

# DIGITAL BIALIK

Delivering a Full Timetable of Learning for  
Years 2 to 12

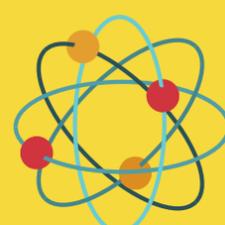


## PERIOD 1

8.40AM - 9.30AM

## PERIOD 2

9.40AM - 10.30AM



## RECESS

10.30AM - 11.00AM



## PERIOD 3

11.00AM - 11.50AM

## PERIOD 4

12.00PM - 12.50PM



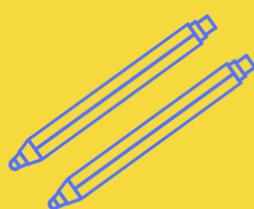
## LUNCH

12.50PM - 1.45PM



## PERIOD 5

1.45PM - 2.45PM



## PERIOD 6

2.45PM - 3.35PM



# DIGITAL BIALIK

Delivering a Full Timetable of Learning for  
Prep and Year 1



## PERIOD 1

8.45AM - 9.45AM



## MORNING WELLBEING SLOT

9.45AM - 11.00AM

## MORNING ACTIVITY (OPTIONAL)

10.15AM - 10.45AM



## PERIOD 2

11.00AM - 12.00PM

## LUNCH BREAK

12.00PM - 1.45PM

## LUNCHTIME ACTIVITY (OPTIONAL)

12.15PM - 12.45PM



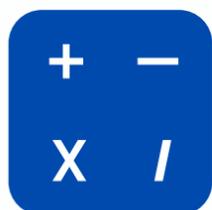
## PERIOD 3

1.45PM - 2.40PM



## AFTERNOON PLAY

2.40PM - 2.55PM



## PERIOD 4

2.55PM - 3.35PM



# DIGITAL BIALIK

## ROSENKRANZ CENTRE ONLINE

Continued offering of enrichment and enhancement programs through mentoring individuals, acceleration programs and online competitions including Science Talent Search, Inter-school chess and coding competitions.



## STUDENT SERVICES ARE IN MS TEAMS



Our support teachers and assistants are working with individuals and small groups on channels to support individual learning needs. Our caring Psychologists and Counsellors are available for our children.

## CELEBRATING JEWISH LIFE TOGETHER ONLINE



We are celebrating our Jewish Life and festivals as a whole school and in our digital classrooms and commemorating our life cycle events.

## INFORMAL EDUCATION IS THRIVING IN DIGITAL BIALIK

Our Informal Team are offering timetabled classes and lunchtime sessions and many other activities to develop our pluralist ethos in myriad ways.



## ASSEMBLIES ON MS TEAMS

Our sub-schools are regularly gathering and sharing songs and performances to uplift the spirit throughout Digital Bialik.



## CHECK-INS AND PARENT EDUCATION

During Digital Bialik, teachers are in contact with parents and updating them on student progress and wellbeing as well as hosting sessions for parents online, including Principal Jeremy's JED talks via Zoom for grandparents and parents.



# HANDY TIPS

## MORNING ROUTINE

Encourage your child to get up at a similar time they usually would on weekdays – having breakfast, brushing teeth, showering and getting dressed for school. Families could establish a ‘walk to school’ routine and walk for 20 minutes before the first class starts.

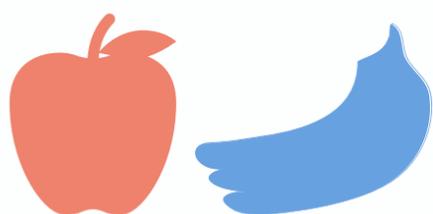


Prep to Year 9 students are expected to wear their school uniform when involved in Digital Bialik.

## HEALTHY FOOD

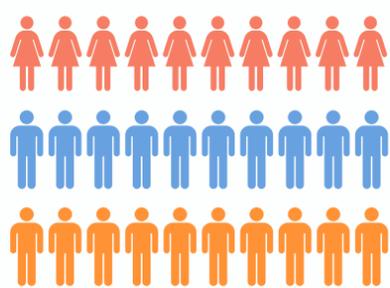
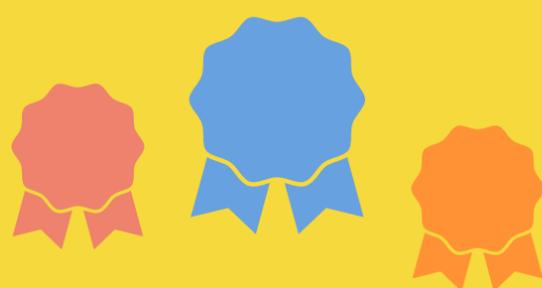
Children learn best when they have access to nutritionally balanced meals and snacks. To optimise their energy and concentration levels, ensure children are eating food similar to what they would pack in their lunchboxes for school. Have set meal and snack times (like at school) as part of your family’s schedule.

Ordering from Bialik Shuk Ba’Bayit is one option for parents to get delicious kosher Shuk favourites for healthy snacks and meals.



## EXERCISE

Being physically active helps children’s mental and physical wellbeing will optimise learning and sleep quality. Bialik will provide activity options which can be done at home with limited equipment but depending on your home and family, encourage children to play games outdoors together or go for a walk around the neighbourhood.



## FRIENDS

Encourage your child to chat with their friends or if they are younger, schedule online catch-ups with other families. These can be short but will help your child to stay connected, share their day and helps to support their wellbeing.

## DEVICE FREE TIME

Learning off-campus does not mean students can now have unlimited device time. Some learning will need to be done via a device but ensure there are breaks where children are offline.



## REFLECT

Regularly reflect on what is working, by asking yourself what went well and if any changes are necessary.

Please be in contact with us if you would like any support.

