

**Mrs. Ochinero's First Grade  
Parent Lesson Plans  
(August 31-September 4, 2020)**

English Language Arts (once a day)/Artes del idioma inglés (una vez al día)	
✓	<p style="text-align: center;"><b>ZOOM CLASS MEETING LINK ONLINE! (Synchronous Instruction) MONDAY-FRIDAY* at 9 A.M. - 11:30 A.M.</b></p> <p style="text-align: center;">*Friday class sessions will be shorter with added asynchronous instruction/ lessons found in Seesaw and under each subject heading on this document.</p>
✓	<div style="text-align: center;">  <p>CLASS</p> <p><i>Seesaw</i></p> </div> <p><b>MUST DOS~ASYNCHRONOUS ONLINE INSTRUCTION</b></p> <p><b><u>Monday</u></b> On your iPad, please go to SEESAW, then go to <u>Activity</u> and find: <b>****What Fills My Heart with Happiness****</b></p> <p>Directions: You will use the drawing tool to draw a picture and/or write words to express what fills your heart with happiness. When you are finished drawing and/or writing, please record yourself sharing about your work and describing what fills your heart with happiness.</p> <p><b><u>Tuesday:</u></b> On your iPad, please go to SEESAW, then go to <u>Activity</u> and find: <b>****Draw a Family Member****</b></p> <p><b><u>Wednesday</u></b> On your iPad, please go to SEESAW, then go to <u>Activity</u> and find: <b>****Decorating My Birthday Cake****</b></p> <p><b><u>Thursday*</u></b> On your iPad, please go to SEESAW, then go to <u>Activity</u> and find the assignment(s) posted for today.</p> <p><b>*Please come to school to pick up your child's packet of curriculum that he/she will be using during live (synchronous) whole and small group instruction as well as for independent (asynchronous) classwork.</b> Packets will include: ELD or Science textbooks, notebooks, My Shared Readings, Decodable Readers (Phonics), Math Journals, Interactive Learning math mats, math workbook, paper, index cards, theme activities, codes, and writing supplies. Please keep these in a safe and accessible place as we will be using materials for class daily. Thank you.</p> <p><b><u>Friday*</u></b> On your iPad, please go to SEESAW, then go to <u>Activity</u> and find the assignment(s) posted for today. <b>*Please pick up your child's packet of school work today if you did not already do so yesterday.</b></p>

	<p><b>NOTE: CONTINUE GOING TO SEESAW <u>EACH DAY</u> TO FIND ASSIGNMENTS (Posted at 11:31 a.m. M-Th and at 9:31 a.m. on Fridays) FOR YOU TO COMPLETE AFTER OUR LIVE ZOOM MEETINGS AS YOUR ASYNCHRONOUS ONLINE PORTION OF THE INSTRUCTIONAL DAY</b></p> <p>(The complete directions for all activities are found on Seesaw. Please find the bow tie icon on your iPad and go to <i>Mrs. O's Outstanding First Graders</i> for the detailed instructions.)</p>
✓	<p><b><u>MUST DOS</u>~ASYNCHRONOUS INSTRUCTION</b>  <b>Activities to work on using pages found in your supply bag:</b></p> <p><b><u>Tuesday:</u></b>  Trace the letters Aa-Zz on your "<i>Manuscript Formation Guide</i>" with your finger and then try it using the eraser side of your UNSHARPENED pencil (Place it inside the blue report cover with the plastic front first)</p> <p><b><u>Wednesday:</u></b>  Place your "<i>This Is My Alphabet</i>" paper inside the blue report cover with the plastic front first. Then using a whiteboard marker, write your letters Aa-Zz over the "This Is My Alphabet" page using your manuscript formation guide to help you with the order and steps for making each letter of the alphabet. You can write on your white board or in your journal also if you are missing any supplies.</p> <p><b><u>Optional*</u> ELA/ELD Activities:</b></p> <p>*Use your journals to illustrate and/or illustrate and write down responses to the stories read each day with Mrs. Ochinero.  <b>EXAMPLES:</b>  <i>I liked reading about _____ because _____.</i>  <i>My favorite part of the story was _____.</i>  <i>One thing I loved about the book was _____.</i></p>

<b>Mathematics/Matemáticas</b> <b>(una vez al día)</b> <b>(once a day)</b>	
✓	<p><b><u>MUST DOS</u>~ASYNCHRONOUS INSTRUCTION</b>  <b>Activities to work on using pages found in your supply bag:</b></p> <p><b>Thursday:</b> Use your <b>120 Chart</b>. Practice saying your numbers out loud from 1-120. Try to do this 5 times today.</p> <p><b>Friday:</b> Use your <b>BLANK 120 Chart</b>. Place it inside the blue report cover with the plastic front first. Then fill in the blank boxes using a whiteboard marker on top of the plastic cover to write your numbers from 1-120. Please use your 120 Chart to help you do this correctly. Try to go as far as you can in 15 minutes.</p>

	*OPTIONAL FUN: EXPLORE THE SEESAW MATH ACTIVITY & RECORD YOUR THINKING!
	ZOOM CLASS MORNING MEETINGS begin every day, MONDAY-FRIDAY, at 9 A.M.

P.E./Art	
✓	<p><b><u>PE</u></b></p> <ul style="list-style-type: none"> <li>❑ GoNoodle or Play outside/Juega afuera 20 mins.</li> <li>❑ Help with chores inside</li> </ul> <p><b><u>Art</u></b></p> <ul style="list-style-type: none"> <li>❑ Draw a picture of you and someone in your family doing something or going somewhere fun together!</li> </ul>
	<p>Please note: Our <b>Little Hero PE</b> time is on <b>Mondays at 11:00</b>. Coach D will be joining our Zoom class directly. Please bring a water bottle with you. Asynchronous PE at home could include some of Coach D's fun warm up exercises such as "Catch, Dribble, Throw" using an imaginary ball!</p>

Social Studies/Science /Estudios Sociales / Ciencias	
	<p>ZOOM CLASS MEETINGS MONDAY-FRIDAY* at 9 A.M. -11:30 A.M. (*Friday class sessions will be shorter with added asynchronous instruction/assignments listed under Seesaw Activities)</p>
✓	<p><b><u>Science (MUST DO)</u></b> Draw a picture of what the weather looks like outside one day this week. Label your picture using a word(s) from our Word Bank:</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>sunny * cloudy * partly cloudy * windy * foggy * smoggy * breezy * rainy * hot * warm * cold * cool * freezing * snowy * bright * chilly * smokey * hazy * clear * humid * dry * wet * mild</p> </div>
✓	<p><b><u>Social Studies/Ciencias Sociales (MUST DO)</u></b></p> <p>Vocabulary: <i>login, logging in, mute, unmute, video, chat, passcode, classcode</i> Review Zoom Guidelines and Meeting Manners under Seesaw Assignments</p> <p>Please have STUDENTS practice logging into *ZOOM <b><u>DAILY</u></b> so that they can eventually do this independently. 😊</p> <p>*See Mrs. Ochinero's ZOOM LINK on Class Dojo under Class Story and Parent Messages and on Seesaw under Student Announcements</p>

## All Online Programs/Programas en línea

**Seesaw**- Messages and Announcements  
as well as **Student Work and Online Activities** found here

**Class Dojo**- Messages and Announcements

**Parent Square**- Messages and Announcements

\*\*\*SEE ZOOM INVITATION/LINK and MEETING DATES POSTED ALSO IN:  
SEESAW under Student Announcements,  
PARENT SQUARE classroom message  
&  
CLASS DOJO in Class Story and Parent Messages,  
FOR OUR LIVE ZOOM CLASS MEETINGS (M-F @ 9a.m. )\*\*\*

## Office Hours/Horas de oficina



If you have any questions, contact me between 12 - 2 pm Si tiene alguna pregunta, contácteme entre las 12 y las 2 p.m.  
Mrs. Sinead Ochinero: cell (408) 775-0714  
Email: sinead.ochinero@arusd.org

Smiles/Sonrisas,  
Mrs. O/Sra. O

Please watch our class **Seesaw** account  
for video lessons, links, and activities (past and current)  
to help with and to enhance  
your child's distance learning.

Thank you for all you are doing to support and facilitate learning at home!

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Por favor, mire nuestra **Seesaw**  
para lecciones en video, enlaces y actividades  
para ayudar y mejorar  
el aprendizaje a distancia de su hijo.  
¡Gracias por todo lo que está haciendo para apoyar y facilitar el aprendizaje en casa!

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Vui lòng xem của chúng tôi **Seesaw**  
cho các bài học video, liên kết và các hoạt động  
để trợ giúp và tăng cường  
học tập từ xa của con bạn.  
Cảm ơn bạn vì tất cả những gì bạn đang làm để hỗ trợ và tạo điều kiện học tập tại nhà!