



Northern York County School District

Northern York County School District
650 South Baltimore Street
Telephone (717) 432-8691 Fax (717) 432-2336

Dr. Eric Eshbach - Superintendent
Mr. Jason Beals - Assistant Superintendent

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

Kindergarten
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>Practice a nursery rhyme. Chant or sing it. Identify all the words that rhyme. Pick a word, or words, and practice chopping each into syllables.</p>	<p>Use sticks, stones, leaves, etc. to create simple addition and subtraction problems. Write out the number sentence.</p>	<p>Make a map of an imaginary island, or a map of your bedroom. Label the items on your map. Think about other ways to capture your thoughts.</p>	<p>Look for an animal during a walk outside. What animal group does it belong to? How do you know? Name any features you recognize.</p>	<p>Go for a Polar Bear Run! -Walk for 1 Minute -Run for 3 Minutes -Walk for 1 Minute -Run for 3 Minutes -Walk for 1 Minute -Stretch!</p>
<p>After hearing or reading a story – use your stuffed animals to put on a play and retell the story.</p>	<p>Play a math game on Starfall https://www.starfall.com/h/</p>	<p>Use Legos or any other fun tool to 'build' high frequency sight words.</p>	<p>Use items from around your house along with any other materials to create a zoo for your stuffed or toy animals.</p>	<p>Chalk up your sidewalks by writing encouraging messages or create a mural you can insert yourself into,</p>
<p>Lay sight word cards on the ground. Toss a small stuffed animal and read the word that it lands on.</p>	<p>Take a bin of your toys, dump it out, and see if you can group your toys in piles of 10. Then count your groups of 10. How many toys do you have altogether?</p>	<p>Help your parents create the grocery list. Ask them what they need and show off by kid writing it for them.</p>	<p>Watch an animal video on https://jr.brainpop.com/science/animals/ Meet the animals at Zoo America. https://www.zooamerica.com/animals/</p>	<p>Think of all the colors of the rainbow. (ROYGBIV) Can you find 7 book covers, one for each color of the rainbow? How close can you get? Put them in rainbow order!</p>
<p>Play a reading game on ABCya https://www.abcya.com/ Read a book on Epic Reading-access through classlink https://www.northernpolarbears.com/domain/1386</p>	<p>Pass a ball back and forth with a family member while counting to 100. Can you start at 10 and count on? What about starting at 17, 33, 57 or 82 and counting on?</p>	<p>Label your house with signs, listing the items and places you love the most. Consider making icons for each location as well. For example, think of the McDonald's arch.</p>	<p>Go outside and find your shadow. Ask an adult what time it is! Have a family member trace your shadow with sidewalk chalk or draw your shadow on a piece of paper. Be sure to write the time on your piece!</p>	<p>Pick one song to listen to. Listen to the melody of the song and try to "show" how the melody is moving using our body. Is it fast? – Use fast movements. Is it slow? - Use slower movements. Are the notes high or low? Explore this with other song features.</p>
<p>Go on a scavenger hunt in your pantry or cupboards and find as many letters in the alphabet as you can. When you find a letter, say the name and sound. Can you think of other words that begin with the same sound? Celebrate your hard work with a snack!</p>	<p>Go on a shape hunt around the house. Find the squares, triangles, rectangles, circles, hexagons. Take a picture or draw each object. Can you do the same hunt for 3D shapes?</p>	<p>Write out some of your sight words and hide them around the house. Turn off the lights and use a flashlight to go on a "hunt" to find, chant and then write them. Use the words to write a campfire or spooky story!</p>	<p>Be sure to get approval from your parents: Fill a sink or container with water. Collect some items from around the house. Make a good guess (hypothesis) about which items may sink or float. Test and record your hypothesis. What did you learn?</p>	<p>Plants and animals have amazing ways to solve problems. A turtle for example has a shell to keep it safe. Write or draw, on a piece of paper, another animal that has specific parts that can do different things. (e.g.. Bird, shark, etc.) Create an animal invention from your drawing. Describe the part functions.</p>

Choose some activities for healthy habits!

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

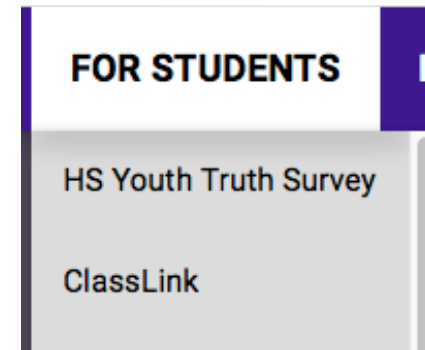
Additional healthy habits!

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, 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

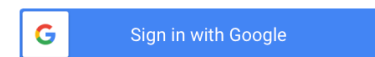
Kindergarten: 232

Add @northernpolarbears.com to the end

John Smith, a fifth grader, would be:
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!

