

GRADE LEVEL PACKET:

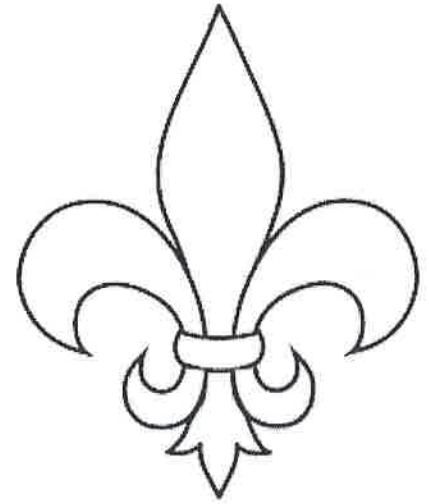
7th

Week of 5-26

5-26-20

Dear Families,

We hope you enjoyed your Memorial Day weekend and found relaxing and fun activities to do with your family.



Just a few updates and reminders-

1. Please make sure all library books and textbooks are returned to the school office.
2. If your student was in band this year and rented an instrument from the school, please make sure you stop by the office and pay your rental fee if you haven't yet done so.
3. We are currently selling our remaining 19-20 yearbooks for \$16 on a first come, first served basis. Stop by the office or call to get yours before they are sold out.
4. For 8th grade families, are 8th Grade Drive Thru Promotion is scheduled for Thursday, June 11th from 5 PM to 7 PM. More information is available on our school website and a flyer is included in the 8th grade packets.
5. Watch for videos at all grade levels announcing our annual student awards the last week of school. We will be posting links on our website.

Thank you again for all that you are doing and continue to do during this time to support your child's continued learning and keep them safe and well. Please do not hesitate to contact teachers or the school office if you need any help or assistance.

Thank you,
Olivia Johnson
FRMS Principal
FRMS Office: 541-935-8230

Beginning 4/27, FRMS added instructional videos for language arts and math to our distance learning program.

- Videos will be short (approximately 15 minutes) and posted on Mondays. Teachers will be walking students through the instruction in either language arts or math for that week.
- Students can access the videos through Google Classroom. They will need their Google ID and Google password. Their Google ID would be their initials and their lunch number followed by @student.oregonk-12.com For example for John Smith whose lunch number is 12345, their Google ID would be js12345@student.oregonk-12.com If students can't remember their password, have them look in their planners to see if they wrote it down somewhere. If they don't remember it and don't have it written somewhere, contact the school office.
- Students can use their cell phones, tablets, or computer to access the video if they have the Google Classroom app on that device.
- For students without internet access, please feel free to have them call the teachers directly and the teacher will explain the packet and help them out.
- New videos will be posted on Mondays when the new packets for the week can be picked up.
- Once in Google Classroom, click the plus at the top, select join, and use the code **ywq6wxf**

Below is the contact information for teachers

Brad Davis	bdavis@fernridge.k12.or.us	541-362-4923
Cameron Siegal	csiegal@fernridge.k12.or.us	541-241-8995
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Heather Hohnstein	hhohnstein@fernridge.k12.or.us	541-972-3122
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Patrick Wondra	pwondra@fernridge.k12.or.us	541-887-0154
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Ryan Brummett	rbrummett@fernridge.k12.or.us	541.510.5345
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Sarah Bennett	sbennett@fernridge.k12.or.us	541-972-3015
Simone D'Aubigne	sdaubigne@fernridge.k12.or.us	541-731-7488
Whitney Davis	wdavis@fernridge.k12.or.us	541-972-3156



Physical Education

ACTIVITY LOG

Name: _____

Period: _____

May 25 - 31

Use this activity log to track your physical activity minutes for one week. Have an adult sign their initials next to each day that you complete 30-60 minutes. Do the Warm-Up Daily Routine, pick one fitness activity from list on back, pick one activity from list on back, and complete the cool-down. (Example day is done for you)

Day	Warm-Up	Fitness	Activity	Cool-Down	Total
<i>Example Day</i>	<i>Daily Routine - 5 Min</i>	<i>One Minute Challenge Push Ups - 1 Min</i>	<i>Walk The Dog - 20 Min</i>	<i>Cool-Down - 5 Min</i>	<i>31 Minutes</i>
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

Goals for the week:

1. The Students Will Be Able To (TSWBAT) complete at least 30 minutes of activity 5 days a week.
2. TSWBAT complete the warm-up routine twice during the week.

Reason:

- During this tough time, students need to really focus not only on school, but themselves. Being physically active, even at home, is very important to help with the mental and physical state of the student. Please really try to get some activity in each day. This will help get everyone through this tough time.

Contact Info:

Mr. Peeler
Mrs. McBride

Phone Number - (541) 972-3997
Phone Number - (541) 362-4757

Email - jpeeler@fernrIDGE.k12or.us
Email - emcbride@fernrIDGE.k12or.us



Physical Education

ACTIVITY LOG

Warm-Up Daily Routine:

1. Tree Pose - 15 Seconds on Each Leg
2. 10 Push-Ups
3. 20 Swimmers
4. 30 Second Plank
5. 10 Small Crunches
6. 10 Oh-No's
7. 10 Boxers

Cool-Down:

Pick 5 muscles to stretch each day and hold each stretch for 20 seconds.

- Examples - Quads, Hamstrings, Calfs, Triceps, etc.

Fitness Activities:

1. One Minute Challenges - Do as many as possible for one minute
 - a. Push-Ups
 - b. Sit-Ups
 - c. Air Squats
 - d. Jump Squats
 - e. Burpees
 - f. Plank
 - g. Jumping Jacks
 - h. Jump Rope
2. Tabata - Pick 4 different exercises. Complete one exercise 8 times for 20 seconds of exercise and 10 seconds of rest. (Youtube has great examples)
 - a. Example - 20 sec air squats/10 sec rest (repeat 8 times), 20 sec Oh-No's/10 sec rest (repeat 8 times), 20 sec plank/10 sec rest (repeat 8 times), 20 sec jumping jacks/10 sec rest (repeat 8 times)
3. Darbee Workouts - www.Darbee.com (great examples)
 - a. **Final Bell** - 5 Rounds of: 20 punches, 20 uppercut punches, 20 punches, 20 hook punches, 20 punches, 20 uppercut punches, 20 punches, 20 uppercut punches, 20 punches (2 minute rest between rounds)
 - b. **Permission Granted**- 5 Rounds of: 20 High Knees, 10 Air Squats, 20 High Knees, 10 Full Sit-ups, 20 High Knees, 10 Air Squats, 20 High Knees, 10 Full Sit-Ups, 20 High Knees (2 minute rest between rounds)
 - c. **Clean Slate** - 5 Rounds of: 20 Marching Sets, 4 Reverse Lunges, 20 Marching Sets, 4 Side Lunges, 20 Marching Sets, 4 Front Lunges, 20 Marching Sets, 4 Around the World Lunges, 20 Marching Sets (2 minute rest between rounds)
 - d. **Dashboard Abs**- 5 Rounds of: 10 Leg Raises, 20 Small Crunches, 10 Leg Raises, 20 Boxers, 10 Leg Raises, 20 Oh No's (2 minute rest between rounds)

Activity Examples:

Walk the Dog
Family Walk
Family Hike
Basketball
Badminton
Clean Horse Stalls

Frisbee
Yard Work
Dance Party
Clean House
Tag Game
Bike Riding

Play Catch
Stack Wood
Go for a Jog
Wiffle Ball
Soccer
Other

Plan for The Week_ELA 7th Grade
Week 7: May 25th—May 29th

Hi 7th graders! Just a heads up, in case you didn't get my email or the announcement in last week's packet: The final project for the novel unit is cancelled! However, week 8 (which was going to be a flex week) is now required. You can turn the reading logs in weekly OR fill them out and turn them in all at once by June 8th (that's the deadline for all work). How are you enjoying your books? Baby B is good; he's the length of a head of romaine lettuce! I'm 9 months pregnant, so the count down is on!!!

At the end of the week you will know, understand, and/or be able to do the following:

This week the focus is on plot; the structure of the story. By the end of the week, you should be familiar with a plot pyramid and all of its parts (exposition, rising action, the climax, falling action, and the resolution).

Why does this learning matter?

The plot matters because it connects the events of the story in a logical way. The plot is planned deliberately to reveal certain events in a way that not only makes sense, but reveals twists and turns in a timely manner. The plot is like the roadmap of a story.

The plan for the week:

- **Monday:** Keep reading! Fill out the *Reading Log*: the exposition + your reaction.
- **Tuesday:** Keep reading! Fill out the *Reading Log*: the rising action + your reaction.
- **Wednesday:** Keep reading! Fill out the *Reading Log*: the climax + your reaction.
- **Thursday:** Keep reading! Fill out the *Reading Log*: the falling action + your reaction.
- **Friday:** Keep reading! Then complete the challenge question (posed in the *Reading Log*).

Plot: is the roadmap of a story. The plot is the events in a story and their significance as the story unfolds. Generally, the plot follows a structure which has a beginning, middle, and end.

Accommodations:

- Write down questions or unknown vocabulary words as you read. Then look them up!
- Have a parent or sibling read the text aloud to student.
- Shorten answers/responses for students on an IEP.

Extension: (optional)

Challenge Questions:

- Where and when does the story take place? How do you know? If the story took place somewhere else or in a different time, how would it be changed?
- Were there any clues that the author built into the story that helped you to anticipate the outcome? If so, what were they? Did you think these clues were important when you read them? (These clues are known as foreshadowing by the way)!

Who To Ask For Help and How To Reach Them:

Me! Sarah Bennett (Mrs. Bennett): sbennett@fernridge.k12.or.us Email me anytime!

Cell phone: 541-972-3015 Call between 9am-4pm; M-F ☺

7TH GRADE READING LOG

NAME: _____

NOVEL TITLE: _____

WEEK 7

Directions: This week's focus is on the story's plot; the structure of the story. Remember making a plot pyramid? First, tell me the exposition (beginning) of the novel, next explain the rising action in 1 or 2 sentences. Then, summarize the climax (height of the action), or if you haven't got there, predict what it will be. Lastly, explain what happens in the falling action, or make a prediction. You probably don't know how it ends...yet.

Pages:	Exposition (Beginning):	Reaction:
Pages:	Rising Action:	Reaction:
Pages:	Climax:	Reaction:
Pages:	Falling Action:	Reaction:
Pages:	<u>Challenge Question:</u> Could the order of the events be changed? Could some be omitted or added? If so, why and with what consequences?	(Feel free to use this box for your answer)

Plan For The Week Students Template

Plan for the week of: May 26 - May 29

At the end of the week you will know, understand, and/or be able to do the following:

- I will be able to measure an angle with a protractor
- I will be able to create angles with a protractor
- I will be able to identify acute, obtuse, and right angles

Why does this learning matter?

- Angles are all around us. Being able to identify angles, especially those of 90 degrees, 180 degrees, 270 degrees, and 360 degrees is extremely important.

The plan for the week : May 26 - May 29

- Monday, 5/25:
 - Happy Memorial Day!
- Tuesday, 5/26:
 - Learning Target:
 - I will be able to measure an angle with a protractor
 - I will be able to create angles with a protractor
 - I will be able to identify acute, obtuse, and right angles
 - Work to do: Angles Project
- Wednesday, 5/27:
 - Learning Target:
 - I will be able to measure an angle with a protractor
 - I will be able to create angles with a protractor
 - I will be able to identify acute, obtuse, and right angles
 - Work to do: Angles Project
- Thursday, 5/28:
 - Learning Target:
 - I will be able to measure an angle with a protractor
 - I will be able to create angles with a protractor
 - I will be able to identify acute, obtuse, and right angles
 - Work to do: Angles Project
- Friday 5/29:
 - Learning Target:
 - I will be able to measure an angle with a protractor
 - I will be able to create angles with a protractor
 - I will be able to identify acute, obtuse, and right angles
 - Work to do: Angles Project + Sudoku

Who To Ask For Help and How To Reach Them

Jesse Light, 7th-grade Math teacher. My hours of availability are from 8am to 4pm. Email is the best way to contact me at lighi@fernridge.k12.orus, I am also available by phone. Please call me for immediate support at (541)543-6034. I usually answer emails within an hour or two of receiving them. If I hear from you outside of my hours, it might take longer to get back to you, but our communication is of the highest priority to me. Additionally, I know that working adults may not have time to connect with me during those hours because you don't get home from work or you don't clock out of working from home until after 5pm, if that's the case for you, like it is for many, please email me or feel free to call me. I might not pick up if I am making dinner or reading a story to my kids, but if you leave a voicemail, I will get back to you as soon as possible.

"In a world where you can be anything, be kind."

— Jennifer Dukes Lee

"The man who does not read books has no advantage over the one who cannot read them."

— Mark Twain

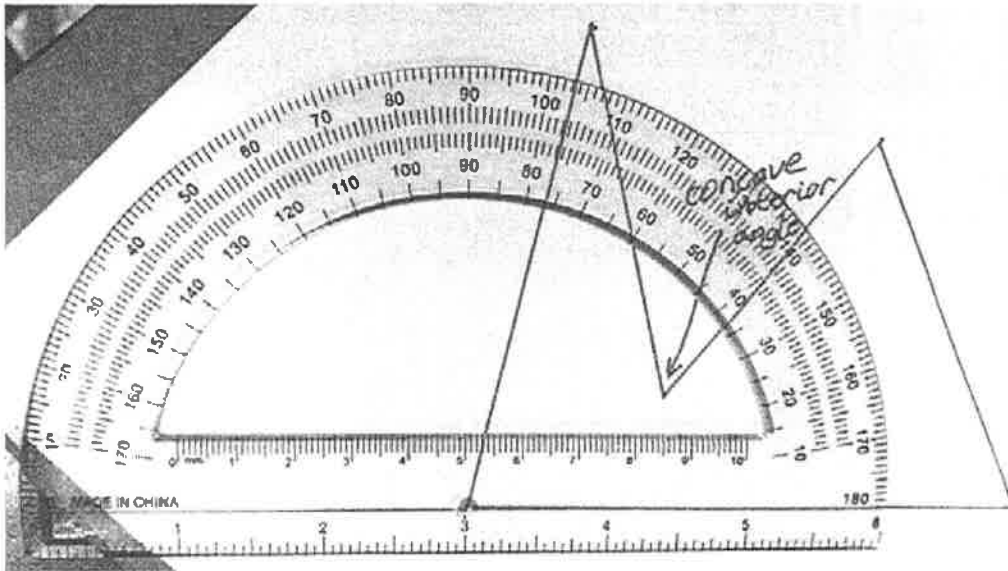
"Education is our passport to the future, for tomorrow belongs to the people who prepare for it today."

— Malcolm X

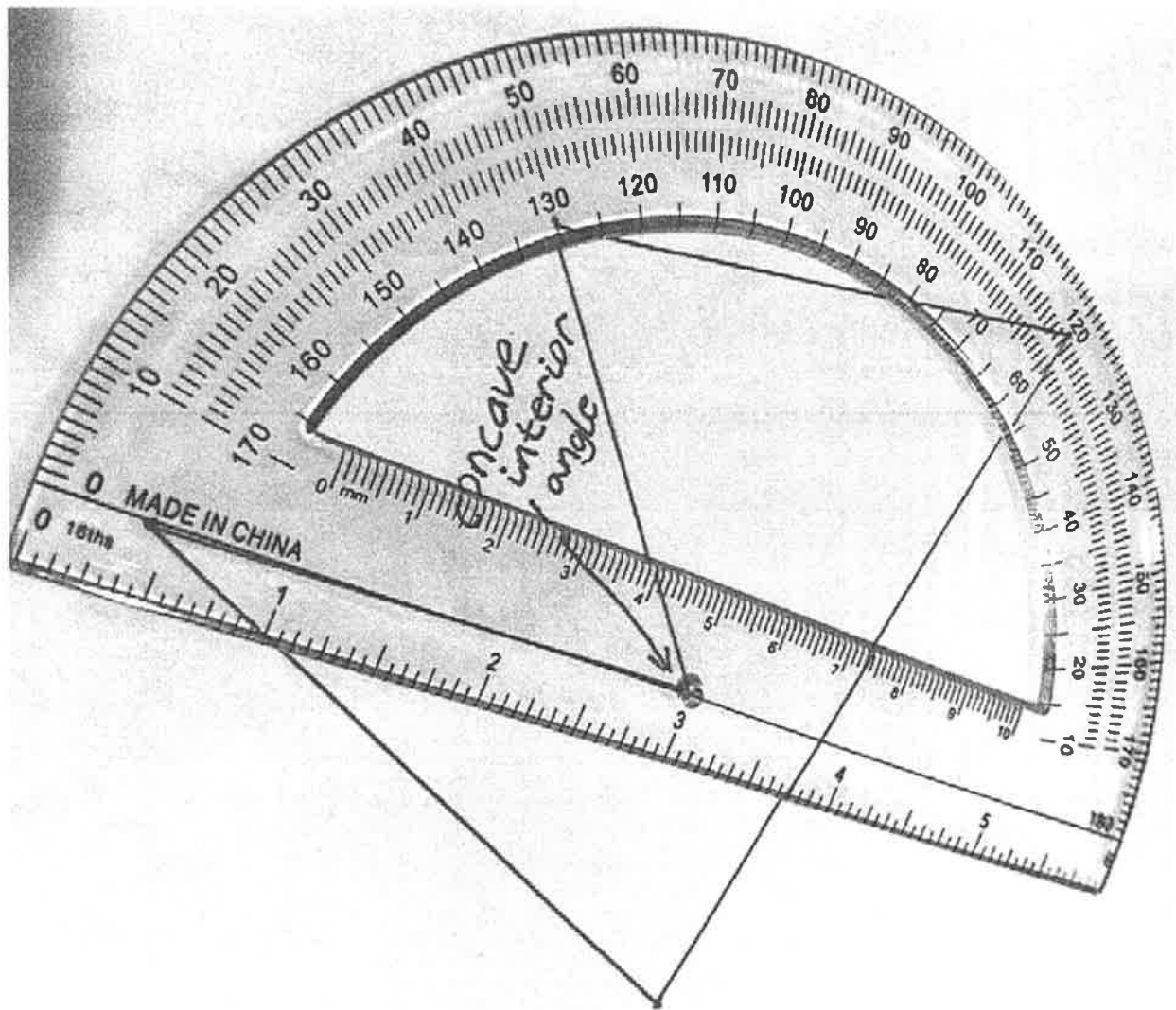
Angles Project

This week we are doing a project. Many of you did this project last year.

- You will create a shape with at least 11 sides.
- You need to label your shape with its correct name.
- You need to measure all of its INTERIOR angles and label them.
- You need to find the sum (add them all together) of those interior angles and put it on your project.
- The trickiest part of this project is the concave interior angles, meaning angles that are more than 180° . To find the measure of these angles you must measure the outside angle and subtract it from 360° to find and label the interior angle.
- Make sure you add some color to make your project look presentable.



As you can see, when I am measuring this angle I have aligned my protractor up appropriately with the bottom line of my figure and I am looking at the bottom set of numbers. It measures 76°

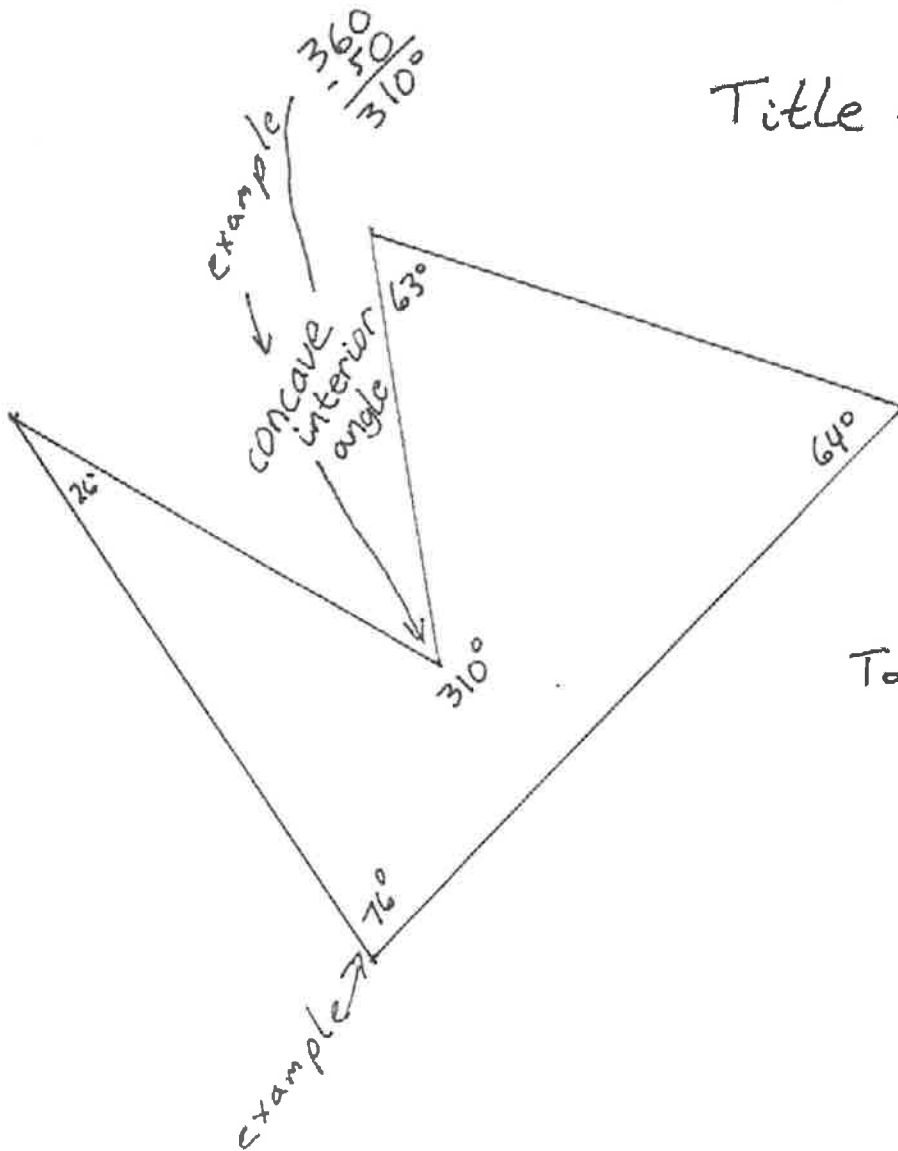


Here, I am measuring a concave interior angle, meaning it comes into my shape and measures more than 180° . So, I will measure the exterior angle using the outside numbers on my protractor, because my base ray goes to the left, and it measures 50° . I will take that 50° and subtract it from 360° to get the interior angle.

Angles Project

This week we are doing a project. Many of you did this project last year.

- You will create a shape with at least 11 sides.
- You need to label your shape with its correct name.
- You need to measure all of its INTERIOR angles and label them.
- You need to find the sum (add them all together) of those interior angles and put it on your project.
- The trickiest part of this project is the concave interior angles, meaning angles that are more than 180° . To find the measure of these angles you must measure the outside angle and subtract it from 360° to find and label the interior angle.
- Make sure you add some color to make your project look presentable.



Title - Pentagon

Sum of Angles

$$\begin{array}{r} 310 \\ 63 \\ 64 \\ 76 \\ + 26 \\ \hline \text{Total } 539^\circ \end{array}$$

Angle

Name: _____

N-Sided Polygons

- 11 hendecagon
- 12 dodecagon
- 13 trisdecagon
- 14 tetradecagon
- 15 pentadecagon
- 16 hexadecagon
- 17 heptadecagon
- 18 octadecagon
- 19 enneadecagon
- 20 icosagon

Title	____/10
All lines straight and neat	____/10
All Angles measured and labeled	____/10
Sum of all angles	____/10
Color and Presentation	____/10
Total	____/50

Your shape must have at least 11 sides. I have given you the name of shapes with up to 20 sides (For your title). If you create a shape with more it is up to you to find its name (but I will give extra credit to those who do). The best that I get back will go on a wall (If I get all of yours back and they are all great, maybe we can fill the whole hallway wall!).

Week of May 26 - May 29

Easy

3	2		8	5		7	
		7					3
	1	5	7				
		2				3	1
	4		3	9	1		5
1	5					8	
				7	3	4	
8					9		
	3		1	4		6	7

Easy

	5			4		6	
3				6	8	2	
4	6			9			1
				1		4	
	3	4		5		7	2
	9		2				
6				8		7	9
		9	3	2			8
	7		9			5	

Medium

		6		4				
			6				2	
9		4			8		1	
2	4		3		9	8	7	
	7			5			9	
	5	9	8		1		2	3
4			1			7		8
8					6			
				8		5		

Hard

5				2	6	7		
	8	1		3				4
	6			8				2
		5			9			7
9								5
4			8			9		
8				1			5	
6				5		4	1	
		2	4	9				6