

# REMOTE LEARNING

*at Berendale School*



## TERM 3 WEEK 8 UPDATE

BY VENESSA SIGAMONEY, LEARNING SPECIALIST

Welcome to another issue of our Newsletter as we reach the half-way mark for Remote Learning. Behind the scenes, all staff at Berendale School have been working incredibly hard with providing feedback to students who submitted their completed learning tasks and planning the next steps in their learning sequences.

Thank you to all our Parents, Carers and students for their patience and positivity with all our online sessions, especially our students with accessing their tasks on Google Classroom, Seesaw and MAPPEN.

Also, thank you for completing the Parents Survey. Your feedback was immensely appreciated.



[Click here for Penguin Junior Keeper Club:](#)

A fun and engaging way students can meet and learn about penguins/penguin keepers at SeaLife Melbourne. Join today for live videos, downloadable worksheets and interesting penguin facts!

### BIRTHDAY WISHES

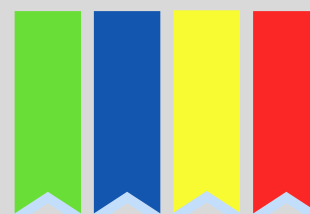


Hunter: 21st August

Jessica: 25th August



### HOUSE POINTS



MABO: 38

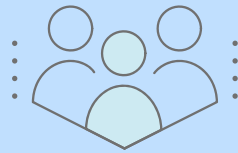
SMITH: 30

BANCROFT: 23

WINMAR: 41

# Year 12 VCAL News

By Andrew Reading, VCAL Team Leader



Students across year 12 have been working hard to complete all the VCAL outcomes before they graduate in December! It's been a strange time for everyone but students have been attending Zoom sessions and using Google Classrooms to complete a range of VCAL projects.

## 12B Student Work

In our home cooking session, 12B students made healthy rolls and sandwiches for lunch. Students learnt how to calculate the cost of buying the ingredients online from Coles and Woolworths. From Julie Wray-Mccann, 12B Teacher



### 12A Student Work

In 12A students have been working on developing their financial literacy, with a particular focus on time sheets and rosters. As you can see from the work we have been doing on Zoom (below), knowing start and finish times and how many hours you have worked (elapsed time) are vital work skills!. From Andrew Reading 12A Teacher

**Activity 3 : Work Rosters**

A number of different work places rely on rosters to ensure all positions are filled. We will begin by looking at rosters and how these are completed.

Employee	DOB	Level	MON	TUE	WED	THU	FRI	SAT	SUN	TOTAL HOURS	LOANS	OVERTIME
			3:30									
			9:00AM - 12:00PM	1:30PM - 4:00PM	5:30 - 8:00PM					17	0	0
Amy Bubbles	24/04/2004	4	12:00PM - 1:00AM	9:00PM - 4:00PM						43	3	3
Evan Friends	20/02/2004	3		1:00AM - 4:00AM	11:30PM - 8:00PM	8:00PM - 5:30PM				12.5	3.5	0
Jim Hungry	17/05/2005	3		3				4:00AM - 10:00AM	2:30AM - 9:00AM	42	12	2
Oscar Pilates	23/12/2004	2	1:00AM - 9:00AM	3:30AM - 1:00PM	9:00PM - 2:00AM	3:30AM - 11:00AM	2:00AM - 11:00AM	8:5 - 4:00AM		30	1.5	0
Tom Happy	4/03/2005	4		8:00AM - 11:30AM		10:00AM - 2:30AM		3:00PM - 2:00AM		48	8	8
Yvette Tickles	6/06/2006	3	1:00AM - 12:00PM	6:00PM - 8:00AM			5:30PM - 1:00AM	6:00PM - 12:00AM	3:00PM - 12:30AM			

Here are some of the comments students have made about why the project has been important to them:

“It’s important because we are about to leave school and we need to know how to manage our money” Jack

“It helped me think about looking after my money. I’ve learned how to do a time sheet and how to read a roster so that I know how many hours I’ve worked and how much money I’ve earned” Waqas

“It’s good to know what wages I might get paid and how they go into my bank account.” Ethan

## Literacy

By Sarah Storey, Literacy Team Leader

[Click here for Reading Rockets 'Simple Yet Powerful Things to Do While Reading Aloud'](#); this resource explores and provides effective tips for parents to help guide their child during reading time. These tips may help further a child's 'reading, spelling and comprehension skills' in the future.

## Art and Tech

By Andy Ding, Art and Tech Teacher

Go on a virtual tour at the *National Gallery of Victoria (NGV)*.

Instructions:

1. [Click here](#) to go to the gallery.
2. Choose an exhibition.
3. Click on the exhibition to start the virtual tour.
4. Press Play.
5. Click and Drag to move around the exhibition.

## Numeracy

By Ben Clancy, Numeracy Team Leader

[Click here for Numeracy at Home](#); this resource provides '11 ways to Math', which includes a range of fun games for students to learn maths through everyday activities (e.g. preparing meals, going shopping etc.). This resource has a tip-sheet for parents to prompt mathematical learning.

[Click here for Top Marks](#); this resource has an range of interactive games to build on a child's mathematical understanding of different topics. Topics range from Counting and Ordering, to Data Handling and Problem solving.

# Food Technology

By Di Takis, Food Technology Teacher

Last week in the Food Technology *Zoom* Sessions, we discussed our senses in action and sensory analysis. Food should be eaten for enjoyment and the favourite meals or foods that you remember are the ones that delight all your senses. Smoothies were then made which encouraged great discussions about textures, taste, aroma, flavour.

**[Click here to see the 'Green Glow Smoothie' and 'Berry Blast Smoothie' Recipes](#)**



# Keeping Healthy and Active at Home

By Mark Prokopiwskyi, PE and Health Team Leader

Keeping yourself active and healthy around the home is not always exclusive to exercise. Whilst a walk around the block, a run, or even just shooting some hoops is a good routine to stick to every day, you can also find plenty of ways to stay active and healthy within your home itself.

Take the lounge room for instance, there are plenty of things you can do even when you are relaxing and watching TV, such as sit ups. Maybe have a target number in mind, then after a few days see if you can beat it. Start at a low number like 5 or 10 per day and slowly see if you can manage to complete slightly more each time as the day's progress.

Stretching your shoulders and legs out when you get the chance is also a good way to keep your body loose and relaxed, especially if you find yourself sitting down at your desk chair for most of the day! Next week's edition will include information on nutrition. You only get one body, so look after it!





# Wellbeing

By Maddy Scally, Social Worker

Hello Berendale School Community, Firstly I'd like to praise all of you for taking care of yourselves during remote learning. It has been so inspiring seeing students and their families/ carers getting involved in wellbeing activities.

Last week we discussed the importance of establishing routines at home and creating a study area. This week I'd like to focus on the importance of balancing screen time. Screen time involves the time we spend using a particular device, such as a phone, iPad, computer, tablet, video console and television.

Many of us have upskilled our technology knowledge through remote learning but as we work and study from home, we also need to balance our screen time.



Role modelling healthy screen time to our students is a great start to promote healthy family screen time. How we talk about screen time and model screen time in front of our children sends them a powerful message on appropriate screen time use. This can be done by discussing screen time expectations and negotiating how much time we spend on devices as well as where and when. For example: you might like to suggest that all devices must be put away during dinner time / devices to only be used in the lounge room.



You can also make screen time as a way of connecting and bonding with your kids. Maybe search for cooking recipes together or funny videos to show to one another. Remember that is still important for students to have regular breaks from their screens to maintain their energy levels. Breaking up screen time with a physical activity helps students to maintain their energy levels.



Physical activities can include: exercise, colouring in, a board game, house chore, playing with a pet or stepping outside for some fresh air. For further information, [click here](#). Don't forget the weekly riddle.

Answer to last weeks riddle was...Teapot! This weeks riddle: I am an odd number. Take away a letter and I become even. What number am I?