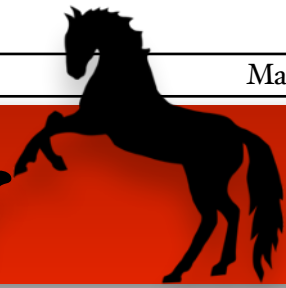
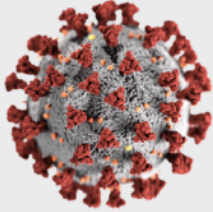


SMS Newsletter



COVID-19 Closure Memo



COVID-19 Closure Phone
509.258.4798



SMS CONTACT

Brett Joachim, Principal
cell. 509.919.0538
bjoachim@marywalker.org

Jocelynn Medenwaldt, Counselor
jmedenwaldt@marywalker.org

Our first week of the COVID-19 Closure has wrapped up. It has been a busy week for both families and schools. The district's first meal delivery went exceptionally well. It was excellent to see our team come together to support our community. Many families stopped by the school this week to pick up resources, personal supplies, and medicines. I want all of you to know that we are here for you, and together we will get through this crisis.

At this time, our number one priority is to maintain social distancing to fight this pandemic. Schools across our nation and around the world are closed to keep students away from each other so they don't spread germs. Our school closure should not be treated as spring or summer break. Please do your best to keep your students separated from others. This means no large playdates, sleepovers, or parties.

I encourage both students and parents to keep active during this closure by taking walks, bike rides, playing outside, and engaging in fitness activities as a family. Please avoid connecting with other families and large groups for the time being. Strive for total separation, this is the key to helping fight COVID-19.

This memo includes several worksheets and activities to help keep our middle school students engaged. Additionally, students can keep learning by reading novels, writing letters, or simply just exploring the great outdoors as spring blossoms. This experience is going to be one that all of us will remember for the rest of our lives; consider challenge your children to maintain a journal documenting their experiences and feelings during this closure.

Please be patient and understanding as we continue to develop better plans and procedures to help work through our new reality for a while. I am looking forward to getting back to our normal routine and seeing all our wonderful students. I miss you all!

Sincerely,

Mr. Joachim
Mr. Joachim, Principal
509.919.0538

Need Something? We are here to help!

Call our district's COVID-19 Closure line(258.4798) to make your requests or additional resources, materials, or meal delivery. During the school closure, this line will be monitored to help us be responsive to our student and family needs.

Middle school students are permitted to check out a Chromebook. Please directly contact Mr. Joachim (txt or call: 919.0538) to make the needed arrangements to pick up a device.

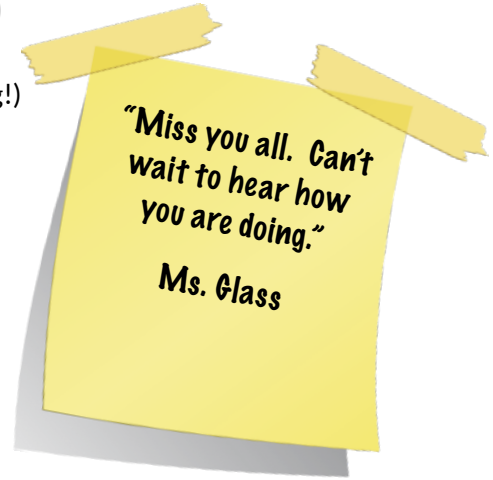
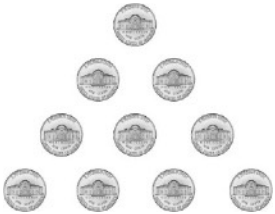


☺ Here are some fun puzzles that can be good for IEP and non-IEP students alike. ☺

The solutions are on the following page (no peeking!)

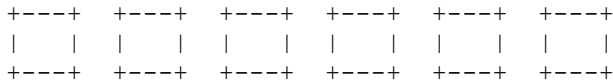
Coin triangle:

Move only three coins and turn the triangle upside down.

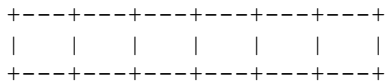


Pigs need their pens:

Farmer Black raises pigs and was raising them in modular pens, He currently has 6 pigs in the following arrangement:



He needed some walls for another project so he rearranged the pins like this:

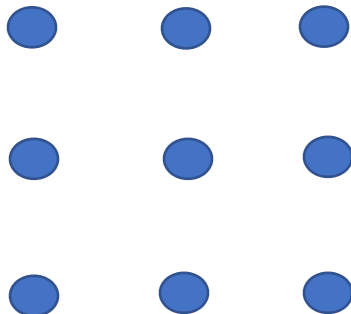


He then found out he need 7 more wall pieces to finish his project. How did he rearrange the pens so that there was only 1 pig per pen? **Hint:** think about different shapes

Dot Puzzle:

This is one of my favorites! It is a simple puzzle, but illustrates beautifully the idea of "thinking outside the box." Mrs. Sulgrove!

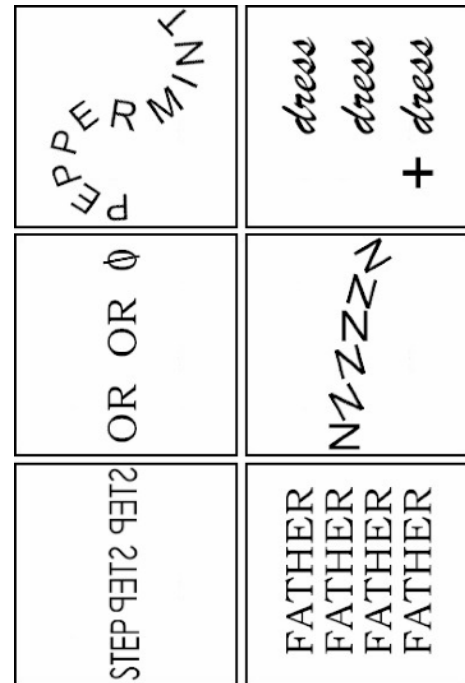
Join all the dots using four straight lines and without lifting your pencil.



Some things to do while you're at home

- Have each kid pick a topic they'd like to learn about and spend 30 mins each day studying that topic.
- Spend one day reading every single picture book you have in the house.
- Have each kid write a letter and/or emails to a different friend or family member each day.
- Use all of our building toys on one giant structure.
- Races of various kinds in the backyard (hopping on one foot, crabwalk, walking backwards, etc.)
- Try stop motion animation with playdough.
- Inventory the plants & wildlife (from bugs on up) in your yard.
- Learn the parts of plants/flowers & how they function (bonus if they learn the Latin names).
- Write a short story & illustrate it.
- Lots of reading, playing with the dog,
- Working on learning to sew using stuff we have on hand.
- Make a greeting card/scrapbooking projects.
- Getting the garden ready.
- Make tents and reading caves :) flashlights, snacks, books, and pillows!
- Create an Obstacle Course or Scavenger Hunt.
- Play with water balloons.
- Collect Bugs or study a spider web
- Have 3-legged races.
- Wash the dog...wash the car!
- Paint outdoors
- Stargazing Camp in the backyard.
- Build a bird house or feeder.
- Make a paper hat or a paper boat and see if it floats
- Decorate a T-shirt

Bamboozable 1



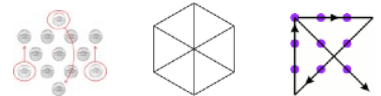
Bamboozable 2



Bamboozable Keys

Puzzle 1: One step forward, two steps back - Double or nothing -
Peppermint twist - Forefathers - Enroll - Addresses
Puzzle 2: Falling Temperature - Two Under Par - Fat Chance -
Broken Heart - Hot Under the Collar - Head in the Sand

Resource Room Solutions Keys



Plants and Food

CCSSR1: Read closely to determine what the text says explicitly and to make logical inferences from it; cite specific textual evidence when writing or speaking to support conclusions drawn from the text.

CCSSR2: Determine **central ideas or themes** of a text and analyze their development; **summarize** the key supporting details and ideas.

The more you know about plants and foods, the healthier you will be. Some foods can provide you with essential vitamins to keep you healthy, but some foods can make you sick. It is very important to know how to distinguish between the two. You also need to learn how to keep foods safe and prevent them from spoiling. There's so much to learn.

There is a lot to learn about plants people eat, such as how to grow them and how to prepare them for eating. Scientists can learn how to keep them safe to eat. Sometimes people who don't know something can make a mistake. For example, some mushrooms are poisonous, and people need to know which those are so they don't eat them. People need to know about plants in order to stay healthy.

If you don't know about foods and plants, you can make a big mistake. You need to know which plants are safe to eat. At one time, people feared the tomato, because they believed it to be poisonous. They thought it was dangerous because it grows on a vine that looks like a poisonous plant called nightshade. Therefore, in the early 1800s, people in the United States were afraid to eat it. It took several years before the tomato was accepted as a food in the United States. Today, it is a big part of the American diet. It's found in things like soup and ketchup.

Any food can become a source of sickness if it's not stored safely. Tomatoes can be dangerous if they rot, and so can most other foods if they are not stored properly. One way to store food safely is to dry it. Before people invented cans, they used to dry food to store it for long periods of time. For example, they would dry tomatoes in the sun. Today, people still eat sun-dried tomatoes.

Some plants actually help keep people safe, for example, cloves. No one really knows how people figured that out, but it was most likely from someone trying to use cloves to flavor their food. Cloves have a nice, spicy taste.

The clove plant was first found on islands sometimes called the Spice Islands. A tree grows there; it's a tree that makes cloves. These cloves actually are buds from that tree. The people on the islands picked the buds; the buds were pink when people picked them, and then they dried and turned dark. When they were dried, people put them with food, and they made the food taste great. Probably, the people found that they also helped to preserve foods. Cloves help meat and other foods keep from spoiling.

Today we know why cloves help food stay safe. Scientists have studied cloves and have discovered that cloves contain a kind of oil in them called eugenol. That oil is an antiseptic. Antiseptic is a word with two important parts. The prefix anti means against, and the root sepsis means poisoning. In other words, eugenol helps prevent poisoning. It's a good thing we have scientists to help us stay safe.

Scientists are people who have careers learning about plants and food. They study the history of plants, and they observe them in order to learn how to make them grow better. They study how to keep them safe, which in turn helps people live healthier lives.

EXPLAIN WHAT YOU LEARNED

1. Underline the most important information in each paragraph.
2. Write a short summary that tells what the passage explains. Include only the most important information.

Start your summary this way:

The main idea of the passage is _____.
Here is information that helps you understand that idea.

Then finish the summary. Include the information that helps explain the main idea.

“Wow, what a crazy time we are experiencing. Math is a great way to understand and make sense of what you see happening. There is a great simulation put out by the Washington Post to help understand the reasons for social distancing. This is the link which I will also post in Google classroom.” - Mrs. Moss

<https://www.washingtonpost.com/graphics/2020/world/corona-simulator/>

While you are at home here are some great activities you can do to keep your brain active and have some fun.

FUN CARD GAMES

Integer War

A standard deck of playing cards is all that is needed for playing variations on the classic card game "War". Take out Jacks, Queens and Kings (or ace=1, jack=11, queen=12, king=13, joker=0).

- Clubs and Spades (black cards) represent positive numbers;
 - **Diamonds and Hearts (red cards) represent negative numbers.**
 - Multiple decks can be utilized at one time or play with just one deck.
1. Divide cards into even piles for each player (2).
 2. Each player turns over 1 card in their pile. The player with the higher (larger value) card wins both cards.
 - OR Each player turns over two cards and add or subtract their values (decide before the game begins).
 3. Play continues until one player has all of the cards.
 4. In case of a tie (same value) each player then turns over 2 cards. The 2nd card's value is used to determine the winner of the cards played.

NOTE: Can be played with more than 2 players

Variations:

1. Lowest value
2. Highest or lowest absolute values
3. Operations: As players turn over their card they must perform an operation with the 2 cards played (addition, subtraction, multiplication, division) as designated before the game begins. The first player calling out the correct answer wins the cards.
4. Each player turns over two cards and add, subtract, multiply or divide their values (decide before the game begins)

Other games of war:

There are other variations of war that can be played as well. You can play multiplication war. For two players. Divide the cards evenly and each player turns over a card. Multiply the two numbers together, the person with the correct product wins the cards. You can also play by adding or subtracting the two numbers on the cards.

In the following game, Closest to Zero, it can be played as described with all values positive or it can be played with the red cards as negatives. This is a really fun game similar to one my family has played for years.



CLOSEST TO ZERO

Goal: Player who ends game with the lowest sum of 4 cards wins

Skill: Number Sense, Addition

Players: 2 - 4 Players

Materials: Ace - 10 and Jack, Queen, King;
Ace = 1, Jack, Queen, King = 11

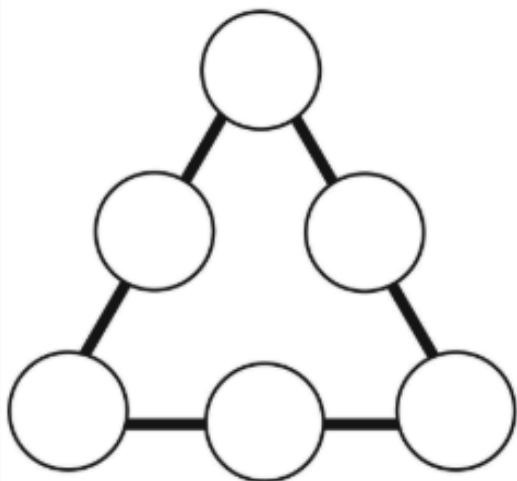
Setup & Gameplay:

1. Deal four cards, face down to each player.
2. Players line up cards in a horizontal row without looking at them. The remainder of the deck becomes the draw pile and is placed face down in the center of the play area.
3. Once cards are dealt and set up, players may look at the two end cards, note their value and replace them in the appropriate position.
4. Play begins with the player to the left of the dealer. Player 1 draws a card from the draw pile, looks at it (without showing it to any other player) and decides whether to replace one of their four cards with the new card.

5. If they decide to keep the card, they switch it out with one of the four cards laid out in front of them. They place the card they have removed face up in the discard pile.
6. If they decide not to keep the drawn card they place the drawn card face up on the discard pile.
7. The next player can choose to pick up a card from the draw pile or to pick up the top card from the discard pile.
8. Play continues in this way, with each player trying to lower the sum total of their four cards.
9. Any player can end the game at any time by announcing "Closest to Zero" when they think they have the lowest sum. Each remaining player is allowed one more turn after this announcement.
10. Players then show their cards, sum them and the player who has the lowest sum is the winner.

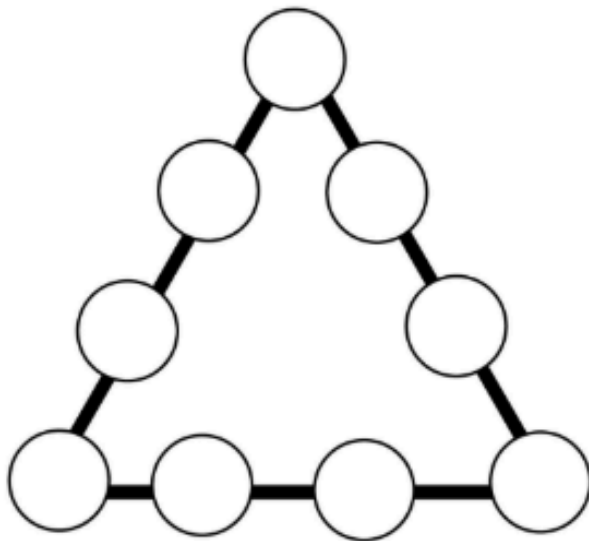


Here are some other challenges that you can try. I would love to hear from you on email to see how you do solving them. jmoss@marywalker.org



← This is a 'magic triangle.' Use the digits 1, 2, 3, 4, 5, and 6 once in the puzzle. Try to get each 'line' to add to the same number.

If you master this then try the larger one using the digits 1-9. Each can again only be used one time.



I look forward to hearing from you. If you have questions or need help in something, please contact me through email. I will be searching for new games, activities and brain teasers to send you each week. Be Safe! We Care.

Here are some other challenges that you can try. I would love to hear from you on email to see how you do



Center for Mathematics and Teaching Free activities

<https://mathandteaching.org/covid-19/>

How to use MobyMax from home guide for parents

<https://data.mobymax.com/mc/share/>

[Using MobyMax From Home.pdf](#)

Washington Post Simulation:

<https://www.washingtonpost.com/graphics/2020/world/corona-simulator/>

Youcubed resources and activities,

Jo Boaler:

Middle School Students,

The first activity I'm going to send your way is called "Mapping your way from home sweet home". This will give you a chance to practice your map making skills... here are some guidelines to follow while making your map.

On a blank piece of paper you are going to draw a detailed map from your house to the front of the school. For some of you that is a short map, for others it's going to take some time. Have fun with it. Google Earth could help with some details if you have access, if not.. wing it. Make sure, if you do this activity have the following on your map

- Title your map
- Have a key to help with details
- An accurate compass rose

Remember this is just an idea for something "social studies" to do over this time we are out of school. This is not an assignment...Have fun with it, the more detailed the better.

Mark Edwards

medwards@marywalker.org

Hand Sanitizer Recipe

1. 3/4 cup of isopropyl or rubbing alcohol (99 percent)
2. 1/4 cup of aloe vera gel (to help keep your **hands** smooth and to counteract the harshness of alcohol)
3. 10 drops of essential oil, such as lavender oil, or you can use lemon juice instead.

Recommended by the World Health Organization

Mix 12 fluid ounces of alcohol with 2 teaspoons of glycerol. You can buy jugs of glycerol online, and it's an important ingredient because it keeps the alcohol from drying out your hands. If you can't find glycerol, proceed with the rest of the recipe anyway and just remember to moisturize your hands after applying the sanitizer.

Mix in 1 tablespoon of hydrogen peroxide, then 3 fluid ounces of distilled or boiled (then cooled) water. (If you're working with a lower-concentration solution of rubbing alcohol, use far less water; remember, at least 3/4 of your final mixture has to be alcohol.)

Load the solution into spray bottles—this isn't a gel, it's a spray. You can wet a paper towel with it as well and use that as a wipe.

Homemade Soft Scrub Cleaner Ingredients

- 1/2 cup baking soda
- 1/2 cup Castille soap
- 15 drops organic rosemary or organic tea tree essential oil
- 1 tsp. organic vegetable glycerin or Non-GMO Project Verified aloe vera gel (optional)

DIRECTION

Mix all ingredients in glass pint-sized jar until reaching paste-like consistency. Add vegetable glycerin or aloe vera gel if desired to keep blend moist. Use to scrub tubs, sinks, and tile surfaces. Rinse away with water or a vinegar solution.

Homemade All-Purpose Cleaner

1. 3/4 cup hydrogen peroxide.
2. 1/2 cup distilled white vinegar.
3. 1 teaspoon unscented liquid Castille soap.
4. 10 drops tea tree oil.
5. 20 drops lavender essential oil.
6. 2 cups water.

Basic Homemade Glass Cleaner Formula

Mixing alcohol and white vinegar makes a quickly evaporating glass and mirror cleaner that can compete with the cleaning power of national brands. This same recipe can also be used to give a nice shine to ceramic, chrome, and other hard surfaces. Note: Do not use vinegar on stone or other materials that can react with or be etched by acid.

- 1 cup [rubbing alcohol](#)
- 1 cup water
- 1 tablespoon [vinegar](#)

KNOW
your science!

FIGHT
with science!

- Mr. Boyd

Here are a few recipes to do some chemistry in the kitchen

Rock candy is another name for sugar or sucrose crystals. Making your own rock candy is a fun and tasty way to grow crystals and see the structure of sugar on a big scale. Sugar crystals in granulated sugar display a monoclinic form, but you can see the shape much better in homegrown large crystals. This recipe is for rock candy that you can eat. You can color and flavor the candy, too.

Materials

Basically, all you need to make rock candy is sugar and hot water. The color of your crystals will depend on the type of sugar you use (raw sugar is more golden than refined granulated sugar) and whether or not you add coloring. Any food-grade colorant will work.

- 3 cups sugar (sucrose)
- 1 cup water
- Pan
- Stove or microwave
- Cotton string
- Pencil or knife
- Optional: food coloring - Clean glass jar
- Optional: Lifesaver candy
- Optional: 1/2 to 1 teaspoons flavoring oil or extract

Instructions

1. Pour the sugar and water into the pan.
2. Heat the mixture to a boil, stirring constantly. You want the sugar solution to hit boiling, but not get hotter or cook too long. If you overheat the sugar solution you'll make hard candy, which is nice, but not what we're going for here.
3. Stir the solution until all the sugar has dissolved. The liquid will be clear or straw-colored, without any sparkly sugar. If you can get even more sugar to dissolve, that's good, too.
4. If desired, you can add food coloring and flavoring to the solution. Mint, cinnamon, or lemon extract are good flavorings to try. Squeezing the juice from a lemon, orange, or lime is a way to give the crystals natural flavor, but the acid and other sugars in the juice may slow your crystal formation.
5. Set the pot of sugar syrup in the refrigerator to cool. You want the liquid to be about 50 F (slightly cooler than room temperature). Sugar becomes less soluble as it cools, so chilling the mixture will make it so there is less chance of accidentally dissolving sugar you are about to coat on your while the sugar solution is cooling, prepare your string. You are using cotton string because it is rough and non-toxic. Tie the string to a pencil, knife, or another object that can rest across the top of the jar. You want the string to hang into the jar, but not touch the sides or bottom.
6. You don't want to weight your string with anything toxic, so rather than use a metal object, you can tie a Lifesaver to the bottom of the string.
7. Whether you are using the Lifesaver or not, you want to 'seed' the string with crystals so that the rock candy will form on the string rather than on the sides and bottom of the jar. There are two easy ways to do this. One is to dampen the string with a little of the syrup you just made and dip the string in sugar. Another option is to soak the string in the syrup and then hang it to dry, which will cause crystals to form naturally (this method produces 'chunkier' rock candy crystals).
8. Once your solution has cooled, pour it into the clean jar. Suspend the seeded string in the liquid. Set the jar somewhere quiet. You can cover the jar with a paper towel or coffee filter to keep the solution clean.
9. Check on your crystals, but don't disturb them. You can remove them to dry and eat when you are satisfied with the size of your rock candy. Ideally, you want to allow the crystals to grow for 3 to 7 days.
10. You can help your crystals grow by removing (and eating) any sugar 'crust' that forms on top of the liquid. If you notice a lot of crystals forming on the sides and bottom of the container and not on your string, remove your string and set it aside. Pour the crystallized solution into a saucepan and boil/cool it (just like when you make the solution). Add it to a clean jar and suspend your growing rock candy crystals.

Once the crystals are done growing, remove them and let them dry. The crystals will be sticky, so the best way to dry them is to hang them. If you plan to store the rock candy for any length of time, you'll need to protect the outer surface from humid air. You can seal the candy in a dry container, dust the candy with a thin coating of cornstarch or confectioner's sugar to reduce sticking, or lightly spritz the crystals with non-stick cooking spray.

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Springdale Middle School
Mary Walker School District #207
500 N 4th St, Springdale, WA 99173

Address:

www.marywalker.org/sms

Provide ALL students with the skills, strategies and knowledge to be responsible, successful adults.

Counseling Office *From Mrs. Medenwaldt*

jmedenwaldt@marywalker.org

As we go through this mandatory six weeks break due to the spread of the COVID-19 virus, I want to ensure that through this challenging time all students are supporting and caring for themselves. According to the Centers for Disease Control (CDC), hearing about the pandemic repeatedly for some individuals can be upsetting. If the media is upsetting you, take a break from watching, reading, or listening to anything regarding the virus. Additionally, there are other tools from your self-care toolbox you can use to help you with stress and anxiety! Some of the strategies to take care of yourself are:

- Exercise, eat healthily, meditate, deep breath, and sleep well.
- Stay informed, sometimes the unknown is scary, so it is important you make sure you have all the facts!
- Connect with family and friends online, through phone, text, social media, etc.
- It's always good to have someone to talk to discuss your concerns.
- Journal, if you are someone who liked to write journaling is an excellent way to write down your feelings!

Remember, it's also good to make sure you are taking care of the people around you. Things like this can make a community stronger if we all take care of each other! If you or someone you know someone is struggling and is thinking about harming themselves, please call 911, or 1-800-273-8255.

We are all in this together, and we will all come out stronger than ever!

If possible, I would love to hear how you are doing, and if you would like an appointment, please call me during regular school hours of 8:00-3:30 pm Monday - Friday. If I don't answer, remember to leave your name and number so I can call you back! You can also email me if that works best for you!

Jocelyne Medenwaldt
School Counselor
wk. cell. 509.598-1428