Balance</i> 1 x <i>Read Around</i></p> <p><b>KEEP LEARNING</b> 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 your maths teacher.</p> <p><b>KEEP LEARNING</b> EMBRACE NEW EXPERIENCES. SEE OPPORTUNITIES. SURPRISE YOURSELF.</p>	<p><b>9-10am: Reading Plus</b> Sharpening our skills... 2 x <i>See Readers</i> 8 x <i>See Reader's</i> are due by Sunday evening.</p> <p><b>KEEP LEARNING</b> EMBRACE NEW EXPERIENCES. SEE OPPORTUNITIES. SURPRISE YOURSELF.</p>	<p>We will learn whether 'lockdown' continues to Thursday &amp; Friday later in the week.</p> <p>Remember to fill in your distance learning journal on your Learning Advisor's <b>Google Classroom page</b> at 2pm daily.</p> 	
<p><b>10-11am: ePassport</b> Sharpening our skills...</p> <p>Go to your 2021 class <a href="#">Google Classroom page</a>. - Click on <b>Classwork &gt; eLearning</b>. - Click on the ePassport Website link. - Read through the ePassport Website &amp; look at the Page 3 of this document for 'what to do' for your <b>ePassport Rubric</b>.</p> <p><b>KEEP LEARNING</b> EMBRACE NEW EXPERIENCES. SEE OPPORTUNITIES. SURPRISE YOURSELF.</p>	<p><b>10-11am: Wellbeing &amp; Mood</b> Reconnect with the world around you &amp; appreciate the little things.</p> <p><b>TAKE NOTICE</b> REMEMBER THE SIMPLE THINGS THAT GIVE YOU JOY</p> <ul style="list-style-type: none"> <li>-Take a break from digital devices (<i>read your school library book</i>)</li> <li>-Sit in your garden (<i>listen</i>)</li> <li>-Listen to your favourite music</li> <li>-Bake a new recipe or enjoy a milo</li> </ul>	<p><b>10-11am: ePassport</b> Sharpening our skills...</p> <p>Go to your 2021 class <a href="#">Google Classroom page</a>. - Click on <b>Classwork &gt; eLearning</b>. - Click on the ePassport Website link. - Read through the ePassport Website &amp; look at the Page 3 of this document for 'what to do' for your <b>ePassport Rubric</b>.</p> <p><b>KEEP LEARNING</b> EMBRACE NEW EXPERIENCES. SEE OPPORTUNITIES. SURPRISE YOURSELF.</p>		
<p><b>11-12pm: Get moving!</b> Be Active...</p> <ul style="list-style-type: none"> <li>• Gentle stroll, scooter, yoga or stretching</li> <li>• Clean your bedroom</li> <li>• Try a Joe Wicks workout <a href="#">here</a></li> </ul> <p><b>BE ACTIVE</b> DO WHAT YOU CAN. ENJOY WHAT YOU DO. MOVE YOUR HOOD</p>	<p><b>11-12pm: Learning Advisor</b> Sharpening our skills... Continue to work on your <b>Student-Led Conference Slideshow</b>. Practice presenting it aloud.</p> <p><b>KEEP LEARNING</b> EMBRACE NEW EXPERIENCES. SEE OPPORTUNITIES. SURPRISE YOURSELF.</p>	<p><b>11-12pm: Get moving!</b> Be Active...</p> <ul style="list-style-type: none"> <li>• Do some gardening</li> <li>• Try a new Joe Wicks workout <a href="#">here</a> or <a href="#">here</a></li> <li>• Walk the dog</li> </ul> <p><b>BE ACTIVE</b> DO WHAT YOU CAN. ENJOY WHAT YOU DO. MOVE YOUR HOOD</p>		
<p><b>1-2pm: Connect to build a support network</b> Reach out &amp; speak to some classmates (be kind, don't talk about others!) Learn a shared dance, song or skill such as the <b>MHJC Haka</b>. Have fun!</p> <p><b>CONNECT</b> TALK &amp; LISTEN. BE THERE. FEEL CONNECTED</p>	<p><b>1-2pm: Reading Plus</b> Sharpening our skills... 1 x <i>See Reader</i> (80%+) 1 x <i>Eye Balance</i> 1 x <i>Read Around</i></p> <p><b>KEEP LEARNING</b> EMBRACE NEW EXPERIENCES. SEE OPPORTUNITIES. SURPRISE YOURSELF.</p>	<p><b>1-2pm: LA Time</b> <i>It's time to connect!</i> Send your <b>Learning Advisor</b> a quick email to let them know about how you're getting on &amp; any concerns you have about your Term One DEEP's.</p> <p><b>Give</b> Your time, your words, your presence</p>		

# 2021 ePassport Activities

Criteria	Bronze	Silver	Gold	Platinum
Organisation	Created Google Drive class folders for the current year	Google Drive is kept tidy over a year; files are named and organised into each class folder	Google Drive is kept tidy over 2 years; files are named and organised into each class folder, including archiving previous years' files	Demonstrated the knowledge of using Google Takeout to pack up personal Google Suite content accumulated during the time at MHJC
Cybersafety	Understood and signed the Cybersafety agreement	Completed Interland, gained all five certificates and have completed the Cybersafety quiz	Consistently adhered to the Cybersafety agreement and the principles learned from Interland for over a year	Role-modelled for others the best practice of Cybersafety and contributed to the overall Cybersafety in the MHJC community
Digital Capability	Shown the ability to navigate Mission Heights Online; e.g. view eReports, course pages, timetable, submit assignment, etc.  Shown the ability operate these applications on Google Suite: G-Docs, G-Slides, G-Mail, G-Calendar, Google Classroom	Shown the ability to operate these applications on Google Suite: G-sheets, G-Forms, G-Sites, G-Meet	Shown the confidence to use a wide range of digital tools to create, share and communicate learning	Shown mastery to use a wide range of advanced digital tools to create, share, communicate learning as well as interactive content
Digital Citizenship & Digital Footprint	Demonstrated the appropriate use of device during learning time; e.g. LineWize usage report	Regularly used school email to communicate with other students and teachers in an appropriate manner	Adopted a balanced approach to screen time and healthy sleep routines	Established a track record of building positive partnerships online, evident through collaborative work and digital communication



You can start our **ePassport** by setting up your own 2021 subject folders on your MHJC **Google Drive**. Please name an extra folder **ePassport Evidence**.

You can play **Interland Online Games** to start earning your five cybersafety certificates this week.

Remember to take screenshots of any **Interland** certificates you earn.

File these screenshots in a folder on **Google Drive** called **ePassport Evidence**.

You can start locating & taking screenshots of evidence for any level...

We have already collected your signed **CyberSafety form** during your 'Admin Day' visit.

