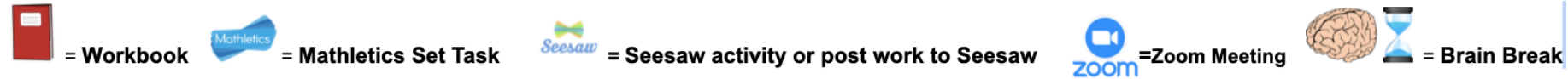







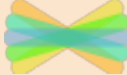

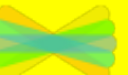


CELEBRATING FRUIT AND VEG MONTH

Term 3 Week 8 - Home Learning Program Year 4



	Monday 30 August	Tuesday 31 August	Wednesday 1 September	Thursday 2 September	Friday 3 September
Check in Task	Go to Seesaw . Find the task: 'Monday Week 8 Daily Check in' You will need to: - Complete the Check-in page - Complete Wellbeing Activity	Go to Seesaw . Find the task: 'Tuesday Week 8 Daily Check in' You will need to: - Complete the Check-in page - Complete Wellbeing Activity	Go to Seesaw . Find the task: 'Wednesday Week 8 Daily Check in' You will need to: - Complete the Check-in page - Complete Wellbeing Activity	Go to Seesaw . Find the task: 'Thursday Week 8 Daily Check in' You will need to: - Complete the Check-in page - Complete Wellbeing Activity	Go to Seesaw . Find the task: 'Friday Week 8 Daily Check in' You will need to: - Complete the Check-in page - Complete Wellbeing Activity
Wellbeing Activity	Mindful Monday- Smiling Mind Mindfulness 207 -Gratitude meditation (My programs-Year 4-Lesson 11- Gratitude meditation) Listen to Kid President's 25 Reasons to Be Grateful	Choose a small piece of fruit to eat. Watch Experience your Food and mindfully eat. Help prepare a meal with your family today. Use your five senses to savour your food.	Watch and join in Kids Circuit or create your own obstacle course outside- include star jumps, sit ups, skipping, running. Thank your body for its strength and your mind for pushing through challenges.	Listen to body scan with Mindfully Move and begin your day with a relaxed body and mind. Accept compliments today with a 'thank you'. Allow your body to feel the joy of kind words.	Watch Strike a (Power) Pose to start your day confidently. Draw a picture of you as a cartoon character with superpowers (reflect on your strengths). 
Morning	Year 4 Class ZOOM Call- 9:30 AM ENGLISH 1. Go to Seesaw . Find & complete the task 'Healthy Eating' . FRUIT BREAK 2. Go to Seesaw . Find & complete the task 'Soundwaves Week 8' .	Year 4 Class ZOOM Call- 9:30 AM ENGLISH 1. Go to Seesaw . Find & complete the task 'Building my Vocabulary Week 8' . FRUIT BREAK 2. Go to Seesaw . Find & complete the task 'Can you Fix it?' .	Year 4 Class ZOOM Call- 9:30 AM ENGLISH 1. Go to Seesaw . Find & complete the task 'Researching Week 8' . FRUIT BREAK	Year 4 Class ZOOM Call- 9:30 AM ENGLISH 1. Go to Seesaw . Find & complete the task 'Inferences Week 8' . FRUIT BREAK 2. Soundwaves online (Code: Clip696)	Year 4 Class ZOOM Call- 9:30 AM ENGLISH 1. Spelling: Go to Seesaw . Find & complete the task 'Hamburger Writing' . FRUIT BREAK 2. Click on the link BTN to watch Behind The News for this week.
Recess Break					
Middle	MATHEMATICS 1. Go to Seesaw . Find & complete the task 'What's Left Over?' . 2. Optional: Log into Mathletics	MATHEMATICS 1. Go to Seesaw . Find & complete the task 'Trading Cards' . 2. Optional: Log into Mathletics	MATHEMATICS 1. Log into Mathletics and complete the set tasks.	MATHEMATICS 1. Go to Seesaw . Find & complete the task 'Converting Puzzle' . 2. Optional: Log into Mathletics	MATHEMATICS 1. Go to Seesaw . Find & complete the task 'What's left?' . 2. Optional: Log into Mathletics

Lunch Break					
Afternoon	<p>STAGE 2 ZOOM Call- 2:00 PM</p>  <p>PDHPE </p> <ol style="list-style-type: none"> 1. Watch Mr Smith's video 2. Watch tip for beginners video 3. Watch skill breakdown video 4. Watch Mr Tim's SISA video 5. Go outside and have a go! 	<p>SCIENCE </p> <p>Go to Seesaw. Find & complete the task 'Science - Classifying Animals (Week 8)'.</p>	<p>CREATIVE ARTS</p> <p>Go to Seesaw. Find & complete the task 'All the Colours of the Rainbow'.</p>   <p>MUSIC</p> <p>Go to Seesaw to find Stage 2 Music Week 8. The focus for the lesson is Dynamics but there will also be a song related to the Paralympics and a silly song to learn for Father's Day. </p>	<p>FRUIT AND VEG MONTH</p> <p>Go to Seesaw. Find & complete the task 'Fruit and Veg Super Heroes'.</p>  	<p>FRUIT AND VEG MONTH</p> <p>Go to Seesaw. Find & complete the task 'Creative Cooking'.</p>  
Make sure you have submitted to your teacher:	<ul style="list-style-type: none"> Monday Week 8 Daily Check in Healthy Eating Soundwaves Week 8 What's Left Over? 	<ul style="list-style-type: none"> Tuesday Week 8 Daily Check in Building my Vocabulary Week 8 Can you Fix it? Trading Cards Classifying Animals 	<ul style="list-style-type: none"> Wednesday Week 8 Daily Check in All the Colours of the Rainbow 	<ul style="list-style-type: none"> Thursday Week 8 Daily Check in Inferences Week 8 Converting Puzzle Fruit and Veg Super Heroes 	<ul style="list-style-type: none"> Friday Week 8 Daily Check in Hamburger Writing What's Left? Creative Cooking

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

4B Miss Bonadio's Personal Meeting Room 9:30am	4E Miss Egan's Personal Meeting Room 9:30am	4K Mrs Keeling's Personal Meeting Room 9:30am	4S Mrs Santer's Personal Meeting Room 9:30am
Join Zoom Meeting :	Join Zoom Meeting:	Join Zoom Meeting	Join Zoom Meeting
https://nsweducation.zoom.us/j/62835416599?pwd=VDdCUXkvbkdEcnRGRTR6Z2JqbHdLUT09	https://nsweducation.zoom.us/j/61076960073?pwd=L0NKNGhDUEQxRHl5ZmFXWEFWQULqUT09	https://nsweducation.zoom.us/j/67060023775?pwd=YzJwTmN2TjF5cVf4L204SjFmOXU0Zz09	https://nsweducation.zoom.us/j/65206142495?pwd=UjlRNjRjdElkQ0NIUEVYNG4yV1c3QT09
Meeting ID: 628 3541 6599 Passcode: 401611	Meeting ID: 610 7696 0073 Passcode: 613124	Meeting ID: 670 6002 3775 Passcode: 996730	Meeting ID: 652 0614 2495 Passcode: 565202