



LANYON HIGH SCHOOL



Heidelberg Street
CONDER ACT 2906
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(02) 6142 1800

WELLBEING

- Fill in the attachment [Your Toolkit for a Healthy Headspace](#)
- Access [Smiling Mind](#) and complete a daily meditation designed for young people
- Complete some mindful colour in – either [paper based](#) or [online](#).
- Complete the Brave Program which is an interactive, online and evidence based program for the prevention of anxiety for teenagers <https://www.brave-online.com/>

Where to go for support with your mental health:

- Lifeline <https://www.lifeline.org.au/> or 131 114
- Headspace <https://headspace.org.au/>
- Black Dog Institute <https://www.blackdoginstitute.org.au/>
- Kids Helpline <https://kidshelpline.com.au/> 1800 55 1800

GREEN CURRICULUM BANK

There are many ways students can supplement their learning in the Humanities and Languages during this period in addition to the activities their teachers have posted on Google Classrooms.

English:

Regular wide reading is an important part of the English program at Lanyon High School. Students should choose reading material that interests them and ideally read from print rather than from a screen, as this promotes focus and concentration. We have books available to borrow from the school library- just ask at the front office if your student would like access during school hours. 30 minutes of reading a day will improve vocabulary, comprehension and can be a valuable escape from reality at this time.

E-books and audio books are available to download for free from Sora. Access the app via the App store or visit soraapp.com. You will require the set-up code: ACT EDUCATION DIRECTORATE and will need to enter a student number and log-in.

Students might also like to use the time to improve their writing skills: they could keep a journal, record memories of themselves or other family members, or escape into creative writing. Red Room Poetry is running their 'Poetry Object' competition again this year for any keen poets out there. Details at:

<https://redroomcompany.org/projects/poetry-object/>

HASS:

Students can practise their Geography skills on Seterra (<https://www.seterra.com/>). Yr 9 and Yr 10 students are encouraged to practise their knowledge of European geography to support their study of WWI and WWII in History this semester.

Students are also encouraged to access age-appropriate documentaries on historical topics in order to improve their knowledge of History. Current areas of study are: Early Indigenous Australian history (Yr 7), Medieval Europe (Yr 8), the Industrial Revolution (Yr 9) and WWII (Yr 10).

Japanese:

Students should continue to use Quizlet to practise their Japanese vocabulary. They can also expand their experience of Japanese language by watching the Studio Ghibli films, Ponyo and Kiki's Delivery Service if they are able to access Netflix. Just be sure to adjust the audio to Japanese and select English subtitles.

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GOLD CURRICULUM BANK

Maths:

Mathspace: An online mathematics learning program that tracks student progress and is aligned to the Australian curriculum. <https://mathspace.co/au>

HPE:

Fitness Blender – free on iOS, Android and can be accessed on Chromebook/computer.

- Fitness activities/videos for home. Students need to join using their Google Account. Once joined, the program automatically encourages them to select the paid option, but they DO NOT need to do this. There are plenty of options on the free version.

Move It – Chrome extension

- Set random movement reminders with suggested activities to break up screen time (sedentary movements).

P.E with Joe (YouTube) – online PE and health lessons with UK HPE teacher Joe Wicks.

<https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ>

AR Runner – (iOS only \$1.49 but they can download version 1 for free).

- Virtual agility running game that could be done in the house or backyard.

Science:

See ACT Education Directorate Website <https://sites.google.com/ed.act.edu.au/act-home-learning/resources-to-support-home-learning>

RED CURRICULUM BANK

Yr7 – Digital Technology:

Khan Academy is an online learning tool that students can access on any online device. The yr7 digital technology google classroom page has a link to the Khan Academy website and has a list of instructions on how to login and set up for the computer programming units. They students will be working on Java script, learning the basic of text-based coding. Khan Academy – Online <https://www.khanacademy.org/>

Yr9/10 – Digital Technology:

The yr9/10 have been using Processing to complete their programming task. The following link will allow student that have Windows/Linux/Mac computer to download and run the program or use the Open Processing website to continue to program from home. In the Helpful Links section students can find extra tutorials.

Processing – Desktop

<https://processing.org/>

<https://processing.org/download/>

Open Processing – Online

<https://www.openprocessing.org/>

Processing Helpful info

<https://processing.org/reference/>

<https://processing.org/tutorials/>

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Mr Ockerby - Work YouTube Channel:

<https://www.youtube.com/channel/UCg dg8R4N7KubrEutPLI8TuQ>

Music:

Soundtrap <https://www.soundtrap.com/>

Soundtrap is a cloud-based software which allows students to record, create and mix music online. It is similar to Garageband and all students currently enrolled in Music have access, although students are also to create a free account with more limited features. There are a number of online tutorials within Soundtrap itself as well as Youtube on how to use the software. Students are able to work individually but there is also the function to collaborate on projects.

Musicteachersgames.com <http://musicteachersgames.com/Home>

This is a website which has interactive games to allow students to practise basic music theory skills such as reading pitch and rhythm.

Noteflight <https://www.noteflight.com/>

Noteflight is a cloud-based notation software which is currently being used by students in Year 8 and upwards. All students are able to create a free account from which they can compose their own music for various instruments. There are a number of tutorials on both Noteflight, Youtube, and student's google classroom pages which will assist students. In Noteflight students are able to play back the music they have written so that they can easily hear their compositions.

Incredibox <https://www.incredibox.com/>

Incredibox allows students to explore texture and layering parts in music. It is available on desktop and also as an app. Sounds are pre-recorded and students choose how they would like to structure and layer the parts.

Yousician <https://yousician.com/>

Yousician is an app which provides tutorials and online lessons for Guitar, Piano, Singing, Bass and Ukulele. There is both a free and a premium paid version of the app available.

Musictheory.net <https://www.musictheory.net/>

This website has a comprehensive overview of music theory concepts with lessons and exercises that students can use to refine their skills. It is an excellent companion to theory work as students can easily revise concepts.

Teoria.com <https://www.teoria.com/>

A theory website which has tutorials as well as exercises to develop theory and aural skills in music.

Art:

[Museum of Contemporary Art learning resources](#) resources a range of online interviews, resources and activities for students including artmaking and art historical/ critical resources and resources for Visual Arts and Photographic and Digital Media.

[National Portrait Gallery learning resources](#) learning resources designed by the National Portrait Gallery including photographic and digital media resources.

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[Australian Centre of Moving Images online](#) learning resources with a focus on animation, film and digital media from the Australian Centre for Moving Images.

[Google Arts and Culture](#) Find everything Arts and Culture here. A collaboration of thousands of galleries and institutions around the world. Virtual tours, 360-degree views, news and trends.

[ABC Education](#) - interactive activities and games.

[A Simple Version of Photoshop](#) that is free and easy to use.

[Common Sense Education](#) gives parents and students advice about the best and age appropriate art and drawing apps.

Technology:

From mind to design in minutes

Tinkercad is a free, easy-to-use app for 3D design, electronics, and coding. It's used by teachers, kids, hobbyists, and designers to imagine, design, and make anything!

<https://www.tinkercad.com/>

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