

# Te Kura Supervisor Newsletter

Years 1 to 10 and Special Education

2017 Terms 1&2

Issue 23

## Editor's letter

Welcome Supervisors

I have been pleased to meet a number of new supervisors already this year, and I welcome you all to Te Kura. You will have a timetable and routine by now and I encourage you to contact Adele, our supervisor support advisor, if you have questions or anything to discuss. You will find her details at the end of the newsletter.

Google Classroom is a new way for Te Kura to deliver a learning programme, and I have written an article on page 2 about my son's participation in this.

Also on page 2 is the contact information for Te Kura's library and a link to Māori resources.

Carl has provided some 'Stepercise' activities for all ages, to encourage your student to keep active and maybe have mini active breaks throughout the day to keep their minds fresh.

We're looking for someone to look after this newsletter's art segment following Joy's retirement from Te Kura. Have a look at this newsletter's Abstract Art article to get an idea of the content and if you want to find out more, think you fit this role or know someone who does then please contact Adele.

Here's to another great year of learning,

Cheers

*Dianne*

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We want to hear from you so email your contributions or questions to us with the subject title: *Supervisor Newsletter*

[adele.harris@tekura.school.nz](mailto:adele.harris@tekura.school.nz)

*Clipart for this publication – Microsoft Office Online Pictures & Google images*

## MĀORI RESOURCES



[www.maoridictionary.co.nz](http://www.maoridictionary.co.nz)

This well presented website is easy to use and also links to the Te Whanake website.

## KID SAFE SEARCH ENGINES

Here are two safe search engine websites.

[www.kidrex.org](http://www.kidrex.org)

[www.kidzsearch.com](http://www.kidzsearch.com)

## TE KURA LIBRARY



Te Kura library services are available to fulltime students, early childhood students and young adult students living in NZ.

The library is open Monday to Friday from 8.30am to 4.30pm, including school holidays. It is closed on weekends, public holidays and between Christmas and New Year.

The books range from picture books to non-fiction, magazines, DVDs and audio books. Supervisors can also borrow books to help with their students' learning.

Contact the librarians to arrange for your student to receive a selection of books by post.

### Library contacts:

Phone: 0800 65 99 88, ext. 8783 or 8502

Email: [library@tekura.school.nz](mailto:library@tekura.school.nz)

Website: [www.tekura.school.nz](http://www.tekura.school.nz)

[Login](#) to gain quick access

## GOOGLE CLASSROOM

### Teacher's Comment

The use of Google Classroom is very new at Te Kura. Teachers are exploring different ways to use Google Classroom with their students during 2017.

### Dianne's Comment

My son Alex has his learning programme delivered in a Google Classroom. This enables him to be part of a real time classroom and takes away that feeling of isolation that can be experienced by many Te Kura learners. We live in a remote area so reducing the sense of isolation is very important.

The transition from booklets to online learning has also meant that he is able to access his work immediately and get feedback sooner from his learning advisor. The work to do is put into a calendar so that he knows when it is due. This has helped him to become more independent and take greater control of his learning programme.

Alex is encouraged to start the day with a short chat session with his class, via 'Google hangouts', under the supervision of his learning advisor. The students take turns at leading the class with a discussion of their choice that everyone can contribute to. This is a great way for them all to discover what each other is interested in, before they settle into their daily work.

There are also weekly video hangouts (similar to Skype) which enable Alex to connect with his learning advisor and other class members. He is able to see the other students and collaborate on a document with them, which gives him the feel of a real classroom environment.

Using Google Classroom gives Alex access to a wide range of online tools that are beneficial to his learning. I would encourage all supervisors to welcome any opportunities for their student to engage in online learning. Google Classroom is an exciting new development in this area. My son thoroughly enjoys being part of his online learning environment.

# Fitness with Carl

Kia ora everyone!

I hope you enjoyed your term break and are back into the swing of things with your school work! Here is your first Te Kura Fitness instalment of the year while you're studying!



## Do you Stepercise?

Did you know that we human beings have been recommended to take about 10 000 steps each day to keep fit and healthy? Phew, that's a lot of steps! Imagine walking up and down a rugby pitch 100 times? That's about 10 000 steps! Could you do it?

Well I was surprised to see that as a Supervisor, I get nowhere near 10 000 steps a day unless I do my regular run or soccer coaching and refereeing. My FitBit® fitness watch tells me that I take about 5000 steps just walking around the house when supervising and doing the odd chores each day. "Not enough for a fit guy", you might be thinking! Well if you're anything like me, you'll want to know how you can increase the number of steps walked to reach the magic 10K a day! If you're still short of a few steps, just know that you're much fitter than you were before!

Following are three lists of activities with approximate number of steps taken. How many of these do you do or could you do more of?

## Take the challenge! Who can take 10 000 steps in a day?

All the best,

**Carl**



## For the younger ones!

Activity	Number of Steps
Hide and seek	Hider - 100 steps, Seeker - 100's more!
Tag	1000+ steps
Piggy back rides	100+ steps
Skipping race	100+ steps

*Continued on next page*

## Sports

Activity	Number of Steps
Soccer	4000+ steps for an <b>active</b> game
Rugby	5000+ steps for an <b>active</b> game
Basket Ball	2000+ steps for an <b>active</b> game
Tennis	1000+ steps for an <b>active</b> game
Cricket	500+ steps
Badminton	800+ steps for an <b>active</b> game
Softball	500+ steps
Frisbee/Nerve	300+ steps
Volleyball	200+ steps



## Helping Out!

Activity	Number of Steps
Going shopping	500+ steps
Putting out the rubbish or recycling	100+ steps
Getting the mail from mailbox	100+ steps
Walking the dog (if you have one!)	1000+ steps
Mowing the garden lawn(s)	1000+ steps
Vacuuming/sweeping the house	100+ steps
Watering the house/garden plants	100+ steps
Putting the washing out	100+ steps
Walking to the shops to get groceries	1000+ steps

# ART & CRAFT

## Abstract Art

Here is a great way to encourage your student to use their imagination by creating some colourful abstract art. Simply draw thick lines on a sheet of paper and then it is just a matter of filling in the segments with colour!

Crayons, felts, paint, chalk pastels or whatever art supplies you have will be suitable. Maybe even glue and different coloured glitter if that's what your student likes.

This is suitable for all ages as the older the student, the more complex they can make the pattern. When the picture is complete it can be mounted on contrasting paper or cardstock.

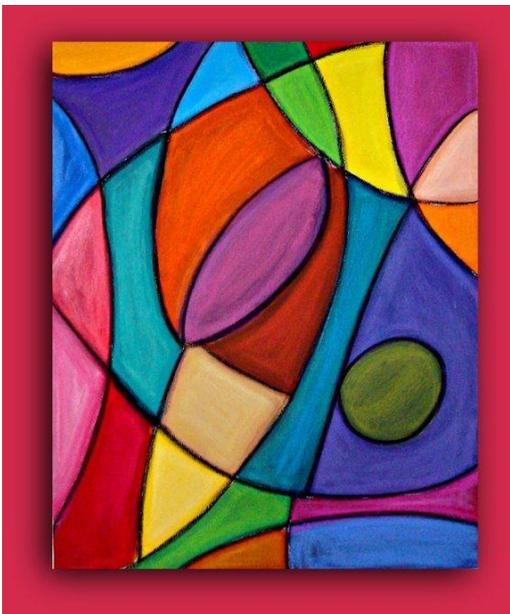


Figure 1



Figure 2

## Hello from Adele...

Kia ora and Welcome

My name is Adele and I am the Supervisor Support Advisor at Te Kura. You are welcome to contact me for ideas around supervising your student or to answer any questions you may have.

Here are a couple of tips;

Encourage your student to develop and maintain good study habits by ensuring there is a nominated area or areas for your student to study and to store any study materials.

Begin with a simple timetable which includes time for physical education and regular short breaks. Carl has some great ideas for short 'Stepercise' breaks earlier in this newsletter.

[Sport NZ](#) has a range of physical play ideas, some of which can be adapted for individual or small groups

Check out the cyber safety tips and parenting guides at [Netsafe](#). Net safe covers topics such as staying safe online and how to manage your child's digital devices

[Education NZ](#) has lots of practical tips for helping children with reading, writing and maths.

### The Hub

Students, supervisors and whānau now have access to the Hub, an exciting new service providing help with online learning.

Whether it's OTLE, Google Docs or a Te Kura-issued laptop, the Hub is available to help from 8am to 5pm weekdays.

Contact the Hub: Phone 0800 65 99 88 Ext 8712

Email: [hub@tekura.school.nz](mailto:hub@tekura.school.nz)

Contact Adele Harris Ph 0800 65 99 88 Ext 8244 [adele.harris@tekura.school.nz](mailto:adele.harris@tekura.school.nz)

This newsletter for supervisors was written by supervisors of Te Kura students. The views expressed in this newsletter are those of the supervisors who contributed to it.