

Seahawk Specials Distance Learning Activity for the Week of April 13, 2020



Art website: <https://antheaden3.wixsite.com/mysite-1/my-blog> . All you need is a pen or pencil and some paper.

Something new will be posted each week. Feel free to email me if you want to send photos of any of your artwork (it does not have to be one of the projects on the website).



Hello families! These crazy times might be causing your family stress and creating family tensions.... you are not alone! Check out Mind Yeti videos [here](#) They are research-based, guided mindfulness sessions that help our kids AND the adults calm their minds, focus their attention and connect to the world around them.

Your child might not be able to sit and focus for the whole video the first time. But that's OK! Mindfulness takes practice. Play a video for them every day and join them to model the exercise. It may help you too! If you practice mindfulness every day for a week, you will notice an improvement in your child's mindfulness practice. Great times to practice are, before a schoolwork, after lunch, before scheduled quiet time, or at bedtime.

Investigations



I hope you have been reading, doing some math, and using all your good thinking skills. You may remember the Rube Goldberg machines we studied. If not, watch this video <https://youtu.be/Av07QiqmsoA> .

After watching, create your own Rube Goldberg machine using toys or everyday items at your house. Remember you will probably need to rethink your machine many times, after many trials in order to get it to work. Also remember, you may not get it to work and that is OK. You will have learned how to persevere through long or frustrating work! When you are finished, draw a picture of your machine and explain how you got it to work, or what you might try next time.

Library



Follett Lightbox is providing a variety of digital content to support eLearning. Some of the content you'll find includes:

- LightBox and AV2 World Language interactive eBooks (Username: guest, Password: follett)
- Collections of resources curated and shared by Follett customers throughout the world
- Articles from free research and journalistic databases

Your login credentials are:

1. Go to destinydiscover.com.
2. In the Location box, it says "Any Location." Do not change.
3. In the School box, enter "Follett eLearning, McHenry, IL" and click Go!
4. To log in, click on the "Log In" button at the top right of the screen.

5th Graders - continue to complete your shark webs through Google docs. Once they are all submitted by April 30, and corrected, we can make a slide show of all of them to post.



Grade K-2 - Let's learn all about the treble clef lines and spaces. Use the follow fun videos to learn the names of the line and spaces on the treble clef. Listen to the last video and learn this fun familiar song. Sing it to your parents!!

Music Theory for Kids: Music Alphabet and Lines and Spaces <https://youtu.be/ybQ8nWNVZRo>
Line and Spaces: <https://youtu.be/2IXF-AcYbv0>
I Knew You Were Treble: <https://youtu.be/U2TLtRu6Hqk>

Grades 3-5 - Watch the videos and clap along. The second video is a little more advanced but give it a try. After you feel secure in the concept try counting and clapping the music below.

<https://www.youtube.com/watch?v=7Bt1BF1PC2k>
<https://www.youtube.com/watch?v=NHxVoGTdymY>



Outdoor Activities:

- Walk or jog around your neighborhood. Stay 6 feet away from others.
- Be active in a local park. Spending time in nature will enhance immune function. Wash your hands when you get home.

Inside Activities:

- Put some music on and walk briskly around the house or up and down the stairs for 10- 15 minutes, 2-3 times per day.
- Dance to your favorite music.



Review with your family what it means to have good digital citizenship skills.

Be Internet Awesome!!

SMART-Share with care

ALERT-Don't fall for fake

STRONG-Safeguard personal information

KIND- Treat others as you want to be treated

BRAVE- When in doubt, talk to a trusted adult

Online activity: Interland (found on Southwest website under students tab):

https://beinternetawesome.withgoogle.com/en_us/interland

Parent Resources

<https://safety.google/families/>

https://beinternetawesome.withgoogle.com/en_us/

<https://www.commonsense.org/education/digital-citizenship>

Specials Contact Information

Role	Name	Office Hours	Email	Google Voice Number
Art	Mrs. Thaden	9:00 – 11:00	Ann_Thaden@dpsnc.net	N/A
Counselor K-2	Mrs. Rosenberger	9:00 -11:00	Melissa_Rosenberger@dpsnc.net	(252) 517-9619
Counselor 3-5	Mrs. Schira	12:00-2:00	Jennifer_Schira@dpsnc.net	(919) 429-9189
Investigations	Mrs. Tremalgia	10:00 – 12:00 (T & TH only)	Nancy_Tremalgia@dpsnc.net	N/A
Media	Mrs. Soucek	1:00 – 3:00	Valerie_Soucheck@dpsnc.net	N/A
Music	Mr. Lyle	9:00 – 11:00	James_Lyle@dpsnc.net	N/A
P.E.	Mr. Frasz	9:00 – 11:00	Richie_Frasz@dpsnc.net	N/A
Psychologist	Mrs. Kane	Email as needed	Marisa_Kane@dpsnc.net	N/A
Technology	Ms. Willingham	7:30 - 9:30	Jennifer_Willingham@dpsnc.net	N/A