

# REMOTE LEARNING

*at Berendale School*



## TERM 3 WEEK 7 UPDATE

BY VENESSA SIGAMONEY, LEARNING SPECIALIST

Our students have been very busy online and have already completed three weeks in our Remote Learning space. Congratulations to everyone in our school community for the support provided for our students. Many students have completed their tasks with a great deal of enthusiasm and shared photographs of their achievements with pride.

Golden tickets has been at the top of the list in our sessions. The challenge continues to earn the highest number of tickets for the term. Our staff are always looking for winners.

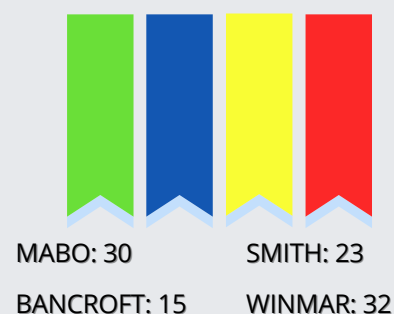
Also, [click here](#) for a resource that provides young people with fun and engaging 'Indoor games and activities' to play collaboratively with siblings, or by themselves. It also provides students with a template that they can fill in to manage their time efficiently.

### REMINDER TO PARENTS:

Don't forget to fill out the Parents Survey. Your feedback is valuable to us!



### HOUSE POINTS





## Literacy

By Sarah Storey, Literacy Team Leader

[Click here for Phonics Guide:](#)

this resource provides parents with information, tips and methods about phonics, and how it is integrated in student learning. It helps parents to better understand the process of decoding and how to guide children in this area. As well as, give an overview of what we we are doing in our Fresh Start sessions.

## Numeracy

By Ben Clancy, Numeracy Team Leader

[Click here for ABC Education:](#) this website allows students to play interactive games and videos on the mathematical topics they are learning/interested in. Other materials in this website include: Digibooks, articles and audios to suit learners of different learning styles.

[Click here for Number of the Day:](#) everyday, this website provides students with 'the number of the day'. As well as, several mathematical questions for students to answer in regard to the given number (e.g. is it odd or even?). This small activity motivates and encourages students to practice maths every day.

# Food Technology

By Di Takis, Food Technology Teacher

This week in Food Technology Zoom Sessions we made healthy apple muffins, fish tacos, toasted ham, cheese and tomato sandwiches and Vegan Banana Bread. Looking forward to the students photos of them getting busy in their kitchens.

[Click here to access the 'Healthy Apple Muffins Recipe'](#)



Fish Tacos  
(preparation)



Fish Tacos



Healthy  
Apple Muffins

# Wellbeing

By Maddy Scally, Social Worker

Hello Berendale Community! Firstly I would like to give a massive thank you to all of our wonderful parents and carers. Remote learning would not be possible if it wasn't for all of your support and dedication.

Last week we sent out a wellbeing guide over Compass that included information and resources to promote and enhance wellbeing at home. In the guide, the Wellbeing Team discussed the importance for students to have a routine during remote learning. Routines for our students provide them with certainty and direction, which is highly needed during these irregular and uncertain times. The school's remote learning timetable was created to help students establish a routine at home. We understand that every family has different circumstances and timetables occasionally need to be adjusted. It is however, essential for students to maintain a healthy sleeping schedule and a form of routine during school days.

# 1



Morning routine should be the same as any other school day (although the alarm may be going off an hour later). Beginning the day with a shower, breakfast and getting dressed is a great start. Some students can wear their school uniform if they wish, this can help them separate their learning time and leisure time by changing into casual clothes after classes.

# 2



During the day, have a designated work station for them in the home. If it is in a shared space, perhaps the student can pack up and put their work away each night. This will give them the sense of switching off from school and allow them to enjoy their free time.

# 3



Lastly, bed time is super important during remote learning. Zoom classes require our students to focus a lot more, which can really drain their energy. If students are using technology before bed, this can disrupt their sleep and make them tired the next day. To promote a better nights sleep, try removing any devices with screens one hour prior to bed.

I would also like to leave you with a riddle. I will provide the answer in next weeks newsletter.

Riddle: What begins with T, finishes with T, and has T in it?