

(ctrl + click or copy and paste the links below into your web browser)

Reading

Reading is really important for the development of vocabulary and comprehension skills as well as supporting general academic progress and achievement. Encourage your son to continue reading an extended text for at least 15 minutes every day. It is also good for the soul.

To help encourage regular reading over this enforced period of isolation we are looking for young men to provide video (one minute or less) or written reviews of the books they have read that we can post on our school Facebook page. Please email them to Mr. Atkin atking@pnbhs.school.nz

Academic Work

Senior students – find assessment materials, examiners reports and annotated exemplars for the external examinations you will sit this year on the NZQA website: <https://www.nzqa.govt.nz/ncea/subjects/> If your teacher has started teaching for an external assessment (even if the topic was not complete) you will be able to have a go at answering some examination questions from previous year's examination papers.

Te Kura (the Correspondence School) are providing access to some of their resources – (ctrl + click or copy and paste into your web browser): <https://www.tekura.school.nz/te-kura-resources/> click on 'MY TE KURA SHOWCASE' and use showcase as the username and password. Young men will be able to look at topics/learning tasks that interest them.

TED-Ed – find information about topics you are covering at school or that are of interest to you: https://ed.ted.com/lessons?direction=desc&sort=publish-date&user_by_click=student

Learning How To Learn for Youth – learn how to maximise your learning with the student version of the most popular MOOC (Massive Open Online Content) in the world: <https://www.coursera.org/learn/learning-how-to-learn-youth>

Khan Academy - a nonprofit with the mission to provide a free, world-class education for anyone, anywhere: <https://www.khanacademy.org/>

Learning from Home (NZ Ministry of Education) – more resources will be added to this website in the coming weeks, this link is to the resources for Years 9 – 13 <https://learningfromhome.govt.nz/age/years-9-13> there are also resources for younger children in other parts of the site

PNBHS Peer Tutoring

Thanks to the young men in the senior school who have volunteered to work as peer tutors. Well done to Prefect Paul Lee who has organised for the peer tutoring to begin

during this period of lockdown and enforced isolation. Students who would like assistance with a particular topic should complete the form at the link below. Tutoring will be provided online, either one-on-one or in small group sessions. This is a great way to revise topics covered to date this year and to get ahead with topics coming up later in the year.

<https://forms.gle/dgYSFHVKmwX8HfSJ6>

Character Education - from the Leadership Director, Mr. Lobb

1. All students should participate in **Community** events, possess a determined and positive **Attitude**, participate in **Passion** activities and give **Service** back to the school -(CAPS).
2. 'Leadership' is a key component of the programme at a senior level with the introduction of 'Leadership Skills' at year 11 and at year 12 the focus is on practical leadership or 'Leadership in Action'.
3. Any year 11, 12 and 13 pupils who haven't already done so can register their interest by emailing Mr. Lobb (lobba@pnbhs.school.nz). He'll post an updated notice on Stratus prior to the start of Term 2.
4. Mr. Lobb will send out forms to pupils registered for the Barrowclough Award at the start of Term 2 so keep checking your emails.

SVA website

Go to the SVA (Student Volunteer Army) website, register your profile (if you have not already done so) and update retrospectively with your completed community service activities: <https://service.sva.org.nz/>

Careers Information

The careers.govt.nz includes a wide range of practical resources that young men can work through by themselves. The Career Quest tool assists students to identify possible career options matched to their interests:

<https://www.careers.govt.nz/tools/careerquest/>

'Skill Matcher' matches skills to career pathways <https://www.careers.govt.nz/tools/skill-matcher/>

'Subject Matcher' matches school subjects to career pathways

<https://www.careers.govt.nz/tools/subject-matcher/>

The results from your sons use of these career tools will be a great starting point for discussions with whanau.

Family Rituals

Eat together every day – often our busy lives make this difficult but over the coming weeks we all have an opportunity to reconnect. Make meal times technology free

(ample time for that at the moment!) and establish some rituals everyone can be involved in – share something you're grateful for, talk about someone you connected with today that you haven't heard from for a while, share something new you learned, share something you did to help someone else.

Family Movie Nights and Family Games Nights – take turns choosing what to watch or play. For something different, take turns choosing a TED Talk to watch each day – will be a great discussion starter about topics that are important to each member of the whānau <https://www.ted.com/talks>

Learn Something New Together

Teach your son to cook – this link provides suggestions of 10 basic dishes, ingredient lists and recipes: <https://www.stayathomemum.com.au/recipes/10-recipes-you-must-teach-your-teenager-to-cook/>

Teach your son some basic car maintenance e.g. how to change a tyre <https://www.youtube.com/watch?v=89rghWSBFgE> and how to check water and oil levels. Work together to complete a Driveway Vehicle Health Check - <https://rse.org.au/driveway-vehicle-health-check/>

Learn a few words in a new language – Te Reo Māori is a great place to start and there are plenty of online programmes, courses and apps to help e.g. <https://plink.co.nz/?tipu> or https://www.massey.ac.nz/massey/international/where-can-i-study/study-online/toromai/toromai_home.cfm

Work together to develop financial literacy – talk about family finances, with lots of decisions being made now about things like Kiwisaver investments or whether to apply for a mortgage payment holiday, it is a good opportunity to involve your son in some of these discussions or use website resources e.g. <https://sortedinschools.org.nz/students/student-hub/>

Fitness Challenges

Try the PNBHS Fitness Challenges with our Director of Sport, Mr. Finch (@pnbhs_fitness_challenges on Instagram), or download on of the many apps with programmes you can complete on your own.

Find a fitness session on YouTube – there are enough options that you won't have to do the same workout twice no matter how long we are in lockdown! https://www.youtube.com/results?search_query=home+fitness

TVNZ is broadcasting daily free-to-air workouts, ranging from high-intensity training to stretching and meditation at 9am and 3pm, and also offer workouts designed specifically for young children and teenagers. The workouts will also be available on TVNZ OnDemand <https://www.tvnz.co.nz/search?q=les%20mills>

Get all the whānau involved and challenge your mates.

Information and resources to support wellbeing and support learning at home

- The Ministry of Education has developed a resource for parents, caregivers, whānau and family - - <http://education.govt.nz/school/health-safety-and-wellbeing/pastoral-care-and-wellbeing/talking-to-children-about-covid-19-coronavirus/tips-for-teachers-parents-and-caregivers-supporting-young-people/>
- The Ministry of Health's website includes [Top ways to look after your mental wellbeing](#) during the Covid-19 lockdown.
- I AM HOPE is the youth and community focused support group run by The Key to Life Charitable Trust, started by Mike King - <https://www.iamhope.org.nz/>
- Nathan Wallis has some helpful videos on his Facebook page for parents and whānau - <https://www.facebook.com/nathanwallisxfactorededucation/> -
- Tips on looking after mental health and wellbeing during COVID-19 from the Mental Health foundation <https://www.mentalhealth.org.nz/get-help/covid-19/>
- a website by the Health Promotion Agency to help New Zealanders recognise and understand depression and anxiety - <https://depression.org.nz/covid-19/>
- Although overseas-based this is a good list and highlights some things particularly important for children. Remember the rules of New Zealand's level 4 lockdown still apply - [25 Mental Health Wellness Tips during Quarantine from Eileen M Feliciano, Psy.D.](#)