

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

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/ILO_7PeH7HIQByFWEIC4OLH3j27Va5GKs/edit

If you don't have access to a printer but still want to get involved, leave an email Ms Carter at olivia.carter@det.nsw.edu and I will post an entry form directly to your house. Please note that at this late stage, the printed copy may or may not be delivered in time depending on Australia Post.

Entries close 17th September and must be emailed to your class teacher by 3pm.

Good Luck!







Connecting to Your Senses- Sight

Walk around outside early in the morning. Describe the weather by looking around you. What seasonal indicators can you see?



Extension:

Walk around outside during the middle of the day and again before sunset. Describe the weather each time by looking around you. During the day, did you change clothes as the temperature changed?

Find pictures or draw the clothes you wore in the morning and if you changed during the day.



Fitness

Lay on your back and throw a ball (or scrunched up newspaper, soft toy, beanie, rolled up socks) into the air. Catch it with your feet.

Extension:

Lay on your back and put the ball between your feet. Toss is up and catch it with your hands. Toss the ball back and catch it between your feet.



A Sentence a Day

Use all these words in one sentence.

fresh, rake, soft, ball, my,

e.g The rake pushed my softball into a fresh mound of doggy doo.

Keep your letters on the line and leave spaces between words.

Extension:

Use each of the words in a sentence, but do not use any of the other words in the same sentence.

e.g. There were fresh paw prints in the wet cement.

The rake was left out in the rain.

May I have a soft pillow please?

After losing the ball, we played with an empty plastic bottle.

Where is my other shoe?

Crunch & Sip

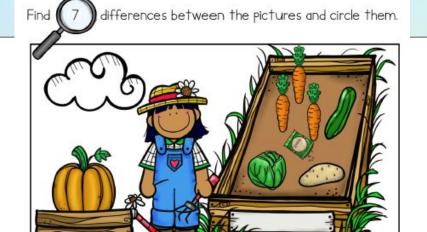


Have a piece of fruit or raw vegetable or make a salad using 2 or 3 different fruits or vegetables.

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

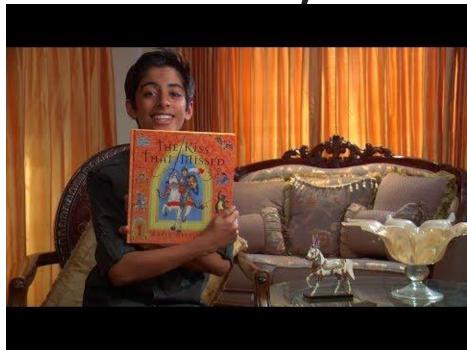
Extension: Try your fruits with yoghurt.

Spot the Difference!





Story Time!



Scan the QR code with your device





Reading/Writing/Spelling

Read a magazine or book for 15 minutes

Write down the name of the book or magazine, and 5 verbs - action words.

e.q run, look, buy, read, like

Extension:

Write down five actions (verbs) you have done so far today.

e.g brush, eat, stand, walk, smile

Wellbeing

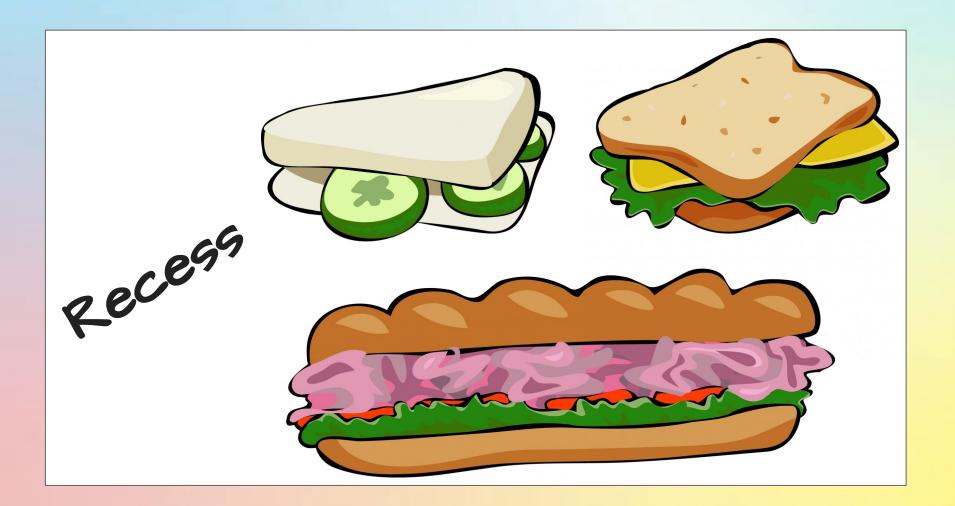




Take Notice

Enjoy this guided meditation video. Try and stay nice and still and take notice of your body, your feelings and your senses.





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.



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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!

















Mathematics

Write II number sentences that use the number II in them. Use addition, subtraction, multiplication and division.

Use the unifix cubes on the next slides to help you.

Extension:

Using each of the numbers you have written, add up all the numbers in each number sentence. Then add those numbers.

Then

$$26 + 74 + 19 + 83 = 202$$

Unifix Cubes

Click and drag the unifix cubes to move them onto the whiteboard.

If you run out of a particular colour, right click the unifix cube you want and click copy.

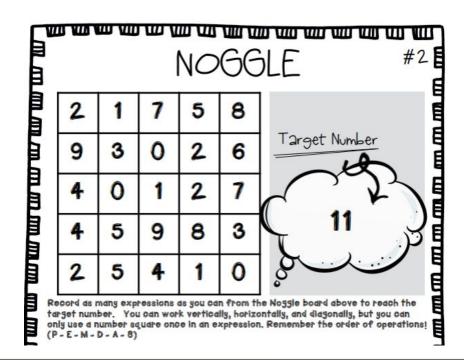
Right click again and select paste to paste it onto your board.

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.

| 2 | 1 | 7 | 5 | 8 |
|---|---|---|---|----|
| 9 | 3 | 0 | 2 | 6 |
| 4 | 0 | 1 | 2 | 7) |
| 4 | 5 | 9 | 8 | 3 |
| 2 | 5 | 4 | 1 | 0 |



Fitness Video

Scan the QR code with your device



Life Education

Click on the link to complete

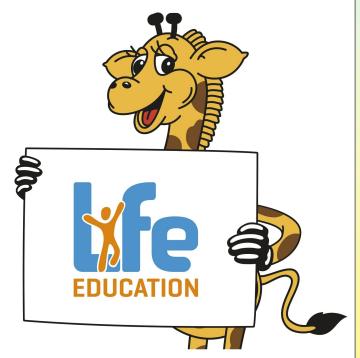
Session One of Mind Your Medicine: Value/Identity

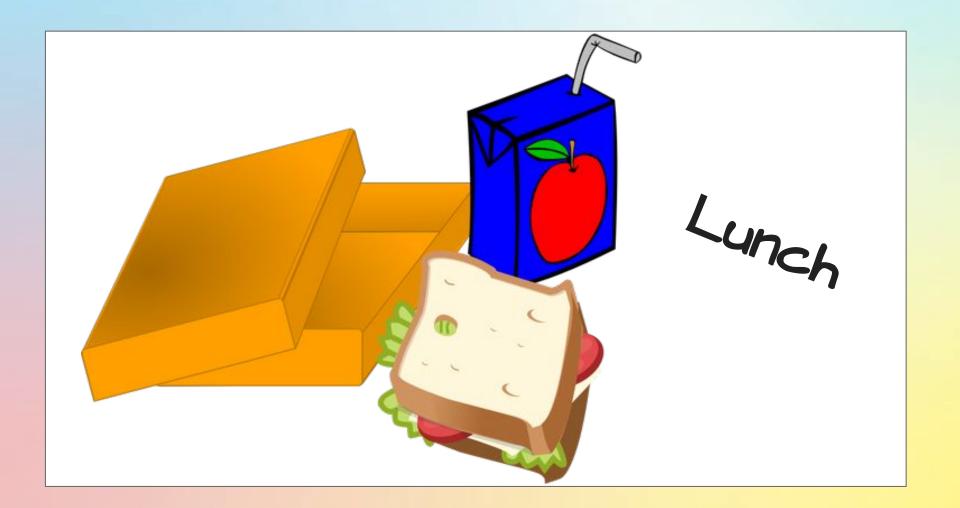
In this module, you will recognise that how people feel about themselves can affect how they behave and how people relate to them

https://www.lifeeducation.org.au/online-learning/student-session.as px?t=962f7e88-29e6-4f12-b629-2e97083f0f3d&s=392605ea-97 4e-4173-b280-fb922ca7c0b9

> Scan the QR code with your device







Fruit & Veg Month Activity



There are too





Watch these videos of puns and fruit and vegetable jokes! You'll need to know about puns and jokes for our next Fruit and Veg month activity on Thursday.

Monday, 23rd August to Friday, 17th September



Interesting Tidbits!



Scan the QR code with your device





Unplugged

Last week you made an emoji. Make an emoji for each member of your family. Ask them what sort of expression they would like.









Tuesday



Connecting to your Senses- Smell

Last week we looked at noses on animals. Today we are looking at noses on toys. If you have a soft toy, look at its nose. What is it made of?

Extension:

Describe or draw the nose of your toy.





Fitness

We have been practising different ways of jumping. Specifically, how far we can jump. Today we find out how high we can jump. Outside, stand against a wall, jump up and touch the wall. If you are jumping against a brick wall, check the brick you touched. Jump again and try to touch the brick above.

Extension:

Measure the height of your jumps in handspan or using a measuring tape.

Write it down, practice again tomorrow and compare your results. (handspan = from little finger to thumb, fingers stretched out)





Cooking

Fried Noodles

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

I pack of 2 minute noodles
I garlic clove crushed and chopped
I tablespoon of butter
I teaspoon of brown sugar
2 tablespoons of soy sauce
Small amount of salt and pepper

Optional

‡ cup of frozen vegetables eg peas, carrot, corn I slice of ham diced finely

Method

- 1. Crack I 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. Soak noodles in boiling water (without flavour sachet) for 2 minutes and drain all the water from the noodles.
- 4. Put butter into the hot frying pan and let it melt.
- 5. Add garlic, brown sugar and soy sauce and stir.
- 6. Add frozen vegetables and/or ham if you are adding them.
- 7. Add the noodles to the pan and toss through the sauce.
- 8. Add egg back to the frying pan, just to reheat.
- 9. Serve.

Crunch & Sip

Eat the rainbow. Find a different fruit or vegetable for each of the following colours, from the rainbow - red, orange, yellow, green, blue, purple.

Extension: Draw or name each fruit or vegetable you find. Write one fact about each of the fruits or vegetables.





Story Time!



Scan the QR code with your device





Reading/Writing/Spelling

Read for 20 minutes Write down the name of the text. the author and the illustrator. How have the illustrations been made photo, black and white sketch, painting?

Extension:

Choose five nouns. Make them plural. If you have a dictionary, check the spelling of the plurals. (plural = more than one. e.g cat - cats, tomato tomatoes. Foot - feet)

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!





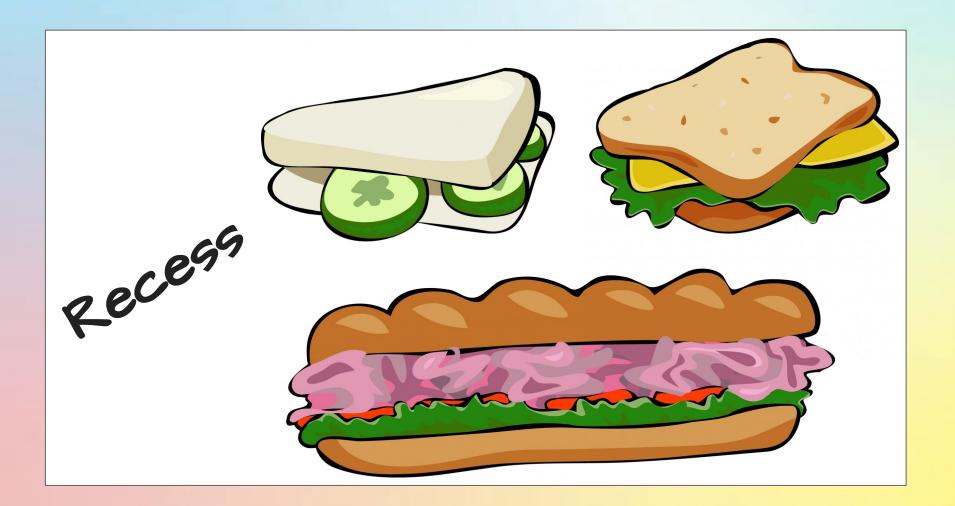












Daily Zoom Check-in Meeting



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Meeting ID: 677 4219 8557

Password: 347796



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Wellbeing

Connect- Daily Debrief

Take some time to connect with your family. Debrief with your family about your day and check in to see how their day is going. Ask them one good thing that happened today and one not so good thing.





Mathematics

Estimate how many beds would fit onto your bedroom floor. Then use your hand span to measure the length and width of your bed. Measure out the floor space and put a sock or shoe on the floor to mark where each bed would end. How accurate was your estimation?

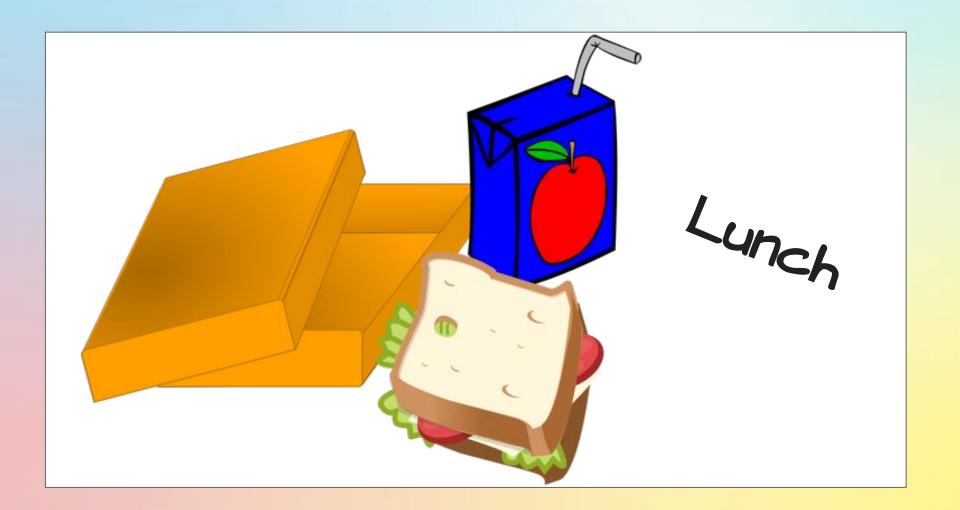
Extension:

How many beds could you stack on top of each other to completely fill your bedroom? (Imagine the sleepover you could have!)



Fitness Video





Scattergories

- ·Your letter is 'Y'
- Name a word that matches each category that begins with the letter '?'.
- ·For example, if my letter was O
- 1. A boys name: Owen
- ·2. Cities or Towns: Orange
- ·3. Things that are cold: Outside

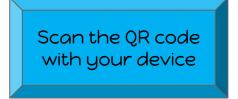
<u>List 1</u>



- 1. A boy's name
- 2. Cities or towns
- 3. Things that are cold
- 4. School supplies
- 5. Pro sports teams
- 6. Insects
- 7. Breakfast foods
- 8. Furniture
- 9. TV shows
- 10. Things found in the ocean

Interesting Tidbits!









Science

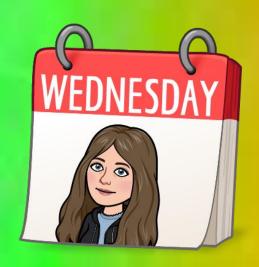
Make a sundial. You need a stick about the length of a ruler, a paper plate or piece of A4 size paper and a pen or texta. Stand the stick in the middle of the plate. Mark the position of the stick's shadow every hour. Use blue tack or a small container filled with sand, to hold up the stick.

Extension:

The next day, see if your sundial tells accurate time while playing outside.



Wednesday





Connecting to your Senses-Hearing

Stand outside and listen to the sounds. Can you hear birds. If they could talk, what words would they be saying?

In the movie 'Nemo' the seagulls were saying 'Mine! Mine! Mine!

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

Why did the dinosaur cross the road?

A. Because chickens hadn't evolved yet.

Extension:

Watch the birds in the trees around you. Do they sit alone, do they sit still, are they calling to other birds? Write a description.





Fitness

We are doing weight lifting today. Find two unopened cans in your food cupboard. Hold one in each hand and lift them from your side up to your shoulder height, keeping your arms straight. Do that ten times in front of your body and ten times at the side of your body. Have a drink and take five deep breaths and repeat another four times. Return the cans when you finish. Try the same movements by bending your arms up to your shoulders.

Extension:

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





A Sentence a Day

Write a sentence starting with

'i'd rather be ...'

Include where and why in your sentence.

e.g I'd rather be curled up in a blanket and doing a jigsaw puzzle, than raking the lawn on a windy day because the dog wants to scatter the leaves again.





Crunch & Sip

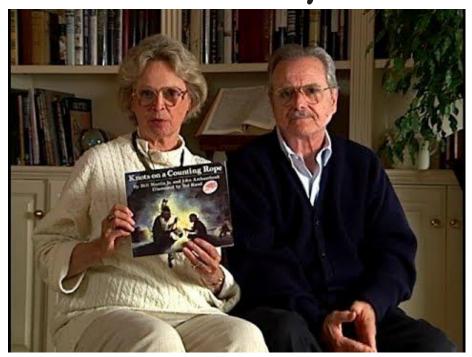
Have a piece of fresh fruit or vegetable and a glass of water.

Extension: Keep a record of how many drinks of water you have today. If you are drinking from a cup or glass, use a measuring jug to find out how much the glass holds. Add up your water intake at the end of the day.

200ml drinks, 7 times = 1400ml water.

You should be having 1500ml or 1.5L each day.

Story Time!



Scan the QR code with your device





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. If you can, record your reading on a device. Watch or play it back to listen to it.



Extension:

Draw your pet or favourite toy in the same situation as one of the characters.

e.g a dog blowing down a house of sticks, by huffing and puffing.



Wellbeing

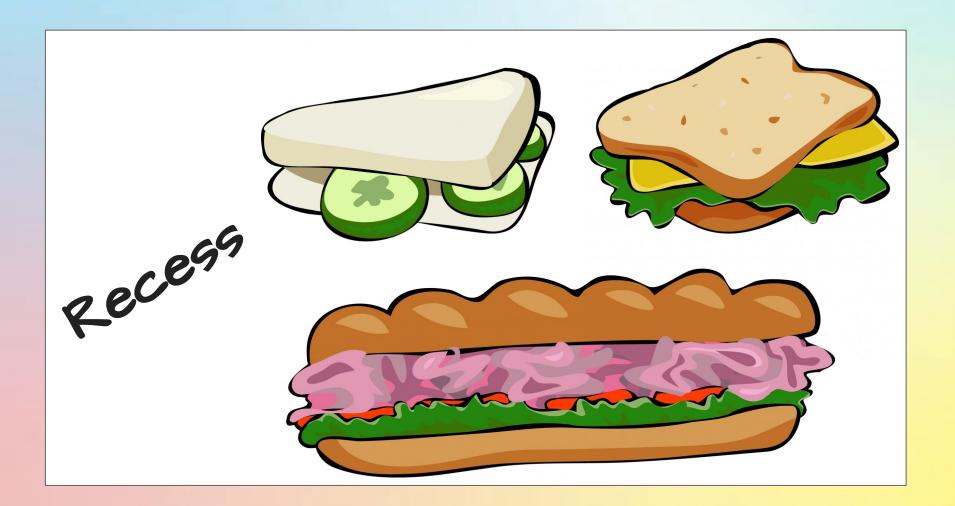




Keep Learning

Learn a new skill. You can choose or have a go at yodeling!





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Meeting ID: 677 4219 8557

Password: 347796



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Fitness Time!

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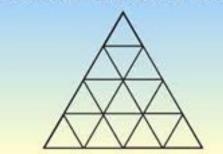




Mathematics

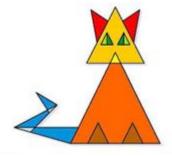
Extension:

HOW MANY TRIANGLES DO YOU SEE?





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



Pattern Blocks-Animals and Objects

How to Use

Click and drag the pattern blocks to move them onto the whiteboard.

If you run out of a particular shape, right click the shape you want and click copy.

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

Move it into the correct place.

How to Rotate the Blocks

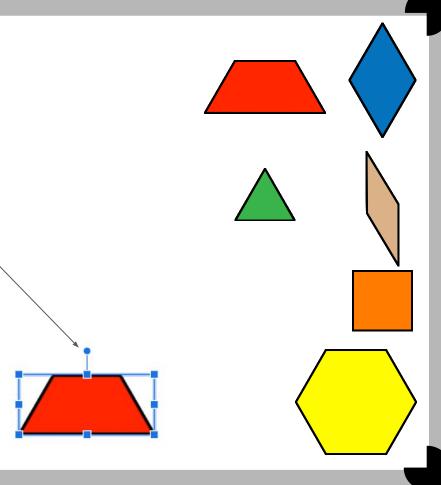
Rotating blocks helps you to connect the different shapes in order to make patterns and objects.

Click on a block and drag it onto the board.

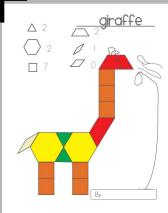
At the top of the shape, you'll see a blue circle.

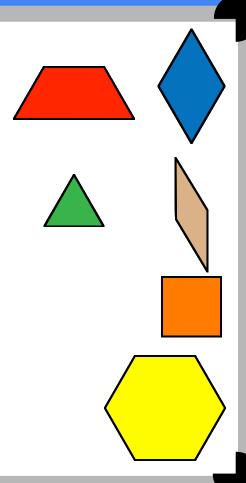
Click the blue circle.

Hold down on the trackpad or mouse and move your mouse to rotate the shape.



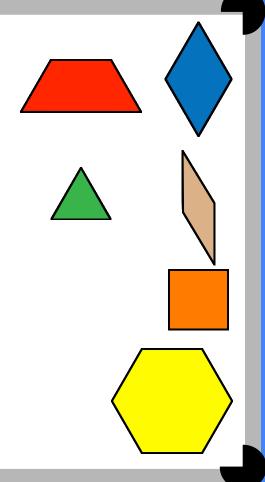
Pattern Blocks





Pattern Blocks

Create an animal of your own using the pattern blocks.



Fitness Video

Scan the QR code with your device



Life Education

Click on the link to complete

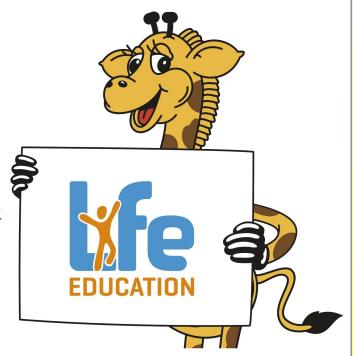
Session Two of Mind Your Medicine: Getting Your Message Across

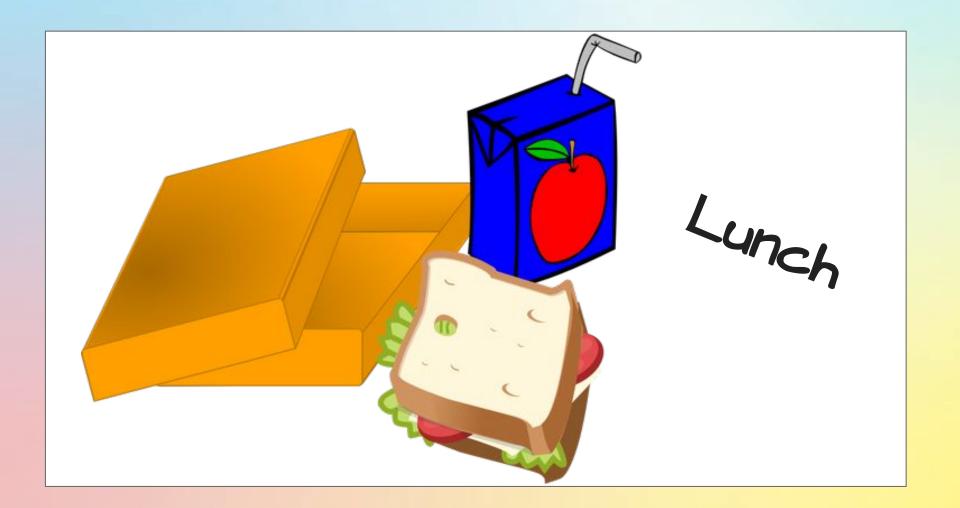
In this module you will learn that effective communication is important in maintaining positive relationships

https://www.lifeeducation.org.au/online-learning/student-session.as px?t=962f7e88-29e6-4f12-b629-2e97083f0f3d&s=44c5352f-37 76-46fa-9e17-b596efa8afbc

Scan the QR code with your device









History

Draw or write down what you want to remember the most about learning from home.

Eg. I've really enjoyed learning with my little sister.

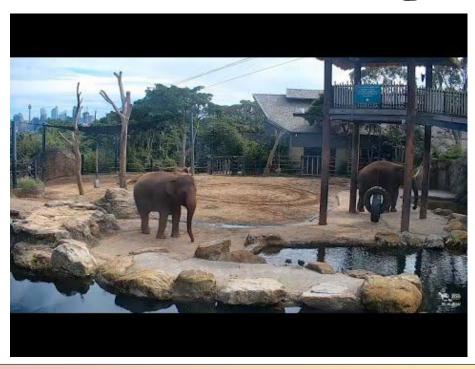
I want to remember this because we have made some wonderful memories together.



Extension:

Write a comment about your reading, your numeracy, your fitness, your music experience while learning from home.

Interesting Tidbits!



Scan the QR code with your device



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. curtains = 5 points

Milo= 2 points

| С | Α | R | M | В | |
|---|---|----|---|---|--|
| U | В | 1/ | 0 | Α | |
| R | L | L | 0 | Т | |
| T | 1 | 7 | Z | S | |
| A | R | S | - | Ε | |

BOGGLE

#29

| C | A | œ | Σ | B |
|---|---|---|---|---|
| C | В | 1 | 0 | A |
| R | L | L | 0 | T |
| T | ı | 7 | Z | S |
| A | R | S | ı | Ε |

| 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

Put a slice of fruit in your drink of water. Let it fuse for three minutes, then drink. What difference did you taste in the water?

e.g. cucumber or orange





Fitness

Do 10 body lifts, as shown below. Hold each position for five seconds.



extension: After doing your body lifts, do ten hip twists, laying on your back and twisting from right to left, with bicycle pose between.

Story Time!



Scan the QR code with your device



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 moving, take deep breaths.







Reading/Writing/Spelling

Get comfortable and read aloud, softly, for 20 minutes



Extension:

While reading, think of other words that could have been used.

e.q Once upon a time = Yesterday, 7 years ago, In December 2021

Said = whispered, moaned or shouted

Big = huge, gigantic or large

Wellbeing

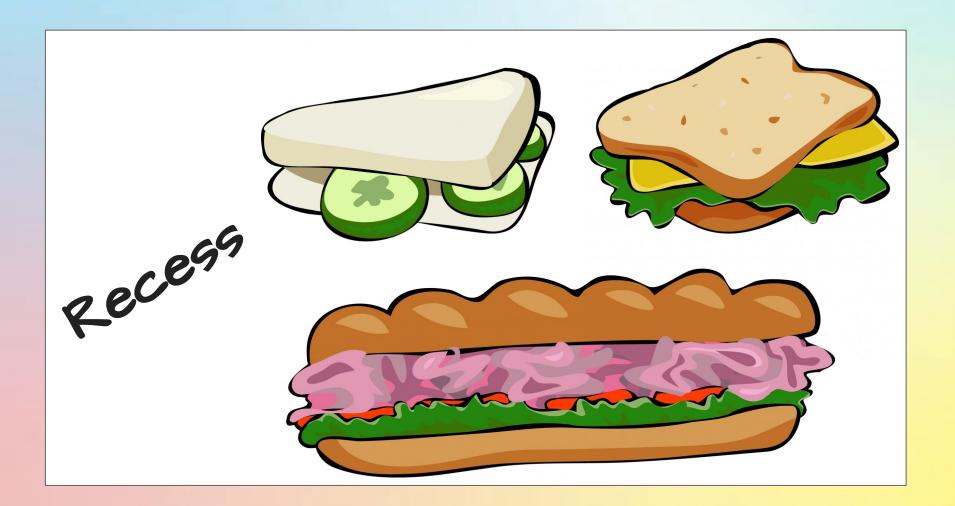




Be Active

Enjoy a Yoga Story!





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Mathematics

Look around your house for shapes. Find six objects that have a round shape, a rectangular shape and a triangular shape.

E.g. Round - top of a vase, plate, saucepan lid

Rectangular - table top, curtain or book surface

Triangular - tv aerial, lamp shade or wind chime

Extension: Make a sandwich and put fresh vegetables on it to make a face. Cut the vegetables into shapes. Draw or describe your sandwich and name the shapes for each vegetable.



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

Round 1: Fast Money

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?

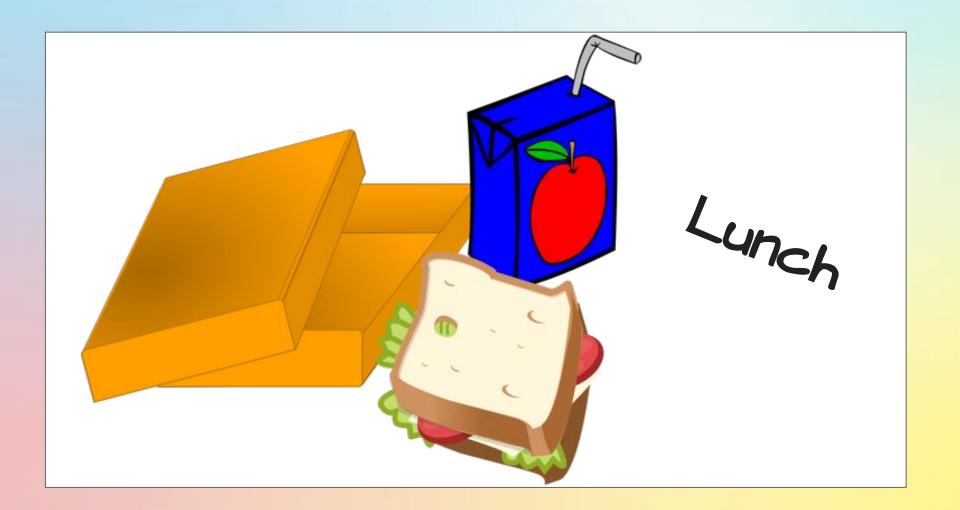
- ٠١.
- .2
- .3.
- •4.
- ·5.

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

| Name a month in the y | ear with 31 | days. |
|-----------------------|-------------|-------|
|-----------------------|-------------|-------|

Fitness Video





Fruit & Veg Month Activity

If you haven't already, go back to our Fruit and Veg Month activity for Monday and watch the videos on puns and jokes one more time.

Research fruit and vegetable-based jokes, puns, alliteration and songs.

Plan for and perform a funny skit in front of your family that celebrates fruit and vegetables.



Interesting Tidbits!



Direct from America's space program to YouTube, watch NASA TV live streaming here to get the latest from their exploration of the universe and learn how we discover our home planet.





Creative Arts

Make a bookmark for someone special. Cut out shapes from cardboard, wrapping paper, felt, old cards.

Extension: Use a paper clip or paddle pop stick as the base for a bookmark and glue on an interesting picture.











Family Feud Answers

Round 1: Fast Money

Name a month in the year with 31 days.

| December | 21 |
|----------|----|
| January | 18 |
| October | 13 |
| July | 11 |
| March | 9 |
| August | 8 |
| May | 8 |
| February | 3 |



Friday



Connecting to your Senses-Touch

Last week you had to guess the objects that someone else put into the bag. This week you choose four items and put them in the bag. Do not tell anyone what items you have used. Ask a family member to put a hand into the bag, choose one object and describe it while keeping it in the bag.

Here are some ideas, only use safe items.



Extension:

Tell the person to describe it only by how it feels.





Fitness

Look at the following poses. Have a go at those you feel comfortable doing.

Hold each pose for five seconds, relax for five seconds and repeat, ten times.



Extension:

With a partner, try this activity. Hold for ten seconds and relax. Try with your feet on the outside and your hands in the middle. Which is easier?





A Sentence a Day

Using words from the title of the text you are reading, put those words into three sentences.

e.g title = The Three Little Pigs

The wind was so strong last night that the little hutch for the little pigs was blown over and destroyed. It took three days to rebuild the hutch and clean up the mess. The little pigs enjoyed running around the yard and eating all the plants.

Extension:

Do an illustration for one sentence.

Underline the title words in your sentence.



Crunch & Sip

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



Extension infuse your water with a different fruit or vegetable slice.





Reading/Writing/Spelling



Read a book or magazine for 20 minutes.

Choose 5 words from your reading. Write 3 rhyming words for each word.

Make your rhyming words on the magnetic whiteboard on the following slide.

Practice saying the following tongue twister.

Sheep should sleep in a shed.



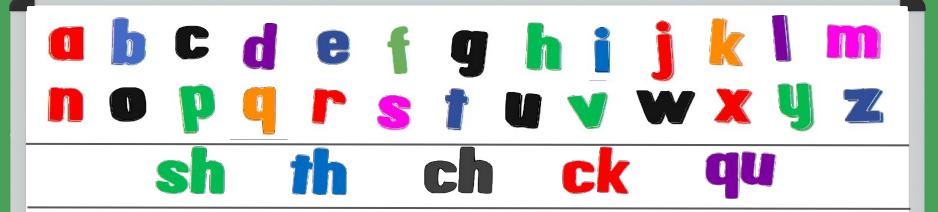
Extension: Write your own sentence about sheep. How many words can you use in your sentence that have 'sh'.

e.g I wish the sheep would shelter in the shade of the shed and not under the clothes line with the sheets and the clean washing blowing in the wind.

Illustrate your sentence.

Make your 'sh' words on the magnetic whiteboard on the following slide.

Magnetic Letters and Sounds Board



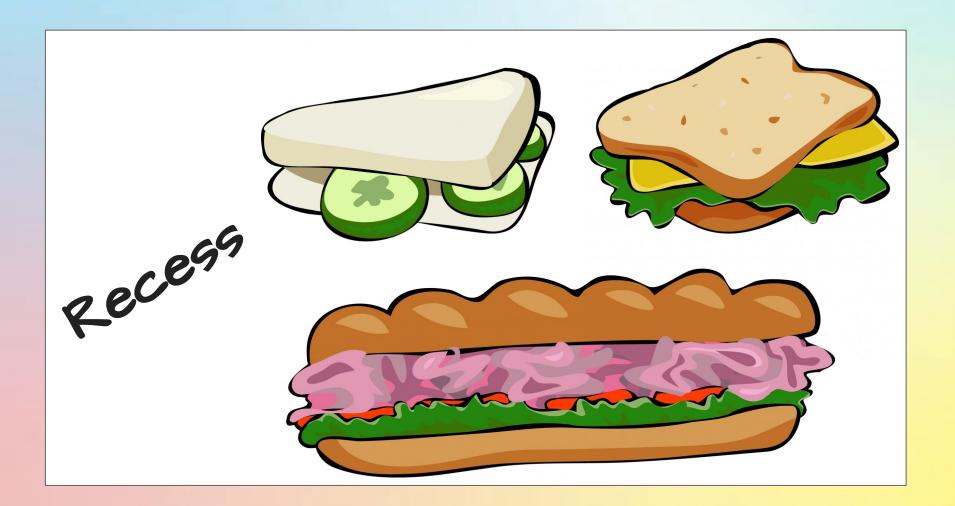
Wellbeing

Give

Write a note to a loved one to put a smile on their face.

Hide it for them to find, but don't hide it too well or they won't get to read it.





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



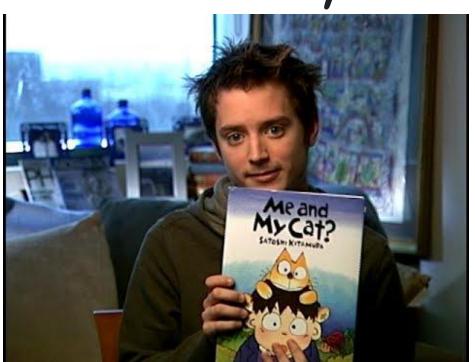
Bring along all of your questions so we can answer them.



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



Story Time!





Fitness Video





Mathematics

Write the numbers 1 - 10, with faces.

e.q



How many different 2, 3 and 4 digit numbers can you make? Take a photo and post to Class Dojo. Extension:

Do your name and birthday in 'face' writing.



Sport

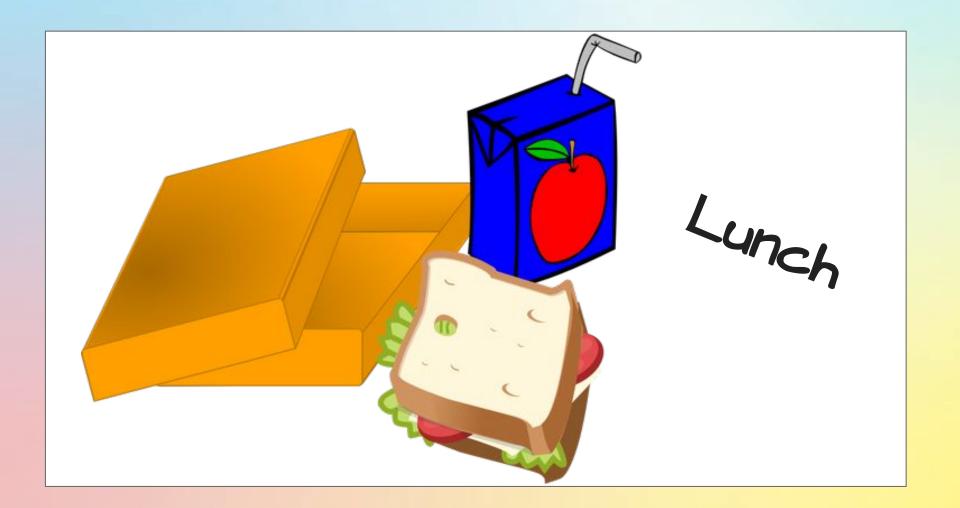
Try your luck at 'balls in the bucket'. You need a bucket (cardboard box, small, empty, clean bin) and ten small balls (scrunched up newspaper, small stones, marbles). Place the bucket on the ground, take three large steps away and toss each ball into the bucket. If you get them all in, take another large step away and try again.

Extension: Make it more challenging by putting the bucket in a tree, under the garden bench, on the other side of the pot plant or lay the bucket on its side











Music

Using the shakers you made over the last two weeks, shake a rhythm as you sing your favourite song.

Extension:

Sing along with the real song, listen to the rhythm of the song, tap your foot and/or shake your shakers.



Interesting Tidbits!

PENRITH REGIONAL GALLERY

Home of the Lewers Bequest. The Gallery site was gifted to the people of Penrith in 1980 by the family of artists Margo and Gerald Lewers. As a Gallery which welcomes 100,000 visitors a year, it remains true to its origins as a place of creativity and welcome.

Click on the link below and watch some of Penrith Regional Galleries Art at Home projects. If you have the correct equipment, have a go!

https://www.penrithregionalgallery.com. au/learning/art-at-home/step-by-step-vi deo-quides/



Life Education

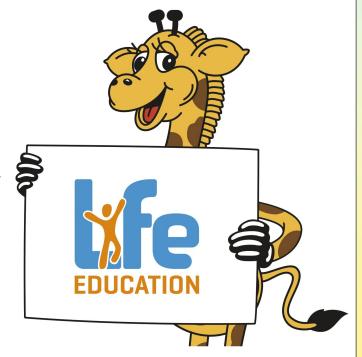
Click on the link to complete

Session Three of Mind Your Medicine: Medicines Matter

In this module, you will Identify that medicines are drugs and the consequences of their misuse.

https://www.lifeeducation.org.au/online-learning/student-session.as px?t=962f7e88-29e6-4f12-b629-2e97083f0f3d&s=96c88aa9-23 24-43a6-97fb-e7264c8d9229





Games to Bring Families Together

These games are brought to you by Blacktown City Council.

Scavenger Hunt

For a Scavenger Hunt game you will need paper, pencils or pens and re-usable bags.

To play this game, write a list of descriptions, for example, 'Find something that is round'; Find something that makes a noise'; 'Find an object which begins with the letter 'A".

Give your list to a brother or sister, or an adult in your family. They take the bag and collect an item for each description,

Your brother, sister or adult will return to you when their bag is full, and the list is complete.

Get your brother, sister or adult in the family to write a list of descriptions for you so that you can go and have a go at searching for some items.

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



WEEK 1 LEARNING JOURNAL



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