

REMOTE LEARNING

at Berendale School



TERM 3 WEEK 6 UPDATE

BY VENESSA SIGAMONEY, LEARNING SPECIALIST

We have transitioned into our second round of Remote Learning, confident that our students and staff have acquired many new skills from our first round in Term 2.

Our staff have been busy working through lesson plans and digital platforms to maximise our student engagement in our lessons online.

Each Year Level Teacher has created a learning plan to assist you with your child's learning tasks. We have had many successful stories from Term 2 and look forward to more success stories evolving in the days ahead.

Please take some time to explore the links shared in our Newsletter. We will continue to keep you and your family updated about Remote Learning through our Weekly Newsletter.

BIRTHDAY WISHES

Jasmine: 7th August

Rory: 10th August

Cooper: 11th August



HOUSE POINTS

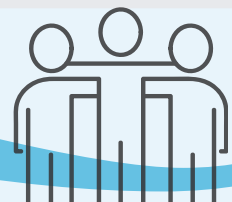


MABO: 6

SMITH: 3

BANCROFT: 0

WINMAR: 2



Literacy

Students were learning to complete sentences in their Virtual Literacy Classes. In this activity, students used the prompt, "Things I do well" to formulate responses into sentences.

When I Went to school for the first time, it felt _____.
Scary

When I was a baby, I couldn't Speak but now I can Talk.

Things I do well include Gaming and technology,
Cooking and Telling the time.

Things I do well include Gaming and technology,
Cooking and Telling the time.

When I was a baby, I couldn't Speak but now I can Talk.

When I Went to school for the first time, it felt _____.
Scary

My strengths are I'm funny,
IT knowledge and Easy going & straight to the point!

My strengths are I'm funny,
IT knowledge and Easy going & straight to the point!

Numeracy

[Click here for Numeracy Guide:](#) information and activities within this resource will help students learn numeracy at home. This includes addressing misconceptions about mathematics, as well as providing numeracy based exercises allowing family participation and accessible resources to enhance understanding.

[Click here for Numeracy at Home:](#) explore the website to have access to tip sheets and information to support students' mathematical understandings. The resource has established "11 Ways to Math", giving advice to incorporate numeracy within everyday activities, such as during meal times.

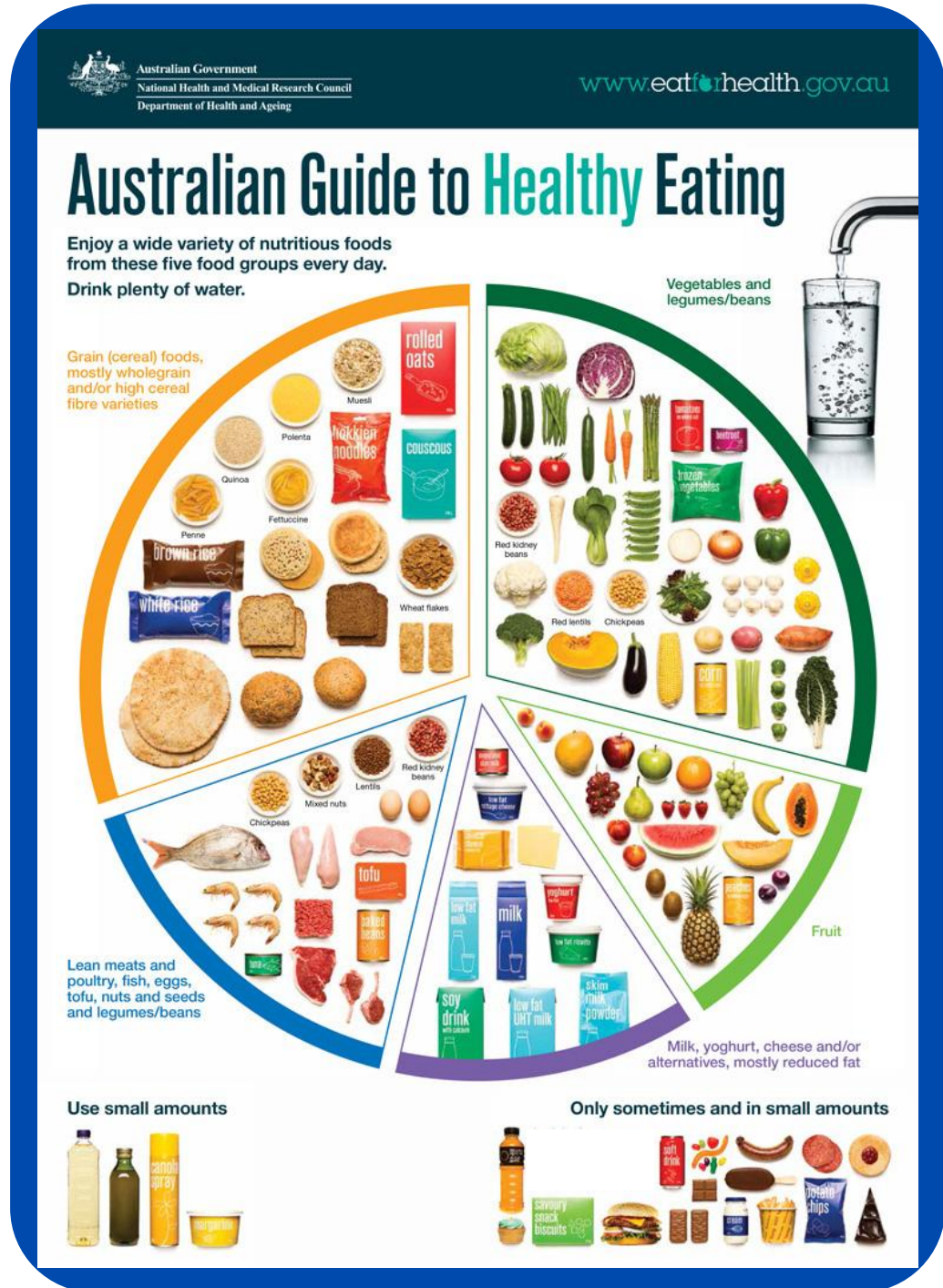
Food Technology

To ensure that Australians can make healthy food choices, we need dietary advice that is based on the best scientific evidence on food and health. The Australian Dietary Guidelines and the Australian Guide to Healthy Eating have been developed using the latest evidence and expert opinion. These guidelines will therefore help in the prevention of diet-related chronic diseases and will improve the health and wellbeing of the Australian community.

[Click here](#) to see the guidelines.

If you want to be involved in the Food Technology page in the remote newsletter encourage your child to send in a family favourite recipe or any photos showing them helping preparing food for the family.

Email to diane.takis@education.vic.gov.au



Wellbeing



Hello Berendale Community and welcome back to Remote Learning 2.0! My name is Maddy and I am the school's Social Worker.

My focus this term is to share how we can maintain a healthy lifestyle and wellbeing for our students and families. This week we have been focusing on the importance of self care, which includes emotional, mental and physical wellbeing. Students have worked on self-care plans where they decide on activities that make them feel relaxed and happy.

Wellbeing Tips for Remote Learning 2.0

- Establish daily routine
- Separate work/education area from the rest of the home
- Outdoor exercise for an hour a day
- Create a relaxation space
- Doing something kind for someone
- Practise Gratitude – each night list 3 things you are grateful for



Relaxation Tips

- Relaxing music
- Meditation Hot shower or bath
- Mindfulness colouring
- Art and Craft activities
- Podcasts
- Reading
- Lego, slime and fidget spinners