

7E Weekly Class Newsletter

DEAR 7E STUDENTS & FAMILIES:

Just a few reminders:

-**Learning opportunities** that are presented each week are meant to offer students new and different things to explore

-Students are encouraged to choose something of **interest** to them either from the choices offered this week or any week or maybe you want to investigate a **new idea** of your own! Just go for it, shake things up, and explore something new!

-Send in whatever work is completed via the Assignments link on TEAMS for some feedback

-Math info can be located on Mme Porter's website, located here: [MmePortersSite](#).

-I will be using my Teacher Page on our Bliss Carman School Website [BCMS](#).

Please enjoy exploring some of the activities offered, continue to physically distance yourselves from others, be patient and kind with yourself and those with whom you live and know that your teacher misses you even more! Vous me manquez, encore mes amis! Keep on staying positive and safe! Une journée à la fois, mes amis!

-Mme Whalen 😊



MINDFUL MOMENTS:

Keep inserting those **mindful breaths** into your day, **every day**. Take a few minutes to practice your HA breath *Haaaaaa*. Notice how you feel afterward. Keeping a journal about how you feel is a great tool, especially in stressful times. Try it! You might just notice that you have a new best friend to listen to you share anything, anytime! Keep going 7E! Sending Loving Kindness to you all! -Mme <3



Montre de la gratitude, de la gentillesse, et de l'amour à TOI-MÊME, en premier, chaque jour

Après cela, tu seras prêts de donner tes intentions aux autres. Mais commence ici, maintenant, avec toi-même. Inspire. Expire. Prends un moment pour te faire calmer. Et continue ...

A reminder that these ideas are **OPPORTUNITIES** for students to feel empowered and to choose topics of true interest to them. No added stress intended. Just keep exploring learning of all types!

Here are some great ideas for [Online Learning Opportunities](#).

But ... you may also feel like checking out some [Offline Learning Opportunities](#) this week.

A key topic of concern of this current situation we are all experiencing these days is, of course, **WELLNESS** – physical, emotional, and social wellness are all very important parts of ourselves that we need to nurture. We need to look after ourselves!

Some amazing resources are found in the [Healthy Minds, Healthy Bodies](#) link.



Read how the Earth's hum has been shushed substantially since COVID-19 <https://www.geospatialworld.net/blogs/how-covid-19-has-changed-earths-movement/>

Journal prompt: What actions do you feel compelled to take/continue to take once the pandemic has settled and we are able to move about and 'do' more?

COVID-19 Word Search

A	W	L	U	F	K	N	A	H	T	A	W
S	C	A	V	E	N	G	E	R	A	H	A
C	O	V	S	V	I	N	I	B	I	I	S
A	C	G	N	H	B	F	U	N	S	M	H
B	I	N	G	O	H	A	C	C	N	A	H
C	O	G	I	M	E	A	N	S	A	F	E
O	Y	N	O	E	N	C	N	S	C	O	B
V	L	E	C	S	I	T	V	D	K	H	I
D	I	V	O	C	W	I	S	A	S	C	N
S	M	A	V	H	I	V	O	C	K	S	G
C	A	C	I	O	L	I	I	V	N	E	A
A	F	S	A	O	A	T	N	T	A	M	F
V	O	E	S	L	E	I	G	A	H	O	U
E	H	O	M	E	H	E	A	L	T	H	Y
W	A	S	H	A	C	S	C	A	A	C	S

ACTIVITIES	FUN	SCAVENGER
BINGO	HEALTHY	SNACKS
COVID	HOMESCHOOL	THANKFUL
FAMILY	SAFE	WASHHANDS