2021 Distance Learning YEAR 7 - March

WAI

Welcome to your Distance Learning programme.

You are required to:
- Each day you need to complete some work from EACH of the 6 different planning boxes below
  - 5 Ways to Wellbeing, Reading Plus, Mathbuddy, Focus Friday, ePassport and Subject - Must, Should, Could
- Complete the Learning Log by identifying the work you have done each day. This spreadsheet is loaded in your Learning Advisors Google Classroom and your Learning Advisor will be tracking this
- Attend GoogleMEET with your Learning Advisor at 2pm on Monday, Wednesday, Friday
- Remember - your teachers will be checking their emails so if you have a question or need help, send them an email. If needed they can also set up a GoogleMEET with you.

Please see below an outline of the activities you can work your way through over the next 5 days. Further instructions and resources for the activities below can be found on MHOL and in the Google Classroom. And remember - you can always email your teacher or Learning Advisor for help

FIVE WAYS TO WELLBEING

Give - Your time, your words, your presence

BE ACTIVE - DO WHAT YOU CAN. ENJOY WHAT YOU DO. MOVE YOUR MOOD

KEEP LEARNING - EMBRACE NEW EXPERIENCES, SEE OPPORTUNITIES, SURPRISE YOURSELF

CONNECT - TALK & LISTEN, BE THERE, FEEL CONNECTED

TAKE NOTICE - REMEMBER THE SIMPLE THINGS THAT GIVE YOU JOY

INTRODUCE THESE SIMPLE STRATEGIES INTO YOUR LIFE AND YOU WILL FEEL THE BENEFITS.

Mental Health Foundation OF NEW ZEALAND
mauri tū, mauri ora

Each day, plan to participate in an activity that will benefit your wellbeing. The "Keep Learning" aspect will be well supported by your teachers. YOU need to plan and make time for the 4 other aspects. Use this link to get ideas about actions/steps you could take to maintain positive wellbeing - 5 ways to Wellbeing

In your PEH exercise book or a Google document - keep a log; record the actions/steps you took each day to maintain positive wellbeing.
Here is a template you could make a copy of and use.

Use the Reading Plus programme to complete literacy activities each day.
https://student.readingplus.com/seereader/api/sec/login

Site Code: mheightsjc

Use your MHJC username and password

Spend 20-30 mins on Reading Plus each day completing your Reading Plus. All 8 tasks/lessons must be completed by Friday

Your Math teacher has assigned your work (tasks) to complete on Mathsbuddy.

Remember to use your Maths Homework exercise book. You need to justify your answers by completing working steps in this exercise book

Spend 15-20 minutes each day working through tasks on Mathsbuddy

Ensure all your Focus Friday activities have been completed to a high standard. The resources and activities have been posted in your Learning Advisor Google classroom.

- **Exploring Me #2** in your classes Google classroom
  - Resource booklet to read
  - Activity to complete

- **Exploring Me #3** in your classes Google classroom
  - Activity to complete

ePassport Guide

MHJC ePassport - https://sites.google.com/mhjc.school.nz/mhjcepassport/home
Use the guide to work your way through the activities to earn your MHJC ePassport. There are multiple levels to attain - Bronze, Silver, Gold & Platinum.

ALL STUDENTS should complete the Organisational Tasks each year.
Yr 7 Once you have set up your organisation system (make sure you also have a MHJC ePassport google drive folder) begin working through the Cyber Safety activities

Your teachers have identified learning activities from your subject classes you can work on. Remember instructions and resources for these activities can be found on MHOL and in the Google Classroom.

Subject	MUST	SHOULD	COULD
Maths	*Maths Buddy Assigned Tasks. Working steps to justify your answers in your Math Home Learning exercise book.*	*Google Classroom Activity - Stem and Leaf Graphs*	*Education Perfect Assigned Tasks Ludi.nz Timestable Games (links provided in Google Classroom)*
Science	*Google Classroom Activity - Researching Organisms that live in and around the water*	*Google Classroom Activity - Watch the videos and visit the links provided on the Research Slideshow*	*Add a second page to your research and provide more detail to your presentation.*
English	Complete watching the film 'Wonder.' I have shared with you.	Complete the worksheet given on Google Classroom.	A theme is a big idea in a text. What big ideas can you think of in the movie 'Wonder?' Make a list.
Global Studies	*Task 1 on the 'Week 5 - Māori arrival and settlement' slides on Google Classroom*	*Task 2 on the 'Week 5 - Māori arrival and settlement' slides on Google Classroom*	*Task 3 on the 'Week 5 - Māori arrival and settlement' slides on Google Classroom*
PE and Health	*Google Classroom - Complete 'This is me' task in Personal Identity & Friendships assignment using the Personal Identity & Friendships Slideshow.*	*Google Classroom - Complete the 'Qualities of Friendship' task in Personal Identity & Friendships assignment using the Personal Identity & Friendships Slideshow.*	*30 minutes of something active to get your body moving and give your brain a break.*
Performing Arts	*7W1: Drama Techniques activity in google classroom* *7W2: One verse and one chorus of lyrics on your*	*7W1:* *7W2: Add a second verse to your lyrics*	*7W1:* *7W2: Sing or rap your lyrics along to the drum beat created on Drumbit*

	personal identity		
Mandarin (7W2 only)	*Follow instructions on MHOL Mandarin for Week 5* *Email Mrs Gao at jgao@mhjc.school.nz if you have any questions*	*Education Perfect tasks on Numbers in Chinese*	*Participate in the 2021 Chinese Micro videos competition* *https://www.youtube.com/watch?v=NBj61cZRZdo*

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