

# Co-Curriculum at Home

Monday 7<sup>th</sup> September – Sunday 13<sup>th</sup> September



Dear students and families,

This week coming is R U OK day; we have put together some activities to get your bodies and minds moving.

Here is a list of some activities for you at home!

**Tayla Bagnato and Dylan Soligo, 12B VCAL**



Thank you to Tayla, Dylan and all the 12B VCAL Students who have contributed to this week's program.

[Click here](#) to access previous editions of Co-Curriculum @ Home.

## **A few important things to note before you engage with these activities:**

- Many of these activities are run by third party websites and are shared in good faith.
- Please always exercise caution online.
- Be extra safe for activities that have a practical element or require use of equipment.
- Primary students should check in with a Parent/Guardian first before participating in activities.
- All participation in this program must follow Marymede school rules & Conduct in the Online Environment information sent by Ms Hall.

Happy exploring!

**Ms Angie Bedford**  
Cultural Co-Curricular Coordinator P-12

[Click here for Years Prep-2](#)







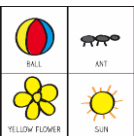



[Click here for Years 3-6](#)

[Click here for Years 7-12](#)

[Co-Curricular House Shield Leaderboard & Competition Winners!](#)












# Years Prep-2 Activities & Competitions

Edited by Tayla Bagnato, 12B VCAL

 <p>Mini Chef in the Kitchen</p>	<p><b>Mini Chef</b></p>  <p>Join a family member in your home to cook; it could be your favourite chocolate cake or your favourite macaroni and cheese. Let's see how you make your delicious meal and the end result. Make sure you have parental permission and assistance and work safely in the kitchen. To earn <b>5 house points</b>, <a href="#">upload a photo of you cooking here</a>.</p>
	<p><b>Yoga Adventure</b></p> <p>Yoga is great for mind and body. <a href="#">Click here for a yoga adventure</a> with Squish the Fish.</p>
	<p><b>Singing @ Home!</b></p> <p>Welcome to the fourth session of Singing @ Home. This series was made especially for Marymede P-6 students! Whether you're an experienced Primary Choir member, or keen to try out singing, check out this <a href="#">27-minute singing club with Ms Wason</a>. This is the last episode for Term 3. <a href="#">You can re-watch all four sessions here</a>.</p>
	<p><b>Secret Treehouse Meditation</b></p> <p>Take some time to relax, <a href="#">with this 16-minute meditation</a>. This guided meditation helps you imagine a secret treehouse!</p>
	<p><b>Scavenger Hunt</b></p> <p>Get up and get moving! <a href="#">Click here for the list of things</a> I have provided to go on your home scavenger hunt. Let's play!</p>
	<p><b>Bingo!</b></p> <p>Want to play something fun? Make a cool bingo game involving things you love! <a href="#">Or click here for one that has already been created</a>. Make it creative and let's see you can win at your bingo. Play with your parent/siblings or guardians.</p>
	<p><b>Letters in Isolation</b></p> <p>Help make someone's day. At the moment many people are being asked to stay at home and regular social activities are being cancelled. For many of the elderly, this means they will be at home alone and possibly lonely. Take the time to write a letter or draw a picture for an elderly resident at Heritage Lakes Aged Care Facility in South Morang. <a href="#">Click here for the details</a>.</p>
	<p><b>RU OK? &amp; Kahoot</b></p> <p><a href="#">Take some time to learn more about RU OK? day</a>, while checking in on your own mental health. If you like, you can <a href="#">also compete in this Kahoot</a>.</p>
	<p><b>Student Representative Council Online</b></p> <p>All Primary School SRC members have been sent information via Caremonkey regarding fortnightly Zoom sessions. The next session is this Friday at 1.35pm. We look forward to seeing our junior leaders soon!</p>











# Years 3-6 Activities & Competitions

Edited by Tayla Bagnato, 12B VCAL

	<p><b>Mini Chef</b></p>  <p>Join a family member in your home to cook; it could be your favourite chocolate cake or your favourite macaroni and cheese. Let's see how you make your delicious meal and the end result. Make sure you have parental permission and assistance and work safely in the kitchen. To earn <b>5 house points</b>, <a href="#">upload a photo of you cooking here</a>.</p>
	<p><b>Arts &amp; Crafts</b></p> <p>Let's get creative! <a href="#">Click here for some cool ideas</a> to get creative stuck in lockdown keeping you busy.</p>
	<p><b>Singing @ Home!</b></p> <p>Welcome to the fourth session of Singing @ Home. This series was made especially for Marymede P-6 students! Whether you're an experienced Primary Choir member, or keen to try out singing, check out this <a href="#">27-minute singing club with Ms Wason</a>. This is the last episode for Term 3. <a href="#">You can re-watch all four sessions here</a>.</p>
	<p><b>RU OK? &amp; Kahoot</b></p> <p><a href="#">Take some time to learn more about RU OK? day</a>, while checking in on your own mental health. If you like, you can <a href="#">also compete in this Kahoot</a>.</p>
	<p><b>Monster Meditation</b></p> <p>It's okay to feel nervous – we all feel nervous sometimes. Mr. Andy from Headspace is here to help and teach Rosita and Carmen a special monster meditation called “Belly Buddy Breathing.” <a href="#">Take some time to meditate</a> in this collaboration between Sesame Street and Headspace.</p>
	<p><b>Gratitude Scavenger Hunt</b></p> <p>Get up and get moving! <a href="#">Click here for the list of things</a> I have provided to go on your home scavenger hunt. Let's play!</p>
	<p><b>Student Representative Council Online</b></p> <p>All Primary School SRC members have been sent information via Caremonkey regarding fortnightly Zoom sessions. The next session is this Friday at 1.35pm. We look forward to seeing our junior leaders soon!</p>
	<p><b>Letters in Isolation</b></p> <p>Help make someone's day. At the moment many people are being asked to stay at home and regular social activities are being cancelled. For many of the elderly, this means they will be at home alone and possibly lonely. Take the time to write a letter or draw a picture for an elderly resident at Heritage Lakes Aged Care Facility in South Morang. <a href="#">Click here for the details</a>.</p>
	<p><b>Staying Fit in Lockdown</b></p> <p>Tayla, Year 12, has created this short workout for you to complete at home. Grab a bottle of water, find a safe space to work, dress appropriately. <a href="#">Click here for this short workout</a>. You will need to sign into ClickView.</p>
	<p><b>Tournament of Minds Online!</b></p> <p>All Primary Teams are reminded about Wednesday's final day of filming. Please check the schedule and information sent to you and make sure you are ready to go with your props and costumes. You may also be required Wednesday afterschool for final forms etc.</p>

# Years 7-12 Activities & Competitions

Edited by Dylan Soligo, 12B VCAL

	<p><b>Letters in Isolation</b></p>  <p>Help make someone's day. At the moment many people are being asked to stay at home and regular social activities are being cancelled. For many of the elderly, this means they will be at home alone and possibly lonely. Take the time to write a letter or draw a picture for an elderly resident at Heritage Lakes Aged Care Facility in South Morang. <a href="#">Click here for the details.</a></p> <p>All letters submitted by September 13<sup>th</sup>, 11.59pm will receive <b>5 house points</b> (one per student).</p>
	<p><b>Meditation</b></p> <p><a href="#">Click here to calm your mind and meditate.</a> In this animation, Headspace's co-founder, Andy Puddicombe, guides us in a mini-meditation for the week ahead.</p>
	<p><b>The Story Behind RU OK? Day (Rated PG)</b></p> <p><a href="#">Click here to view an episode of Australian Story</a> focused on the extraordinary story behind RU OK? Day. After advertising executive Gavin Larkin started the suicide prevention movement, he found out he was anything but ok.</p>
	<p><b>RU OK? &amp; Kahoot</b></p> <p><a href="#">Take some time to learn more about RU OK? day,</a> while checking in on your own mental health. If you like, you can <a href="#">also compete in this Kahoot.</a></p>
	<p><b>Reducing stress</b></p> <p>Stress is a common response to tough events or situations. Some stress is normal and stress itself is not anxiety or depression. However, severe and ongoing stress may be a risk factor if it persists. <a href="#">Click here to learn some strategies for dealing with stress.</a></p>
	<p><b>Care Packages</b></p> <p>Create a simple and personalised care package with things that you already have at home and give it to someone you care about for a surprise.</p>
	<p><b>Share Experiences</b></p> <p>In tutor group, take some time to share experiences you have had over a holiday break, weekend or other event. This can help you feel connected and learn more about others. This could be done over Zoom by sharing your experience and then passing it over to someone else.</p>
	<p><b>Staying Fit in Lockdown</b></p> <p>Zac, Year 12, has created this short workout for you to complete at home. Grab a bottle of water, find a safe space to work, dress appropriately. <a href="#">Click here for this short workout.</a> You will need to sign into ClickView.</p>
	<p><b>Tournament of Minds Online!</b></p> <p>All Secondary Teams are reminded about Wednesday's final day of filming. Please check the schedule and information sent to you and make sure you are ready to go with your props and costumes. You may also be required Wednesday afterschool for final forms etc.</p>

# Co-Curricular Shield Leaderboard: & Competition Winners

Current at 4<sup>th</sup> September



## Primary

	Points	Placing at 4/9/20
<b>Chanel</b>	490	4th
<b>Chisholm</b>	540	2nd
<b>Marcellin</b>	405	5th
<b>McAuley</b>	315	6th
<b>McCormack</b>	520	3rd
<b>Romero</b>	890	1st

## Secondary

	Points	Placing at 4/9/20
<b>Chanel</b>	582	1 <sup>st</sup>
<b>Chisholm</b>	173	4 <sup>th</sup>
<b>Marcellin</b>	149	6 <sup>th</sup>
<b>McAuley</b>	426	3 <sup>rd</sup>
<b>McCormack</b>	152	5 <sup>th</sup>
<b>Romero</b>	446	2 <sup>nd</sup>