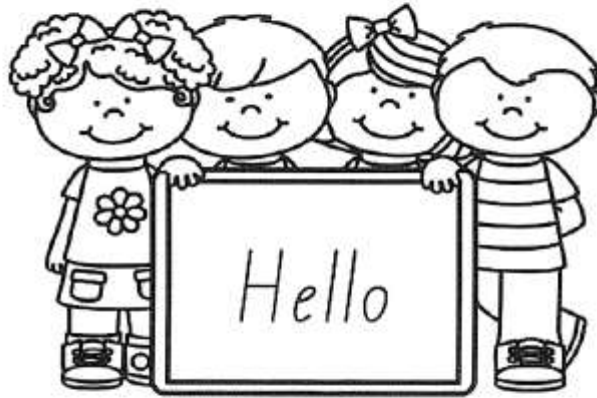


3/4/2020

Dear Parents,



I have sent you some work to do at home. This is for you to do after the school holidays finish. Don't forget to bring your scrapbook back to school so I can see all the lovely work you have done.

I can't wait to see you when we all come back to school.

From

Mrs Prebble and Mrs Robertson



Stafford State School

Independent Public School

3/4/2020

Dear Parents,

Thank you for taking the time to chat with us this week. It was lovely to hear about all the great things you are doing with your children at home. We are sending home a Resource Pack for you to use with your children during the first two weeks after the Easter break if we don't return to school.

We have tried to make it easy and fun. It is not meant to replicate an entire school day. Please, only spend up to 90 minutes a day to complete the daily activities. You may get the activities done quickly or some children may take longer to do them. If you don't get all the days activities done, leave them till the next day.

ABC television have launched an expanded schedule of free education content to support student learning at home. This starts on Tuesday 14 April. The content for primary schools will be shown in the morning from 10am. The ABC will offer additional online support through its portal [ABC Education](#), with access to more than 4000 free videos, interactive resources and games mapped to the Australian curriculum.

Some useful youtube sites:

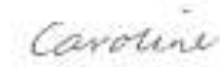
1. Jack Hartman – letters, sounds, sight words, counting, shapes, days of the week –
2. Alphablocks – sounds and blending
3. Numberblocks – numbers and counting
4. Kidsarthub – directed drawing activities
5. PE with Joe/ The Body Coach – workouts aimed at kids
6. Go Noodle – workouts, gross motor and dance routines for children

When the children return to school, please send their scrapbook back with them. Thank you for helping with your child's ongoing learning.

We look forward to seeing everyone when school starts again.

Kind regards,


Jennie


Caroline

Corner Stafford & Webster Roads Stafford QLD 4053

T 07 3552 6333 | F 07 3552 6300 | E the.principal@staffordss.eq.edu.au | www.staffordss.eq.edu.au

**Prep – Ideas for Wellbeing that you can do at home
From Ms B.**

Teach your family our wellbeing welcome song with Auslan signs– Shake, shake, shake, rub, rub, rub, hands in a circle and up above, bring your hands to your heart, now we're ready to start, hello, and welcome to class.

Perform a mini yoga sequence – mountain, rocket, ragdoll, dog, snake, mouse, dog, ragdoll, rocket, mountain. Each time change the way you do it - with or without sounds, fast or slow.

Teach your parents the Stafford High 5 – Talk Friendly, Talk Firmly, Ignore, Walk Away, Report (tell a teacher). Give an example of how you could use the Stafford High 5. Have you been using this at home with your family?

Practise the skipping challenge. How many forward skips can you do in 30 seconds, how many backward skips can you do in 30 seconds and how many tricks can you do in 30 seconds. If you have access to the internet search 30 jump rope tricks you can learn #JumpingJordyn

Play Sleeping Lions – How long can you lie still in your relaxation position with your eyes and mouth closed. Breathe in and out as slowly as you can. How did it make you feel? Relaxed, refreshed, calm...

Create 5 stations for a mini exercise class. Include exercises like star jumps, sit ups, burpies, push ups, frog jumps, balancing or skipping. Complete each activity for 1 minute.

Think of 3 random acts of kindness you could do today. For example, help mum or dad, write a thank you card, give someone in your family a massage.

Play mirror pairs with a family member. Use the yoga poses you know for actions – snake, cat, cow, dog, mouse, lion, superman, rocket, tree, aeroplane.

Practise the skipping challenge. How many forward skips can you do in 30 seconds, how many backward skips can you do in 30 seconds and how many tricks can you do in 30 seconds. What new tricks can you learn this week?

Follow an online meditation such a smiling mind or do the high 5 breathing strategy – trace each finger breathe in through your nose as you trace up and breathing out really slowly as you trace down your finger.



Stafford State School

Independent Public School

Term 2

Week 1

Prep Home Learning

Learning Areas:

- English
- Mathematics
- HASS
- Science
- Health/PE
- Music

Monday – Week 1



Stafford State School

Independent Public School

Wellbeing Task	Can you help make your bed?
English	<p>Practise the letter formations using the laminated alphabet card and white board marker that was sent home.</p> <p>Read or watch online The Gingerbread Man with a parent/carer. Retell what happened in the beginning, middle and end of the story.</p> <p>Draw a picture to match each part of the story.</p> <p>Where is the story taking place? How do you know? Discuss this with your parent/carer.</p> <p>Explain how the story reminds you of something in real life.</p> <p>Complete Worksheet 1-trace the patterns on the Gingerbread Man</p>
Break	
Middle Maths	<p>Trace the number formations on the laminated card that was sent home using the white board pen provided.</p> <p>Ask someone to help you collect 10 objects. Practise counting your collection, forwards and backwards. You could even try starting from different numbers (for example, start with 5 objects and keep counting).</p> <p>Count how many steps it takes to get from your bedroom to the kitchen and back.</p> <p>Play a board game with a family member, for example Snakes and Ladders.</p>
Break	
Afternoon Science and Technology	<p>Draw, build or paint a habitat for an animal of your choice.</p> <p>Brainstorm what you will need to do to care for this animal.</p> <p>Make sure you include these things in your work. (food, water etc)</p>



Wellbeing Task	Could you organise your toys today?
English	<p>Practise the letter formations using the laminated alphabet card and white board marker that was sent home.</p> <p>Re read or watch The Gingerbread Man with a parent/carer. What interesting words can you find in the story? Identify all the characters in the story and talk about them with your parent/carer.</p> <p>Verbally describe one of the characters to your parent/carer. What do they look like? What do they do? What do they like/dislike?</p> <p>Resource</p> <p>Thread around the Gingerbread Man cut out with wool. Keep for tomorrow.</p>
Break	
Middle Maths	<p>Trace the number formations on the laminated card that was sent home using the white board pen provided.</p> <p>Number hunt: what numbers can you find in your house? Can you find all the numbers from zero to ten? Go to twenty if you can. Try writing these numbers in your book, for example the numbers on a remote control or a clock. Can you find numbers on shoes, on food in the cupboard or in the fridge?</p>
Break	
Afternoon History	<p>Who is in your family? Ask each of your family members what country they were born in.</p> <p>Draw a picture of your family.</p> <p>IF YOU CAN...</p> <p>Call a grandparent or older relative. Ask them to teach you the words to a song from their childhood days.</p>



Wellbeing Task	Can you help make lunch today?
English	<p>Practise the letter formations using the laminated alphabet card and white board marker that was sent home.</p> <p>Practise writing your name in your book. If you can already write your first name, practise your last name as well.</p> <p>Using the Gingerbread Man from yesterday, follow the instructions on Worksheet 2 to decorate your Gingerbread Man.</p>
Break	
Middle Maths	<p>Trace the number formations on the laminated card that was sent home using the white board pen provided.</p> <p>Collect your favourite toys, books or LEGO. Sort them into different categories. Explain to someone how you sorted them? Is there another way you can sort them? Sort them again.</p> <p>Try and find more than two ways to sort.</p> <p>Collect 10 sticks (or random objects) and order them from shortest to tallest.</p>
Break	
Afternoon Creative Arts	<p>Sing a song with a family member, for example 'Heads shoulders, knees and toes' or 'Row, row, row your boat'. Can you make some actions to go with the song?</p> <p>Make up a dance sequence and perform it for your family.</p> <p>Teach them your dance.</p>



Wellbeing Task	How can you help a family member today?
English	<p>Practise the letter formations using the laminated alphabet card and white board marker that was sent home. Re-tell the Gingerbread Man to a parent/carer.</p> <p>Worksheet 3 Cut, sequence and glue the 6 pictures in your scrapbook.</p>
Break	
Middle Maths	<p>Trace the number formations on the laminated card that was sent home using the white board pen provided. Shape hunt: What shapes can you find in your house? Draw a picture out of these shapes. Describe your picture to a family member and ask them to help you write down the names of the shapes.</p> <p>Resource Complete, colour and make the “All about rectangles” book.</p>
Break	
Afternoon Geography	Draw or use collage materials to make an artwork of a place that is special to you.



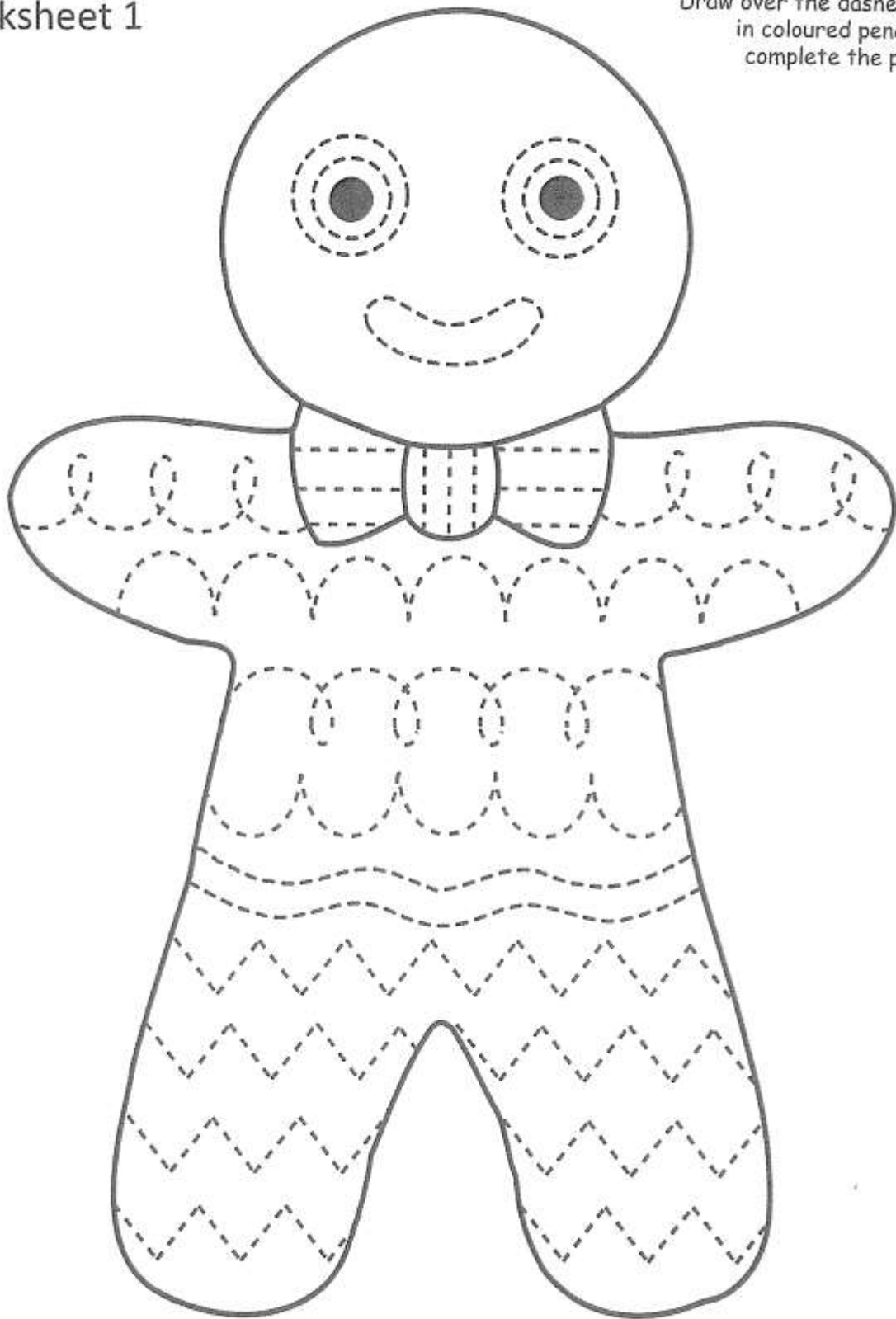
Wellbeing Task	Can you tidy your room?
English	<p>Practise the letter formations using the laminated alphabet card and white board marker that was sent home.</p> <p>Resource Colour and cut out the finger puppets for the Gingerbread Man.</p> <p>Use the puppets to re-tell the story. Can you use different voices for the different characters? Don't forget to say, Run! Run! As fast as you can. You can't catch me, I'm the Gingerbread Man!</p>
Break	
Middle Maths	<p>Trace the number formations on the laminated card that was sent home using the white board pen provided.</p> <p>Collect some blocks, pencils, pens, dried pasta, dried beans, etc. Make a repeating pattern. ABAB pattern – knife, fork, knife, fork ABBA – pencil, rubber, rubber, pencil Draw your pattern in your workbook.</p> <p>Describe your pattern to a family member. Can you make another pattern using the same materials? Draw your second pattern.</p>
Break	
Afternoon Health and PE	<p>Identify three ways you can keep your body healthy. Practise throwing and catching a ball with a family member.</p> <p>Complete the indoor Scavenger Hunt (resources)</p>

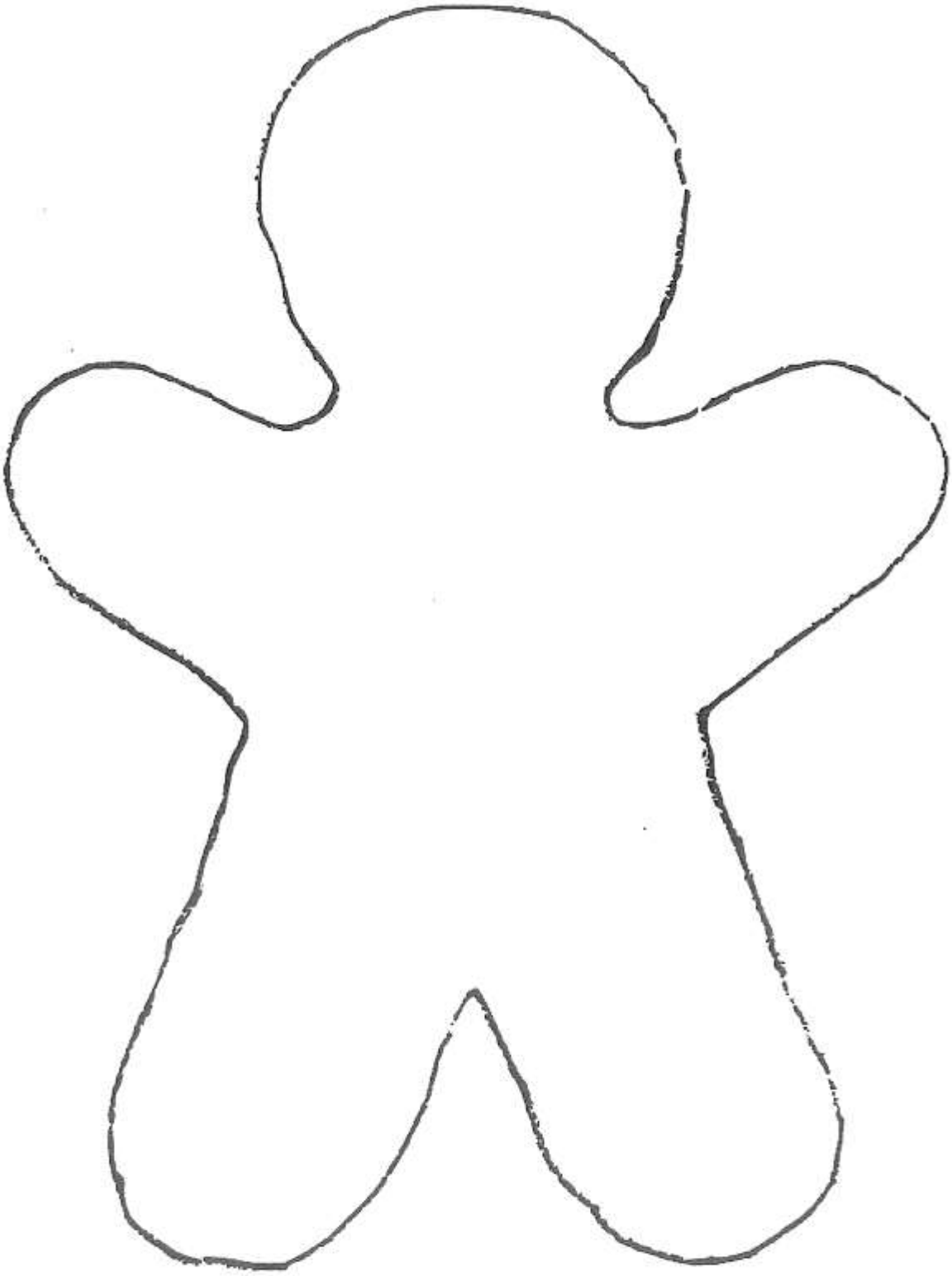
Gingerbread Man Tracing Patterns



Worksheet 1

Draw over the dashed lines
in coloured pencils to
complete the picture





Work Sheet 2: Decorate your Gingerbread Man

Follow the directions below to decorate your Gingerbread Man.

EYES

If you have blue eyes, colour the Gingerbread Man's eyes blue.

If you have brown eyes, colour the Gingerbread Man's eyes brown.

If you have green eyes, colour the Gingerbread Mans' eyes green.

HANDS AND FEET

If you write with your right hand, make zig zag lines.

If you write with your left hand, make straight lines.

MOUTH

If your favourite dessert is ice-cream, make an open mouth.

If your favourite dessert is cake, make a smile.

If your favourite dessert is something else, make a frown.

NOSE

If you are a girl, colour the nose pink.

If you are a boy, colour the nose blue.

BUTTONS

If you are less than 6 years old, make round buttons.

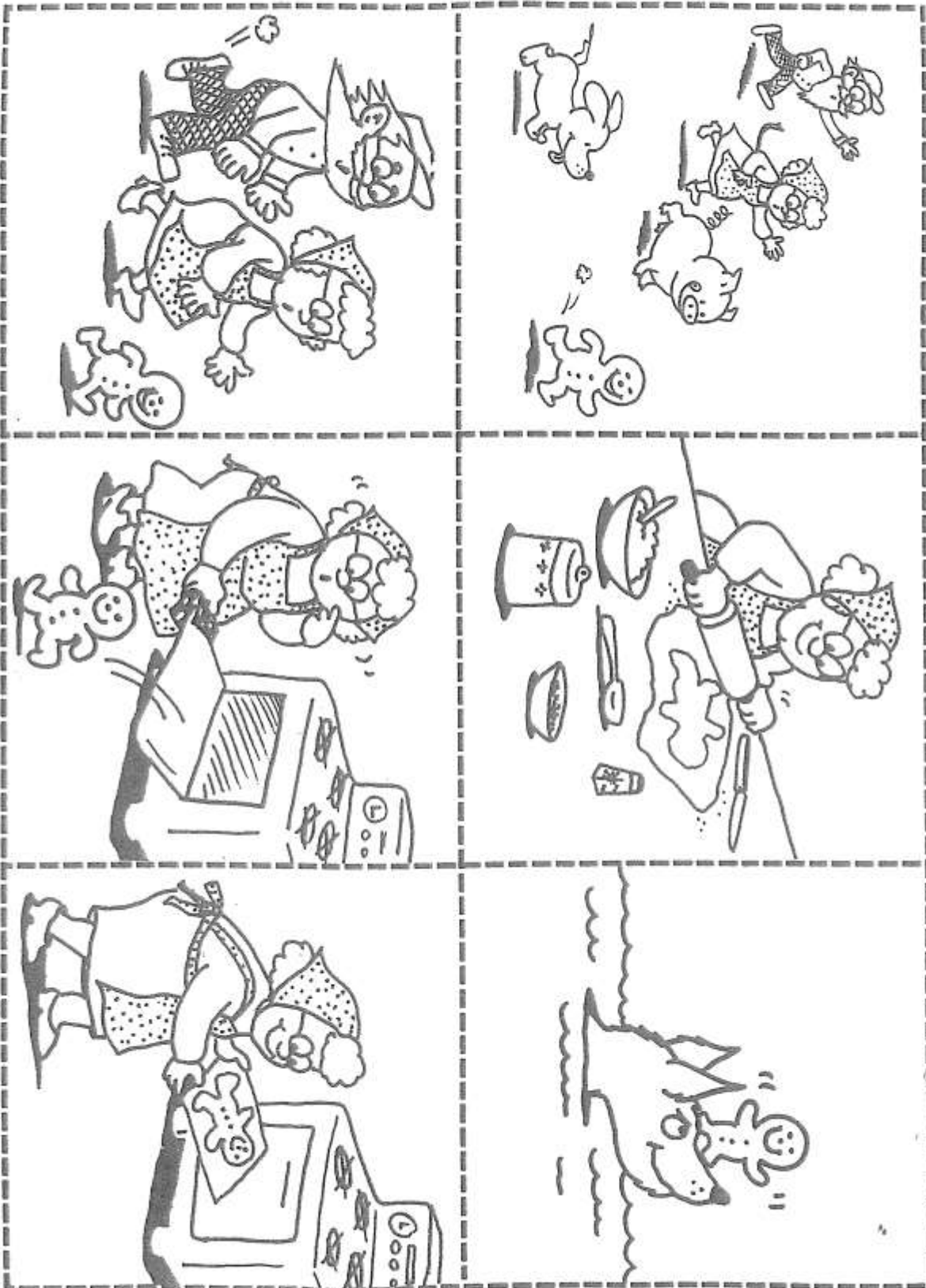
If you are 6 years old, make square buttons.

If you are 7 years old, make triangle buttons.

If you are 8 years old, make oval buttons.

If you are more than 8 years old, make heart buttons.

Worksheet 3



6. The Gingerbread Man


Resource

Week One Mathematics Thursday

Draw 3 different rectangles of different sizes.

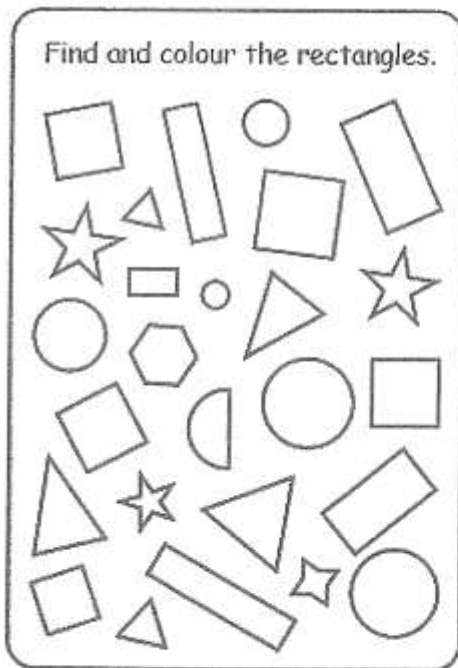


rectangle

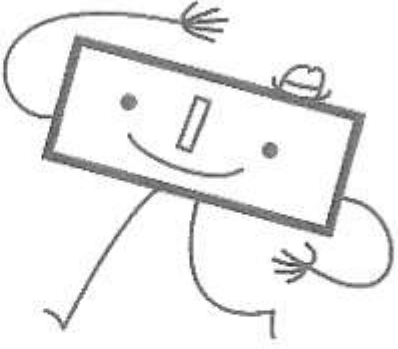


Trace the shape and the word.

Find and colour the rectangles.



All About Rectangles

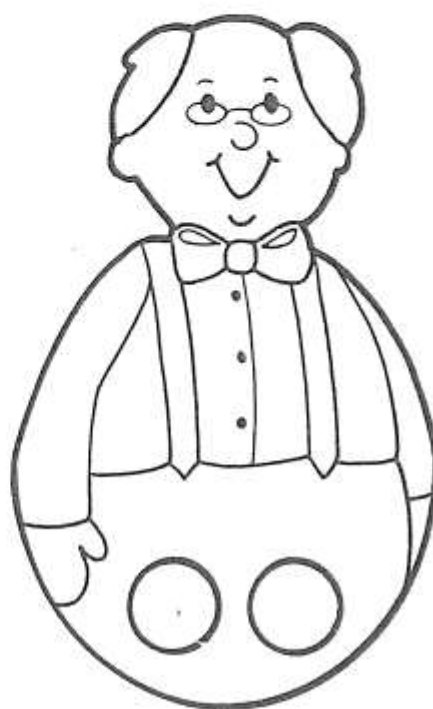
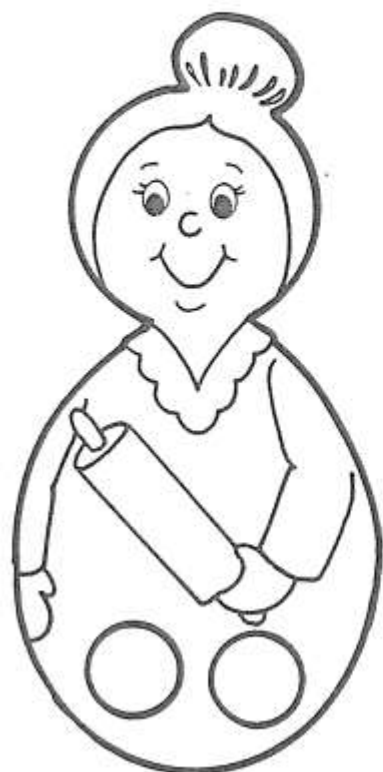


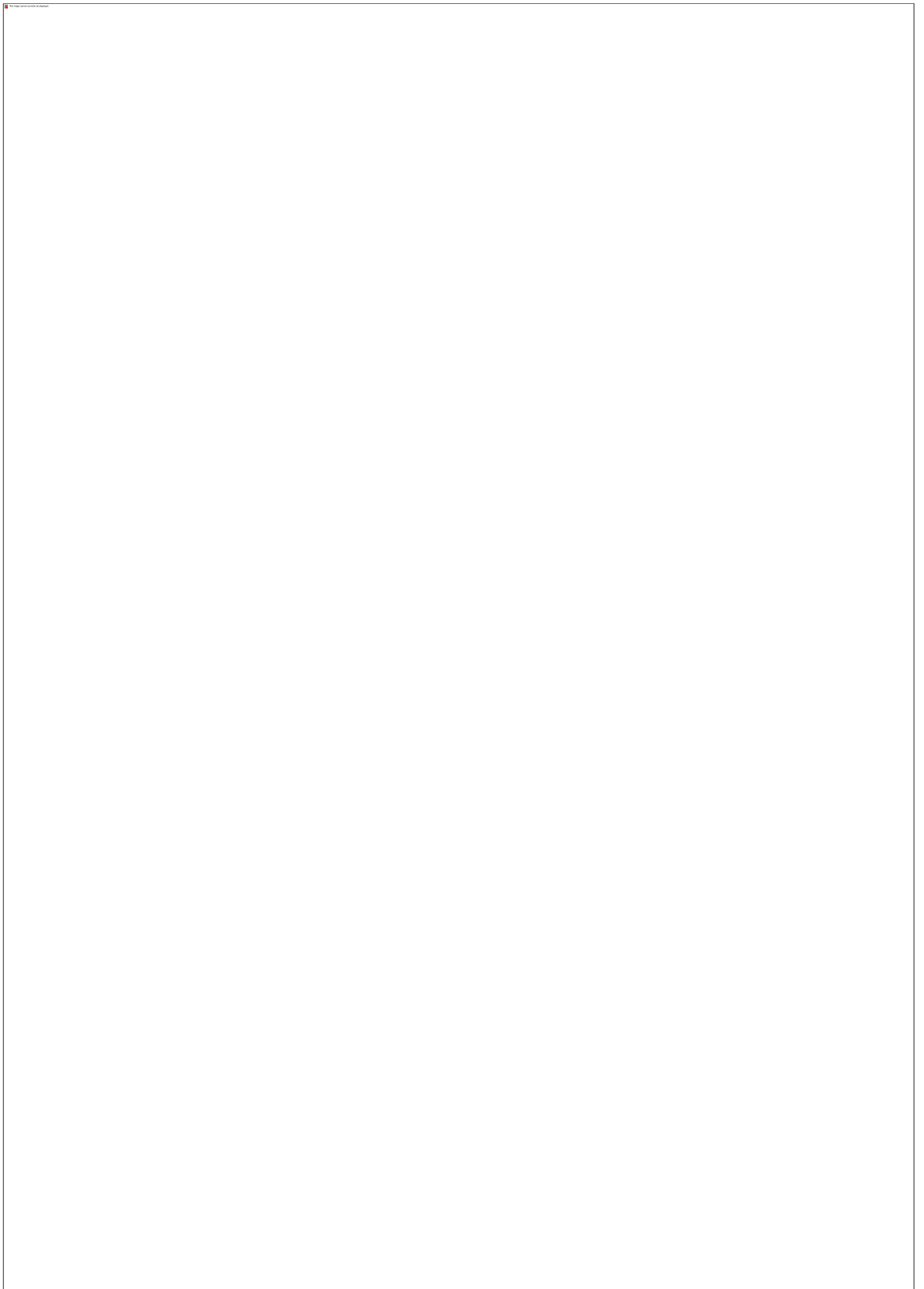
Name: _____

© teachstarter

The Gingerbread Man

Finger Puppets







Music - Prep

Welcome to our music unit on responding to music!

Your task, if you choose to accept it, is to
share music with your family

Talk

Talk with a family member about music.

1. Why do people make music?
2. Where do people make music?

Draw

Where have you heard music?

Make

Choose a song to sing to your family.

Song title: _____

How did you go?

I used my singing voice, not my talking voice



Keep the Beat

Can you **sing and perform the beat** at the same time? Remember, the beat stays the same, but the rhythm changes with the words!

Try it!

Sing *The Incy Wincy Spider (Prep)* or *The Ning Nang Nong (Grade 1)* and keep the beat in different ways:

- Clap
- Tap your legs
- Step on the spot
- Walk on the beat
- Play the beat on an instrument
- Think of other ways to keep the beat on your body
- Use your toys to keep the beat – tap a teddy, tap two toys together, or use your own idea.

*The Incy Wincy spider went up
the water spout,
Down came the rain and washed
the spider out!
Out came the sunshine and dried
up all the rain,
So the Incy Wincy spider went up
the spout again.*

*On the Ning Nang Nong where the Cows go Bong! and the monkeys all say BOO!
There's the Nong Nang Ning where the trees go Ping! And the tea pots jibber
jabber joo.
Oh on the Nong Ning Nang where the mice go Clang! and you just can't catch 'em
when they do!
So its Ning Nang Nong, cows go Bong! Nong Nang Ning, the trees go ping! Nong
Ning Nang, the mice go Clang
What a noisy place to belong! Cause it's the Ning Nang Ning Nang Nong!*

Choose a piece of music.

Keep the beat somewhere on your body while you listen to it.

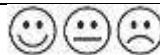
Circle how your performance went.

Discuss your performance with a family member.

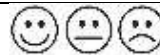
Did they agree or disagree with you?

Song title:

I tapped the beat somewhere on my body



I kept in time (I didn't go too fast or too slow)



I listened carefully to hear the beat in the music



**Now ask a family member to keep the beat while they listen to some music!
How did they go?**

Here are some other ways you and your family can enjoy music.

Choose some activities that you'd like to try. Colour in the box after you have done it. Can you get four in a row?

Have fun!

Play a freeze game (musical statues) with different styles of music. Try jazz, heavy metal, opera...	Teach a rhyme or song to someone in your family.	Learn a song from a family member.	Lip-sync along with your favourite song (use a brush for your microphone!)
Have a family disco! Ask everyone to dress up!	Popping is a kind of dance where people move like robots. Create your own popping sequence.	Make up new words to a song you already know.	Dance with some props. Use scarves, balls, hoops, ribbons, toys...
Make a drum kit from kitchen pots, pans and containers.	Draw what you hear. Put some music on and away you go!	Play "Guess that Tune". Hum a song for others to guess the title.	Move to the music - dance and prance to any music that has different tempos (fast/slow).
Set up and play "Pass the Parcel". <i>Challenge:</i> <i>Choose a piece of classical music for the game. Find out the composer's name.</i>	Make a maraca (shaker) or a few maracas that use different materials and make different sounds.	Lay down, relax and listen to some beautiful music. Tell someone what you thought about while it was playing.	Finger tutting is where people dance using only their fingers and hands. Make up your own sequence.

Mr Dooner hopes you and your family have a wonderful time exploring music together!

This song will help you wash your hands carefully:

<https://www.youtube.com/watch?v=L89nN03pBzI>



Health– Prep

This term, students explore how their bodies are growing and developing, and identify the actions that will keep them healthy such as diet, hygiene and physical activity.

Week 1 - Teddy Bear Picnic

Today you need to look after your teddy and take it on a picnic.



Draw 3 healthy foods you can take on a picnic with Teddy

--	--	--

Draw 3 things you need to take on the picnic to keep Teddy Safe

--	--	--

Draw 3 games you played with Teddy to keep Teddy active

--	--	--

Week 2 – Growing and Changing

Collect three photos of yourself; One as a baby, one as a toddler and one now.

Play spot the difference with the photos. How have you grown and changed? What can you do now that you couldn't do before?



Stafford State School

Independent Public School

PE – Prep to Year 2

This term, students participate in tagging games which incorporate the fundamental movement skills of dodging and running. They experiment with movement skills and test alternatives to solve movement challenges. They demonstrate positive ways to interact with others.

Week 1 and 2 Rotations

Complete each activity for 5 minutes

Activity 1 – Running

Play tag games with a family member or run between two places. Try different movements in the game such as galloping, skipping, crawling, bear walking.

Activity 2 - Jumping

Stand behind a line and see how far you can jump. See if you can jump further when you use your arms.

Activity 3 – Throwing

Use a ball or scrunched up paper to throw into a target - a washing basket or bucket is ideal. Can you move further away and still get the ball in the basket?

Activity 4 – Skipping

Use a skipping rope (or pretend rope) to practise forward and backward skipping.

Activity 5 - Ball Games

Week 1 - Use a ball to play catching games like piggy in the middle.

Week 2 – Use a ball to play kicking games like soccer (shoot for a goal)

While learning at home, keep up as much physical activity as possible. Dancing, running, walking, scooting, riding, climbing, rolling, bowling, jumping, throwing, catching, kicking, bouncing, skipping. Make up your own games and create your own obstacle courses. Have fun with movement!

I can't wait to see you when you get back and to hear what you have been up to!

Miss B



Wellness/ Yoga

Complete one or more of the activities on the Health and Wellbeing Grid.

Health and Wellbeing Grid



Online Tasks	Offline Tasks			
YouTube - Just Dance Uptown Funk High Hopes Waka Waka That Power	Create a health diary and list all the things you do each day to look after your body	Design your own yoga sequence – link poses you know and/or make up some of your own	Create a hop scotch with chalk or pieces of paper How many different ways can you play?	Draw pictures of 6 ways you should look after your body every day. You could turn it into a poster
Choreograph a dance to Dance Monkey or another favourite song	Write a list of 10 things you like about another family member	Write a list of 10 things you like about yourself	Blow up a balloon, learn to tie the balloon. See how long you can keep the balloon in the air.	Design a funny poster that would encourage people to exercise and eat healthy
Do a meditation with a family member – smiling mind is a great app	Go for a scoot, walk, run or bike ride – collect some objects from nature and make a collage	Try two new fruits or vegetables each week to boost your immune system	Build a cubby house Make sure you pack it away after play	Write a list of 10 things and opportunities you're grateful for
Learn how to draw on 'Art Hub for Kids' or how to type on Dance Mat Typing	Write 5 'I am ...' statements to describe yourself.	Design a new active game for indoors Write out the rules	Write a thankyou letter to a doctor or nurse who is exhausted treating patients	Create your own obstacle course. You could use chalk and objects from around the home
Find your favourite GoNoodle on YouTube	Design your own scavenger hunt and ask someone in the house to complete it	Create a line drawing in black texta/pen and colour in with colour leaving no white spaces	Play with a ball – hit, kick, throw, catch, roll, juggle, experiment	Scrunch up some paper into a ball and throw it at a target – create a points system
Follow a Cosmic Kids yoga story online or PE with Joe 5 minute moves	Move to the Music - play a range of music styles and move your body in funny ways to the beat	Create a beat with your body and objects and teach it to a family member	List 7 things you could tell a friend to do when they need; cheering up, calming down or help to relax.	Call an elderly family member and read them a story – maybe they will read one to you too?

- Highlight the tasks when you have completed them

Meditation Online

- Rainbow breathing <https://www.youtube.com/watch?v=O29e4rRMv4>
- The Listening Game https://www.youtube.com/watch?v=uUIGKhG_Vq8

Brain Breaks Online

- Move and Freeze <https://www.youtube.com/watch?v=388Q44ReOWE>
- Exercise, Rhyme and Freeze <https://www.youtube.com/watch?v=cSPmGPlyyKU>

Yoga Online

- Strengthen Your Focus <https://www.youtube.com/watch?v=0vuaCHEAs-4>



Wellness/ Yoga

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Health and Wellbeing Grid



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<p>Do a meditation with a family member – smiling mind is a great app</p>	<p>Go for a scoot, walk, run or bike ride – collect some objects from nature and make a collage</p>	<p>Try two new fruits or vegetables each week to boost your immune system</p>	<p>Build a cubby house Make sure you pack it away after play</p>	<p>Write a list of 10 things and opportunities you're grateful for</p>
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