



## Northern York County School District

Northern York County School District  
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*Dr. Eric Eshbach - Superintendent*  
*Mr. Jason Beals - Assistant Superintendent*

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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's Polar Pride  
Choice Board

Grade 3  
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><b>Fluency</b> Record yourself fluently reading a few pages of your favorite book. How can you model fluent reading? Think about your expression, phrasing, speed, etc.</p>	<p><b>Counting</b> Skip count while you jump rope. (Skip count by 2s, 3s, 5s, 10s, etc.)</p>	<p><b>Friendly Letter</b> Write a letter to a friend about something fun you've done during the closure.</p>	<p><b>Weather</b> Look up the weekly weather forecast. Make a video (or perform live for family) of you as the weatherperson on TV!</p>	<p><b>PE</b> Play "Simon Says" with someone in your house! Example: Touch your toes · Touch your elbows · Jump up and down · Touch your ears · Clap your hands</p>
<p><b>Recounting</b> Read or listen to a "just right" book at your house, or Tumblebooks, Epic, or Raz-Kids. Recount the story. Include the setting, characters, problem, solution and important events.</p>	<p><b>Rounding</b> Roll it &amp; round it. Roll dice to create a 3 or 4- digit number. Round this number to the nearest tens and hundreds.</p>	<p><b>Nouns</b> Make a list of nouns you see in your house as you are working. (Make sure you have at least 20 nouns, using a variety of person, place or thing)</p>	<p><b>Junk Mail Economics</b> Ask mom and dad to let you look at any junk mail ads that you receive this week. Make a T chart labeled needs and wants at the top. Cut out ads that belong in these two categories and glue them in.</p>	<p><b>Music</b> Play Freeze Dance with your parents or siblings. When the music stops, FREEZE! If you move, you're out...last one standing wins!</p>
<p><b>Character Traits</b> Make a sketch of a character you are reading about and label the drawing with character traits</p>	<p><b>Math Test</b> Create your own math test containing at least ten questions (addition, subtraction, or multiplication). Include an answer key!</p>	<p><b>Personal Narrative:</b> Write a story about a moment that has happened during this closure. Prewrite details in a web, draft a beginning, middle, and end, revise and edit your work, and finally publish a final copy and share your writing with a family member or your teacher.</p>	<p><b>Water Cycle</b> Draw or model the water cycle.</p>	<p><b>Discovery</b> Go on a scavenger hunt to find 5 items. Order them by height or length. Answer the following questions: *What is the tallest item you found? *What is the shortest item you found? *How much taller is the tallest item you found from the shortest item you found?</p>
<p><b>April is Poetry Month</b> Read a poem</p>	<p><b>Fractions</b> Using Legos, create the following fractions based on the color: <math>\frac{1}{4}</math> <math>\frac{3}{4}</math> <math>\frac{2}{6}</math> <math>\frac{5}{8}</math></p>	<p><b>April is Poetry Month</b> Write a poem about something in nature. Remember is does not have to rhyme.</p>	<p><b>Structures of Life/Crayfish</b> Draw a diagram of a crayfish. Label at least 8 of its body parts.</p>	<p><b>Art</b> Use elements of nature to create a piece of art. For inspiration, check out artist Andy Goldsworthy.</p>
<p><b>I-Ready Reading</b> Complete a lesson in I-Ready reading via the Classlink website.</p>	<p><b>Free Choice</b> Grab a deck of cards. Play a game of WAR but put down 2 cards each time and add, subtract, or multiply them (depending on child's level). Highest answer wins.</p>	<p><b>Adjectives</b> Go on a nature walk. Make a list of adjectives (describing words) to describe what you see. How many adjectives can you list? Challenge: Use your list of adjectives to write a story or silly sentences.</p>	<p><b>Influential People</b> Watch a Brainpop video of an important person. Share with a family member something you learned.</p>	<p><b>Library</b> Author and Illustrator What is the job of the author? The illustrator? · Write and illustrate a story about spring. Think of the signs of spring that you are noticing. Create a title page, including your name as both author and illustrator.</p>

Choose some activities for healthy habits!

<b>P</b>	<b>R</b>	<b>I</b>	<b>D</b>	<b>E</b>
<p><b><u>Mindfulness</u></b></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><b><u>Kindness</u></b></p> <p>Write a letter of appreciation to family member or friend and include your reason for valuing him/her.</p>	<p><b><u>Coping Skills</u></b></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><b><u>Social Skills</u></b></p> <p>Building Friendships Visit NED Show website and watch the video titled Friendship Soup. <a href="https://www.thenedshows.com/resources/classroom-videos-and-lessons">https://www.thenedshows.com/resources/classroom-videos-and-lessons</a> Create your own Friendship recipe card.</p>	<p><b><u>Kindness</u></b></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><b><u>Coping Skills</u></b></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><b><u>Kindness</u></b></p> <p>Share Compliments: Give 3 compliments to 3 family members or friends.</p>	<p><b><u>Coping Skills</u></b></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><b><u>Kindness</u></b></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><b><u>Mindfulness</u></b></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.  <a href="https://www.mindfulness.org/body-scan-kids/">https://www.mindfulness.org/body-scan-kids/</a></p>

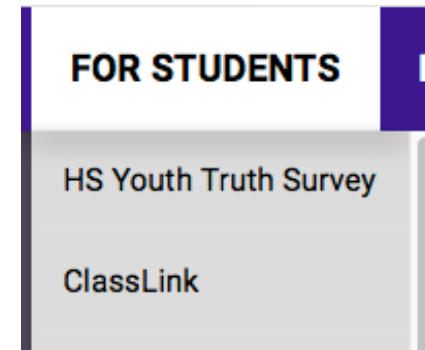
Additional healthy habits!

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](http://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

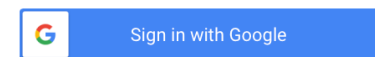
Kindergarten: 232

Add [@northernpolarbears.com](mailto:@northernpolarbears.com) to the end

John Smith, a fifth grader, would be:  
[jsmith227@northernpolarbears.com](mailto: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!**

