



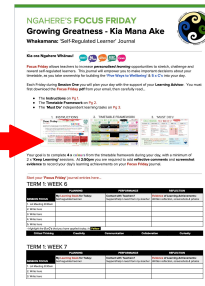
# Focus Friday: Here's an overview of what to do...

Term 1: **Week 6**



Forest Whānau teachers extend their best wishes to you for your first 'Focus Friday'. You will need to make **important decisions** about your own **Curriculum Timetable**, as you take ownership for building the '**Five Ways to Wellbeing**' into your day.

1. Remember, it is your responsibility to plan your day in your **Focus Friday Journal** during Session One's **LA Meeting**. Our timetable guide is on Pg 2 and compulsory '**Must Do!**' learning tasks on Pg 3. You must aim to complete **4 x colours** during your day, with a minimum of 2 x '**Keep Learning**' sessions.
2. Spend **10 minutes** updating your **Focus Friday Journal** at **2:50pm**. This is located on your **LA's Google Classroom page**. 
3. Click to learn how to **locate & share** your '**Great Learner Evidence Website**'. New students are most welcome to pop downstairs for a tutorial with Miss Kindley S4 to learn how to post visual and written evidence onto their website. 



## YR 8, YR 9 & YR 10 STUDENTS - ADD EVIDENCE TO **STAGE TWO** OF YOUR 'GREAT LEARNER EVIDENCE WEBSITE'

CHOOSE **2** TO ADD TO YOUR WEBSITE

### Stage 2: Learning to Learn 'Ako' Feedback

- "I use feedback to take my next learning steps."

Take a screenshot of some feedback that a teacher has given you over lockdown. Then take another photo of how you have applied this feedback to improve your work! **Add this to your evidence website.**

### Stage 2: Compassion 'Awhinatanga' Resilient Mindset

- "I understand that mistakes & challenges are essential for learning."

Show us your **trick shot!** Trick shots take **time & patience**. You learn as you work through the process. Show a video trick shot either when successful or somewhere in the learning process: **explain how you learnt from your mistakes.**

### Stage 2: Lifelong learner 'Wānanga' GREAT Ako

- "I can explain my learning using GREAT Ako."

Take a **screenshot** of **Slide 6** from your SLC slideshow then add it to your website. Write a paragraph to explain your learning context from Term One. Make sure you use the words **EXPLORE, FOCUS, PLAN & DO** and **REFLECT**.

### Stage 2: Integrity 'Pono' Hauora

- "I make decisions and take actions that have a positive impact on my well-being/Hauora."

Take a photo of yourself completing your PE & Health workout to show its **positive effect on your physical well-being**. Add bullet points to clearly explain this on your 'Great Learner Evidence Website.'

### Stage 2: Compassion 'Awhinatanga' Culturally Connected

- "I support & participate in Tikanga Māori."

**Record yourself** performing the school 'Kia Mana Ake' **haka** (words & actions). You may choose to use screencastify to do this. Please embed the link onto your website.

Our best wishes for your 'Focus Friday' - Forest Whānau Staff 

Continued on next page...



20 x 'SEE READERS' DUE  
SUNDAY 14TH MARCH


# PAGE 2 FOREST'S FIVE WAYS TO WELLBEING:

You must fill in your LA's Journal at 2:50pm each day

Term 1: **Week 6**




Use this framework to help personalise your 'Focus Friday' timetable...

<p><b>'KEEP LEARNING'</b> Stimulate the Brain</p> <p><b>KEEP LEARNING</b> EMBRACE NEW EXPERIENCES. SEE OPPORTUNITIES. SURPRISE YOURSELF</p>	<p><b>'KEEP LEARNING'</b> Stimulate the Brain</p> <p><b>KEEP LEARNING</b> EMBRACE NEW EXPERIENCES. SEE OPPORTUNITIES. SURPRISE YOURSELF</p>	<p><b>'TAKE NOTICE'</b> Enjoy the Present Moment</p> <p><b>TAKE NOTICE</b> REMEMBER THE SIMPLE THINGS THAT GIVE YOU JOY</p>	<p><b>'CONNECT'</b> Strong Relationships</p> <p><b>CONNECT</b> TALK &amp; LISTEN, BE THERE, FEEL CONNECTED</p>	<p><b>'GIVE'</b> Acts of Kindness</p> <p><b>Give</b> Your time, your words, your presence</p>
<p>Following LA time . . . 9F1 - Go to F10 9F2 - Go to F11 10F1 - Go to F8 10F2 - Go to F9</p> <p>Once 'Focus Friday' Journals are checked, start your Self-Directed tasks.</p> 	<p>Check your email appointments for your invitation to a 'Breakout' session in F8 today. This is usually with small groups of students.</p> 	<p><b>PASSION PROJECTS</b> Must have a 'service', 'performance' or 'external' outcome, please.</p>	<p><b>8:30-9:30am: 'Learning Advisor Time'</b> A strong learning relationship with your LA is key: targeting goals plus boosting resilience &amp; well-being. <b>Plan Your Day!</b> (Focus Friday Journal)</p>	<p><b>8:30-9:30am: 'Learning Advisor Time'</b> Plan acts of kindness during LA time. Support others by sharing kind words, expert help or your time.</p>

<p><b>Session 2-5: 'Self-Directed Learner'</b> Sharpening our reading skills... <b>Reading Plus:</b> 20 x SR's minimum &amp; all 8 x 'ticks' on the dashboard. <b>HTI &amp; DNU</b></p>	<p><b>9:35-10:35am: 'Spotlight Breakout'</b> Sharpening my curriculum skills... 9F1 &amp; 9F2: Maths Group 2 <b>MPH - CUW</b> 9F1: eastTtle Writing <b>NIS in Cafe</b></p>	<p><b>9:35-10:35am: 'NCEA Project'</b> Passionate about Health &amp; PE... 10F2: Optional NCEA Health &amp; PE passion project. <b>OYO in F9</b></p>	<p><b>9:35-10:35am: 'Library Breakout'</b> Feel connected... 10F1: Connect with our school library &amp; Mrs Lal's 'top picks!' <b>RLA-Library</b></p>	<p><b>9:35-10:35am: 'Get moving!'</b> Be Active... <b>(Self-Directed)</b> Yr 9 &amp; 10: Practice the haka with an Expert Buddy. <b>7qybtal</b></p> 
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10:35am to 11:00am:

I N T E R V A L

<p><b>Session 2-5: 'Self-Directed Learner'</b> Sharpening our maths skills... <b>Maths Buddy:</b> Complete all current &amp; overdue tasks aiming for 80%+. <b>VRU</b></p>	<p><b>11:00-12:00pm: 'Spotlight Breakout'</b> Sharpening my curriculum skills... 10F1 &amp; 10F2: Maths Group 3 <b>MPH Cafe</b> 10F1: Science (half class) <b>ALI in CUW</b> 10F1: Global (half class) <b>EST in F8</b></p>	<p><b>11:00-12:00pm: LA 'Must Do' Tasks</b> Reflect to Connect... • Writing your <b>SMART Goal</b> (for your Holistic Report) • Posting a <b>SLC Reflection</b></p> 	<p><b>11:00-12:00pm: 'Get moving!'</b> Be Active... Puke Ariki 9F1: Point View Reserve <b>LDO/ DNU F10</b></p> 
<p><b>Session 2-5: 'Self-Directed Learner'</b> Sharpening our curriculum skills... <b>'Must Do' Activities:</b> Complete your compulsory activities on Pg 3. <b>MPH</b></p>	<p><b>12:05-1:05pm: 'Spotlight Breakout'</b> Sharpening my curriculum skills... Yr 9: Scientific Literacy ARBs Check emails for invite. <b>IBR in F10</b></p>	<p><b>12:05-1:05pm: 'Passions Breakout'</b> Enjoy the things that bring you joy... Prepare your item independently for the Kapua Celebration Day. </p>	<p><b>2:05-1:05pm: 'GATE Breakout'</b> Feel connected... • Yr 9 GATE Competitions &amp; ICAS Exams - preparation. <b>RLA in CUW</b></p>

1:05pm to 2:00pm:

L U N C H

<p><b>Session 2-5: 'Self-Directed Learner'</b> Sharpening our curriculum skills... <b>Education Perfect:</b> Complete all current &amp; overdue tasks aiming 80%+. <b>IBR &amp; HTI</b></p>	<p><b>2:00-3:00pm: 'Spotlight Breakout'</b> Sharpening your curriculum skills... 9F1 &amp; 9F2: Film Study viewing with <b>LDO + NIS in the Meeting Place</b></p>	<p><b>12:05-1:05pm: 'Passions Breakout'</b> Enjoy the things that bring you joy... Yr 10: DRAMA Breakout <b>EST in F10</b> Yr 10: Biking <b>DNU in CUW</b></p>	<p><b>2:00-3:00pm: 'GATE Breakout'</b> Feel connected... • Year 10 GATE Competitions: ICAS prep. Drop-in session. <b>ALI in CAFE</b></p>	<p><b>'BE ACTIVE'</b> Increase Well-being</p> <p><b>BE ACTIVE</b> DO WHAT YOU CAN, ENJOY WHAT YOU DO, MOVE YOUR BODY</p>
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# FOREST WHANAU: YR 9 'MUST DO'S!'

You must fill in your  
LJ's Journal at 2:45pm  
each day

Term 1: Week 6

PE & HEALTH - OYO/HII/DNU	GLOBAL STUDIES - LDO	ENGLISH - NIS	MATHS - MPH	SCIENCE - ALI		
No 'Must Do's' this week.	No 'Must Do's' this week.	<b>Digital Platforms.</b> Complete <b>8x</b> 'ticks' on <b>Reading Plus</b>	<b>Digital Platforms.</b> Must complete overdue <b>Maths Buddy</b> tasks during 'Focus Friday':  <table border="1" data-bbox="1174 408 1499 710"> <tr> <td><b>9F1:</b> Rana Amy Yazmin Aanika Saheeba Jasjot Hanxing (Jalen)</td> <td><b>9F2:</b> Abbas Parab Delcey Sasha Orlando Ravishek Dhillon</td> </tr> </table>	<b>9F1:</b> Rana Amy Yazmin Aanika Saheeba Jasjot Hanxing (Jalen)	<b>9F2:</b> Abbas Parab Delcey Sasha Orlando Ravishek Dhillon	<b>Digital Platforms.</b> Complete all assigned & outstanding <b>Education Perfect</b> tasks
<b>9F1:</b> Rana Amy Yazmin Aanika Saheeba Jasjot Hanxing (Jalen)	<b>9F2:</b> Abbas Parab Delcey Sasha Orlando Ravishek Dhillon					

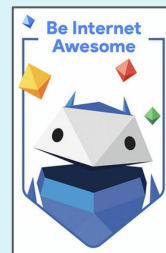
## LEARNING ADVISOR - JOURNAL, REFLECTIONS & EVIDENCE WEBSITE

1. Spend **10 minutes** updating your '**Focus Friday**' Journal at **2:50pm** every day. This is located on your Learning Advisor's **Google Classroom** page ('Focus Friday' folder).
2. Please ensure you have completed your **SMART goal** paragraph & **SLC Reflection** onto our **FWhanau21** page of MH Online.
3. Add 2 pieces of evidence to your '**Great Learner Evidence Website**'. Here's our **short video** reminder of how to do this....

## eLEARNING - ePASSPORT

Click on the **eLearning** tab of your class **Google Classroom** page.

Complete the five **Interland certificates** - go to **Page 4** of this doc for instructions...



# 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 <a href="#">Cybersafety</a> 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 <a href="#">Cybersafety</a> 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"> <li>• G-Docs</li> <li>• G-Slides</li> <li>• G-Mail</li> <li>• G-Calendar</li> <li>• Google Classroom</li> </ul>	Shown the ability to operate these applications on Google Suite: <ul style="list-style-type: none"> <li>• G-Sheets</li> <li>• G-Forms</li> <li>• G-Sites</li> <li>• G-Meet</li> </ul>	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