



Northern York County School District

Northern York County School District
650 South Baltimore Street
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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 Polar Pride

Choice Board

Grade 1

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>Read a book, story, or chapter from a book to a family pet, sibling, parent, or grandparent. Tell them what you liked or didn't like most about the story. Would you recommend the story to someone else? Why or Why not?</p>	<p>Playing cards: Use playing cards to compare numbers (like the game War). Whoever has the greater number will get to keep the cards. You can say a comparing numbers sentence like, "7 is less than 9" or "8 is greater than 2." (If you do not have playing cards, take paper and write different 1 or 2 digit numbers on them. Cut them up and place into a pile.)</p>	<p>Build Pattern Words Write the following on cards: -ick -onk -ack -ink -ock -ank Add beginning consonants and blends to make words.</p>	<p>Science Shadow Drawing: Use toys or other objects to trace shadows outside with chalk.</p>	<p>Music: Do you have a pet? What "sound" does your pet make? In Carnival of the Animals, Camille Saint Saens attempted to recreate the sounds of animals. How could you imitate the sound of your pet? Use an instrument if you have it, or create an instrument from found materials around your house. Listen to an example of Carnival of the Animals here</p>
<p>Phonics Pattern Hunt (CVCe): Search your house for objects that have a silent e at the end of the word. Example: rice Write a list of the items you find.</p>	<p>Dreambox: Log into Dream box and play for 20 minutes.</p>	<p>Friendly Letter: Write a friendly letter to someone. Remember to include the heading, greeting, heading, body, closing, and your signature.</p>	<p>Social Studies Women's History Month: On BrainPOP Jr. Watch the video of Amelia Earhart. Take the quiz and make the craft. Now you can fly your own plane!</p>	<p>PE: Play "Simon Says" with a sibling, parent, or someone in your house! Examples: Touch your toes · Touch your elbows · Jump up and down · Touch your ears · Clap your hands.</p>
<p>Fluency RE-read a book or story and practice reading the words fluently. Make your reading sound like talking.</p>	<p>Watch for birds and other animals outside. Keep a tally chart of how many of each kind you see. Write a sentence telling more about your graph.</p>	<p>5 Senses Story: Go on a walk outside or around your house. Use your 5 senses to write a story. Talk about what you saw, heard, felt, and smelled.</p>	<p>Citizenship: Create a poster showing one thing you can do to be a good citizen.</p>	<p>Art: Illustrate one of your favorite stories or books, or write and illustrate a story of your own!</p>
<p>Log on to RAZ Kids, read a book and take the quiz.</p>	<p>Find two-digit numbers in newspapers or magazines. Cut them out and record what 10 more and 10 less would be. You could also record 1 more and 1 less.</p>	<p>Poetry: Write an acrostic poem for someone in your family.</p>	<p>What is your favorite food? Research where in the world it came from and when it was made. Maybe even find a recipe for how to make it yourself!</p>	<p>Discovery: Observe and record the location of the sun and moon throughout the day. Write about the changes</p>
<p>Vocabulary: Read a story from home or a story on RAZ kids. Write down any unknown words you see. Discuss with an adult what these words might mean using clues from the text.</p>	<p>Plants are growing outside! Find a plant, measure it using any items you may have. Take notes. Draw a picture on lined paper to show your observation and the height of the plant you chose. Go back to your plant in a few days and measure again. How much did your plant grow? Take notes and draw your observations again!</p>	<p>Practice your good penmanship. Use the alphabet writing guide to help you. Practice the letters that are tricky. Always use your best penmanship in your writing.</p>	<p>Talk to a family member about their job. Ask them to share with you how they have to collaborate with their coworkers. Do they have the opportunity to be creative in their work?</p>	<p>Book Scavenger Hunt: Choose three books of different sizes from your home. · Put the books in order from smallest book to largest book. · Put the books in order from least number of pages to the most pages. · Compare your results from each! Were the results the same or different?</p>

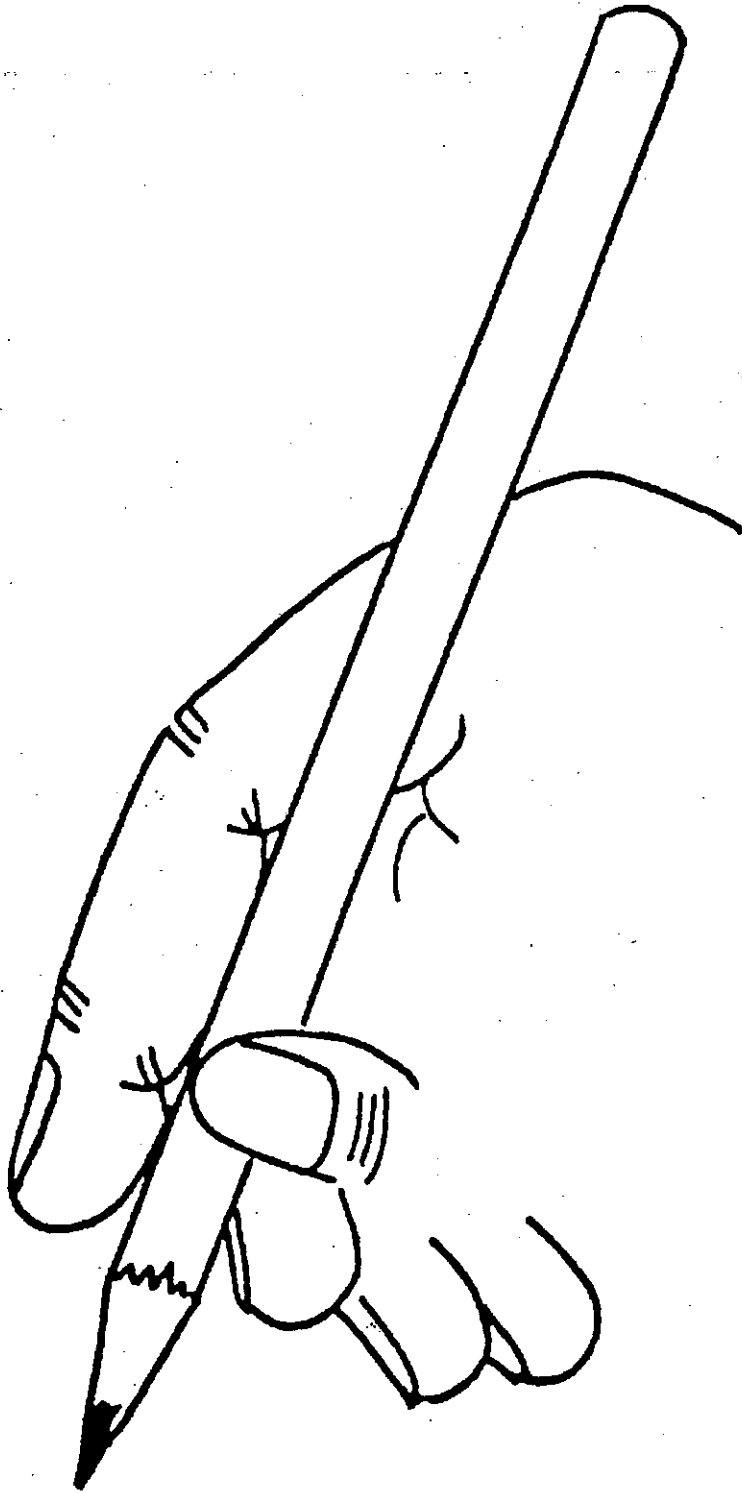
Choose some activities for healthy habits!

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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HOLD YOUR PENCIL SOFTLY!



Watch out for the squeezles!

*“Pointer on the point,
Thumb on the side,
Put your middle finger
On the other side!”*

*“One finger on top,
Back on the point,
Don’t pinch!”*

Print Rhythm Leader - Lowercase Letters



1. Hook Around
2. Small Down



1. Tall Down
2. Roll Around



1. Hook Around



1. Hook Around
2. Tall Down



1. Hook Around
2. Slide



1. Hook Down
2. Cross

1. Hook Around
2. Down Tail



1. Tall Down
2. Roll Down



1. Small Down
2. Dot

1. Down Tail
2. Dot



1. Hook Around
2. Down Hook



1. Tall Down
2. Slant In
3. Slant Out



1. Tall Down



1. Small Down
2. Roll Down
3. Roll Down



1. Small Down
2. Roll Down



1. Hook
Around
Close



1. Down Tail
2. Roll Around



1. Hook Around
2. Down Hook



1. Small Down
2. Roll



1. Hook
Snake
Around



1. Tall Down
2. Cross



1. Small Down
Curve Up
2. Small Down



1. Slant
2. Slant



1. Slant
2. Slant
3. Slant
4. Slant



1. Slant
2. Cross

1. Slant Right
2. Slant Tail



1. Slide
2. Slant
3. Slide



Numerals:



1. Hook Around Close



1. Tall Down



1. Roll Slant
2. Slide



1. Roll Around
2. Roll Around



1. Down
2. Slide
3. Down



1. Down
2. Roll Around
3. Slide



1. Curve Down
2. Loop



1. Slide
2. Slant



1. Hook Snake
2. Roll Up



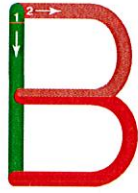
1. Curve Around
2. Tall Down

Print Rhythm Leader - Capital Letters

The movement sequences are illustrated using our unique COLOR/RHYTHM process in "ABC's and 1 2 3's." The first stroke is green, second stroke brown, third stroke red, (and the fourth stroke pink for 4-stroke letters) Letterforms are arranged alphabetically for easy correlation with any reading readiness process. Visit our web site for animated versions or you can order on CD ROM. Please remember, lowercase letters are most important for reading. <www.peterson-handwriting.com>



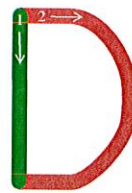
1. Slant Left
2. Slant Right
3. Slide



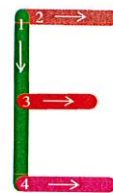
1. Tall Down
2. Slide Around
3. Slide Around



1. Hook Around



1. Tall Down
2. Slide Around



1. Tall Down
2. Slide
3. Slide
4. Slide



1. Tall Down
2. Slide
3. Slide



1. Hook Around
2. Slide



1. Tall Down
2. Tall Down
3. Slide



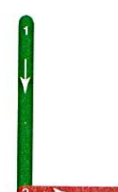
1. Tall Down
2. Slide
3. Slide



1. Tall Hook



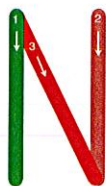
1. Tall Down
2. Slant
3. Slant



1. Tall Down
2. Slide



1. Tall Down
2. Tall Down
3. Slant
4. Slant



1. Tall Down
2. Tall Down
3. Slant



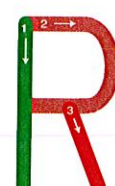
1. Hook Around Close



1. Tall Down
2. Slide Around



1. Hook Around Close
2. Slant



1. Tall Down
2. Slide Around
3. Slant



1. Hook Around Snake



1. Tall Down
2. Slide



1. Tall Down Curve Up



1. Slant
2. Slant



1. Slant
2. Slant
3. Slant
4. Slant



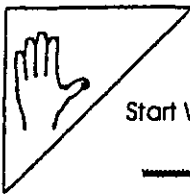
1. Slant
2. Cross



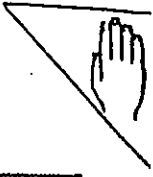
1. Slant Right
2. Slant Left
3. Down



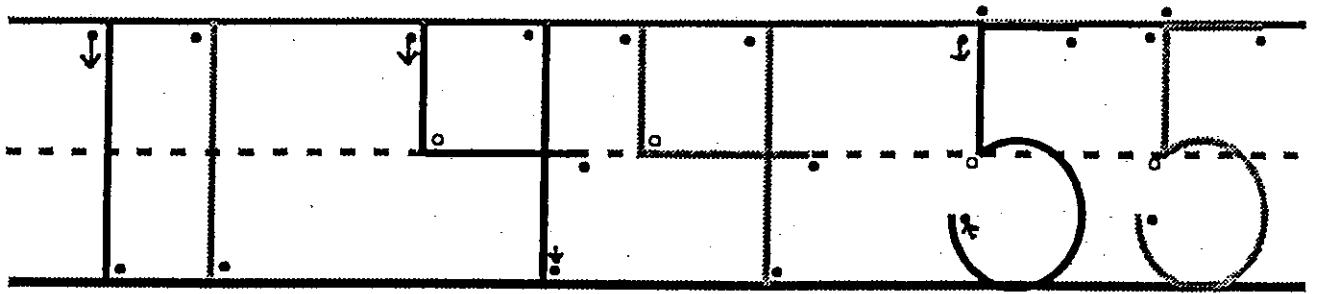
1. Slide
2. Slant
3. Slide



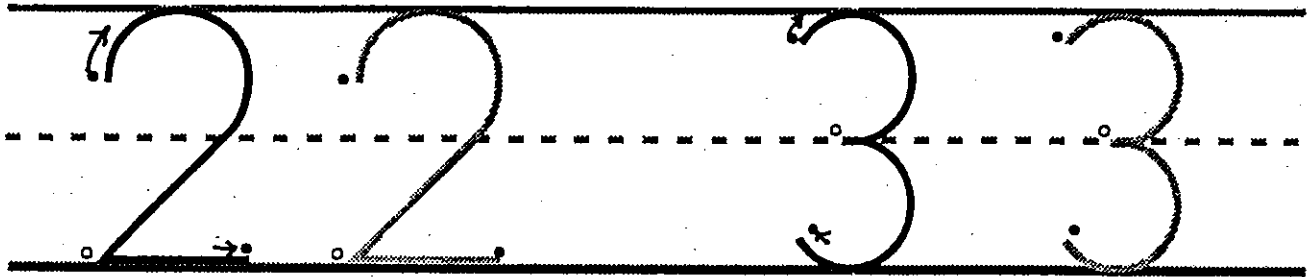
Numerals

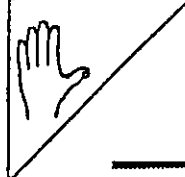


Start With Straight line stick stroke.

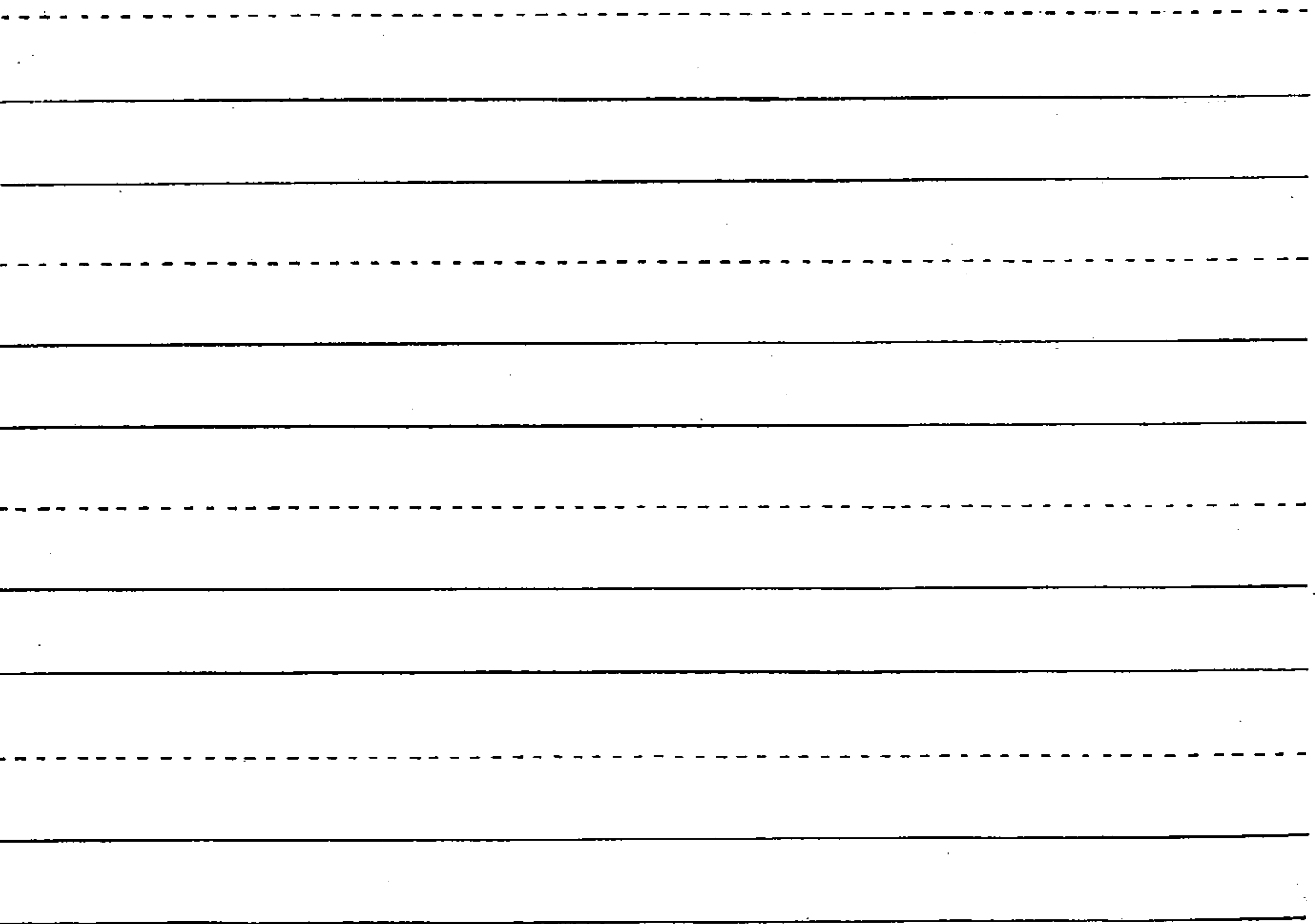
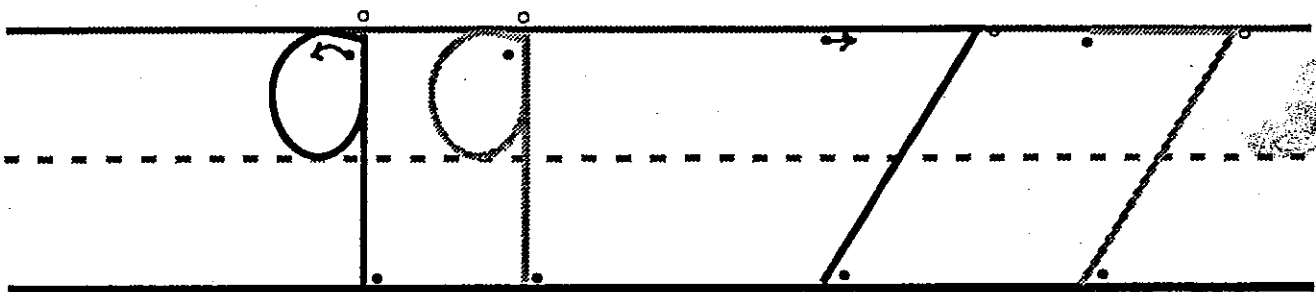
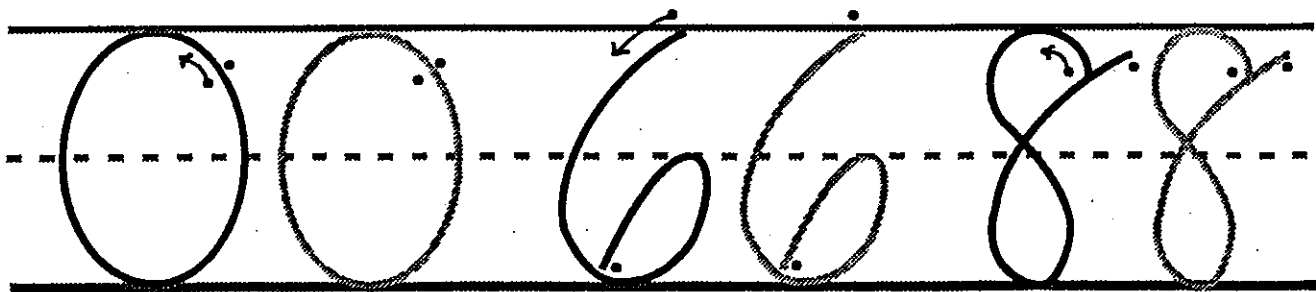
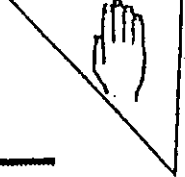


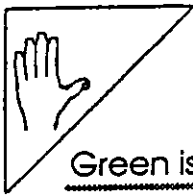
Start with right curve round top.





More Numerals





Straight Downstroke Lowercase Letterforms



Green is for go - Make the top first.

Top line
1. tall down

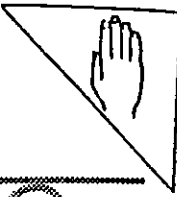
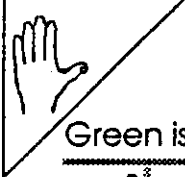
Mid line
1. small down
2. dot

Trace and say.

Write Softly.

Check your Pencil Holding.

Downstroke And Slide Lowercase Letterforms



Green is for go - Make the top first.

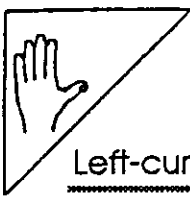
Round Top

Top line
1. tall down
2. Slide right

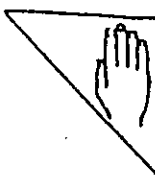
1. hook down.
2. slide right

Trace and say.

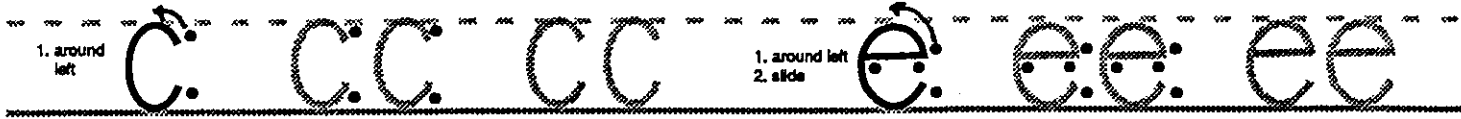
Thumb Space Between Words



Left-Curve Round Top Letters



Left-curve tops that bump the middle line:

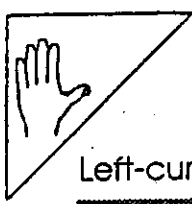


Trace and say:

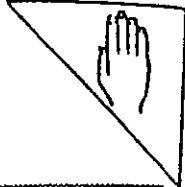


Always Make The Top First!

Blank handwriting practice lines consisting of four sets of three horizontal lines (top, middle dashed, bottom) for independent practice.



Left-Curve Round Tops Plus Stick Strokes



Left-curve tops that bump the middle line:

Tracing practice for lowercase letters 'a' and 'd' on a three-line grid. The first row shows a large 'a' with stroke order: 1. around left, 2. small down. This is followed by three smaller 'a's. The second row shows a large 'd' with stroke order: 1. around left, 2. tall down. This is followed by three smaller 'd's'.

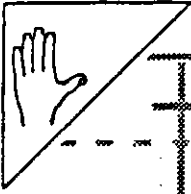
Trace and say:

Tracing practice for words 'fat', 'cat', 'did', and 'dad' on a three-line grid. Each word is written in a dashed font for tracing.

Put Letters In Words Close Together

Space Words Apart

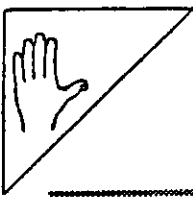
Four sets of blank handwriting lines for independent practice. Each set consists of a solid top line, a dashed middle line, and a solid bottom line.



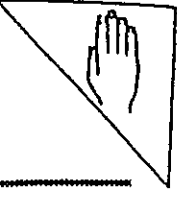
ti fi te fe





ta ca fa ca

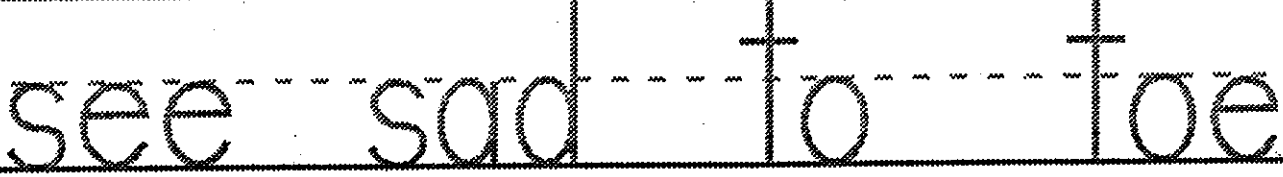
da da ice tea



More Left Curve Round Top Letters



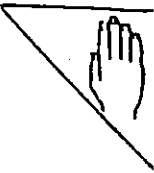
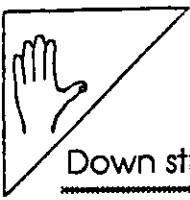







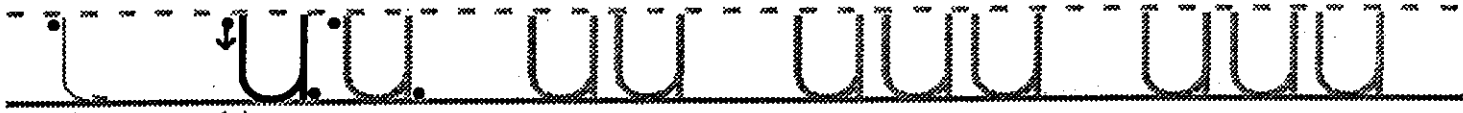
Make The Top First!

Check Your Pencil Position

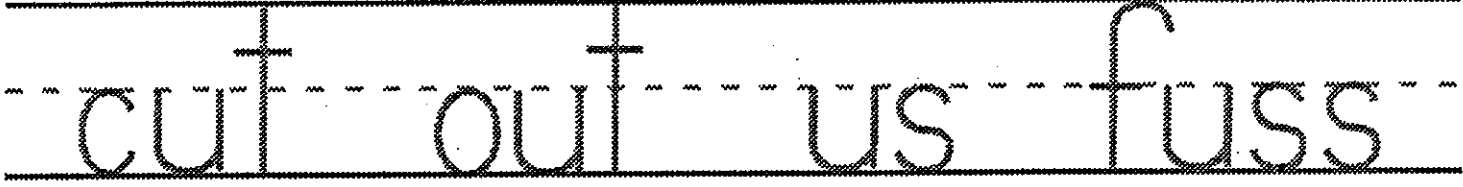
Blank handwriting practice lines consisting of solid top and bottom lines with a dashed middle line for tracing.



Down stroke curve the bottom.

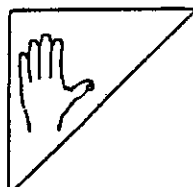


1. down
curve up
2. small down

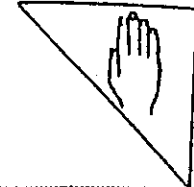


Write Softly Please!

Blank handwriting practice lines consisting of solid top and bottom lines and a dashed middle line, repeated multiple times for independent practice.



Straight Sticks Plus Right Curves



1. tall down
2. hump down

1. small down
2. roof

h h h h r r r r

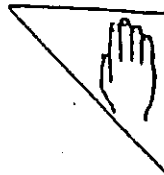
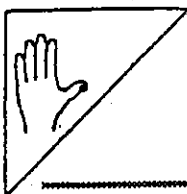
hat hot red her

Make Tops Of Letters First.

Check Your Size.

Blank handwriting practice lines consisting of four sets of three horizontal lines (top, dashed middle, bottom) for independent practice.

More Letters Use The Same Strokes



n n n m m m

1. small down 2. hump down

1. small down 2. hump down 3. hump down

ten men one mom

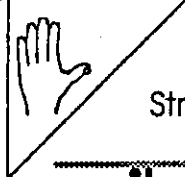
1. tall down 2. slide

1. around left 2. slide

1. around left 2. close

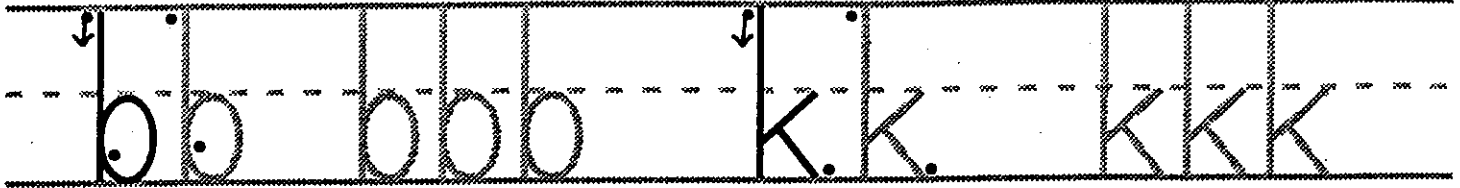
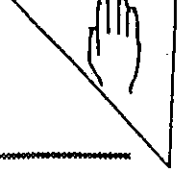
Stop On The Baseline

Handwriting practice lines consisting of solid top and bottom lines with a dashed middle line.



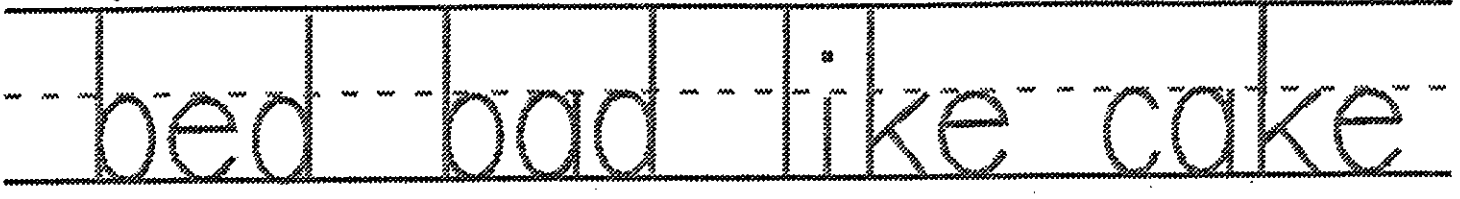
Straight Stick And Right Curve

Straight Stick And Slants



1. tall down
2. around right

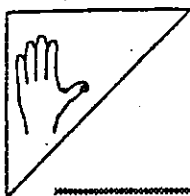
1. tall down 2. slant in 3. slant out



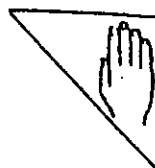
b Starts With a Bat!

Write Softly Please!

Handwriting practice lines consisting of four sets of three horizontal lines (top, middle-dashed, bottom) for independent writing practice.



These letters start with a slant.



v v v w w w

1. slant right
2. slant

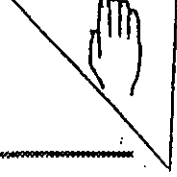
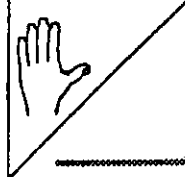
1. slant right 3. slant
2. slant 4. slant

five vans two who

Daffy-Downstrokes!

Handwriting practice lines consisting of solid top and bottom lines with a dashed middle line for slanting.

Slants And Slides



1. slant right
2. cross

X X X X X X

1. slide
2. slant
3. slide

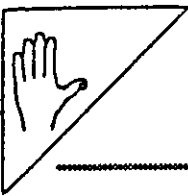
Z Z Z Z Z Z

box six zoo zero

Space Between Words.

Blank handwriting practice lines consisting of a solid top line, a dashed middle line, and a solid bottom line, repeated multiple times for practice.

Tails Make A Difference

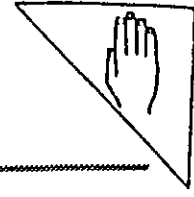
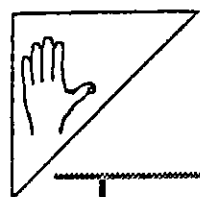


Tracing practice for lowercase letters i, j, a, g, and q. Each letter is shown on a set of three horizontal lines (top, middle, bottom). The letters are presented in three groups: i, j, a; g, g, g; and q, q, q. Each letter has a dot indicating the starting point and a numbered arrow showing the stroke direction. For 'i', the stroke is '1. down hook' followed by '2. dot'. For 'j', the stroke is '1. around left' followed by '2. down hook'. For 'a', the stroke is '1. around left' followed by '2. down hook'. For 'g', the stroke is '1. around left' followed by '2. down hook'. For 'q', the stroke is '1. around left' followed by '2. down tail'.

Tracing practice for the words 'jets', 'cages', and 'quick'. Each word is written on a set of three horizontal lines (top, middle, bottom) in a simple, sans-serif font. The letters are connected and have small arrows at the top of each letter indicating the starting point and direction of the stroke.

Every Tail Letter Starts On The Midline.

Straight And Slant Tails



Handwriting practice row for lowercase letters b, p, v, and y. The letters are shown on a set of three lines (top, middle, bottom).
- Letter 'b': A solid 'b' is followed by two dashed 'b's. An arrow points down from the top of the stem, and another arrow points right around the circle. Text: "1. down tail 2. right around".
- Letter 'p': A solid 'p' is followed by two dashed 'p's. An arrow points down from the top of the stem.
- Letter 'v': A solid 'v' is followed by two dashed 'v's. An arrow points down from the top of the stem.
- Letter 'y': A solid 'y' is followed by two dashed 'y's. An arrow points down from the top of the stem, and another arrow points down from the top of the tail.

Handwriting practice row for words: top, cop, may, day. The words are written on a set of three lines (top, middle, bottom).
- 'top': A solid 'top' is followed by two dashed 'top's.
- 'cop': A solid 'cop' is followed by two dashed 'cop's.
- 'may': A solid 'may' is followed by two dashed 'may's.
- 'day': A solid 'day' is followed by two dashed 'day's.

Be Sure To Start On The Midline.

Check Your Size.

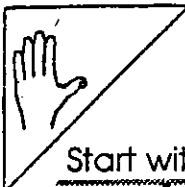
Four sets of blank handwriting lines for practice. Each set consists of a solid top line, a dashed middle line, and a solid bottom line.



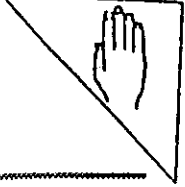
The rug is red.

The dog was big.

I love to jump.



Capital Letters



Start with tall sticks.

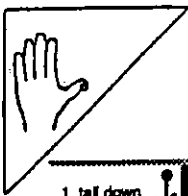
1. tall stick
2. slide right

1. tall stick
2. slide right

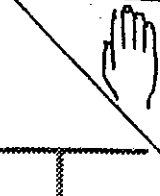
1. tall stick
2. slide right
3. slide right

Leah Tom Ivan

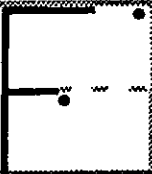
Check Your Pencil Holding.



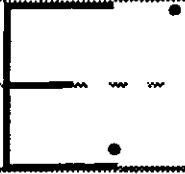
More Capital Letters From Tall Stick And Slide Right Strokes



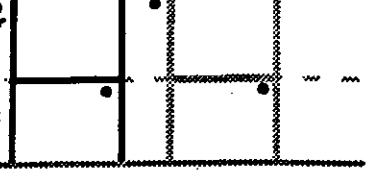
- 1. tall down
- 2. top line slide right
- 3. mid line slide right



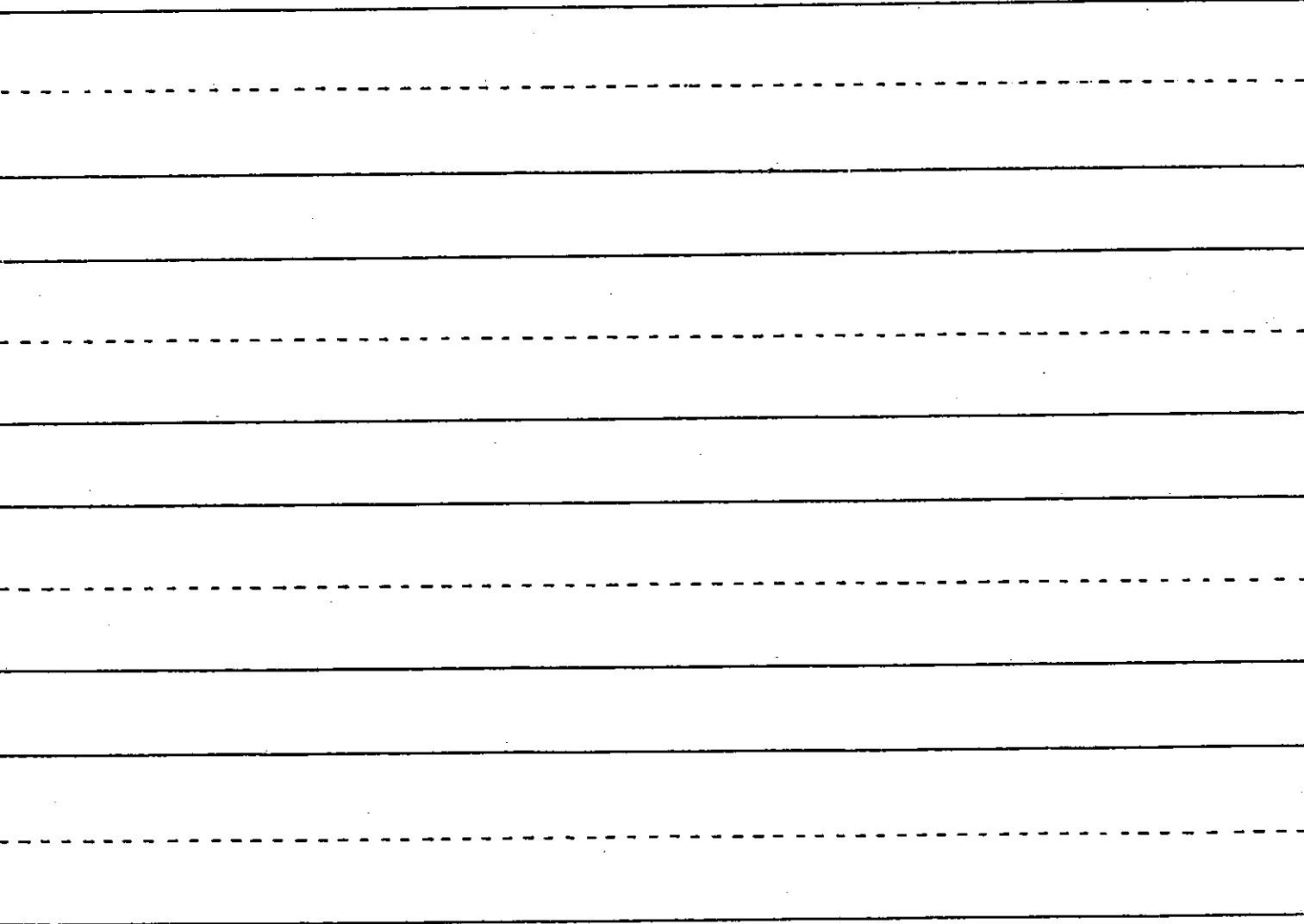
- 1. tall down
- 2. topline slide right
- 3. mid line slide right
- 4. baseline slide right



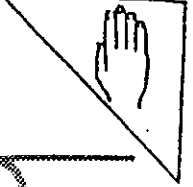
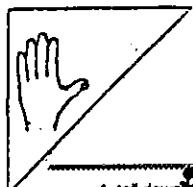
- 1. tall down
- 2. tall down
- 3. mid line slide right



Make Downstrokes "Chop" The Line.



Tall Stick Plus Right Curve Capital Letters

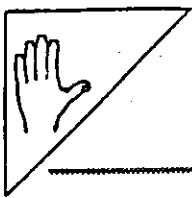


1. tall down
2. curve right around

1. tall down
2. curve right around
3. curve right around

1. tall down
2. curve right around
3. slant right

Pam Bill Rose



Two More Capital Letters Start With Downstrokes

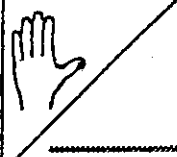


1. tall down
2. around right

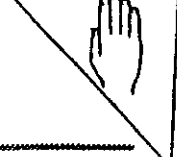
1. tall hook

Dana Jerry

Hold Your Pencil Back On The Paint!



Left Curve Capital Letters

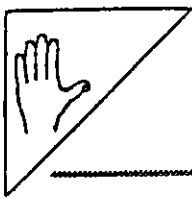


1. around left C C 1. around left 2. slide right G G 1. around snake around S S

Car Gail Sarah

Make The Round Tops First!

Handwriting practice lines consisting of solid top and bottom lines with a dashed middle line.



More Left Curve Capital Letters



1. around left close

1. around left close
2. slant

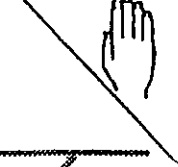
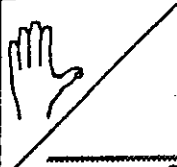
1. tall down curve up

Ollie Quinn Uri

Never Start At The Bottom!

Write Softly Please!

Downstrokes Plus Slants



1. tall down
2. tall down
3. slant right

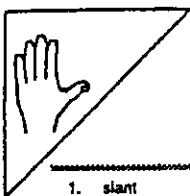
1. tall down
2. tall down
3. slant right
4. slant left

1. tall down
2. slant left
3. slant right

Nina Mark Kurt

Check Your Size.

Blank handwriting practice lines consisting of a solid top line, a dashed middle line, and a solid bottom line, repeated multiple times for practice.



More Capital Letters That Need Slant Strokes

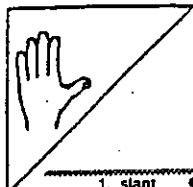


<ol style="list-style-type: none"> 1. slant left 2. slant right 3. slide right 		<ol style="list-style-type: none"> 1. slide right 2. slant left 3. slide right 		<ol style="list-style-type: none"> 1. slant right 2. slant left 3. small down 	
---	--	---	--	--	--

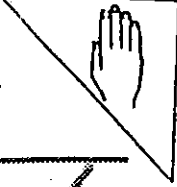
A l i Z o r a Y e t t a

Check Your Spacing.

Blank handwriting practice lines with solid top and bottom lines and a dashed middle line for spacing.



Slant Stroke Capital Letters



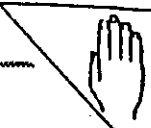
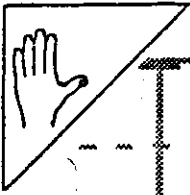
1. slant right
2. slant left

1. slant right
2. slant left
3. slant right
4. slant left

1. slant right
2. slant left

Vera Winnie Xavier

Put Letters Close Together In Words:



I can write very
smoothly. I know
the capital letters.

Blank handwriting practice lines consisting of a solid top line, a dashed middle line, and a solid bottom line.

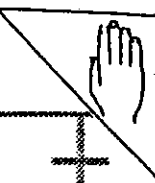
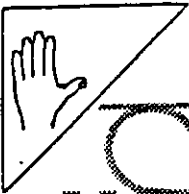


One finger on top.

Stay on the point.

Make me whisper.

Handwriting practice lines consisting of solid top and bottom lines with a dashed midline, repeated multiple times for practice.



Start letters right.

All downstrokes even.

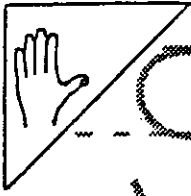
Use lines for size.



Space words apart.

Hold pencil softly.

Pause on baselines.



She sells seashells

by the seashore.

0 1 2 3 4 5 6 7 8 9



Rain, rain go away

Come again

Some other day.

Blank handwriting practice lines consisting of a solid top line, a dashed middle line, and a solid bottom line.

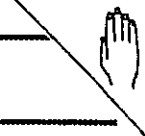
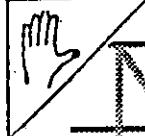


My pencil talks.

It really whispers!

I write softly.

Blank handwriting practice lines consisting of a solid top line, a dashed middle line, and a solid bottom line, repeated multiple times for independent practice.



Name

This is my best
work. I hope you like
my neat writing.

Slant The Paper When You Write.

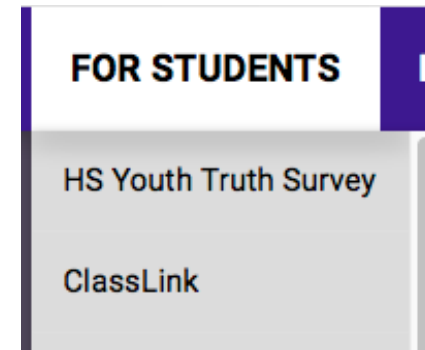


Handwriting practice lines consisting of multiple sets of horizontal lines. Each set includes a solid top line, a dashed middle line, and a solid bottom line, providing a guide for letter height and placement.

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

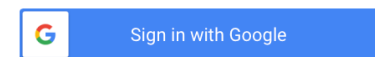
Kindergarten: 232

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!

