

Staying Safe Online

Information For Kids

https://www.esafety.gov.au/k ids/be-an-esafe-kid



Information For Parents

<u>https://www.esafety.gov.au/p</u> <u>arents</u>



Scan the QR codes with your device for more information!

Top 5 online safety tips for kids

1

Set up your device to protect your information.

E

Explore safely & tell an adult if you see anything online that makes you feel yuck.

|3

Limit who can contact you when you're playing games.

- | 4

Stop all contact with anyone online who asks you to do anything you don't want to do. Report and block them.

|5

Ask for help if anything online is bothering you.



eSafetykids

esafety.gov.au/kids

Yours faithfully, Mrs Olivia Tredoux Relieving Principal

Early Stage 1

Kindergarten

Stage 1

Year 1 and Year 2

Total 2.5 hours + other

45-60 mins - English

30-45 mins - Mathematics

30–60 mins - Other KLAs: Creative arts, HSIE, PDHPE, SciTech

Other activities: wellbeing, sport, physical activity*

KLA = Key Learning Area *where social distancing allows

Stage 2

Year 3 and Year 4

Stage 3

Year 5 and Year 6

Total 3 hours + other

45-60 mins - English

30-45 mins - Mathematics

60–90 mins - Other KLAs: Creative arts, HSIE, PDHPE, SciTech

Other activities: wellbeing, sport, physical activity*

KLA = Key Learning Area
*where social distancing allows



Cyber Safety Incursion

Join the Cyber Safety incursion by clicking on the following link at 10am or by scanning the QR code below.



Please come to our check-in meeting prepared to talk about what you learned in this session.







Connecting to Your Senses-Sight

Black is not a colour. Without light, everything is black. How dark is your bedroom when the light is off? How much blackness do you see? Look around your bedroom this morning. How many items are black? Name and draw five of them.

Extension:

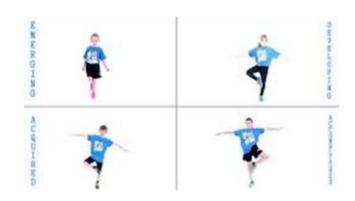
Describe those 5 items with the light is on.





Fitness

This week we are doing static balance. Count how long you can hold each of the four poses.
Write down your achievements.
During the week you will have the opportunity to better your time.





A Sentence a Day

Sit in the kitchen and write about one thing you can see. It can be a food or an object you use. Write about its colour, shape, any sounds it makes, how it feels, what it does, how it tastes if it is food. Or you may choose an item in this photo to write about.



Crunch & Sip



Have a piece of fruit or raw vegetable or make a salad using 2 or 3 different fruits or vegetables. Have a glass of water.

Story Time!







Reading/Writing/Spelling

Read for 20 minutes. Write down the name of the text. the author and the pages you have read. Illustrate your favourite part or character

Extension:

Find 5 proper nouns from your text.

Proper nouns are words that name people and places.

Wellbeing

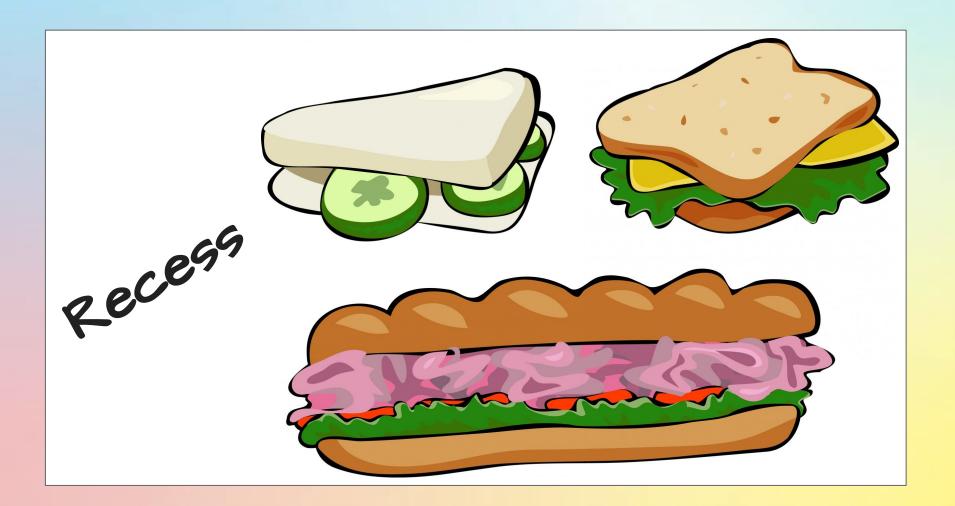






Try this Yoga Story





Daily Zoom Check-in Meeting



Meet Ms Palmer and Ms Carter online to go through the day's learning, catch up with your friends & play some fun games!

Click on the link or scan the QR code at 11:30am to meet us there!.

https://nsweducation.zoom.us/j/67742198557?pwd=Q2h0NU12ZXU4a2RrZGcyWHIqRU9EZz09

Meeting ID: 677 4219 8557

Password: 347796



Bring along all of your questions so we can answer them.



Scan the QR code with your device at 11:30am to join in on the fun!



Fitness Time!

Describe what fitness activity you completed today (20-30 minutes)

Or click on the link to participate in some online fitness activity

https://app.education.nsw.gov.au/sport/Body control

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Mathematics

I bought an item at the supermarket and was given 5 cents change. How much did the item cost and how much money did I give to pay for it?



e.g the item cost 15 cents, I gave 20 cents. Therefore the change is 5 cents. Write another 4 number sentences.

Extension:

Use the money on the next slide to make \$50 in ten different ways

Eg \$20+\$20+\$10= \$50

Money

























Click and drag the money to move it onto the whiteboard.

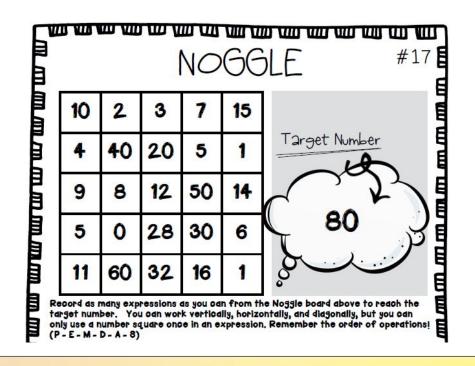
If you run out of a particular coin or note, right click the coin or note you want and click copy.

Right click again and select paste to paste it onto your board.

Move it into the correct place.

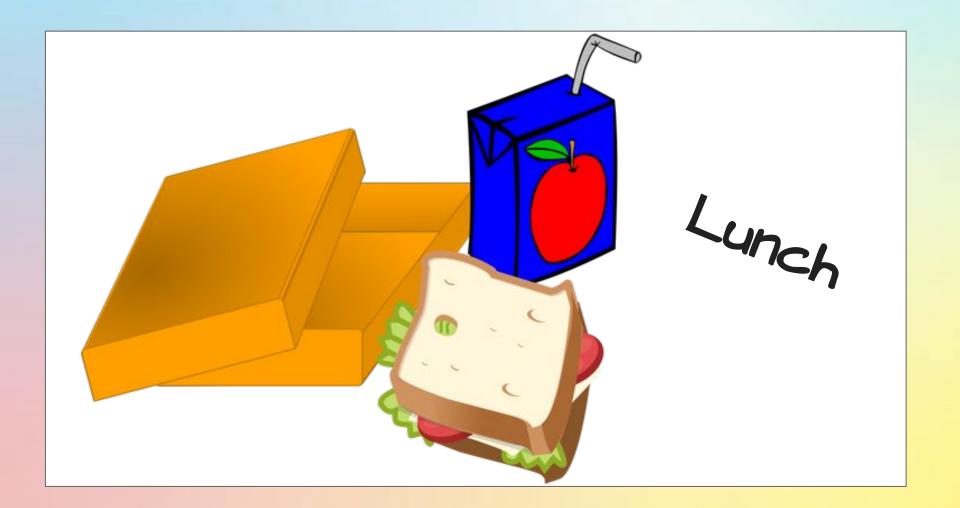
Noggle

- Record as many number sentences as you can from the Noggle board to reach the target number.
- You can work vertically, horizontally or diagonally, but you can only use a number square once in a number sentence.



Fitness Video





Life Education

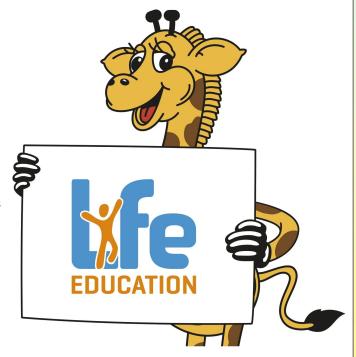
Click on the link to complete Relate, Respect, Connect Session 1: Relate.

In this module, you will recognise the importance of relationships to our wellbeing and the wellbeing of others around us.

https://www.lifeeducation.org.au/online-learning/student-session.aspx?t=962f7e88-2 9e6-4f12-b629-2e97083f0f3d&s=d22e439b-6092-46c5-9d34-742lebc4eeb0

Scan the QR code with your device





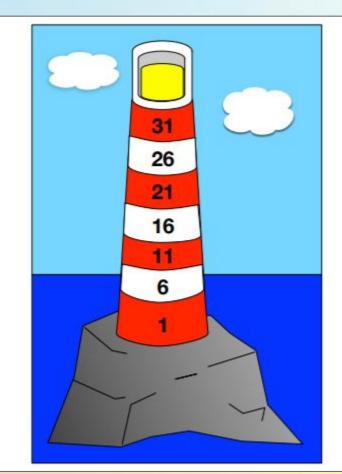
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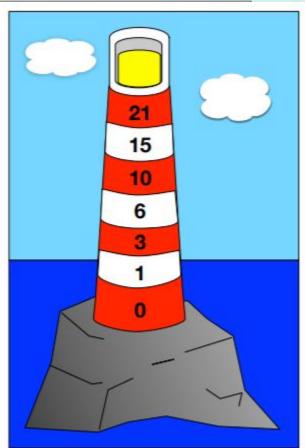


Unplugged

Lighthouse Patterns

Write the number in the light of the lighthouse that continues the pattern.



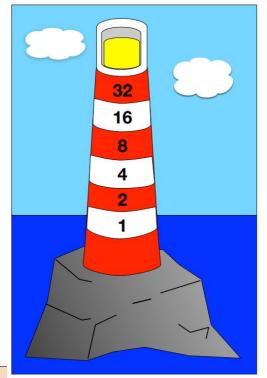


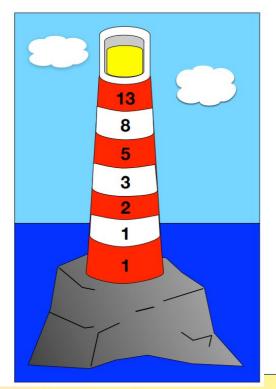


Lighthouse Patterns

Write the number in the light of the lighthouse that continues the pattern.

Unplugged







Tuesday



Connecting to your Senses- Smell

Each morning, before you get out of bed, take five deep breaths. When you go to the kitchen for breakfast, take five deep breaths and try to identify the different smells. After breakfast, stand outside the front door and take five deep breaths. Try to identify

the different smells.





Fitness

This week we are doing static balance. Count how long you can hold each of the four poses. Write down your achievements. Compare your results to Monday's times. Try some other poses.







Cooking

Make a smoothie with banana, yoghurt and milk. You may like to put a couple slices of banana on top and sprinkle with some nutmeq.



Extension:

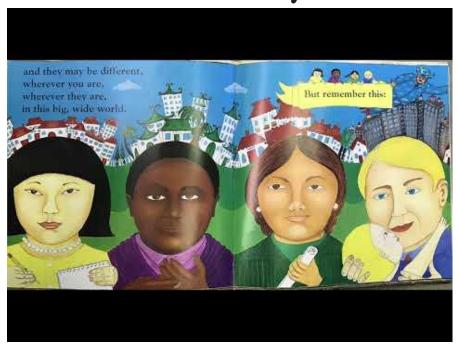
Write the recipe you used. Don't forget to add Ingredients, Equipment used and the Method (steps you took)

Crunch & Sip



Have a piece of fruit or raw vegetable or make a salad using 2 or 3 different fruits or vegetables. Have a glass of water.

Story Time!







Reading/Writing/Spelling

Read for 20 minutes.

Look at the picture below and write three sentences about it.

Extension:

Write a journal entry about the last time you had a hair cut.



Fitness Time!

Describe what fitness activity you completed today (20-30 minutes)

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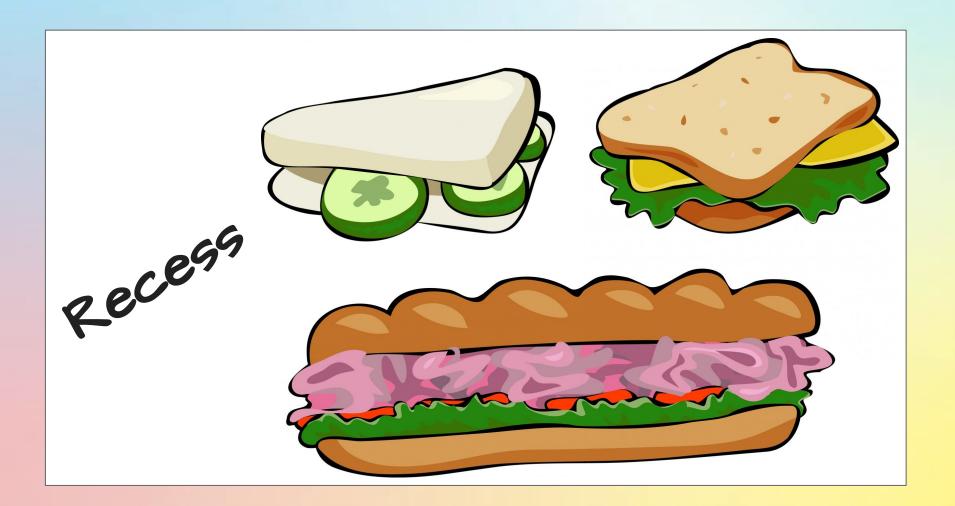












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Wellbeing

Give

Make breakfast for a family member. Make sure you get permission to use the kitchen and have an adult with you if you're using the oven, stovetop or knives.





Mathematics

		7
8		15
9	13	

	3	7
		12
9	10	

		12
	5	5
3	14	

Addition Squares

Fill in the squares so that the numbers in each row and column add up to the printed sums on the right and bottom.

1		6
		9
1	14	

		9
7		12
10	11	

	6	10
		9
11	8	

		9
8		11
13	7	

		9
	7	16
13	12	

2		10
		11
9	12	

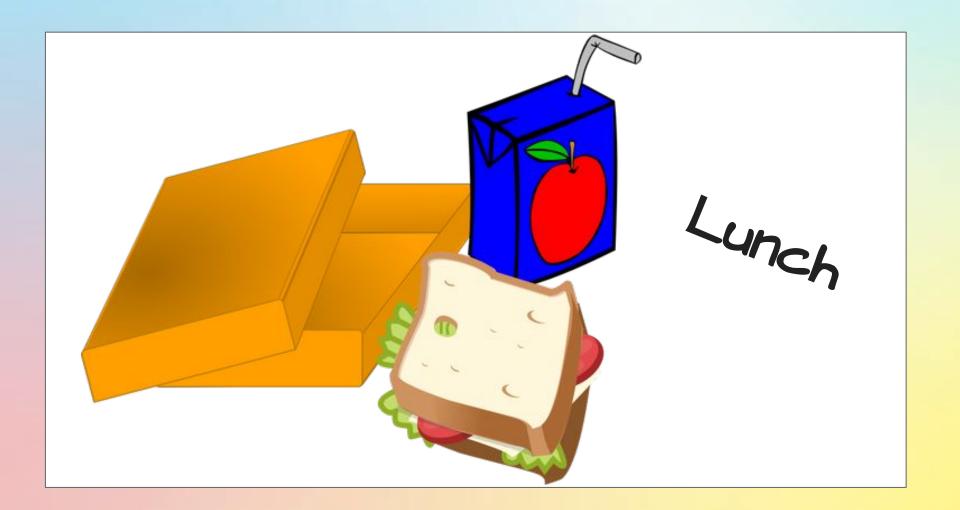
	4	6
		13
7	12	

		8
7		7
12	3	

	5	14
		11
17	8	

Fitness Video





Scattergories

- ·Your letter is U
- Name a word that matches each category that begins with the letter J.
- ·For example, if my letter was P
- 1. Article of clothing: pants
- ·2. Dessert: pavlova
- 3. Athletes: Pat Rafter

List 3



- 1. Articles of clothing
- 2. Desserts
- 3. Athletes
- 4. Items in a refrigerator
- 5. Farm animals
- 6. Street names
- 7. Things on a beach
- 8. Colors
- 9. Things in a sandwich
- 10. A girl's name



A Sentence a Day

Write a short story titled: How I Found a Spider. Illustrate your story and read it to a family member.



Extension:

Highlight or underline all of the proper nouns you used in your story.

Proper nouns are words that name actual places or names of people.

Interesting Tidbits!

Read some information about THE FIVE FOOD GROUPS

https://healthy-kids.com.au/kids/primary-school/the-five-food-groups-1/

How many servings of each food group should you eat per day according to your age?





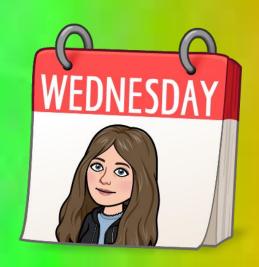
Science

Last week we wrote down what we know about soil. Today we are going to collect some soil. You will need 2 clear containers - jars, plastic cups. Scoop a handful of soil from the front yard into one cup and another scoop of soil from the backyard into the second cup. Label them as 'front yard soil' and 'backyard soil'. Write down what you see in each cup. Feel the soil in each cup. Answer the following questions.

- a) How are the soils similar?
- b) How are the soils different?
- c) find out what these words mean. Humus. Clay. Sand. Organic matter.

Keep the containers in a safe place outside because you will need them again next week. Wash your hands after touching the soils.

Wednesday





Connecting to your Senses-Hearing

Stand still in your kitchen, close your eyes and listen to the sounds in it. What do you think is making each sound? Where is each sound coming from? Now open your eyes and check if you had the correct location of where each sound was coming from. Did you identify what was making each sound?

Riddles

This term we are asking riddles about school. Ask a family member the following riddle, let them guess before you give the answer.

Why did the teacher wear sunglasses?

She had bright students.



Fitness

This week we are doing static balance. Count how long you can hold each of the four poses. Write down your achievements. Compare your results to Monday's times. Try some other poses.



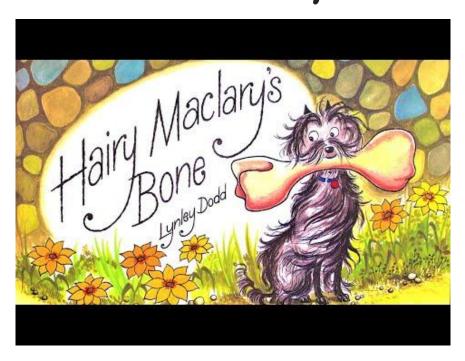


Crunch & Sip

Have a piece of fruit or raw vegetable or make a salad using 2 or 3 different fruits or vegetables. Have a glass of water.



Story Time!







Reading/Writing/Spelling

Read for 15 minutes.



AFTER YOU READ

Choose your favourite part of the story. Close your eyes and picture what happened in the story.

Draw a picture of what you see.

Wellbeing

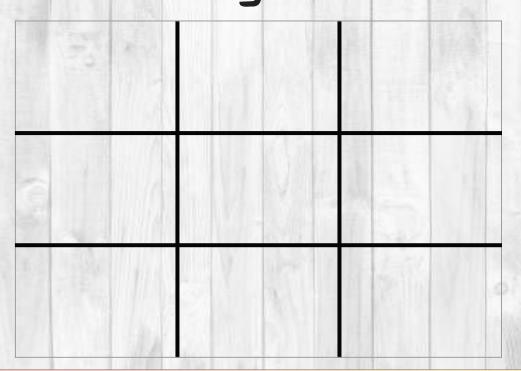


Take Notice

Have a go at this meditation.



Noughts and Crosses

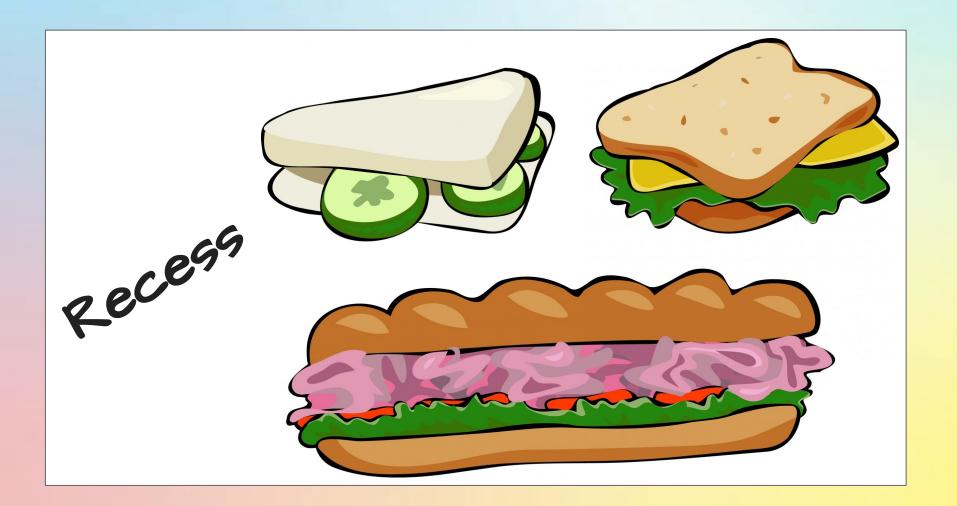






Challenge your family members to a game of noughts and crosses.

Choose noughts or crosses and move them onto your game board.



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Life Education

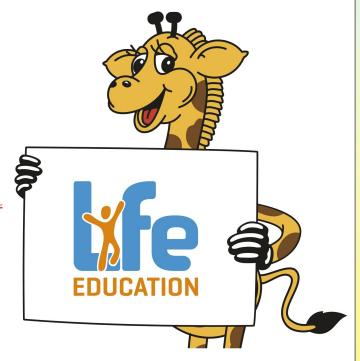
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> Scan the QR code with your device







In sudoku, each row must have a 1, 2, 3, 4. Each column must have a 1, 2, 3, 4. Each smaller set of squares must have a 1, 2, 3, 4.

For example:

3	2	1	4
1	4	3	2
4	1	2	3
2	3	4	1



Have a go at these puzzles

4		
		3
1		
		2

4		3	
	2		3



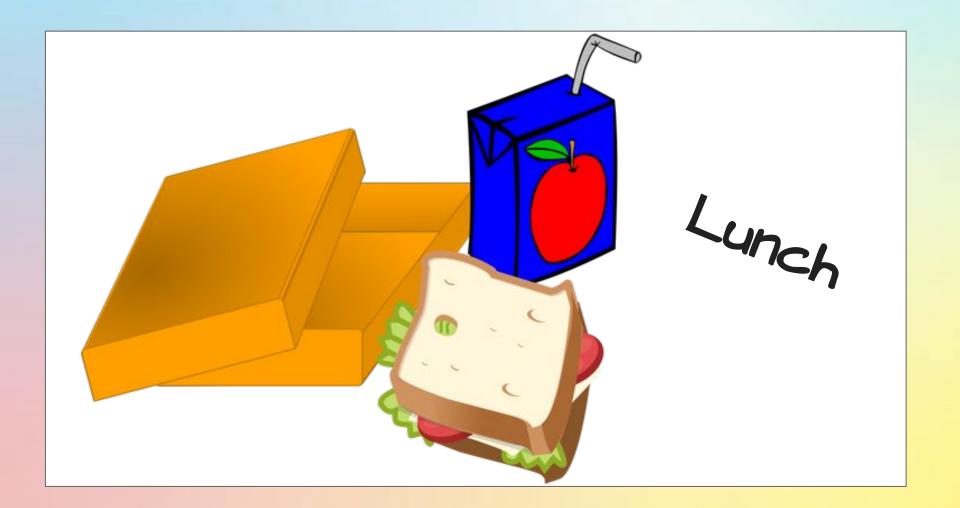
Have a go at these puzzles

4		
		3
1		
		2

4		
3		
	2	

Fitness Video







Geography

This term we are looking at Earth's Environment. We will learn how the environment supports living things and how we can live more sustainably. We will also explore the climate, natural vegetation and native animals around us.

Go outside and look at the plants in your garden. Who planted those plants? What are the names of the plants? Which plants are native plants? Look at the maps you did last week of your front and back yards. Draw the native plants on your map and label them. Remember

to look at plants in pots. Include these in your maps.





Interesting Tidbits!



Boggle

- Record as many words as you can from the Boggle board.
- Remember you can work vertically, horizontally and diagonally, but you can only use a letter square once in a word.
- ·Use the scoring guide to score each of the words you find.

BOGGLE

#46

0	R	A	S	A
T	٧	N	R	C
S	E	G	0	K
L	1	Ε	R	A
L	A	R	١	M

Scoring Guide		
3 letters	1 pt.	
4 letters	2 pts.	
5 letters	3 pts.	
6+ letters	5 pts.	



Thursday





Connecting to your Senses- Taste

Try something new for breakfast today. It could be a new spread on your toast, a new cereal or a different piece of fruit. Notice the way it tastes and feels





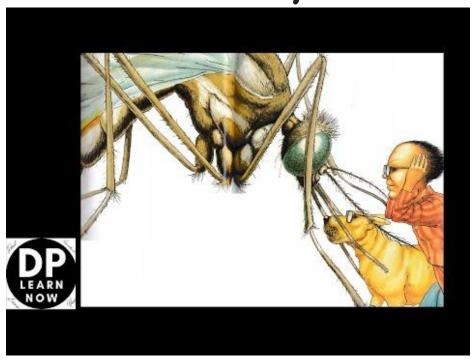
Fitness

This week we are doing static balance. Count how long you can hold each of the four poses. Write down your achievements. Try some other poses.





Story Time!





Crunch & Sip



Have a piece of fruit or raw vegetable or make a salad using 2 or 3 different fruits or vegetables. Have a glass of water.



Reading/Writing/Spelling

Get comfortable and read aloud, softly, for 20 minutes. Retell the story, or part of the story if it is a chapter book, with you as the main character.



Extension:

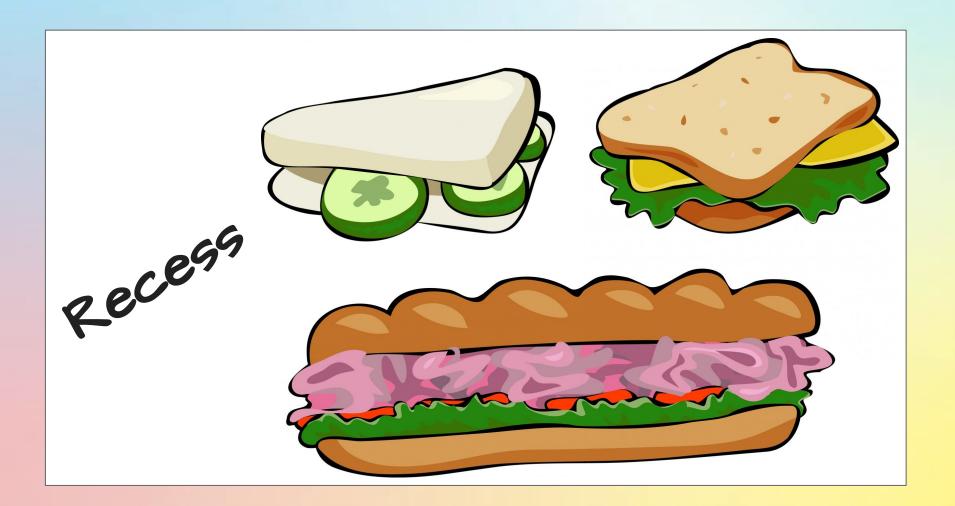
Where is the story set? Write a description.

Wellbeing

Connect

Have a conversation with a friend or a family member and make eye contact if you can.





Daily Zoom Check-in Meeting



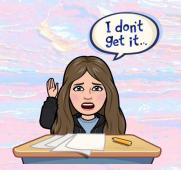
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Revising Number Sense

In the first empty box, complete the sum 3x2 in the second empty box complete the sum 3x5 etc.

Remember that this grid is multiplication.

You may like to challenge a family member. Who can do this the fastest?

	X	2	5	3	4	1
	3					
	5					
n.	1					
	4					
	2					

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Describe what fitness activity you completed today (20-30 minutes)

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Family Feud

Write 5 answers to this question.

Check the answers on the final slide for today or move the yellow box to uncover the answers if you're working on a computer.

Check and score your answers when you're finished.

How many points did you get?

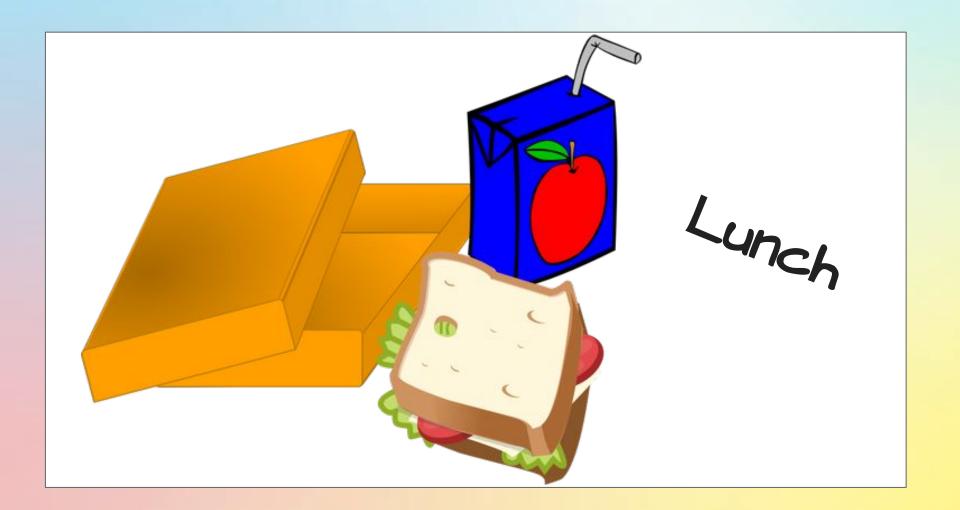
- ٠١.
- .2
- .3.
- •4.
- ·5.

Challenge a family member to do this with you. Who scored the most points?

Name a color of the rainbow.

Fitness Video





Interesting Tidbits!





Creative Arts

This term we are looking at hand print animals. Today we are making a butterfly. You need a piece of paper, lead pencil and coloured pencils. Trace your hand onto the paper. Look at the picture below to help you add the animal details. You may like to make a butterfly family.



Family Feud Answers

Name a color of the rainbow.

Red	21
Blue	18
Green	16
Orange	12
Yellow	12
Purple / Violet	10
Indigo	5



Friday



Connecting to your Senses-Touch

On Monday we looked at black items. Touch them. Write down how they feel soft, fluffy, prickly, hard, cold. What are they made





Fitness

This week we are doing static balance. Count how long you can hold each of the four poses. Write down your achievements. Compare your results to Monday's times. Try some other poses.







A Sentence a Day

Write a sentence about a black object in your house.

e.g I fell over outside the door because I didn't see the black shoes on the blue mat.

Extension:

Turn your sentence into a story, Write as many sentences as you can.

Crunch & Sip



Have a piece of fruit or raw vegetable or make a salad using 2 or 3 different fruits or vegetables. Have a glass of water.



Reading/Writing/Spelling

Read for 20 minutes.

Extension: Answer the following questions:

- What is the title of this book and who is the author and/or illustrator?
- How do you know if this book is fiction or nonfiction?
- How did the story start? How did it end? What happened in the middle?
- Where is the story set? How do you know?
- Who is telling the story?
- Who are the important characters?

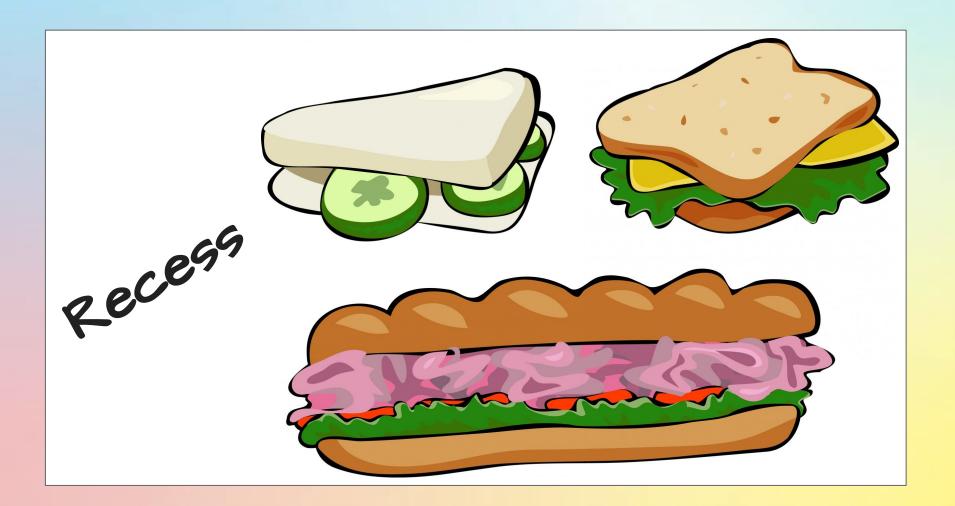
Wellbeing



Keep Learning!

Choose a skill you've always wanted to learn and practise it. Or have a go at juggling.





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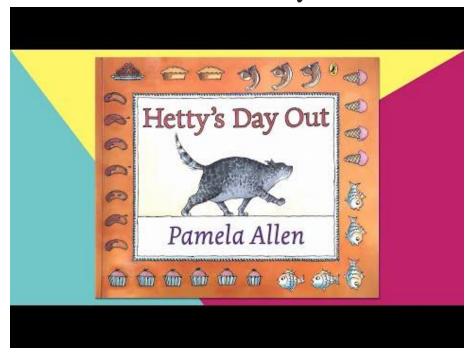
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Story Time!





Fitness Video





Mathematics

Look very carefully at this picture. How many horses have only three legs? Ask someone else to do the puzzle. Did you get the same answer?

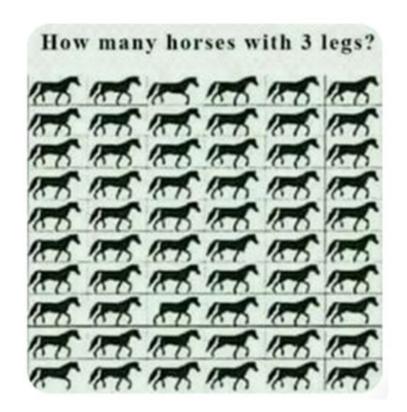




Mathematics

Extension:

Have a go at making your own puzzle like this. How many three legged animals did your family member find?



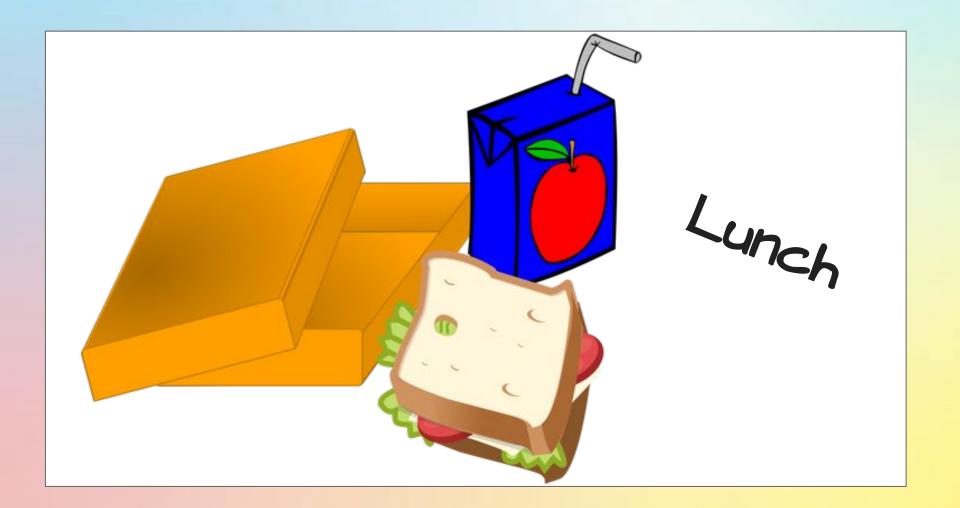


Sport

Make an obstacle course in your yard. Use the objects that are already in the yard - trees, pot plants, seats, push bikes. Use boxes, shoes, empty plastic bottles if you need more obstacles. Walk from one object to the next and walk around each object twice until you are back to the beginning. Now run the same course, running three times around each object until you are back to the beginning. Now hop around the course, including hopping three times around each obstacle. Count how many strides it takes you to do the course (stride = long step). Take the dog with you if you have one. Remember to pack up when you finish.









Music

Read silently through the words of the first verse for Advance Australia Fair. Look away from the words and say as much as you can remember. Look at the words again and sing it softly to yourself.

Australians all let us rejoice,

For we are one and free;

We've golden soil and wealth for toil,

Our home is girt by sea;

Our land abounds in Nature's gifts

Of beauty rich and rare;

In history's page, let every stage

Advance Australia fair!

In joyful strains then let us sing,

Advance Australia fair!

Interesting Tidbits!



Life Education

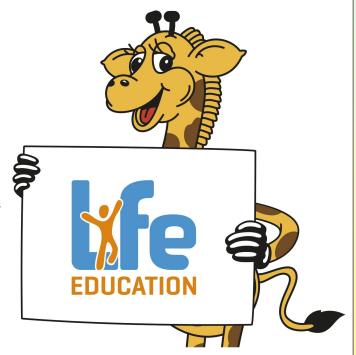
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Scan the QR code with your device





Games to Bring Families Together

These games are brought to you by Blacktown City Council.

Fun Dinner Time Conversations

Think of some fun family questions:

- · 'If you had a zoo animal as a pet, which one would you choose and why?'
- · 'Give each person at the table a compliment'
- · What is your favourite family activity and why?" or
- · What did you enjoy most about today?

Think of as many questions as you can and write them all down on small pieces of paper. Fold them to place into an empty cup or jar. Each dinner time pick a question out of the cup to share answers around the table. This game creates fun, laughter, communication and connection each day. Create this communication game yourselves!

Go to <a href="https://www.blacktown.nsw.gov.au/Community/Our-people/Children-and-young-people/Activities-at-home-with-children-and-young-people/Activities-at-home-with-act



WEEK 2 LEARNING JOURNAL



Monday	Tuesday	Wednesday	Thursday	Friday
The learning activities I completed today were:				
Student's signature:				
Parent's signature:				