## Remote learning: Here's an overview of what to do... Term 1: Week 5

'Ngahere Aroha' Forest Whānau teachers hope you are feeling happy, healthy, capable and engaged as we return to **Distance Learning** this week.

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.



Here is our How to write and upload a SMART goal.











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 are tonu: Paying more attention to the present moment, to thoughts & feelings + the world around, can boost our wellbeing.

Remember, we will <u>not</u> 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.

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 <u>short video</u> reminder of how to share your 'Great Learner Evidence Website' with your Learning Advisor.



he challenges I have faced are The personal action(s) I need to take to support my own learning are

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

Term 1: Week 5

You may wish to follow this timetable...

## MONDAY 1ST MARCH

## TUESDAY 2ND MARCH

8:30-9:30am: Maths Buddy

### WEDNESDAY 3RD MARCH

## THURSDAY 4TH MARCH

## FRIDAY 5TH MARCH

8:30-9:30am: Reading Plus

9:45-llom: Curriculum Focus

Please navigate to Slide 3

8:30-9:30am: Reading Plus

Sharpening our skills...

1 x See Reader (80%+)

KEEP

Sharpening our skills... Please start this week's Maths Buddy tasks, You

are striving for over 80%.



Sharpening our skills... 2 x See Readers

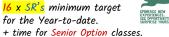
16 x SR's minimum target for the Year-to-date.

Please navigate to Slide 3

Curriculum focus for

to select your

8:30-9:30am: Reading Plus



Continue this week's Maths Buddy tasks. You are striving for over 80%.

8:30-9:30am: Maths Buddy

Sharpening our skills...



1 x Eue Balance I x Read Around + time for Senior Option classes.

Sharpening our skills...



KEEP

+ time for Senior Option classes. Give

1 x Eue Balance

1 x Read Around

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





9:45-llom: Curriculum Focus 9:45-llom: Curriculum Focus 9:45-llam: Curriculum Focus



9:45-llam: Curriculum Focus Please navigate to Slide 3

to select your Curriculum focus for



to select your Curriculum focus for this session. View your teacher's Screencastify message &

11:30-1pm: Curriculum Focus

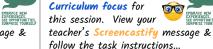
Please navigate to Slide 3



this session. View your teacher's Screencastify message & follow the task instructions...







to select your



NOTICE

to select your Curriculum focus for this session. View your teacher's Screencastify message &

support network

6

follow the task instructions...

CONNECT

11:30-1pm: Get moving!

as the MHJC Haka.

follow the task instructions...

- Be Active... · Go for a walk outside, scooter, yoga or stretching
- · Film a 'Best Trick Shot' challenge

· Try a Les Mills Hip Hop Workout I

2-2:45pm: Connect to TBA: Senior Options CONNECT

build a support network Sharpening our skills... Reach out & speak to some Please click on the classmates - Be Kind! Yr 9 & 10 'Options' Instructions to Learn a shared dance, song or skill such view your Senior Options work for Week 5.

to finish your

Please navigate to Slide 3 KEEP Curriculum focus work. TBA: Senior Options Sharpening our skills...

Please click on the Yr 9 & 10 'Options' Instructions to view your Senior Options work for Week 5.

2-2:45pm: Learning Advisor Tasks View the screencastify links below to view 'How To' instructions for...

· Writing your SMART Goal (for your Holistic Report) · Posting a SLC Reflection to Mission Heights Online.

the little things. -Take a break from digital devices THE SHPPE by reading your school library book!

Click on the eLearning tab

of your Google Classroom.

around you & appreciate

11:30-1pm: Wellbeing & Mood

Reconnect with the world

2-2:45pm: ePassport



Conference if you have not completed yours yet.

Please book a time for a

Google Meet Student-Led

11:30-1pm: Connect to build a

2-2:45pm: Get moving! Be Active... · Go for a walk or try a Les Mills Hip Hop Workout 2

DO WHAT YOU CAN, ENJOY WHAT YOU D MOVE YOUR MOOD · Or film your own 'Best Trick Shot' to share with Miss Young

# PAGE 3 FOREST'S WEEK 5 CURRICULUM FOCUS: YR 10'S You must fill in your Lifts Reflection Log of 2:45pm each day

-Term 1: Week 5

## PE & HEALTH - OYO

## GLOBAL STUDIES - EST

### ENGLISH - RLA

## MATHS- MPH

## SCIENCE - ALI

#### Learning Intentions: WALT

· We are Focusing on explaining our responsible behaviours in different outdoor activities

#### Activity Instructions:

#### 1. Staying active

Watch the video below and complete the workout. Push yourself to your max!

Les Mills: 'Body Combat' Invincible

#### 2. Practice Write-Ups

Go onto the Google Classroom and complete your responsible behaviours write ups

10F2: The Tramp 10F1: Blindfold Benches

#### 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

Best Trick Shots - Have a Go!

for the winner!

#### Learning Intentions: WALT

- · FOCUS on Nazi Germany by explaining the reasons for Hitlers rise to power.
- · FOCUS on Nazi Germany by identifying Hitler's leadership style and characteristics.

#### Screencastify link here... Week 5 Video Instructions

### Activity Instructions:

- I. Worksheet: Who is Adolf Hitler?
- 2. Education Perfect: The Long Road to WWII
- 3. Education Perfect: The Rise of Nazi Germany

Links: All work is on our Google Classroom page under Global Studies, Week 5 Activities.

Further Learning: Watch this documentary on Hitler's rise to power.

#### Learning Intentions: WALT

· EXPLORE why media literacy is a crucial aspect of making informed decisions by recognising that our perspectives are formed through our experiences and what we read/view and listen to

#### **Activity Instructions:**

- 1. 'Do Now' Education Perfect -10mins at start of English session.
- 2. Novel Reading and Activities a Novel Activity doc has been uploaded on Google Classroom. 3 x activities are due Friday 5th March - must be 'Turned In' on Google Classroom.
- 3. Anatomy of a rumour -Google Classroom.

#### 4. GATE Competition:

Education Perfect: The competition runs from Monday February 22nd to Sunday March 7th.

You are required to create a 500 word or less short story which captures the following stimulus -"Education is not the filling of a pail, but the lighting of a fire."

#### Learning Intentions: WALT

· Identify sides of a right angle triangle.

#### Success Criteria:

- I can identify hypotenuse and read the sign theta.
- I am able to list the rules for Sine, Cosine and Tangent.

#### Screencastify link here... Google Classroom code is on

MH Online. Please e-mail me to join the Education Perfect class if you have not already joined.

#### Activity Instructions:

- 1. Complete the 'Do Now'.
- 2. Complete the worksheet on MH Online.
- 3. Practice pythagoras theorem.

Further Learning: Complete your Maths Buddy and Education Perfect activities.

#### Learning Intentions: PART 1- WALT

· Understand features of the periodic table.

#### Success Criteria:

- I can recall the first 20 elements in order, off by heart.
- I can categorise every element on the periodic table using its position

#### Learning Intentions: PART 2-WALT

· Have a greater understanding of the periodic table and the fundamental theories in chemistry.

#### Success Criteria:

- I have memorised an additional 12 commonly used elements
- I can explain the difference between atom, molecule, chemical reaction, element, compound, and mixture.
- I can categorise substances as mixtures or compounds

#### Activity Instructions:

- 1. See "Week 5 Science PART I" on Google Classroom.
- 2. See "Week 5 Science PART 2" on Google Classroom.



## 2021 ePassport Activities

	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	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.



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.

# 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	RLA - Yr 10 English 10F2 @ 9.45-10.20am 10F1 @ 10.20-11am MPH - Yr 9 Math 9F1: 9:45 to 10:15am 9F2: 10:20 to 10:55am NIS - Yr 8 English 8F2: 9.45-10.20am 8F1: 10.20-10.55am	JCL - 7F1 @ 11am  MPH - Yr 8 Math 8F1: 9:45 to 10:15am 8F2: 10:20 to 10:55am  NIS - Yr 9 English 9F2: 9.45-10.20am 9F1: 10.20-10.55am	MPH - Yr 10 Math 10F1: 9:45 to 10:15am 10F2: 10:20 to 10:55am NIS - Yr 9 English 9F2: 9.45-10.20am 9F1: 10.20-10.55am	MPH - Yr 9 Math 9F1 9:45 to 10:15 9F2 10:20 to 10:55 NIS - Yr 8 English 8F2: 9.45-10.20am 8F1: 10.20-10.55am	RLA - Yr 10 English 10F2 @ 9.45-10.20am 10F1 @ 10.20-11am MPH - Yr 8 Math 8F1 9:45 to 10:15m 8F2 10:20 to 10:55am		
11:30 to 1:00pm	JCL - 7F2 @ 12pm	MPH - Yr 10 Maths 10F1: 11:30 to 12:15pm 10F2: 12:20 to 12:55pm	RLA - Yr 10 English 10F2 @ 11.30 - 12.15pm 10F1 @ 12.15-1pm		MKI - Yr 7 Maths Both 7F1 & 7F2 @ 1:00pm Marking of 'Matariki Maths' Google Classroom activity		
2:00-2:45pm							