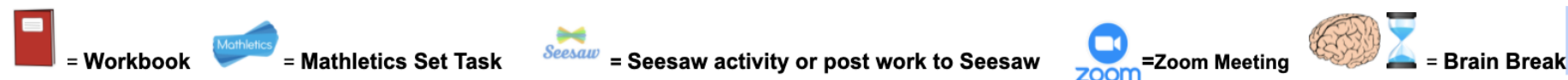
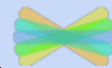
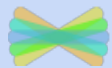
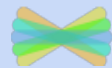
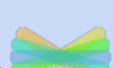

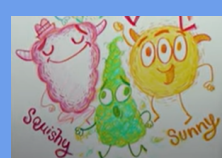







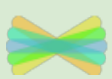

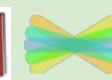

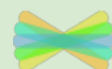

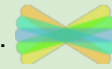



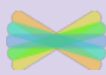









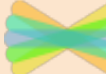
**WELLBEING FOCUS: Celebrating My Personal Best**

**Term 4 Week 1 - Home Learning Program Year 4**



[Access to printable resources](#)

	Monday 4 October	Tuesday 5 October	Wednesday 6 October	Thursday 7 October	Friday 8 October
Check in Task	PUBLIC HOLIDAY	Go to <a href="#">Seesaw</a> . Find the task: 'Tuesday Week 1 Daily Check in'	Go to <a href="#">Seesaw</a> . Find the task: 'Wednesday Week 1 Daily Check in'	Go to <a href="#">Seesaw</a> . Find the task: 'Thursday Week 1 Daily Check in'	Go to <a href="#">Seesaw</a> . Find the task: 'Friday Week 1 Daily Check in'
Wellbeing Activity		You will need to: <ul style="list-style-type: none"> <li>- Complete the Check-in page</li> <li>- Complete Wellbeing Activity</li> </ul> 	You will need to: <ul style="list-style-type: none"> <li>- Complete the Check-in page</li> <li>- Complete Wellbeing Activity</li> </ul> 	You will need to: <ul style="list-style-type: none"> <li>- Complete the Check-in page</li> <li>- Complete Wellbeing Activity</li> </ul> 	You will need to: <ul style="list-style-type: none"> <li>- Complete the Check-in page</li> <li>- Complete Wellbeing Activity</li> </ul> 
		Listen to the uplifting book <a href="#">The World Made a Rainbow</a> .  Go outside in the sunshine and create a chalk drawing or write a positive message for our BHPS community to see! (With permission, of course! Maybe you could do it together as a family)  	Create <a href="#">Mindful Moodles</a> - cartoon characters. What Zone are they in? Name the emotion they show.  Watch and join in <a href="#">Hello Thoughts</a> .  	Listen to <a href="#">Feel Good Affirmations</a> and <a href="#">Daily Affirmations</a> .  Create two positive affirmations on cardboard and hang them near your desk or put them on the mirror. Say them out loud! Remind yourself 'I can do this!' when an activity is challenging.  	Listen to <a href="#">You Rock! Think Yourself Fabulous!</a> Say your affirmations out loud.  What character strengths have you shown/ used in Home Learning? List 5 strengths from the list below. Ask a family member what they think.. (Perseverance, bravery, humour, creativity, love of learning, curiosity, hope, team work, honesty...)  
Morning		<b>Year 4 Class ZOOM Call- 9:30 AM</b> <b>ENGLISH</b>   1. Go to <a href="#">Seesaw</a> . Find & complete the task 'Alexander's Outing'.    <b>FRUIT BREAK</b>  2. Go to <a href="#">Seesaw</a> . Find & complete the task 'Text Features Week 1'.	<b>Year 4 Class ZOOM Call- 9:30 AM</b> <b>ENGLISH</b>   1. Go to <a href="#">Seesaw</a> . Find & complete the task 'Identifying the setting Week 1'.    <b>FRUIT BREAK</b>  2. Go to <a href="#">Seesaw</a> . Find & complete the task 'My Exciting Setting'.  	<b>Year 4 Class ZOOM Call- 9:30 AM</b> <b>ENGLISH</b>   1. Go to <a href="#">Seesaw</a> . Find & complete the task 'The Structure of Alexander's Outing'.   2. Go to <a href="#">Seesaw</a> . Find & complete the task 'Soundwaves Week 1 T4'.  <b>FRUIT BREAK</b>  3. Click on the link <a href="#">BTN</a> to watch Behind The News for this week.	<b>Year 4 Class ZOOM Call- 9:30 AM</b> <b>ENGLISH</b>   1. Writing: Go to <a href="#">Seesaw</a> . Find & complete the task 'Characterisation in Alexander's Outing'.    2. Go to <a href="#">Seesaw</a> . Find & complete the task 'Handwriting Week 1 T4'.  <b>FRUIT BREAK</b>  3. <a href="#">Soundwaves online</a> (Code: Clip696)
Recess Break					

Middle		<b>MATHEMATICS</b> 1. Go to <a href="#">Seesaw</a> . Find & complete the task 'Rounding Problems'. 2. Optional: Log into <a href="#">Mathletics</a> .  	<b>MATHEMATICS</b> 1. Log into <a href="#">Mathletics</a> and complete the set tasks. 	<b>MATHEMATICS</b> 1. Go to <a href="#">Seesaw</a> . Find & complete the task 'Crack the Code'. 2. Optional: Log into <a href="#">Mathletics</a> .  	<b>MATHEMATICS</b> 1. Go to <a href="#">Seesaw</a> . Find & complete the task '2D Shapes'. 2. Optional: Log into <a href="#">Mathletics</a> .  
Lunch Break					
Afternoon		<b>SCIENCE</b> Go to Seesaw. Find & complete the task 'Science - Forces Introduction (Week 1)'. 	<b>MUSIC</b> Head to seesaw for this week's music lesson with Mrs Cronin. Please participate actively by playing body percussion, singing and doing actions demonstrated for you in the videos. Have Fun! 	<b>GEOGRAPHY</b> Go to <a href="#">Seesaw</a> . Find & complete the task 'Types of Environments'.  	<b>PE</b> Watch Mr Smith's <a href="#">Video</a> . Replicate all the dances that are in the links below. They are all different styles of dances. Please try each dance 2 times. <ol style="list-style-type: none"> <li>Dance 1 – 'Can't Stop the Feeling'</li> <li>Dance 2 – 'Dance Monkey'</li> <li>Dance 3 – Zumba ('Minions')</li> <li>Dance 4 – 'Let It Go'</li> </ol> Pick one of the dances in the clips above and try to learn the dance, so you can perform it to the music without watching the video.
Make sure you have submitted to your teacher:		<ul style="list-style-type: none"> <li>Tuesday Week 1 Daily Check in</li> <li>Alexander's Outing</li> <li>Text Features Week 1</li> <li>Rounding Problems</li> <li>Science task</li> </ul>	<ul style="list-style-type: none"> <li>Wednesday Week 1 Daily Check in</li> <li>Identifying the Setting Week 1</li> <li>My Exciting Setting</li> </ul>	<ul style="list-style-type: none"> <li>Thursday Week 1 Daily Check in</li> <li>The Structure of Alexander's Outing</li> <li>Crack the Code</li> <li>Types of Environments</li> </ul>	<ul style="list-style-type: none"> <li>Friday Week 1 Daily Check in</li> <li>Characterisation in Alexander's Outing</li> <li>Handwriting Week 1 T4</li> <li>2D Shapes</li> </ul>

Incorporate at least **20 minutes** of independent reading into your daily routine.



**Years 3 and 4 (Stage 2) Zoom Link Monday 2:00 PM**

<https://nsweducation.zoom.us/j/68058219723?pwd=UHpkYkhNUzZCYXB0Z0Q0NFVtTE03Zz09>

Meeting ID: 68058219723 Passcode: 848837



#### Year 4 Class Zoom Links

<b>4B Miss Bonadio's Personal Meeting Room 9:30am</b> Join Zoom Meeting : <a href="https://nsweducation.zoom.us/j/65913625198?pwd=eDJoeDk0SDQ4Y1lIbjQvc3lCRtIvZz09">https://nsweducation.zoom.us/j/65913625198?pwd=eDJoeDk0SDQ4Y1lIbjQvc3lCRtIvZz09</a> Meeting ID: 659 1362 5198 Passcode: 452330	<b>4E Miss Egan's Personal Meeting Room 9:30am</b> Join Zoom Meeting: <a href="https://nsweducation.zoom.us/j/61076960073?pwd=L0NKNGhDUEQxRHl5ZmFXWEFWQUlqUT09">https://nsweducation.zoom.us/j/61076960073?pwd=L0NKNGhDUEQxRHl5ZmFXWEFWQUlqUT09</a> Meeting ID: 610 7696 0073 Passcode: 613124	<b>4K Mrs Keeling's Personal Meeting Room 9:30am</b> Join Zoom Meeting <a href="https://nsweducation.zoom.us/j/67060023775?pwd=YzJwTmN2TjF5cV F4L204SjFmOXU0Zz09">https://nsweducation.zoom.us/j/67060023775?pwd=YzJwTmN2TjF5cV F4L204SjFmOXU0Zz09</a> Meeting ID: 670 6002 3775 Passcode: 996730	<b>4S Mrs Santer's Personal Meeting Room 9:30am</b> Join Zoom Meeting <a href="https://nsweducation.zoom.us/j/65206142495?pwd=UjIRNjRjdEIkQ0NIUEVYNG4yV1c3QT09">https://nsweducation.zoom.us/j/65206142495?pwd=UjIRNjRjdEIkQ0NIUEVYNG4yV1c3QT09</a> Meeting ID: 652 0614 2495 Passcode: 565202
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