



Northern York County School District

Northern York County School District
650 South Baltimore Street
Telephone (717) 432-8691 Fax (717) 432-2336

Dr. Eric Eshbach - Superintendent
Mr. Jason Beals - Assistant Superintendent

March 31, 2020

Dear NYCSD Families,

Our #TeamNORTHERN continues to rally during this extraordinary time. Elementary staff, specialists, coaches and administrators spent Monday in spirited collaboration focused on creating a consistent hands-on resource for our Northern York students.

For each of the next two weeks, March 30 - April 14, families will receive activity options via our Polar Pride Choice Board geared to different grade levels. It is important to note that this will be the sole activity resource provided to our families during this enrichment window. We are asking our teaching staff to refrain from providing families with additional assignments or direct instruction during this enrichment period. This comes in our effort to ensure consistent, equitable experiences for all our students. Our teachers will continue to check in and connect with students through their usual means of communication, seeking to spark their curiosity and encourage their sharing around the choice board selections they have made.

Our #TeamNorthern's Polar Pride Choice Boards will be posted to our school websites for families to have access to any grade level desired. These activities offer primarily packet free, technology free options.

As we move forward, please know that we will continue to communicate our next steps as we navigate beyond April 14. We dearly appreciate your support and encouragement. Yet, more so, we are deeply heartened by the incredible partnership between your home and ours.

With our very best wishes your way,

Your NYCSD Elementary Principals

Team Northern Polar Pride

Choice Board

Grade 1

Week of 3/30/20

Choose at least 10 activities...
Complete at least one under each letter.

P	R	I	D	E
Reading	Math	Writing	Content	Special
<p>Read a book, story, or chapter from a book to a family pet, sibling, parent, or grandparent. Tell them what you liked or didn't like most about the story. Would you recommend the story to someone else? Why or Why not?</p>	<p>Playing cards: Use playing cards to compare numbers (like the game War). Whoever has the greater number will get to keep the cards. You can say a comparing numbers sentence like, "7 is less than 9" or "8 is greater than 2." (If you do not have playing cards, take paper and write different 1 or 2 digit numbers on them. Cut them up and place into a pile.)</p>	<p>Build Pattern Words Write the following on cards: -ick -onk -ack -ink -ock -ank Add beginning consonants and blends to make words.</p>	<p>Science Shadow Drawing: Use toys or other objects to trace shadows outside with chalk.</p>	<p>Music: Do you have a pet? What "sound" does your pet make? In Carnival of the Animals, Camille Saint Saens attempted to recreate the sounds of animals. How could you imitate the sound of your pet? Use an instrument if you have it, or create an instrument from found materials around your house. Listen to an example of Carnival of the Animals here</p>
<p>Phonics Pattern Hunt (CVCe): Search your house for objects that have a silent e at the end of the word. Example: rice Write a list of the items you find.</p>	<p>Dreambox: Log into Dream box and play for 20 minutes.</p>	<p>Friendly Letter: Write a friendly letter to someone. Remember to include the heading, greeting, heading, body, closing, and your signature.</p>	<p>Social Studies Women's History Month: On BrainPOP Jr. Watch the video of Amelia Earhart. Take the quiz and make the craft. Now you can fly your own plane!</p>	<p>PE: Play "Simon Says" with a sibling, parent, or someone in your house! Examples: Touch your toes · Touch your elbows · Jump up and down · Touch your ears · Clap your hands.</p>
<p>Fluency RE-read a book or story and practice reading the words fluently. Make your reading sound like talking.</p>	<p>Watch for birds and other animals outside. Keep a tally chart of how many of each kind you see. Write a sentence telling more about your graph.</p>	<p>5 Senses Story: Go on a walk outside or around your house. Use your 5 senses to write a story. Talk about what you saw, heard, felt, and smelled.</p>	<p>Citizenship: Create a poster showing one thing you can do to be a good citizen.</p>	<p>Art: Illustrate one of your favorite stories or books, or write and illustrate a story of your own!</p>
<p>Log on to RAZ Kids, read a book and take the quiz.</p>	<p>Find two-digit numbers in newspapers or magazines. Cut them out and record what 10 more and 10 less would be. You could also record 1 more and 1 less.</p>	<p>Poetry: Write an acrostic poem for someone in your family.</p>	<p>What is your favorite food? Research where in the world it came from and when it was made. Maybe even find a recipe for how to make it yourself!</p>	<p>Discovery: Observe and record the location of the sun and moon throughout the day. Write about the changes</p>
<p>Vocabulary: Read a story from home or a story on RAZ kids. Write down any unknown words you see. Discuss with an adult what these words might mean using clues from the text.</p>	<p>Plants are growing outside! Find a plant, measure it using any items you may have. Take notes. Draw a picture on lined paper to show your observation and the height of the plant you chose. Go back to your plant in a few days and measure again. How much did your plant grow? Take notes and draw your observations again!</p>	<p>Practice your good penmanship. Use the alphabet writing guide to help you. Practice the letters that are tricky. Always use your best penmanship in your writing.</p>	<p>Talk to a family member about their job. Ask them to share with you how they have to collaborate with their coworkers. Do they have the opportunity to be creative in their work?</p>	<p>Book Scavenger Hunt: Choose three books of different sizes from your home. · Put the books in order from smallest book to largest book. · Put the books in order from least number of pages to the most pages. · Compare your results from each! Were the results the same or different?</p>

Choose some activities for healthy habits!

P	R	I	D	E
<p><u>Mindfulness</u></p> <p>Grounding Technique</p> <p>5 Things you can see 4 Things you can feel 3 Things you can hear 2 Things you can smell 1 Thing you can taste</p>	<p><u>Kindness</u></p> <p>Write a letter of appreciation to family member or friend and include your reason for valuing him/her.</p>	<p><u>Coping Skills</u></p> <p>Create a Calm Down Card: Identify 3 strategies that help you calm down when feeling upset. Examples: Soup Breathing, Happy Thought, Journaling, Exercise</p>	<p><u>Social Skills</u></p> <p>Building Friendships Visit NED Show website and watch the video titled Friendship Soup. https://www.thenedshows.com/resources/classroom-videos-and-lessons Create your own Friendship recipe card.</p>	<p><u>Kindness</u></p> <p>Practice Positive Self-Talk with Power Phrases. Brainstorm positive words that can help you be successful. e.g. "I got this!", "I am a valuable person!"</p>
<p><u>Coping Skills</u></p> <p>Help yourself stay in control by setting daily goals To set a daily goal, ask yourself "What do I want to achieve?". Think about... *How can I reach my goal? *Who can help me reach my goal? *What steps do I need to take to reach my goal?</p>	<p><u>Kindness</u></p> <p>Share Compliments: Give 3 compliments to 3 family members or friends.</p>	<p><u>Coping Skills</u></p> <p>Organization can help us to feel calm and in control. A great organization tool is a daily schedule or calendar. Think about your daily schedule and create a plan for your day. Follow your schedule through the day.</p>	<p><u>Kindness</u></p> <p>Self-Care Activity: Participate in a physical activity that helps you improve your physical and mental health. Examples: take a walk, sweep a sidewalk/driveway, clean room</p>	<p><u>Mindfulness</u></p> <p>Body scans can help calm on a hectic day or bring peace at bedtime. Try this body scan to help quiet your body. https://www.mindfulness.org/body-scan-kids/</p>

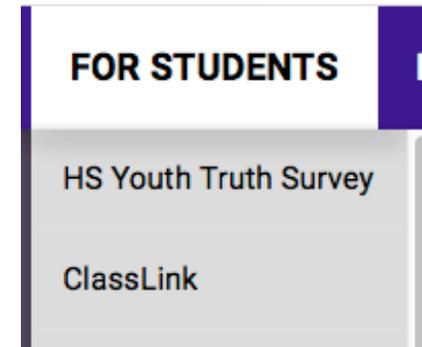
Additional healthy habits!

Wrap up like a taco in a heavy blanket!	Build a couch cushion hide-out!	Help your parents with the dishes!	String Pasta and make a necklace	Work on a puzzle with your family.
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How can we use NYCSD technology at home?



1. In a web browser, go to www.northernpolarbears.com, select For Students and then ClassLink.



2. Select Sign in with Google.

3. Your student's Google Account is the first letter of their first name, full last name, with the number:

5th grade: 227

2nd grade: 230

4th grade: 228

1st grade: 231

3rd grade: 229

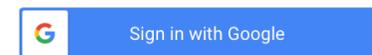
Kindergarten: 232

Add @northernpolarbears.com to the end

John Smith, a fifth grader, would be:
jsmith227@northernpolarbears.com



Northern York CSD



More on other side...

**4. Your student's password is their student ID/
lunch number with pb added to the end.**

For example: 123456pb

To continue, first verify it's you

Enter your password

[Forgot password?](#)

Next

5. You are in ClassLink! Check out the apps available! Apps can vary based on age and grade. Connect with your student's teacher about apps that are used in the classroom!

