

Rangeview Intermediate Homework Activities – Term Two

You need to make sure you read for at least 20 minutes per evening. You need to choose one long-term task from this sheet and at least 3 short term tasks. Your parents will need to sign off the tasks you choose and your teacher will sign it once you have completed them. You will complete the tasks in your homework book. Your homeroom teacher will go over this homework sheet with you and will tell you the check in points during the term. You may also be asked to complete other small tasks from your teachers or complete work that was not completed in class.

Long Term Activities:

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| <p>Complete a food and exercise diary for 3-7 days. Write down everything you eat and drink and include any physical activity. Compare your exercise and what you have eaten with the “New Zealand healthy eating guidelines for children” http://www.nutritionfoundation.org.nz/nutrition-facts/healthy-eating-for-all-ages/children</p> <ul style="list-style-type: none"> • Did you notice any patterns? • Are there any groups you need to eat more of? • Are there any food groups you need to eat less of? • Did you partake in the recommended amount of physical activity? • What are 3 recommendations you would tell yourself from the information you have learnt. | <p>Keep a log over the course of the term of the following activities:</p> <ul style="list-style-type: none"> • Go for a 30 minute walk/run/cycle 3 times a week. • Club sports trainings – what sport, how many times a week and for how long. • Complete a chart keeping track of the activities you do during the term which have a positive effect of your health and well-being. | <p>Keep a record of practices you attend for your sport over the course of the term and work out how much time you spend practicing all together. Think about how practising something regularly helps you to improve and give 3 reasons why regular practice helps you to improve.</p> <p><u>Extension:</u> Complete a pie chart comparing this activity to one or two other activities you do.</p> | <p><u>Week 1 to week 5:</u> Make a graph of your choice with shows your TV/Video time for Week 1-5.</p> <p><u>Week 6 to week 10:</u> Establish a daily exercise plan. Calculate the distance walked, swam, biked etc or any other exercise.</p> |
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Short Term Activities (continued overleaf):

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| <p>Make a 3 course meal for your family including a shopping list and menu. Take photos of your meal and get feedback from your whanau about what they liked and what improvements could be made for next time.</p> | <p>Write an email/letter/card to somebody in your life who has done something nice for you, thanking them for their deed/words and expressing how grateful you are for them and what they did or said.</p> | <p>Create a chart that explains what the difference is between a good citizen and a good digital citizen – What is the same? What is different?</p> | <p>Write a schedule for your weekly commitments e.g. sport, homework. When you make up a schedule, you have to take a lot of things into consideration. Not just the time you have to complete a project, but also if you need any special supplies or have to go somewhere specific to finish a task.</p> | <p>Sew on a button.</p> <p>Write a short thank you note.</p> <p>Visit the Te Atatu Library and find out about the history of Te Atatu South or your Whanau group place name.</p> |
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| <p>Try to do one random act of kindness every day for one week – keep of a record of what you did for whom.</p> | <p>Take photos of yourself using technology OTHER than mobile devices, computers etc e.g. doing the washing, making breakfast, riding a bike.</p> | <p>Complete a Digital Compass activity, or explore the Digital Bytes activities online: www.common sense media.org/educators/digital-compass OR digitalbytes.common sense media.org/</p> | <p>A farmer has 3 bales of hay: alfalfa, barley and wheat. Together, the alfalfa and barley weigh 30kg. Together, the barley and wheat weigh 50kg. Together, the wheat and alfalfa weigh 40kg. How much does each weigh?</p> | <p>How many years old is a person if her age now is equal to her age in 3 years × 3, less 3 times her age 3 years ago?</p> |
| <p>Keep a diary record of your learning/reflection in class and share with your whanau. Use questions such as these to help you: - what did you work well on today? - what did you find challenging? - what you can improve on? - who could you ask for help?</p> | <p>Imagine you need to fundraise for an overseas trip. You have two options: making and selling cupcakes at a local market or having a sausage sizzle at Bunnings. Investigate both options, finding the recipe for cupcakes, working out the cost and selling price for cakes and sausages. Consider the cost of hiring a BBQ, gas, oil, bread, onion for the sausage sizzle; the cost of hiring a place at the market, containers for storing cakes, electricity etc. Use as much information as you can and show all you working.</p> | <p>Research the minimum hourly pay and calculate weekly payments based on 40-hour week and 25% deductions. Make a shopping list for groceries, make sure to include petrol and mobile phones top-up. Would the money left be enough to pay a power and internet bill as well as rent (minimum of \$200/week for a room)</p> <p>Review your favourite book. What was it about the book that excited you? Who was the main character and what were some of their personality traits? Do you identify with that character? Why? What would you tell people about the book to get them to read it?</p> | <p>How would you invest \$300, 000 if you won a lotto? How much profit would you make in ten years? If someone invested \$300 ten years ago, would they be able to buy a house? Explain, showing all your calculations.</p> <p>Identify something you find difficult to do eg. learn tables, spell words correctly etc. or a physical skill. Decide on 3 activities to help improve these skills, monitor the time spent on these activities, progress made, problems encountered and how you can judge progress.</p> | <p>Look at the labels of a piece of clothing. Draw the symbols and research and record their meanings.</p> <p>Research Fibonacci numbers. Write a page about this number sequence. What do Fibonacci numbers and Pascal triangle have in common?</p> |
| <p>Use advertising mail from your local shops to make a table that would contain the original price, percentage discount, the amount discount and the sale price.</p> | <p>Design a mural to welcome visitors/students/teachers to our school. Consider the type of Typography (type of writing) to use. The wall proposed to use, is the one that backs onto the staff carpark as you enter our school through the main entrance.</p> <ul style="list-style-type: none"> • Think about the colours you would choose for the mural and symbolism those colours have. • Consider images/ patterns you would use and how they embrace the wide range of cultures represented at Rangeview. • Remember the mural needs to <u>welcome</u> visitors to our school and represent everyone who goes to Rangeview / our location - environment (Te Atatu / Waitakere). (You may wish to consider including our RISE school values). • Research other murals to get inspired. • Draw a couple of different designs. • Choose your favourite design and develop it (improve it). Discuss your ideas with others to get feedback so you know how to make it better. Ask family, other students and teachers and for their valued opinion. • Make any changes and draw a super good copy of your design, so other people can clearly understand your ideas. You can hand draw it, use a computer, paint it or make a collage. • There is a big chance that the best mural proposed will become a reality and turn into a real life mural by you and a team of others mural painters. Now that is something to be very proud of so give it your BEST shot! | | | |
| <p>Research healthy meal ideas from your culture and make a healthy dinner for your whanau.</p> | | | | |