

Hello, 2BN Families,

The week of April 13th through 17th is our first week of *Distance Learning for All*. This is a change from the Supplemental Learning materials we have been sending out since March 13th counts towards 3rd quarter and those grades will be posted in Synergy April 16th; report cards will be sent out after that date. The period between March 13th and April 13th has been considered “supplemental.” Starting on April 13th, we will shift to *Distance Learning for All*. The work assigned will be graded by teachers and will count for Quarter 4.

WLA Staff have been working hard to design a way to distribute curriculum to all our Middle School cadets and families that is collaborative, easy for cadets and families to navigate, and consolidated into a unified document that supports the continuity of learning. As a team, we have decided to use a system that uses a common weekly theme and one or two key skills in the four Core classes. **Cadets will all be asked to complete a foundational activity along with an option of their choice from a “menu”.** We have done our best to provide activities that will support both online learning, offline learning, and completion of activities.

These Menus will be delivered once a week, on Mondays. They will be due the following Monday when a new Menu is assigned. Each Menu will apply to all 6th through 8th graders, with tiered activities to support the abilities of each student at their current skill level. Staff will create and share some video content to support new ideas (paper-based supports will also be provided to offline cadets), as well as hosting some small group instruction times, weekly check-ins, and a variety of office hours to answer questions.

Our goal is to provide enriching activities that are challenging and engaging while minimizing the number of classes families need to manage. If cadets finish the required work early or quickly, they are encouraged to complete the other options, but it is not required.

We have also made some other changes to your cadet’s class schedule to accommodate the most effective *Distance Learning for All* schedule. We have removed the following classes from all cadet schedules: Academic Advising, Academic Development, and our 9th-period Career Exploration class. We have also redesigned Military Science. All cadets will now be in a Life Skills class with their Company NCO as the instructor. This class will support what cadets are likely already doing at home: chores, helping around the house with siblings and parents, and spending their time investigating and learning new things.

WLA Staff also expects *all* cadets to read for 30 minutes a day, and cadets will need to submit a book report every two weeks. Additionally, for PT, all cadets will be expected to complete 30 - 60 minutes of physical activity every day.

We have created a suggested daily schedule on the next page. Please note, we understand that this will not fit every family's needs, but it is a good guide for getting started. We have based this off of the recommended guidelines from the Oregon Department of Education (ODE).

Topic	Time Allotment	Description
Teacher Led Learning	30 minutes per subject, no more than 3 hours per day.	This is the time cadets will spend viewing instructional videos, responding to prompts, and completing assigned work from the learning menus. It will also include the time spent in small group instruction. See the weekly schedule to know when to log on for virtual activities.
Learning and Supplemental Activities	1-2 hours, recommended. Participation in any of these activities will fulfill the requirements for the Military Science “Life Skills” class <u>All cadets are assigned to read a book for 30 minutes a day.</u>	Suggestions for Learning and Supplemental Activities: <ul style="list-style-type: none"> ● Independent research ● Engage in problem solving activities. ● Board games, puzzles, dice, cards ● Create and solve story problems that include at least one operation. ● Sewing, knitting, crafting ● Meal planning ● Cooking and modifying recipes (doubling or tripling). ● Reading to younger siblings. ● Flashcards/math facts review ● Drawing or creating art ● Making music ● Creating videos ● Journaling, creative writing ● Interview a family member to learn about family history. ● Identify & solve a local problem or challenge (family, neighborhood, school community, etc.)
Meeting Nutrition and Wellness Needs	2 Hours, Recommended <u>All cadets are assigned 30 - 60 minutes of physical activity daily for PT.</u>	Meal Time <ul style="list-style-type: none"> ● Schedule routine mealtime ● Integrate handwashing ● Help with planning meals, picking up meals, cooking, cleaning up after meals. ● Connect/talk during meals Physical Wellness Activities (PT Requirement): <ul style="list-style-type: none"> ● Walking ● Jogging/Riding bikes, skateboards, etc. ● Jumping rope ● Watching a workout video/app. ● Practicing mindfulness; yoga/stretching ● Playing individual sports activities that allow for social distancing - juggle a soccer ball.

**WLA 2nd Battalion, Distance Learning for All
Introduction Week Schedule, April 13th - April 17th**

Class “Schedule” for Introduction Week

As we learn how to interact with our new format and Distance Learning for All guidelines, 2BN staff have set up several video-based options for cadets to participate in.

Teacher-Led Video Instruction - LT Kroger has created an introductory video for all 6th through 8th graders that goes over our Common Curriculum format, and will explain the options presented. It will be “published” or released Monday morning via email, and posted on the WLA Facebook page.

Small Group Instruction - Staff will also be holding Company-based small group instructions that will be live video “chats” via Zoom. Company Commanders will be emailing out the Zoom link for cadets to join from. This is optional; it will be a good time for cadets to connect, get questions answered, and get any extra help or instruction needed for work that has been assigned.

- Alpha Company - Tuesday, April 14th from 1:00 - 1:30pm
- Bravo Company - Thursday, April 16th from 1:00 - 1:30pm
- Charlie Company - Thursday, April 16th from 2:00 - 2:30pm
- Delta Company - Thursday, April 16th from 1:45 - 2:15pm
- Echo Company - Tuesday, April 14th from 2:00 - 2:30pm
- Foxtrot Company - Tuesday, April 14th from 1:15 - 1:45pm
- WO Ruiz - Wednesday, April 15th from 9:45 - 10:15am

Officers will hold Office Hours every week, where they will be available to take student/parent questions, help with academics, or make phone calls to families as needed. All WLA Staff will respond to emails from cadets and parents within 24 hours, regardless of the Office Hour times. Please feel free to reach out to Officers to set up times for extra help or questions.

Officer Office Hour Schedules					
	Monday	Tuesday	Wednesday	Thursday	Friday
LT Kroger	10am - 12pm	7pm - 8pm	10am - 12pm		
LT King	1pm - 3pm	7pm - 8pm		11am - 1pm	
LT Stemple	2pm - 3pm	2pm - 3pm	6pm - 7:30pm	6pm - 7:30pm	
LT Brainard	6pm - 7pm	1pm - 2pm	6pm - 7pm	10am - 11am	6pm - 7pm
CPT Knoedler	6pm - 7pm	1pm - 2pm	6pm - 7pm	1pm - 2pm	1pm - 2pm
CPT Potterf	5pm - 6pm	12pm - 1pm	5pm - 6pm	12pm - 1pm	5pm - 6pm

“Soft Launch” SEL Week

Directions: Complete Foundation tasks and one of the options from each subject area during the week. This will be the format that Middle School staff will use to distribute lessons each week during *Distance Learning for All*. Students are able to complete all options available if they choose, but they aren’t required to.

Theme: Distance Learning Introduction Week

Subject	Foundation	Option 1	Option 2
Social Studies 6th Grade - CPT Potterf 7th/8th Grade - LT King	1 - Write a 2-3 paragraph reflection about: <ul style="list-style-type: none"> ● What have you been doing since school closed? ● What has been challenging for you? ● What has been something positive that you’ve done or experienced? 	Share what you have been doing on Moodle Chat and reply KINDLY AND APPROPRIATELY to two other posts* *Also, learn about online etiquette	Finish the other option from the Supplemental Learning handouts - interview about Coronavirus OR analyzing news articles about COVID-19
Language Arts 6th Grade - CPT Potterf 7th/8th Grade - LT Kroger	<ul style="list-style-type: none"> ● How are you feeling about what’s going on in the world? ● Are you having any challenges taking care of yourself/self care/personal care? ● How are you helping or contributing to your family/house? 	Try and enroll yourself in the “Middle School” Moodle.org class! (create an account first) Link: https://wla.ce4nd.com/login/index.php Once logged into moodle click “site home” on the left. Click “Middle School Grades 6-8”. Click the “enroll me” button.	Make sure you have a book that you are excited to read--you will be asked to write book reports soon!
Math 6th Grade - CPT Knoedler 7th/8th Grade - LT Brainard	2 - Create a daily/personal schedule that you can follow that works with your family’s schedule as well.	Find your favorite recipe and double the ingredient amounts. List them on a piece of paper, or in Moodle. *Challenge - increase that same recipe by 1-½. Document in the same way.	Log how you are spending your time, to be turned into a graph next week. <ul style="list-style-type: none"> ● How many minutes do you spend on chores? ● How long are you sleeping? ● Etc.
Science 6th Grade - CPT Knoedler 7th/8th Grade - LT Stemple		Nature observation <ul style="list-style-type: none"> ● On a walk ● Out your window ● Digitally *See next page for directions.	Start a Moon Log for the month. Complete the attached “Moon Log” page as directed.

Foundation: Monday through Friday Personal Schedule Assignment

Most young people do better when they follow a routine, and routines are especially important during difficult times like this. Your task is to make a Monday-Friday schedule, in which you plan out your days in advance, and try to stick to the schedule you create. Each hour of your day needs to be planned out, and every evening you must write a paragraph in which you reflect on how your day went and how well you stuck to your schedule. Have fun with this, get your family/guardians involved in the planning and reflection process, and be as detailed as possible. Following is an example of what this could look like, but make your schedule custom-made to yourself!

Example M-F Daily Schedule

Time:	What you plan to do during this time:
5-6am	
6-7am	Wake up, brush teeth and floss, shower, deodorant, get dressed.
7-8am	Make breakfast for me and my family, eat, read for 20 minutes
8-9am	Exercise! Get my heart rate up. Daily 7's, yoga, jogging, etc
9-10am	Language arts and social studies
10-11am	Free time. Video games, talk to friends, get outside if possible
11am-12pm	Lunch. Make and serve food for both you and your family if possible.
12-1pm	Science and math
1pm-2pm	Life skills and assignments from NCOs
2pm-3pm	Free time. Spend at least 30 minutes getting in some fun exercise
3pm-4pm	Chores around the house. Find out what needs to be done, and do it!
4pm-5pm	Creative time. Learn a new skill, make music, draw, play chess, etc.
5pm-6pm	Family time. Check in and spend time with parents/guardians, siblings, etc.
6pm-7pm	Dinner. Help with it if you can. Learn to cook!
7pm-8pm	Free time or chores
8pm-9pm	Get ready for bed: brush/floss teeth, pajamas, wash your face. Write your daily schedule reflection. Read for 20m.
9pm-10pm	Go to bed and sleep!
10-11pm	

Reflections are required every evening. Do a good job on these, and really put in the time to write in detail about how your day went, and what parts of your schedule you were and were not able to stick to. Does any part of your schedule need to change? Are you finding this helpful? Explain!

Make your Monday through Friday schedule below. See the directions and example for help.

Time:	
5-6am	
6-7am	
7-8am	
8-9am	
9-10am	
10-11am	
11am-12pm	
12-1pm	
1pm-2pm	
2pm-3pm	
3pm-4pm	
4pm-5pm	
5pm-6pm	
6pm-7pm	
7pm-8pm	
8pm-9pm	
9pm-10pm	
10-11pm	

Monday evening reflection. How did your day go, and how closely did you stick to your schedule?

Tuesday evening reflection. How did your day go, and how closely did you stick to your schedule?

Wednesday evening reflection. How did your day go, and how closely did you stick to your schedule?

Thursday evening reflection. How did your day go, and how closely did you stick to your schedule?

Friday evening reflection. How did your day go, and how closely did you stick to your schedule?

Bonus: Get your parents/guardians involved in the reflection process. How do they think you did with sticking to your schedule? Do they think you did a good job? Was this a helpful activity? This can be filled out by either the student or the adult.

Science Option 1 - Nature Observation

Observation is the key to science, practice this skill for half an hour. Go outside (as long as it is safe to do so) and stand or walk in nature, look outside a window, or visit a zoo digitally (online) and just observe the world. Look, listen, smell the world around you. What do you notice? What (non-human) organisms do you see? Watch one (organism) for a few minutes (5-10 minutes). What did it do in that time? Seek out other organisms, find at least 10 different organisms (remember an organism is any living thing e.g. a plant, an animal, etc.).

Record anything you observe (be sure to include answers to the questions above). Do not worry about the proper name of any organism you see, if you do not know something's proper name just give a description (e.g. a large black bird that made harsh, raspy, "caw-caw" calls).