



# FOREST'S FIVE WAYS TO WELLBEING:

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

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

<p><b>CONNECT</b> TALK &amp; LISTEN, BE THERE, FEEL CONNECTED</p> <p><i>Strong Relationships</i></p>	<p><b>8:30-9:30am: 'Learning Advisor'</b> Foster a strong <b>learning relationship</b> with your LA. <b>Plan Your Day!</b> In your 'Focus Friday Journal'...</p>	<p>Check Pg 2 to see whether your name is recorded to attend any compulsory 'Tutorial' sessions.</p> 	<p>Once your 'Focus Friday' Journal has been completed, start !: Student Conferencing with your Learning Advisor</p>	<p><b>GIVE</b> Your time, your words, your presence</p> <p><i>'GIVE'</i> Acts of Kindness</p>	<p><b>8:30-9:30am: 'LA Time'</b> Plan <b>acts of kindness</b> during LA time. Support others by sharing kind words, expert help or your time.</p>
<p><b>CONNECT</b> TALK &amp; LISTEN, BE THERE, FEEL CONNECTED</p> <p><i>Strong Relationships</i></p>	<p><b>9:30-10:30 'LA Conferencing'</b> 1. Earn Your 'Stage 1' Badge Add evidence to your <b>Great Learner Evidence Website</b>.</p>	<p><b>9:30-10:30 'LA Conferencing'</b> 2. Great Learner Evidence Ask your Learning Advisor to <b>assess (tick)</b> descriptors you have strong website evidence for, on <b>MH Online</b>.</p>	<p><b>9:30-10:30 'LA Conferencing'</b> 3. Holistic Report Quality Assurance: Is your <b>Self Reflection</b> paragraph showing on your <b>Holistic Report?</b></p>	<p><b>9:30-10:30 'LA Conferencing'</b> 4. Holistic Report Quality Assurance: Are all of your <b>eReport</b> grades &amp; comments plus <b>eBadges</b> showing?</p>	<p><b>9:30-10:30 'LA Conferencing'</b> 5. Complete your <b>SLC Slideshow</b> These are already loaded on your <b>Learning Advisor's Google Classroom</b> page.</p>
<p><b>TAKE NOTICE</b> REMEMBER THE SIMPLE THINGS THAT GIVE YOU JOY</p> <p><i>Enjoy the Present Moment'</i></p>	<p><b>PASSION PROJECTS</b>  OYO - Tech &amp; Engineering in Upstairs Cafe OYO - Geography Upstairs Cafe</p>	<p><b>11-12:00pm: 'Passion Project'</b>  ALI - Science Fair in FII</p>	<p><b>11-12:00pm: 'Passion Project'</b>  DNU - Community Action: in F7</p>	<p><b>11-12:00pm: 'Passion Project'</b>  IBR - Arts &amp; Literature in F10  NIS - Performing Arts - Central Lower Whanau</p>	
<p><b>KEEP LEARNING</b> EMBRACE NEW EXPERIENCES, SEE OPPORTUNITIES, SURPRISE YOURSELF</p> <p><i>'Stimulate the Brain'</i></p>	<p><b>12:00-1:05 pm: 'Self-Directed'</b> Sharpening our curriculum focus... 'Must Do' &amp; 'Can Do' Classrooms: <b>MPH</b> with 9F1 in F2, <b>HTI</b> with 9F2 in F3, <b>ALI</b> with 10F1 in F1, <b>EST</b> with 10F2 in F5 Targeted = NIS</p>				
<p><b>KEEP LEARNING</b> EMBRACE NEW EXPERIENCES, SEE OPPORTUNITIES, SURPRISE YOURSELF</p> <p><i>'Stimulate the Brain'</i></p>	<p><b>2:00-3:00 pm: 'Self-Directed'</b> Sharpening our curriculum focus... 'Must Do' &amp; 'Can Do' Classrooms: <b>LDO</b> with 9F1 in F6, <b>DNU</b> with 9F2 in F5 <b>RLA</b> with 10F1 in F10 <b>USI</b> with 10F2 in Lower Wh</p>				

## Ngahere's Senior 'Focus Friday' Framework

# FOREST WHĀNAU: YR 9 'MUST DO'S!'

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

Term 3 Week 3

PE & HEALTH - HTI/DNU	GLOBAL STUDIES - LDO	ENGLISH - NIS	MATHS - MPH	SCIENCE - ALI
<p><b>Learning Intentions: WALT</b> • Write here...</p> <p><b>'Must Do' Activity Instructions:</b> 9FI - Complete Google Form and Categories of Drugs doc on Google Classroom</p> <p><b>'Can Do' Activity Instructions:</b> 1. .</p>	<p><b>Learning Intentions: WALT</b> • Exploring the relationship between sports and politics</p> <p><b>'Must Do' Activity Instructions:</b> 1. Finish article/video on a major moment in NZ sporting/cultural history.</p> <p><b>'Can Do' Activity Instructions:</b> 1. .Explore interactive resources on google classroom.</p>	<p><b>Learning Intentions: WALT</b> • Think critically about texts • Use a range of reading strategies</p> <p><b>'Must Do' Activity Instructions:</b> 1. Complete all 8 x 'ticks' for Reading Plus</p> <p><b>'Can Do' Activity Instructions:</b> 1. -</p>	<p><b>Learning Intentions: WALT</b> • Write here...</p> <p><b>'Must Do' Activity Instructions:</b> 1. Complete all Maths Buddy and Education Perfect maths homework tasks.</p> <p><b>'Can Do' Activity Instructions:</b> 1. .</p>	<p><b>Learning Intentions: WALT</b> • Write here...</p> <p><b>'Must Do' Activity Instructions:</b> 1.</p> <p><b>'Can Do' Activity Instructions:</b> 1. .</p>

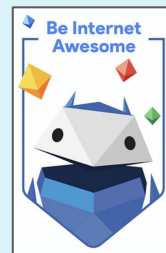
## LEARNING ADVISOR - JOURNAL, REFLECTIONS & EVIDENCE WEBSITE

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 FWhānau 21 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 3 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 agreement</a>	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