### Term 4 Week 3 Spelling

	Long i	-et
1	item	chalet
2	beret	sorbet
3	irate	duvet
4	idol	fought
5	idea	ballet
6	buffet	bouquet
7	final	Monet
8	iris	filet
9	iron	ricochet
10	pilot	gourmet
11	caberet	crochet
12	crisis	Chevrolet

# Stage 3 Spelling – Term 4, Week 3

			_									,							
1	G	0	И	R	М	Е	Т	0	С	Α	1	И	F	K	K	N	F	V	P
K	T	И	1	F	В	F	J	И	Α	T	D	С	С	1	V	D	S	G	1
W	N	Е	Ε	D	0	И	0	Q	В	S	0	K	R	Р	N	K	W	T	Q
1	Н	R	М	R	V	И	F	Т	Е	С	L	L	0	1	F	Α	Χ	D	G
R	D	Р	Н	R	Е	Ζ	G	F	R	Q	R	В	Q	М	N	G	L	V	D
Α	Н	S	T	У	J	Q	В	Н	Е	S	У	0	R	J	J	Е	G	Е	N
Т	У	R	М	0	N	Е	T	Т	T	T	N	1	С	K	С	М	И	Α	W
Е	F	С	Н	Е	V	R	0	L	Е	T	У	Α	V	Н	Χ	С	У	W	J
Т	1	J	Н	М	D	Н	Α	G	W	S	J	Р	S	F	Е	1	L	И	С
Р	Н	1	В	F	И	Е	F	Ζ	J	Е	L	Р	K	K	Н	Т	K	Χ	Н
S	Н	С	Р	Р	V	1	Α	Ζ	Н	Т	М	У	Т	G	Ζ	L	Ζ	G	Α
X	Р	G	T	G	Е	W	R	F	С	S	Α	Е	D	М	R	J	0	T	L
Α	G	K	Ζ	W	Т	D	И	0	V	W	Н	T	Ζ	J	S	Т	K	L	Е
В	Α	X	S	0	R	В	Е	Т	N	С	Е	R	G	Н	Е	S	F	Α	Т
Α	K	Q	М	T	Р	Ζ	В	Т	0	R	J	Н	0	И	1	D	Е	М	У
L	Е	Р	1	L	0	T	Е	С	Е	Ζ	У	В	Q	S	Α	D	L	G	Е
L	W	И	И	М	T	L	1	В	Р	N	K	И	1	Н	1	0	Q	Χ	Е
Е	F	В	K	J	1	R	T	У	Н	И	0	R	K	И	Е	С	Р	Р	V
Т	D	T	R	F	С	S	1	K	G	В	С	Α	Р	М	Α	1	R	1	S
У	Q	Χ	Ζ	В	В	В	Q	S	У	Ν	Q	И	Q	Ζ	Α	D	И	М	Т

CHEVROLET
CROCHET
BALLET
CRISIS
PILOT
FINAL
IRATE
IDEA

RICOCHET GOURMET FOUGHT CHALET BERET MONET IRON IDOL

CABERET
BOUQUET
SORBET
BUFFET
DUVET
FILET
IRIS
ITEM

# Relative Pronouns

Relative clauses give extra information related to a previously mentioned noun or pronoun within a sentence. A relative clause always starts with a relative pronoun, such as:





Joe, <u>who</u> was dressed as a cowboy, was excited about his friend's fancy dress party.

'who' is the **relative pronoun** here used to begin the relative clause. As this is extra, non-essential (non-restrictive) information, we put the clause in commas. This is often called an embedded or sandwich clause.

The winning competitor held the trophy aloft, which made the crowd cheer loudly.

'which' is the **relative pronoun** so this time the relative clause is after the main clause. We still need a comma before the relative clause as this is also extra, non-essential (non-restrictive) information.





People <u>that</u> exercise daily are more likely to maintain a healthy weight.

'that' is a **relative pronoun** so this also shows a relative clause. This time the information in the extra clause is essential (restrictive) to the meaning of the sentence so therefore we don't need to use commas.



#### Grammar Monday Term 4, Week 3 Relative Pronouns

**Relative Pronouns:** include who, whom, whose, that, and which. **Relative Clauses:** give more information about a word or idea.

Circle the relative pronoun. Underline the relative clause.

**Example:** The movie (that) I bought at the store was about a lion.

- 1. My brother, whom I admire, decided to give me his old baseball glove.
- 2. I always have a difficult time with people who chew food with open mouths.
- 3. My mom said I could not go to the camp that I enjoyed so much last year.
- 4. We saw the teacher with whom we had spoken earlier.
- 5. My sister visited the hospital in which she was born.
- 6. The nicest person who I have ever met is my friend, Sabrina.
- 7. The teacher, whose students were in art class, went to speak to the principal.
- 8. Our favourite restaurant, which served delicious cookies, closed last week.
- 9. The song I wrote, which was amazing, is now on a TV show.

#### Sadako and the Thousand Paper Cranes

#### Chapter 3: Sadako's secret

It was the beginning of autumn when Sadako rushed home with the good news. She kicked off her shoes and threw open the door with a bang. "I'm home!" she called.

Her mother was fixing supper in the kitchen.

"The most wonderful thing has happened!" Sadako said breathlessly. "Guess what!"

"Many wonderful things happen to you, Sadako chan. I can't even guess."

"The big race on Field Day!" Sadako said. "I've been chosen from the bamboo class to be on the relay team." She danced around the room, gaily swinging her school bag. "Just think. If we win, I'll be sure to get on the team in junior high school next year." That was what Sadako wanted more than anything else.



4

At supper Mr. Sasaki made a long speech about family honour and pride. Even Masahiro was impressed. Sadako was too excited to eat. She just sat there, grinning happily. From then on Sadako thought of only one thing — the relay race. She practiced every day at school and often ran all the way home. When Masahiro timed her with Mr. Sasaki's big watch, Sadako's speed surprised everyone. Maybe, she dreamed, I will be the best runner in the whole school.

At last the big day arrived. A crowd of parents, relatives, and friends gathered at the school to watch the sports events. Sadako was so nervous she was afraid her legs wouldn't work at all. Members of the other team suddenly looked taller and stronger than her teammates. When Sadako told her mother how she felt, Mrs. Sasaki said, "Sadako chan, it is natural to be a little bit afraid. But don't worry. When you get out there, you will run as fast as you can."

Then it was time for the relay race.

"Just do your best," Mr. Sasaki said, giving Sadako's hand a squeeze. "We'll be proud of you."

The kind words from her parents made the knot in Sadako's stomach loosen. They love me, no matter what, she thought.

At the signal to start, Sadako forgot everything but the race. When it was her turn, she ran with all the strength she had. Sadako's heart was still thumping painfully against her ribs when the race was over.

It was then that she first felt strange and dizzy. She scarcely heard someone cry, "Your team won!" The bamboo class surrounded Sadako, cheering and shouting. She shook her head a few times and the dizziness went away.

All winter Sadako tried to improve her running speed. To qualify for the racing team in junior high she would have to practice every day. Sometimes after a long run the dizziness returned. Sadako decided not to tell her family about it.

She tried to convince herself that it meant nothing, that the dizziness would go away. But it didn't. It got worse. Frightened, Sadako carried the secret inside of her. She didn't even tell Chizuko, her best friend.

On New Year's Eve Sadako hoped she could magically wish away the dizzy spells. How perfect everything would be if she didn't have this secret! At midnight she was in her cozy bed quilts when the temple bells began to chime. They were ringing out all the evils of the old year so that the new one would have a fine beginning. With each ring Sadako drowsily made her special wish.

The next morning the Sasaki family joined crowds of people as they visited their shrines. Mrs. Sasaki looked beautiful in her best flowered silk kimono.

"As soon as we can afford it, I'll buy a kimono for you," she promised Sadako. "A girl your age should have one."

Sadako thanked her mother politely, but she didn't care about a kimono. She only cared about racing with the team in junior high.

Amidst throngs of happy people Sadako forgot her secret for a while. She let the bright joy of the season wash her worries away. At the end of the day she raced Masahiro home and won easily. Above the door were the good luck symbols Mrs. Sasaki had put there to protect them during the new year.

Page

With a beginning like this, how could anything bad happen?

# All Operations (H)

Find each sum, difference, product, or quotient.

25 - 12	15 ÷ 3	15 × 6	14 + 7		4 + 11	7 × 9	3 -1		10 + 5
22 - 7	14 + 6	13 ÷ 13	10 + 8	20 - 14	4 ÷ 4	9 × 11	15 - 14	7 - 6	13 7
14 - 12	17 - 3	169 ÷ 13	165 ÷ 15		12 - 11			5 + 1	5 + 15
15 <u>+ 6</u>	4 × 11	4 + 13		16 ÷ 2		8 × 13		11 - 2	9 + 13
96 ÷8	1 +6	3 + 9	72 ÷ 8	1 + 12	9 <u>-1</u>	15 - 11	78 ÷ 6	7 × 15	
14 × 3	8 × 7	4 × 5	8 - 7	105 ÷ 7		6 - 5		45 ÷ 5	156 ÷ 12
15 - 4	10 + 1	21 - 15	15 - 12	3 + 12	20 ÷ 2		6 × 15		32 ÷8
14 - 2	13 - 11	12 + 6	6 × 3	4 -1	120 ÷ 8	4 × 13	108 ÷ 12	117 ÷ 9	24 - 12
22 - 9	5 × 12	36 ÷ 6		45 ÷ 15	126 ÷ 14	2 + 14	3 × 9	2 + 11	11 × 14
12 <u>÷ 4</u>	3 - 2	16 - 10		10 + 11	9 _ × 9	11 - 9		5 + 3	9 _×4

Math-Drills.Com

# Factors and Multiples Game

### Rules

- You will need 2 different coloured pencils and the 100 square below.
- Player 1 colours in a number less than 50.
- Player 2 has to colour in a number which is a factor or a multiple of the first number.
- Player 1 now has to colour a number which is a factor or a multiple of the number player
   2 coloured in.
- Play continues until one player cannot go!

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30
31	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	50
51	52	53	54	55	56	57	58	59	60
61	62	63	64	65	66	67	68	69	70
71	72	73	74	75	76	77	78	79	80
81	82	83	84	85	86	87	88	89	90
91	92	93	94	95	96	97	98	99	100





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#### S3 PE Term 4, Week 3



#### **Suggested Activities**

**Learning Intention -** For students to revise and refine their throwing and catching skills.

#### **Activity 1 - Ball Skills**

Ask a family member to be your partner in this activity. Use the following commands to pass a ball back and forth to each other.

- 1. High Ball to be thrown high to each other x10
- 2.Low Ball to be thrown low to each other x10
- 3. Round Ball to be rolled round the body x10
- 4. Through Ball to be thrown through your legs to each other x10
- 5.Roll Ball to be rolled along the ground to each other x10

#### Activity 2 - Ball Skills Challenge

Use the following commands to pass a ball back and forth to your partner, however, this time choose one or both options below to challenge your throwing and catching skills.

Option A Size - Change the ball size. A smaller ball will make it harder.

Option B Speed - Increase the speed of passing the ball, then decrease the speed to slow motion.

- 1. High Ball to be thrown high to each other x20
- 2.Low Ball to be thrown low to each other x20
- 3.Round Ball to be rolled round the body x20
- 4. Through Ball to be thrown through your legs to each other x20

#### Activity 3 - Yoga, Mindfulness and Guided Meditation

Link To Activities- https://youtu.be/6G4q1-AGBX0\

Begin to cool your body down by following the yoga poses in the video.

- 1.Butterfly Pose
- 2.Flower Pose
- 3.Tree Pose
- 4.Tree Pose on your toes

#### Extension Activity - Just Dance - Blinding Lights by The Weekend

Link To Activity- https://www.youtube.com/watch?v=5n4 8NRtejg&t=28s

Have fun moving your body and dancing along to the Just Dance video Blinding Lights.

#### **Word Work**

#### **Syllable Words**

Group your spelling words according to the number of syllables.

1 syllable	2 syllables	3 syllables	4 syllables
cart	into	afternoon	altogether
bank	sailboat	anyway	anybody
desk	without	butterfly	avocado
flame	horseshoe	December	dictionary
grade	undo	eleven	February
jump	starfish	grandmother	independent
light	funny	important	misunderstand
March	candle	potato	underwater
nose	pencil	telephone	motorcycle
stood	water	triangle	watermelon

#### Memory

Write your words onto two sets of cards and play a game of memory with someone.



#### **Spelling Bee**

Have someone test you on your spelling words, Spelling Bee style.



#### **Acrostic Poem**

Choose your longest spelling words and create an acrostic poem using each letter.

F – Fun in the sky.

L – Laps around the clouds.

Y – Yes! I'm free!

#### **Sentences**

Use 5 of your spelling words in sentences. Check all spelling and punctuation carefully.

At my house, we eat <u>dinner</u> at the table.

#### **Scrabble Tiles**

Make each of your spelling words using Scrabble or Bananagrams tiles.



#### Quiz

Write a quiz where each answer is one of your spelling words. You may need to do some research.

Q. Which insect can survive a week without its head?

A. Cockroach

#### Digging in the Dictionary

Use a dictionary to find the definitions for five of your spelling words.

euphoria (noun) – a feeling of intense excitement or happiness

#### **Code Breaker**

Create a code (a different letter, number or symbol for each letter of the alphabet) and use it to write each of your spelling words.

a	Ь	С	d	е	f	9	h	i	j	k	Ι	m
☆	$\otimes$	day	څ	ì	4)Ôj:	ය	0	➾	%	➾	53	Ž.
n	0	Р	9	r	s	t	u	٧	w	x	у	z
X.	علو	٩	*	£80	*	à	88	0	•	8	۵	

#### Lie Detector

Write a true or false statement explaining/relating to each of your spelling words. You may need to do some research.

Word: Telescope
Statement: True or False. The
largest telescope in the world is
called the FAST. (True)

#### **Texting Words**

Translate your spelling words into numbers using a telephone keypad. Write the number that represents each word.



#### Scrambled

Write each of your spelling words, jumbled up, on the left side of your page. Write the unjumbled spelling words beside it.

rbmaldecs – scrambled

#### **Pyramid Writing**

Write your words in the shape of a pyramid, adding one new letter on each line.



#### **Elkonin Boxes**

Break your words into boxes for each individual sound. Letters than join to form digraphs will go in the same box.

0	ff		
m	a	n	
sh	e	d	
ch	i	Р	s
ь	r	i	dge

#### Ransom Words

"Write" your spelling words by cutting letters out of an old magazine or newspaper and gluing them to a piece of paper.



### Grammar Tuesday Term 4, Week 3 Relative Pronouns

**Relative Pronouns:** include who, whom, whose, that, and which. **Relative Clauses:** give more information about a word or idea.

Circle the relative pronoun. Underline the relative clause.

Circle the relative pronoun. Ondernie the relative clause.
Example: The movie that bought at the store was about a lion.
1. The house that we built last summer is going to be sold soon.
2. The boy, who fell off of the bike, is doing just fine.
3. My teacher, who was very helpful to me, is going to have a baby.
4. My grandmother, whose car is an antique, is going to drive to Florida.
5. The stores, which are closed on Sunday, are having a sale in May.
6. The book, which was written by my favourite author, sold one million copies.
7. The man, whose daughter studied in France, went to visit her this summer.
8. The room that is upstairs has not been cleaned in months.
9. Do we know whose dogs are going to the dog park?

10. Did you see the woman who was over seven feet tall?

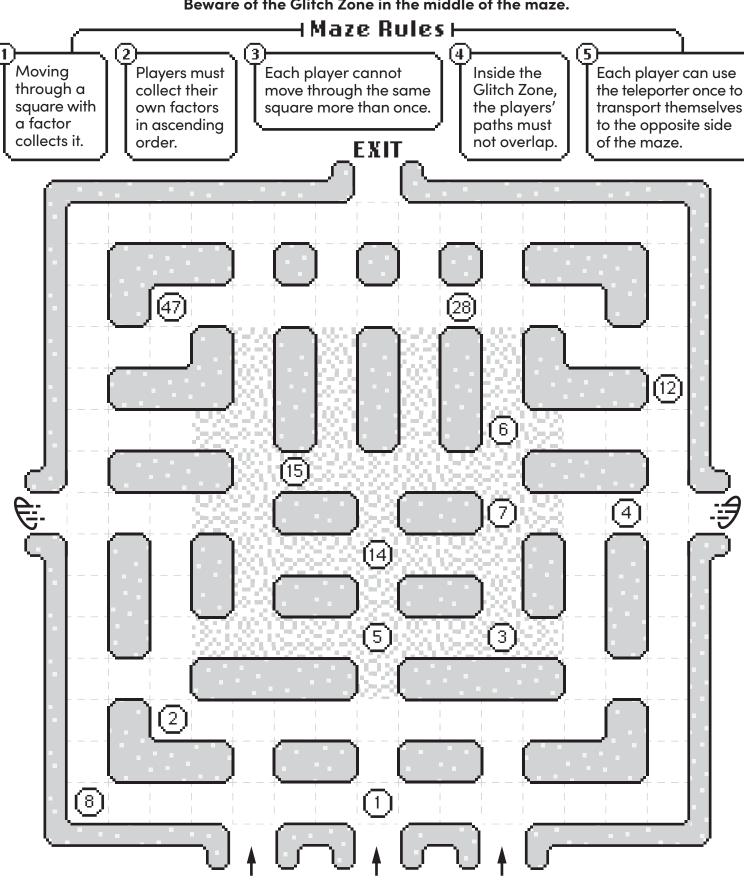
Name:	Date:
name:	Dale:

# MATHS MAZE (1)

### Factors

The three players below need to enter the maze, collect their factors and exit the maze.

Beware of the Glitch Zone in the middle of the maze.



Name: Date:
-------------

# MATHS MAZE 2

## Factors

The three players below need to enter the maze, collect their factors and exit the maze.

Beware of the Glitch Zone in the middle of the maze.

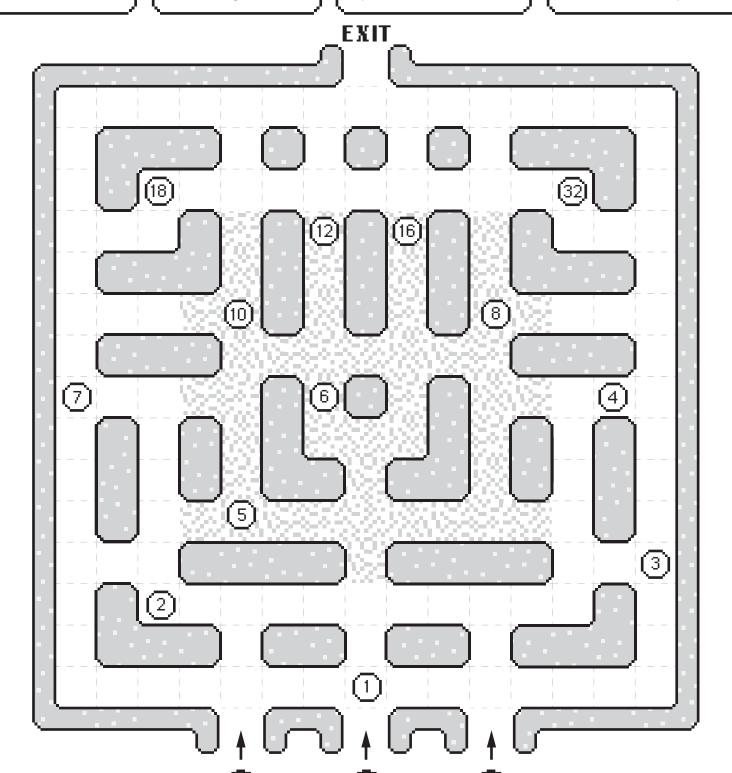
→ Maze Rules F

(3)

Moving through a square with a factor collects it.

Players must collect their own factors in ascending order. Each player cannot move through the same square more than once.

Inside the Glitch Zone, the players' paths must not overlap.



Name:	_ Date:	
Harric.	_ Daic.	

# MATHS MAZE 3

## Factors

The three players below need to enter the maze, collect their factors and exit the maze.

Beware of the Glitch Zone in the middle of the maze.

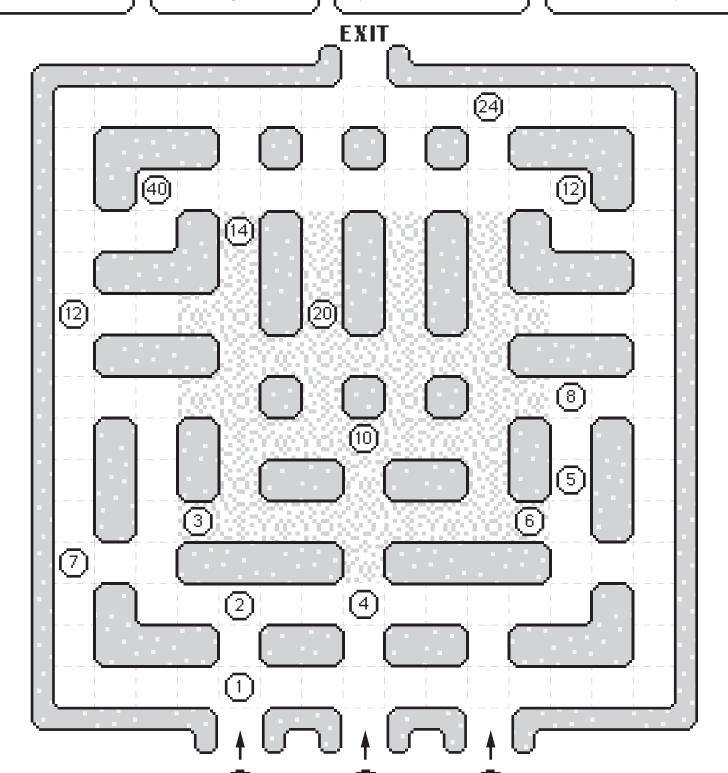
⊣Maze Rules ⊦

(3)

Moving through a square with a factor collects it.

Players must collect their own factors in ascending order. Each player cannot move through the same square more than once.

Inside the Glitch Zone, the players' paths must not overlap.



# Komodo Island



#### Geography

Komodo is an island which is located between the islands of Flores and Sumbawa in eastern Indonesia, each of which are a part of the Lesser Sundra chain of islands. The island is part of the Komodo National Park which is made up of twenty nine separate Indonesian islands and is a World Heritage site, which ensures its protection and conservation.

Komodo Island is 390km squared in size and has a population of around 2000 residents. The island is quite mountainous, having been originally formed by volcanoes. The mainland is covered in savannah, forests and volcanic hills. With the Pacific Ocean and the Flores Sea to the North and the Indian Ocean

to the south, several beautiful coral reefs lie along the coastline around the island.

Komodo Island has a tropical climate. It is relatively dry and sunny all year round with an average temperature of around thirty degrees and very little rainfall is experienced.



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Geography	Page
The Komodo Dragon	Page
Reefs and Marine Life	Page
Flora and Fauna	Page
Interesting Facts	Page

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#### The Komodo Dragon

The Komodo dragon is the world's largest lizard. These monitor lizards are only found in this region of the world, on the island of Komodo, as well as on the other islands nearby in the lesser Sundra group.

These giant reptiles have scaly skin, huge heads, sharp claws and long, powerful tails. The you susually grow to two or three metres in length and are recognisable by their long forked tongue and thick bowed legs.

This keen hunter is a carnivorous beast that preys on wild pigs, deer and water buffalo by chasing them down and attacking them with their razor sharp teeth. The saliva of the Komodo dragon is filled with harmful bacteria and is also thought to be venomous. Their bite

alone can kill, even if it takes some time to take affect. Adult dragons have been known to cannibalise hatchlings from their own species.

Being cold blooded, the dragon enjoys living in the hot conditions found on these islands. They usually live alone and make burrows for themselves to sleep in at night and to keep cool in the heat of the day. Females lay up to thirty eggs at a time but are not known for being very protective of their young. The young are usually left to fend for themselves, often living in trees until they

living in trees until t are grown.



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#### **Reefs and Marine Life**

As part of the world's Coral Triangle, the waters surrounding Komodo Island are filled with mangrove forests and vibrant coral reefs where a huge array of marine life can be found.

The water temperature around Komodo Island fluctuates as the warm waters of the Flores Sea to the north mix with icy cold currents from the Indian Ocean in the south. This supports the growth of plankton and therefore marine life flourishes in this area. Another reason for the abundance of marine life here is the strong current between Komodo and Rinca Islands, which acts like a bottleneck between the Indian Ocean and the Pacific Ocean.



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Divers from all over the world come here to experience the coral reefs, where more than 260 types of coral grow and more than 70 types of sponges can be found. More than 1000 species of fish can be seen here such as clown fish, hump head, parrot head and surgeon fish. In addition, fishing, snorkeling, canoeing and boating are all popular activities throughout the year. People like to visit in the November to January season when marine life is blooming, ocean visibility is good and they can swim with giant manta rays.



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#### Flora and Fauna

The majority of vegetation on Komodo Island is dry grass/woodland savannah. Due to the dry climate, the main flora consists of long grasses, shrubs and hardy trees that can survive with little water and in bushfires. In the higher

elevations, some small sections of rainforest and bamboo forests can be found. Some of the more luscious plants found on the island include coconut, jackfruit and mango trees.



© Inquisitive Pty Ltd

Whilst the vegetation on the island is quite sparse, the tropical waters surrounding the island are home to many grass sea beds.

Many of these can produce flowers and seeds underwater, and mangroves, where large numbers of sea creatures can be found.

Along with the Komodo dragon, other native fauna includes deer, water buffalo, wild pigs, coyotes and rats. Several species of snakes including cobras, tree snakes and vipers thrive in this hot, dry climate. More than 4000 wild birds from over one hundred different species live and nest on the island, including ones that originated in Australia such as the Sulphurcrested cockatoo and the orange-footed scrub









# Week 1 Free Choice Rubric...

#### **Electricity Audit**

Make a list of all the electrical items in each room of your home. Can you come up with any ideas to use less electricity?



#### Junk modelling

Collect and recycle materials such as voghurt pots, toilet rolls and boxes and see what vou can create with them.



#### Fingerprint art

Use only your fingertips and paint to create a picture.



#### PE with Joe

Select and complete a lesson from the PE With Joe

2021 YouTube channel.



#### **Board Game**

Design and make a homemade board game and play it with your family.



#### Gaming

Make your own instructional video or text explaining how

favourite video game.



#### Song

Write a song or rap about your favourite food OR about your least favourite food.



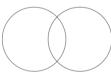
#### **Cup Stacking**

Learn a cup stacking routine. Record yourself and share on Google Classroom.



#### **Film Comparison**

Watch an original version of a TV show or film and then watch a



Select a recipe, gather the ingredients and cook something.

Cooking



#### Wild Art

Make some wild art using sticks, leaves. flowers and anything



#### Dance

Keep moving! Make up a dance routine to vour favourite song.

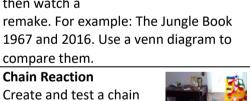


### compare them.

**Chain Reaction** Create and test a chain reaction. Example: https://www.youtube.com/

Record and share on Google Classroom.

watch?v=qf9hKx435Ms



#### Origami

Learn to make origami. There are lots of online tutorials to choose from.



#### **Unique Animal**

Create your own animal. Could vou combine two of your favourites? What will you call it?



#### **Squat Challenge**

Challenge an adult in vour home to hold a wall squat longer than vou!



#### Scratch

Follow a tutorial to create your own scratch animation or game at: https://scratch.mit.edu/



#### **Science Experiment**

Conduct a science experiment. Choose from the selection at:

required for this task!

www.sciencefun.org

Parental permission and help is required for this task!

#### Jewellery

Make some jewellery. Use anything you can find around the house. Strips of wrapping paper or rolled up magazines make great beads!

#### **Paralympics**

Create a television or newspaper report about a Paralympic event.



# Grammar Wednesday Term 4, Week 3 Relative Pronouns

**Relative Pronouns:** include who, whom, whose, that, and which. **Relative Clauses:** give more information about a word or idea.

Circle the relative pronoun. Underline the relative clause.

10. This is the girl to whom I was speaking yesterday.

Example: The movie that bought at the store was about a lion.
1. Your answer, which I received earlier, was correct.
2. Mr. Jones, whose boys go to my school, will be my new school principal.
3. The girl who is in my class is also going to basketball camp.
4. Can we buy a new computer that has more games on it?
5. The doctor, whose patients were all sick, helped out in the emergency room.
6. The magazine that my mom reads is really boring.
7. I have no patience for people who interrupt others.
8. My brother, whom I love, gave me a new car for my birthday.
9. We saw the building in which I started my first job.

# CREATING A MEMORABLE CHARACTER

Character's Name:	Things they are afraid of:
Birthday and Age:	1
Best Friend:	2
	3
Worst Enemy:	<b>-</b> 4
Places they have been:	5
	6
1	
3	
1	
5,	
5	
	5
Things they have done:	6
1	
2	Do they play sports? What sports?
3	
4	
5	
5	What is their hidden talent?
Things they like to do:	-
İ	Favorite food?
2	
3	Trible is their currency, Trible motivates them:
4	19 <del>0</del>
5	177
5	Wost treasured rosession.
Favorite Music:	Dagnact Sacrate
Do they like to read? What do they read?	

#### **Learning Intentions:**

- To measure using conventional units.
- To measure quantities less than 1 kilogram, in grams.

#### You will need the following items to complete this activity:

- One cup measure
- Kitchen or bathroom scales
- 4-6 different household items which could be used to fill a one cup measure, e.g. flour, sugar, water, rice, pasta, frozen peas/corn.

# FLOUR

#### Instructions:

- 1. Fill the one cup measure with the first item.
- 2. Estimate the weight.
- 3. Measure the weight to the nearest 10 grams, using scales.
- 4. Repeat for each item (Hint: save any liquids for last as it will make your clean up easier).

Ingredient	Estimate	Weight
e.g. Flour	60g	90g

<ol><li>Order the materials from greatest to least m</li></ol>	ass.
----------------------------------------------------------------	------

6. What did you find when you weighed the different materials?

7. Which material was the heaviest or lightest? How do you know?



### PLACES IN ASIA

- Using Google Maps explore the area around each place using the zoom tool, photos and quick facts section.
- Record 2-3 geographical facts about each place.
- Include geographical terms (e.g. north, south, east, west, near, kilometres from...).

a Tarako N	National Park, Taiwan	<b>b</b>	Victoria Peak, Hong Kong
<b>c</b> Agonda	Beach, Goa, India	<b>d</b>	Mount Fuji, Japan
e Halong E	Bay, Vietnam	f	Flaming Cliffs, Mongolia
g The Pers	sian Gulf		

**Character Scenarios** 

Riding a horse	Washing the dishes	Singing
Playing tug of war	Ballet dancing	Playing tennis
Having a shower	Playing hopscotch	Going for a walk and it starts to rain
Walking the dog	On a boat in stormy weather	Building a house
Eating spaghetti	Watching TV	Swimming
You turned into a robot	Riding a bike	Playing the piano
Talking on the telephone	Reading a book	Brushing your hair
Getting dressed	Taking a photograph	Playing catch with a ball

#### **Learning Intentions:**

- To measure using conventional units.
- To measure quantities less than 1 kilogram, in grams.

#### You will need the following items to complete this activity:

- Kitchen or bathroom scales
- 4-6 different fruits or vegetables

#### Instructions:

- 1. Using the kitchen scales, measure the mass of each individual fruit or vegetable.
- 2. Estimate, then calculate, how many pieces of each fruit or vegetable would be needed to make one kilogram.

Fruit or Vegetable	Weight	How many to make 1kg?
e.g. Banana	120g	1000g ÷ 120g = 8.333
		I would need 8 and 1/3 bananas to make 1kg.



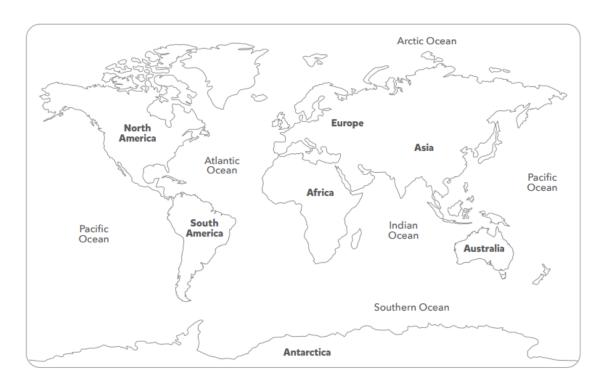
#### Stage 3 Library - Term 4, Week 3

#### Who are the indigenous peoples of the world?

Last week you were asked to match the indigenous peoples groups with a country or area they originate from. Today you will need to choose an Indigenous group from the list below that you wish to conduct research about. Over the coming weeks you will be required to provide details such as customs, beliefs, history, social organisation, language, dress and music.

Activity:- Choose the Indigenous group you wish to research from the list below and identify the location they originate from on a map. Write a short paragraph about why you have chosen this group.

Maori - New Zealand	
Inuit - Canada	
Aboriginal and Torres Strait Islander peoples – Australia	
That Sami People - Northern Europe	
Orang Asli - Malaysia	
Ainu - Japan	
American Indian - The USA	
Moken - Thailand	



Why have I chosen to research this Indigenous group?

**Learning Intention:** To know and represent large units of mass. To calculate mass in tonnes.

Brainstorm 10 different animals and record them below.	Which unit of mass do you think would be used to measure this animal? e.g. milligrams (mg), grams (g), kilograms (kg) or tonnes (t)	Research and record the average mass of this animal.	Order the average mass of the animals using the numbers 1 (lightest) to 10 (heaviest).	How many of each animal are required to equal the mass of your heaviest animal?
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23 September 2021
Coronavirus (COVID-19) health alert







#### What are the effects of smoking and tobacco?

Within 10 seconds of your first puff, the toxic chemicals in tobacco smoke reach your brain, heart and other organs. Smoking harms almost every part of your body and increases your risk of many diseases. Smoking also affects how you look and feel, your finances and the people close to you.

#### What happens in your body

When you smoke, <u>harmful chemicals</u> enter your lungs and spread through your body. They can:

- reach your brain, heart and other organs within 10 seconds of your first puff
- go everywhere your blood flows, harming every part of your body

Even if you don't inhale tobacco smoke, you still absorb harmful chemicals through the lining of your mouth.

#### How you become addicted

The nicotine in tobacco is highly addictive. It makes your brain release a chemical called dopamine. Dopamine is a 'feel good' chemical that:

- makes you feel happy
- helps you to concentrate
- · gives you more energy

But this effect doesn't last long.

As the nicotine levels in your body fade, your brain craves more dopamine. The longer you have been smoking, the more dopamine you need to feel good. You become dependent on nicotine.

Once you are dependent on nicotine, without it you will have withdrawal symptoms. You may find it difficult to concentrate or feel nervous, restless, irritable or anxious.

These two things — nicotine dependence and nicotine withdrawal — make you want to smoke more. You become addicted to tobacco.

#### How tobacco damages your body

The chemicals in tobacco smoke can damage your body in many ways. For example:

- Nicotine narrows your veins and arteries. This can
  - damage your heart by forcing it to work faster and harder
  - slow your blood and reduce oxygen to your feet and hands.
- Carbon monoxide deprives your heart of the oxygen it needs to pump blood around your body.
   Over time, your airways swell up and let less air into your lungs.
- Tar is a sticky substance that coats your lungs like soot in a chimney.
- Phenols paralyse and kill the hair-like cells in your airways. These cells sweep clean the lining of your airways and protect them against infections.
- Tiny particles in tobacco smoke irritate your throat and lungs and cause 'smoker's cough'. This
  makes you produce more mucus and damages lung tissue.
- Ammonia and formaldehyde irritate your eyes, nose and throat.
- Cancer-causing chemicals make your cells grow too fast or abnormally. This can result in cancer cells.



#### How tobacco affects the way you look

Smoking tobacco can:

- · cause yellow-brown stains on your fingers, tongue and teeth
- · increase your risk of tooth loss and bad breath
- · make your skin saggy and give you early wrinkles
- make your hair lose its natural shine

#### Health effects

If you smoke, you:

- reduce your life expectancy and your quality of life
- increase your risk of many conditions and diseases as well as of dying prematurely

It can be a long time before smokers get a smoking-related condition or disease. Because of this, some people believe it won't happen to them.

In fact, up to 2/3 of long term smokers will:

- · die of a smoking-related disease
- have their life cut short by about 10 years on average, compared to non-smokers

There is also growing evidence to suggest that smoking has a negative impact on mental health. For example, some studies show that smoking is associated with increased rates of anxiety, panic attacks, depression, suicide attempts and schizophrenia.

#### Some of the conditions and diseases that can be caused by smoking

#### Did vou know?

Tobacco use is the one risk factor shared by 4 of the main categories of non-communicable disease. These include cardiovascular disease, cancer, chronic lung disease and diabetes.

#### Cancer

Smoking causes most lung cancers and can cause cancer almost anywhere on the body. This includes the lips, tongue, mouth, nose, oesophagus, throat, voice box, stomach, liver, kidney, pancreas, bladder, blood, cervix, vulva, penis and anus.

#### Breathing problems and chronic respiratory conditions

Smoking is the main cause of chronic obstructive pulmonary disease (COPD), a serious, progressive and disabling condition that limits airflow in the lungs. Active smoking also worsens asthma in active smokers and is associated with an increased risk for asthma in adolescents and adults.

#### Heart disease, stroke and blood circulation problems

Smoking is major cause of cardiovascular disease, such as heart disease and stroke. Smoking increases the risk of blood clots, which block blood flow to the heart, brain or legs. Some smokers end up having their limbs amputated due to blood circulation problems caused by smoking.

#### Diabetes

Smoking causes type 2 diabetes, with the risk of developing diabetes 30 to 40% higher for active smokers than non-smokers. Smoking may also worsen some of the health conditions related to type 1 diabetes, such as kidney disease.



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#### Infections

Smoking weakens your immune system so you're more likely to get bacterial and viral infections.

#### Dental problems

Smoking increase the risk of gum diseases, tooth loss and tooth sensitivity. Once a person has gum damage, smoking also makes it harder for their gums to heal.

#### Hearing loss

Smoking reduces blood flow to the inner ear. Smokers may also lose their hearing earlier than a non-smoker.

#### Vision loss

Smoking damages the eye and can lead to macular degeneration — the main cause of blindness in Australia.

#### · Fertility problems

Smoking can make it more difficult to fall pregnant and affect sperm quality. Find out more about smoking and tobacco and pregnancy.

#### Osteoporosis and menopause

Smoking is a risk factor for osteoporosis and in women, may result in early menopause compared to a non-smoker.

#### What the numbers say

- The most recent available estimates show that almost 21,000 Australians died from tobacco use in 2015. This equates to one tobacco-related death every 25 minutes.
- Up to 2/3 of deaths in current smokers can be attributed to smoking and current smokers are estimated to die an average of 10 years earlier than non-smokers.

#### Effects on those around you

As a smoker, you can affect the health of other people when they breathe in your second-hand smoke. This means they're breathing in the same toxic and cancer-causing chemicals that you are.

Find out about the health risks of passive smoking.

#### Financial effects

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Smoking is expensive. To work out how much you could save if you stopped smoking, try the LCan Quit calculator. The numbers add up over a year.

If you smoke a pack of cigarettes a day, you could be spending more than \$10,000 a year on cigarettes.

#### Reducing the effects

There is no safe level of smoking.

To reduce your risk, the best option is to guit smoking. You'll feel the health benefits almost straight away.

#### Last updated:

22 July 2020

#### Tags:

Smoking and tobacco



# What are the effects of smoking and tobacco? Quiz

1.	What factors influence how you are affected by alcohol?
	·
2.	Identify two factors which can cause alcohol to affect you more quickly.
3.	Describe the path that alcohol takes as it enters the body.
4.	What is BAC?
5.	What are the short-term effects of drinking alcohol?
	U
6.	What are the long-term effects of drinking alcohol?