

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

Term 1: Week 5



Forest Whānau teachers hope you are feeling **happy, healthy, capable** and **engaged** as we return to **Distance Learning** this week. 'Ngahere Aroha'
You are encouraged to make **important decisions** about your own **Curriculum Timetable** throughout the 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. There is a timetable guide on Pg 2 & tasks on Pg 3 to Pg 5. Please spend **10 minutes** updating your **Distance Learning Journal** at **2:45pm** every day. This is located on your **LA's Google Classroom** page.
- Please ensure you have completed your **SMART Goal** paragraph & copied it to **FWhanau21** page of **MH Online**. Here is our [How to write and upload a SMART goal](#).
- Please complete your **Student-Led Conference** 'Google Meet' + MH Online **Self-Reflection** this week. [Here is a link to our 'How to...' video for your SLC student reflection...](#)
- Here's our [short video](#) reminder of how to share your 'Great Learner Evidence Website' with your Learning Advisor.

Holistic Student Reflections

You are required to write a reflection statement that identifies the SMART goals you have set yourself in 2020. You may choose to use one of the below sentence starters to help (copy and paste these into the text box):

A goal I have set myself for 2020 is ...
I have taken the following actions to meet this goal...
The successes I have experienced are...
The challenges I have faced are...

Student Reflections

- My long term learning goals that I have developed from my Student-led Conference are...
- My short term learning goals that I have developed from my Student-led Conference are...
- My achievement and progress to date...
- The learning support I need from my teachers is...
- My family can help me by...
- The personal action(s) I need to take to support my own learning are...
- My parents' goals and aspirations for me are...



See you at your daily 9:30am 'Roll Call' - Forest Whanau Staff 






Continued on next page...

PAGE 2 FOREST'S FIVE WAYS TO WELLBEING:






You must fill in your LA's Journal at 2:45am each day






Term 1: Week 5






You may wish to follow this timetable...

MONDAY 1ST MARCH	TUESDAY 2ND MARCH	WEDNESDAY 3RD MARCH	THURSDAY 4TH MARCH	FRIDAY 5TH MARCH
<p>8:30-9:30am: Reading Plus Sharpening our skills... 1 x <i>See Reader</i> (80%+) 1 x <i>Eye Balance</i> 1 x <i>Read Around</i> + time for <i>Senior Option</i> classes.</p> 	<p>8:30-9:30am: Maths Buddy Sharpening our skills... Please start this week's Maths Buddy tasks. You are striving for over 80%. + time for <i>Senior Option</i> classes.</p> 	<p>8:30-9:30am: Reading Plus Sharpening our skills... 2 x <i>See Readers</i> 16 x <i>SR's</i> minimum target for the Year-to-date. + time for <i>Senior Option</i> classes.</p> 	<p>8:30-9:30am: Maths Buddy Sharpening our skills... Continue this week's Maths Buddy tasks. You are striving for over 80%. + time for <i>Senior Option</i> classes.</p> 	<p>8:30-9:30am: Reading Plus Sharpening our skills... 1 x <i>See Reader</i> (80%+) 1 x <i>Eye Balance</i> 1 x <i>Read Around</i> + time for <i>Senior Option</i> classes.</p> 

9:30am: Compulsory Learning Advisor 'Roll Call' with Camera & Microphone On every day (or your Learning Advisor will call home)

<p>9:45-11am: Curriculum Focus Please navigate to <i>Slide 3</i> to select your <i>Curriculum focus</i> for this session. View your teacher's <i>Screencastify</i> message & follow the task instructions...</p> 	<p>9:45-11am: Curriculum Focus Please navigate to <i>Slide 3</i> to select your <i>Curriculum focus</i> for this session. View your teacher's <i>Screencastify</i> message & follow the task instructions...</p> 	<p>9:45-11am: Curriculum Focus Please navigate to <i>Slide 3</i> to select your <i>Curriculum focus</i> for this session. View your teacher's <i>Screencastify</i> message & follow the task instructions...</p> 	<p>9:45-11am: Curriculum Focus Please navigate to <i>Slide 3</i> to select your <i>Curriculum focus</i> for this session. View your teacher's <i>Screencastify</i> message & follow the task instructions...</p> 	<p>9:45-11am: Curriculum Focus Please navigate to <i>Slide 3</i> to select your <i>Curriculum focus</i> for this session. View your teacher's <i>Screencastify</i> message & follow the task instructions...</p> 
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<p>11:30-1pm: Get moving! Be Active... Go for a walk outside, scooter, yoga or stretching Film a <i>'Best Trick Shot'</i> challenge Try a <i>Les Mills Hip Hop Workout 1</i></p> 	<p>11:30-1pm: Curriculum Focus Please navigate to <i>Slide 3</i> to finish your <i>Curriculum focus</i> work.</p> 	<p>TBA: Senior Options Sharpening our skills... Please click on the <i>Yr 9 & 10 'Options' Instructions</i> to view your <i>Senior Options</i> work for Week 5.</p> 	<p>11:30-1pm: Wellbeing & Mood Reconnect with the world around you & appreciate the little things. -Take a break from digital devices by reading your school library book!</p> 	<p>11:30-1pm: Connect to build a support network Please book a time for a <i>Google Meet Student-Led Conference</i> if you have not completed yours yet.</p> 
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<p>2-2:45pm: Connect to build a support network Reach out & speak to some classmates - Be Kind! Learn a shared dance, song or skill such as the <i>MHJC Haka</i>.</p> 	<p>TBA: Senior Options Sharpening our skills... Please click on the <i>Yr 9 & 10 'Options' Instructions</i> to view your <i>Senior Options</i> work for Week 5.</p> 	<p>2-2:45pm: Learning Advisor Tasks View the screencastify links below to view <i>'How To'</i> instructions for... Writing your <i>SMART Goal</i> (for your Holistic Report) Posting a <i>SLC Reflection</i> to Mission Heights Online.</p> 	<p>2-2:45pm: ePassport Click on the <i>eLearning</i> tab of your <i>Google Classroom</i>. Complete the five <i>Interland certificates</i> - go to <i>Page 5</i> of this doc for instructions...</p> 	<p>2-2:45pm: Get moving! Be Active... Go for a walk or try a <i>Les Mills Hip Hop Workout 2</i> Or film your own <i>'Best Trick Shot'</i> to share with Miss Young</p> 
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PE & HEALTH - OYO/ DNU/ HTI	GLOBAL STUDIES - LDO	ENGLISH - NIS	MATHS- MPH	SCIENCE - ALI
<p>Learning Intentions: WALT</p> <ul style="list-style-type: none"> EXPLORE different Water safety aspects Stay active and improve our physical and mental and emotional well-being <p>Activity Instructions:</p> <p>1. Staying Active Watch the video below and complete the workout. Push yourself to your max! Les Mills: 'Body Combat' Workout</p> <p>2. Water Safety Go onto the Google Classroom and answer the questions around Water Safety: 'Turn In' once completed.</p> <p>3. Forest Trick Shot Challenge! Can you win Forest's best trick shot? Watch the links below and send in your video to Miss Young so we can pick who has the best trick shot in Forest. There will be a prize for the winner!</p> <p>Best Trick Shots - Have a Go!</p>	<p>Learning Intentions: WALT</p> <ul style="list-style-type: none"> EXPLORE New Zealand history and its significant moments <p>Activity Instructions:</p> <p>1. Choose one or more of the Distance learning projects on Google Classroom</p> <p>Artefact, The Guardians, Series 2 Episode 3 Māori Television</p> <p>Further Learning: Exploring the Treaty's history and consequences << make your own copy</p>	<p>Learning Intentions: WALT</p> <p>EXPLORE oral, written and visual language features by:</p> <ul style="list-style-type: none"> recognising visual techniques. observing and researching language of film, camera shots and angles. <p>Screencastify link here... Yr 9 English Instructions</p> <p>Activity Instructions:</p> <ol style="list-style-type: none"> Complete your copy of Yr 9 visual techniques/effects and film study key words on Google Classroom. Catch up with a) Education Perfect tasks from last week, b) profile writing and c) cover pages. Complete a Book Review - see your copy of the document on Google Classroom. <p>'Google Meet' Sessions: Link: https://meet.google.com/fqn-gzsm-qcn- Tuesday and Wednesday 9F2: 9.45 to 10.20am 9F1: 10.20 to 10.55am</p>	<p>Learning Intentions: WALT</p> <p>Monday:</p> <ul style="list-style-type: none"> EXPLORE how to multiply and divide integers <p>Success Criteria:</p> <ul style="list-style-type: none"> I know how to apply the rules for integers <p>Thursday:</p> <ul style="list-style-type: none"> List factors (LCM and HCF) and multiples of a number <p>Success Criteria:</p> <ul style="list-style-type: none"> I know how to list factors and multiples of a number. I can calculate the lowest common factor and highest common multiple. I can use this knowledge to simplify fractions. <p>Activity Instructions: All activities are on MH Online.</p> <p>Monday:</p> <ol style="list-style-type: none"> Google Meet Online session. Complete the 'Do Now' activity Complete the given work after teacher explanation... <p>Thursday:</p> <ol style="list-style-type: none"> 'Do Now': Introduction to LCM and HCF Practice on the given activity on MH Online. 	<p>Learning Intentions: WALT</p> <ul style="list-style-type: none"> FOCUS on communicating science investigations accurately. <p>Success Criteria: I can write a complete AIM, HYPOTHESIS, and identify Independent, Dependent, and Control VARIABLES in an experiment.</p> <p>Activity Instructions:</p> <ol style="list-style-type: none"> Copy down the notes on Google Classroom Education Perfect- Writing a Scientific Investigation. Worksheet- Writing an AIM for a scientific investigation. Worksheet- Writing a complete HYPOTHESIS. Worksheet- Introducing VARIABLES <p>Links: All resources have been posted on Google Classroom.</p> <p>Further Learning: Watch the video: What the COVID Vaccine Does To Your Body</p>

2021 ePassport Activities



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**.


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 of this rubric...

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



	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: <ul style="list-style-type: none"> • G-Docs • G-Slides • G-Mail • G-Calendar • Google Classroom 	Shown the ability to operate these applications on Google Suite: <ul style="list-style-type: none"> • 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	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

Forest's Google Meet Timetable

Term 1, Week 5

Please ensure you have turned your camera and microphone 'on'.

	MONDAY 1ST MARCH	TUESDAY 2ND MARCH	WEDNESDAY 3RD MARCH	THURSDAY 4TH MARCH	FRIDAY 5TH MARCH
8:30 to 9:30 am					
9:30am LA	9:30am: Compulsory Learning Advisor 'Roll Call' with Camera & Microphone On every day				
9:45 to 11:00 am	<p>RLA - Yr 10 English 10F2 @ 9.45-10.20am 10F1 @ 10.20-11am</p> <p>MPH - Yr 9 Math 9F1: 9:45 to 10:15am 9F2: 10:20 to 10:55am</p> <p>NIS - Yr 8 English 8F2: 9.45-10.20am 8F1: 10.20-10.55am</p>	<p>JCL - 7F1 @ 11am</p> <p>MPH - Yr 8 Math 8F1: 9:45 to 10:15am 8F2: 10:20 to 10:55am</p> <p>NIS - Yr 9 English 9F2: 9.45-10.20am 9F1: 10.20-10.55am</p>	<p>MPH - Yr 10 Math 10F1: 9:45 to 10:15am 10F2: 10:20 to 10:55am</p> <p>NIS - Yr 9 English 9F2: 9.45-10.20am 9F1: 10.20-10.55am</p>	<p>MPH - Yr 9 Math 9F1 9:45 to 10:15 9F2 10:20 to 10:55</p> <p>NIS - Yr 8 English 8F2: 9.45-10.20am 8F1: 10.20-10.55am</p>	<p>RLA - Yr 10 English 10F2 @ 9.45-10.20am 10F1 @ 10.20-11am</p> <p>MPH - Yr 8 Math 8F1 9:45 to 10:15m 8F2 10:20 to 10:55am</p>
11:30 to 1:00pm	JCL - 7F2 @ 12pm	<p>MPH - Yr 10 Maths 10F1: 11:30 to 12:15pm 10F2: 12:20 to 12:55pm</p>	<p>RLA - Yr 10 English 10F2 @ 11.30 - 12.15pm 10F1 @ 12.15-1pm</p>		<p>MKI - Yr 7 Maths Both 7F1 & 7F2 @ 1:00pm Marking of 'Matariki Maths' Google Classroom activity</p>
2:00-2:45pm					