

# RVMS Learning Suggestions

Week 9: June 8th - 12th

## Grade 7 English

Literacy	Numeracy
<p>For week 9, there will be an activity for each day of the week. See my attachment <a href="#">Mr. Leger's LA lessons</a></p> <p>Monday: <i>Point of View</i> Tuesday: <i>Television the Drug of the Nation</i> Wednesday: <i>Social Justice</i> Thursday: <i>If you could have any pet in the world!</i> Friday: <i>Cultural Empowerment</i> Website of the week: <a href="http://mrleger7and8.weebly.com">mrleger7and8.weebly.com</a></p>	<p>See attachment <a href="#">Mathapalooza Week 9</a> for further instructions on the activities listed below:</p> <p>Activity 1- "Escape Hogwarts Digital Room" Activity 2- "Magic Number Trick" Activity 3- "Math Mash Up" Activity 4- Brain Teaser/Riddles (Easy, Little Harder, Hardest)</p> <p><b>Website of the Week-</b> <a href="https://www.mathplayground.com/ASB_DirtBikeProportions.html">https://www.mathplayground.com/ASB_DirtBikeProportions.html</a></p>
Science	Social Studies
<p>See <a href="#">Science Attachments Week 9</a> for further instructions on the super cool activities below.</p> <p>Activity 1- <i>Nature Walk (Animal Homes)</i> Activity 2- Mystery Science "Why do Birds Lay their Eggs in the Spring?" Activity 3-Bonus Box- "Amazing Bird Nests" Activity 4- Design and Build your "Dream Nest" Activity 5- Check out Ms. McCluskey Read Aloud about Birds' Nests.</p>	<p>Please see Mme Sawyer for this week's Social Studies Learning Suggestion.</p>
Technology, Music, Art & Physical Education	
<p>Hey Raiders,</p> <p>For the final week we'll give you a challenge: We have presented to you how to become physically fit, eat healthy, understand soft skills needed to be successfully employed, what personal branding is about, impact music has had on generations/fashion/social movements during the different decades.</p> <p>Your project: What do you want to be in life and how are you going to get there?</p> <p>As always, stay calm, stress-free and keep everything in perspective. Have the best summer and vacation ever!</p> <p><b>PE Fitness plan:</b></p> <p>Review the <a href="#">FITT chart for muscular strength</a> and fill in your student activity sheet under the column Muscular strength. Please fill in your exercise log and continue training for the virtual 5km Rave Run for those of you that want to challenge yourself. Stay tuned, stay healthy and Raider Strong! See attachment for details.</p> <p>~ Mr. Vincent, Mr. Shiels, Ms. Barrett and Mme. Sawyer</p>	
Guidance	
<p>Some food for thought and reflection on this final week of learning: <i>"I believe that as humans, we are capable of self-growth, healing, and experiencing happiness. I believe that often the journey towards healing needs to begin with developing affect regulation skills (the ability to gain control over those strong emotions that come on like tidal waves and seem to hijack our rational brain)."</i> Susan Guttridge, BA MC CCC Have an amazing summer! Smile! – Mrs. Harrington.</p>	
<p><b>Teacher Office Hours are now 8:30 – 3:30 as teachers are returning to the building this week. Schools remain closed to the public at this time.</b></p>	