

Lower Secondary Years 8 – 9 Learning at Home

1. The Student Wellbeing Hub: <https://www.education.wa.edu.au/>
2. The Student Wellbeing Response and Recovery Advisory Group: contact details 62062098 covid19.studentwellbeing@education.wa.edu.au

Online learning for students from the school can be accessed on

- 1) Go to Google. Type in 'DOE Connect'.
- 2) Click on the url: connect.det.wa.edu.au or 'Connect DET'

The Department of Education have provided online access to resources through the 'Learning at Home' website: <https://www.education.wa.edu.au/learning-at-home/>

Learning ideas at home

a. Set up a daily chores roster for all family members

1. Count all family members
2. Make a list of daily chores
3. Draw up a table

For example

chores	Family 1	Family 2	Family 3	Family 4	Family 5	Family 6
Chore 1						
Chore 2						
Chore 3						
Chore 4						

a. Draw up your daily study schedule

1. Make a table
2. List the subjects- may be the same as your school timetable
3. List the times

b. Start a daily blog/diary

Include

1. Date and time
2. Meal plan for the day
3. Exercise plan 😊
4. Highlights of learning from yesterday
5. Goal for tomorrow

c. Drawing exercise

1. Take an apple (or piece of fruit)
2. Draw the apple
3. Take a bite and draw the apple
4. Take another bite and draw the apple
5. Continue till you reach the core and draw the core.

d. Think of 3 meals that you enjoy to eat.

1. Ask your parent or carer about how to make the recipe
2. Write out the recipe
3. Collect the ingredients
4. Make the recipe for your family.
5. Teach the recipe to your siblings
6. Ask them to rate you out of 10

e. Imagine you have \$100

1. Collect the junk mail from IGA or Woolies
2. Go shopping with the catalogues
3. Spend as close to \$100 that you can

f. Read a book

1. This could be to your siblings or parents
2. Take a character out of the book and create a side story about their life

g. Grow a garden

1. Ask a parent/carer to get you some seeds
2. Find a container and fill with soil (make sure it has holes to drain in the bottom)
3. Plant your seeds
4. Water daily
5. Record the growth on a chart

h. Write a letter to a family friend

i. Create a daily exercise program

1. List exercises
2. Create an exercise space in your house or yard
3. Make a table (example)

Week	Monday	Tuesday	Wednesday	Thursday	Friday
1	10 sit ups 10 star jumps	5 second plank	Running on the spot- 1 minute	15 sit ups 15 star jumps	Run around the house
2	20 sit ups 20 star jumps	20 second plank			
3					
4					

j. Create a treasure hunt

1. Make up 10 clues
2. Winner gets their chores done for that day

k. Create a board game

l. Learn your times tables

m. Each day write out a timetable

1 to 12 times tables

1. Week 1-2 write out forwards
2. Week 3-4 write out backwards
3. Test your siblings
4. Stick the timetables on the back of the toilet door so all the family learns the tables

n. Be kind to yourself and others

1. Make Mum, dad, gran or your carer a cup of tea.
2. Make a card to tell someone you are thinking of them

o. Go to your fridge and chose 3 ingredients

1. Make a meal from the 3 ingredients
2. Set the table nicely
3. Invite members from your house to dinner
4. Serve them dinner