

Grade 6

RMS Continuity of Learning Plan

April 20-24, 2020

Team Greeting to Families

As they say, "April showers bring May flowers", your team of teachers hope that April and May are full of blooming learning opportunities for each and every student! Below you will find new ideas for learning centered around a "Time Capsule" theme. We are currently living through history and thought these activities would be fun to do now and read 10, 20 or more years from now! Be sure to send your work to your teacher that teaches you that subject. Enjoy!

Quote of the Week – "Life isn't about waiting for the storm to pass... It's about learning to dance in the rain." – Anonymous

Learning Opportunities:

Literacy

Begin a reading log to record your daily reading (use loose leaf, a scribbler, or electronic format). Your reading goal is 30 minutes each day. Each time you read, be sure to include the following in your reading log: date, title of text, author, total pages read, comments/notes/questions. The Sora app (<http://soraapp.com/>) contains access to free online books. You will need your student username and password to login. You can click here to see a sample of a reading log (feel free to print): <https://shaunaanderson.weebly.com/week-one.html>

Write a letter to yourself that could be placed in a time capsule for others to read in 10 years from now. Write about how you are feeling and what activities you are doing to keep yourself busy at home. Reflect on what you have learned from this experience. Here is a sample letter format:

<https://shaunaanderson.weebly.com/week-one.html>

Feel free to share your work with Mrs. Anderson shauna.anderson@nbed.nb.ca

Numeracy/Science

Go to Khan Academy and watch a video about volume of a rectangular prism:

<https://www.khanacademy.org/math/basic-geo/basic-geo-volume-sa/volume-rect-prism/v/volume-of-a-rectangular-prism-or-box-examples>

Find a box that you could use for a time capsule. Find the volume of the box.

What scientific technologies would you place in the time capsule? Why would you put it in?

Further exploration: What if you were to use a pringles can for a time capsule or a triangular prism? How would you find the volume?

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

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

Social Studies

Are you ready to help the historians of the future? You can! Create a Covid-19 time capsule. A **time capsule** is a collection of goods or information, placed in a container, with a goal to communicate with future people about the past. In your capsule, you can place primary sources that will teach people in the future about current events. Be sure to share pictures or small written descriptions of your time capsules – we want to see/read your awesome ideas!

Check out this video to help get you started: <https://www.youtube.com/watch?v=UkkGAfRMmJs>

Check out this video that shows 10 of the Coolest time capsules that people around the world have created or found. <https://www.youtube.com/watch?v=7DxAeWBh-xA>

We have looked at how various cultures celebrated various holidays around the world in class this year. Since we have been home, what types of celebrations have you had in the last month? (Easter, Birthdays, Passover supper, etc.)

Share those celebrations with your Social Studies teacher and how they were different or the same due to having to celebrate them at home.

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

6D: Please share with Mr. Morrell jeffrey.morrell@nbed.nb.ca or visit <https://sites.google.com/view/mmorrell>

Phys Ed

People and Pages to follow: <https://twitter.com/NBPES>

Daily Warm Up – 10 push-ups (from toes, modified or wall) / 15 sit-ups / 20 jumping jacks/ 30 lunges (15 each leg)

Daily activity ideas to keep you moving:

Monday – Shoot some hoops today. You can do this indoors or outdoors. You can substitute a basketball net with a garbage can, hoola hoop or laundry basket. You can substitute a basketball with any other ball or even a rolled up pair of socks. Have a shooting competition with other family members.

Tuesday – Let's get rolling! Get outside and go for a bike ride, roller blade or do some skateboarding. Please remember to think safety and always wear a helmet!

Wednesday – Happy Earth Day! **Outdoor Earth Day Scavenger Hunt.** Create yourself/have a parent create or google search Earth Day Scavenger hunt that you can do in your neighborhood. This can be fun for the whole family!

Thursday – Been a while since you danced to your favorite music? Let your hair down, draw the curtains if you've got particularly nosy neighbors, pump some tunes, and get moving! It'll only take about eight songs for you to get your 30 minutes in, so make sure you choose your best tunes to get your heart beat up!

Fun Fit Friday - Design your own work-out routine with the skills we have practiced in class or you may visit this site for ideas: **Darebee.com**. I would love to see your routines! Please share them with me at tony.brewer@nbed.nb.ca or on Twitter @RidgeviewMiddle

*** On days when you are unable to get outside – Darebee.com is a great site for fitness activities.

Cross Curricular Ideas

Wondering about Wolastoqey? Learn to read and listen to stories in <https://sayitfirst.ca/>

Choose the Projects drop down box and then choose the Children's Books tab. Scroll and choose any book you like. There are language choices to have the book read to you (Each book is written in English, Wolastoqey and phonetically). These are great books for everyone to explore! Once you have listened to or read a book, practice saying a sentence to a family member using Wolastoqey. Mrs. Sark (kim.sark@nbed.nb.ca) would love to know how you made out trying to speak in Wolastoqey!

Twitter suggestion: Imelda Perley, Elder @askomiw150 for more language learning

Social and Emotional Learning

Positive Vibes Scavenger Hunt

Food: Open your fridge/ cupboard- what food reminds you of a special meal?

Clothing: Check out your closet- what clothes bring back a fun memory?

Photo: On your wall, on your phone, in an album- who do you see that brings a smile to your face?

Weather: Step outside or look out a window- think of a day with similar weather; why does that day stand out? Feel free to share your positive vibes with Mrs. Thomson angela.thomson@nbed.nb.ca

LEARNING RESOURCES AT HOME

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

www.mathplayground.com

www.prodigygame.com



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 - Mindful Posing

One easy way for you to dip your toes into mindfulness is through body poses. You will be doing fun poses to help you feel strong, brave, and happy. Go somewhere quiet and familiar, a place you feel safe. Next, try one of the following poses:

1. The Superman: this pose is practiced by standing with the feet just wider than the hips, fists clenched, and arms reached out to the sky, stretching the body as tall as possible.

2. The Wonder Woman: this pose is struck by standing tall with legs wider than hip-width apart and hands or fists placed on the hips (Karen Young, 2017). How do you feel after a few rounds of trying either of these poses? You may be surprised.

Tech Tuesday - When making or changing a password always use a combination of eight or more upper- and lower-case letters, symbols and numbers. Never use your name and try not to use common words found in the dictionary. This will make your password strong. Wondering about those old passwords? Try your old passwords here to see how strong they were: <https://howsecureismypassword.net/>

Wellness Wednesday - Cook dinner together! It's important to treat your body well on the outside, but it's also important to fuel your body from the inside out with good food and nutrition. A great way to the value of good food is by cooking dinner with your family. Pick out healthy ingredients and then turn those ingredients into a delicious dinner. This is a great way to spend time together and learn new skills, healthy habits, and skills that you can use throughout your lives. Share a picture of your cooking on Twitter.

Team Tiger Thursday - Show your Tiger Pride by sending a Tweet or an email with you wearing "all" of your school clothing or colors!

Funny Friday - Laughter is a great form of stress release. What better way than with a joke. Share your best joke with your family. Here's one you can use: What happens when a frog's car breaks down? It gets "toad" away!