

# NEWTON ELEMENTARY SCHOOL

## HOME LEARNING OPPORTUNITIES WEEK 1

### **Health and Well-Being**

In these unprecedented times, families are facing the stress of needing to adapt to a new way of learning for their children at home. Set-up a regular routine for your child's home learning each day. It might make students feel better to be involved in the planning of a daily schedule that includes time for some fun educational activities such as cooking, baking, playing games, reading aloud, doing crafts, making inside fort, painting, colouring, and playing outside. Try and learn something new... a card game, tie your shoes, make your bed, fold the laundry, make a meal, etc. Setting goals and gaining a new skill is motivating and healthy for all!

### **Physical Activity**

All students would benefit from a minimum of 60 minutes of moderate to vigorous (heart pumping) physical activity a day. Physical activity improves physical and mental health, including easing anxiety and depression and improving sleep. Youtube: Cosmic Yoga, Just Dance, Jack Hartmann, run, jog, skip... just move!

### **Free Play**

Students should have free play time every day. Opportunities for students to engage in free play activities will boost their learning. Free play can happen indoors or outdoors and include activities using existing toys, and household items such as yarn, buttons, recycling materials and playdough. Connecting with nature is helpful for mental well-being.

### **Literacy Grades K-3**

- Students can read daily and talk about their books. Talk about the characters, setting, plot, your favorite part. *Use the title to guess what might happen?* Research the author.
- Parents/family members can read aloud to their students daily.
- Write every day and share their writing with others. *"What would you rather build a roller coaster or a rocket ship?" "Why?"*
- Students can tell parents what to write too, make lists, chore lists, favorite things, worries, goals
- Make a family tree and talk about your family heritage and traditions.

### **Literacy Grades 4-7**

- Students can read every day.
- Students can write every day. Suggestions include writing journals, letters, poetry, stories, and blogs. *“Somewhere inside all of us is the power to change the world? How?”*
- Students can share their reading and writing with family and via technology with friends.
- Talk, talk, talk about anything that is of interest. Ask questions? Wonder about – anything. Research your own questions. *“If you could build a machine to make the world a better place what would it be and what would it do?”*

### **Numeracy Grades K-3**

- Count everything – all the time. Count by 1’s, 2’s, 5’s, 10’s, 100’s
- Students can practice their math facts with addition, and subtraction. Use dice to make equations.
- Students can participate in activities and games that encourage problem solving, turn taking, active thinking, and exploration. *“Skip count by 2’s as high as you can go! Write all the numbers down”. “Write an addition problem where the answer is 9?”*
- Make up math problems to build number sense. *“You ate 2 slices of pizza. There were 10 in the box. How many are left?” “Would you rather have 10 dimes or 2 dollars? Why?”*

### **Numeracy Grades 4-7**

- Students can practice their math facts with addition, subtraction, multiplication, and division. *“How many bottles of Coke will it take to fill a bathtub or basketballs to fill the gym?”*
- Students can participate in activities and games that encourage problem solving, turn taking, active thinking, and exploration. *“You are throwing a big party at your home with your friends. How much will it cost?”*
- Talk about numbers and measurement. Guess, estimate... *“Every Tuesday, the Principal wants to tell a joke on the morning announcements during the school year? How many jokes will she tell?”*

***Learning should be fun. It is about connecting with the world around us and around everyday activities. Talk, talk, talk. Stay tuned...more to come in the weeks ahead.***