

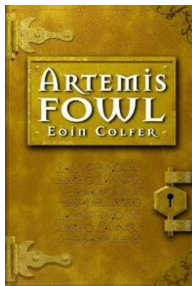
Term 2 Kea Whanau Newsletter 4
Week 3, Tuesday 28th April

This week's theme is [Mindfulness](#): here are a range of activities and tips for you.



Learning activity 1: Artemis Fowl

Your Mission - Listen to or read the Artemis Fowl book, below are the links for both the full text if you would like to read it yourself and the full audiobook if you would like to have it read to



you..

- Artemis Fowl [Audiobook \(all chapters\)](#)
- Artemis Fowl [Full Text](#)
- Artemis Fowl [Movie Trailer](#)

Once you have read or listened to the story. Complete the attached Artemis Fowl activities.

Learning activity 2: Mindfulness Thank you

Attached to the email is a PDF Mindfulness Thank you and stay safe colouring in posters. Alternatively, if you do not have access to a printer. Create your own poster and share them with your class room teacher via email. We would love to see all of your creative posters that you come up with.

[Quick Reminder of Recommended Learning:](#)

We recommend your child spends around 20-25 minutes on these three platforms a day. With regular breaks in between each. If you would like to know how many hours/minutes your child has spent on each of these websites weekly, please email your child's class teacher and they can give you this information.

Along with these three online platforms we also have our [Kea Whaanau 3x3](#) website which has a range of activities that cover the curriculum areas and an awesome Whaanau activities page.

[Reading Eggspress](#)

- Lessons may be set by teacher
- Assignments may be set by teacher
- Books in the Library may be set by the teacher
- Spelling activities

[Writing Legends](#)

- **Quick Writes-** using story starters, 10minutes
- **Full Writes-** *You need to complete all parts of the writing process, by doing the planning (Brainstorm) and draft writing before we advance you on to the publishing stage.*

There will be feedback from me on each of the stories written, so if you would like to check this, please feel free. If this is possible please sit with your child and check they understand what to do as we have had many unfinished stories handed in with less than 10 words on the task.

[Mathletics](#)

- Teacher assigned activities e.g. whole numbers / Place Value / Basic Facts etc.
- Live Mathletics (This will not log time on their 'time spent on task' as it is live)

[Well being tip: Try as a family or parents/caregivers by yourself for a break](#)

Music is medicinal. Did you know musical therapy is used in aiding stroke patients, to help those with Parkinson's learn to walk again, singing helps patients with asthma and it can help you and I with heart health.

Take some time to try something a little different and choose a piece of instrumental music (as you might otherwise focus on the words).

Find somewhere comfortable and give it your total focus, with your full attention on the music. Close your eyes as you listen.

Try exploring new genres that are foreign to you or listening to a powerful ballad.

While researching this and the different musical instruments I was hearing in songs. I discovered this. Here is Smooth Criminal by Michael Jackson played beautifully by different instruments giving it a totally different feeling.

[2Chellos](#)

[David Garrett - Violinist](#)

[B13 - Drums and Piano](#)

And then for some something totally different...

Munich [Symphonic Orchestra](#)

Whakataukii

He maurea kai whiria!

Ignore the small things and direct your attention to the bigger picture.

As we are nearing the end of Level 4 it is important to remember the bigger picture and not to let the little things bother you. Here's to a great first week at Alert Level 3. Me haumaruru te noho e hoa maa.

Ngaa mihi maioha,

Kea Whanau