

# Remote Learning Expectations

- Please remember that your student will be responsible for all work assigned to them during remote learning days.
- If you have concerns that you would like to work out ahead of time, please reach out to me. This is new and we are working through it together.
- I will be checking in with each student once throughout the day. I will contact them via phone either in the morning or afternoon.
- Please be sure to send back all work to ensure your student gets credit for what they accomplished.



Need a break from school work?

Check out this brain break game in your folder! It is a lot of fun!

## ROLL SOME BRAIN BREAKS

**Directions:** Roll one die for each of the columns. Perform the quick brain break that matches the number you rolled on the die. For example, if you roll a 1-2-4-3-5 you would perform the following brain breaks: 10 jumping jacks, 5 wall push ups, 10 Twists at the waist, 10 jumps over a pencil on the floor and 10 windmills.

	Column #1	Column #2	Column #3	Column #4	Column #5
1 	10 jumping jacks	Wiggle your whole body for a count of 10.	Bring R elbow to L knee and L elbow to R knee 5 times	Jump in place 10 times.	Rub your entire R arm with your L hand
2 	Squeeze your R hand firmly with your L hand	5 wall push ups	Move the upper half of your body	Spin in a circle 3 times to the right	Touch L hand to bottom of R foot. Repeat 5x.
3 	Move the right side of your body	Spread legs apart and bend at waist looking between knees. Repeat 5x.	Make 10 small circles with your arms	10 jumps over a pencil on floor	Give yourself a big hug for 10 seconds
4 	Rub your entire L arm with your R hand	Touch R hand to bottom of L foot. Repeat 5x.	Twist at the waist 10 times with arms out to the side	Spin in a circle 3 times to the	Make 10 large circles with your arms
5 	Touch R hand to L shoulder. Touch L hand to R shoulder. Repeat 5x.	March in place with knees high for a count of 10	Squeeze your L hand firmly with your R hand	Move the left side of your body	Touch R hand to L foot and then L hand to R foot 5 times
6 	Run in place for a count of 15	Move the lower half of your body	Touch hands overhead and try to balance on one foot for 5 seconds.	Tap your feet on the floor while making small circles with fingers for 10 sec.	Take 10 deep breaths



# Remote Learning

# School Day Plan

## 2021-2022

Ms. GERMUNDSON'S  
3B

MENOMINEE TRIBAL SCHOOL

Have any questions or need help?

Contact me:

262-903-3265

[ngermundson@mitw.org](mailto:ngermundson@mitw.org)

Or send me a message on FB Messenger!



## Tools your child possibly will need at home:

- A book to read
- Pencils
- Access to the internet
- Take home folder
- A semi-quiet space to work in
- Room to move for brain breaks and recess
- Their Chromebook or a home computer or tablet

## Remote Learning Schedule

This will give you an idea of what our remote learning day will look like. I will try best to stick to this schedule and make sure your child has all the resources they need need to complete the assigned work.

### Morning:

8:00-8:30 - Eat breakfast and do some calming breaths to start your day.

8:30-9:30 - Pick a reading comprehension activity from your folder.

9:30-10:00 - Recess - Go move your body!

10:00-11:00 - Math review worksheets - Please check your folder for these and 30 minutes on prodigy or iReady.

11:00-12:00 - Lunch and recess

### Afternoon:

12:00-12:30 -Read your Scholastic News and complete activities.

12:30-2:30 - Specials - Check in with your specials teachers to see what they have for you to do. Your specials are Menominee Language, Gym, Art, Health, Careers, Library, Guidance.

2:30-3:00 - 30 Minutes of Typing Club

See you tomorrow!

## Resources that are used in our classroom

[www.prodigy.com](http://www.prodigy.com)

<https://login.i-ready.com/login>

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

If your student needs help with their username or password, please contact me.

