



OAK POINTE ELEMENTARY  
1 Riverbottom Road, Irmo, SC 29036  
803-476-4100

Dear OPES Families,  
Due to the recent school closure, there may be times when you need our assistance.

Please note the following:

- The best way to contact school personnel is via email. All teachers, support staff, and administrators will be checking email between the hours of 9 am and 1 pm on regular school days. You can expect a response within 24 hours.
- If you need IT support, please first contact your child's teacher. If he/she cannot resolve the issue, he/she will refer it to our Digital Integration Specialist, Andrea Rollison.
- All assignments will be graded/reviewed upon return according to grade level standards. Students will have **5 days** once school resumes to submit all assignments. If you have any questions or your child needs assistance, please contact your child's teacher.
- Any D5 students needing meal assistance during the closure may pick up lunch daily from 11:30 am – 1:00 pm from the following schools: **HE Corley Elementary, Harbison West Elementary, Irmo High School, and Dutch Fork High School.** . Please note, to pick up meals, **you must have your children in the car with you.**

We sincerely appreciate our families and community support. We will continue to keep in touch and wish you and your families excellent health! Be safe, stay healthy, and keep reading!

Sincerely,

Principal

# 4th Grade Distance Learning Activity Board

By March 31st, complete at least 9 activities from each column. Record your work in a notebook or on stapled notebook paper to be reviewed.

Reading	Writing	Math	Science	Social Studies	Brain Boosters
30 minutes on Edmentum	For 4 days, try to do 3 good deeds to help others out. Then write 1 paragraph each day telling about what you did that day to help out.	30 minutes on Edmentum	Do research on a planet and create an informational text (poster, pamphlet, book).	Interview a family member or friend (over the age of 21) and ask them about the most historical moment they have experienced.	Put together a puzzle
Read for 30 minutes	Create a comic on a topic of your choice	Use your math skills to help an adult make a recipe. Reflect on how you had to use math.	Go on a virtual field trip to the <a href="#">San Diego Zoo</a> . Record observations about 3 different animal behaviors.	Play a game of your choice on <a href="#">iCivics</a>	Complete a <a href="#">wordsearch</a>
Read to a sibling or family member	Hide 6 things around your house or yard. Create a scavenger hunt with written clues and have a family member find them. You can also make a map to help them.	Find and record 8 items in your kitchen that have metric measurements	Go on a nature walk and record your observations	Choose one of the following men and research their contribution to the creation of the US government: James Madison, John Marshall, Alexander Hamilton, Thomas Jefferson, George Washington, John Adams.	Complete a <a href="#">crossword puzzle</a> or <a href="#">sudoku</a>
Read outside for 30 minutes	Write a book review for one of the books you read during your time at home	Practice telling time with an analog clock	Discover how LEGO bricks are made. Can you use your LEGOs to make one really big LEGO brick?	Write a song or rap about something we've learned so far in SS	Put on a play or puppet show (it can be the one you wrote)
Read to a stuffed animal or a pet for 30 minutes	Write a play or puppet show	Use playing cards to play multiplication war (each person flips two cards, multiplies them, and the person with the highest product wins that round).	Build a <a href="#">Rube Goldberg</a> Machine/ Marble Run.	Draw a map of your local area and highlight important landmarks.	Play a game with your family

Reading	Writing	Math	Science	Social Studies	Brain Boosters
Listen to a book on tape or <a href="#">podcast</a> for 30 minutes	Write a summary about a <a href="#">current event article</a> you read with a parent. Include who, what, when, where, and why.	Write 5 multiplication word problems. Then solve them. Be sure to include the unit.	<a href="#">Hour of Code</a>	Study a <a href="#">map</a> of the United States. Using a blank map, see how many states you can remember. For an extra challenge, try learning some of the <a href="#">capitals</a> .	Create your own game
Watch a movie that was a book first. It must be a fantasy, fairytale, folk tale	Write an ABC book using vocab words from 4th grade	Write 5 division word problems. Then solve them. Be sure to include the unit.	Take apart a click-to-write pen to see if you can <a href="#">get a closer look at the mechanisms</a> that make it work. Draw a diagram of the parts.	Listen to the president or the governor of South Carolina address the nation or state.	Play with slime, play dough, or sand
Make a blanket fort and read for 30 minutes. For more fun, use a flashlight!!	Write an email or letter to your teacher	30 minutes on Freckle, <a href="#">Moby Max</a> , or another math website	Louis Braille wanted to make reading easier for other blind people so he created a code of raised dots. Can you write a message in <a href="#">Braille</a> ?	Help your community by picking up trash in your neighborhood, pulling weeds in a flowerbed, or any good deed of your choice.	Create your own puns and try them out on your friends and family.
30 minutes on <a href="#">Freckle</a> , <a href="#">Moby Max</a> , or another reading website	Make a list of figurative language you hear in one day. Be sure to identify the type of figurative language used.	Spend 10 minutes reviewing multiplication facts.	Take a <a href="#">virtual field trip of Yellowstone National Park</a> . Create a list or draw pictures of the plants and animals found in the park.	Find three different forms of money (coins or bills) and identify the president on each.	Help out with 5 different chores around your house
Read a book of poetry	Write a thank you note to the mail carrier and leave it in the mailbox for them.	Create 10 four digit minus four digit subtraction problems and solve them	Make observations about the stars or moon as you see them from your yard.	Watch <a href="#">Liberty Kids</a>	Find 5 words you don't know around your house and find out what they mean.
Your Choice! Come up with a reading activity.	Your Choice! Come up with a writing activity.	Your Choice! Come up with a math activity.	Your Choice! Come up with a science activity.	Your Choice! Come up with a social studies activity.	Your Choice! Come up with a brain booster activity.

I gave my personal best as I completed my work.

Student Signature \_\_\_\_\_

My child completed 9 options under each category.

Parent Signature \_\_\_\_\_

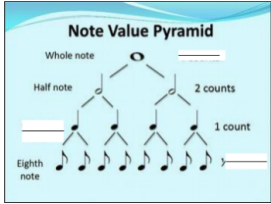
## Additional Resources

Website	Content	Login/Passwords
<a href="#">Media Center Resources</a>	Links from Mrs. Durham	N/A
Google Classroom	Teacher will share links and resources	See below.
<a href="#">Growing Book By Book</a>	Online Read Alouds	N/A
<a href="#">BrainPop</a>	Education videos, quizzes, games, etc.	Login: opes Password: palthepony
<a href="#">StoryWorks</a>	Online Magazines	Access code: plantfrog4113
<a href="#">Clever</a>	Edmentum	User Name: -----@stu.lexrich5.org Password: __ / __ / -----
<a href="#">Digital Breakout Google Classroom</a>	Online breakout activities/puzzles	User Name: -----@stu.lexrich5.org Password: __ / __ / -----
<a href="#">Khan Academy</a>	Online math lessons and practice	Click "Login with Google" (use school email)
<a href="#">Virtual Field Trips</a>	Virtual Museum Resources	N/A
<a href="#">Liberty Kids</a>	SS Videos	N/A
<a href="#">Podcast Links</a>	Reading	N/A
<a href="#">Greg Tang</a>	Math Games	N/A
<a href="#">Freckle</a>	Review math/ela concepts at your level.	Class Code and login info on google classroom

### Log-in to Google Classroom:

1. Sign into gmail
2. Use student email -----@stu.lexrich5.org
3. Use student password \_\_ / \_\_ / -----
4. Click on the waffle in the top right corner on the browser, then click on Classroom OR Google "Classroom"

# Related Arts Menu

	Music	PE	Art	Spanish
<b>Week One</b>	<p>Lines and Spaces: Note Reading</p> <p>Using the Treble Clef Line Notes (E, G, B, D, F) create two sentences using this order.</p> <p>Example: Every Good Boy Does Fine.</p> <p>1. 2.</p>	<p>Complete 2 of the following series of exercises:</p> <p>ABC Push-ups 7 Leg lifts 20 Mountain climbers 1 min. Bicycle kicks <b>Repeat 3 times</b></p> <p>5 Push-ups 10 Sit-ups 20 Step-ups 1 min. of Stretching 1 min. bicycle kicks <b>Repeat 4 times</b></p> <p>Ride your bike for 20 minutes Be sure to wear a helmet</p>	<p>Using some paper from a notebook, magazine, construction paper or computer paper, cut out symmetrical shapes. Color them, then bend and fold them into forms. Use glue or tape to hold them together in an interesting form. Look at your sculpture from many angles. What do you think it represents?</p>	<p>Color Scavenger Hunt: Find objects around the house and say their color in Spanish.</p> <p>The colors are as follows: Rojo- Red Azul - Blue Blanco - White Amarillo- Yellow Verde- Green Rosado - Pink Morado- Purple Cafe - Brown Negro- Black Anaranjado- Orange</p>
<b>Week Two</b>	<p>Note Value: Fill in the Blanks</p> 	<p>Create a healthy snack</p> <p>5 min of Stretching 6 Push-ups 7 Superman's 20 Step-ups 10 jumping jacks 1 min. stretching 1 Song Dance <b>Repeat 2 times</b></p> <p>10 crunches 20 Agility Jumps 5 Superman's 1 Song Dance <i>Play any song &amp; dance to it for the entire song.</i> <b>Repeat 2 times</b></p>	<p>If you have playdough or modeling clay, practice building sculptures techniques from class. Make a pinch pot, a slab bowl and a bowl with coils. Which method is the easiest for you? Which is the hardest? If you have Legos or wooden blocks, try building an interesting machine with block forms. On a sheet of notebook paper, write a paragraph about your creation.</p>	<p>Create a color inventory of people in your family by asking their favorite color and recording their answer.</p> <p>¿Cuál es tu color favorito? (What is your favorite color?) Mi color favorito es_____. (My favorite color is_____.)</p>

## **A Letter from Mrs. Metts**

To My Sweet Oak Pointe Friends,

We were expecting to spend a regular Monday together at school and now we are finding ourselves at home instead. We all feel a little unsure of what our time at home will be like and it is totally normal to be a little bit uncomfortable about that. I am sure that the loved ones who care for you have shared that all of us staying home is best for our whole community. We know that being a PAL means that we look out for others as well as ourselves and that is what we will need to do the next couple of weeks.

Please take this extra time at home to do some things that your normally busier schedule doesn't allow you to do. I am including a list of ideas in my folder so keep reading! My hope is that we can all use this time to learn in different ways about our world and about ourselves.

I will certainly miss seeing your faces every day but will look forward to the time we are together again. If you have any questions for me, have a story to tell or just want to say hello, I can be reached at [jnmetts@lexrich5.org](mailto:jnmetts@lexrich5.org). Parents please do not hesitate to contact me if I can be of help to your child. I will be checking email during the week and will write you back as soon as I can.

With Much Love,

Mrs. Metts

School Counselor

# Guidance Work Assignment

## Section 1: Being a PAL at Home

1. What are three things I can do to show my Personal Best at home?
2. How can I show Acceptance for my family at home?
3. Name five things you have done this week that show you are living responsibly.
4. What are some ways that it is easier to be a PAL at home? What are some ways it is harder?

## Project Ideas

Make your own barrel bucks for your family and hand them out for PAL Behaviors!

Make a list of things to accomplish this week - what do you want to try, learn about or learn to do. Maybe you can sort through some old toys or organize your room!

Make a chore chart for yourself to practice Living Responsibly at home

Think about what you can do this week to help others in your house. Make a list of all the things that you did to help others!!

## **Section 2: I'm A Pretty Cool Me!**

1. What are five things that I really like about myself?
2. How would my parents describe me? My teachers? My friends?
3. What are three things that I am really good at?
4. What is something that is pretty hard for me?
5. These are my best subjects at school:
6. This is a sport or activity that I am really good at:
7. Somethings I could see myself doing when I am older are:

## **Project Ideas**

Make a poster or collage of words and pictures that represent who you are and what you are like.

Draw a picture of what you might look like in the future

Make a timeline of your life so far and add future dates and goals



## **Family Resources**

### **CoronaVirus Information for Parents**

- Child Mind Institute - [Talking to Kids About the Coronavirus](#)
- National Association of School Psychologists [Talking to Children About COVID-19 \(Coronavirus\)](#)

### **CoronaVirus Information for Parents and Children**

- NPR CoronaVirus Comic and Video for Parents and Kids  
[https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus?ck\\_subscriber\\_id=599606696](https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus?ck_subscriber_id=599606696)

## **Mindfulness Resources for The Whole Family**

**Deep Breathing and Body Relaxation Videos:**

**Square Breathing** [KIDS MEDITATION - SQUARE BREATHING \(Focus & Calm\)](#)

**Take 5 Breathing** [Take 5 Breathing: A Breathing Exercise for Kids](#)

**Deep Breathing and Body Relaxation** [3 Minutes Belly Breathing For Relaxation - Mindfulness For Children I Calmer Classrooms](#)

**Body Relaxation** [3 Minutes Body Scan Meditation - Mindfulness For Kids And Adults](#)