

MAC: "Self Control" "We do have THESE the SelfControl ARE app on Self WRITTEN DOWN ON PAGE 2 OF YOUR Service (Monte 1 hours, 32 minutes Edit blacklist App Store). We also have a range of other HANDOUT apps including PC & MAC: "Cold Turkey" Be Focused (a You may pomodoroalso like style timer), to add Flexible Timers, Cold Turkey HabitMinder, them to your ACTION PLAN on Hocus Focus and Time Out. Students can Page 2 contact iAssist at the school Their tagline is "Like your parents...on steroids!"



If not, there are lots of options....

You should already have set up Apple Screen Time which enables parents to set a bedtime and limits for various

Family Zone

🔥 🐧 family zone Qustodio

McAfee Safe Family

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Wireless routers Eg Kids blocker, Koala Safe, Circle

OurPact

Our Pact App, mobile phones management

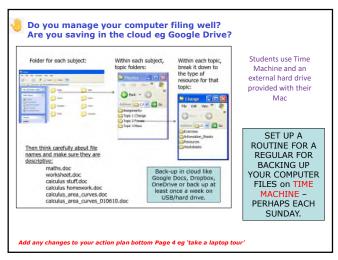
Google Family Link App

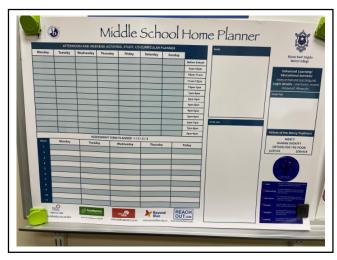
Vodaphone Kids, Optus Pause

inchargebox - lock away devices and charge at the same time



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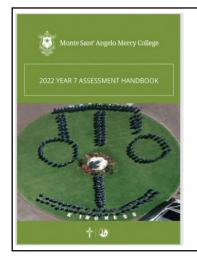
Points to consider

MONTE IB LEARNER PROFILE: BALANCE

- There is only a finite amount of time, in the end it is your choice as a parent how to use this time.
- Some students thrive on activity, some need more down time.
- Individual differences.
- Breaks when first home from school.
- Weekends?

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Big Picture Overview of the Term

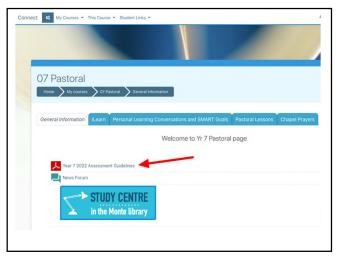


• At the start of every year:

Make sure you have the assessment handbook.



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- MOTE Subject Groups, Mathematics

 Mote Magnet Groups

 Mathematics

 Mathematics

 Mathematics

 Mathematics

 Mathematics

 Mathematics

 Mathematics

 Mathematics

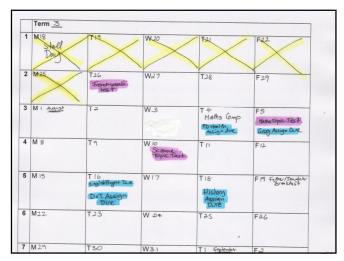
 Mathematics

 I Works Number

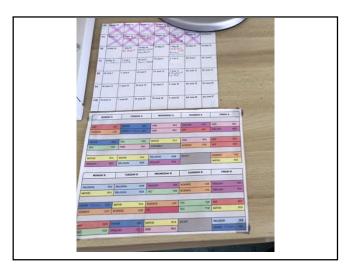
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- At the start of every term:
- Review the generic info in the handbook.
- Review and highlight the tasks for that term.

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For live updates to this schedule and to view task details and results, please view Edumate instructions here. Tasks in bold are completed by all students. Term 1							Year 7 Assessment
Week	Date	Mon	Tues	Wed	Thurs	Fri	Schedule. This was sent to students and parents recently. Students can access their assessment
5	21 - 25/2		PDHPE				
6	28/2 - 4/3						
7	7 - 11/3	Technology		Indonesian		Visual Arts	
8	14 - 18/3	English French	Italian	Music	French	German	
9	21 - 25/3	German Religion					
10	28/3 - 1/4		PDHPE		Technology	Geography/ History	
11	4 - 8/4	Mathematics		Science		Visual Arts	
Term 2 Week							schedule on- line via the timetable
	254 - 294						function in Edumate.
1	2-6/5						
2		Italian					
_	9 - 13/5	Harian					
2	9 - 13/5 16 - 20/5	French Mathematics	Italian				



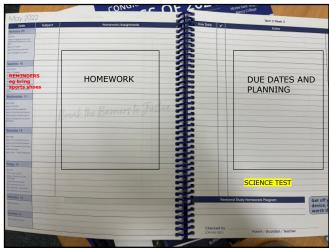
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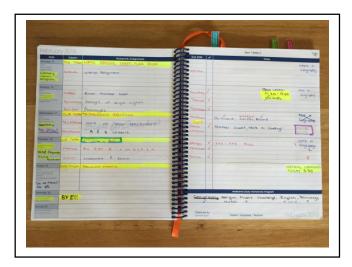


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To Do:

Also agree on a time to sit down and really discuss and follow-up on the issues and ideas raised tonight.

STUDENT:

The top 2 things I'd like you to do (or not do) that would help me most are.....

MONTE IB LEARNER PROFILE: COMMUNICATORS

PARENT:

The top 2 things I'd like you to do (or not do) that would make me feel more comfortable about your schooling are