



Secondary Learning Opportunity Schedule

This schedule is to provide ideas for families to support junior and senior high students during the extended time away from school. The idea is to provide a mixture of online learning opportunities with non-digital learning opportunities. It is meant to serve as a guide for supporting your child(ren) during the next few weeks.

Activity	Description
Wake Up	Morning Routine (roughly 30 minutes) <ul style="list-style-type: none"> ● Make your bed ● Eat breakfast ● Shower / brush teeth
Fresh Air	Two 15-30 minute sessions per day (maintain social distancing) <ul style="list-style-type: none"> ● Family walk / backyard games ● Bike riding / hiking ● Yard Work / gardening
Family Connection/ Social Emotional Learning	15-30 minute session per day (depending on individual student need) <ul style="list-style-type: none"> ● Doing puzzles ● Playing board games ● Holding family meetings
Reading	20+ minute session per day <ul style="list-style-type: none"> ● Read ● Ask your students about what they are reading ● Online resources (see list below)
Chores	20+ minute session per day <ul style="list-style-type: none"> ● Clean your room ● Help around the house ● Yardwork
Writing	20+ minute session per day <ul style="list-style-type: none"> ● Write a story or comic book (with illustrations) ● Keep a journal ● Create scientific observations (drawings with labels) based on what you see outside
Meals	Mount Baker School District Meal Delivery <ul style="list-style-type: none"> ● Six meals delivered per child (age 0-18) delivered on Tuesdays and Fridays ● Meals will be delivered at bus stops ● Please visit the District website for more information or call child nutrition at 360-383-2024

Math	20+ minute session per day <ul style="list-style-type: none"> ● Math related games ● Online resources (see list below)
Art, Music, and PE	Potential Enrichment ideas <ul style="list-style-type: none"> ● Creative play ● Drawing and crafts ● Be active ● Online resources (see list below)
Bedtime	Evening Routine <ul style="list-style-type: none"> ● Maintain a consistent routine ● Practice good hygiene (floss and brush teeth) ● Sleep recommendations for secondary age students: 9-10 hours per night
Content Area	Website Links
General Mount Baker SD resources	Mount Baker: <ul style="list-style-type: none"> ● Mount Baker JHS Library https://www.mtbaker.wednet.edu/Page/931 ● Mount Baker Counseling Dept https://www.mtbaker.wednet.edu/domain/311 ● CharacterStrong (has free resources right now for families/students K-12) www.characterstrong.com <ul style="list-style-type: none"> ○ username: resources ○ password: kindness
Whatcom County Library	ConnectEd (Whatcom County Library Services for Students) and Digital Content <ul style="list-style-type: none"> ● https://www.wcls.org/connected ● Login: mbstudent number (ex. mb601234) ● Pin/Password: 1234 <ul style="list-style-type: none"> ● e-books ● audiobooks ● online magazines ● SAT/ACT prep ● Mango Language Lessons (login as Guest) ● Tumblebooks ● History Study Center ● Culturegrams

Reading	Epic Books <ul style="list-style-type: none"> ● getepic.com/ Scholastic Learn at Home <ul style="list-style-type: none"> ● classroommagazines.scholastic.com/support/learnathome.html School District Library Page <ul style="list-style-type: none"> ● mtbaker.wednet.edu/domain/195
---------	---

	<p>Khan Academy</p> <ul style="list-style-type: none"> • khanacademy.org/
Writing	<p>Khan Academy</p> <ul style="list-style-type: none"> • khanacademy.org/
Math	<p>Khan Academy</p> <ul style="list-style-type: none"> • khanacademy.org/
Art, Music, and PE	<ul style="list-style-type: none"> • https://www.gonoodle.com/ (Physical Activity) • https://www.youtube.com/user/CosmicKidsYoga (Mindfulness, yoga) • https://www.youtube.com/user/ArtforKidsHub (Art) • https://musiclab.chromeexperiments.com/ (Music)
Other Content	<p>Mystery Science</p> <ul style="list-style-type: none"> • mysteryscience.com <p>Coding</p> <ul style="list-style-type: none"> • code.org • scratch.mit.edu <p>General</p> <ul style="list-style-type: none"> • Junior Library Guild https://www.juniorlibraryguild.com/at-home • EduCreation https://www.educations.com/ • Common Core Sheets www.commoncoreheets.com • Kuta Software https://www.kutasoftware.com • Purpose Games https://www.purposegames.com/ • Quizlet https://quizlet.com/ • Newsela https://newsela.com/
Parent Resources	<p>Common Sense Media</p> <ul style="list-style-type: none"> • commonsensemedia.org <p>NPR Comic about COVID 19</p> <ul style="list-style-type: none"> • npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus <p>Talking with children about COVID 19</p> <ul style="list-style-type: none"> • cdc.gov/coronavirus/2019-ncov/community/schools-childcare/talking-with-children.html <p>Mount Baker School District</p> <ul style="list-style-type: none"> • mtbaker.wednet.edu <p>Washington Office of Superintendent of Public Instruction</p> <ul style="list-style-type: none"> • OSPI home page: https://www.k12.wa.us/ • Novel Coronavirus Guidance & Resources: https://www.k12.wa.us/about-ospi/press-releases/novel-coronavirus-covid-19-guidance-resources