



Welcome to
3-6P & 3-6C's
Virtual Classroom
Week 10



Staying Safe Online

Information For Kids

<https://www.esafety.gov.au/kids/be-an-esafe-kid>



Information For Parents

<https://www.esafety.gov.au/parents>



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.

2

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

Fruit and Veg Month Competition

WIN, WIN, WIN!

To promote the theme of **Festival Fruit & Veg!** students are asked to draw a fruit and veg party.

Winners will be selected from entries received across the state, with one winner from each school year (K-6). Selected entries may be published in Healthy Kids Association digital and print communications. Entries will be de-identified before publishing.

Below is the link to **download the entry form**. You will need to print the form, fill it out and draw your fruit and veg party in the designated box.

https://docs.google.com/document/d/1LO_7PeH7HIQBy_FWEIC4OLH3j2-7Va5GKs/edit



Entries must be sent to your teacher by 11:00 Friday, 17th of September by 3pm. We cannot take entries submitted after this time.

Entries close this Friday, 17/9 at 3pm.

Win 1 of 7 Awesome Prize Packs for

Fruit and Vegetable Month 2021

Entries Close
17 Sep
2021

HOW TO WIN:

To promote the theme of

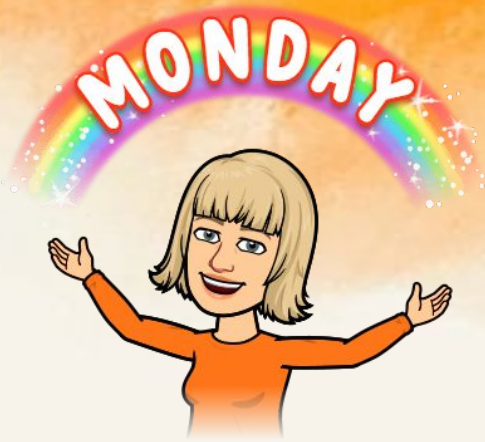


draw your very own fruit and veg party!

Email a copy of your completed entry form with picture to your teacher.

Prize packs include wireless speakers, fruit and veg cutters to make fun shapes and a voucher for your local fruit and vegetable retailer.

Monday





Connecting to Your Senses- Sight

Walk around the house. How has it changed since learning from home began? Has furniture been moved around to make it easier for you to work? Are there more books and pencils on the table?



Extension:

Go through the 'sight' activities we have done this term. Which one did you enjoy the most? What made it enjoyable?



Fitness

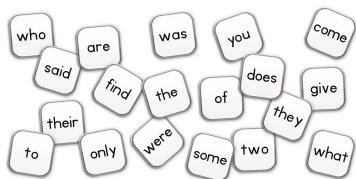
Go through all the fitness exercises we have done this term. Choose five of them and put them to music as a fitness routine.



Extension:

Invite a family member to join you. Let that person choose the song this time.





A Sentence a Day

Write an acrostic poem for 'school'.

Acrostic = a word or sentence starting with each letter of that word.

E.g

Study

Check-in

Hello

Outside

Online

Learning

Extension:

Do an acrostic for 'school' with short sentences.

e.g

Study everyday

Check in at 11.30

Hello to everyone

Outside for fitness

Open another reading book

Learning from home.

Crunch & Sip

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

Describe the differences on one of the pictures of the Spot the Difference on the next slide..

Extension: Try your fruits on toast or a crumpet.



Spot the Difference

Find  7 differences between the pictures and circle them.





Reading/ Writing/ Spelling

Read a magazine or book
for 20 minutes.



Extension:

Write one sentence that
tells what happens at the
beginning of the text and
one sentence that tells
how it finishes.

Story Time!



Wellbeing

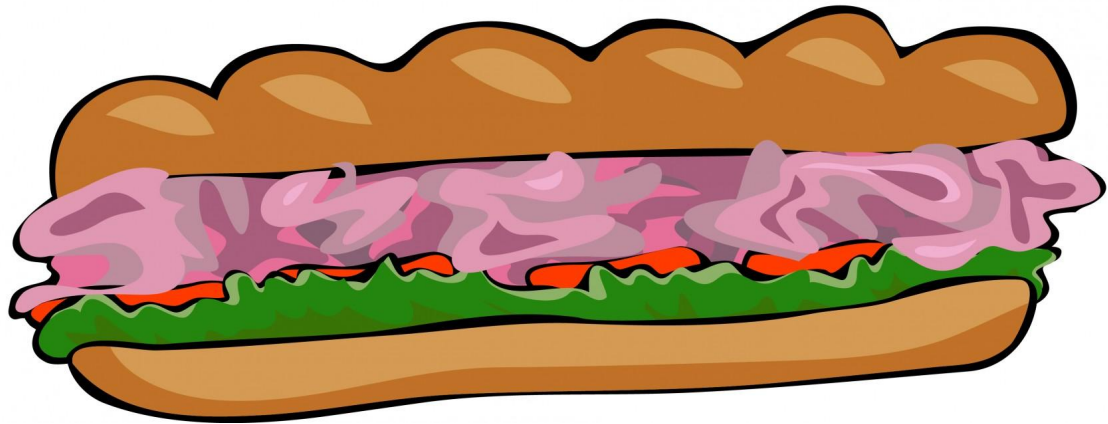
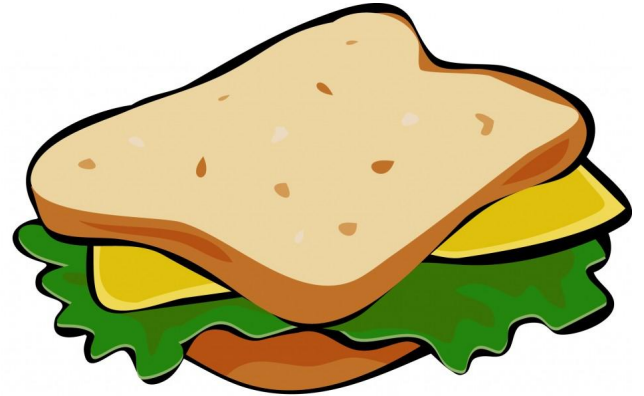
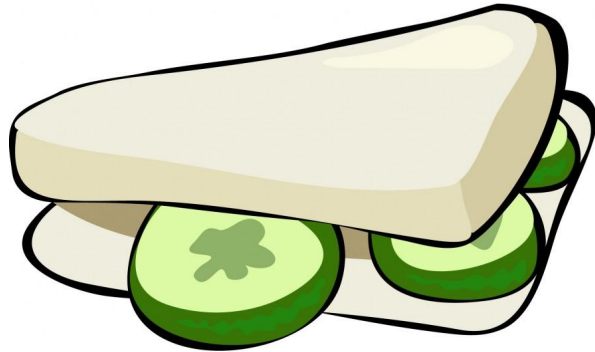
Connect

Next time you see a member of your family feeling sad, or frustrated. Try naming the feeling and asking them if there's anything you can do to help them.

For example, 'I can see that you're really sad. Is there anything I can do to help you?'



Recess



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://nsweducationzoomus/j/67742198557?pwd=Q2h0NUl2ZlXU4a2RrZGcyWHlqRU9EZz09>

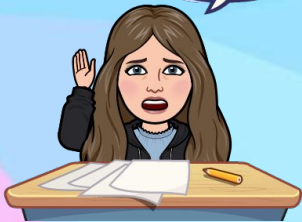
Meeting ID: 677 4219 8557

Password: 347796

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I don't get it...



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



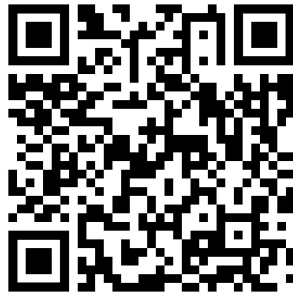
Fitness Time!

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/Bodycontrol>

Scan the QR code with your device for more information!





Mathematics

Take one of each of our coins,
Sort them into two groups. What
groups have you sorted them
into? How many different ways
can you sort the coins into two
groups?

If you don't have any coins, use
the coins on the virtual magnetic
whiteboard on the next slide.

Extension:

Look at the animal on
each coin and identify it.
Check your spelling of
the names.

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.

E.g. $30+20+7+3=60$

$50+14-4=60$

5	10	6	15	1
1	2	40	7	3
9	8	13	20	30
50	4	12	60	2
14	6	16	0	1

#15

NOGGLE

5	10	6	15	1
1	2	40	7	3
9	8	13	20	30
50	4	12	60	2
14	6	16	0	1

Target Number

60

Record as many expressions as you can from the Noggle board above to reach the target number. You can work vertically, horizontally, and diagonally, but you can only use a number square once in an expression. Remember the order of operations! (P - E - M - D - A - S)

Fitness Video



#293844630

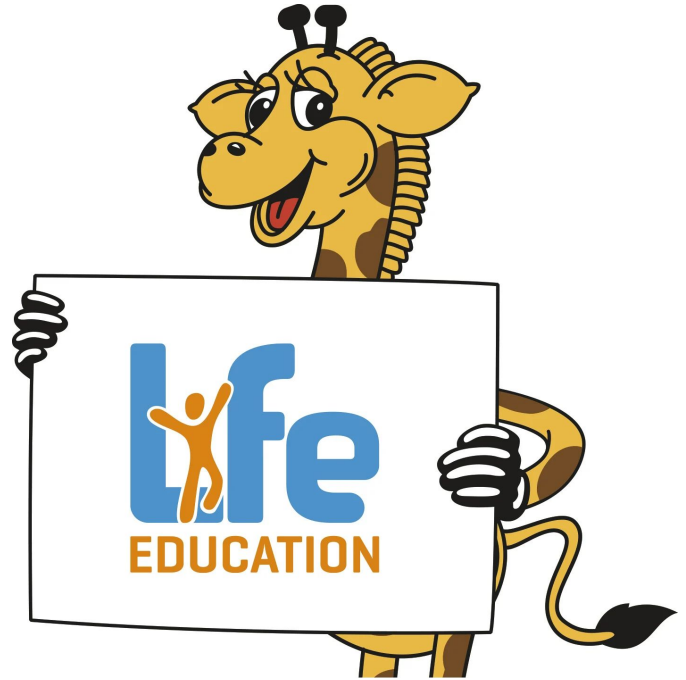
Life Education

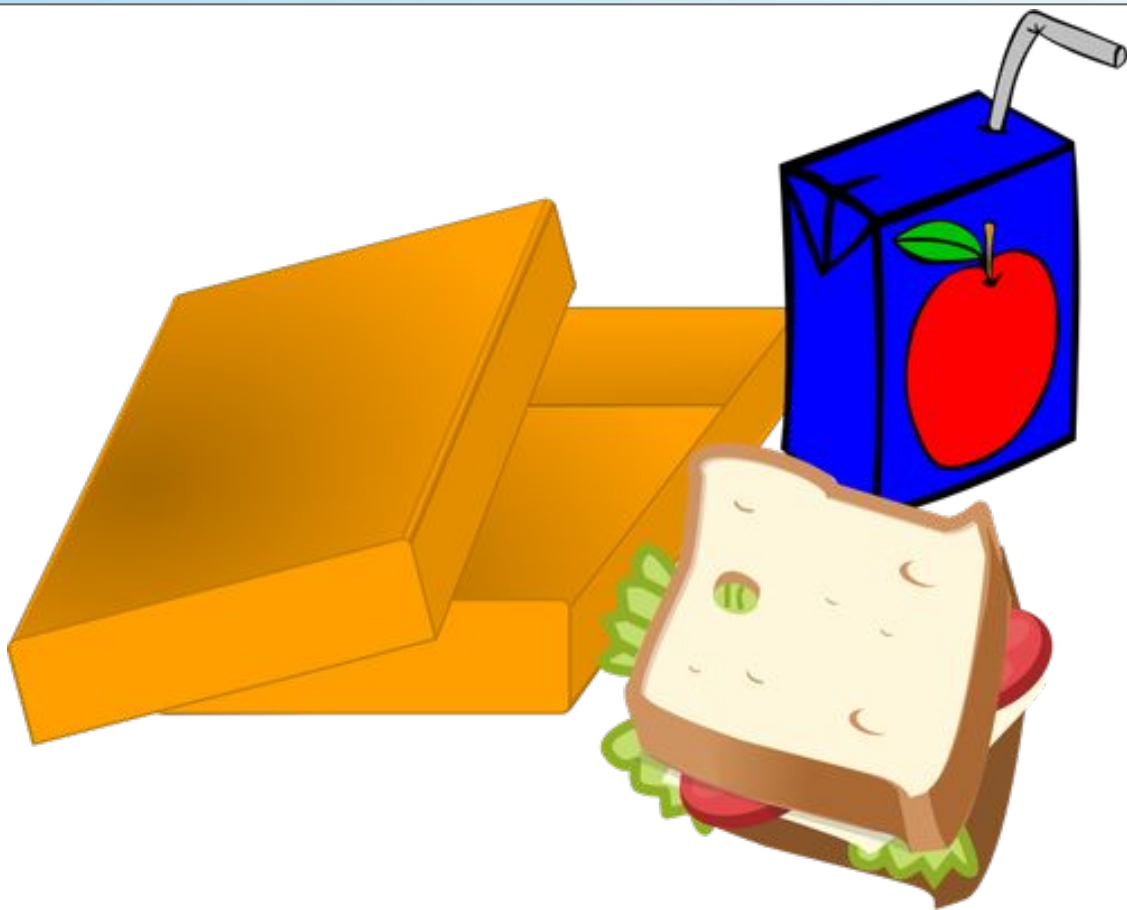
Click on the link to complete **All Systems Go Session 1: Body Systems**.

In this module, you will be able to identify factors that influence health and wellbeing of yourself and others.

<https://www.lifeeducation.org.au/online-learning/student-session.aspx?t=962f7e88-29e6-4f12-b629-2e97083f0f3d&s=f804c99f-c079-4f47-8f13-003d3946629c>

Scan the QR code
with your device





Lunch

Fruit & Veg Month Activity

Think about ways to encourage others to eat more fruit and vegetables.

Examples could include making them more affordable, making them more available, making them fun and promoting them better.

Think about the language used for slogans, party themes and party invitations and how it encourages positivity. People expect to have a good time at a party!

Create a party banner for a fruit and vegetable celebration. Make the banner colourful and bright, just like fruit and vegetables!

Monday, 23rd August to Friday, 17th September



Interesting Tidbits!





Unplugged

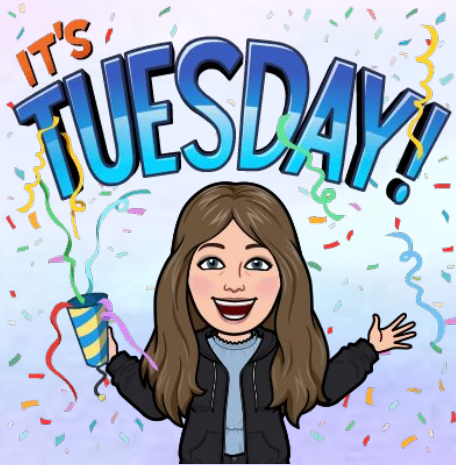
This is an activity we have done at school. Make a marble run using items you have at home. You may get some ideas from this picture.



Extension:

Measure the distance of your marble run in centimetres and handspan.

Tuesday





Connecting to your Senses- Smell

Stand still in the kitchen for 30 seconds and smell the kitchen smells. Stand still in your bedroom for 30 seconds and smell the bedroom smells. Go outside and smell the outside smells for 30 seconds. In each place, think about what is making the smells. What are the pleasant smells?

Extension:

Go through the 'smell' activities we have done this term. Which one did you enjoy the most? What made it enjoyable?

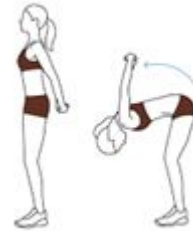


Fitness

We have been doing weights with tinned food cans. Here are some more arm strengthening exercises. Hold each pose for ten seconds. Repeat 10 times. Put the cans back into the cupboard when you finish.



Extension: This one can be done with and without holding a can. Hold each pose for 10 seconds. Take a deep breath each time you change pose.





Cooking

Fried Rice

Because you are using cutting tools and the stove top, you will need an adult family member to supervise you while in the kitchen.

Ingredients

- 1 egg
- 1 cup of cooked rice.
- 1 garlic clove crushed and chopped
- 1 tablespoon of butter
- 1 teaspoon of sesame oil
- 2 tablespoons of sweet soy sauce.
- Small amount of salt and pepper

Optional

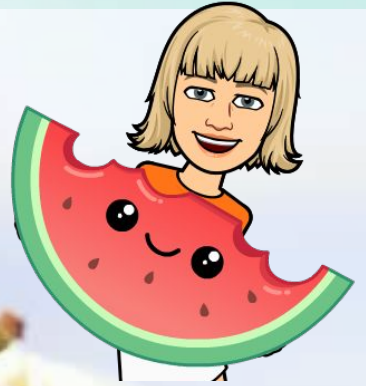
- $\frac{1}{4}$ cup of frozen vegetables eg
peas, carrot, corn
- 1 slice of ham diced finely

Method

1. Crack 1 egg into a bowl and whisk with salt and pepper.
2. Pour the egg into a hot frying pan, stir the egg as it cooks to break it up. Remove egg from pan.
3. Put butter into the hot frying pan and let it melt.
4. Add garlic, sesame oil and sweet soy sauce and stir.
5. Add frozen vegetables and/or ham if you are adding them.
6. Add the cooked rice to the pan and toss through the sauce.
7. Add egg back to the frying pan, just to reheat.
8. Serve.

If you don't have sesame oil and sweet soy sauce, use the same amounts and swap the sesame oil for brown sugar and the sweet soy sauce for regular soy sauce in the same measurements.

Crunch & Sip



Story Time!





Reading/ Writing/ Spelling

Get comfortable and read for 20 minutes. Write down the name of the text, the author and the illustrator. How many pages did you read? Look at the layout of the pages - where are the illustrations, are there illustrations on each page, does the same illustration go across both pages, is the writing over the top of the illustrations?



Fitness Time!

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

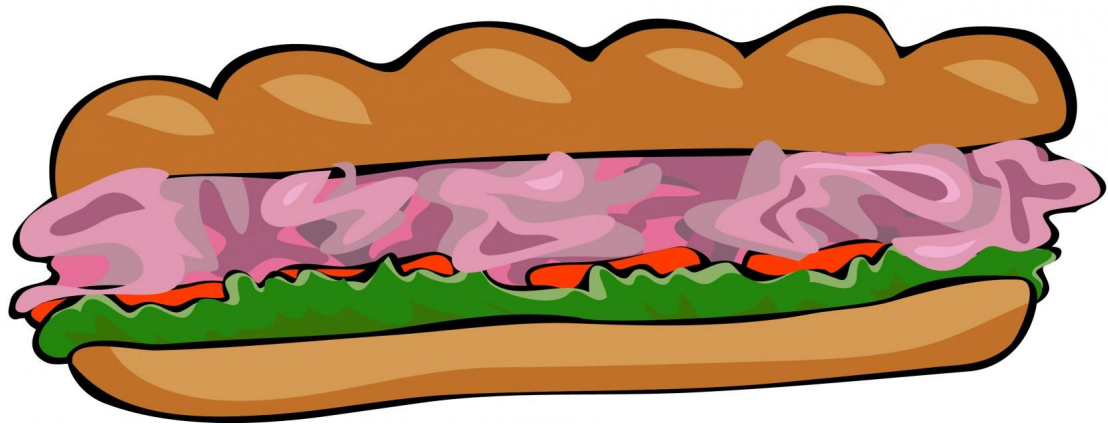
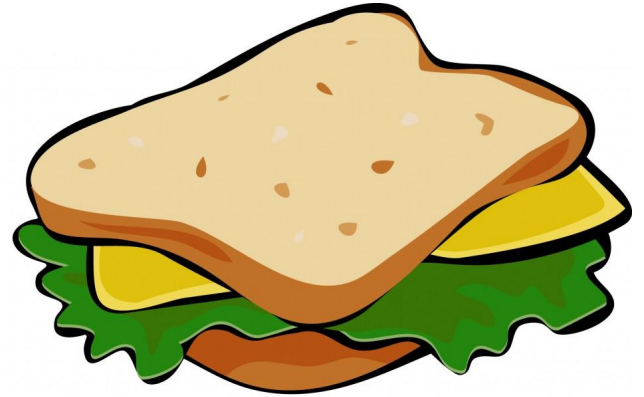
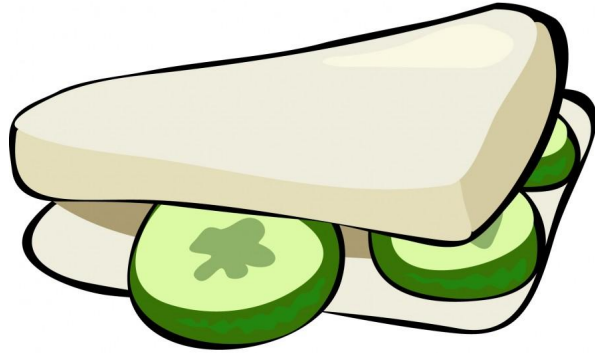
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Scan the QR code with your device for more information!



Recess



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!

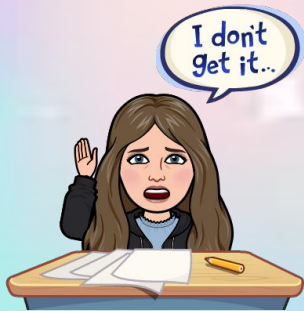
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Meeting ID: 677 4219 8557

Password: 347796

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



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



Wellbeing



Be Active

Complete this yoga story.





Mathematics

Problem: You invite six friends for a party after lockdown. Everyone sits in a circle. You have a bag of lollies. You take out one lolly and pass on the bag. The 2nd person takes 2 lollies. The 3rd person takes 3 lollies. The 4th person takes

You finish off the puzzle. Work out how many lollies you started with if there are no lollies left after the 7th person.

Write down how you solved the problem.

Extension: Do the same problem with 3 friends, 8 friends, 10 friends.

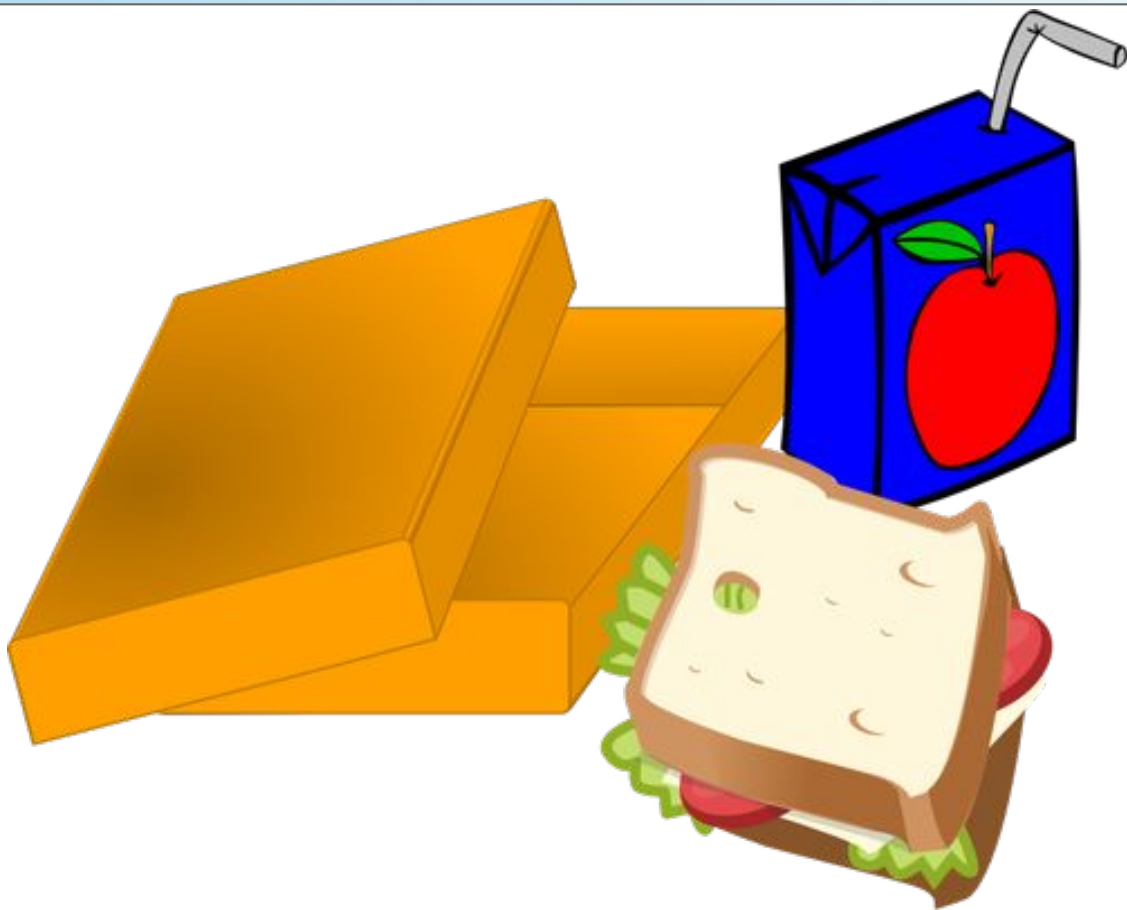


Remember to count yourself in.

Fitness Video



#293844630



Lunch

Scattergories

•Your letter is 'P'

•Name a word that matches each category that begins with the letter 'P'.

•For example, if my letter was J

1. Article of Clothing: Jumper
2. Dessert: Jam Tart
3. Athlete: Jana Pittman

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

Interesting Tidbits!

Play some games on ABC Ya!

<https://www.abcya.com/>

Click your grade level to see games selected for you.





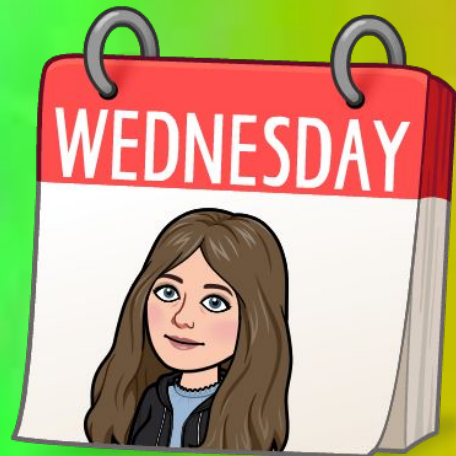
Science

Half fill one glass with cold water, another glass with very warm water. Add 2 drops of food colouring to each glass and watch what happens.



Extension: Write down what you observed and why you think it happened.

Wednesday





Connecting to your Senses- Hearing

Stand still in the kitchen for 30 seconds and listen to the kitchen sounds. Stand still in your bedroom for 30 seconds and listen to the bedroom sounds. Go outside and listen to the outside sounds for 30 seconds. In each place, think about what is making the sounds. Where do you prefer to listen?

Ask a family member the following riddle, let them guess before you give the answer.

Why did the cow cross the road?

A. Because the chicken was on holiday.

Extension: Go through the 'hearing' activities we have done this term. Which one did you enjoy the most? What made it enjoyable?





Fitness

Sit on a chair or lay on the floor and lift a tinned food can between your feet. Count how many times you can do that, holding each pose for five seconds. Lay on your stomach and lift the can behind you.



Extension:

Create some more exercises to strengthen your leg muscles, using tin cans.





A Sentence a Day

Write your own riddles, starting with:

'Why did the cross the road?'



Ask family members for some ideas, or make your own answer for the following:

Why did the flamingo cross the road?

Why did the caterpillar cross the road?

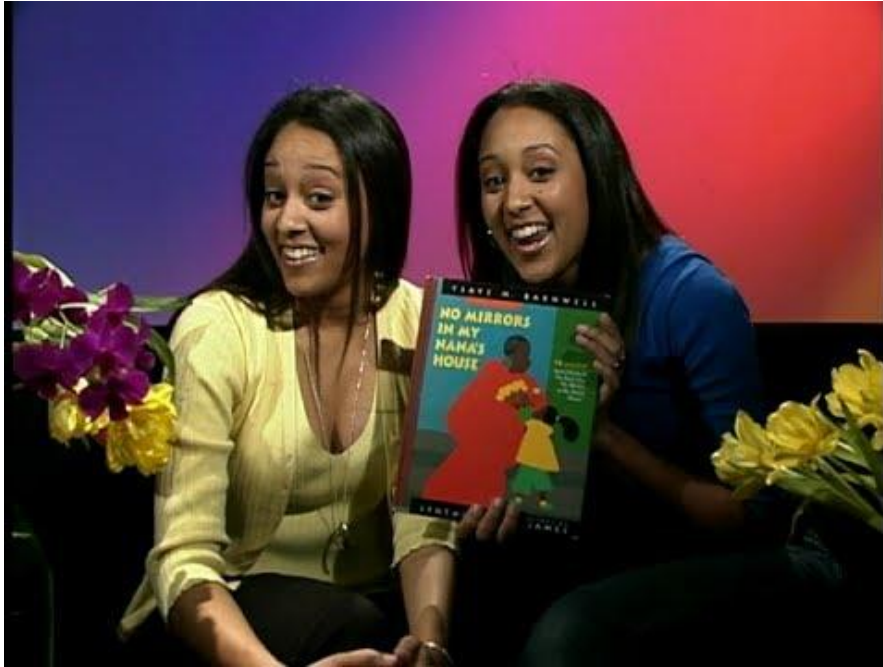
Why did the chewing gum cross the road?

Why did the go kart cross the road?

Crunch & Sip



Story Time!





Reading/ Writing/ Spelling

Cuddle up with your pet or favourite toy and read aloud but softly for 20 minutes. Listen to your voice, put expression in it. Pause at the commas and full stops.



Extension:

Write down three jobs you can do to keep your bedroom clean.

Make a sign to help you remember to do these jobs.

Clean Your Room

Make bed



Put away toys



Put away shoes



Throw away trash



Put clean clothes away



Put dirty clothes in hamper



Wellbeing

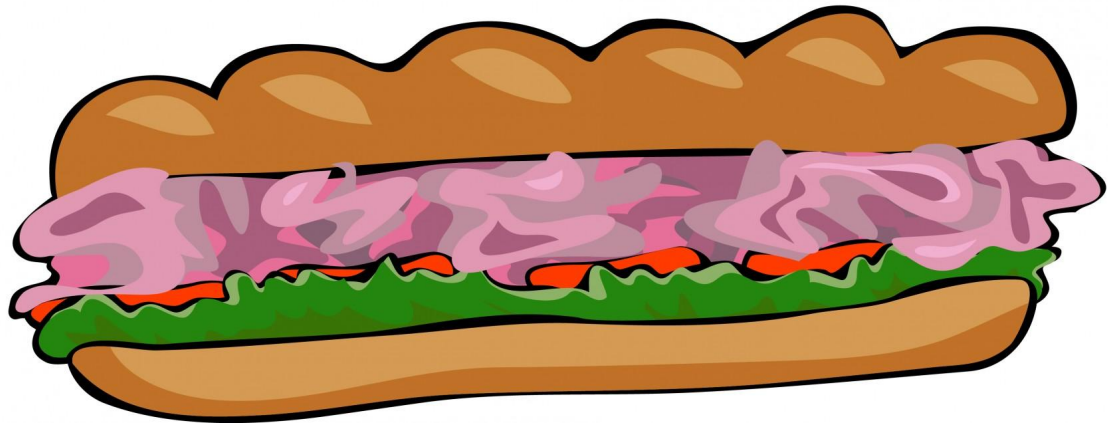
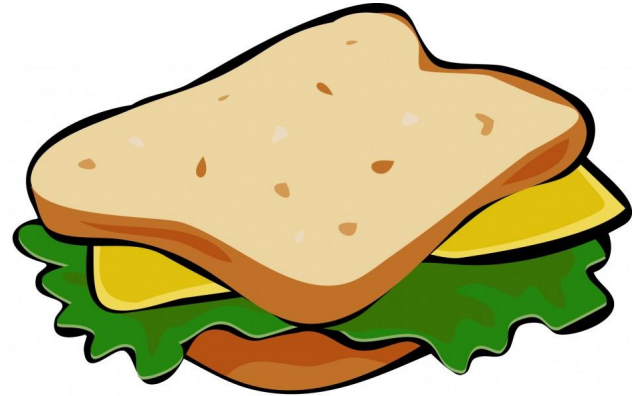
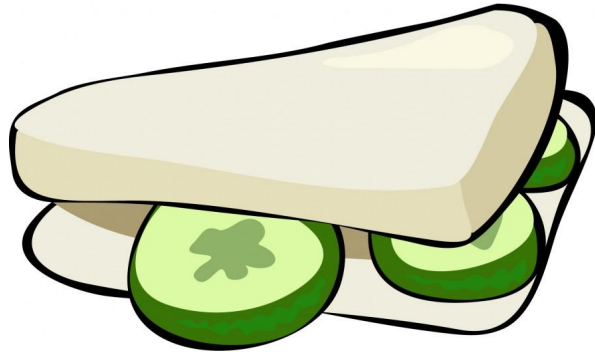


Keep Learning

Take the opportunity to learn a new skill. Choose a skill yourself or have a go at learning how to make rhythms with pens.



Recess



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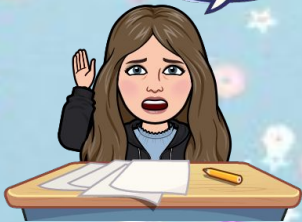
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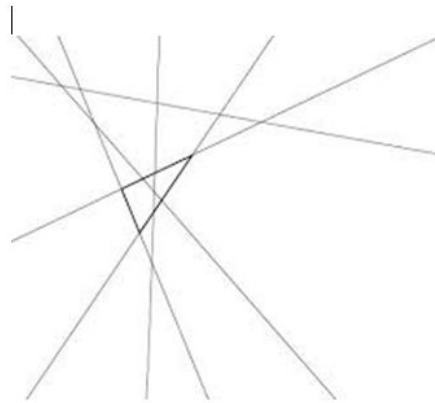
Scan the QR code with your device for more information!





Mathematics

How many triangles do you see?
Ask a family member to count
them. Did you get the same
answer?



Extension:

Make your own design,
using a ruler to draw
straight lines that go from
one side of the page to the
other.

Fitness Video



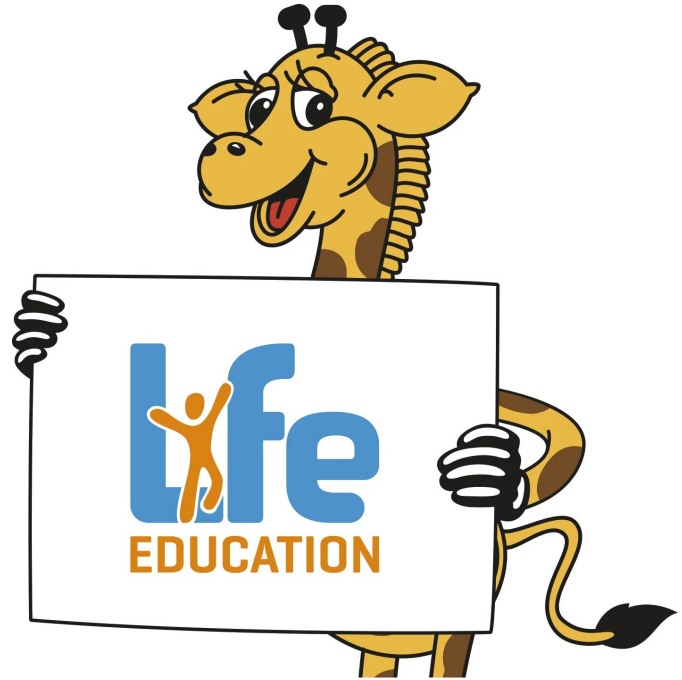
Life Education

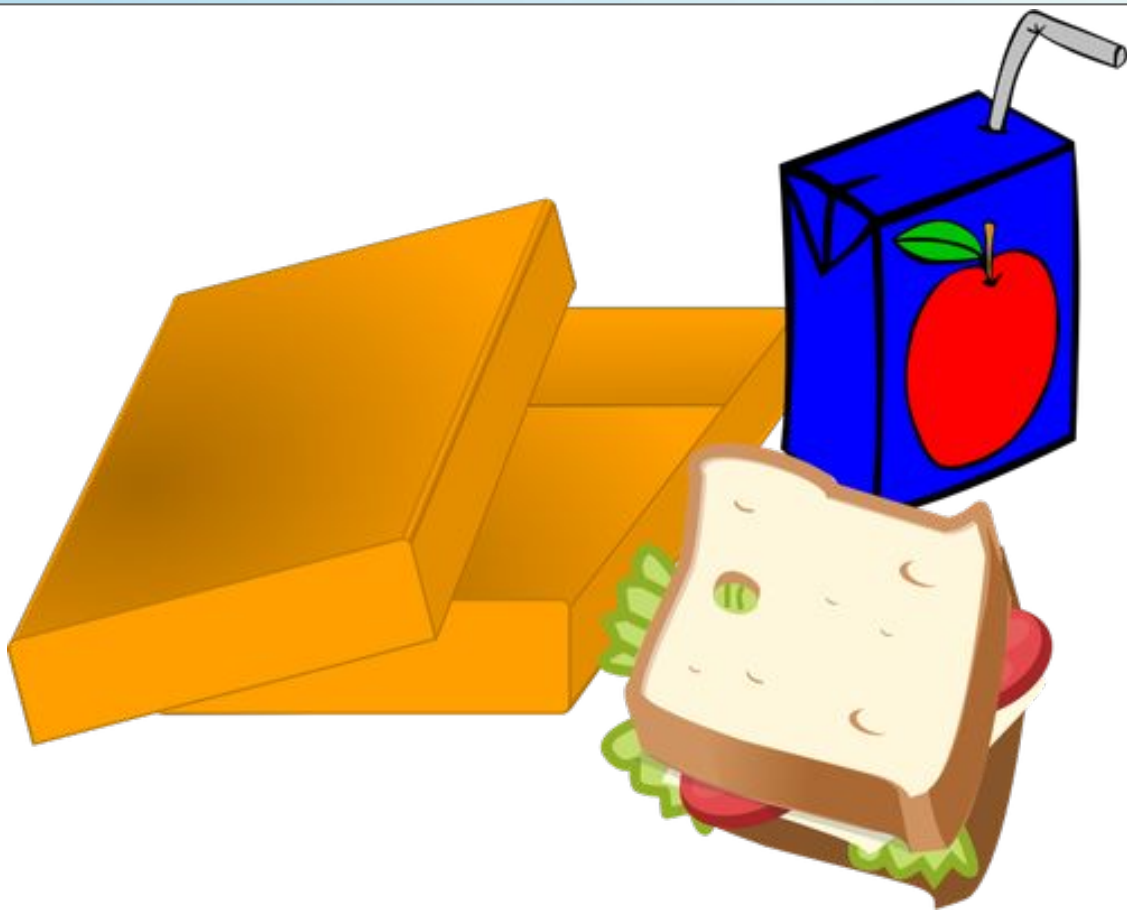
Click on the link to complete **All Systems Go Session 2: Body Fuel**.

In this module, you will understand how positive nutrition and lifestyle choices help to maintain our internal body systems.

<https://www.lifeeducation.org.au/online-learning/student-session.aspx?t=962f7e88-29e6-4f12-b629-2e97083f0f3d&s=701a6975-4d39-4574-843e-a29c25c0559e>

Scan the QR code
with your device





Lunch



History

Draw or write down how you have felt most of the time while learning from home.



Extension:

Take photos of your facial expressions and body language.



Interesting Tidbits!

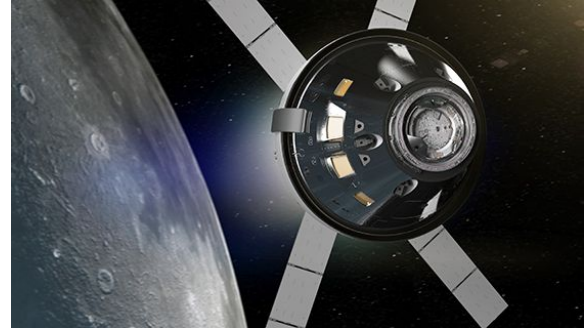
Check out some photographs taken by NASA.

Click on the link below or scan the QR code.

<https://www.nasa.gov/specials/kidsclub/pictureshow/index.html>

Click a photo to read a caption describing what's in the photograph.

Draw some pictures inspired by the photographs you see.



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.

E.g. Hand = 2 points

Proud = 3 points

H	P	O	U	D
A	R	U	M	P
N	D	L	E	W
I	S	O	N	R
H	O	T	U	B

BOGGLE

#23

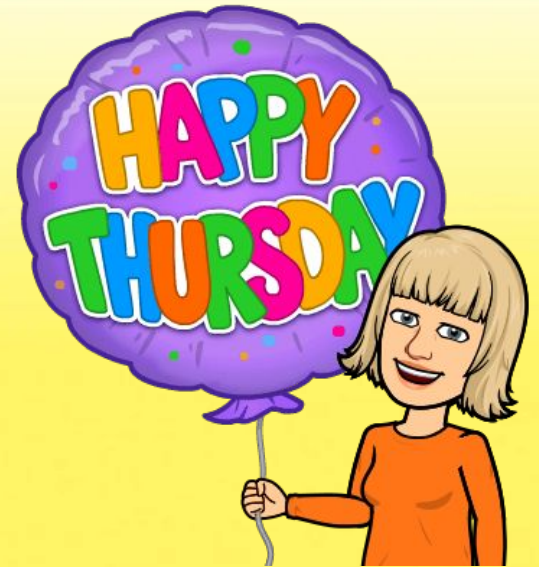
H	P	O	U	D
A	R	U	M	P
N	D	L	E	W
I	S	O	N	R
H	O	T	U	B

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



- Record as many words as you can from the Boggle board above.
- Remember you can work vertically, horizontally, and diagonally, but you can only use a letter square once in a word!

Thursday





Connecting to your Senses- Taste

Try taste testing - 3 cups: one cup with one teaspoon of salt, one cup with one teaspoon of sugar, one cup with a teaspoon of salt and a teaspoon of sugar. Stir the cups until the granules have dissolved. Sip each cup and write what you thought of each taste.



Extension:

Go through the 'sight' activities we have done this term. Which one did you enjoy the most? What made it enjoyable?



Fitness

Roll a tennis ball under your foot, you may stand or sit. Any small, round, hard object will do.



Extension:

Rock back and forth on your heels and your toes. Hold for five seconds and repeat ten times. You may sit or stand.



Story Time!



Crunch & Sip

Have a piece of fruit or fresh vegetable and a glass of water.



Extension: Find a quiet place outside and enjoy the peace. Wear a hat or sit in the shade. Listen to the sounds, watch the insects move, take deep breaths.





Reading/ Writing/ Spelling

Get comfortable and read aloud, softly, for 20 minutes.



Extension:

Write down three jobs you can do to help in the kitchen.

Make a sign to help you remember to do these jobs.



Wellbeing

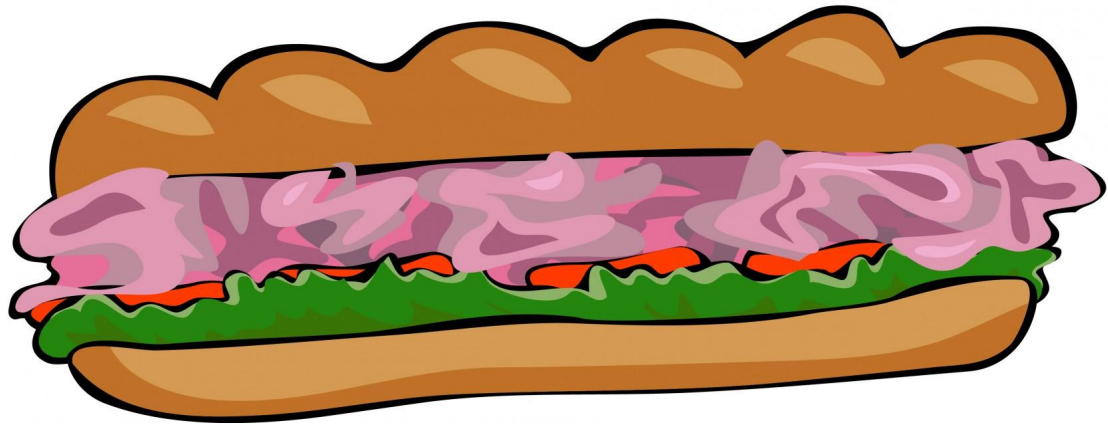
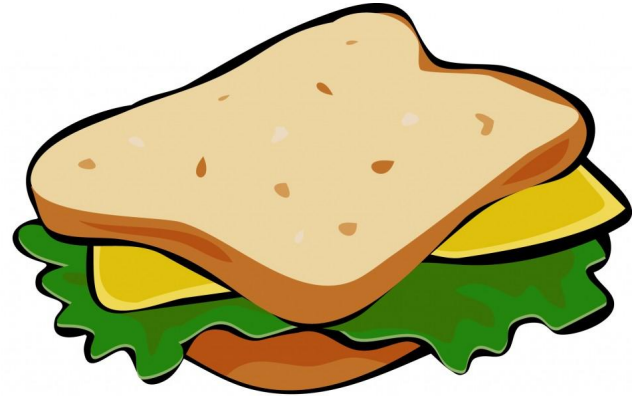
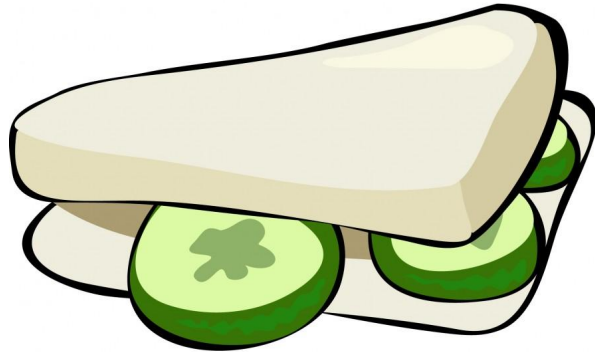
Give

Give your sibling or a family member the gift of your time.

Complete one of your sibling's or family member's tasks around the house.



Recess



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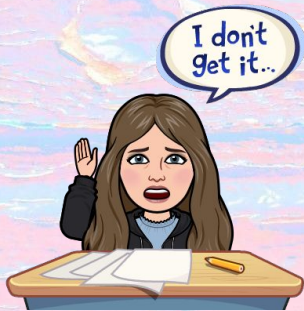
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Bring along all of your questions so we can answer them.





Mathematics

You are buying fruit for a picnic. You need at least 50 pieces of fruit but don't want more than 55. The fruit shop sells fruit in bags. Apples come in bags of 5, oranges come in bags of 4, passionfruit comes in bags of 12 and pears come in bags of 3.

What combinations of fruit bags could you buy for the party? List the fruit bags and how many pieces of fruit you will have altogether.

Extension:

Make another 3 combinations. Write down the fruit bags and how many pieces of fruit you will have.



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/Bodycontrol>

Scan the QR code with your device for more information!



Family Feud

Name an animal that would be very quiet if you kept it as a pet.

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?

- 1.
- 2.
- 3.
- 4.
- 5.

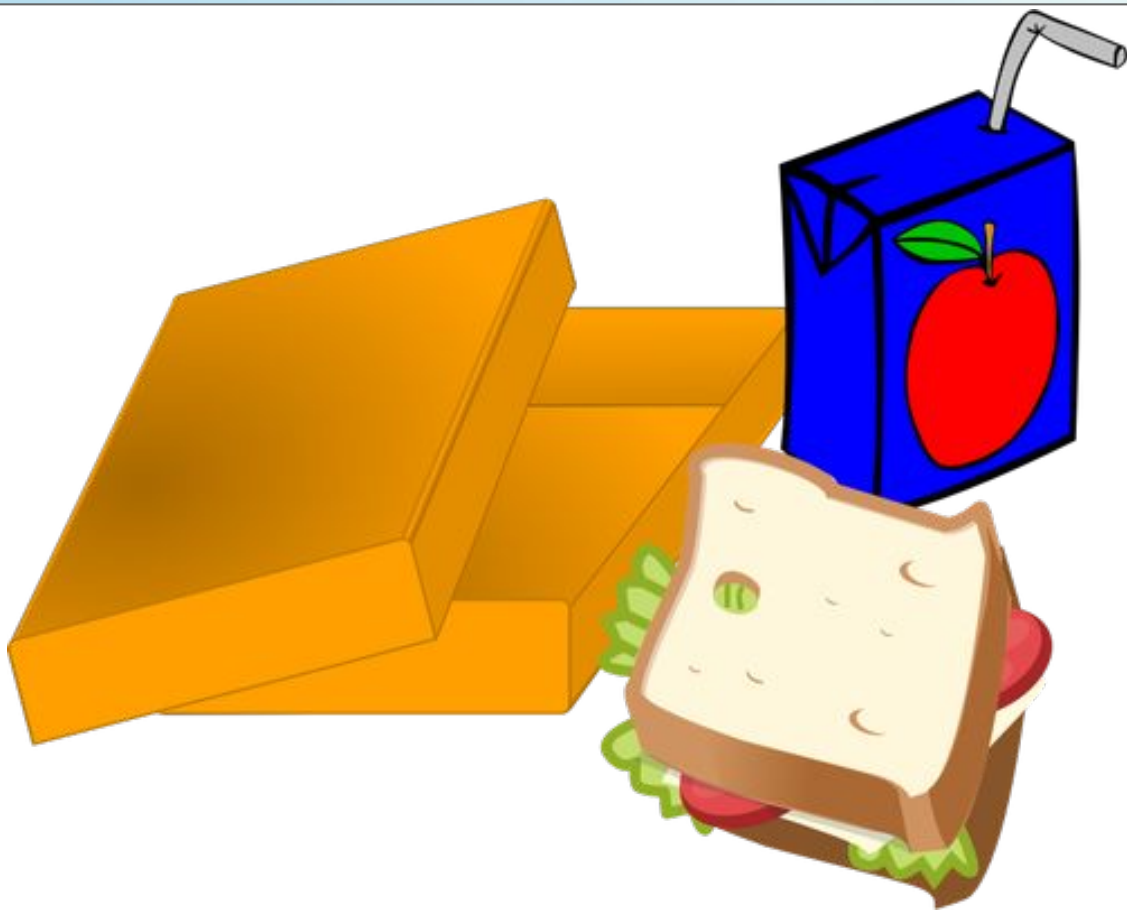
Challenge a family member to do this with you. Who scored the most points?



Fitness Video



#293844630



Lunch

Fruit & Veg Month Activity

Complete the activities at

<https://healthy-kids.com.au/stage-3/>



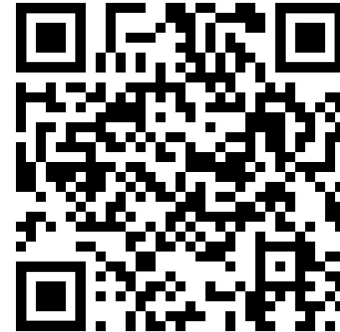
Monday, 23rd August to Friday, 17th September



Interesting Tidbits!



Check out some of the Paralympics Opening Ceremony.





Creative Arts

Find some shopping catalogues or old magazines. Cut or tear out pictures to add to your 'clean bedroom' and 'help in the kitchen' posters.



Extension:

While using the catalogues, do a self portrait.



Family Feud Answers

Name an animal that would be very quiet if you kept it as a pet.

Snake	28
Fish	26
Cat	17
Lizard	12
Worm	5
Tarantula	3
Bat	3



Friday



Connecting to your Senses- Touch

If you have a pet, play with it, pat it, brush its hair, clean the bowls, give it fresh food and water.

Extension:

Go through the 'touch' activities we have done this term. Which one did you enjoy the most? What made it enjoyable?





Fitness

This week we looked at exercises using our feet. Put all the exercises together into a routine. Do your routine to music.



Extension:

Create a sock or foot dance.





A Sentence a Day

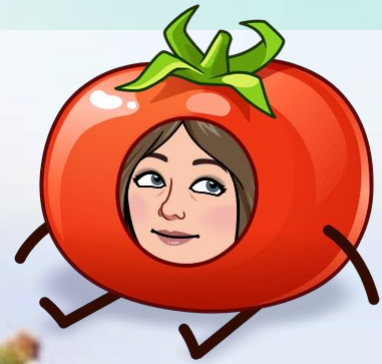
Write at least three sentences about your experience of learning from home. You may like to talk about what was enjoyable, what was difficult, how you felt about being home for so long, how much contact you had with other family and friends.

Extension:

Make a list of who you are allowed to phone and what you could talk about with them.



Crunch & Sip





Reading/ Writing/ Spelling

Get comfortable and read aloud, softly, for 20 minutes.



Extension:

Make a list of chores you could do to keep the yard clean.

Make a list of chores you could do each day.

Make a list of chores you could do each week.

Wellbeing

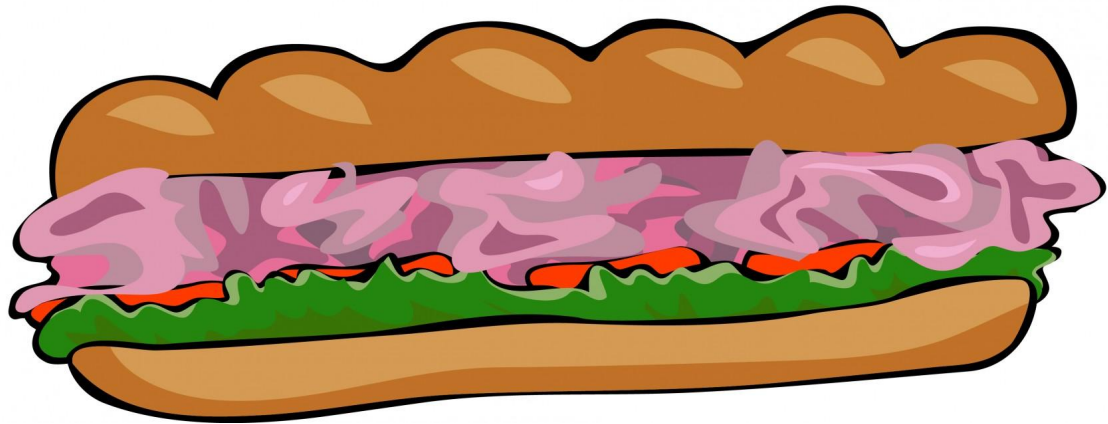
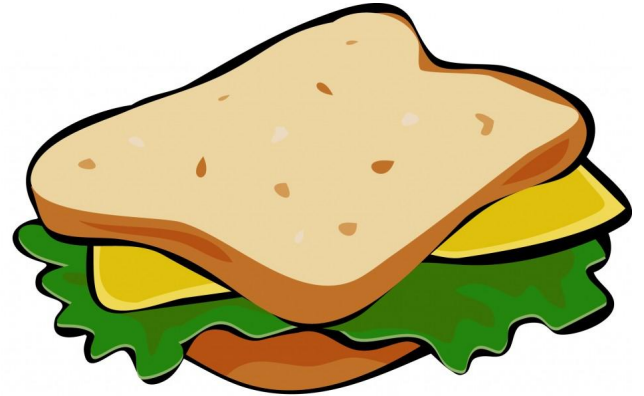
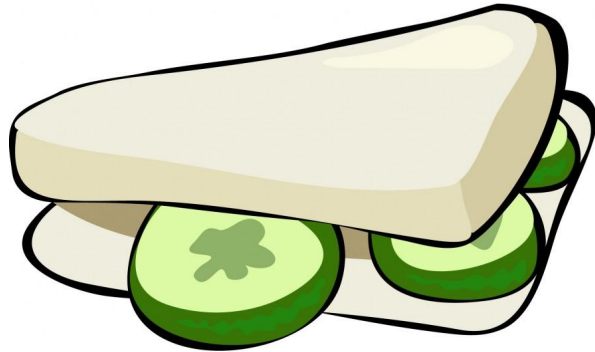


Take Notice

Notice your breath and what you can see, hear and smell while you are doing this meditation.



Recess



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://nsweductionzoomus/j/67742198557?pwd=Q2h0NUl2ZlXU4a2RrZGcyWHlqRU9EZz09>

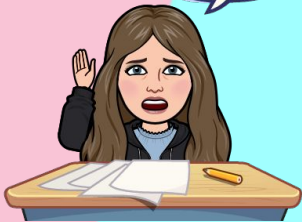
Meeting ID: 677 4219 8557

Password: 347796

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



I don't get it...



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



Story Time!



Fitness Video





Mathematics- Sudoku

	1		3
		2	
	4		
1		3	

	1		2
2			
			3
3		4	



Mathematics Extension- Sudoku

4					5
			3		
		2		6	
	1		5		
		4			
1					2

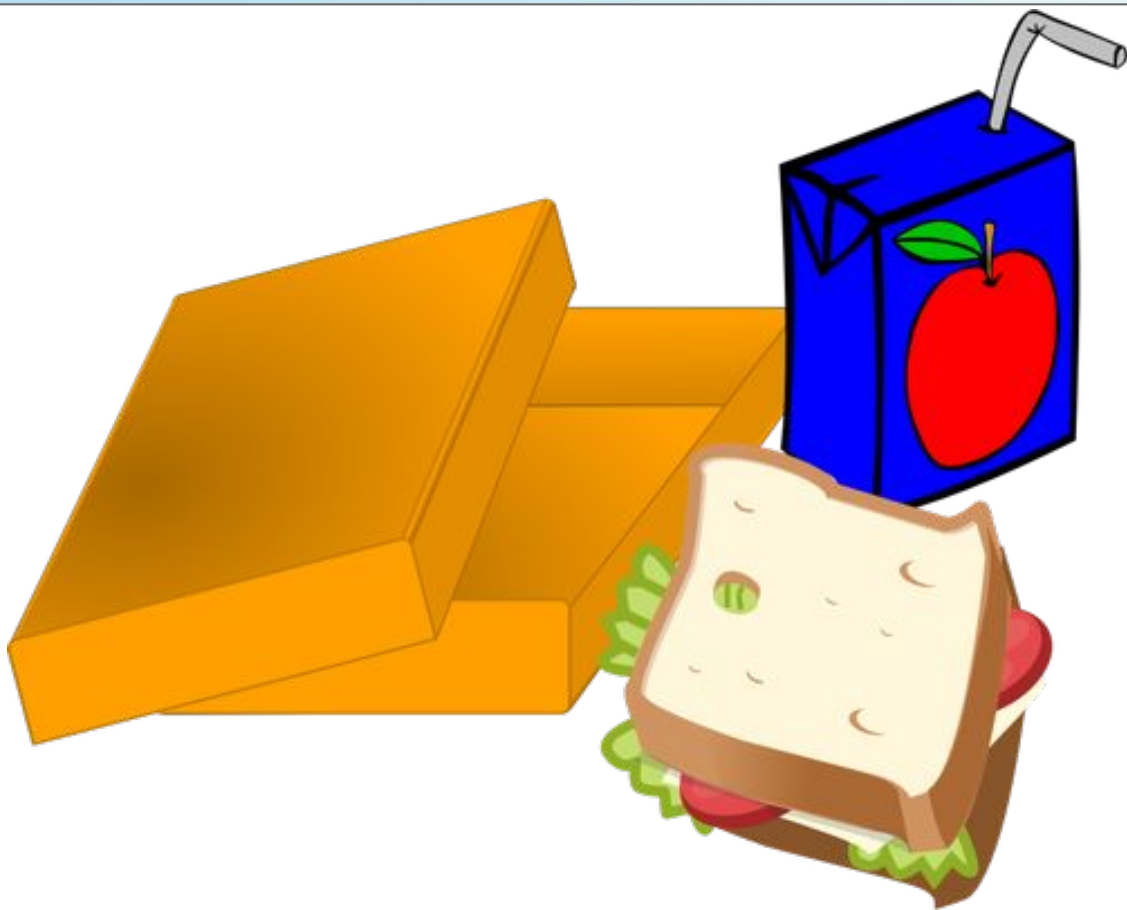
Sport



Make your own golf course. Look at these pictures for ideas. Use a soft, small ball or scrunched up piece of paper.

Extension: Make your own golf club





Lunch



Music

Find your favourite instrument and shake out your favourite song. March around the house to the rhythm of your beat.



Extension:

Make a drum kit out of different size tins. Wash them, put a cover over the opening, find a couple sticks in the back yard and tap out a rhythm.

Interesting Tidbits!



Check out the live Capybara cam at Taronga Zoo.

Write a description of what the Capybaras are up to.



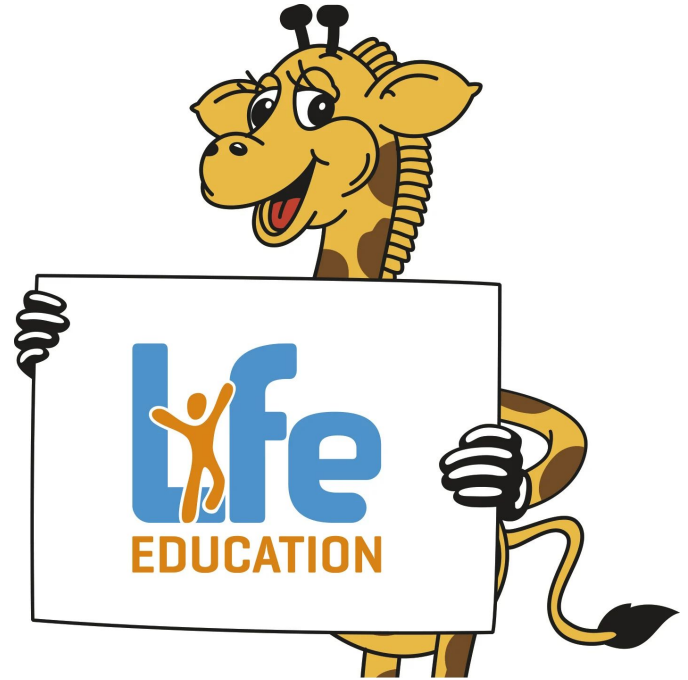
Life Education

Click on the link to complete **All Systems Go Session 3: Staying Safe**.

In this module, you will understand how medicines enter the body and safe behaviours for use.

<https://www.lifeeducation.org.au/online-learning/student-session.aspx?t=962f7e88-29e6-4f12-b629-2e97083f0f3d&s=17722647-49de-4547-af74-ea473cb4296e>

Scan the QR code
with your device



Games to Bring Families Together

These games are brought to you by Blacktown City Council.

What's Missing?

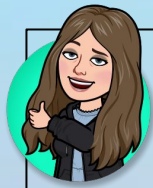
How to play:

1. Find a tray, if you do not have one, you can use a tabletop and a tea towel or small towel.
2. Now collect small household objects, perhaps a spoon, saltshaker, apple, small book and so on
... Collect between five and ten objects (even up to twenty).

Place five objects on the tray or tabletop so that every family member can take a good look at what is there.

3. Then they are asked to turn away, as one person covers the objects with a tea towel and removes one item.
4. Children take it in turns to guess which object is now missing. If it is too easy, add more small objects to the game.

Go to <https://www.blacktown.nsw.gov.au/Community/Our-people/Children-and-young-people/Activities-at-home-with-children> for more information.



WEEK 10 LEARNING JOURNAL



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