

March 16th, 2020

Dear 7th grade students,

For the next 2 weeks, you will be learning at home. We want to support you and help you continue learning. Here are some tips for what to do at home:

- 1) Stick to a schedule! Use the one below or make your own!
- 2) Read every day!
- 3) Talk to your family and friends frequently.
- 4) Read the Alliance letters that Ms. Harnage and Ms. Bass have sent out to your family.

All of the assignments from March 16 - March 31 are optional to complete.

Suggested daily "school" schedule from 9:00am - 4:30pm:

Time of day	Recommended Activity
Anytime between 8:00am - 12:00pm	Eat breakfast and lunch each day! You can pick up breakfast and lunch from Alliance Tajima High School (1552 Rockwood St, Los Angeles, CA 90026). All kids (anyone 18 or under) can pick up meals.
9:00am - 9:30am	PE - you can follow YouTube workouts, go for a walk or run with a family member, or do your own strength or cardio workout inside. Be sure to change clothes or shower after a good workout :)
10:00am - 10:45am	Math - see Mr. Hardaway's RMMS page OR use the Alliance practice packet
11:00am - 11:45am	English - see Ms. Morris's google classroom OR use the Alliance practice packet
11:45am - 12:30pm	Take a lunch break!
12:30pm - 1:15pm	Science - see Ms. Cliffe's website for daily problems to work through.
1:30pm - 2:15pm	History - see Mr. Longo's google classroom.
2:30pm - 3:15pm	Art - see Ms. Lounds's google classroom, or independently practice in your sketchbook.
3:15pm - 4:00pm	Take a break! Play with your siblings, play a video game, take a nap...anything relaxing!
4:00pm - 4:30pm	Read a book or Newsela/Achieve3000 articles!
Anytime	If you want to watch TV, here are some educational suggestions: <ul style="list-style-type: none">- Netflix has The Magic School Bus, Brainchild, The Who Was Show, Our Planet...- DisneyPlus has many documentaries- YouTube here's a playlist of Bill Nye episodes- BrainPop: log in username - merkin.ms, password - trailblazers

Most importantly, take care of yourself. Stay home as much as possible, drink lots of water, and get some rest. Please email us if you need anything.

Love,

Ms. Cliffe, Mr. Longo, Mr. Hardaway, Ms. Lounds, Ms. Morris, and Mr. Chavez