

Week 2 Foundation Level- Remote and Flexible Learning Program

The Torquay College Learning community has responded to our 'Remote and Flexible Learning Program' with positivity, enthusiasm and commitment. We are encouraged by our families resolve and resilience. We thank you for your hard work and goodwill.

Torquay College is continuing to support the learning of students in a remote and flexible learning environment. We are committed to the wellbeing of our school community and ensuring everyone feels safe and supported.

We understand that at times it might seem complex and overwhelming, but we will do all we can as a school to support you and your family. Your teachers are best placed to provide you and your child with learning support. Please continue to use 'SeeSaw' program for Foundation Year 1 and Year 2 or Google Classroom Year 3, Year 4, Year 5 and Year 6 as the learning and communication platform. If you have any concerns or issues please call the School.

If you need to gain access to digital technology the school will provide devices for loan. If you are having issues with the technology please log a ticket with the IT help desk via the school website in the Remote Learning page. A technician will contact you to provide support.

We have a suggested daily routine that families can adapt to suit their circumstances. The learning tasks developed are for all students, and if you feel there is too much work please make the adjustments that works for your family.

Principal Team

Suggested Daily Schedule

8.30 – 9.30am	Physical Activity	Play outside, go for a walk, play with your pet, ride your bike
9.30 - 10.30am	Academic time	Select a literacy task; reading, writing or spelling task from activities listed.
10.30- 11.00am	Break	
11-.00 12.00pm	Academic time	Select a Mathematics task from activities listed
12.00- 1.00pm	Creative time	Select an Art activity or a home construction activity with your child's favourite materials i.e. Lego, craft, music, instrument
1.00- 1.30pm	Lunch	
1.30 -2.30pm	Academic time	Select an Inquiry or Indonesian task from activities listed
2.30- 3.30pm	Physical Activity	Select a physical education activity or wellbeing activity.

Foundation

Welcome to Week Two of our Remote and Flexible Learning Program for Foundation. This is a new learning environment for all of us and we are continuing to seek your support and patience as we all adjust to this challenge.

It is important the learning environment for students is calm, stress free and conducive to learning. If you feel there is too much work please make the adjustments that work for your family with quantity and pace. Students work best when we support them at their point of need.

The Foundation Remote Learning Program consists of activities that can be completed with resources around the home or have been uploaded onto SeeSaw and other learning sites. You would have received a 'student log in' for SeeSaw which will give them remote access to the SeeSaw activities, students who are not familiar with using this platform will need parent/carer assistance to get started. These activities will be released at 9.00am on the morning it is scheduled.

If you do not have online access please contact the school and related hard copy learning packs will be made available.

Week 2 Foundation	
Content Area	Suggested Learning Activities
Reading	Monday 20th - READING - Suggested book: A Tin https://www.speld-sa.org.au/service/163-speld-sa-phonics-books-set-1.html Please see notes from Week 1.
	Tuesday 21st - READING - Start activities relating to A Tin https://www.speld-sa.org.au/images/PhonicBookWorksheets/Set_1_Worksheet_A_Tin.pdf (or the book you have chosen to start with). These activities have been provided in the take home pack.
	Wednesday 22nd - Continue with activities for A Tin
	Thursday 23rd - Continue with activities for A Tin
	Friday 24th - READING - Read a book from home. After you have finished reading it, talk about the characters. Use words to describe them. Can you make any connections to the text, does it remind you of something that you have done before?
Spelling	Monday 20th - SPELLING - Watch MSL Video on SeeSaw Learn about the letter 'd'. If no access to technology, use the activity from Week 1 – getting the students to tell you the sound of each letter. 'b' and 'd' are very similar in sound and how it is written, this is a good teaching moment to discuss the difference, using the word bed can help.
	Tuesday 21st - SPELLING - Find things around the house that start with the letter d. How many different things can you find? I can think of one – door 😊
	Wednesday 22nd - SeeSaw: Letter practise d - circle to pictures that start with the letter d. Record your answers and share with your teacher.
	Thursday 23rd - SPELLING – See if you can find any more things that start with the letter d.
	Friday 24th - SPELLING - Give your child words from the word list and check for accuracy of spelling, letter formation and then get them to read the words back to you.
Writing	Monday 20th - Writing with a seed prompt. Choose one of your seed prompts, draw a picture and write a sentence about it. Get your child to have a go at the first sound if they require support. The best thing for them to do is 'have a go'.

	<p>Tuesday 21st - WRITING - Using words from the sounds we have learnt (see word list in attached document) draw a picture and write a sentence about it. The word list is on SeeSaw, and if no technology, it has been provided in the remote learning pack.</p> <p>Wednesday 22nd WRITING - Labelling - Draw a picture of your bedroom and label the furniture, e.g. bed, desk, window, etc. (This is not a SeeSaw activity)</p> <p>Thursday 23rd - Free Writing - write a sentence about what you have done today. Draw a picture to support your writing.</p> <p>Friday 24th - Free Writing – how many words can you use in your writing? Don't forget about the red flag words that you have learnt!</p>
<p>Maths</p>	<p>Monday 20th - SeeSaw: Number Writing Practice – If no technology – get students to write the numbers 0-10, reminding them of direction and starting point. SeeSaw: Addition Facts Video This will be uploaded to SeeSaw at 9am. If no technology talk about some different number facts. What happens if you add 0 to a number? $7 + 2 = 2 + 7$ etc.</p> <p>Tuesday 21st - MATHS - SeeSaw: Addition with sums to 10. Get students to complete the activity on SeeSaw. If no technology, please see related activities for Week 2 Maths in the take home pack</p> <p>Wednesday 22nd - SeeSaw: Addition Story Problem. If no technology, please see related activities for Week 2 Maths in the take home pack.</p> <p>Thursday 23rd - MATHS - Mathletics: Share the Treasure. Students log into their Mathletics account. This will be an assigned activity for them to complete. A related task has been printed out for the take home pack.</p> <p>Friday 24th - Mathletics: Adding to make 5 and 10. Students log into their Mathletics account. This will be an assigned activity for them to complete. A related task has been printed out for the take home pack.</p>
<p>Well Being</p>	<p>Cheering up and calming down</p> <p>We all have times when we feel negative emotions like sad, angry, jealous, lonely or bored so it is important to have strategies that help us manage these ups and downs. We might do things to cheer us up and other times to calm ourselves down.</p> <p>Listen to The Teeny Tiny Stevie's song "Friendly, Gentle, Sharing, Courageous"</p> <p>https://www.youtube.com/watch?v=YMC9GSTIkjM</p> <p>Then listen to The Teeny Tiny Stevie's song "Sleep through the night"</p> <p>https://www.youtube.com/watch?v=2oFC54bN5Ec</p> <p>For some people music is a way to cheer themselves up (e.g. When they feel lonely or sad or bored) and to calm themselves down (e.g. When they are angry, scared or very excited). Other people will have different ways to help them feel happy or calm when they are tired, or stressed, or grumpy. For example, singing a song, going for a walk, drawing, playing with a pet, playing a game, cuddling a teddy, asking for help, talking to your parents/carers, taking deep breaths, ask for a hug, tell yourself it's ok etc.</p> <p>What do you do to cheer yourself up and calm yourself down? Ask your parent/carer to write 'I like to _____ to cheer me up' on one page and on another page 'I like to _____ to calm myself down'. Then draw yourself doing what helps you to do each of these things.</p> <p>Share this with your teacher on seesaw.</p>

	<p><i>Adapted from RRRR Foundation Topic 5 Stress Management Activity 3</i></p> <p>Smiling Minds With help from a parent/carer download the Smiling Minds app https://app.smilingmind.com.au/</p> <p>Try one of the mindfulness activities in the 5-6 year old section such as “Balloon Bellies” https://app.smilingmind.com.au/sessions/434/1204/</p>
Physical Activity	<p>BALLOON CHALLENGES</p> <ol style="list-style-type: none"> 1. Inflate a Balloon 2. Practice tapping the ball into the air attempting to keep it in the air as long as possible 3. How many taps with your hand can you do in a row before it touches the ground? Can you beat your personal best? 4. Try tapping and keeping the balloon off the ground with various body parts? Head, hand, knee, foot 5. Work as a team or with a partner. Taking it in turns to tap the balloon up. How many taps can you do as a team/pair? 6. Challenge your parent/s, brother or sister to see who gets the most taps. If you have a balloon each, start tapping on the word ‘go’ and see who can keep it in the air the longest 7. Try tapping the balloon with a bat, racquet or rolled up newspaper etc. 8. Play against an opponent and try and tap the balloon through the designated goals. <p>JUST DANCE</p> <ol style="list-style-type: none"> 1. If you have the game, play a number of songs attempting to copy the dance moves of the dancers pictured. 2. If you don’t have access to the game, you can type Just Dance into Youtube. It will bring up a range of just dance songs that students can attempt to copy. Here are a couple of examples: <p>https://www.youtube.com/watch?v=p7yYiLEus7w - Playlist of assorted children songs and dances https://www.youtube.com/watch?v=KhfkYzUwYFk - Can’t stop the feeling! https://www.youtube.com/watch?v=8-9Sm6_yE98 - Eye of the Tiger!</p> <p>Alternatively, put on your favourite tunes and get your groove on. DANCE PARTY! You may even like to choreograph a dance</p>
Indonesian	<p>Activity 1: Draw a picture of tiga (3) of your favourite animals from the vocab poster. Label them in Indonesian and practice saying their names.</p> <p>Activity 2: Listen and sing along with Lima Bebek Kecil (5 Little Ducks) song. Draw and label lima bebek kecil (5 little ducks) with numbers satu, dua, tiga, empat and lima.</p> <p>Super Challenge: Try folding an origami burung (bird) using this Indonesian video.</p>

<p>Art</p>	<p>Draw a lion's face- eyes, nose, mouth, whiskers, white patch under their eyes to help them to see. Colour with pencils, oil pastels, whatever you have at home. There are two ways to curl the paper to make the mane. The easiest way is to cut paper into rectangular strips and wind the paper around a pencil. Or, open the blades of the scissors and holding the strip tight, pull over the blade to create the curl. Glue the strips around the face.</p>	
<p>Optional websites sites that can be accessed to support learning</p>	<ul style="list-style-type: none"> ● Twinkl- Setting this up is really easy to do - go to www.twinkl.co.uk/offer and enter the code AUSTRCODE (30 day free trial) ● Levelled Inquiry based units of work for all year levels- https://www.coolaustralia.org/ 	