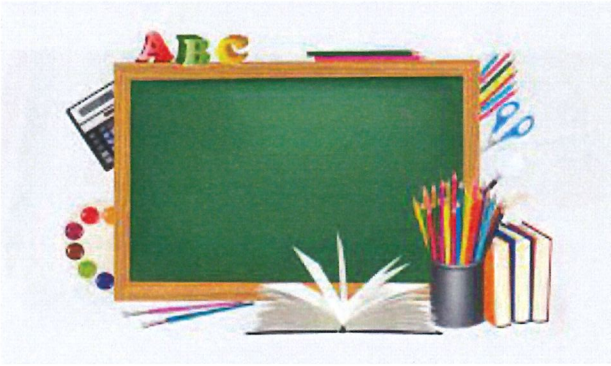
Remote Learning Expectations

- 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 me 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

Ms. Bernadette Class
Menominee Tribal School

Have any questions or need help?

Contact me:
715-880-0151
btourtillott@mitw.org
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Or send me a message on FB Messenger!

Tools your child possibly will need at home:

- ❑ A book to read
- ❑ Pencils
- ❑ Access to the news and internet
- ❑ Take home folder
- ❑ Access to google classroom
- ❑ A semi-quiet space
- ❑ Room to move for brain breaks and recess
- ❑ Their Chromebook or a home computer

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 - 20 minutes of reading to self. Write a 5 sentence reflection on what you read about.

8:30-9:30 - Writing assignment - please check your folder for writing assignment.

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.

11:00-12:00 - Lunch and recess

Afternoon:

12:00-12:30 - Read a news article and fill out a current events news article

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
www.typingclub.com
www.readingworks.com
www.mobymax.com
www.cnn.com/cnn10

Extra resources you many like to use if your child needs extra work

www.pbskids.org
www.learninglab.si.edu
www.nasa.gov/kidsclub/index.html