

Grade 6

RMS Continuity of Learning Plan

April 14-17, 2020

Team Greeting to Families

Springtime greetings to our team 6 students and families! Our team of teachers are excited to share the learning opportunities below and look forward to hearing about your learning at home. If you are sharing from home via email, please be sure to include in the subject line (or title) of the email your name and your class. Example: Jane Quinn 6C. We can't wait to hear from you – it's been too long!

Quote of the Week

"When it rains look for rainbows, when it's dark look for stars."
-Oscar Wilde

Learning Opportunities:

Literacy

1. Check out the following link: <https://www.fantasticfunandlearning.com/free-printable-night-sky-journal.html>

where you can either make your own night sky journal or print the journal provided on the site.
2. On a clear night, go for a walk or go out in your own yard to stargaze with your family. Draw, write and describe what you see. Discuss your observations with family or friends. Ask them what theories they have about space. Feel free to share what you observed via email to your Language Arts teacher.

6A, 6B, 6D, 6/7F - Ms. Anderson - shauna.anderson@nbed.nb.ca

Numeracy/Science

1. **Read** facts about Space here: <https://theplanets.org/space-facts/>

2. **Solve the following problem:** The distance from Venus to the sun is 107.560 million kilometers. Mercury is 67.597 million km from the sun. About how much farther is Venus from the sun compared to Mercury? (Estimate the difference) Exactly how much further is Venus from the sun compared to Mercury? (Find the difference)

Further exploration: How many times greater is the distance from Venus to the Sun compared to the distance from Mercury to the Sun? Compare other planets' distances from the Sun. Can you create your own word problem involving the distance of planets from the Sun?

6A & 6B: We invite you to share your responses with Ms. Adams at nancy.adams@nbed.nb.ca

6D & 6/7: We invite you to share your responses with Mr. Hogan at david.hogan@nbed.nb.ca

Social Studies

1. Have you ever wondered what mysteries the night sky holds? For thousands of years, cultures have looked at the same star systems and constellations and incorporated these celestial structures into their beliefs, stories and legends.

2. Starting with this website: <https://www.planetsforkids.org/the-universe/constellations.html> explore the cultural history of constellations.

Further exploration: Choose another culture and investigate the importance of the night sky in their belief system. Feel free to share what you find with your Social Studies teacher!

6A, 6B, 6/7F: Mrs. Moore – vanessa.moore@nbed.nb.ca

6D: Mr. Morrell – jeffrey.morrell@nbed.nb.ca

Phys Ed

This week's People and Pages to follow:

<https://twitter.com/NBPES/status/124535379690307584>

Daily Warm-Up – 15 push-ups (from toes or modified) / 20 sit-ups (or wall sit-ups) / 30 jumping jacks

DAILY ACTIVITY IDEAS TO KEEP YOU MOVING

Monday – EASTER MONDAY – HAPPY EASTER!

Tuesday – Go for a 30-minute walk or hike with your dog/sibling/family. While doing this, you could add skipping, jogging, jump over puddles or cracks in road/sidewalk etc.

Wednesday – Use some chalk or tape and make yourself a hopscotch grid and play.

Thursday – Create and participate in your own obstacle course in your yard.

FUN FIT Friday – Design your own workout routine with the skills we have practiced in class. I/we would love to see your routines! Please share with them with me via email:

tony.brewer@nbed.nb.ca or on Twitter: @RidgeviewMiddle

Cross Curricular Ideas

Create an Isolation Playlist. Choose 5 songs minimum that you have been listening to while you are being safe at home. Write down the titles and artist then write a small paragraph about why you have chosen these songs. Discuss how they make you feel and the parts of the song you like the most. Share your Isolation Playlist with me at patricia.hanscomb@nbed.nb.ca If you're feeling extra creative create the playlist on Spotify and send me the link!

Social and Emotional Learning

When people experience anxiety, we know that some find using fidgets helpful. Follow the links below and learn to make two different types fidgets using paper! Tweet your finished product to @RidgeviewMiddle.

<https://www.youtube.com/watch?v=RshX97WMWDw>

<https://www.youtube.com/watch?v=LgZuAaUxBk>

LEARNING RESOURCES AT HOME

https://www2.gnb.ca/content/gnb/en/departments/education/learning_at_home.html

<https://sites.google.com/view/mrmorrell>



Weekly Challenges

Share your participation with RMS on twitter
Mention @RidgeviewMiddle in your post
and add the # for the challenge of the day
OR email your homeroom teacher!

Mindfulness Monday #bodyscan – Sit legs crossed on the floor. Take a deep breath in through your nose and out through your mouth. Close your eyes. Go through your body parts from your head to your toes. Think about what feels good and what feels bad. You do not need to change anything just be aware of your body and how it feels. Open your eyes and stand up slowly.

Tech Tuesday #ridgeviewroar – Go to twitter.com, click the "Sign up" button and create an account. Once created use the search bar and type RidgeviewMiddle to find the RMS account. Follow @RidgeviewMiddle and from that account find RMS staff to follow and watch them take part in the weekly challenges as well. When posting be sure to mention @RidgeviewMiddle to your post and include the hashtag for the challenge of the day. If you do, you may be "retweeted" (shared) by the RMS account for the whole school to see!

Wellness Wednesday

#RMSsleepchallenge – The Canadian Society for Exercise Physiology says that middle school students need 9-11 hours of uninterrupted sleep every night! Make a sleep journal for the next three nights. Record when you go to bed, when you wake up, and if you woke up in your sleep. Were you successful in getting the sleep you need?

Team Tiger Thursday

#welcometotigertown – Create your best drawing of a tiger. It can be a traditional drawing, abstract, a self-portrait of you as a tiger, be creative! Post it in your window to share your RMS pride with your neighbourhood. RAWR!

Funny Friday #RMemeS – Create your own meme. Use a meme generator:

<https://imgflip.com/memegenerator>

Your meme can be about life at Ridgeview, at home, or life as a middle-school student. Be funny, but be appropriate and share with us!