

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 Whānau Staff 






















Continued on next page...

PAGE 2 FOREST'S FIVE WAYS TO WELLBEING:

You must fill in your
LQ'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>EMBRACE NEW EXPERIENCES. SEE OPPORTUNITIES. SURPRISE YOURSELF.</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>EMBRACE NEW EXPERIENCES. SEE OPPORTUNITIES. SURPRISE YOURSELF.</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>EMBRACE NEW EXPERIENCES. SEE OPPORTUNITIES. SURPRISE YOURSELF.</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>EMBRACE NEW EXPERIENCES. SEE OPPORTUNITIES. SURPRISE YOURSELF.</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>  <p>EMBRACE NEW EXPERIENCES. SEE OPPORTUNITIES. SURPRISE YOURSELF.</p>
<p>9:30am: Compulsory Learning Advisor 'Roll Call' with Camera & Microphone On every day (or your Learning Advisor will call home)</p>  <p>Your time, your words, your presence</p>  <p>Your time, your words, your presence</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>EMBRACE NEW EXPERIENCES. SEE OPPORTUNITIES. SURPRISE YOURSELF.</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>EMBRACE NEW EXPERIENCES. SEE OPPORTUNITIES. SURPRISE YOURSELF.</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>EMBRACE NEW EXPERIENCES. SEE OPPORTUNITIES. SURPRISE YOURSELF.</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>EMBRACE NEW EXPERIENCES. SEE OPPORTUNITIES. SURPRISE YOURSELF.</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>EMBRACE NEW EXPERIENCES. SEE OPPORTUNITIES. SURPRISE YOURSELF.</p>
<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>DO WHAT YOU CAN. ENJOY WHAT YOU DO. HAVE YOUR HOOD.</p>	<p>11:30-1pm: Curriculum Focus Please navigate to <i>Slide 3</i> to finish your <i>Curriculum focus</i> work.</p>  <p>EMBRACE NEW EXPERIENCES. SEE OPPORTUNITIES. SURPRISE YOURSELF.</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>REMEMBER THE SIMPLE THINGS THAT YOU DO!</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>  <p>TALK & LISTEN. BE THERE. FEEL CONNECTED.</p>
<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>TALK & LISTEN. BE THERE. FEEL CONNECTED.</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 <i>screencastify</i> 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>  <p>DO WHAT YOU CAN. ENJOY WHAT YOU DO. HAVE YOUR HOOD.</p>

PE & HEALTH - OYO	GLOBAL STUDIES - EST	ENGLISH - RLA	MATHS - MPH	SCIENCE - ALI
<p>Learning Intentions: WALT</p> <ul style="list-style-type: none"> • We are Focusing on explaining our responsible behaviours in different outdoor activities <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' Invincible</p> <p>2. Practice Write-Ups Go onto the Google Classroom and complete your responsible behaviours write ups IOF2: The Tramp IOFI: Blindfold Benches</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"> • 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. <p>Screencastify link here... Week 5 Video Instructions</p> <p>Activity Instructions:</p> <ol style="list-style-type: none"> 1. Worksheet: Who is Adolf Hitler? 2. Education Perfect: The Long Road to WWII 3. Education Perfect: The Rise of Nazi Germany <p>Links: All work is on our Google Classroom page under Global Studies, Week 5 Activities.</p> <p>Further Learning: Watch this documentary on Hitler's rise to power.</p>	<p>Learning Intentions: WALT</p> <ul style="list-style-type: none"> • 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. <p>Activity Instructions:</p> <ol style="list-style-type: none"> 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. <p>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."</p>	<p>Learning Intentions: WALT</p> <ul style="list-style-type: none"> • Identify sides of a right angle triangle. <p>Success Criteria:</p> <ul style="list-style-type: none"> - I can identify hypotenuse and read the sign theta. - I am able to list the rules for Sine, Cosine and Tangent. <p>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.</p> <p>Activity Instructions:</p> <ol style="list-style-type: none"> 1. Complete the 'Do Now'. 2. Complete the worksheet on MH Online. 3. Practice pythagoras theorem. <p>Further Learning: Complete your Maths Buddy and Education Perfect activities.</p>	<p>Learning Intentions: PART 1- WALT</p> <ul style="list-style-type: none"> • Understand features of the periodic table. <p>Success Criteria:</p> <ul style="list-style-type: none"> - I can recall the first 20 elements in order, off by heart. - I can categorise every element on the periodic table using its position <p>Learning Intentions: PART 2-WALT</p> <ul style="list-style-type: none"> • Have a greater understanding of the periodic table and the fundamental theories in chemistry. <p>Success Criteria:</p> <ul style="list-style-type: none"> - 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 <p>Activity Instructions:</p> <ol style="list-style-type: none"> 1. See "Week 5 Science PART 1" on Google Classroom. 2. See "Week 5 Science PART 2" on Google Classroom.

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					