



SAINT HELENA'S
CATHOLIC PRIMARY SCHOOL

Something Beautiful for God

St Helena's Catholic Primary School

Assisting Children When Learning from Home

Resources for Families



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Something Beautiful for God

Dear Parents and Caregivers

In line with the latest advice from Commonwealth and WA Governments, St Helena's Catholic Primary School will remain open at least until the end of term, providing the best possible education to your children.

As well as offering soon to be available weekly or daily learning schedules, staff have been working proactively to prepare a document for parents to assist with engaging students in learning whilst they are away from the formal school environment. I am pleased to provide this document to our parents and caregivers; it contains many suggestions for learning activities to complete at home.

Remember, too, that your child/ren will be experiencing a range of emotions right now. Not only can they hear everything that is going on around them, they can also feel our tension and anxiety. Your child/ren's well-being is critical at this time. Remember to play with them outdoors and go for a walk. Remember to bake cakes and paint pictures, play board games and watch movies. Do a science experiment together or find virtual excursions to the zoo or museum. Read together as a family. These are the things that will help your child to thrive during these challenging times.

I take this opportunity to commend the staff of St Helena's who have demonstrated outstanding commitment to keeping our children engaged and learning as well as happy and safe. These are difficult and challenging times for all of us and I assure you that our staff are leading the way as inspirational educators. They are a credit to the St Helena's community.

Kind regards

Lina Bertolini

Principal



Religion and Faith Formation

Content	Activity	Age	Link
Lent/Easter	Share the story of the resurrection for children with your child and then create a story scene using a shoe box.	K- Year 2	https://sthelenas.wa.edu.au/wp-content/uploads/2020/03/K-to-2-Lent-Easter-Activity.pdf
Holy Week Passport	Journey through Holy Week to Easter creating a passport	K- Year 2 Year 3-6	https://sthelenas.wa.edu.au/wp-content/uploads/2020/03/Holy-Week-Passport.pdf https://sthelenas.wa.edu.au/wp-content/uploads/2020/03/Holy-Week-Passport-1.pdf
Lent/Easter	Children read the story the Washing of the Feet and complete a hands-on activity	Year 3	https://sthelenas.wa.edu.au/wp-content/uploads/2020/03/Year-3-Lent-Easter-Activity.pdf
Lent/Easter	Works of Mercy activity linked to Caritas Australia: children create a comic strip	Year 4	https://sthelenas.wa.edu.au/wp-content/uploads/2020/03/Year-4-Lent-Easter-Activity.pdf
Lent/Easter	The temptation of Jesus in the Wilderness: comic strip story and a drawing activity to follow	Year 5	https://sthelenas.wa.edu.au/wp-content/uploads/2020/03/Year-5-Lent-Easter-Activity.pdf https://sthelenas.wa.edu.au/wp-content/uploads/2020/03/Year-5-Comic-Book-Resource.pdf
Lent/Easter	The Parable of the Pharisee and the Tax Collector with an animations or Readers Theatre script and activities to follow	Year 6	https://sthelenas.wa.edu.au/wp-content/uploads/2020/03/Year-6-Lent-Easter-Activity.pdf https://sthelenas.wa.edu.au/wp-content/uploads/2020/03/Year-6-Comic-Book-Resource.pdf



English

Activity	Information	Age	Link
Daily Reading	Your child can complete reading of books at their level. Parents and siblings can listen to children reading and ask questions to check comprehension.	Years 1-6	Not online
Journal Writing	Your child can complete daily journaling/writing. This could be on a topic of interest to them, or a topic of your choosing. See 'Pobble365' below for writing prompt ideas.	Pre-Primary – Year 6	Not online
Reading Eggs	ABC Reading Eggs makes learning to read interesting and engaging for kids, with great online reading games and activities. 30-day free trial for parents.	Ages 2-14	https://readingeggs.com.au/
Diana Rigg PLD	Designed to be easy-to-follow parent education videos, detailed instructions and downloadable resources, games, flash cards and posters covering key components such as Literacy, Oral Language and Movement & Motor. Free	Early Years to Year 6	https://pld-literacy.org/home-learning-with-pld/?fbclid=IwAR0IKNIjHSUYuMXjMcrGgLrGGmYa_QXaZDRz45kOe9BDimPu9aybEnM5T8



Visual Writing Prompts	A great website with visual writing prompts. There are ideas and suggested activities related to each prompt. Free	Years 1-6	https://www.teachstarter.com/au/widget/visual-writing-prompts/
Comprehension Choice Board Task	These task cards can be downloaded and applied to any text. There are also some great literal and inferential questions	Years 3-6	https://drive.google.com/file/d/1XFBWM2f-sVNEyphdX3OLXWmgjMO6libX/view
Scholastic Online Learning	20 days' worth of active learning journeys. Every day includes four separate learning experiences, each built around a thrilling, meaningful story or video. Kids can do them on their own or with their families. Just find your grade level and let the learning begin! Free. Note: US based.	Kindy-Year 6	https://classroommagazines.scholastic.com/support/learnathome.html?caching
Author Websites	Listen in as authors and celebrities read aloud many popular books. Check author websites for upcoming virtual read-alouds and to help students build background knowledge for upcoming author/illustrator studies Free.	All years	https://www.storylineonline.net/ https://www.katemessner.com/read-wonder-and-learn-favorite-authors-illustrators-share-resources-for-learning-anywhere-spring-2020/
International Discovery Yours	Send children around the state, country and world via virtual field trips and virtual museum	Years 1-6	A few to consider:



	tours. Many sites offer free trials. A few to consider: Free.		<ul style="list-style-type: none">• https://www.discoveryeducation.com/community/virtual-field-trips/• https://www.virtualfieldtrips.org/• https://www.fieldtripzoom.com/• https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours• https://naturalhistory.si.edu/visit/virtual-tour
Pobble365	A website that includes writing prompts. Pobble365 presents an image for each day of the year. This image is linked to a Story Starter (for writing) and various grammar activities. Free.	Years 1 – 6 (some activities may be appropriate for different levels)	http://www.pobble365.com/
Vooks	Storybooks brought to life. A kid-safe, ad-free streaming library of read-aloud animated storybooks. Free 30-day trial.	Pre-Primary – Year 6	https://www.vooks.com/
Raz Kids	400+ eBooks that students can listen to, read, and even record themselves reading. Each book has an accompanying eQuiz to test reading comprehension. Free trial. Note: US based.	Kindy – Year 6 (dependent on student reading ability).	https://www.raz-kids.com/



Mathematics

Activity	Information	Age	Link
Mathseeds	ABC Mathseeds combines highly structured lessons with fun motivational elements that keep children engaged and keen to learn. Can be accessed online (via website) or through Android/Apple Store (app). Free 30 day trial.	Mathseeds: Ages 3 – 9	https://mathseeds.com.au/
Khan Academy	Outstanding teaching videos, followed by practice questions for students to answer. Free. A non-profit website with the mission to provide a free, world-class education for anyone, anywhere. Free.	Ages 4-8	https://www.khanacademy.org/math
Mathletics	By blending intrinsic and extrinsic motivations and rewards, and using best-practice theories of gamified learning, Mathletics keeps students engaged with maths. 2 day trial, subscription required after the trial period.	Kindy-Year 12	https://www.mathletics.com/au/
Prodigy Maths	Teaching over 1500 maths skills through lessons, games, and challenges. Free access.	Years 1-6	https://www.prodigygame.com/



NRICH	Learning activities and games for all math concepts Free.	Pre-Primary – Year 6	https://nrich.maths.org/primary
Early Childhood Maths Games	A link to some great early childhood hands on maths games Free.	K/P/1	Early Childhood Maths Games
Junior Primary Maths Games	A link to some great early childhood hands on maths games Free.	P-2	Junior Primary Maths Games
Education Perfect	Provides you and your child with a wealth of curriculum aligned content as well as a dynamic set of learning tools. Create a free account (until 1 st May 2020).	Kindy – 6	https://epforlearning.com/
Dreambox Learning	Supports all children with the teaching and learning of maths concepts including English learners. Free trial.	K-8	https://www.dreambox.com/at-home
Mathnasium	A great document to assist parents teaching young children initial math concepts Free.	Kindy – Year 5	https://s3.amazonaws.com/rdcms-pta/files/production/public/Images/Booklet-Math-Tips-For-Parents-K-5-PDF-US.pdf



Times Tables Practice	Students can recite their times tables. Parents/older siblings can quiz their children/younger siblings: 4- In order 2- Backwards 3- Random 4- Create a list of questions to be completed in a 'mad minute'.	Years 1-6	Not online
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Science

Activity	Information	Age	Link
National Geographic	Information on a range of different topics linking to science in a variety of forms. Also includes activities in: English, Maths, History, Geography, Art and Physical Education and Health. Free.	Dependent on reading ability of the student	https://www.natgeokids.com/au/
Mystery Doug	115 short videos on a range of different interesting topics. Free. Note: US based.	Kindy – Year 6	https://mysterydoug.com/
Mystery Science	Science lessons – mini-lessons and full lessons. Includes activities. Free.	Kindy – Year 6	https://mysteryscience.com/school-closure-planning



Science Bob	List of Science experiments with instructions to do with children. Free.	Years 1-6	https://sciencebob.com/category/experiments/
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General

Activity	Information	Age	Link
STEM	Exploring Stem at Home (Science, Technology, Engineering and Maths) Activities and ideas for parents to support their children's learning and development. Free.	Pre K- Year 2	https://www.education.wa.edu.au/dl/1982mk
STEM Activities for home	A printout of 77 simple STEM activities to engage your child in their learning	All ages	https://sthelenas.wa.edu.au/wp-content/uploads/2020/03/Screenshot-2020-03-17-at-6.30.59-pm-003.jpg
ABC Education	ABC Education brings you thousands of free, curriculum-linked resources for Primary and Secondary students and teachers. Free.	Pre-Primary – Year 10	https://education.abc.net.au/home
ABC Behind the News	<i>Behind the News (BTN)</i> is a long-running news programme broadcast on the ABC aimed at school-aged children (8–13 years of age). <i>BTN</i> is aimed at upper primary and	Upper Primary	https://www.abc.net.au/btn/stories/



	lower secondary students with the hope of helping them understand issues and events outside their own lives. Free.		
BrainPOP and BrainPOP Jr.	Explains difficult concepts to children. Includes engaging learning games, animated movies and activities. Free access for schools and families impacted by school closures.	BrainPOP Jr.: K – Year 3 BrainPOP: Year 4 +	https://www.brainpop.com/
IXL	Gain fluency and confidence in maths. IXL helps students master essential skills at their own pace through fun and interactive questions, built in support and motivating awards. Monthly membership	K- year 12	https://au.ixl.com/math/
StudyLadder	Mathematics, English, Science and more! A comprehensive program of online educational activities for students aged 4 to 12, mapped to the curriculum. 'Basic' access is free (limited course access).	Kindy-Year 6	https://www.studyladder.com.au/
Let's Learn at Home	A printout of some creative ways to engage your child in learning at home	All ages	https://sthelenas.wa.edu.au/wp-content/uploads/2020/03/Lets-Learn-at-Home.pdf
Fluency and Fitness	Helps students review essential K-2 reading and maths concepts, while providing a movement break. Free access for 21 days.	Kindy- Year 2	https://fluencyandfitness.com/register/school-closures/
Go Noodle	GoNoodle® gets kids up and moving to fun, engaging content and games. Every dance	Kindy- Year 6	https://www.gonoodle.com/



	party, yoga session, mindfulness activity, and game session is an opportunity for kids to wake up their bodies, engage their minds, and be their best. Free.		
Typing Club	Learn touch typing. Free.	Pre-Primary -Year 6	https://www.typingclub.com/
Code.org	Computer science and coding courses and activities for students. Free.	Age 4+	https://code.org/athome https://code.org/student/elementary
Initial Code	The official app from the Sounds-Write Initial Code phonics program. This program is taught in Pre-Primary, Year 1 and 2.	PP-Year 2	App https://apps.apple.com/au/app/initial-code/id769196201
Pocket Phonics stories	Children learn how to write each letter correctly and hear each letter sound, as well as blending them into decodable words, through letter writing and word games. The app is suitable for dyslexic readers also.	Kindy- Year 1	App https://appsinmypocket.com/pocketphonics-stories/
The Home Crew	A Facebook page set up for people to share ideas, helpful suggestions, home learning activities and mindful strategies for staying at home.	Parents	https://www.facebook.com/groups/thehomecrewau/
Artventure	A website-based art class that teaches your child to create artworks following step by step instructions. Free trial.	All ages	https://artventure.com.au/



Social and Emotional

Activity	Information	Age	Link
Smiling Mind	A daily mindfulness and meditation guide at your fingertips. Free programs for children and adults. Free app.	7 - 9 yo 10 - 12 yo 13 - 15 yo 16 - 18 yo Adults	https://www.smilingmind.com.au/
Headspace for Kids	Guided meditation for kids in different areas: calm, focus, kindness, sleep and wake up. 2-week free trial (cancel during trial to not be charged).	'for kids'	https://www.headspace.com/meditation/kids
Cosmic Yoga	Yoga, mindfulness and relaxation designed specially for kids aged 3+, used in schools and homes all over the world.	Ages 3+	https://www.youtube.com/user/CosmicKidsYoga



Non-screen activities you can do at home

Pobble

What can you do when there's no school and you're stuck at home? Here are 25 fun ideas to choose from.



1 How many different words can you make from the letters in this sentence, below? Grab a pencil and paper and write a list!

'Learning from home is fun'

2 Thank a community hero. Think of someone that helps you in some way and write a short letter to thank them.

Thanks!

3 Get building! You could build a Lego model, a tower of playing cards or something else!



4 Can you create your own secret code? You could use letters, numbers, pictures or something else! Can you get someone else to try and crack it?

5 Start a nature diary. Look out of the window each day and keep note of what you see. Birds, flowers, changes in the weather, what else?

6 Hold a photo session. Use a camera or a mobile phone to take some snaps. What will you photograph? Your pets or toys perhaps?

7 Build a reading den. Find somewhere cosy, snuggle up and read your favourite book!



8 Use an old sock to create a puppet. Can you put on a puppet show for someone?



9 Make a list of all the electrical items in each room of your home. Can you come up with any ideas to use less electricity?

10 Design and make a homemade board game and play it with your family.



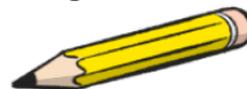


11 Do something kind for someone. Can you pay them a compliment, make them something or help them with a task?



12 Can you create a story bag? Find a bag and collect items to go in it that relate to a well known story. If you can't find an item, you could draw a picture to include.

13 List making! Write a list of things that make you happy, things you're grateful for or things you are good at.



14 Design and make an obstacle course at home or in the garden. How fast can you complete it?



15 Can you invent something new? Perhaps a gadget or something to help people? Draw a picture or write a description.



16 Keep moving! Make up a dance routine to your favourite song.



17 Write a play script. Can you act it out to other people?



18 Read out loud to someone. Remember to read with expression.



19 Write a song or rap about your favourite subject.



20 Get sketching! Find a photograph or picture of a person, place or object and sketch it.



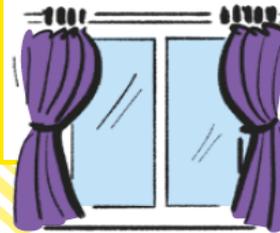
21 Junk modelling! Collect and recycle materials such as yoghurt pots, toilet rolls and boxes and see what you can create with them.

22 Draw a map of your local area and highlight interesting landmarks.



23 Write a postcard to your teacher. Can you tell them what you like most about their class?

24 Draw a view. Look out of your window and draw what you see.



25 Get reading! What would you most like to learn about? Can you find out more about it in books? Can you find a new hobby?



30 Days of LEGO Play

Follow the instructions for each day. The only rule is to have fun and use your imagination!

Day 1	Day 2	Day 3	Day 4
You were hired by an amusement park to create a new roller coaster.	NASA needs you to build a new rocket.	Your parents want to build a new home and they want you to build it.	Hollywood hires you to build a movie set for a new Star Wars movie.
Day 5	Day 6	Day 7	Day 8
You enter a contest to build the world's tallest tower. Will you win?	You are stuck on Mars and need to build a new ship to get home.	Ford hires you to create the toughest pick up truck in the world.	You and 4 friends are stranded on an island. Build a boat to find a way home.
Day 9	Day 10	Day 11	Day 12
Captain Hook needs a new pirate ship and wants you to build it.	You and your friends decide to build a tree house.	Prince Charming hires you to build a castle for him & Cinderella.	Dr. Who hires you to build a new TARDIS.
Day 13	Day 14	Day 15	Day 16
You are asked by the President to build a new monument to George Washington.	Mr. Hilton hires you to build a new hotel.	There is a circus in town. Build a place for the performances.	Help your fellow pioneers build a wagon to make it across the country.
Day 17	Day 18	Day 19	Day 20
Build the fastest car around and join the big car race.	Do you wanna build a snowman? Get in the winter mood and build a snow scene.	The city wants you to build a bridge to connect one side of the town to the other.	Pizza party! It is up to you to make a pizza for all the guests.
Day 21	Day 22	Day 23	Day 24
You are hired to build a brand new hospital.	The fence is broke and the dog keeps escaping. Build one he can't get out of.	You are now in medieval times. You are commissioned to build a jousting arena.	The local bank keeps getting robbed. Build a safe no one can crack.
Day 25	Day 26	Day 27	Day 28
Design and build your dream bedroom.	You are elected ruler. Build a flag for your land.	Aliens are invading and you need to build a war robot to defeat them.	The aliens have taken over. They are impressed by your robot. They want you build one for them.
Day 29	Day 30	What was your favorite day?	
You are hired to build a house entirely out of yellow Legos.	There is blizzard. You will need to build a snowmobile		



 **Brain Breaks** 

Touch your right hand to your left foot. Repeat five times	Make a paper aeroplane	Do something nice for someone in your family	Play a game of I-spy with a family member	Help to set the table	5 wall push-ups and crab walking
Put your hands over your head and try to balance	Watch a Go Noodle clip on YouTube	Go outside and watch the clouds. What shapes do you see?	Clean your room or make your bed	Help to water the plants	Take ten deep breaths
Do a wheelbarrow race with your family	Spin in a circle three times	Help your family to put the washing away	Walk around the house and find as many shapes as you can	Play rock paper scissors with a family member	Walk backwards, gallop and walk on your tip toes around the house
Check to see if you have any recycling for the recycling bin	Try and make your own cube with a piece of paper	Do 10 star jumps and 5 push-ups	Play a board game	See how many times you can scrunch a piece of paper in a ball	Do a puzzle
Draw a picture of your favourite toy	Sing head, shoulders, knees and toes	Do 10 squats and 10 push-ups	Wiggle your whole body for 10 seconds. Repeat 3 times	Do a mindfulness activity on Smiling Minds	Read a book
Interview a family member and ask them about their favourite place in the world	Make ten large circle with your arms	Draw a map of your home	Collect rocks and leaves from outside	Give yourself a big hug	Put on some music and dance for 5 minutes