



# Learning at Home



**A guide for  
Parents / Caregivers**

## Contents

Page 2	A message from Dianna
Page 3	Expectations of Students and Advice for Parents
Page 4	Learning Packs
Page 5	Suggested Timetable R-3
Page 6	Suggested Timetable 4-7
Page 7	Online Platforms and Communication
Page 8	SeeSaw, ICT Devices & Accessing School Resources
Page 9	Attendance
Page 10	In Summary
Page 11 - 17	Optional Additional Resources
Page 18 - 19	Learnlink (email) Factsheet
Page 20	Learnlink – Teams Factsheet
Page 21 - 22	Teams Factsheet
Page 23	Lexiles
Page 24	Premiers Reading Challenge
Page 25	Journal
Page 26	Staff Contacts



## A New approach.... a message from Dianna

By now, you may have received the Learning Packs that the teachers have prepared and some of you are probably wondering what you have signed up for!!!

We have put together this guide to hopefully ease some of your anxieties around Learning at Home. We are new to this too, so we don't know if we have got it right yet. Therefore, during the first couple of weeks, we will be relying on you to help us understand if we have assigned too much or not enough in regards to learning activities as well as information to let us know if what we are providing is just too hard to manage from home.

Teachers have included a suggested timetable and sequence of learning activities for students in the Learning Packs. These are the timetables that they will be using for the Learners at School. Teachers are quite accustomed to planning more than they need and being prepared for a range of "what if" opportunities. They also quite often stray from their plans as things arise that need more attention, or discuss world / local events which occur that are more important at that point in time, for the students to discuss than the learning that was "planned". We also know that sometimes, despite our best efforts, the day just doesn't go to plan and on these days, we need to change it up and offer more breaks and other opportunities to ensure we all get through the day successfully. Please expect that all of this will happen at home as well.

Included in this guide, are generic suggested timetables. Please look at these as well as those that the teachers have provided and base your timetable on what works for your family. At first glance, it may seem overwhelming, but break it into achievable chunks and after a few days, it will become easier.

Before you read on and potentially become quite overwhelmed, please take note of the advice on this poster.

Please remember, you will have great, productive formal learning days, but give yourself permission to accept that not every day will be like this. On these days, students may not get a lot of formal school work done, but they will still be undertaking valuable learning. Maintaining positive relationships with your children is very important for both yours and their wellbeing, so if you are having any problems with your children engaging in the learning tasks, please let us know.

Please keep in contact so that we can work with you to make this as easy as possible. 😊

Take Care

*Dianna*

Dianna

### HOME LEARNING

- 1 You've got this!
- 2 Children in primary school only need to do 1 - 3 hours formal education a day.
- 3 Learning doesn't just look like books, worksheets and mathematics
- 4 Extend on formal learning through play. If they read a book about a plane, they might then like to draw pictures, write stories or run around outside being a plane.
- 5 Involve younger children in the same lessons. You don't need to do different topics for each child.
- 6 ABC kids are showing education programs. Schedule your work calls around some TV learning times.
- 7 Literacy, numeracy and other subjects can be taught through cooking, cleaning and gardening.
- 8 School doesn't need to occur between 9-3:30. You can do an hour before you start work and another hour after work.

[www.bodysafetyaustralia.com.au](http://www.bodysafetyaustralia.com.au)

## Learning at home - a shared responsibility.

Teachers have a responsibility for providing students with a planned learning program and monitoring their progress but the responsibility for ensuring that students engage with this program rests jointly on caregivers and the students themselves. Therefore the Department has established responsibilities for both.

## Expectations of Students

<p><b>Your Space</b></p> <ul style="list-style-type: none"> <li>Your learning space should be tidy, comfortable and as quiet as possible</li> <li>Be respectful of shared spaces</li> <li>If using a computer or device and are on Teams, try to sit in front of a blank background (if possible)</li> </ul>	<p><b>Be Healthy</b></p> <ul style="list-style-type: none"> <li>Drink at least 2L of water per day</li> <li>Take movement breaks as suggested on your class timetable</li> <li>Have recess, lunch and a healthy food break</li> <li>Include mindful activities daily</li> <li>Limit screen time as much as possible</li> </ul>
<p><b>Etiquette</b></p> <ul style="list-style-type: none"> <li>Follow our BPS expectations</li> <li>Please do not bring your phone to lessons</li> <li>When in video calls, turn off your microphone until required</li> <li>Be polite and appropriate in your language online, as you would in person</li> <li>Complying with the school and department's cyber safety rules</li> <li>Communicating proactively with your teachers if you cannot meet deadlines or require additional support</li> <li>Dress in neat, casual clothes (Do not wear pyjamas)</li> </ul>	<p><b>Be productive</b></p> <ul style="list-style-type: none"> <li>Establish and/or follow a daily routine for learning</li> <li>Manage your time – use it for learning and remember you may not be the only person in your house that needs to use a device.</li> <li>Complete tasks and do your best work</li> <li>Do your best to meet timelines, commitments, and due dates and let your teacher know if you are getting behind</li> <li>Spend time revising any items that you don't understand and ask questions</li> </ul>

Over the next fortnight, teachers will notify students / parents (depending on age of students) which work is required to be "handed up" and how this will take place (eg. through Teams, SeeSaw, email, photographs or sent back to the School when the next printed pack is collected. It is expected that all students hand in the required work.

## Advice to Parents: Provide support for your children by:

- Establishing routines and expectations
- Taking an active role in helping your children process their learning
- Defining a space for your child to work in
- Encouraging physical activity and/or exercise
- Monitoring how much time your child is spending online
- Monitoring communications from teachers
- Checking in with your child regularly to help them manage stress
- Keeping your children social, but set rules around their social media interactions



# Learning at Home



## Learning Packs

Each week, students will be provided with Literacy and Numeracy activities as well as suggestions for PE activities. In the afternoon, we are encouraging students R-3 to engage in Play based learning activities and Year 4-7 to undertake investigation activities.

Each teacher will provide a timetable / grid of activities that the students at school will be working through.

The grid will include:

**Essential Tasks** – Literacy and Numeracy Tasks

**Optional Tasks** – These may include:

- Fitness ideas
- Additional (other) learning tasks
- Resources and Links
- Play based tasks for students in R-3
- Inquiry based learning for students in Year 4-7

For the students at School, Specialist Teachers – Jessica Monck, Sally Mcardle, Madeline Gardner and Julie Wickham will be supervising the play based and inquiry based learning. Classes will be combined at this time to ensure classroom teachers can plan the next set of learning activities.

## Printed Learning Packs for Week 1 & 2

Teachers have prepared printed packs for all students who are Learning At Home. The packs will include:

- Week 1 - grid of Activities and associated worksheets etc
- Week 2 - grid of Activities and associated worksheets etc

## Beyond Week 2.....

Initially, teachers are providing two weeks' worth of work for students. It will be reviewed throughout the fortnight to assess if we will continue to issue work to students weekly or fortnightly.

Throughout the first two weeks, teachers will communicate with students and families as they continue to transition into increasing the delivery of learning online and decreasing the amount of printed work provided. However, in saying this, no family will be disadvantaged due to not having access to a device. Printed packs will always be available for those who require them.

## What if we can't do the activities?

There will be sometimes, when you will not be able to access the learning activities on the grid and that is okay. There may also be times that some students want extra learning options or activities. For these occasions, I have included a range of additional resource ideas in this guide (Page 11-17). Please refer to them if you wish.

Please remember, if you can't manage all of the activities in the grid provided by your child's teacher that is okay but please remember to contact us if you need any support or clarification.

## Suggested timetable for parents of R-3 students

Please remember this is only a guide. It won't matter if you do the daily activities in a different order / times to that suggested or if you can't manage all of it, every day. All we ask is that you try your best.

9:00 – 9:15	Good Morning! Family chat and day outline
90 Minutes of Literacy per day is recommended	<b>Literacy Time:</b> See weekly timetable for activities <b>Movement break</b> Students will need a number of movement breaks throughout the 90 minute Literacy block.
	<b>Snack:</b> Throughout the morning Literacy block, students will need to stop for a fresh fruit or vegetable snack.
10:30 – 11:00	<b>Recess break:</b> At School, this is the time that students will be eating and then heading outdoors to play (indoors if the weather is not suitable for outdoor play).
11:00 – 11:15	<b>Mindfulness</b> to get back into the learning headspace Quiet tasks / yoga/ reading/ colouring
60 Minutes of Numeracy per day is recommended (focus on Number)	<b>Numeracy Time:</b> See weekly timetable for activities <b>Movement break</b> Students will need a number of movement breaks throughout the 60 minute Numeracy block.
12:40 – 1:20	<b>Lunch break:</b> At School, this is the time that students will be eating and then heading outdoors to play (indoors if the weather is not suitable for outdoor play).
1:20 – 3:00	<b>Mindfulness</b> to get back into the learning headspace – the amount of time needed for this will depend on your child <b>Play based learning:</b> (see weekly grid for activity ideas) <b>Physical Activity:</b> Recommended that students undertake physical activity daily and have regular breaks. <b>Students will tire easily if they do not have adequate brain breaks.</b>
3:00 – 3:15	Are you prepared for tomorrow? Good afternoon

Formal learning time  
2 hours 30 minutes plus  
lots of play

- ✓ Fruit and movement break throughout the morning session
- ✓ Recess / Snack and movement break (at school we will have Recess at 10:30—11am)
- ✓ Lunch and movement break (at school we will have Lunch at 12:40—1:20)

## Suggested timetable for parents of Yr 4-7 students

Please remember this is only a guide. It won't matter if you do the daily activities in a different order or at different times to that suggested. All we ask is that you try your best.

9:00 – 9:15	Good Morning! Family chat and day outline
9:15 – 10:15 60 Minutes of Literacy per day is recommended	<b>Literacy Time:</b> See weekly timetable for activities Spelling Reading Writing
10:15 – 10:30	<b>Movement break</b> (or include this throughout the Literacy block and then extend the Literacy finishing time)
11:00 – 11:15	<b>Mindfulness</b> to get back into the learning headspace Quiet tasks / yoga/ reading/ colouring
11:15 – 12:00 45 Minutes of Numeracy per day is recommended	<b>Numeracy Time</b> See weekly timetable for activities
12:00 – 12:30	<b>Physical Activity:</b> Recommended at least 30 minutes per day – indoor or outdoor.
1:30 – 2:00	<b>Mindfulness:</b> Quiet tasks / yoga/ reading/ colouring
2:00 – 3:00pm	<b>Inquiry Based learning:</b> Chose an activity from the Weekly grid
3:00 – 3:15	Are you prepared for tomorrow? Good afternoon

Formal learning time  
3 hours 45 minutes

- ✓ Fruit and movement break throughout the morning session
- ✓ Recess / Snack and movement break (at school we will have Recess at 10:30—11am)
- ✓ Lunch and movement break (at school we will have Lunch at 12:40—1:20)



## Online Platforms

As mentioned, teachers are at various stages of preparation regarding providing learning activities online as well as communicating with students online.

At the end of last Term, Rm 20 used **One Note** extremely successfully to provide a timetable and work requirements for the students Learning at Home. The class also used **Microsoft Teams** which allowed students to video conference with the class throughout the day.

During Week 11, Ashleigh worked with the staff to understand how to use both of these programs effectively.

Once staff have moved through this transition phase, for those with access, we will use the following online programs to deliver the learning requirements:

**One Note** for students in Year 3-7 (free for all students)

Fact sheets to access Microsoft Teams and student  
Emails are included in this document

**SeeSaw** for students in R-2 (free app) If other classes begin to use SeeSaw, they will notify you.

Staff will eventually also be allowing opportunities for students to “check in” via the video component of **Microsoft Teams** (free for all students) (Rm 18 / 20 will be starting this from Week 1)

Throughout Week 1 and 2, staff will be practising using these platforms and we will be contacting families to offer support to ensure that you can log into Teams and Emails.

Please be assured, as teachers make this option available, they will communicate this with you.

## Communication between home and School

We acknowledge past parent feedback which mentions that it can be frustrating because we have so many different ways that we communicate with families:

- Newsletter
- Flexibuzz
- Hard copies of notes
- Email
- Text
- Facebook
- Dojo
- SeeSaw
- etc etc.

As we move to a new phase of the delivery of learning, we need to ensure that all families receive important information in a timely manner.

From an Administrative point we will continue to issue notices through Flexibuzz. We will also include these on our Facebook Page and where necessary email them to you. We will not be printing hard copies of notes.

Newsletter: Can be accessed via Flexibuzz and the BPS Website.

Teachers will issue a separate note which will state their preferred methods of communication between home and school both for students and caregivers. The methods they choose may vary in accordance to the purpose of the communication and the age of the students.

To ensure parents and students can have “real time” communication with teachers, each teacher will be setting a specific time over a week when they will be available to give ‘real time’ responses to your communication. This might be by phone call, text, chat, email or through Teams. Information about allocated times and how communication will be undertaken will be shared throughout the first two weeks of term.

## Text

The use of Text messages will remain unchanged.



## Classroom Communication cont. Dojo v SeeSaw

Dojo – while many Junior Primary Classes have been using Dojo for parent communication, this will **no longer be used** by any class teacher within the school. While we appreciate that for many of our parents, you found it easy and a great form of direct communication with the teacher, after a review of various apps, we decided that SeeSaw is a much more effective means of delivering learning activities for students, as well as offering a means of communication between parents and staff.

Rm 6, Rm 7, Rm 8 and Ber 1 will be sending information home to parents in regards to accessing SeeSaw. If other classes chose to use SeeSaw, they will notify you.

The use of email to communicate will increase. All students R-7 have been issued a School email address. This is important to ensure they can access Teams and One Note (Year 3-7) Upper Primary students have already been using email to communicate with their teachers.

Teachers of Year 3-7 students will provide parents with their email addresses, should parents wish to contact them directly.

*SeeSaw for classroom communication and Flexibuzz for admin will be the only two App's used across the school.*

## ICT Devices and Internet Access

We know lots of students do not have access to a computer or ipad / tablet (or are trying to share ICT devices with parents / siblings). We also know that lots of families don't have access to the Internet. We are working through a solution to these problems and will contact individual families in the first two weeks of next term to discuss a solution. In the meantime, printed copies of resources will be issued to students so that no student is disadvantaged.

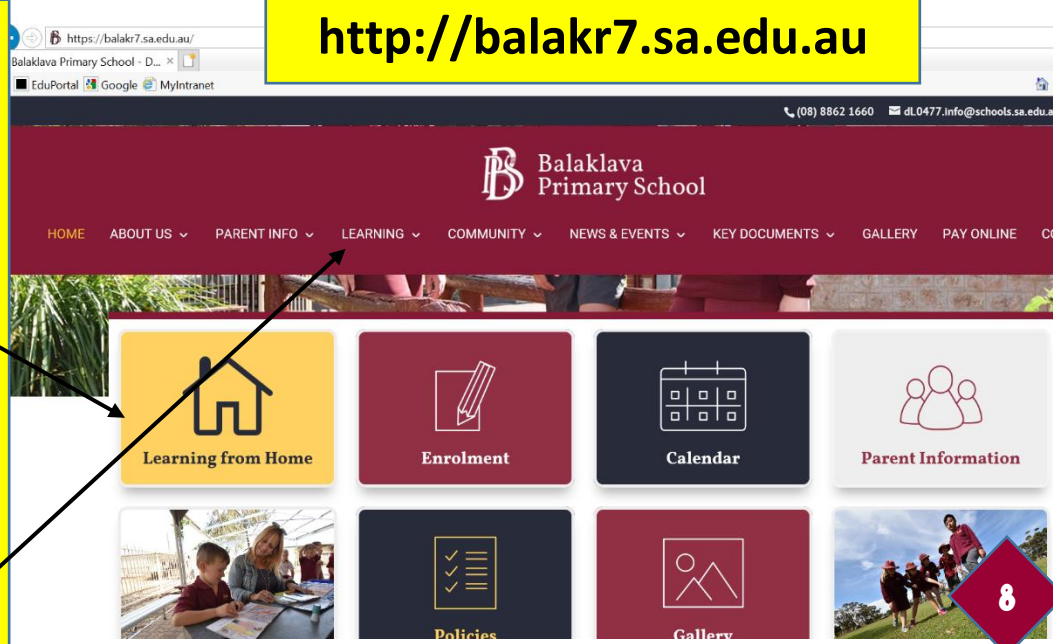
## Accessing School Resources

Please note that our School Library will be open during the term. If you are Learning from Home, you are welcome to bring your child / children in to borrow books from the Library. Please contact the school between 8:30 – 3pm to arrange a time to come into the school.

## Additional Resources & Info

Our website has additional resources in the Learning from Home section as well as maths games (find them under Learning, Curriculum, Maths)

<http://balakr7.sa.edu.au>



## Attendance – Term 2

Last term, we asked you to indicate your intent to keep children home or send them to school. It is okay if you have changed your mind. Please let us know via text – 0428 026 285 so that teachers can be prepared.

While we won't turn any student away, we would prefer you to pick one option rather than engage in an arrangement whereby some days students are Learning at Home and some days they attend school. (If at school, the student is expected to attend unless they are sick or you have a family day). If you have any specific questions about your circumstances, please email Dianna or Kym – [dl.0477.info@schools.sa.edu.au](mailto:dl.0477.info@schools.sa.edu.au)

We will continue to follow our current student absence processes.

There are 4 possible options for student absence:

- Your child is engaging Learning from Home
- Your child is ill or has a dentist / doctor apt.
- Your child requires a 'Family Day' for a particular reason - for example a parent appointment or commitment
- Your child/family is on holiday (extremely unlikely in the current circumstances)

On day one next term, Monday the 27th of April, I ask that all families, whose child is at home, text the school on 0408 874 002 and indicate one of the 4 options above.

If you indicate home learning, it is an expectation that your child/children will engage in a reasonable number of tasks that each class teacher has set.

Teachers will of course know, if students are engaging in the learning by the amount of learning that has been submitted/uploaded/ returned. Processes for this will be communicated by individual teachers throughout Week 1 and 2. If you indicated via text on Monday 27<sup>th</sup> April that your child/ren will be Learning from Home, we will assume that this will continue until otherwise informed by a parent / caregiver through a Phone call, Flexibuzz or Text.

Non engagement will be followed up by teachers in the first instance and then leadership. In the end it is parents who are 'in charge' in this regard.

DfE requires that we record absences. Please Flexibuzz, text or phone the School if your child is sick. This is applicable to 'At School' and 'At Home' learners. Absence for an At Home learner due to illness would mean that they were unable to complete any school work for the day just as is the case for At School students who don't attend school due to illness.

If we receive no information from a family we will mark the roll as 'unexplained.' We are mandated to follow this up. Please ensure you indicate one of the 4 options above as we do not want a series of unexplained absences.

Although as mentioned above, we would like students to either be "At Home" or "At School", I readily acknowledge, that for some families, circumstances may mean a combination of Learning at Home and Learning at School is unavoidable. Please contact Dianna or Kym if you need to discuss your individual circumstances.

This is a completely new model for all-teachers, staff, students and parents. We need to be kind to each other. We will make mistakes and parents could find Learning at Home challenging, exciting or down right difficult. Either way, we are all in this together!

## In Summary.....

Some days we get through lots of work at school, and other days, different priorities arise and we don't always get through everything we have planned. At home, this will be the same. Your children won't always get through all of the activities that are on the weekly schedule. **This is okay.** Some days the work that is on the grid / timetable may seem overwhelming, it is okay to do alternative activities on these days.... Rest, relax, have fun and have a day of mindfulness and play based learning

Remember.... Like when you are at work, you have really productive days, and days that you are not so productive.... Our children are the same. We don't expect you to be able to get through as much as the children do at school so please don't add that pressure to yourself. All we ask is that you try your best and that you contact us if you are feeling overwhelmed, need support or reassurance.

Lastly, even at school, students don't sit at a desk from 8:45 – 3:10pm. They have times that they are required to do formal work, mixed with lots of movement and brain breaks.

You've got this..... remember it is new to all of us and we are all in it together ☺

Be Kind to yourself.

Dianna

# Learning at Home

## Additional Ideas

There are hundreds of fantastic resources that have been made available to families during this time. Over the next few pages we have included some of them. This list is by far only the tip of the iceberg. If you find any resources that your children enjoy, please let us know so that we can share with our BPS community. Remember, nothing on this list is mandatory, it is just another set of resources in case you need more activities or an alternative to what has been set

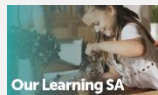


Department for Education

Resources for all curriculum areas R-12

Advice for families

<https://www.education.sa.gov.au/our-learning-sa>



Balaklava Primary School

Resources will continue to be added to our Website. A range of Numeracy games and videos are already on the site.

<https://balakr7.sa.edu.au/>

### Mindfulness and Movement

Colouring pictures  
e.g. Muja Mundu Creations  
on Facebook



Alternatively, ask  
Mrs Jarman to print you  
some

Check out the Smiling Mind  
App

Go Noodle

<https://gonoodle.com>

**GoNoodle**



Just Dance

Google "Just Dance"  
for a range of You  
Tube videos

PE with Joe  
The Body Coach  
Daily online PE workouts  
Link on our BPS website



Jack Hartman Movement  
Break Clips

<https://www.youtube.com/channel/UCVcQH8A634mauPrGbWs7QIQ>



Cosmic Kids Yoga

<https://www.cosmickids.com/>





# Learning at Home Additional Ideas



## Cross Curricular

<http://www.hellokids.com/>

Step by step instructions to create great drawings & free colouring in pages

[http://www.hellokids.com/vr\\_12/drawing-for-kids](http://www.hellokids.com/vr_12/drawing-for-kids)  
Step by step instructions to create great drawings



HELLOKIDS.COM  
Coloring Pages - Free online coloring for kids on Hellokids.com

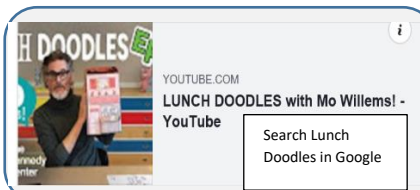
<https://animoz.world/colouring-in-book/>

FREE colouring-in book of Australian animals!

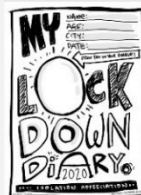


ANIMOS.WORLD  
FREE printable colouring-in book  
Includes colour guides and fun animal facts!

Download



My lockdown Diary – download a copy from our BPS website



<https://reptilepark.com.au/>  
Australia Reptile Park



TARONGA ZOO has launched  
A 24/7 ANIMAL LIVE-  
STREAM!

<https://taronga.org.au/taronga-tv>



<https://primaryplayground.net/scavenger-hunts>

BACKYARD SCAVENGER HUNT

- Find 3 kinds of leaves.
- Find something yellow.
- Name a bug that is red.
- Find 2 sticks.
- Find something that smells good.
- Name something you see in the sky.
- Find something that is round.
- Find something that grows that is green.
- Find a bird.
- Find 3 different colored rocks.
- Find something purple.
- Find a bug.

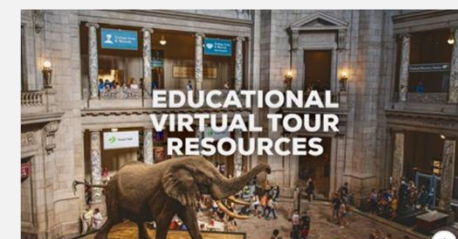


The children could create their own and give to their siblings or send it to a friend.

BTN—ABC Me Tuesday 11:45am.

This is recorded and can be watched  
anytime from the BTN website:

[www.abc.net.au/btn](http://www.abc.net.au/btn)



FAMILYDAYSTRIEDANDTESTED.COM

Free Virtual Tours of World Museums, Educational Sites & Galleries For Children - Family Days Tried And Tested

# Learning at Home Additional Ideas

## Speld SA Music Channel



**Sounds and Graphics:  
Music Activities for Langu...**  
SPELD SA Music and  
Movement Productions  
244 views · 1 year ago



**Speld SA - Specific Learning Difficulties Association of South Australia**  
24 March at 07:36 ·

2020 is the year of music. Music plays an important part in all of our lives and while your kids are home it is going to be an important part of any learning plan. SPELD SA have a music channel with some ideas you can all follow. Older kids will love learning the Uptown Funk Routine.

[https://www.youtube.com/channel/UC4B\\_fBdneejhdHhVc199BQ](https://www.youtube.com/channel/UC4B_fBdneejhdHhVc199BQ)

I think you will also enjoy the Pub Choir 'Close to You' Video

<https://www.facebook.com/407975086232182/posts/1107670152929335/?v=e&d=n>

How about doing an alphabet quiz!!  
Pick some categories and get the children to list an A-Z of things in that category that beg...



Complete Children's University  
Challenge activities

Available on our Website or we can  
send you a hard copy

Cook something  
with an adult /  
independently

Do a puzzle

Play board games or card games with your family members

Eg Snakes and Ladders, Uno, Snap



## Literacy

Epic Reader – ask your class  
teacher for your code

<https://www.getepic.com/sign-in>



Premiers Reading Challenge –  
read book and write on your  
sheet.

Send to BPS when you have  
finished.

Sheets were emailed to families

Log onto Literacy Planet - ask  
your class teacher for your log in  
details



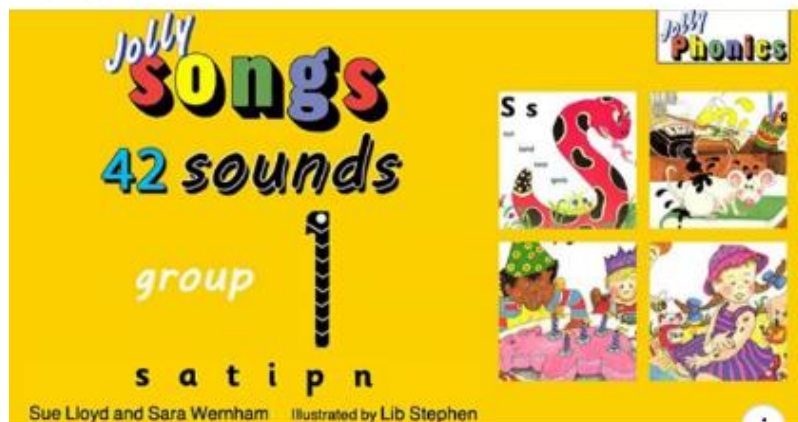
Log on to the Scholastic Library  
and read a lexile book

Further information on Page 23 of  
this guide



For any of our Reception students, this link is a must. Also handy for those students who need to review their sounds or just enjoy singing along to the songs.

<https://youtu.be/26uXtUYssuo>



YOUTUBE.COM

## JOLLY PHONICS SOUNDS & SONGS (Complete)

Free App



Free App



Libraries SA



Log onto studyladder (Yr 3-7)

www.studyladder.com.au

ask your class teacher for your  
log in details



## Jolly Learning

31 March at 20:10 · 

Alongside Santina's wonderful teaching videos we posted yesterday (browse our page to find the links) another of our fantastic trainers, [Deb Paschang Bible](#), has been creating daily phonics lessons. You can view all of her lessons so far on her Youtube channel here:

<https://www.youtube.com/channel/UC-Bt3vAx-QOTrngmYDXwwA/videos>



Balaklava  
Community Library  
Facebook Page—  
Virtual Story Time

Listen to Balaklava  
locals reading their  
favourite stories

SA Public Libraries  
Online Story time.



## Rainforest Maths

<http://www.rainforestmaths.com/>



Play Prodigy – ask you class teacher for your log in



<https://primaryplayground.net/free-printable-color-by-code-sight-words>



Write a weekly journal – template attached  
or use your own format

Oxford levelled readers

<https://www.oxfordowl.co.uk/for-home/find-a-book/library-page/>



Speld SA - Specific Learning Difficulties Association of South Australia  
19 March at 06:06 · 🌐

Oxford Owl library of free online readers are a fantastic resource for those who need access to resources that can be used at home.

<https://www.oxfordowl.co.uk/for-h.../find-a-book/library-page/>

They also have some maths resources you can use

<https://www.oxfordowl.co.uk/.../fun-maths-games-and-activiti.../>

# Learning at Home

## Additional Ideas



**COPING CALENDAR: KEEP CALM. STAY WISE. BE KIND**



15

30 actions to look after ourselves and each other as we face this global crisis together. Please use & share

- 1 Make a plan to help you keep calm and stay in contact.
- 2 Enjoy washing your hands. Remember all they do for you!
- 3 Write down ten things you feel grateful for in life and why.
- 4 Stay hydrated, eat healthy food and boost your immune system.
- 5 Get active. Even if you're stuck indoors, move & stretch.
- 6 Contact a neighbour or friend and offer to help them.
- 7 Share what you are feeling and be willing to ask for help.
- 8 Take five minutes to sit still and breathe. Repeat regularly.
- 9 Call a loved one to catch up and really listen to them.
- 10 Get good sleep. No screens before bed or when waking up.
- 11 Notice five things that are beautiful in the world around you.
- 12 Immerse yourself in a new book, TV show or podcast.
- 13 Respond positively to everyone you interact with.
- 14 Play a game that you enjoyed when you were younger.
- 15 Make some progress on a project that matters to you.
- 16 Rediscover your favourite music that really lifts your spirits.
- 17 Learn something new or do something creative.
- 18 Find a fun way to do an extra 15 minutes of physical activity.
- 19 Do three acts of kindness to help others, however small.
- 20 Make time for self-care. Do something kind for yourself.
- 21 Send a letter or message to someone you can't be with.
- 22 Find positive stories in the news and share these with others.
- 23 Have a tech-free day. Stop scrolling and turn off the news.
- 24 Put your worries into perspective and try to let them go.
- 25 Look for the good in others and notice their strengths.
- 26 Take a small step towards an important goal.
- 27 Thank three people you're grateful to and tell them why.
- 28 Make a plan to meet up with others again later in the year.
- 29 Connect with nature. Breathe and notice life continuing.
- 30 Remember that all feelings and situations pass in time.



“Everything can be taken from us but one thing: the freedom to choose our attitude in any given set of circumstances.” ~ Viktor Frankl



### ACTION FOR HAPPINESS



[www.actionforhappiness.org](http://www.actionforhappiness.org)

Find out more about the Ten Keys to Happier Living, including books, guides, posters and more here: [www.actionforhappiness.org/10-keys](http://www.actionforhappiness.org/10-keys)

## 30 Day LEGO Challenge

Follow the instructions for each day. The only rule is to have fun and use your imagination!

Day 1	Day 2	Day 3	Day 4
You were hired by an amusement park to create a new roller coaster.	NASA needs you to build a new rocket.	Your parents want to build a new home and they want you to build it.	Holly wood hires you to build a movie set for a new Star Wars movie.
Day 5	Day 6	Day 7	Day 8
You enter a contest to build the world's tallest tower. Will you win?	You are stuck on Mars and need to build a new ship to get home.	Ford hires you to create the toughest, pick up truck in the world.	You and 4 friends are stranded on an island. Build a boat to find a way home.
Day 9	Day 10	Day 11	Day 12
Dr. Who hires you to build a new TARDIS.	You are asked by the President to build a new monument to George Washington.	Mr. Hilton hires you to build a new hotel.	You are hired to build a brand new one for the town to the other.
Day 13	Day 14	Day 15	Day 16
The city wants you to build a bridge to connect one side of the town to the other.	Pizza party! It is up to you to make a pizza for all the guests.	You are hired to build a brand new hospital.	The fence is broke and the dog keeps escaping. Build one he can't get out of.
Day 17	Day 18	Day 19	Day 20
You are elected ruler. Build a flag for your land.	Aliens are invading and you need to build a war robot to defeat them.	The aliens have taken over. They are impressed by your robot. They want you to build one for them.	You are hired to build a house entirely out of yellow Legos.
Day 21	Day 22	Day 23	Day 24
There is a circus in town. Build a place for the performance.	Help your fellow pioneers build a wagon to make it across the country.	Build the fastest car around and join the big car race.	Do you wanna build a snowman? Get in the winter mood and build a snow scene.
Day 25	Day 26	Day 27	Day 28
The local bank keeps getting robbed. Build a safe no one can crack.	You are now in medieval times. You are commissioned to build a jousting arena.	There is blizzard. You will need to build a snowmobile.	What was your favorite day?





# EDUCATIONAL FREE WEBSITES

LEARNINCOLOR.COM

## MATH

- Funbrain
- Prodigy
- Math Playground
- Splash Learn
- Math Game Time
- Khan Academy

## SCIENCE

- Discovery Mindblown
- NASA Kids Club
- Amazing Space
- Code Academy
- How Stuff Works

## SOCIAL STUDIES

- Crash Course (YouTube)
- Who Was? App/site
- Nat Geo Kids
- Google Earth
- Time for Kids
- Smithsonian for Kids

## OTHER

- Brain Pop
- Ted Talks
- PBS Kids
- Duolingo
- Hello Kids (drawing)

## 10 FREE LEARNING WEBSITES

# for kids

Here's a list of some fun, educational, and safe websites for your children to visit and explore!

### Switcheroo Zoo

[www.switcheroozoo.com](http://www.switcheroozoo.com)

Watch, listen, and play games to learn all about amazing animals!

### Nat Geo for Kids

[www.kids.nationalgeographic.com](http://www.kids.nationalgeographic.com)

Learn all about geography and fascinating animals!

### Into the Book

[www.reading.ecb.org](http://www.reading.ecb.org)

Go "into the book" to play games that practice reading strategies!

### Suessville

[www.seussville.com](http://www.seussville.com)

Read, play games, and hang out with Dr. Seuss and his friends!

### ABC YA

[www.abcy.com](http://www.abcy.com)

Practice math and reading skills all while playing fun games!

### Fun Brain

[www.funbrain.com](http://www.funbrain.com)

Play games while practicing math and reading skills!

### PBS Kids

[www.pbs.org](http://www.pbs.org)

Hang out with your favorite characters all while learning!

### Star Fall

[www.starfall.com](http://www.starfall.com)

Practice your phonics skills with these read-along stories!

### Storyline Online

[www.storylineonline.net](http://www.storylineonline.net)

Have some of your favorite stories read to you by movie stars!

### Highlights Kids

[www.highlightskids.com](http://www.highlightskids.com)

Read, play games, and conduct cool science experiments!



# Offline Activities

## what's fit activity for kids your name?

SPELL OUT YOUR FULL NAME AND COMPLETE THE ACTIVITY LISTED FOR EACH LETTER. FOR A GREATER CHALLENGE INCLUDE YOUR MIDDLE NAME & DO EACH ONE TWICE! FOR VARIETY YOU CAN USE A FAVORITE CHARACTER'S NAME OR A FAMILY MEMBER'S NAME.

- |   |  |
|---|--|
| <b>A</b> jump up & down 10 times                      | <b>N</b> pick up a ball without using your hands                   |
| <b>B</b> spin around in a circle 5 times              | <b>O</b> walk backwards 50 steps and skip back                     |
| <b>C</b> hop on one foot 5 times                      | <b>P</b> walk sideways 20 steps and hop back                       |
| <b>D</b> run to the nearest door and run back         | <b>Q</b> crawl like a crab for a count of 10                       |
| <b>E</b> walk like a bear for a count of 5            | <b>R</b> walk like a bear for a count of 5                         |
| <b>F</b> do 3 cartwheels                              | <b>S</b> bend down and touch your toes 20 times                    |
| <b>G</b> do 10 jumping jacks                          | <b>T</b> pretend to pedal a bike with your hands for a count of 17 |
| <b>H</b> hop like a frog 8 times                      | <b>U</b> roll a ball using only your head                          |
| <b>I</b> balance on your left foot for a count of 10  | <b>V</b> flap your arms like a bird 25 times                       |
| <b>J</b> balance on your right foot for a count of 10 | <b>W</b> pretend to ride a horse for a count of 15                 |
| <b>K</b> march like a toy soldier for a count of 12   | <b>X</b> try and touch the clouds for a count of 15                |
| <b>L</b> pretend to jump rope for a count of 20       | <b>Y</b> walk on your knees for a count of 10                      |
| <b>M</b> do 3 somersaults                             | <b>Z</b> do 10 push-ups  |

Whenever my kids get bored they can choose to pick a stick, but the rule is you have to do what the stick says. I've included housework there too just because 😊🧑🏻. So far today we've done dusting, ballgames, drawing with YouTube tutorials and a Lego tower challenge. They love it (my kids are 6 and 8).

There are hundred of activities such as this one which parents around Australia are sharing through Facebook.



Learnlink is the platform for students to access

- Emails
- Microsoft Teams
- One Note

## Logon to Learnlink

- Access your internet access and go to <https://www.learnlink.sa.edu.au> (Do not access through Google, type the email address into the address box)
- Enter your LearnLink username
- Enter your **initial** password
- Click Log on

Classroom teachers will provide students with their Username (email address)

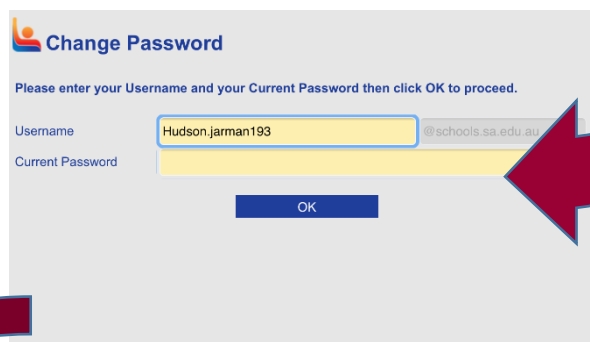
Eg [harper.jarman740@schools.sa.edu.au](mailto:harper.jarman740@schools.sa.edu.au)

and a temporary password



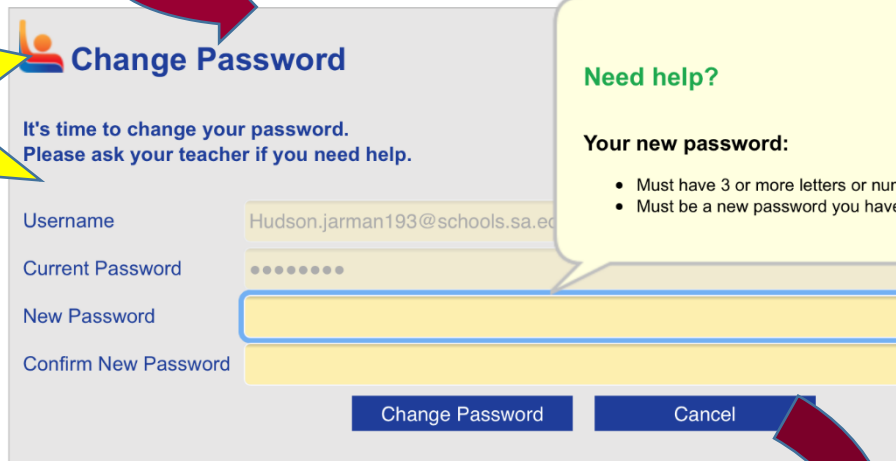
The login screen shows the LearnLink logo and a form for 'Authorised Users Only'. It includes a security section with radio buttons for 'This is a public or shared computer' (selected) and 'This is a private computer'. Below are fields for 'Username' and 'Password', a 'Log On' button, and a link for 'Forgotten your password? Please click here to reset your password.'

On the very first logon students (year 3-7) may be prompted to reset their password.

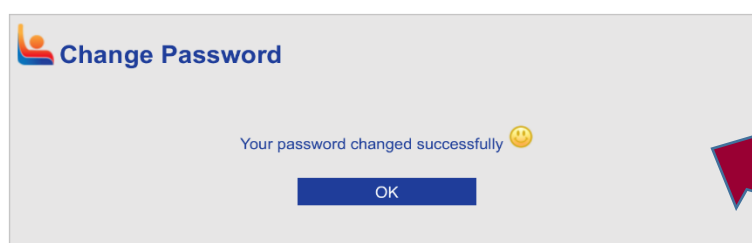


The 'Change Password' screen prompts the user to enter their 'Username' and 'Current Password' before clicking 'OK'. The example username is 'Hudson.jarman193@schools.sa.edu.au'.

REMEMBER  
to write down  
your new  
password



This 'Change Password' screen prompts the user to enter their 'Current Password', 'New Password', and 'Confirm New Password'. It includes 'Change Password' and 'Cancel' buttons. A callout box titled 'Need help?' provides password requirements: 'Must have 3 or more letters or numbers (no spaces)' and 'Must be a new password you have not used before'.



The final 'Change Password' screen shows a success message: 'Your password changed successfully' with a smiley face icon and an 'OK' button.

Type in your user name  
and new password



LearnLink

Intranet and  
Portal Services



## Authorised Users Only

You could not be logged on to LearnLink. Make sure that your user name and password are correct, and then try again.

Security ( [show explanation](#) )



This is a public or shared computer



This is a private computer

Username: Hudson.jarman193

@schools.sa.edu.au

Password: .....



I will comply with the LearnLink [User Agreement](#) and [Code of Conduct](#).

Log On

Log on

Forgotten your password? Please click [staff](#) or [student](#) to reset your password.



LearnLink Student's Portal

Jarman, Hudson (School SA) ▾

Government of South Australia  
Department for Education

Student's Portal Email My Groups My Classes

Search this site...



Click on Email

### My Schools

Balaklava Primary School Intranet

### General Links

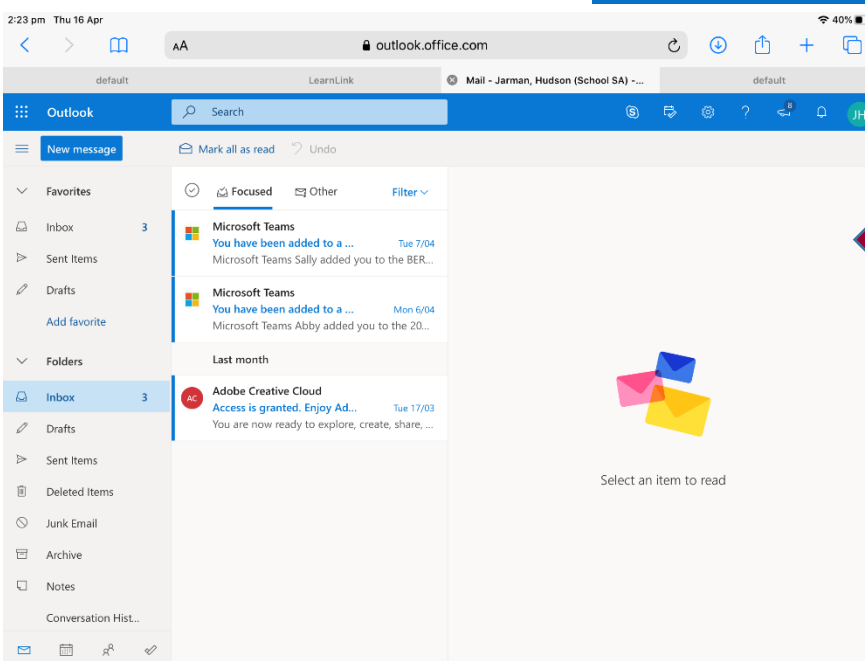
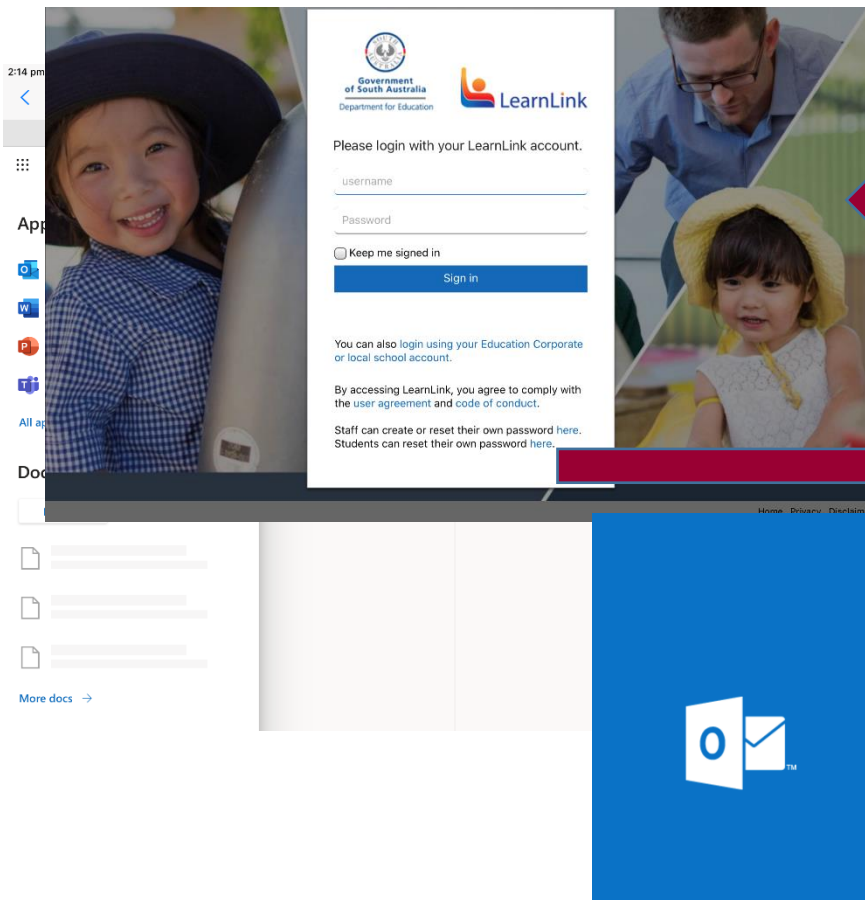
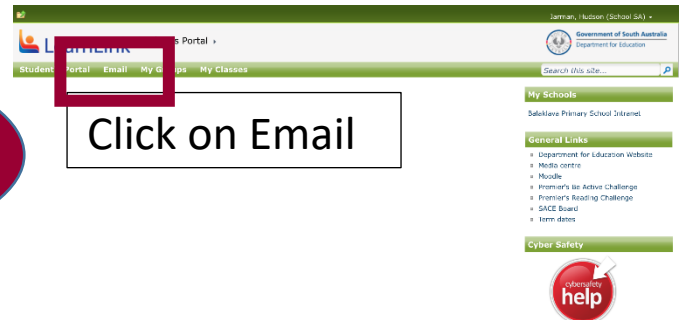
- Department for Education Website
- Media centre
- Moodle
- Premier's Be Active Challenge
- Premier's Reading Challenge
- SACE Board
- Term dates

### Cyber Safety





The following instructions will vary slightly depending if you are accessing this through a computer or an ipad or tablet.



Choose your preferred display language and home time zone below.

English (Australia)

(UTC+09:30) Adelaide

Only required to complete for first log on. Select Adelaide from the drop down menu

2:23 pm Thu 16 Apr

outlook.office.com

Outlook

Click on dots

Microsoft Teams

You have been added to a ... Tue 7/04

Microsoft Teams Sally added you to the BER...

Microsoft Teams

You have been added to a ... Mon 6/04

Microsoft Teams Abby added you to the 20...

Last month

Adobe Creative Cloud

Access is granted. Enjoy Ad... Tue 17/03

You are now ready to explore, create, share, ...

Select an item to read

2:32 pm Thu 16 Apr

outlook.office.com

Office 365 →

Apps

Outlook OneDrive

Word Excel

PowerPoint OneNote

Teams

Click on Teams

Documents

Government of South Australia  
Department for Education

LearnLink

Please login with your LearnLink account.

username

Password

☐ Keep me signed in

Sign in

You can also login using your Education Corporate or local school account.

By accessing LearnLink, you agree to comply with the [user agreement](#) and [code of conduct](#).

Staff can create or reset their own password [here](#).  
Students can reset their own password [here](#).

You will get one of two options at this step

Microsoft

Sign in

hudson.jarman193@schools.sa.edu.au

No account? [Create one!](#)

[Can't access your account?](#)

[Sign-in options](#)

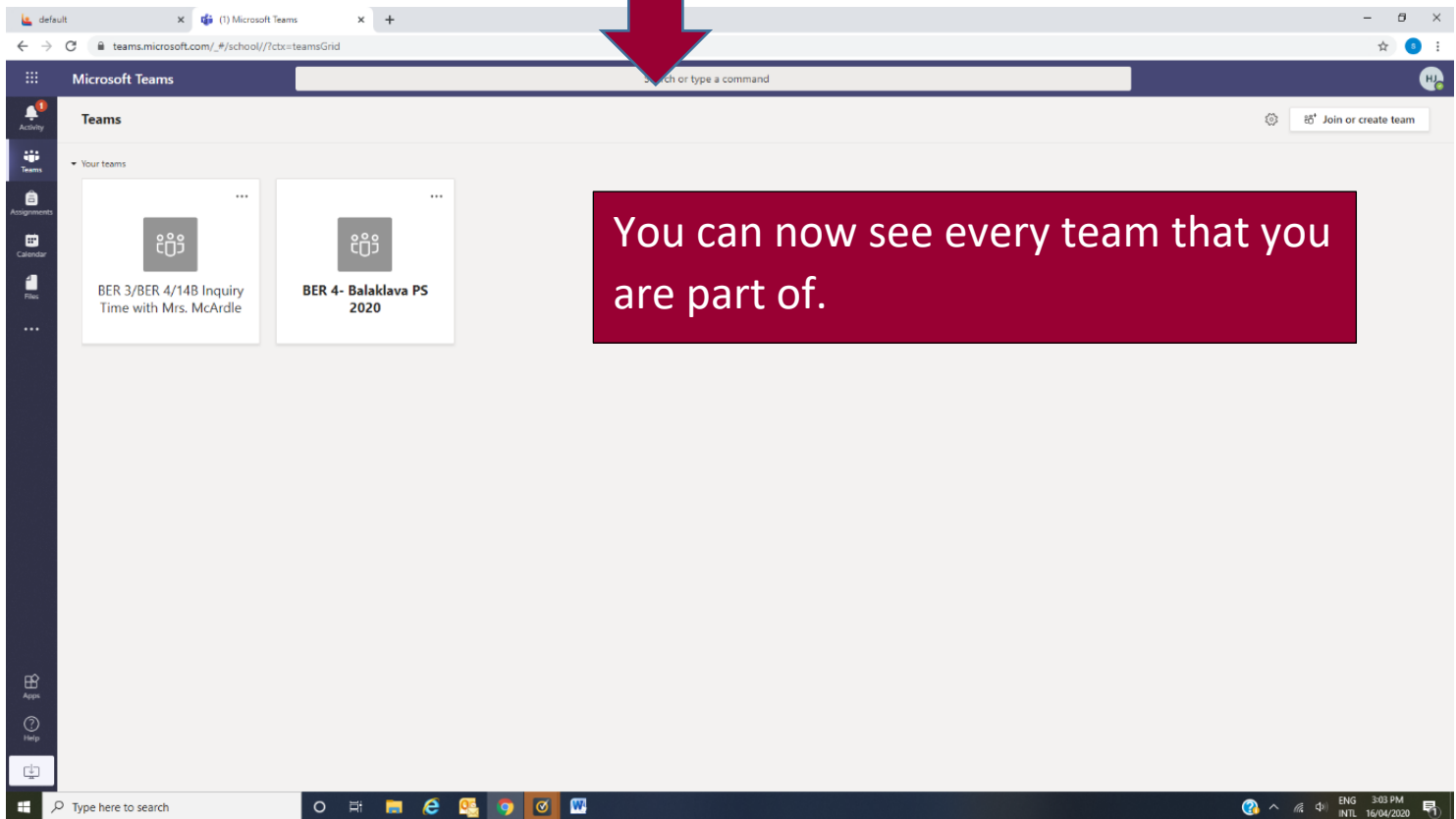
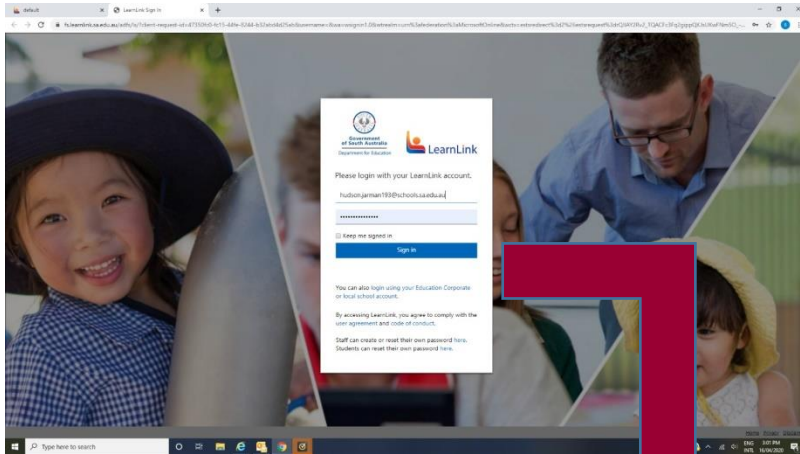
Next

Type in email address

Microsoft

Taking you to your organization's sign-in page

Cancel



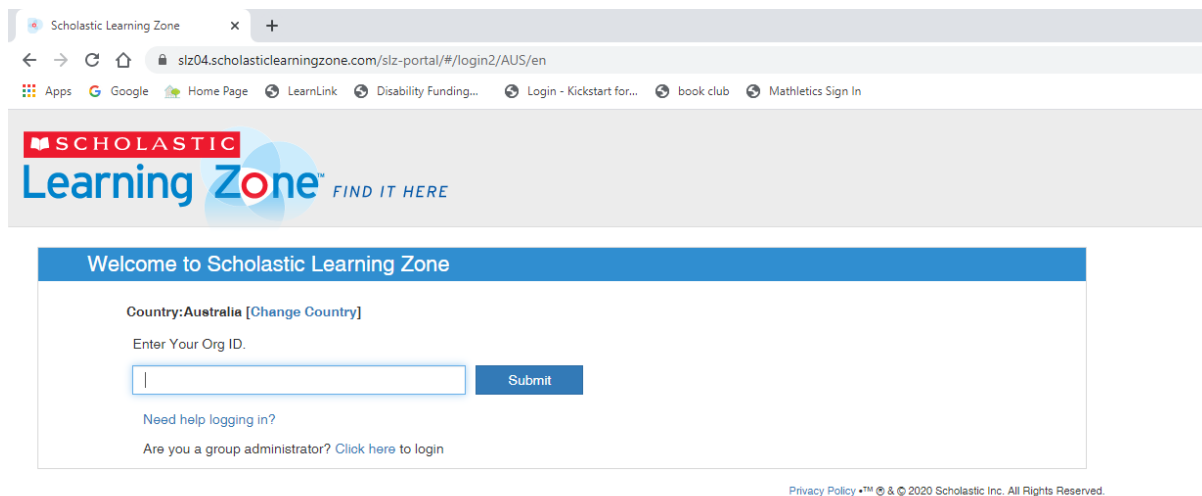
Further instructions on how to access video calls through Teams will be provided soon.

A message to students, in year 3 and above, and their parents

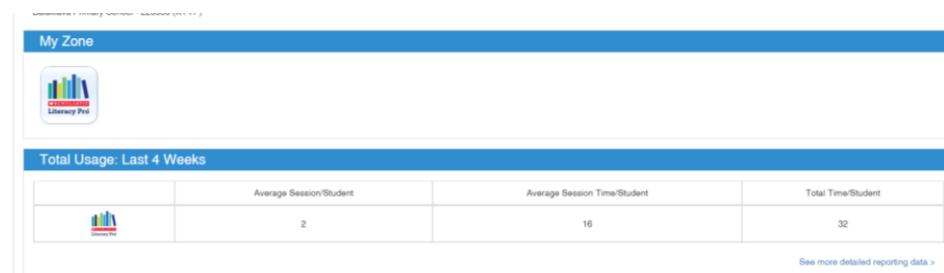
Using Lexile levelled books and continuing to work towards Lexile certificates


Students learning at home can access the Scholastic Learning Zone using their current log in and password as per the instructions below.

- Google: Scholastic Learning Zone
- You may then be asked to choose your country or you may go straight to the screen below. Check that the country is Australia and the Org ID (our school's code) is xyyp



- The next screen will ask the student to put in their log in and password. If your child has forgotten this information please email either their teacher or myself – [cherie.cleary730@schools.sa.edu.au](mailto:cherie.cleary730@schools.sa.edu.au) or send a text to the school on 0428026285 and we will contact your with this information.
- Once into the site students click on scholastic Literacy Pro.



	Average Session/Student	Average Session Time/Student	Total Time/Student
	2	16	32

- On the site students can search to check if the books they are reading (from any source) has a lexile level and quiz.

We are currently investigating Epic Reading which is a site which allows you to search and read lexile books but the students must then log into Scholastic Learning Zone and do the quiz, if there is one, for the points to go towards their certificate. Epic Reading can only be accessed free during school hours.

Please contact me if you have any questions.

Cherie Cleary





# Premiers Reading Challenge



## Premier's Reading Challenge Communique to students and parents

Dear parents/students

The Premier's Reading Challenge plays an important role in promoting the love of reading and this year more than any other, students will find joy, continuity and comfort in books! With your continued support, our students will keep reading and participating in the Challenge!

In order to make the Premier's Reading Challenge achievable for all in this extraordinary year, we will be doing the following:

1. **Rules** – students will still need to read 12 books by September. However, they can be ALL FREE CHOICE. We understand that it may be difficult to get to libraries so any book students choose to read will be accepted – whether on the Premier's Reading Challenge booklist or not.
2. **Collecting reading records** – students will still need to submit their records. We will accept a scanned copy via email to this address [cherie.cleary730@schools.sa.edu.au](mailto:cherie.cleary730@schools.sa.edu.au) or send a text photo of the completed sheet to 0428026285. For those learning at home, and your child's Challenge sheet is at school, we have emailed the sheet home. Please let us know early Term 2 if you have not received the form. For students learning on site we will continue to manage the challenge at school.
3. **Awards** – we have been informed that awards will be sent to our school in November as in previous years.

If your child will be learning from home and would like to make use of our school library please contact Cherie Cleary at the school.

If you are in search of reading materials on line you may try some of the following.....

Please consider SA public libraries are free to join and they provide access to the OverDrive service, where there are thousands of eBook titles (and Audiobook titles) using the very user-friendly Libby App. This collection has more than 4,000 different children and young people's titles and includes many Premier's Reading Challenge books. There are other free services for younger readers such as Brightly Storytime on YouTube and online story reading at Story Time from Space, The Big List of Children's Authors Doing Online Read Alouds & Activities and the app Audible which has free books and podcasts.

*Students are also being signed up to the Epic Reading website which they can use during school hours. More information will be sent as this becomes available early in Term 2.*

We will keep everybody informed about our progress by sending images of our jigsaw posters and certificates as students complete the challenge.

Good luck with the Premier's Reading Challenge this year and please contact us should you need any support.

Regards

Cherie Cleary

Premier's Reading Challenge coordinator, Balaklava Primary School

HELLO  
MONDAY

TUESDAY

Happy  
Wednesday

**WEEK:**

1 2

2 4

3 6

7 8

9 10

THURSDAY

FRIDAY

Name

# Balaklava Primary School

PO Box 108



Phone: (08) 88621 660

BALAKLAVA, SA, 5461



[dl.0477.info@schools.sa.edu.au](mailto:dl.0477.info@schools.sa.edu.au)



Balaklava Primary School



<https://balakr7.sa.edu.au>



## Staff Contact Details

Dianna Jarman:	<a href="mailto:dianna.jarman740@schools.sa.edu.au">dianna.jarman740@schools.sa.edu.au</a>
Kym Palka:	<a href="mailto:kym.palka473@schools.sa.edu.au">kym.palka473@schools.sa.edu.au</a>
Cherie Cleary:	<a href="mailto:cherie.cleary730@schools.sa.edu.au">cherie.cleary730@schools.sa.edu.au</a>
Marcia Nowlan:	<a href="mailto:marcia.nowlan35@school.sa.edu.au">marcia.nowlan35@school.sa.edu.au</a>
Alice Williams:	<a href="mailto:alice.williams784@schools.sa.edu.au">alice.williams784@schools.sa.edu.au</a>
Ro Wood:	<a href="mailto:rosemary.wood472@schools.sa.edu.au">rosemary.wood472@schools.sa.edu.au</a>
Kate Rix:	<a href="mailto:kate.preece299@schools.sa.edu.au">kate.preece299@schools.sa.edu.au</a>
Wendy Richards:	<a href="mailto:wendy.richards566@schools.sa.edu.au">wendy.richards566@schools.sa.edu.au</a>
Courtney Durkey:	<a href="mailto:courtney.durkay798@schools.sa.edu.au">courtney.durkay798@schools.sa.edu.au</a>
Abby Silverman:	<a href="mailto:abby.silverman953@schools.sa.edu.au">abby.silverman953@schools.sa.edu.au</a>
Bianca Marcus:	<a href="mailto:bianca.marcus38@schools.sa.edu.au">bianca.marcus38@schools.sa.edu.au</a>
Jenny Rowland:	<a href="mailto:jenny.rowland308@schools.sa.edu.au">jenny.rowland308@schools.sa.edu.au</a>
Julie Wickham:	<a href="mailto:julie.wickham257@schools.sa.edu.au">julie.wickham257@schools.sa.edu.au</a>
Emily Graham:	<a href="mailto:emily.graham834@schools.sa.edu.au">emily.graham834@schools.sa.edu.au</a>
Jo Michalanney:	<a href="mailto:jo.michalanney323@schools.sa.edu.au">jo.michalanney323@schools.sa.edu.au</a>
Ashleigh Leonello:	<a href="mailto:ashleigh.leonello639@schools.sa.edu.au">ashleigh.leonello639@schools.sa.edu.au</a>
Jessica Monck:	<a href="mailto:jess.monck269@schools.sa.edu.au">jess.monck269@schools.sa.edu.au</a>
Sally McArdle:	<a href="mailto:sally.mcardle431@schools.sa.edu.au">sally.mcardle431@schools.sa.edu.au</a>
Madeline Gardner:	<a href="mailto:madeline.gardner800@schools.sa.edu.au">madeline.gardner800@schools.sa.edu.au</a>

Teachers will reply to emails as often as possible within working hours (8:30 – 4pm)

Please note that we will aim for a 24 hour turnaround time for email replies.

**Please do not use email for urgent matters**

