

Saturday, March 28

Dear Students,

Here we are: starting a new term and new way of learning!

Long ago, when I started teaching, some students in BC did not attend schools. They lived in remote areas of the province, on ranches or farms or lighthouse stations far away from towns. Those students studied by correspondence. The Ministry of Education sent them learning packages by mail which they completed and mailed back to the government. This was an isolated way to learn.

Today, we are not so isolated. We are able to communicate via the internet or telephone. We can get together via video conferencing. We can share information and ask questions every day. And we can do this even if we are thousands of kilometers apart. We are so fortunate! Next week, I will tell you more about how we will communicate via the internet and telephone.

But first, let me help you get organized...

SET UP A WORK STATION AT HOME

1. You need a quiet place. No television or music. Get your parents to help you decide where that quiet place should be for you.
2. You need a desk or table. You need a comfortable chair.
3. You need supplies. Set up a system that lets you easily reach for your pens and pencils, papers and books.
4. You need something attractive to look at. Looking at a computer screen or a piece of paper for too long is hard on the eyes. You need to be able to regularly look up and see something that makes you feel happy. Seeing the sky is especially good for your brain's ability to feel calm and learn. Maybe it's a picture of calm scene that has some sky in it. Maybe it's a view out the window. Set up something that works for you.

SET UP A SCHEDULE

1. Decide when you will start every morning. Make sure you are at your work station by 9:30 a.m. so you are ready for me to take attendance.
2. Decide how you will organize at least 4 hours of studying every day. Add more time every week to complete your Punjabi assignments and ITC assignments.
3. Arrange your schedule so that you study for 60 minutes at a time. Take a 20 to 30-minute break between study sessions. Take a 60-minute break after you have completed 2 hours of studying.
4. During your breaks, do something active. Go outside in your back yard and get some fresh air. Play with a basketball. Use a skipping rope. Turn cartwheels. If you have to stay inside, use an exercise bicycle if it's available. Do something to stay fit and get your body moving.
5. Make sure you have completed all your daily assignments and emailed them to me by 5 p.m. You will have projects to work on, but you may work on them in the evenings if you wish.
6. In addition, include one hour of reading every day. You may divide that up into two 30-minute sessions if you prefer. Remember that the more you read, the more you will learn!

PREPARE YOURSELF FOR LEARNING

1. Get up at the same time each day. Get dressed for 'school.' You might not wear a uniform but if you wear special 'work' clothes, you will find it easier to focus on your studies. I, myself, do that here at home. When I take off my slippers and put on house shoes, it is time to work.
2. Eat breakfast every morning. Make sure to include protein and Vitamin C. Those nutrients are especially important in helping your body deal with stress, and protein enables you to understand and remember what you are learning.
3. Eat a healthy lunch and supper. Eat only healthy snacks.
4. Go to bed at a regular time each night and get enough sleep.

BEGIN!

1. On Monday, go to the homework page on MsRosenReads. Find the question-of-the-day and your assignments.
2. Send me an email with the answer to the question in the subject line. I will take 'attendance' at 10 a.m. If I have received your answer by then, even if your answer is wrong, you will be marked present. If you send the answer late, I will mark you late.
3. Then get started on your assignments for the day.

looking forward to our new adventure,
Ms. Rosen