

# Learning at Home for Secondary (Middle/High) 7-12 School Students

Your teachers will also give you assignments from your textbooks or a packet of work.

	ONLINE OPTIONS	OFFLINE OPTIONS
<b>ELA</b>	<p>Create a free account on these two on-line resources:  <a href="https://www.commonlit.org/">https://www.commonlit.org/</a>  <a href="https://newsela.com/">https://newsela.com/</a></p> <p>Create a student account in ReadTheory. You can read about many topics while working on your reading comprehension. Keep track of all you read.  <a href="https://readtheory.org/app/sign-up/create-account/student">https://readtheory.org/app/sign-up/create-account/student</a></p> <p>*If you have an account from your teacher on Epic Books keep reading during school hours to gain reading badges.  <a href="https://www.getepic.com/sign-in">https://www.getepic.com/sign-in</a>                      (Grades 7-8)</p>	<p>Create a planner for your week providing time for school work, home and miscellaneous responsibilities in order to track your time on task.</p> <p>Read every day.</p> <p>Write every day:</p> <ul style="list-style-type: none"> <li>● Create a planner for your week providing time for school work, home and miscellaneous responsibilities in order to track your time on task.</li> <li>● Write a journal entry daily</li> <li>● Talk with someone about your book you are reading</li> </ul>
<b>Math</b>	<p>Each day, complete one of the following simulations:                      Gizmos                      Desmos                      Phet.                      Your teacher will email which one to you.  <b>Or</b>                      Go to <a href="https://www.khanacademy.org/math">https://www.khanacademy.org/math</a>                      Select the course that you are in and earn all the mastery points available for 1 lesson each day.</p>	<p>Complete the student work from the next lesson in your <i>Springboard</i> text that you have taken home with you.</p>
<b>Science</b>	<p>-Explore science related to what you are currently learning from one of these 3 websites                      Keep track of what you have learned.</p> <p>a) GIZMOS (use the code that your math/science teacher gave you)  <a href="https://www.explorellearning.com">https://www.explorellearning.com</a></p> <p>b) <a href="http://www.brainpop.com">www.brainpop.com</a></p> <p>c) <a href="http://www.youtubekids.com">www.youtubekids.com</a></p> <p>Write down your explanation of the science concepts.                      Be prepared to share with your classroom when you get back.</p>	<p>TRY AN EXPERIMENT AT HOME (with adult supervision) and make sure it is a controlled experiment. (independent/dependent variable).                      Keep track of your data and explain it!                      use <a href="https://www.nhsciencefair.org/teacher-student-resources">https://www.nhsciencefair.org/teacher-student-resources</a> for examples  <a href="https://sciencebob.com/category/experiments/">https://sciencebob.com/category/experiments/</a>  <a href="https://mommypoppins.com/kids/50-easy-science-experiments-for-kids-fun-educational-activities-using-household-stuff">https://mommypoppins.com/kids/50-easy-science-experiments-for-kids-fun-educational-activities-using-household-stuff</a>  <a href="https://www.scientificamerican.com/education/bring-science-home/">https://www.scientificamerican.com/education/bring-science-home/</a></p> <p><b>OBSERVE</b> everything you can about a Tree/a Patch of Ground/Part of the Sky for a week twice a day and draw all the changes you see and explain, using science knowledge!</p> <p><b>FIGURE OUT:</b> How much energy (food, movement, gas, electricity, fuel) does your life use in a week? Show your work!</p>

<p><b>Social Studies</b></p>	<p>Geography for All!  Go to <a href="http://geography.pppst.com/oceans.html">http://geography.pppst.com/oceans.html</a>  Scroll down to <i>For Kids</i>  Click on ocean games and activities  Click on Map skills games  Complete at least 1 game a day</p> <p>Grade 7-12 (Including AP level courses)- a large majority of staff members interact with classroom students and assign specific activities based on where they are in courses. Students are able to access assignments &amp; resources with their NHPS google account via google classroom, <i>College Board</i>, <i>Khan Academy</i> and other preferred on-line platforms.</p>	<p>Grades 7-8  Geography practice</p> <p>Track your progress by keeping a log of completion of the many challenging experiences offered. Be sure to continue to add key vocabulary terms to existing vocabulary journals maintained throughout the school year.</p> <p>Grades 7-12  Students may utilize google classroom and other preferred on-line platforms to continue interaction with other classmates and teachers. Teachers can progress monitor students or may guide students to additional activities that offer practice to enhance critical thinking and vocabulary skills. Students will build upon lessons by responding to feedback provided via technology and programs available from on-line resources.</p>
<p><b>PE/ Health</b></p>	<p>Physical Education, exercise at home, online links:  <a href="https://www.healthlinkbc.ca/health-topics/aa165656">https://www.healthlinkbc.ca/health-topics/aa165656</a>  <a href="https://www.health.qld.gov.au/news-events/news/30-ways-to-get-active-exercise-fun">https://www.health.qld.gov.au/news-events/news/30-ways-to-get-active-exercise-fun</a>  <a href="https://www.choosemyplate.gov/ten-tips-physical-activity-home-work-and-play">https://www.choosemyplate.gov/ten-tips-physical-activity-home-work-and-play</a>  <a href="https://www.parents.com/fun/sports/exercise/strength-training-exercises-for-kids/">https://www.parents.com/fun/sports/exercise/strength-training-exercises-for-kids/</a></p>	<p>Physical Activity Tips for Students</p> <p>The national physical education/health organization recommends that everyone should be active for 60 minutes a day. The activity should be moderate to vigorous activity.</p> <p>Weather dependent, not all students will be able to exercise outside there are a few kid friendly exercises that can be done at home (See link below)</p> <p>Changing up the way you exercise each day, helps to make sure your physical activity does not become monotonous.</p> <p>Picking a similar time to exercise each day, will help with staying on regular schedule</p> <ul style="list-style-type: none"> <li>● Exercise during commercials</li> <li>● Family Walks</li> <li>● Exercise the same amount as you watch TV or Play video games</li> <li>● Play on playgrounds</li> <li>● Bike ride with self or with friends</li> <li>● If your house has stairs, you can walk or run up and down stairs</li> <li>● Put on some music and dance</li> </ul> <p>●</p>

<p><b>World Languages</b></p>	<p>Go here and do some of the practice tests for the Seal of Biliteracy (even if you aren't sure if you will take the test. It's fun!)  <a href="https://aapl2demo.actfltesting.org/general-video">https://aapl2demo.actfltesting.org/general-video</a></p> <p>Join Duolingo and play at least 15 minutes/day.  <a href="https://www.duolingo.com/">https://www.duolingo.com/</a></p> <p>Go to Quizlet and search the language and level you are in (click "free" on the left) There are lots of pre-made cards and games. <a href="https://quizlet.com/latest">https://quizlet.com/latest</a></p> <p>Google Search "Foods in __ (country that speaks the language you are learning) __." Prepare a list of the top 5 dishes from the target culture that you would like to try. If you can, write the list in the language and write about why you want to try those dishes.</p> <p>Install Google Translate on your phone. Use the voice feature to practice listening to phrases you want to learn how to say. Memorize 5 new phrases to say to your teacher.</p>	<p>Write in the target language every day. If you are in Level I, practice writing words or short sentences that you know. If you are in upper Levels, write about what you did each day, what you plan to do in the future, where you would like to travel, etc. Be sure to date each of your entries (like a journal) so that your teacher can see that you have been consistent.</p> <p>Use small slips of paper or post-its to label items in your house with target language words that you have already learned.</p> <p>Create a set of flashcards with words you have already learned; draw a picture on one side and write the target language on the back. If you have a vocabulary list for the next unit, start learning those words.</p> <p>If you can view television or movies in your language, watch a little bit each day. On Netflix, check if you can change to subtitles or audio in the target language. Great practice!</p> <p>Call a friend in your class and try to speak in the target language for longer each day. Keep a record that you practiced together and take some notes about what you discussed.</p> <p>Use your phone to record your voice speaking in the target language a little bit each day. Email the recordings to your teacher or save them for when you get back to school.</p>
<p><b>Art</b></p>	<p>Drawing Caricatures using photos:  <a href="https://www.youtube.com/watch?v=VTmk_ADNOgg">https://www.youtube.com/watch?v=VTmk_ADNOgg</a></p>	<p>Keep a sketch pad. Draw a sketch daily. Vary the subject.</p>
<p><b>Music</b></p>	<p>Research the history of your instrument</p> <p>Listen to 2 different versions of the same song. Compare and contrast. If you are a performer, listen to 2 versions of the piece you are performing. What would you like to incorporate in your performance.</p>	<p>Rehearse your ensemble music</p> <p>Write music for a 4-part rhythm ensemble.</p>