

Poulsbo Middle School Remote Learning Guide

7th Grade

Week of April 20-24th

General Guidelines:

- This guide provides general directions and resources for students to complete their daily work. All handouts, webpages, worksheets and assessments are attached to this guide.
- Students should spend no more thirty (30) minutes a day (Monday-Friday) for each class period that they have at PMS. (No more than three hours each day)
- Virtual Packets:
 - Each Monday morning before 9:00 this guide and the corresponding resources will be sent to all parents and student email addresses
 - Students submitting work electronically should email their work directly to the instructor's email account and/or submitted using the teacher's Microsoft Team classroom.
- Printed Packets:
 - This guide and the corresponding resources will be distributed in paper form Monday through Friday at Poulsbo Middle School during the daily food distribution 11:00-12:30.
 - Completed work will be picked up each week during the daily breakfast/Lunch distribution 11:00-12:30
- Teachers may ask students to report to them during their office hours through Zoom, Microsoft Teams, phone and/or email.
- General Office Hour Windows (Check With Individual Teachers):
 - Math: 1:30 – 2:30
 - Language Arts: 8:00 – 9:00
 - Science: 12:30 – 1:30
 - Social Studies: 10:00 – 11:00
 - PE, Arts(Performing/Visual) and Keyboarding: 9:00 – 10:00

Math

Math:

Mr. Whalen Office Hours: Tuesday and Thursday 1:30 pm to 2:30 pm

Mrs. Smart Office Hours: Tuesday and Thursday 1:30 pm to 2:30 pm

Mr. Mathison Office Hours:

This Week's Work:

Mr. Whalen's Classes

Link to Mr. Whalen's Homework Calendar with all information and other resources:

http://pms.nkschools.org/staff_sites/math_department/whalen_kenton_/calendar

If no computer access, complete only the textbook pages and return when picking up packet for following week.

Mrs. Smart's Class

Follow the link to access the Learning Guide for Mrs. Smart Math 7 (Click on Links to access all files and resources)

http://pms.nkschools.org/staff_sites/math_department/smart_megan/calendar

If no internet access complete packet work and return when picking up packet for following week.

Mr. Mathison's Class

Please check One Note

Accelerated Math:

Mr. Whalen Office Hours: Tuesday and Thursday 1:30 pm to 2:30 pm

Mr. Tran Office Hours: Tuesday and Thursday 1:30 pm to 2:30 pm

This Week's Work:

Resource Khan Academy. Class code to enrolled for Mr. Tran's AC 7th Math is VR9WXHYH

Mr. Whalen's Classes and Mr. Tran AC class

Link to homework calendar with detailed information and extra resources:

http://pms.nkschools.org/staff_sites/math_department/whalen_kenton_/calendar

If no computer access, complete only the textbook pages and return when picking up packet for following week.

Algebra:

Mrs. Fortenbacher Office Hours: Tuesday and Thursday 1:30 -2:30

“Paper Packet” - working at home without technology

Textbook: Read and take notes on 8.6 Solving Quadratic Equations with Factoring and 8.7 Solving Quadratic Equations with Square Roots

Review for Mastery 8.6 & 8.7 Use answer keys for help.

8.6 and 8.7 Practice B W.S.

“Virtual Learning” Working at home with technology: Click the following link which will take you to my website. Click on the homework and notes link to open the one note page with all work for April 20-24. Read the cover letter first for directions about how to proceed.

<http://pms.nkschools.org/cms/One.aspx?portalId=420213&pageId=2756960><http://pms.nkschools.org/cms/One.aspx?portalId=420213&pageId=2756960>

Ms. Slack Gr. 7 Math Core Foundations:

** These weekly plans are also posted in MSTeams under “Files” then “Class Materials”

Ms. Slack’s office hours: Tuesday and Thursday 1:30-2:30 tslack@nkschools.org

Monday 4/20

Learning Target: I can find area of quadrilaterals and triangles and memorized the formulas.

Classwork:

- Review notes March 9, 10, 11: Area Notes March 9-12
- Study formulas (suggestion: make flashcards): [GeometricFormulas .docx](#)

Assignment: <https://www.khanacademy.org> Class Code: **QN35BV**

- Khan Academy practice exercise “Areas of shapes on Grids”
- Khan Academy Quiz 2

** Note: For credit, all assigned Khan practice & quizzes should be done. Aim to score 80% or better on your quizzes (if you don’t, you should go back re-watch the videos, try again). **

Tuesday 4/21

Learning Target: I can find area of a circle ($A = p r^2$) given the radius or diameter ($d=2r$, so $r=d/2$).

Classwork:

- Khan Academy video “Area of a Circle”
- Khan Academy article “Area of circles review”

Assignment (turn in):

- Khan Academy Practice “Area of a Circle”

Wednesday 4/22

Learning Target: I can find area of a circle ($A = p r^2$) given the radius or diameter ($d=2r$ so $(r=d/2)$).

Classwork:

- Holt text p. 364-365 Read/study
- Review formula notes/flashcards; memorize area formulas

Assignment (turn in):

- Holt text p. 366 #11-15

Thursday Learning Target: I can practice finding circumference and area.

Classwork:

- Review formula notes/flashcards; memorize area formulas

Assignment (turn in):

Holt text p. 366 #16-19

** (Be sure to write formula for circumference and area, evaluate, solve, and label units!)

Friday Learning Target: I can show what I know about finding area of shapes.

Assignment:

Khan Academy Quiz 3

Resource Math

Math Work for the week of April 20-24

Ms. Pitner Office Hours :

Tuesday, Thursday 1:30-2:30 (Zoom Class 2:30-2:50)

Learning Target:

- I will understand of addition and subtraction of fractions as I prepare to extend their value in forming fraction equivalence and decimals.

Daily Work:

Monday: Continued practice of adding/subtracting fractions using cross and drop with the following 8 problems: (please do all work in your journal; we will review as a class tomorrow during Zoom time)

a. $32 \frac{2}{5} - 16 \frac{3}{10}$ b) $44 \frac{7}{10} + 8 \frac{4}{5}$ c) $16 \frac{4}{32} - 11 \frac{5}{8}$ d) $104 \frac{2}{10} - 101 \frac{3}{5}$

e) $44 \frac{5}{8} - 31 \frac{6}{40}$ f) $29 \frac{12}{16} + 30 \frac{3}{8}$ g) $72 \frac{7}{9} - 62 \frac{9}{7}$ h) $111 \frac{11}{11} - 99 \frac{3}{22}$

Tuesday:

Zoom Class: 1:30-1:50 (Ms. Pitner available for additional help after that on an as-needed basis)

- Review of Monday's work; new work will be assigned at this time, depending on everyone's understanding of Monday's work. Worksheet will be emailed to students Tuesday evening.

Wednesday: Complete work emailed to you Tuesday Evening

Thursday:

Zoom Class: 1:30-1:50 (Ms. Pitner available for additional help after that on an as-needed basis)

- Review of Wednesday's work;
- New Khan assignment will added to your personal account Thursday evening

Friday:

- Log onto Khan Academy, and complete new assignment in your personal notices

- Complete any work for the week you may have not finished and send to Ms. P by 3:00 today.

Language Arts

Language Arts

Mrs. French Office Hours: 8:00-9:00 Tuesday and Thursday

Ms. Bukosky Office Hours: 8:00-9:00 Tuesday and Thursday

This Week's Work:

We will be starting the novel *Walk Two Moons* by Sharon Creech NEXT week, beginning April 27th. Your tasks for this week are:

- Secure a copy of the novel. You can find it, free, online here:

<https://archive.org/details/WalkTwoMoons/mode/2up>

You are, of course, welcome to purchase your own copy if you wish.

If you need a hard copy of the book checked out to be picked up from the school please fill out and submit

the following form: <https://bit.ly/2xfAodj>

- Answer the pre-reading prompts provided on your teacher's OneNote page, the links to which have been sent out to all students of Mrs. French and Ms. Bukosky. Hard copies of the prompts are provided within the packet for those who do not have online access.

When we begin reading *Walk Two Moons*, students will be expected to keep track of characters, places, and main events. Please make sure you have a central location to keep all of this information, whether on your device or on paper.

Agate Language Arts

Mrs. French Office Hours: 8:00-9:00

This Week's Work:

Read the first 1-36 of *Hotel on the Corner of Bitter and Sweet*

[Week 2 AGATE](#)

This link should work for both 4th and 5th period classes

Resource Language Arts

ELA Work for the week of April 20-24

Ms. Pitner Office Hours :

Tuesday, Thursday 8:00-9:00 (Zoom Class 8:00-8:20)

Learning Targets:

- I can analyze the main ideas and supporting details presented in different media and formats. (SL.7.2)
- I can build on others' ideas during discussions. (SL.7.1)
- I can analyze photos, videos, and quotes to find a central theme.
- I can synthesize the ideas of my classmates with my own.

Required Reading for this week:

"Lyddie" chapters 2-4

Daily Work:

1. Monday: Read Chapter 2 of "Lyddie"
2. Tuesday: Zoom Class from 8:00-8:20 (Ms. Pitner available for additional help after that on an as-needed basis)
 - class comparison of work sites of the past;
 - in class completion of worksheet in personal journal
1. Wednesday: Read Chapter 3 of "Lyddie"
3. Thursday: Zoom Class from 8:00-8:20 (Ms. Pitner available for additional help after that on an as-needed basis)
4. Friday: Read Chapter 4 of "Lyddie"

***NO ATTACHED HANDOUTS THIS WEEK: We will be working together at Zoom Time. Please make sure you have your personal Journal and a pencil ready when each Zoom Class begins; Please send me copies of your notes and completed work assigned during Zoom time by 3:00 Friday for credit.**

Social Studies

Social Studies:

Mrs. Goble Office Hours:

Ms. Kim Office Hours: Tuesdays and Thursdays: 10 to 11

This Week's Work:

Review PowerPoints according to your teacher's OneNote and/or Teams. Finish questions 3 and 4. Dig deeper with question 5!

Agate Social Studies:

Ms. Kim Office Hours: Tuesdays and Thursdays: 10 to 11

This Week's Work:

Review PowerPoints according to your teacher's OneNote and/or Teams. Finish questions 3 through 5.

Science

Ms. Nausid and Mrs. Jez Office Hours: Tuesday and Thursday 12:30-1:30-Check your email for the access code to join on Zoom if you have questions or just want to say hello for a minute.

7th Grade Science Ms. Nausid/Mrs. Jez

If you are receiving this message on paper, you need to use the copy of Chapter 14 that you received the first week. You will need to keep the Chapter 14 packet for the duration of the unit and use it for approximately the next 4 weeks.

If you are receiving this message digitally you can find the Chapter 14 packet here for both Mrs. Jez's and Mrs. Nausid's students: (you may need to press the Ctrl key and then click the link)

https://nkschools-my.sharepoint.com/:b:/g/personal/kjez_nkschools_org/EfmH3iXp81ZGt8x7-zOk4MMBh4Xx1bd7CaYgawsuG44z_A?e=vVtozA

Active Reading Guidelines:

1. Think carefully about what you read. Pay attention to your own understanding.
2. As you read, annotate the text to make a record of your thinking. Highlight challenging words and add notes to record questions and make connections to your own experience.
3. Examine all visual representations carefully. Consider how they go together with the text.
4. After you read, discuss what you have read with others to help you better understand the text.

Week of April 20-24

Day 1: Use this time to organize yourself for the week. Fill out your planner for each class for the week or use a highlighter (or change the font color if working online) to color code assignments for the week. Make all Day 1 the same color, make all of Day 2 the same color and so on. Preview all work to make sure you have everything you need. Email your teacher if there is something you will need or questions you have about an assignment for the week.

Day 2: If you are working on paper-Read and annotate 14.2 beginning with The Behavior of Gases. If you are working digitally-take notes on 14.2 beginning with The Behavior of Gases. You may do handwritten notes or open a Word Document take notes there. (Keep these until the end of the unit)

Day 3: Review/reread your notes from the previous sections. *Complete Section Review questions 1-3 for section 14.2. Write out the question and answer using complete sentences. Explain the 4th phase of matter (Plasma). (Turn this in on Monday the next week)*

Day 4: If you are working on Paper-Read and annotate all of 14-3 Phase Changes. If you are working Digitally-Read and take notes on 14-3 Phase changes. You may do handwritten notes or open a Word Document to take notes there. (Keep these until the end of the unit)

Day 5: *Complete Section Review questions 1-3 for 14-3. Write out the question and answer using complete sentences. (Turn this in on Monday the next week)*

Optional: *Complete the Activity: An Almost Ruined Day (Page 342). Have fun with this assignment and be creative. We look forward to reading your stories!*

Physical Education

Physical Education:

Mrs. DeVries Office Hours:

Ms. Reister Office Hours: Tuesday/Thursday 10:00-11:00

This Week's Work:

- Fill out weekly email log that was emailed to you (or on own paper). 3-5 workouts each week for 20 min.
- On-line timer (This is a handy FREE on-line timer that does everything you will need)

<https://fitatmidlife.com/timer/>

Week #2 April 20-24 Home workout IDEAS

(These are just suggestions, you can do whatever exercise pleases you...just be active!)

5 rounds of 2 Min. AMRAP

Perform 20 Burpees (to modify: stop doing burpees at a little over a minute, no more than 1:30 OR do whip ups instead)

Then with remaining time do Max Box Jumps (use stable chair or stair) (modification: Broad Jumps)

*Rest 1 Min. Between Rounds (score is total Burpees)

Warm Up

3 Min. Jog in place to the song Thunderstruck by AC/DC. Every time you hear the word "thunder" perform 1 squat

Then 2 rounds

5 Up/Down Dogs

5 Boot Strappers

5 Jumping Squats

5 Per leg Box or Stair Step Ups

TABATA = 8 rounds of 20 Sec. work then 10 Sec. Rest (On-line timer:

<https://fitatmidlife.com/timer/>)

*For TABATA's, you keep doing the SAME movement for 8 rounds, then move to the second movement for 8, etc.

Lunges

Up/Downs (Elbow Plank to Push Up)

Bicycle Kicks

*Rest 1 Min. Between Movements

Warm Up

3 Times

3 Cycles of Complex in the Video! <https://www.youtube.com/watch?v=z58t1tu2Fcs>

5 Scissor Balls

5 Push Ups

For Time <https://www.youtube.com/watch?v=ON9Xnpf2o1Y>

20-18-16-14-12-10

Push Ups

100-80-60-40-20

Double Unders (modification: single jumps...perhaps more of them)

*No jump rope?...you can use a regular rope or small extension cord. Or use different jumps in place (single jumps, double jumps, lateral jumps, etc.)

This workout starts and ends with Push Ups. Begin with 20 Push Ups then 100 Double Unders, continuing in the fashion until you end at 10 Push Ups

Warm up

Start with 3 Min. Of Jump Rope Practice, Singles/Running in Place/Double Unders

Then 2 Rounds

10 Calf Stretches

20 Mountain Climbers

6 Scorpions

10 Windmills-Forward and Backwards

10 Self Hugs

Practice and Choose a Proper Push Up Variation.

Performing and Visual Arts

Band:

Mr. Walders Office Hours

This Week's Work:

Choir:

Mrs. Gallant's Office Hours: Tuesday and Thursday, 9:00 – 10:00am

Mrs. Gallant's email address: jgallant@nkschools.org

This Week's Choir Work:

Please read the **information letter** I sent to your Skyward email account on *Monday, April 13th* prior to opening the assignment sheet.

Click here for document. [Choose Your Music Adventure](#)

Art:

ALL ART PROJECTS AND POSTS ARE OPEN TO ALL STUDENTS DURING REMOTE LEARNING TIME, WHETHER YOU ARE CURRENTLY ENROLLED IN ART, OR NOT.

Mrs. Ebert's Office Hours: Tuesday and Thursday from 9-10am

Mrs. Ebert's Email Address: kcox-ebert@nkschools.org

I will be available on Zoom from 9:00-9:55am on Tuesday, April 21st, if you have any questions or just want to stop by and say hello. The information is below:

KCox-Ebert@nkschools.org is inviting you to a scheduled Zoom meeting.

Topic: Ebert Art 7th and 8th grade meeting

Time: Apr 21, 2020 09:00 AM Pacific Time (US and Canada)

Join Zoom Meeting

<https://nkschools.zoom.us/j/92818050197?pwd=RHUycXFWdlF3dHZ0THM2NXAwUjVWZz09>

Meeting ID: 928 1805 0197

Password: 812088

Join by Skype for Business

<https://nkschools.zoom.us/skype/92818050197>

This Week's Artwork: You will be well on track if you are creating 1 artwork per week (these can be small, but they must be created by you... no coloring pages please). The overall goal is 3 works for April, 4 works for May, and 2 works for June. See the assignment posts for more specific information.

New assignment ideas are posted on my website documents file as "Ebert Art Options 20-24 April 2020".

<http://pms.nkschools.org/cms/One.aspx?portalId=420213&pageId=804955>

The current installment of "The Week in Art" is also posted there dated 13-17 April 2020.

Choose any assignment from the options posted. You may choose a new project from the current week's list, or look back through the past postings and choose projects from there. If you would prefer to do an art project of choice that is not listed in the assignment options, that is completely fine. Please photograph your work and attach it to an email with your name and a few sentences about it. You can tell me about the process you used to create it, why you chose to do the work you did, your thoughts or ideas about your artwork, or a critique on how it turned out, what went well, and what you might do differently if you did the project again. Whatever you wish to share with me about your work will help me understand it better. Also, if you would like for your work to show up in "The Week in Art", please tell me that I have permission to post your work when you send your picture. I look forward to seeing what you are creating at home and hearing from you. Be well and have an excellent week. -- Mrs. Ebert

Career and Technical Education

Tech Ed:

Mr. Eaton Office Hours: Tuesday/Thursday 9-10AM teaton@nkschools.org

This Week's Work:

This link will take you to the full assignment in Microsoft Teams

<https://teams.microsoft.com/#/school//?ctx=teamsGrid> (to open link hold ctrl + click) click on your class 7 Pre-Engineering T32 is 3rd period, 7 Pre-Engineering T42 is 4th period to see the full assignment Quarantine Projects. Or on my website http://pms.nkschools.org/staff_sites/pre-engineering_dept/_eaton_timothy/documents (Ctrl + Click to open) you will find the same assignment. This assignment will repeat each week for the rest of the year.

Foods Science:

Ms. Fiorille Office Hours: Tuesday/Thursday 9–10am

This Week's Work:

This week I'd like you to cook or bake something for your family. You may make anything you like, but it must have at least 3 ingredients that have to be measured. Sorry but cereal and milk with sliced bananas on top don't count! 😊 And unless you have a sibling that you can enlist to be the sanitation chef, you are responsible for clean up as well. Please email me a picture (if possible) of what you made and a brief (1 paragraph) description of what you did. Have fun and Enjoy!

Life Skills

Life Skills:

Mr. Ragsdale Office Hours: Email me anytime at kragdale@nkschools.org and I will get back to you as soon as possible. Also, I will be calling you from my home office at least once a week to check in with what you might need to support your work on the assigned project.

This Week's Work:

Each student will receive, in the email address I have on file, a weekly project assignment that covers the reading, writing, math and social emotional/behavioral goals we have been working on all year. Please email me if you do not get your weekly project assignment.

Counselors, Librarian, Native Education Support and Therapists

Counseling:

Mr. Segur Office Hours:

Ms. Keltner Office Hours

Counseling Notes, Support and Social Emotional Learning For This Week:

Counselor's Corner: Featuring the 8 Essentials and additional learning from Character Strong, making connections through activities, and offering social and emotional support.

[CLICK HERE TO ACCESS COUNSELOR'S CORNER](#)

Librarian:

Mrs. Rock Office Hours:

Librarian Notes and Support For This Week:

Textbooks and ELA class novels will be distributed to 7th graders who need them on Monday, April 20th from 11 a.m. to 12 p.m. near the main entrance of the school. A copy of the ELA novel will be available for each 7th grade student. Because the supply of other textbooks is limited, please only request a Math, Science, or Social Studies textbook if your student does not have access to the online version. In order to request physical copies of textbooks and ELA novels, please complete this form by Friday, April 17^h so we can have the books ready: <https://bit.ly/2xfAodj>

Book Returns: Please keep all library and textbooks safe until we are able to collect them later this spring. At this time, we cannot receive materials. All items are due June 8th.

Questions can be directed to Teacher-Librarian, Debbie Jo Rock, at drock@nkschools.org.

Occupational Therapist:

Mrs. Moseley's Office Hours: Monday – Friday 1-2pm (or by appointment).

Feel free to email me anytime if you have any questions.

lmackey-moseley@nkschools.org

