

# REMOTE LEARNING

*at Berendale School*




## TERM 3 WEEK 10 UPDATE

BY VENESSA SIGAMONEY, LEARNING SPECIALIST

There are only a few days left until the end of the term to get us to our well-deserved school holiday. Everyone has been busy completing tasks and projects to share with teachers.

Our Hospitality and Food Technology sessions have had many students successfully engaged in their kitchens at home. Some students have pleasantly surprised themselves and their families with their skills to follow a recipe and share their creations. Others have surprised their families and themselves with being able to assist with household chores. These are big steps taken towards becoming more independent!

We are very proud to share that Valera has won the prize for runner-up in the Bayside Youth Art Competition for her Chinese Ink Painting. Congratulations Valera!

 [CLICK HERE for Bayside Youth Art Competition Announcement](#)

### BIRTHDAY WISHES

Charles: 7th September



### HOUSE POINTS



MABO: 79

SMITH: 69

BANCROFT: 42

WINMAR: 78

# Literacy

By Sarah Storey, Literacy Team Leader

[Click here for Online Phonics Games:](#)

This resource provides students with the tools for reading success through animated online phonics games.

# Numeracy

By Ben Clancy, Numeracy Team Leader

[Click here for NRICM Maths:](#)

NRICH Maths provides a collection of activities for children to work on at home without teacher supervision. Devised into age groups, activity categories range from 'Interactive Games and puzzles' to 'Homemade maths' (utilising everyday objects for maths).

[Click here for Fuel the Brain:](#)

This resource encourages students to apply their mathematical knowledge through fun online games. Activities range from 'Addition and Subtraction' to 'Grids, Graphs and Charts.' Printable worksheets are also available for each game category.



# Food Technology

By Di Takis, Food Technology Teacher

[Click here to see the 'Beef Burgers' recipe](#)

Our theme last week was about the design process involving food. We discussed changing ingredients for different dietary needs and tastes. The design brief task was thinking about introducing a hamburger that could be included in the canteen menu. The demonstration was a salmon burger with spicy slaw as something completely different. Some ideas they came up with:



Mince beef, white bun, cheese, pickles, tomato sauce, mustard, egg, onions - Daniel

Burger Design Brief ideas: Chicken schnitzel with tomato sauce, tomato and cucumber - Rachel

# Speech Pathology

By Rachel Chan. Speech Pathologist

Hello families and caregivers of our lovely Berendale students! This year has certainly been unexpected but thank you everyone for your flexibility and support during Remote Learning.

During the past month and a half, it has been great getting to connect with families and engage with students for Teletherapy and online classes. All the students have been working incredibly hard, and we couldn't be prouder!

Here are some of the examples of activities used in Teletherapy sessions.

**Comparing and Contrasting**

<b>Different</b>	<b>Same</b>	<b>Different</b>
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**#1** Airplane

Vehicle

Grey colour

It is big

**#2** Bird

Animal

Yellow and blue colour

It is small

flies wings

Put the desserts into the trolley

**CUT & PASTE INFERENCING**

After reading the passage below (or listening to someone read it aloud), answer the questions about the story. Cut and paste your answers in the boxes.

**DIGGING IN THE DIRT**

Jordan put on his sunglasses and grabbed his gloves before heading out the back door. The sun was warm and bright, but he could see clouds in the distance. Jordan had promised to help his mother, so he got to work. He dug several holes before stopping for a break. He looked at the sky. "I better hurry!" he said to himself. Jordan dug several more holes and then carried some seeds and small plants into the backyard. As he knelt down, he noticed many earthworms squirming through the soil. He finished his work and took off his gloves just in time. He ran into the house so he wouldn't get wet. His mother was pleased when she looked out the window.

Why did Jordan need gloves on a warm day?		
Was Jordan a young toddler or an older child?		
What was Jordan helping his mother with?		
Why did Jordan need to hurry?		

He was an older child.

Because it was about to rain

clean. They were gardening gloves.

He was helping with the gardening. He planted seeds and plants for her.

# Keeping Healthy and Active at Home

By Mark Prokopiwskyi, PE and Health Team Leader

## 'Deskercise'

'Deskercise' refers to exercises that you can do that will minimise the strain and soreness of your muscles whilst sitting at your desk.

These exercises take the form of simple stretches and movements whilst at your desk. They include the following:

- Overhead reach
- Forward stretch
- Trunk rotation, hip and knee flexion stretch
- Hamstring stretch
- Shoulder shrug

And many more...

**[Click here for more information](#)** on why 'Deskercise' is important, as well as giving an explanation about the stretches.

Happy 'Deskercising' everyone!



# Wellbeing

By Maddy Scally, Social Worker

Hello Berendale School Community,

A big shout out and congratulations to all of our resilient students, families and caregivers for your continuous engagement in Remote Learning 2.0!

1

Continuing from last week's newsletter around cyber safety, I firstly wanted to emphasise the importance of being cautious when sharing your private information on websites, Apps and phone calls.



During 2020 we have embraced technology as it has allowed us to continue our work, education and social connections. However, this can put us at risk of scam calls and emails. If you would like information regarding types of scams and what to look out for, please [click here](#) and you will be redirected to the Australian Competition and Consumer Commissions website.

2

Secondly, please don't forget to use your self-care plans that we looked at earlier in Remote Learning. Your mental and physical wellbeing is extremely important, especially during these challenging times. If you haven't completed a self-care plan, you can write a list of activities that make you feel happy as well as some physical activities that you can do each day.

The answer to last weeks riddle was: A clock!

Your riddle for this week: "Where can you find cities, towns, shops and streets but no people?"