

## 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





## Connecting to Your Senses- Sight

The three primary colours are red, yellow and blue. All colours are made from different combinations of these three colours. Look around your bedroom. Name and draw five items that are mostly

-yellow

-red

-blue



#### Extension:

All other colours are called secondary colours. Name three secondary colours and write down 5 items in your bedroom for each of those colours.



### Fitness

This week we are doing a fitness routine to music. Put together a routine using the following movements - burpees, star jumps, shoulder rolls, windmills, touch toes and squats. If you have your own dance moves, add those in too. These movements are all done on the one spot, with no equipment. Next week we will do movements where you can move around the yard.







## A Sentence a Day

Sit in your bedroom and write about one thing you can see. Write about its colour, shape, any sounds it makes, how it feels, what it does. Or you may choose an item in this photo to write about.

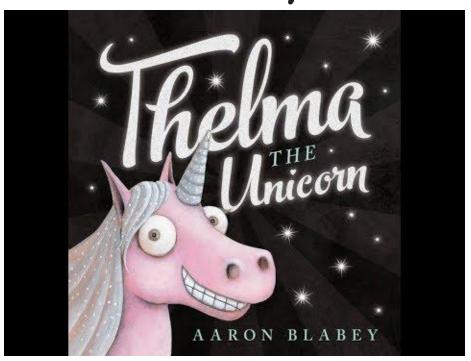


# Crunch & Sip



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 pronouns from your text.

Pronouns are used instead of nouns for example, he, she, it, they

## Wellbeing

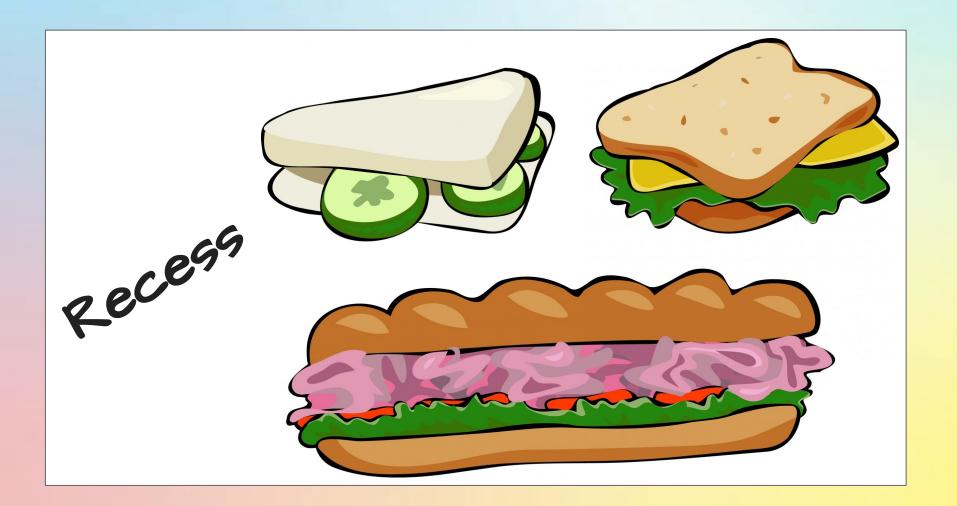




Be Active

Try this Yoga Story





# Daily Zoom Check-in Meeting



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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.



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### 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

Scan the QR code with your device for more information!



















Choose one of our dollar notes eq \$5,\$10, \$20, \$50 or \$100 and design it as a coin. Look at the people who are on that note. How would you show those people on your coin. Look at the \$1 and \$2 coins for ideas.

Extension:

Use the money on the next slide to make \$75.50 in ten different ways

Eg \$50+\$20+20c+20+10c=\$75.50

#### Money

























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

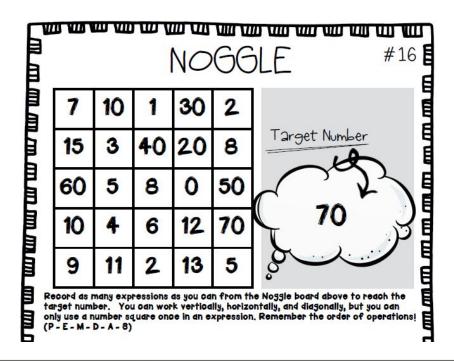
If you run out of a particular coin or note, right click the coin or note you want and click copy.

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

Move it into the correct place.

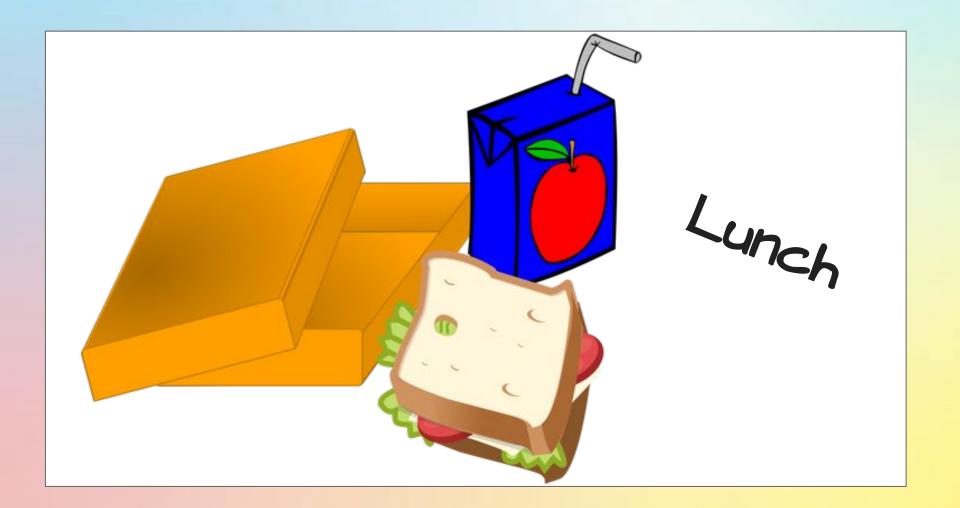
## Noggle

- 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 Making Decisions Session 1: Making Decisions

In this module, you will become aware of the people and situations that influence the decisions we make.

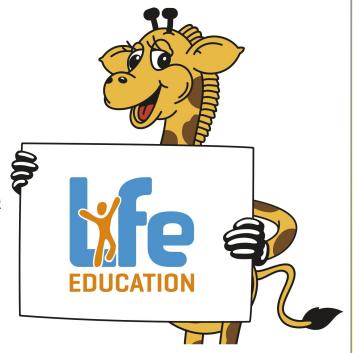
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aspx?t=962f7e88-29e6-4f12-b629-2e97083f0f3d&s=0fccff0

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Scan the QR code with your device





# Interesting Tidbits!



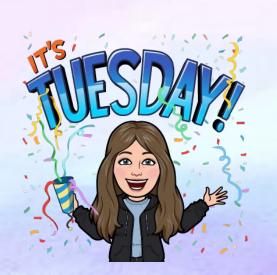


## Unplugged

Pixel Art

Draw a ten by ten grid using a ruler or straight book edge. Create a halloween theme pixel art like the ones below in your grid.





# 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. Now go to the back door and take five deep breaths. Try to identify the different smells.





### Fitness

This week we are doing a fitness routine to music. Put together a different routine using the following movements - burpees, star jumps, shoulder rolls, windmills, touch toes, squats. If you have your own dance moves, add those in too. These movements are all done on the one spot, with no equipment. Next week we will do movements where you can move around the yard.







## Cooking

Make a smoothie with banana, honey and milk.



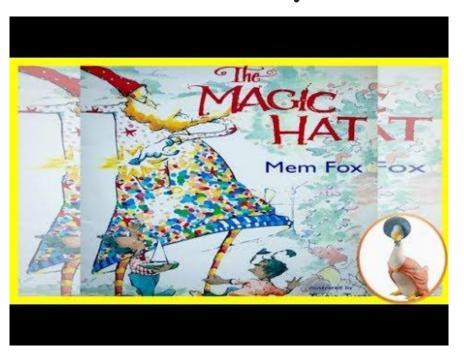
#### Extension:

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 dressed up at Halloween. If you've never dressed up for Halloween, what would your costume be?

### Fitness Time!

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

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

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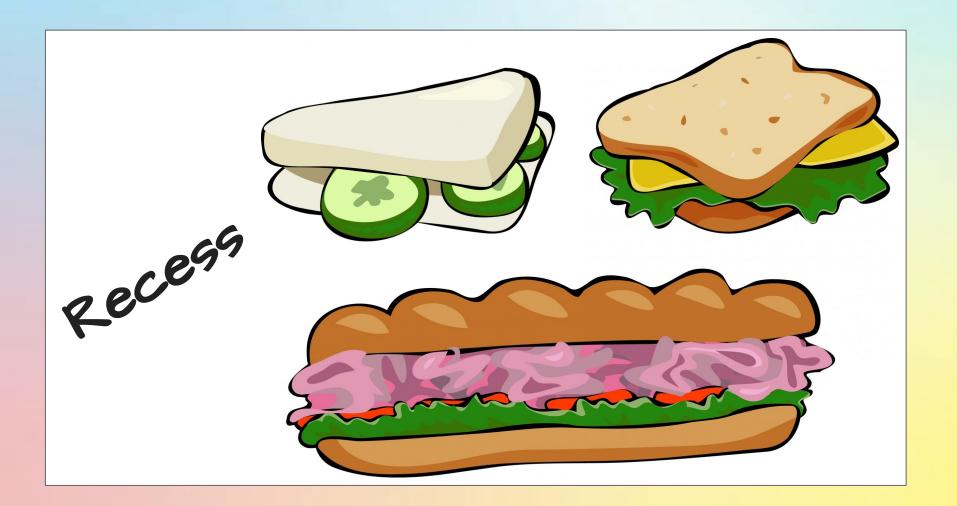












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# Wellbeing

#### Give

Donate your time to a family member by helping them with a chore around the house.





Find the values of the shapes. The values are whole numbers.

$$\langle \rangle$$
 +  $\triangle$  = 7

$$\Rightarrow$$
 -  $\langle \rangle$  = 3





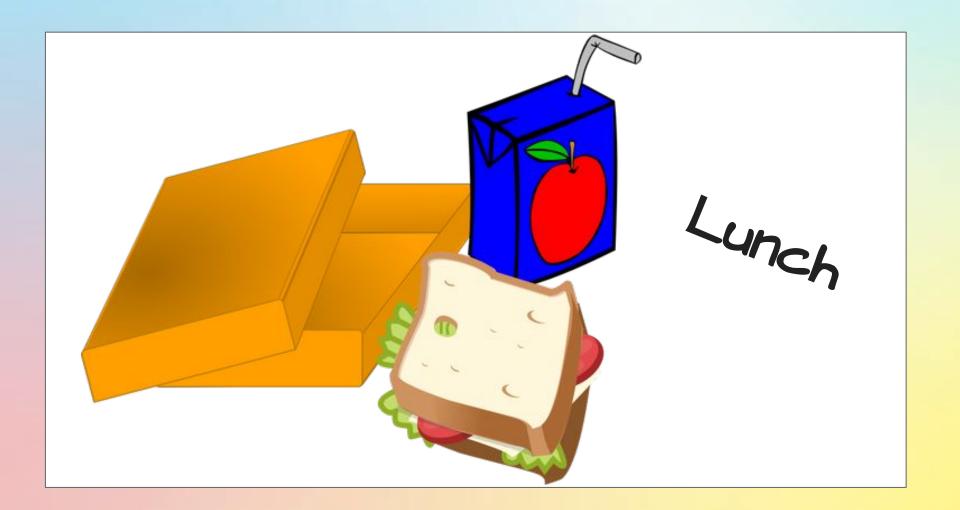


### Mathematics

$$\triangle$$
 /  $\bigcirc$  = 2

### Fitness Video





### Scattergories

- ·Your letter is B
- Name a word that matches each category that begins with the letter B.
- ·For example, if my letter was T
- ·1. Sports: table tennis
- ·2. Song title: The Wheels on the Bus
- 3. Part of the body: tonsils

#### List 4



- 1. Sports
- 2. Song titles
- 3. Parts of the body
- 4. Ice cream flavors
- 5. Things that fly
- 6. Musical instruments
- 7. Objects in a classroom
- 8. 4-letter adjectives
- Types of candy
- 10. Celebrities

Interesting Tidbits!

Read some information about CALCIUM

https://healthy-kids.com.au/kids/pri mary-school/calcium-2/

Name two ways you can get more calcium in your diet.





#### Science

You need the containers of soil you found last week. Fill all the containers with water. Stir the soil cups and let the water settle. Write down what you notice has happened in the soil cups. Do they look the same? Write down what do you see in each cup. Take a photo and upload it if you can. Draw or name any things that are in one container but not the other. Do the soils look the same colour? What might cause changes in the colour of the soils? What would cause changes in soil over time - over a few week, a few months, a few years?



# Answers

Find the values of the shapes. The values are whole numbers.

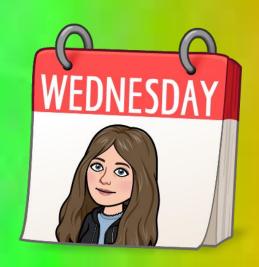
2

2

11

www.mathinenglish.com

# Wednesday





### Connecting to your Senses-Hearing

Stand still in your front yard, 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 was the maths book so worried?

'it had too many problems.



### Fitness

This week we are doing a fitness routine to music. Put together a routine using the following movements - burpees, star jumps, shoulder rolls, windmills, touch toes and squats. If you have your own dance moves, add those in too. These movements are all done on the one spot, with no equipment. Next week we will do movements where you can move around the yard.







### A Sentence a Day

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



#### Extension:

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

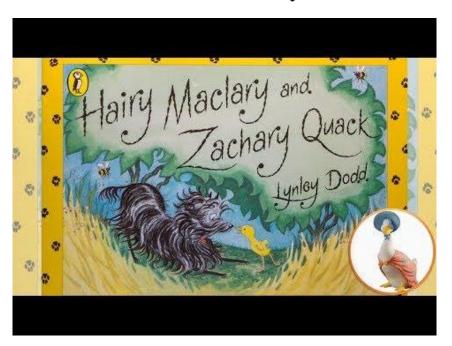
Verbs are words that name actions like running, cooked, baked etc

# 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

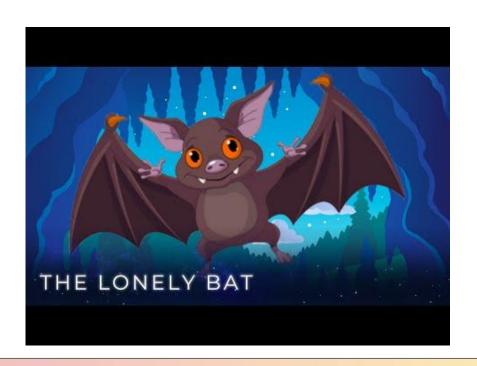
Read your for 15 minutes.



#### AFTER YOU READ

Write down all of the words you found tricky to read. Practise reading and writing these words each day for the rest of the week.

### Wellbeing

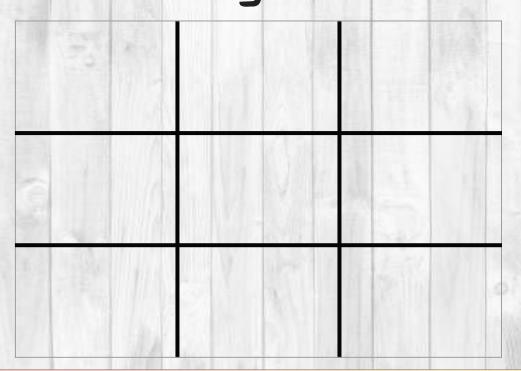


#### Take Notice

Have a go at this meditation.



### Noughts and Crosses

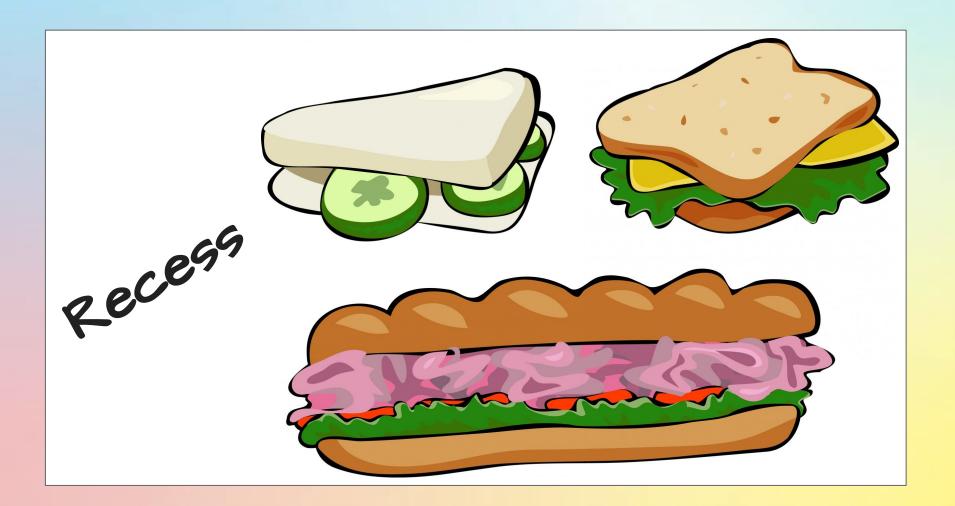






Challenge your family members to a game of noughts and crosses.

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



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### Life Education

Click on the link to complete Making Decisions Session 2: What is a Drug?

In this module, you will explore legal and illegal drugs and understand the related consequences.

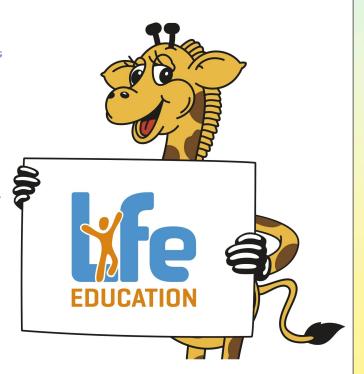
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aspx?t=962f7e88-29e6-4f12-b629-2e97083f0f3d&s=lb3b99e0

-blad-4441-bb9e-b31542a425d5

Scan the QR code with your device







### Mathematics

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



### Mathematics

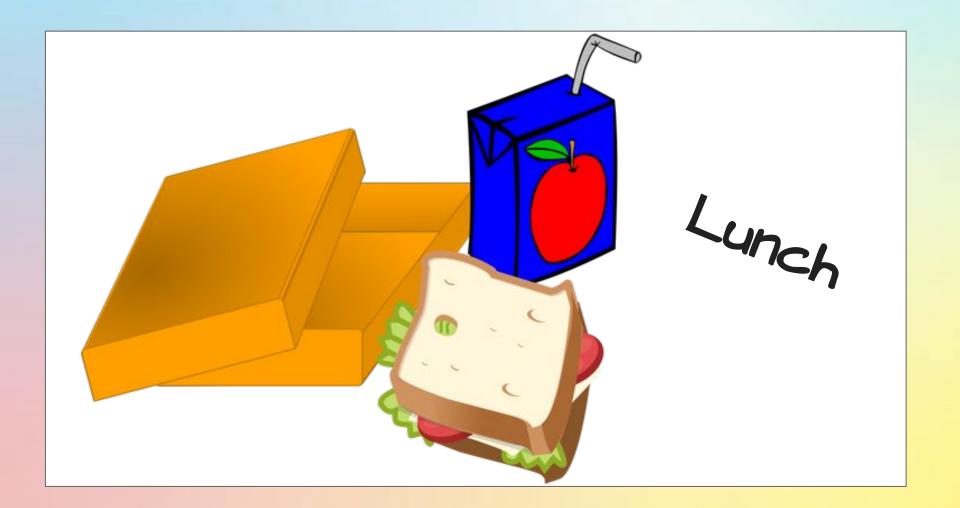
Have a go at these puzzles.

			4	5	
4			2		
2	1	4	6		
		6	1	4	2
		2			1
	5	1			

	4		2		
	3			1	5
4		2	3		
		3	1		4
3	6			4	
		4		3	

### 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.

Look at your maps. Today you are going to find plants that like shade and plants that like being in the sun all day. On your maps, using a yellow pencil, lightly colour over the plants that are in the sun all day. Using a grey pencil, lightly colour over the plants that like to grow in the shade.









## 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

#45

J	L	Z	G	L
Α	U	S	C	E
G	Ε	Α	R	A
S	T	I	N	T
E	æ	0	F	K

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



# Thursday





### Connecting to your Senses- Taste

Eat your breakfast slowly, chewing it lots of times before swallowing. Concentrate on what your tongue is doing while you chew.





### Fitness

This week we are doing a fitness routine to music. Put together a routine using the following movements - burpees, star jumps, shoulder rolls, windmills, touch toes and squats. If you have your own dance moves, add those in too. These movements are all done on the one spot, with no equipment. Next week we will do movements where you can move around the yard.





### 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:

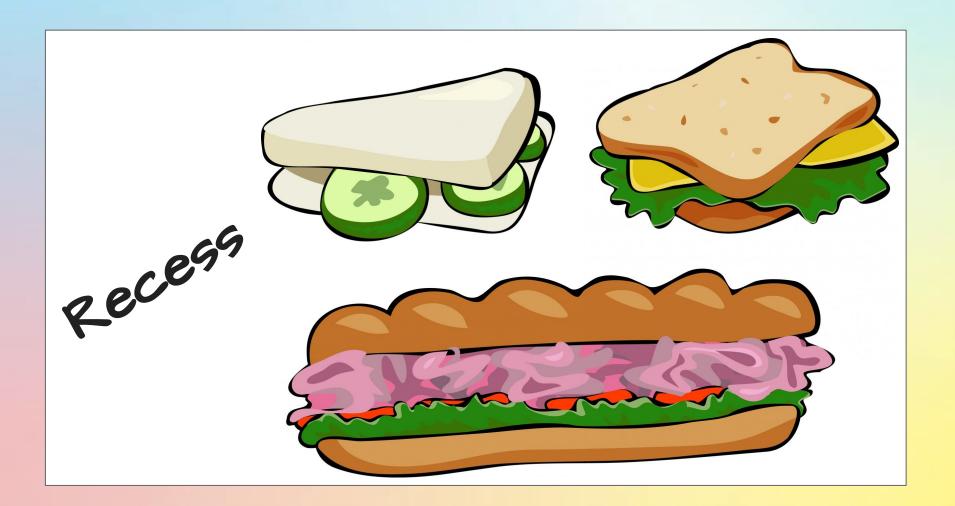
What is the complication in the story. Write about the problem the characters are facing.

## Wellbeing

#### Connect

Ask someone how they are. Truly listen to their response and offer them love and support if they need it by smiling, or giving a hug if you feel comfortable.





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#### Mathematics

#### Revising Number Sense

In the first empty box, complete the sum 3x4 in the second empty box complete the sum 3x1 etc.

Remember that this grid is multiplication.

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

X	4	1	3	2	10	5
3						
0						
1						
4						
2						
5						

#### Fitness Time!

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

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

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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?

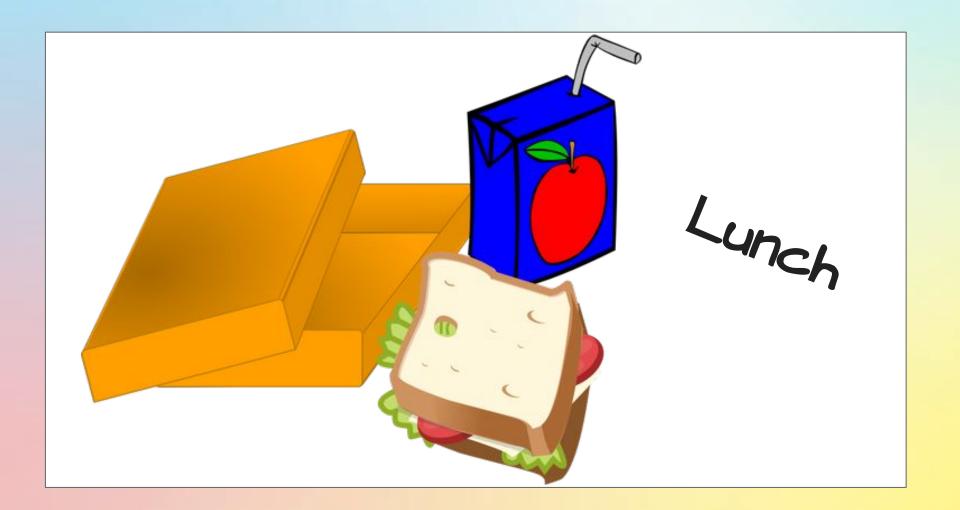
- ٠١.
- .2
- •3.
- •4.
- ·5.

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

Other than Z, name a letter	from
the end of the alphabet.	

### Fitness Video





# Interesting Tidbits!





#### Creative Arts

This term we are looking at hand print animals. Today we are making a ghost for Halloween. 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 ghost details. You may like to make a ghost family. Or trace your other hand and have two ghosts facing each other.



## Family Feud Answers

Other than Z, name a letter from the end of the alphabet.

Y	28
X	26
W	10
V	8
U	7
Q	4



Friday



#### Connecting to your Senses-Touch

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





#### Fitness

This week we are doing a fitness routine to music. Put together a routine using the following movements - burpees, star jumps, shoulder rolls, windmills, touch toes and squats. If you have your own dance moves, add those in too. These movements are all done on the one spot, with no equipment. Next week we will do movements where you can move around the yard.







## A Sentence a Day

Write a sentence about a red object in your house.

e.g The red candle melted onto the clean, white table cloth.



#### Extension:

Write more than one sentence, remembering your capital letters and full stops.

# 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?

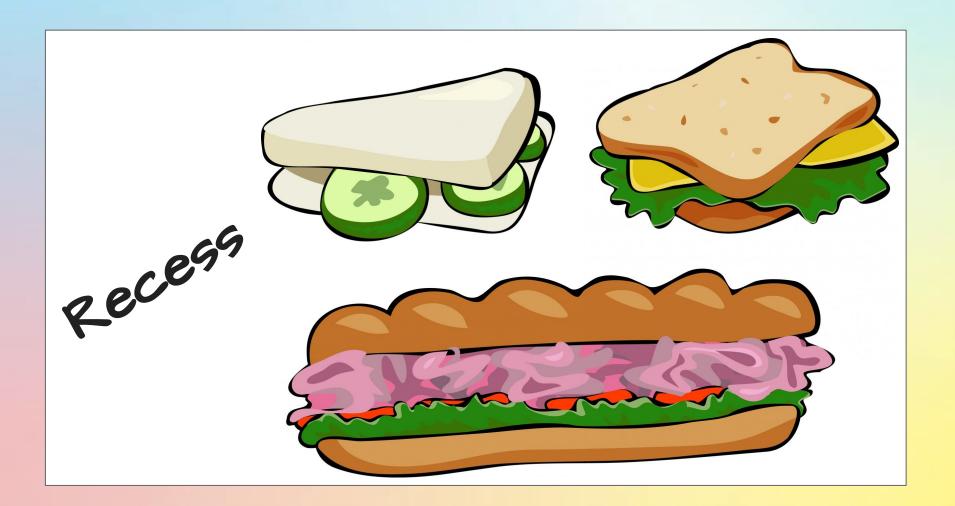
## Wellbeing



#### Keep Learning!

Choose a skill you've always wanted to learn and practise it. Or have a go at these skipping rope tricks..





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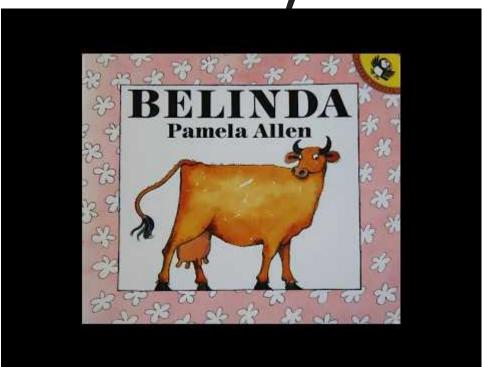
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## Story Time!





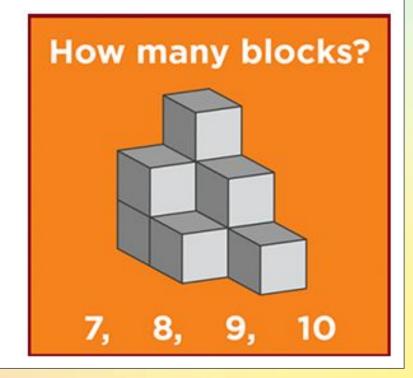
### Fitness Video





#### Mathematics

Look at the block picture. How many blocks are there. You have to imagine the blocks behind each other. Ask someone else to do the puzzle. Did you get the same answer?

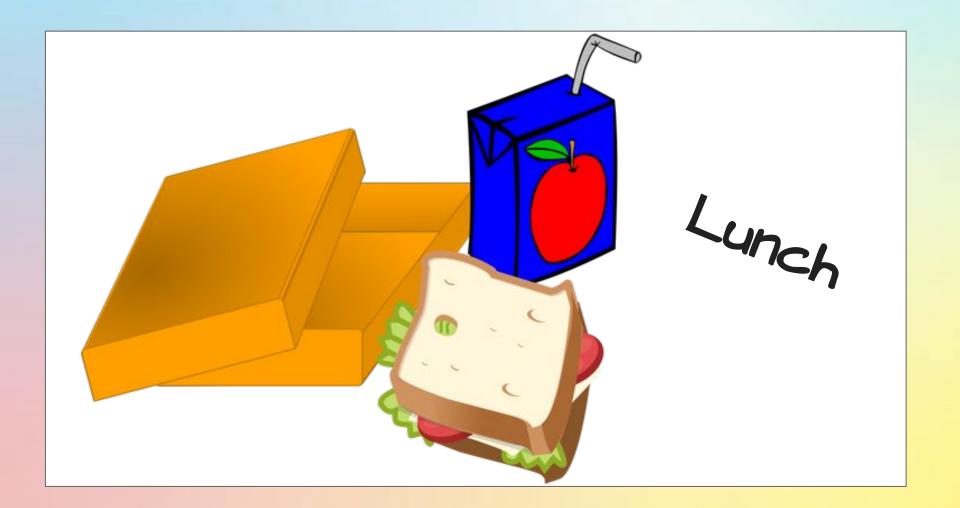




## Sport

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 skip around the course, including skipping 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;

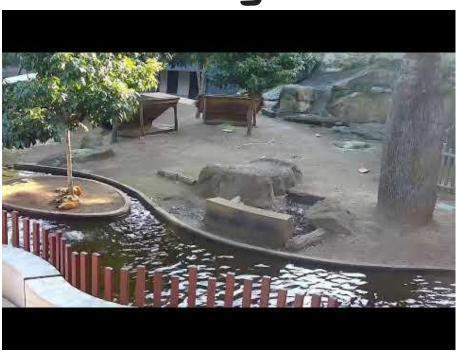
In history's page, let every stage

Advance Australia fair!

In joyful strains then let us sing,

Advance Australia fair!

# Interesting Tidbits!



#### Life Education

Click on the link to complete Making Decisions Session 3: Strategies to Stay Safe.

In this module, you will learn how to seek help and navigate difficult situations.

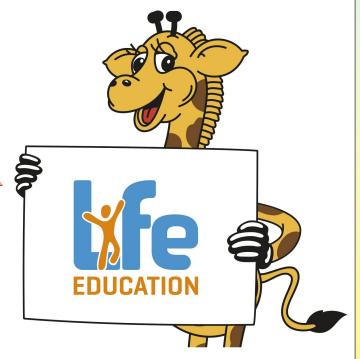
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4-3577-483e-aa12-dcdae03fb63e

Scan the QR code with your device





## Games to Bring Families Together

Work together to create a jar of ideas of home activities and play for you and your family to do when they are 'bored':

· Write all the activity and play ideas on small individual pieces of paper, fold them up and place them in a jar.

For example, read a book, draw a picture, build something new with Lego, make a fort with sheets and cushions, write a story... The list is endless, think of all the things that a child could do around the house and in the garden.

· Now, when someone says, 'I am bored!', re-direct them to choose a 'lucky dip' idea from the Jar.

This game will keep everyone completing new activities throughout the day. Remember to keep filling the jar with new activity and play ideas at home.



### WEEK 3 LEARNING JOURNAL



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