

# RVMS Learning Suggestions

Week 9: June 8 - June 12

## Grade 8 EP

Literacy	Numeracy
For week 9, there will be an activity for each day of the week. See my attachment <a href="#">Mr. Leger's LA lessons</a> Monday: <i>Point of View</i> Tuesday: <i>Television the Drug of the Nation</i> Wednesday: <i>Social Justice</i> Thursday: <i>If you could have any pet in the world!</i> Friday: <i>Cultural Empowerment</i>  Read 25 minutes everyday 😊	See attachment <a href="#">Mathapalooza Week 9</a> for further instructions on the activities listed below: Activity 1- "Escape Hogwarts Digital Room" Activity 2- "Magic Number Trick" Activity 3- "Math Mash Up" Activity 4- Brain Teaser/Riddles (Easy, Little Harder, Hardest)
Website of the week: <a href="http://mrleger7and8.weebly.com">http://mrleger7and8.weebly.com</a>	<b>Website of the Week-</b> <a href="https://www.mathplayground.com/ASB_DirtBikeProportions.html">https://www.mathplayground.com/ASB_DirtBikeProportions.html</a>

Science	Social Studies
See <a href="#">Science Attachments Week 9</a> for further instructions on the super cool activities below. Activity 1- <i>Nature Walk (Animal Homes)</i> Activity 2- Mystery Science "Why do Birds Lay their Eggs in the Spring?" Activity 3-Bonus Box- "Amazing Bird Nests" Activity 4- Design and Build your "Dream Nest" Activity 5- Check out Ms. McCluskey Read Aloud about Birds' Nests.	This week, you will have a continue to research and share some facts about <a href="#">your favorite music artist</a> or group that comes from the Atlantic Provinces.  You will need to write a short bio of the group, talk about who influenced them, explain why you chose that artist and explain their contributions to the general culture of Atlantic Canada.  Prepare a Powerpoint and send it to your teacher by email.

## Technology, Music, Art & Physical Education

Hey Raiders,

For the final week we'll give you a challenge: We have presented to you how to become physically fit, eat healthy, understand soft skills needed to be successfully employed, what personal branding is about, impact music has had on generations/fashion/social movements during the different decades.

Your project: What do you want to be in life and how are you going to get there?

As always, stay calm, stress-free and keep everything in perspective. Have the best summer and vacation ever!

### PE Fitness plan:

Review the [FITT chart for muscular strength](#) and fill in your student activity sheet under the column Muscular strength. Please fill in your exercise log and continue training for the virtual 5km Rave Run for those of you that want to challenge yourself. Stay tuned, stay healthy and Raider Strong! See attachment for details.

~ Mr. Vincent, Mr. Shiels, Ms. Barrett and Mme. Sawyer

## Guidance

Some food for thought and reflection on this final week of learning: *"I believe that as humans, we are capable of self-growth, healing, and experiencing happiness. I believe that often the journey towards healing needs to begin with developing affect regulation skills (the ability to gain control over those strong emotions that come on like tidal waves and seem to hijack our rational brain)." Susan Guttridge, BA MC CCC* Have an amazing summer! Smile! – Mrs. Harrington.

**Teacher Office Hours are now 8:30-3:30 as teachers will be back in the building.**

**The school remains closed to the public at this time.**