

Elective Activities: Quarantine Edition

Dear students,

We hope that you and your family are doing well during this unexpected and unclear situation. Though this document in no way replaces the experience of in-person classes, we hope that you take the time to invest in your skills and knowledge of these subjects. Nothing is as important as your physical, emotional, and mental health. We hope that these activities give you a chance to take your mind off of the unknown, take a break from helping around the house, and focus on yourself.

Over the next few weeks, please take time to care for yourself and one another (remotely, of course). FaceTime with a friend and have breakfast "together." Sing to someone over the phone. Take time to check on your classmates. Watch a movie with a friend at the same time. Take a long bath with bubbles. Go outside and take a walk. You don't have to be best friends with someone to care about them or reach out and see how they are doing. Please find the time to check on each other.

We are here for all of you if you need us. If you have questions, reach out. If you need advice, reach out. If you need someone to talk to, reach out. If you're worried about what happens next, reach out. The only way we are going to get through this - even if we can't solve all the world's problems - is to do it "together" (from the safety of our homes). Navigating this new chapter can only be done with cooperation, respect for one another, and an open mind.

Most of all, be kind to one another. And be kind to yourself. We care about each and every one of you, and we want you to know that you matter to us.

With love,

Centennial's Elective Teachers

Contact Information

Beginning Spanish/English: Ms. Leavitt - hallie.leavitt@mcsd.org
Shop: Mr. Murray - jeff.murray@mcsd.org
P.E.: Mr. Griffin - alvin.griffin@mcsd.org, Mrs. Cox - kathryn.cox@mcsd.org
Band: Mr. Lund - michael.lund@mcsd.org
Choir: Ms. Bue - aspen.bue@mcsd.org
Life Skills: Ms. Huchel - kimberly.huchel@mcsd.org
Technology: Ms. Carrillo - kimberlee.carrillo@mcsd.org
Art: Ms. McMenamy - linda.mcmenamy@mcsd.org

Beginning Spanish

Sign in on Google Classroom using cyv36bp.

Everyday, log in to **MANGO LANGUAGES**. Spend at least 30 minutes doing your online lessons. Document all your work onto your writer's journal. You may use my ID public library card, if you do not yet have one. The number is: 4110001218201.

In addition, watch a Spanish program of your choosing on **Telemundo** or **Galavisión** and select five vocabulary words you recognize and document the words and the date onto your writer's journal. Continue doing this on a daily basis.

Also, select a Spanish song once a week (whatever genre you wish) to listen to and practice over and over until the song becomes yours. That means you can sing the song with good pronunciation of the words and know exactly what the words mean.

Remember, you can only acquire a second language if you are practicing DAILY.

Beginning English

Sign in on Google Classroom using nyy6sgl.

Cada dia.....Everyday, log in to **MANGO LANGUAGES**. Spend at least 30 minutes doing your online lessons. Document all your work onto your writer's journal. You may use my ID public library card, if you do not yet have one. The number is: 4110001218201.

In addition, watch an English program of your choosing and select five vocabulary words you recognize and document the words and the date onto your writer's journal. Continue doing this on a daily basis.

Also, select an English song once a week (whatever genre you wish) to listen to and practice over and over until the song becomes yours. That means you can sing the song with good pronunciation of the words and know exactly what the words mean.

P.E.

All students: Please sign up on Google Classroom using the code: 2i5t5pt.

For all non internet access students please complete a weekly fitness log that documents 30 minutes of physical activity 3 times a week. Examples, walking dogs, riding a bike/scooter, hiking, playing catch, skateboarding, playing golf, jumping on the trampoline.....ANY TYPE OF MOVEMENT.

Choir

Google Classroom Codes

6th Grade Choir - **v53agt6**

7th/8th Grade Choir - **rp5pp72**

Advanced Choir - **ogjsvte**

***If you are interested in auditioning for Advanced Choir 2020-2021 or you just want to improve your music skills, then please add the classroom code **6vzlpst**. I will post resources for you to use during these coming weeks.

Internet Access

For those with internet access, I will be posting suggested weekly activities, resources, entertainment, etc. on Google Classroom. Please let me know if you have any issues or questions.

No Internet Access

For those without internet access, here are three suggested activities:

1. Write a poem. It can be about any subject, and it does not have to rhyme. Aim to have at least three stanzas/verses. If you want to challenge yourself, create a melody so you can sing your poem.
2. Listen to a new radio station for 10 minutes each day of the week. Create a tracking log. Write down the radio station name, what you heard during the 10 minutes (interview, conversations, songs - include title and artist if you can), and what you liked or didn't like about the station. Try to listen to stations that you normally wouldn't.

3. Do something musical. You don't need the internet or technology to be musical. Sing in the shower. Create some sick beats using items around your house (the kitchen is the best place to find instruments). Start a family band. Ask someone to teach you how to play an instrument. Simply connect with music in some way and write about your experience.

Instagram

Follow Centennial Choir's Instagram to stay connected: @centennialmschoirs

Band

Students, I am missing you and hope you are well. If you are not already signed up for google classroom for band please sign up using the codes below. I will be posting activities for you on google classroom weekly. If you don't have internet access the main thing is to keep practicing.

Sixth grade: Focus on finishing the book and completing the hat test (143, 148, 152, 155).

Jazz, seventh & eighth grade: Keep practicing your band music
I will be posting jazz audition music in the google classroom.

Google Classroom Codes for Band

Jazz Ensemble Class Code: **55too7s**

6th Grade Band Class Code: **ut74ezx**

7th Grade Band Class Code: **vwezku6**

8th Grade Band Class Code: **uechwel**

Technology

I hope everyone and their families are doing well. Check out your Google Classroom to find information about optional learning activities. I have not identified class codes for my current students since you are already members of one of my Google Classrooms. If you need the code or have other questions you can email me at: kimberlee.carrillo@mcsd.org

Introduction to Computer Science - Check your Google Classroom

Tech 8 - Check your Google Classroom

Tech 7 - Check your Google Classroom

Tech 6 Qt 3 - Check your Google Classroom

Tech 6 Qt 4 - Join this classroom with optional learning activities

Class Code: **daxle7b**

No Internet:

Get outside and take some interesting pictures and videos on your iPad. Use iMovie to edit your videos, make digital stories, create stop motion projects, etc.

Use GarageBand to create your own songs.

Virtual ART

4th Quarter Art Students or anyone else who wants to participate here is the Google Classroom code to join: **6cknyvf**. I will post fun things to do and watch while you are hanging out at home. This is a great time to explore your creativity.

No Internet

1. Look around the house for different size circles to trace. Get a piece of paper with or without lines or whatever you can find (make sure it's okay with parents). After tracing the circles, turn the circles into

different things like a basketball, a donut, etc. Your paper should have different size circles that's turned into different objects.

2. Create the same circles as above but add different patterns in each circle, filling the whole paper. (Zentangles)
3. Go outside (keeping your distance from others) and draw what you see; trees, flowers, buildings, cars or whatever else you'd like to draw.

Keep in mind, drawing takes practice. Please be kind; give yourself encouraging words when trying something new. Stay Healthy and draw on. - Ms McMenemy

Life Skills

7th and 8th grades:

Do 5 minutes of mindful breathing a day!

Find recipes and help your family by making a simple and nutritious meal.

Log in to GC for links to tips and information on health and life skills.

New 6th grade students:

Google Classroom Code: **ryqy2yi**

Read a recipe every day!

Make sure you are looking at Nutrition Facts labels and learning what your daily nutrient requirements are.

Log in to Google Classroom with the class code above for links to information and activities.

Shop

All students: Please, sign up on Google Classroom using the codes below.

6th Grade 1st/4th hour: **cifrkgga** (both classes are combined into one Google class)

7th Grade 2nd/3rd hour: **qtjmpi7** (both classes are combined into one Google class)

8th Grade 5th/6th hour: **7hv65kk** (both classes are combined into one Google class)

Your first optional activity by grade level:

6th grade- Make a list of all the tools and supplies you have in your home you might use to build or repair something. Examples might include a hammer, tape measure, saw, nails, glue etc. Be sure to include any power tools you might have.

7th and 8th grade- Make a list of friends and family members that work with their hands for a living (plumber, electrician, carpenter, painter, landscaper, mechanic, etc.) If possible, interview one of them about the skills and education needed for the job. What do they like about their field of work, what are the difficult things they deal with?

For those of you with internet access, I will be posting a weekly activity on Google Classroom.