

Grade 6

RMS Continuity of Learning Plan

April 27-May1, 2020

Team Greeting to Families

Happy Friday families! The weather is finally on the up-turn and this week's Learning Plan will hopefully see you putting your environmental hacks to good use. On April 22nd, Canada celebrated 50 years of Earth Day and that's what our theme is this week. So, whether it's reviewing the "3 Rs" (reduce, reuse, recycle) or discovering your green thumb, let's show your community why Team 6 at RMS can "out-green" all the rest! We also want to take this opportunity to send a HUGE shout-out to all essential workers on the front lines. You are treasured beyond words and "Thank you" will never go quite far enough. #heroes

Quote of the Week – "On Earth Day and every other day, we can all change our habits for a better future."

Learning Opportunities:

Literacy

Please continue to record your daily reading in your reading log. Remember, your goal is to reach 30 minutes of daily reading. 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. This week also try making some connections to the text you are reading. Watch this video for tips on making connections when reading:

https://www.youtube.com/watch?time_continue=2&v=0wpByvesEMU&feature=emb_logo

In your journal, or your place of choice, write an entry each day from the perspective of a plant (or you can choose a tree, shrub or flower outside of your house). Include your five senses as you write. What does your plant hear, smell, taste, and see? Writing about these senses will keep your entry interesting and may add some comic relief. Will your plant hear about the pandemic or will your plant carry on in our world where a pandemic is not happening?

OR you may choose something else to practice perspective writing. You may wish to do this in paragraph form, as a comic grid or strip, or a daily timeline log. The choice is yours; be creative!

Check out EPIC! - <https://www.getepic.com/>. I have created accounts for my language arts students.

The classroom code is HGE-0589.

6A, 6B, 6D, 6/7F: You are encouraged to share your work with Mrs. Anderson (shauna.anderson@nbed.nb.ca)

First Nations teachings focus on balance and continuity in the life. Sit outside and watch what is going on around you. Look how things around you are connected. Watch how the birds are in the trees, watch as the ants follow their path home, watch how people treat the earth as they are outside. Everything works in balance; no single thing is more important than another. As you watch and take part in this balance around you, write a poem or take a picture of how you think you fit in this balance. You are welcome to share your poem or picture with Mrs. Sark (kim.sark@nbed.nb.ca)

Numeracy/Science:

Using grid paper (<https://www.printablepaper.net/preview/grid-portrait-letter-1cm-noindex>), design a garden. The garden should be a rectangle. Be sure to include at least 3 different plants. Use a legend! What is the area of the garden? If you doubled your garden and planted the same ratio of plants, how much of each plant would be in the new garden?

Further exploration: What if you tripled the garden? What if you halved the garden? What if the garden you started with was a different shape? What is the ideal growing situation for each plant?

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

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

Social Studies

We challenge you to celebrate Earth Day every day!

1. Look at Mrs. Moore's brand-new online classroom and complete your very own Earth Day report card.
2. On Mrs. Moore's online classroom, complete the "I could make my home greener if I..." following the instructions included.
3. Further exploration: Unfortunately, all recycling has been diverted to the landfill until handling becomes safer. So, we challenge you to grab those milk/pop/juice containers, tissue rolls, cans, paper, box/cardboard and build something that shows off your recycling skills: rain gauges, birdfeeders, weathervanes, etc. We'd love to see them at www.twitter.com/ridgeviewmiddle.

Check out this link: <https://www.weareteachers.com/earth-day-crafts-classroom-activities/>

Check out Mr. Morrell at www.sites.google.com/view/mrmorrell

Or Mrs. Moore at www.sites.google.com/view/mrsmoorerms

Or Mlle. Connors at www.sites.google.com/view/classedemlleconnors

Phys Ed

People and Pages to follow:

<https://twitter.com/NBPES>

Daily Warm Up – 5 push-ups (from toes, modified or wall) / 10 sit-ups / 15 jumping jacks/ 15 Burpees

Daily activity ideas to keep you moving:

Monday – Card Shark Fitness - Scatter a deck of playing cards face down. Each card represents an exercise: Heart = Jumping Jacks, Diamond = Push-ups, Spade = Crunches, Club = Squats (or you can choose your own exercises). Choose a card and perform the exercise. For example, 3 Hearts= 3 Jumping Jacks Face cards = 10 This can be played by yourself or with the family. Play until someone picks the Ace of Hearts. Change up exercises for the next game.

Tuesday – Volleyball skills. When we left school, we were just starting volleyball. Here is a link to help you practice your volleyball skills at home. Also give the Pyramid Game a try that we did in class. If you don't have a volleyball you can use another type of ball or even a balloon.

https://www.youtube.com/watch?v=m-wtwQERx_Q

Wednesday – Play catch with a family member. You can use a ball/glove, football, frisbee or toss and catch any ball with another family member. If you have no one to play catch with, you can toss a ball into the air and catch it yourself. Try adding a spin/push up or different trick between catches.

Thursday – Serenity work-out. Serenity is an inner/outer balance work-out that will leave you feeling centered. You can find the Serenity work-out at: <https://darebee.com/workouts/serenity-workout.html>. An example can also be found at: <https://www.youtube.com/watch?v=87-yrk-Hfni>

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](https://darebee.com).

I would love to see your routines! Please share them with me at tony.brewer@nbed.nb.ca or on Twitter [@RidgeviewMiddle](https://twitter.com/RidgeviewMiddle)

*** On days when you are unable to get outside – [Darebee.com](https://darebee.com) is a great site for fitness activities.

Social and Emotional Learning

Gratitude Box

Create a "Gratitude Box" at home. This will create a space to be thankful and practice showing appreciation, kindness, and empathy to others as well as yourself. This SEL practice empowers us to acknowledge and express our emotions and build an awareness of how other actions influence us and, in turn, how our actions influence others. You can use any box that you can find (i.e. shoe box, cereal box, Kleenex box, etc.) and can decorate it as much, or little, as you like. At any time, you could add pictures, drawings, cards, gifts, awards, really anything that you are thankful for! You are invited to share with

scott.woodley@nbed.nb.ca or on Twitter [@RidgeviewMiddle](https://twitter.com/RidgeviewMiddle).



Weekly Challenges

Mindfulness Monday

Try mindful walking to bring focus and calm.

1. Pick a time in your daily routine to practice walking for at least five minutes.
2. Concentrate on the physical sensations of walking- the sights, sounds and feelings of each step.
3. If your mind wanders, gently return your Focus by repeating "left, right" as you walk.

Tech Tuesday

Phishing is where hackers try to obtain user information through tricking people with fake emails and messages, disguised to look like real ones from official sources, businesses, or governments. Don't be fooled. Look for misspelled words or all capital letters, especially in the header of emails. Look for unfamiliar or strange looking senders. If the email asks you to click on a link or reply with personal information this is a red flag!

Wellness Wednesday

Do some yoga!

Go to

<https://omazingkidsyoga.files.wordpress.com/in-the-rain-2.jpg>

Cut out the ideas and place them in a hat. Now, pull an idea from the hat and do it! Share your pose using a drawing or photo by emailing your homeroom teacher or sending a Tweet.

Team Tiger Thursday

OK RMS Tigers, let's see you roar with a Real 3D tiger in your very own home!

Go to www.google.com and type in Tiger. Underneath the search results, you'll see a life sized tiger up close. Click the 'view in 3D' button, then click 'view in your space' to see the tiger in your own surroundings. You'll need to give Google access to your camera for it to be able to insert the tiger into your space.

Save your photo and share it on Twitter

@Ridgeview Middle

#TeamTigerThursday

Have fun and be creative!

Funny Friday

"Spring is here! I got so excited, I wet my plants!"

Laughter is so ingrained in our brains (we've been doing it for millions of years) that babies old have been observed doing it! Get inspired and share your corniest joke with @RidgeviewMiddle #FunnyFriday

LEARNING RESOURCES AT HOME

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

<http://www.readinga-z.com>

<https://time.com/tfk-free/>

<https://classroommagazines.scholastic.com/support/learnathome.html>