

Grades 7-12: Suggested Student Learning Experiences



Thank you for your unwavering support and understanding during these very challenging, ever-changing times. As we continue to monitor and heed the guidance regarding COVID-19, we wanted you to be aware of the resources and materials that were planned to support student learning during an extended closure.

We are prioritizing instructional resource development for our AP, Regents and Dual Enrollment courses, as well as those courses that are Graduation Requirements. Some students may utilize on-line learning resources to review and remediate key concepts and to practice essential skills. Others may need hard-copy materials, as online access may not be available. Classroom teachers, in conjunction with Curriculum Supervisors are working to put together review and practice materials, available in multiple formats. **If you would like to request hard copy materials for your child, please click [here](#) or email your building principal.**

Please refer to the attached document to see those instructional resources that our 7-12 students can access independently in order to prevent regression and stay up on their learning. WICSD teachers will be available through email and potentially through Zoom conference links for students to check in, ask questions and to get feedback.

If your child needs mental health support, please call our Safe School Helpline at 800-418-6423 (800-4-1-VOICE ext. 359) or 1-844-358-2105

If you require additional information, please contact via email:

- Your child's classroom teachers
- Your child's building principal, **Dake:** Michelle_Cramer@westiron.monroe.edu; **IHS:** Alecia_McLaughlin@westiron.monroe.edu
- 7-12 Director of Instruction: Karen_Finter@westiron.monroe.edu

We cannot promise an immediate response but will do our best to get back to you in a reasonable amount of time.

Teachers may send out emails once a week to check in on students and families in order to maintain a sense of community and connections with students.

Thank you for your continued support! Please reach out with any questions or concerns you may have. Stay safe, well and we will see you when school resumes!

Digital Resources for Students (7-12)

Access to the resources below are provided by West Irondequoit Central Schools and organized at the WICSD Intranet site (westiron.sharepoint.com). Users will initially be asked for their Microsoft login.

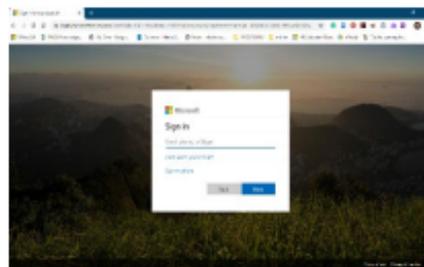
Microsoft Office 365

To access the intranet page or any Office 365 product, students must enter their email and school password. Their email is their school username followed by @students.westiron.monroe.edu

The West Irondequoit school username is their first initial, middle initial, last name, and last two digits of their graduation year. So, a student's Microsoft login might look like this:

CDMode22@students.westiron.monroe.edu

The Microsoft password is the same as student's school computer password.



West Irondequoit Intranet (westiron.monroe.edu)

West Irondequoit Central School District

All Office 365 web apps can be accessed here

West Irondequoit Intranet

Click here for links to access the tools listed below

Many teachers share resources and assignments on Schoology

Self-Study Resources

Links can be found in the District Web Links section of the West Irondequoit Intranet

Castle Learning Online - a web-based instructional service that provides on-line review of courses in mathematics, science, social studies, English, and foreign languages. Students can choose the "Self Study" option they can select study materials by subject area and go to a specific topic or state exam. **Students log in with full email and keep the password blank the first time logging in.**



NewsELA - an online news-as-literacy platform that features high-interest articles on everything from current events to myths and legends and from literature to science. Content is updated daily, with stories from a wide range of sources (from the Associated Press to Scientific American to the Washington Post) in both English and many in Spanish. Each leveled text features a quiz tailored to that particular article plus a writing prompt that asks students to write and respond to what they've read. **Students can go to Newsela.com and log in with their Microsoft login.**



OverDrive & Sora- free services offered by your library that let you borrow digital content (like eBooks and audiobooks) anytime, anywhere. Available to all staff and students. **Students log in by selecting West Irondequoit School District and entering their West Irondequoit username and password** (same password you use to sign into the school computers). OverDrive and Sora apps are also available for smartphones and tablets.



iReady - an interactive online learning environment designed to assess students and provide individualized instruction based on each one's unique needs. **Students log in with their first and last initial and student ID number. The password for 7-12 is wicsdeagles.**



Khan Academy - this site offers instructional videos, exercises, quizzes, and tests so students can practice and master skills or review material. Khan Academy has a library of standards-aligned lessons covering kindergarten through early college math, grammar, science, history, AP® courses, SAT® preparation, and more. **Students can create a new account (with a parent's email).**



AP College Board Practice and AP Classroom - Practice for the Exams. It helps to become familiar with the exam by practicing with exam questions created by the AP Program. **Students have already signed up for accounts at the beginning of the school year or may create a new personal account.**



Quizlet - Learning tools that let you study anything. Start learning today with flashcards, games and learning tools. **Students can search for vocabulary lists and practice without even making an account.**



Don't forget to also check your Schoology courses for updates and additional subject-specific resources.



Health and Physical Education Check In

Complete these activities for a healthy mind and body. Make sure you are drinking enough water, getting enough sleep, and having conversations with supportive people as you need to. Notice a call to get outside each day, sunshine and fresh air will support your overall health and well-being.

1	<p>Wellness: Laughter. Watch a funny movie</p> <p>Fitness: 5x5 (complete 3 sets) 5 jumping jacks, 5 bicycle crunches, 5 second plank, 5 modified push-ups, 5 squats Be sure to get outside. Go for a 10-minute walk</p>
2	<p>Wellness: Gratitude. Make a list of 5-10 things that you're grateful for in life.</p> <p>Fitness: 5x6 (complete 3 sets) 6 jumping jacks, 6 bicycle crunches, 6 second plank, 6 modified push-ups, 6 squats Go for a bike ride</p>
3	<p>Wellness: Send a message or Facetime with someone who brings out the best in you.</p> <p>Fitness: 10 minutes of stretching Go for a walk</p>
4	<p>Wellness: Pay it forward. Do something kind for someone else today</p> <p>Fitness: 5x7 (complete 3 sets) 7 jumping jacks, 7 bicycle crunches, 7 second plank, 7 modified push-ups, 7 squats Complete a mile anyway you can!</p>
5	<p>Wellness: Strive for a healthy life. Commit to eliminating one unhealthy habit for the next 12 days</p> <p>Fitness: 5x8 (complete 3 sets) 8 jumping jacks, 8 bicycle crunches, 8 second plank, 8 modified push-ups, 8 squats Go for a bike ride</p>
6	<p>Wellness: Pick an hour to be device free. Take a break from your phone, computer, and TV</p> <p>Fitness: 5x9 (complete 3 sets) 9 jumping jacks, 9 bicycle crunches, 9 second plank, 9 modified push-ups, 9 squats</p>
7	<p>Wellness: Music. Listen to something that calms you and makes you feel happy.</p> <p>Fitness: 10 minutes of stretching Go for a walk</p>
8	<p>Wellness: Affirmations. Listen to how you speak to yourself, use kind and encouraging words.</p> <p>Fitness: 5x10 (complete 3 sets)</p>

	<p>10 jumping jacks, 10 bicycle crunches, 10 second plank, 10 modified push-ups, 10 squats Complete a mile anyway you can!</p>
9	<p>Wellness: Deep Breathing. Stop inhale slowly through your nose, exhale through your mouth. Repeat each hour of the day.</p> <p>Fitness: 5x11 (complete 3 sets) 11 jumping jacks, 11 bicycle crunches, 11 second plank, 11 modified push-ups, 11 squats Go for a bike ride.</p>
10	<p>Wellness and Fitness Yoga. Try a YouTube yoga session. https://www.youtube.com/watch?v=-jhKVdZOJM Be sure to get outside!</p>
11	<p>Wellness: Sleep schedule. Do a check in with your sleep schedule, make sure you're getting adequate quality sleep. Make adjustments to meet the recommended 8 hours of sleep.</p> <p>Fitness: 5x12 (complete 3 sets) 12 jumping jacks, 12 bicycle crunches, 12 second plank, 12 modified push-ups, 12 squats Complete a mile</p>
12	<p>Wellness: Hydrate. Make sure you're drinking enough water.</p> <p>Fitness: 10 minutes of stretching Go for a walk</p>
13	<p>Wellness: Game Day Play a game or do a puzzle with family members</p> <p>Fitness: Play a game outside.</p>
14	<p>Wellness: Journaling Take 5-10 minutes and write about your greatest strength</p> <p>Fitness: 5x13 (complete 3 sets) 13 jumping jacks, 13 bicycle crunches, 13 second plank, 13 modified push-ups, 13 squats Go for a bike ride</p>
15	<p>Wellness: Spring Cleaning Take some time to do a spring cleaning. This could be of you environment or your mind. Take stock of what you don't need and clean out what is not important to you.</p> <p>Fitness: 5x14 (complete 3 sets) 14 jumping jacks, 14 bicycle crunches, 14 second plank, 14 modified push-ups, 14 squats Complete a mile.</p>