

Years 7 to 9: Thursday, April 23

TASK 1: PERSONAL AND SOCIAL CAPABILITY

Approx: 60 mins

Try Mindfulness

Note to Parents/Guardians:

Mindfulness can be a very useful tool for families during this time. The Smiling Mind is a non-profit organisation that promotes and teaches evidence based mindfulness techniques. The Smiling Mind App is easily available from your App Store. There is also a Smiling Mind YouTube channel at <https://www.youtube.com/user/SmilingMindTV>. Please Read the parent's guide at <https://info.smilingmind.com.au/parentsguide> for more information.

Activity:

Have you tried any mindfulness activities?

1. Check out the Smiling Mind Website at <https://www.smilingmind.com.au/> to find out more about mindfulness and how it can be a great thing to practice. You will also see some great resources and information about how to manage life during COVID-19.
2. Download the Smiling Mind app or check out the Smiling Mind YouTube channel at <https://www.youtube.com/user/SmilingMindTV>. Try some of the exercises.
3. Do you think that this could be a good thing for other people your age to do? Write a script for a podcast or design illustrations/storyboard for an animation that will encourage other students to use mindfulness exercises. (Don't forget to include music or other sounds)

Curriculum Links:

Personal and Social Capability

Years 7 and 8: Discuss the range of strategies that could be used to cope with difficult tasks or changing situations.

Year 9: Develop criteria to appraise personal qualities and use these to design strategies to plan for the future or address a challenge.

TASK 2: HEALTH AND PHYSICAL EDUCATION

Approx: 60 mins

Scurvy – A Disease From The Past That is Making A Comeback

Note to Parents/Guardians:

Kids News is a safe, daily literacy tool of child-friendly news stories with a range of activities. This is a good daily activity, as the stories cover all curriculum areas. Students can listen to the story, if that suits their learning style or you would like to share it.

Today's story focuses on the resurgence of scurvy, a disease we think of as being wiped out long ago. This is due to poor diet.

Activity:

Follow the link to the Kids News Story on why scurvy, a disease from the past, is making a comeback in Australia: <https://www.kidsnews.com.au/health/a-disease-we-think-of-as-from-history-books-is-making-a-comeback-in-australia-due-to-our-poor-diets/news-story/41864be20d2a73b8329e784f26f70a49>

Complete the activities at the bottom of the news article, including the Quick Quiz, classroom activities and the extension.

Curriculum Links:**Health and Physical Education**

Years 7 and 8: Plan and use health strategies and resources to enhance the health, safety and wellbeing of their communities.

Year 9: Critique behaviours and contextual factors that influence the health and wellbeing of their communities.

BREAK: 30 minutes**TASK 3: DIGITAL TECHNOLOGIES**

Approx: 60 mins

Who's Who in the history of computers?**Note to Parents/Guardians:**

This is a research activity that will help students learn about the people who have contributed to the development of IT and computing.

Activity:

Find out about the people below. Write a paragraph in which they describe why they are important in the development of computers. Focus on what they did to help develop the technologies.

I am Ada Loveless. I ...

I am Tommy Flowers. I ...

I am Alan Turing. I ...

I am Hedy Lamarr. I ...

I am Adele Goldstine. I ...

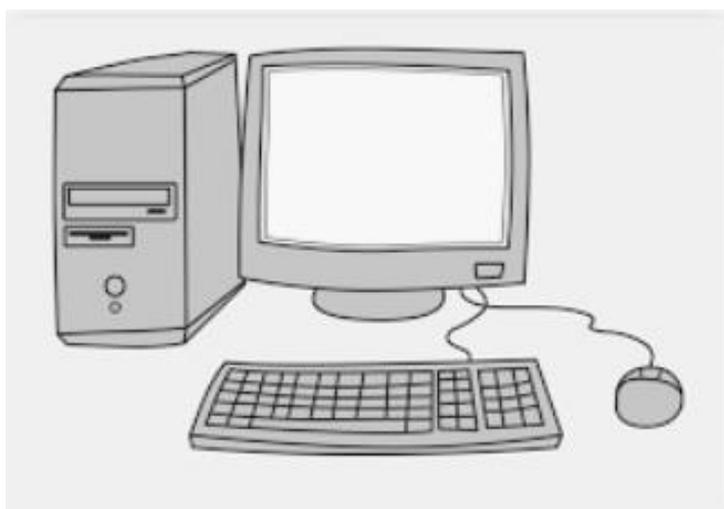
I am Tim Berners Lee. I ...

I am Grace Hopper. I ...

I am Margaret Hamilton. I ...

I am Steve Jobs. I ...

I am Bill Gates. I ...

**Curriculum Links:****Information and Digital Technology**

Years 7 and 8: Investigate how data are transmitted and secured in wired, wireless and mobile networks.

Year 9: Investigate the role of hardware and software in managing, controlling and securing the movement of and access to data in networked digital systems.

TASK 4: ENGLISH

Approx: 60 mins

Write Acrostic Poems

Note to Parents/Guardians:

This activity focuses on acrostic poems. This is an easy and fun way to write poetry. In this activity, students will think about plot, character and their evaluation of a novel that they have read through writing acrostic poems.

Activity:

Do you know what an acrostic poem is?

An **acrostic poem** is a **poem** where one letters in each line spells out a word or phrase.

If you're still not sure, here are some examples:

<https://examples.yourdictionary.com/acrostic-poem-examples.html>

Think about a novel that you have just read and enjoyed.

1. Write an acrostic poem about the plot or storyline book using the letters in the title of the book.
2. Write another acrostic poem about your favourite character in the book using the letters in name of the character.
3. Write another acrostic poem about what you like about this book using the letters in the name of the author of the book.

Curriculum Links:

English – Examining Literature

Year 7: Recognise and analyse the ways that characterisation, events and settings are combined in narratives, and discuss the purposes and appeal of different approaches (VCELT374).

Year 8: Recognise, explain and analyse the ways literary texts draw on readers' knowledge of other texts and enable new understanding and appreciation of aesthetic qualities (VCELT407).

Year 9: Analyse texts from familiar and unfamiliar contexts, and discuss and evaluate their content and the appeal of an individual author's literary style (VCELT438).

LUNCH: 60 minutes

TASK 5: ENGLISH

Approx: 20 mins

Drop Everything and Read

Note to Parents/Guardians:

This is a daily activity where everyone stops what they are doing and reads for 20 minutes. It helps if you do this at the same time each day and join in yourself!

You will need:

A book or other material that the student wants to read and can spend at least 20 minutes reading it. It is important that it is something they are interested in and are motivated to read.

Activity:

Find a comfortable place and read for 20 minutes.

BREAK: 30 minutes

TASK 6: GEOGRAPHY

Approx: 60 mins

What's Your Ecological Footprint?

Note to Parents/Guardians:

This activity uses the concept of the ecological footprint to help students think about their use of resources and whether or not this is sustainable. Although there are 'footprint calculators' available online, it is more useful for students to think about what actually goes into a calculator and they can tailor this to their home situation. This would be a great family activity.

Activity:

Your ecological footprint is a way of describing or working how much of the environment you use up in your everyday life.

How would you calculate your ecological footprint?

1. Write a list of ten questions that you think would help you to work this out.
2. Write answers to each question.
3. For each answer, write down if you think that your footprint is sustainable or not sustainable.
4. If it is not sustainable suggest one change that you could make to become more sustainable.

Curriculum Links:

Geography

Years 7 and 8: Collect and record relevant geographical data and information from useful primary and secondary sources, using ethical protocols.

Year 9: Environmental, economic and technological factors that influence environmental change and human responses to its management.

SUGGESTED LUNCHTIME ACTIVITIES

- Ever heard of random acts of kindness? Try one for somebody you know.
- Go for a walk.
- Call or Facetime a friend.

ADVICE FOR PARENTS/GUARDIANS REGARDING YOUTUBE LINKS

While YouTube offers some excellent learning resources and we offer suggested links in this material, Kids News cannot guarantee the type of advertisements that will pop up while you are watching these clips.

Please only allow your child to watch the suggested clips with supervision so that you can prevent them seeing the advertisements that are not age appropriate.

NOTE FOR PARENTS/GUARDIANS

These free activities are written by qualified, practising teachers in accordance with/with reference to the Australian National Curriculum 2020 and are intended to be used as a guide for parents.



TODAY'S STORIES

- 1. Anzac Day explainer: the dawn of the legend.**
- 2. Human brain's ability to produce language may be 20 million years older than previously thought.**