

7E Weekly Class Newsletter

DEAR 7E STUDENTS & FAMILIES:

The focus of our 7E1 teaching team is on offering **opportunities for learning** which relate to our subject matter and outcomes. Math info can be located on Mme Porter's website, located here: [MmePortersSite](#). I will be using my Teacher Page on our Bliss Carman School Website [BCMS](#). Please enjoy exploring some of the activities offered, continue to physically distance yourselves from others, be patient and kind with yourself and those with whom you live and know that your teacher misses you so much and the regular school-life we shared. Vous me manquez, mes amis! Stay positive and stay safe! Mme Whalen



MINDFUL MOMENTS:

Every day take a few minutes to practice your HA breath (Big breath in, and release slowly out of your mouth in a big: *Haaaaaa*. Notice how you feel afterward. Keep a journal about how you feel. Insert these little moments of Mindfulness to help you feel calm. Teach your other family members how to do this too! We got this 7E! Love you all!



Learning Opportunities

Have you noticed the birds singing lately? They sound beautiful and bring me a sense of hope that life lives on and happiness is out there if we seek it out! So EXPLORE!

THE CHALLENGE/LE DÉFI:



Spring has arrived! More and more birds will be coming into our yards. Just the other evening, we had a cardinal – the same as the bird pictured above. It was so beautiful!

Your challenge is to create a bird feeder with items from around your home.

~Create, Test, Improve

SCIENCE TRIVIA:

- WHAT BIRDS DO NOT MIGRATE FROM NEW BRUNSWICK?
- HOW DOES A BIRD'S ANATOMY USE THE FOUR FORCES FOR FLIGHT? [CLICK HERE TO DISCOVER MORE!](#)
- WRITE ABOUT WHAT YOU LEARNED (3 POINTS OR A PARAGRAPH)
- INCLUDE A PICTURE OF THE BIRDS YOU HAVE NOTICED THIS WEEK
- DRAW/EXPLAIN HOW THEY FLY



Dans mon arrière-cour j'ai vu ce oiseau si beau et brillant qu'il m'a donné de l'espoir positif pour l'avenir!

Trouve d'autres faits intéressants de ces oiseaux avec le lien

<https://birdwatchinghq.com/interesting-facts-about-cardinals/>