



St. Stephen Middle School

Hello SSMS Families,

As we embark upon the month of May, we want to take this opportunity to thank our students, their families and the SSMS team for their efforts over the past several weeks of distance learning. We know this has been an adjustment and challenge for all – thank you for your patience, feedback and contribution.

We recognize that many families may be experiencing increased levels of stress and anxiety as we navigate these uncertain times. Please do not let schoolwork become a burden for you or your child. Fresh air, outdoor play and family time are extremely important elements of well-being. Mrs. Bourque has shared the local numbers below where you can reach out for support. Your well-being and the well-being of your family needs to be the priority.

This week, Tuesday through Thursday, the school will be open for students to retrieve items from their lockers. The schedule, including the procedures, is in this newsletter. Please note that classrooms will not be accessible. SSMS will follow all of the guidelines and protocols put forth by Public Health to ensure the health and safety of all. If you have any questions, please email me at the address below.

Thank you to the fantastic Bobcat TV crew for producing a second episode during this school closure. The episode can be found at <https://www.youtube.com/watch?v=V2kJ-iKuj6w&feature=youtu.be>. Thank you to grade 8 students Georgia, Elia, Sawyer, Devon, Ainsley and Anna for producing segments on wellness, physical distancing, our school website and Teams, Science Fair and speeches. Thank you, as well, to Mme. Russell and Mrs. Nozzolillo for their ongoing guidance.

We certainly miss being with the students and look forward to a future time when we will be back in our classrooms again. In the meanwhile, take care and we hope that everyone stays well and healthy.

Thank you,

Bronwyn Tanner on behalf of the SSMS Team (bronwyn.tanner@nbed.nb.ca)

Health and Wellness



The third factor in Social Emotional Learning is **Social Awareness** which includes the ability to empathize with others - to understand how they feel, think, and react to situations.

Activity for the Week:

Try these ideas this week and record them on your calendar.

1. Be proactive. Everyone needs emotional support. The Town of St. Stephen has posted their community calendar for May listing daily challenges designed to build spirit and support. Think of how you can do the same on your calendar. Bake, draw, paint, or try something new to show someone you understand and support them.
2. Remember, to have positive social interactions, we must think of self and be our best. Keep regular routines including sleep habits (bedtime around 9, with 8-10 hours of sleep a night). Keep electronics out of the bedroom and limit usage before bedtime. Get plenty of exercise and fresh air daily. Eat healthy meal choices. Maintain positive social connections with others. Take care of yourself!

St. Stephen Education Centre Counselling Services: 506-343-5263.

(Monday - Friday 8:15 a.m. – 4:30 p.m.)

Child and Youth Team: 506-466-7380 (weekdays 8:30 a.m. to 4:00 p.m.)

Math

Math Teachers will be on the Teams site, during their weekly office hours, providing students with an opportunity to connect, ask a question etc. On the Teams site, teachers will be supporting the suggested learning options for the week, which may also include supplementary and other choice activities for their particular classes.




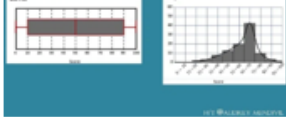


IXL Online activities: The IXL online math program is the key online learning format for SSMS families. Teachers will be regularly suggesting particular skills, tailored to the level and needs of each student. We recommend that students spend about **20 minutes per session**. Please link to <https://ca.ixl.com/#curriculum>.

Khan Academy The Khan Academy website is popular for short tutorials in the form of videos. Formed in 2008, Kahn Academy is a non-profit organization with the goal of creating free online tools to help educate students. There has been very positive feedback about this site. Please link to <https://www.khanacademy.org/> and place the skill/topic into the search bar. Each video is fairly short, clear and geared to particular ages.



UNIVERSITY OF WATERLOO **Offline activities:** Please link to <https://www.cemc.uwaterloo.ca/resources/cemc-at-home.php> for engaging grade level questions of the day. All that is needed is a pencil and paper! **mathFROG** <https://cemc2.math.uwaterloo.ca/mathfrog/> has a large variety of math games and activities for grades 4-6 and **Wired Math** https://cemc2.math.uwaterloo.ca/wired_math/index.html is geared for grades 7 and up. Have fun with numbers!

St. Stephen Middle School – MATH CHOICE BOARD & GAMES

For each day, choose one (or both) math problems. The 3rd row is a game to play. Have Fun!

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Directions: Using the digits from 1 to 9, at most once, make as many true statements as possible.</p> $\frac{\square}{\square} \text{ of } \square\square = \square\square$	<p>Directions: Using each of the digits 0-6 only once, make two equivalent ratios.</p> $\frac{\square}{\square\square} = \frac{\square\square}{\square\square}$	<p>Directions: Using the digits 0 to 9 as many times as you want, fill in the boxes to create a correct number sentence.</p> <p>$\square\square$ is 50% of $\square\square$ and 75% of $\square\square$</p>	<p>Directions: Using the digits 0 through 9, without repeating any digits, find the quotient closest to 1.</p> $\square\square \div \square\square = \square$	<p>Directions: Using the digits 1 to 9 at most one time each, fill in the boxes to make three decimals whose sum is as close to 1 as possible.</p> $\begin{array}{r} 0.\square\square\square \\ 0.\square\square\square \\ + 0.\square\square\square \\ \hline \end{array}$
	<p>Share equal slices of cake from pan A with 8 friends OR share equal slices of cake from pan B with 6 friends?</p> <p>Cake A: 15" x 15" x 15" Happy Birthday!</p> <p>Cake B: 17" x 17" x 17" Happy Birthday!</p>	<p>Would you rather have...</p> <p> A cube of gold, 25 m on each side. ?</p> <p>OR</p> <p> Two cubes of gold, one is 24 m per side, one is 7 m per side. ?</p>	<p>THE DATA FROM YOUR FINAL EXAM LOOK LIKE THIS 'BOX PLOT' OR THE HISTOGRAM</p> 	<p>Candy Data</p> <p>I got 8 Skittles from the vending machine for 25¢.</p>  <p>I got 62 Skittles from a 61g bag for \$1.16.</p> 
<p>Game: Nim PDF link Nim is a two-player game. You start with a pile of counters. On your turn, remove one or two counters from the pile. You must take at least one token on your turn, but you may not take more than two. Whoever takes the last token is the winner.</p>	<p>Game: Closest to 24 Materials: Deck of Cards Directions: Deal 4 cards to each player. Arrange the cards and add grouping symbols and operations to make a number closest to 24.</p>	<p>Game: Integers Materials: Deck of Cards Directions: In this game, red cards are negative integers while black cards are positive. Each person turns over 3 cards and finds their sum. Person w/highest sum keeps cards in a pile. When cards are out, most cards in a pile wins.</p>	<p>Game: Fraction War Materials: Deck of Cards Directions: In this game, each player turns over 4 cards. Cards are arranged to make the largest fraction (2-digit numerator/2-digit denominator). Player w/greatest fraction wins. When cards are out, most cards in a pile wins</p>	<p>Game: Four 4's youcubed.org Materials: paper and pen Directions: Try to find every number between 0 and 20 by creating expressions using any operations, exponents or grouping symbols... BUT... you can only use the digit 4 Four times. Ex: $4+4+(4+4)=0$</p>

English Language Arts

Online activities: The  website is a key online site for SSMS families. <https://www.raz-kids.com/> , a popular reading program, can be found at the site with selections for every reading level. Please reach out to your child's teacher if you have any questions about this free online resource. Your child can connect with their Language Arts Teacher and classmates through Teams site, during office hours. Through the Teams site teachers will be supporting the home learning options and may have specific suggestions for their classes.

Offline activities:

Theme: Space- MAY the FOURTH be with you!

SL: Speaking & Listening, RV: Reading & Viewing, WR: Writing & Representing

<p>Write your own science fiction story (space adventure, time travel, futuristic), or create fan fiction around a space story that already exists. Create new characters or a new backstory for familiar ones. Where and when does it take place? What happens? (WR)</p>	<p>Read the attached story "The Zoo" or find it online. Consider the following questions. 1) What is the "twist" at the end? 2) Did it surprise you? 3) Describe the significance of the title. EXTENSION: Draw a picture of the "creature" described. https://www.endeavorcharterschool.com/cms/lib/NC01000873/Centricity/Domain/85/Zoo%20%20%20by%20Edward%20D.pdf (RV)</p>	<p>Watch the attached videos or research an astronaut of your choice. Summarize their experiences. Would you be interested in doing this? Create a video describing why you should be the first teen in space! <ul style="list-style-type: none"> • https://www.ted.com/talks/cady_coleman_what_it_s_like_to_live_on_the_international_space_station?language=en#t-173707 • https://www.youtube.com/watch?v=Zo62S0ulqA (RV) </p>
<p>Create your own droid or robot. Create design plans, describe in detail or draw a rough sketch of what it would look like, and describe its function and assets. Remember: SOMEONE invented the Roomba! (WR)</p>	<p>Choose your favorite Star Wars (or space themed) movie and then persuade someone else to watch it using specific examples and descriptions of what you would recommend about it. You can write this or do it as a video. (SL) (WR)</p>	<p>Did you know that some countries want weapons in space? Ask someone what their opinion is on "militarization of space". https://www.popularmechanics.com/space/satellites/a15884747/no-treaty-will-stop-space-weapons/ (SL)</p>
<p>It's our fault that we have so much garbage ON our planet. Did you know that we also have a bunch of space junk orbiting AROUND the earth? See video about what this "junk" is and some ideas for how to retrieve it. https://www.youtube.com/watch?v=ml_0ClnQb0A&feature=youtu.be (SL)</p>	<p>Choose a planet, make one up, or choose one from a science fiction series/movie. Find out (or create) some facts about that planet and create a travel brochure. (RV, WR)</p>	<p>Do you believe there is life on other planets? Why or why not? Watch the attached video. Did watching this change your viewpoint? Why or why not? https://www.youtube.com/watch?v=ly7NzjCmUf0&t=369s (RV)</p>

Time	Monday	Tuesday	Wednesday	Thursday	Friday
10 am until 11	Miss Smith Mrs. Nozzolillo Mr. Heelis Mr. Abbandonato	Mr. Good Ms. Gillmor Mr. McGinn Ms. Ward	Miss Smith Mrs. Nozzolillo Mr. Furlotte Mr. Gomez	Mr. Good Ms. Gillmor Mr. Cheney Ms. Ward	Mr. Furlotte Ms. Ward Ms. Gillmor
11 am until 12	Mrs. Dempsey Mlle de Bel-Air Miss Sarah Peters Mr. Gomez	Ms. Breault Mlle de Bel-Air Miss Sally Peters Mr. Abbandonato	Mrs. Dempsey Ms. Breault Mr. Good Mr. Cheney	Ms. Breault Mrs. Nozzolillo Mr. McGinn	Miss Smith Mr. Gomez Mr. McGinn Mr. Abbandonato
1 pm until 2	Ms. Scott Mme Didelet Miss Sally Peters	Mr. Heelis Miss. Sarah Peters Mr. Cheney Mr. Furlotte	Ms. Scott Mme McGinn Mlle de Bel-Air Mme Didelet	Ms. Scott Mme McGinn Mme Didelet Mr. Heelis	Mrs. Dempsey Mme McGinn Miss Sarah Peters Miss Sally Peters

Staff Office Hours

Offline activities:


- Icebergs are made of fresh water
- 90% of an Iceberg is below water
- 1600 icebergs drift southward past Newfoundland each year
- Average age of the "ice" in an iceberg is ~12,000 years old

Spring is a time of year when we notice several changes in our environment as temperatures warm and plants begin to bloom. Spring is also the time of year when scientists study icebergs. Scientists can learn much about climate change from their study of the movement and melting of icebergs. This week's science focus is on icebergs and **Sustainable Development Goal #13: Climate Action**. Please link to the May 4 STEM newsletter editions (in both English and French) at <http://stemnorth.nbed.nb.ca/home-learning-resources/page/asd-n-weekly-steam-asd-n-stiam-hebdomadaire>. Each week the newsletter contains activities and resources for K-8. We would love to highlight any of your child's science explorations in the Bobcat Express and please send them to your child's Science Teacher. Have fun exploring!

Online activities: When able, students are encouraged to go on to their Teams site. Please refer to the office hours schedule in this newsletter for the times when students can connect with their Science Teacher directly. In the Teams site, the Science Teachers will continue to support home learning options, including the activities in the STEM newsletter and may have additional suggestions as well.

French Language Arts

Online activities: The SSMS French Immersion Team suggests the following online options. Students are invited to join their teacher and their classmates during their teacher's office hours in the Teams site.

duolingo All SSMS students have a personal password providing them access to activities tailored to their level.

Boukili - A free program that reads books to students in French. <https://boukili.ca/en>. A dashboard keeps track of a student's progress; geared for students in grades 6 and 7 late immersion.

Je lis, je lis, littérature! Adapted for early and late immersion (Grades 6-8) <https://jelis-free.rkpublishing.com/student>

Offline activities: There are several great options in the FI literacy grid this week, several with a cross-curricular focus. Students in late FI may want to choose four of the blue questions and students in early FI some of the green, too!

<p>Dans le jeu de société Monopoly, lesquels sont les options pour sortir de Jail ?</p>	<p>Écris un/deux paragraphe(s) drôle(s) à partir de la phrase ci-dessous : Le chien (la chienne) de mon ami(e) est très (drôle, intelligent(e), bizarre ...) parce que...</p>	<p>Demande à tes grands-parents/oncles/tantes quels conseils ils ont donnés à leurs enfants quand ils avaient ton âge. Ces conseils sont-ils les mêmes que ceux que tu reçois actuellement ? En quoi sont-ils différents ?</p>
<p>Si demain tu deviens le président/premier ministre d'un pays, quelles mesures proposeras-tu pour sauver et protéger les plantes, les animaux et l'environnement de notre planète ?</p>	<p>Virelangue Répète cette phrase ci-dessous jusqu'à ce que tu puisses la dire très, très vite sans arrêter. Il élimine l'illettrisme et l'élitisme illégitime.</p>	<p>Aimerais-tu aller à l'école durant les mois de juillet et août pour récupérer les classes et les activités sportives perdues à cause du Covid-19 ? Oui, non ? Pourquoi ?</p>
<p>Une fois les restrictions levées, quel sera le premier restaurant où tu iras ? Que mangeras-tu ?</p>	<p>Devinette: Qu'est-ce qui commence par un P, termine par un E et contient un million de lettres ?</p>	<p>Si tu n'étais autorisé à utiliser qu'un seul type de média social, (Facebook, TikTok, Tweeter, etc.) lequel choisirais-tu ? Pourquoi ?</p>



Music

John Williams, born in 1932, is an American composer, conductor and pianist. He has written music for movies for over 6 decades and has won multiple awards for his work.

Here are some of the movies you will recognize for which he wrote the music:

The **Star Wars** saga
Close Encounters of the Third Kind
E.T.
The first two **Home Alone** films
The first two **Jurassic Park** films
The first three **Harry Potter** films

Schindler's List
Superman
The **Indiana Jones** series
The first two **Jaws** film
Hook

Activities:

1. Watch one of the above listed movies and pay particular attention to the music. Consider elements such as dynamics (louds and softs), tempo (speed of the beat), rhythm patterns, instrumentation and mood. Why do you think his compositions have been so successful?

2. Try playing the **Star Wars** theme on the recorder (or any other instrument). The top line plays the melody while the other two lines can be played at the same time as the melody, which adds the harmony and bass.

*Note: all instruments must be in the same key in order to play all the lines at the same time (recorder, keyboard, guitar, ukulele, and flute)

Star Wars

John Williams

Recorder

Recorder

Recorder

The image shows a musical score for the Star Wars theme on three recorders. The top two staves are identical and play a melody with triplets. The bottom staff plays a bass line. The key signature is one sharp (F#) and the time signature is 4/4.

Recorder Fingering Chart

The chart shows fingerings for notes A through G on a recorder. It includes diagrams for middle C, D, E, F, G, A, B, C, D, and B#.



Technology

Here is the typing club link for SSMS: <https://st-stephen-middle-school.typingclub.com/> Students learn touch typing online using **TypingClub's** free typing courses. It includes 650 typing games, typing tests and videos.

Please email Mr. Good at Kris.Good@nbed.nb.ca for a student's username and password.



Social Studies

Following last week's suggested lesson on Climate change, this week we will focus on Overshoot day. "Earth Overshoot Day marks the date when humanity's demand for ecological resources and services in a given year exceeds what Earth can regenerate in that year." The date comes earlier and earlier every year. The Global Footprint Network has a [#MoveTheDate Movement](#) to chip away at our own footprint both collectively and individually. Solutions emphasis on five areas to increase sustainability: cities, energy, food, planet and population. Parents, here are some links you may want to explore to learn more about Overshoot day with your child:

Official website for Overshoot day: <https://www.overshootday.org/>

Different activities are included and can be done free on the website: read about it, calculate their ecological footprint and find solutions. Each solution is linked to an UNESCO goal.

<https://www.wwf.fr/jour-du-depassement>

French website, they ask to calculate their ecological footprint, gives them instructions to download an app where there are challenges to complete.



Cities #11, Energy #7, Food #2 & #12, Planet #14 & #15 and Population #5

Don't just get loud. **#GetReal**

Canadian Mental Health Association
Mental health for all | 100 years of community

CMHA
Mental Health Week
#GetReal
May 4-10, 2020

Canadian Mental Health Association - Mental Health Week: May 4-10, 2020

1. Mental Health Week promotes behaviours and attitudes that foster well-being, supports good mental health, and creates a culture of understanding and acceptance.
2. The theme of this year's Mental Health Week is social connection. Connecting with other people and our communities not only feels good, but it is also good for our mental health.
3. It's common in our society to ask people how they are. Unfortunately, it is also common not to provide or expect a truthful answer thus missing a chance to connect with others in a meaningful way.
4. During Covid-19, we need each other. Everyone needs emotional support at the best of times. Phone calls, video calls and other digital technologies offer excellent opportunities for connecting face-to-face, even when we cannot be in the same room.

TEAMS Meeting Etiquette

Prepared
Responsible
Ownership
Wellness
Leadership



We are
ALL
in this
TOGETHER!



May 2020

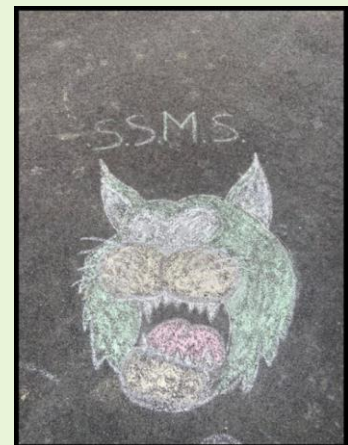
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3	4 Watch your favorite show on TV. Do an exercise during each commercial. Ex. Push-ups, squats	5 Family Challenge : who can hold a plank the longest?	6 Workout Wednesday: 20 air squats 20 push-ups 20 lunges 20 sit-ups 20 jumping jacks 20 burpees Repeat 2X	7 Run in place for 30 seconds in every room of your house	8 Go for a long walk with a family member	9
10	11 Family Challenge : Who can do the most push-ups in your family?	12 Do a bear crawl around your house from room to room. Can you make it to every room in your house without stopping?	13 Workout Wed: 50 Jumping jacks 40 air squats 30 lunges 20 sit-ups 10 push-ups	14 Watch your favorite show on TV. Do an exercise during each commercial. Ex. Push-ups, squats	15 Scavenger Hunt : Make a list of 10 items and see who can gather them first	16
17	18 Stair Challenge: Find a set of stairs and go up and down as many times as you can!	19 Family Challenge : See who can do the most sit-ups in your family!	20 Workout Wed: 50 jumping jacks 50 chair step-ups 50 high knees 50 second plank	21 Make up a game that involves a ball and play with a family member	22 Do a 20 minute run alone or with a family member	23
24	25 Jog or run for 20-30 mins!	26 Watch your favorite show on TV. Do an exercise during each commercial. Ex. Push-ups, squats	27 Workout Wed : 30 second wall squat 30 second plank 30 seconds of burpees Repeat 2X	28 Family Challenge : Have a race with your family outside! Who is the fastest?	29 Freeplay Friday ! -biking -basketball -walking Anything active !	30



Physical Education

Art Challenge

This week's inspiration comes from grade 7 student, Hannah Barron. Mr. McGinn is asking students to create some chalk art, perhaps on your driveway or that of a neighbor. Have fun! Please share pictures of your creations with Mr. McGinn at Jeff.McGinn@nbed.nb.ca.



Happening Online...



"The Zoo"

By: Edward D. Hoch

The children were always good during the month of August, especially when it began to get near the twenty-third. It was on this day that the great silver spaceship carrying Professor Hugo's Interplanetary Zoo settled down for its annual six-hour visit to the Chicago area.

Before daybreak the crowds would form, long lines of children and adults both, each one clutching his or her dollar, and waiting with wonderment to see what race of strange creatures the Professor had brought this year.

In the past they had sometimes been treated to three-legged creatures from Venus, or tall, thin men from Mars, or even snake-like horrors from somewhere more distant. This year, as the great round ship settled slowly to earth in the huge tri-city parking area just outside of Chicago, they watched with awe as the sides slowly slid up to reveal the familiar barred cages. In them were some wild breed of nightmare--small, horse-like animals that moved with quick, jerking motions and constantly chattered in a highpitched tongue. The citizens of Earth clustered around as Professor Hugo's crew quickly collected the waiting dollars, and soon the good Professor himself made an appearance, wearing his many-colored rainbow cape and top hat. "Peoples of Earth," he called into his microphone.

The crowd's noise died down and he continued. "Peoples of Earth, this year you see a real treat for your single dollar--the little-known horse-spider people of Kaan--brought to you across a million miles of space at great expense. Gather around, see them, study them, listen to them, tell your friends about them. But hurry! My ship can remain here only six hours!

And the crowds slowly filed by, at once horrified and fascinated by these strange creatures that looked like horses but ran up the walls of their cages like spiders. "This is certainly worth a dollar," one man remarked, hurrying away. "I'm going home to get the wife."

All day long it went like that, until ten thousand people had filed by the barred cages set into the side of the spaceship. Then, as the six-hour limit ran out, Professor Hugo once more took microphone in hand. "We must go now, but we will return next year on this date. And if you enjoyed our zoo this year, phone your friends in other cities about it. We will land in New York tomorrow, and next week on to London, Paris, Rome, Hong Kong, and Tokyo. Then on to other worlds!

He waved farewell to them, and as the ship rose from the ground the Earth peoples agreed that this had been the very best Zoo yet. . . .

Some two months and three planets later, the silver ship of Professor Hugo settled at last onto the familiar jagged rocks of Kaan, and the queer horse-spider creatures filed quickly out of their cages. Professor Hugo was there to say a few parting words, and then they scurried away in a hundred different directions, seeking their homes among the rocks.

Retrieval of Student Items Schedule

~ St. Stephen Elementary, Middle & High School ~

- One parent may come to St. Stephen Elementary School to retrieve their child's belongings during the scheduled time.
- Parent and/or student may come to St. Stephen Middle and/or St. Stephen High School to retrieve belongings from lockers during scheduled time.
- Times are based on the beginning letter of the student's LAST name.
- Only 10 people will be permitted in the building at one time. Social distance spaces will be marked both inside and outside of each building. Wearing a mask is encouraged.
- No books or materials are to be returned or brought to the school.
- Uniforms may be returned but will be left in a designated bin in front of the school.
- **8:30am - 9:00am** will be set aside each day for parents/students with a compromised immune system or those requiring additional assistance.

Tuesday May 5th: Letters **A to C** (9am-12pm) & Letters **D to F** (12:30-3:30pm)

Wednesday May 6th: Letters **G to J** (9am-12pm) & Letters **K to M** (12:30-3:30pm)

Thursday May 7th: Letters **N to S** (9am-12pm) & Letters **T to Z** (12:30-3:30pm)

Thursday May 7th schools will be open from **5:00pm - 7:00pm** for parents/students who are essential workers who are unable to come during the scheduled day.



Kids Help Phone 

<https://kidshelpphone.ca/>



Looking for activities on fishing? Mme Russell has created a doc with lots of ideas, please link to <https://drive.google.com/file/d/1XfEWE9Ui1b3GMKjUMzXAeMPHw6tUv4N/view>

Bobcat Photo and Art Gallery

Below are some photos from last week. We would love to share any of your Bobcat photos. Please send pictures to bronwyn.tanner@nbed.nb.ca and artwork to Jeff.McGinn@nbed.nb.ca. Thank you!



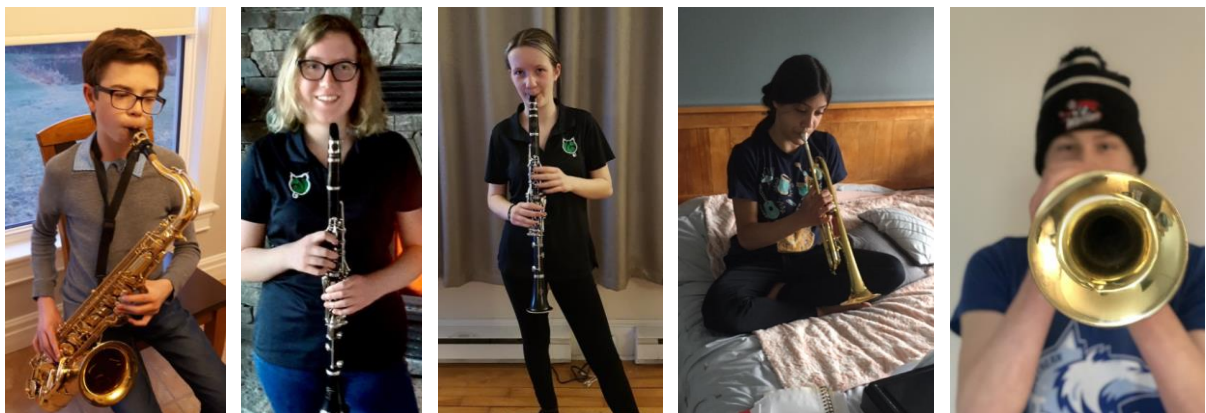
Lydia Williams



BJ Crossman



Band Photos



[SSMS Website](#)



[@SSMS_Bobcats](#)

Principal: Bronwyn Tanner (bronwyn.tanner@nbed.nb.ca)

Vice Principal: Avis Scott (avis.scott@nbed.nb.ca)