



Waitākiri School

2023 REAL CHOICES Challenges

# Rata



**Year 4**

## Community Choose at least 1 challenge

	Self	Parent	Teacher
Co 1 Give to people in need: Raise a minimum of \$20 to donate to a charity or an equivalent collection for a community cause e.g. Chch City Mission, 20 hour famine, SPCA, surf club	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Co 2 Give to family: Help out at home each week with some agreed household jobs for a minimum of one month	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Co 3 Give to your family: Prepare 2 meals for your family	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Co 4 Join a Community Group (e.g. Cubs, Pippins, Brownies) & show how you have contributed to the community in some way	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Co 5 Give of your time: Visit an elderly person at least 4 times over 2 terms and help them with some jobs or have fun playing board games or reading to them etc.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Co 6 Participate in at least four Community Clean-Ups per term	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Co 7 Plan for your teacher, design and then implement your own Community Challenge	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## Environment and Sustainability Choose at least 2 challenges

	Self	Parent	Teacher
ES 1 Grow one type of vegetable in a pot or in the garden & show how you cared for them & used them in a meal	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
ES 2 Participate in the Travis Wetlands or other local planting/restoration day with a family member	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
ES 3 Take responsibility for the recycling at home. Find out how the CCC want families to sort their recycling and be responsible for getting the yellow bins out for collection each fortnight for at least one term	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
ES 4 Prepare your own NOOD food lunch for 2 weeks or 10 days over a term and keep a record	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
ES 5 Find out about a programme for saving an endangered species and present your information	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
ES 6 Be a kaitiaki (guardian) of our school, caring for an area of our environment at school or in the community (e.g. weeding, picking up rubbish) at least 4 times	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
ES 7 Plan for your teacher, design and then implement your own Environment and Sustainability Challenge	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## Physical Activity & the Outdoors Choose at least 1 challenge

	Self	Parent	Teacher
PA 1 Improve your fitness: over a 4 week period complete walking or running of a distance of at least 10 km or cycle at least 40 km	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
PA 2 Improve your swimming: swim a total of 200m non-stop	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
PA 3 Explore the outdoors: with a family member or family friend complete a challenging walk e.g. Bridle Path, to Boulder Bay from Taylor's Mistake	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
PA 4 Undertake and complete an endurance event e.g. City to Surf, duathlon, Marafun, cycle race, XRACE ( <a href="http://xrace.co.nz">xrace.co.nz</a> )	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
PA 5 Attend practices & compete in a sport outside of school for an entire season (incl. life-saving)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
PA 6 Walk or run around Travis Wetlands twice over a 2 week period with a family member	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
PA 7 Plan for your teacher, design and then implement your own Physical Activity and the Outdoors Challenge	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## Personal Inquiry Choose at least 1 challenge

		Self	Parent	Teacher
PI 1	Be a reporter: Attend and report on an event in our community and present to your home group	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
PI 2	Improve your maths skills-Complete the 'Figure It Out' Challenge Booklet at the level your teacher recommends	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
PI 3	Conduct a scientific investigation into one of the waterways in our area e.g. Ōtākaro Awa (Avon River) or Travis Wetlands	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
PI 4	Be an investigator: Research a significant New Zealand event & share this with your home group	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
PI 5	Improve your science skills- complete a science-based investigation and present your findings (see your studio teachers for ideas)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
PI 6	Learn a new language, e.g. NZ Sign Language, Te Reo, French etc. (greetings and key vocabulary)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
PI 7	Participate (min. 2 terms) in a school club e.g. Chess, Crochet	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
PI 8	Plan for your teacher, design and then implement your own Personal Inquiry Challenge	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## Creativity/The Arts Choose at least 1 challenge

Cr 1	Create an original artwork using more than one media e.g. paint & collage around the theme of water (wai)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cr 2	Learn a musical instrument, join a dance group or attend art or drama lessons during the year	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cr 3	Participate in a school music group for at least 2 terms, regularly attending all rehearsals and performances	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cr 4	Write and present to your home group a speech on a topic that is of interest to you	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cr 5	Make a short movie/puppet pal presentation or similar about what our REAL value of Respect means to you and how this can relate to 'Bucket Filling'	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cr 6	Choreograph a dance and perform it to your home base or studio	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cr 7	Plan for your teacher, design and then implement your own Creativity Challenge	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## Cultural Diversity Choose at least 1 challenge

CD 1	Find out about food from another culture. Prepare some of this food to share with your family. Share the recipe(s) and your experience with your home group	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
CD 2	Find out about a festival or special celebration from another culture and share this information in an interesting way. Think about 'When?', 'Why?' and 'How?'	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
CD 3	Find out about a game or sport from another culture. Learn how to play and teach it to your home group	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
CD 4	Creativity and the arts... Find out about an aspect of the arts: Music, drama, dance, visual art of another culture. Have a go yourself and share your experience with your home group	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
CD 5	Participate in a cultural group	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
CD 6	Plan for your teacher, design and then implement your own Cultural Diversity Challenge	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**REAL Heroes doing  
REAL CHOICES Challenges Home Learning**

A *challenge* is something that takes effort, responsibility and commitment to achieve it. Let this be reflected in each of the challenges you choose and complete.

Please read the parent letter for more details.

In the Rata REAL Choices Challenges you must complete and have checked off by your teacher a **minimum of 8 challenges by Friday 17 November**.

You must complete **at least two challenges from the 'Environment and Sustainability' category and at least one challenge from each other category**.

Co1 challenges must be approved and scheduled by Mrs Hillson at the office if you want to do fundraising at school.

Each category gives you the opportunity to **create your own challenge** if there is something you want to do that is not listed. Talk with your parents / caregivers and your teacher about your thinking and what you plan to do. Fill in the 'Plan for your teacher, design and then implement your own Challenge' proposal form and hand it to your teacher before you begin. These challenges must be approved by your teacher to help you shape the challenge further, if necessary.

Share each challenge as you complete it with your teacher (self-check, parent/caregiver check and evidence for your teacher).

Evidence your learning challenge by way of photos, journal, power-point, video, animation, interview or some other appropriate way.

Be sure to have thought about which aspect(s) of REAL each challenge fits:  
RESPECTFUL, ENCOURAGERS, ACHIEVERS, LIFE-LONG LEARNERS.

Have fun and enjoy your REAL CHOICES Challenges 2023.