

## Week 1 - April 6 to April 10, 2020

**\*\*Your goal for every day of this week is to read for 30 minutes, do 30 minutes of physical activity, do wellness activities and 30 minutes of academic activities (23).**

**\*\*Pick a different column each day; the order you complete the columns in does not matter.**

**\*\*French Immersion (FI) students: Please try to include as much French as possible. Practice is key.**

Option 1	Option 2	Option 3	Option 4	Option 5
<p style="text-align: center;"><b><u>Reading</u></b></p> <p>30 minutes daily <b>reading</b> You can read to someone, have someone read to you, or read independently.</p>	<p style="text-align: center;"><b><u>Reading</u></b></p> <p>30 minutes daily <b>reading</b> You can read to someone, have someone read to you, or read independently.</p>	<p style="text-align: center;"><b><u>Reading</u></b></p> <p>30 minutes daily <b>reading</b> You can read to someone, have someone read to you, or read independently.</p>	<p style="text-align: center;"><b><u>Reading</u></b></p> <p>30 minutes daily <b>reading</b> You can read to someone, have someone read to you, or read independently.</p>	<p style="text-align: center;"><b><u>Reading</u></b></p> <p>30 minutes daily <b>reading</b> You can read to someone, have someone read to you, or read independently.</p>
<p style="text-align: center;"><b><u>Physical Activity</u></b></p> <p>30 minutes daily <b>physical activity</b></p> <p>See <b>Wellness Teacher page</b>.</p>	<p style="text-align: center;"><b><u>Physical Activity</u></b></p> <p>30 minutes daily <b>physical activity</b></p> <p>See <b>Wellness Teacher page</b>.</p>	<p style="text-align: center;"><b><u>Physical Activity</u></b></p> <p>30 minutes daily <b>physical activity</b></p> <p>See <b>Wellness Teacher page</b>.</p>	<p style="text-align: center;"><b><u>Physical Activity</u></b></p> <p>30 minutes daily <b>physical activity</b></p> <p>See <b>Wellness Teacher page</b>.</p>	<p style="text-align: center;"><b><u>Physical Activity</u></b></p> <p>30 minutes daily <b>physical activity</b></p> <p>See <b>Wellness Teacher page</b>.</p>
<p style="text-align: center;"><b><u>Wellness</u></b></p> <p>Daily <b>wellness</b> activities</p> <p>See <b>Wellness Teacher Page</b>.</p>	<p style="text-align: center;"><b><u>Wellness</u></b></p> <p>Daily <b>wellness</b> activities</p> <p>See <b>Wellness Teacher Page</b>.</p>	<p style="text-align: center;"><b><u>Wellness</u></b></p> <p>Daily <b>wellness</b> activities</p> <p>See <b>Wellness Teacher Page</b>.</p>	<p style="text-align: center;"><b><u>Wellness</u></b></p> <p>Daily <b>wellness</b> activities</p> <p>See <b>Wellness Teacher Page</b>.</p>	<p style="text-align: center;"><b><u>Wellness</u></b></p> <p>Daily <b>wellness</b> activities</p> <p>See <b>Wellness Teacher Page</b>.</p>
<p style="text-align: center;"><b><u>Academic: Literacy</u></b></p> <p>Start a journal of your adventures, thoughts, feelings, and questions.</p>	<p style="text-align: center;"><b><u>Academic: Math</u></b></p> <p>Play DreamBox <a href="https://play.dreambox.com/login/knjs/xrzc">https://play.dreambox.com/login/knjs/xrzc</a></p> <p style="text-align: center;"><b>OR</b></p> <p>Play Board Games - Such as Chess, Monopoly, Checkers, Backgammon, Mancala, Battle Ship or Yahtzee. Keeping score will help to develop numeracy skills.</p>	<p style="text-align: center;"><b><u>Academic: Literacy</u></b></p> <p>Make an additional entry of your adventures, thoughts, feelings, and questions in your journal.</p>	<p style="text-align: center;"><b><u>Academic: Math</u></b></p> <p>Practice your multiplication and division facts</p> <p style="text-align: center;"><b>AND</b></p> <p>Play Card Games - Such as Multiplication War, Crazy 8's, Go Fish, Uno, etc. Keeping score will help to develop numeracy skills.</p>	<p style="text-align: center;"><b><u>Academic: Literacy</u></b></p> <p>Write for practical reasons. This could include grocery lists, phone texts or notes to family and friends.</p> <p style="text-align: center;"><b>OR</b></p> <p>Email your teacher using your student email <a href="mailto:kim.beers@nbed.nb.ca">kim.beers@nbed.nb.ca</a> or <a href="mailto:kellyann.leonard@nbed.nb.ca">kellyann.leonard@nbed.nb.ca</a></p>

### 30 minutes Daily Reading

Make reading relevant. Explore your child's interests and extend upon their learning. Does your child want to learn a new game, bake, or explore space? There's sure to be a book that can help. Take time to read to or with them and encourage them to read independently.

*A simple rule of thumb for helping your child select books at his reading level is to have them choose a page in the book (not the first one) and read it. If he doesn't know five or more of the words, then the book is too hard for pleasure reading.*

- **Reading materials** could include:
  - picture books
  - audio books (use your library card online or Epic Books)
  - flyers
  - comics
  - graphic novels
  - chapter books
  - on-line sources (Epic Books or e-books or audio books borrowed from the NB Public Library)

### Physical Activity

Students are asked to do at least 60 minutes total of physical activity each day. Make physical activity part of your family routine and try to enjoy nature. Be sure to maintain a safe distance from others. You will find all suggestions for physical activities on our **Wellness Teacher Page**.

### Wellness Activities

Make wellness activities part of your child's and your family's daily activities. These activities may be any activities that bring you happiness, joy or peace. They may include music, art, meditation, baking/cooking or any other activity that allows you enjoy yourself and feel calm and at peace. Spending time by yourself, with loved ones or helping others may also contribute to your wellness. You will find all suggestions for wellness activities on our **Wellness Teacher Page**.

### Academic: Literacy

(English Language Arts (**ELA**) & French Immersion Language Arts (**FILA**))

- Keep a daily journal of your adventures, thoughts, feelings, and questions.
- Write for practical reasons. This could include grocery lists, phone texts or notes to family and friends or email your teacher ([kim.beers@nbed.nb.ca](mailto:kim.beers@nbed.nb.ca) or [kellyann.leonard@nbed.nb.ca](mailto:kellyann.leonard@nbed.nb.ca) ).

## Academic: Math

An important skill in Grade 5 is knowing your multiplication and division facts to 81 with automaticity. Here are some ideas to help you can practice them:

- Use flash cards (you can make your own with cereal boxes or any cardboard packaging you have at home)
- Play concentration/memory/matching game (make your own cards using cereal boxes or any cardboard packaging you have at home – write a fact (multiplication or division) on one card and the answer (product or quotient) on the another card – those are the 2 cards you will have to match)
- Make up your own daily practice sheets and weekly quizzes
- Play multiplication war
- Random pick a multiplication fact and draw the corresponding array
- Make arrays with objects in your house
- Find arrays in your house (rows of cookies in a package, drawers in a dresser, windows...)

### **High Tech Activities:**

- Play DreamBox

### **No Tech Activities:**

- Card Games - Such as War, Multiplication War, Crazy 8's, Go Fish, Uno, etc. Keeping score will help to develop numeracy skills.
- Board Games - Such as Monopoly, Checkers, Snakes n' Ladders, Trouble and Yahtzee. Keeping score will help to develop numeracy skills.

## Websites & Additional activities

The following sites offer age appropriate material for our K-5 students. **Please note**, though they offer great opportunity to read and explore personal interests, research recommends limited use of screen time each day.

*“The American Heath Association recommends parents limit screen time for kids to a maximum of just two hours per day.”*

<https://www.cbc.ca/kidsnews/>

<https://www.tumblebooks.com/>

**Username:** nblib **Password:** nbschools

<https://www.raz-kids.com/>

<http://buildyourbestday.participaction.com/en-ca/>

<https://www.getepic.com/>

<https://www.coolmath4kids.com/math-games/grand-prix-multiplication>

<https://www.prodigygame.com/>

<https://www.dreambox.com/canada>

<https://asd-n-rexton-elementary-school.typingclub.com>

[Taking a virtual tour of a Museum](#)

**Lecture/activités en français**

<https://mzonecec.com/application/bookshelf>

<https://www.iletaitunehistoire.com/>

<http://ebookids.com/fr/livres-enfants/>

<http://www.learnalberta.ca/content/flbla/>

<https://www.onf.ca/selection/les-petits-conteurs/>