

March 31, 2020

## Remote Learning Update

### Mustang Magic

Dear Parents,

Good morning and welcome to Week 3 of our Remote Learning OHA Happenings.

We anticipate that our families will be staying home for the next few weeks which will include our Spring vacation. We want this to definitely be a break from the usual practices of our daily school routine. Some students may want to do some catch up, while others may want to work on their Social Studies Fair projects as outlined by either Mrs. Matson or Mrs. Mayer. Our Lower School teachers and students have remained engaged and active during these last few weeks, which is a credit to everyone's hard work.

I came up with an idea to help take care of some down time during Spring Break, while having some fun and learn at the same time. I call this "Mustang Magic" where our kids have the opportunity to find something to explore, create, research, develop an interest, design, follow a passion, share with others, investigate, and just have some plain fun.

The goal of "Mustang Magic" is for our students to broaden their horizons and gain knowledge. What they learn can be shared by doing a written report, telling about it, making a slide presentation, a video, making a model or any other form of creativity. Remember, this is not for a grade and is purely optional. Have Fun and Learn! This could also take the form of almost any family activity such as a game board tournament, video game competition, or a backyard picnic with games, etc.

Here are some activities suggested by Mrs. Scheuer followed by a list of web resources.

#### **PK - 8**

##### **Discover Gratitude**

Establish a simple journal for one month. This creates dedicated time for Mindfulness.

This project boosts the spirit, increases happiness, and enhances overall health.

Participants must do (3) things every day:

1. Acknowledge something in your life you are thankful for.
2. Complete an Intentional Act of Kindness,
3. Be mindful (focused on task, not on cell phone) of the present moment.

Printable journal pages and more information regarding Discover Gratitude can be found <https://www.mayoclinichealthsystem.org/gratitude>

#### **PK- 4**

##### **Make a Kindness Snippet Jar**

Based on the book Kindness Snippet Jar by Diane Alber

The Kindness Jar can be used two ways:

1. Keep snippets of paper and when a member of your family does something nice, write it down, and drop paper in the jar. When the jar has 10 snippets, or half way full, or full read all acts aloud and celebrate your family's accomplishments!
2. Or print kindness cards from the author's website <https://dianealber.com/> and create daily tasks for family members to complete each day. Celebrate your family's accomplishments!

## **GRADES 5-8**

### **The Happiness Project by Gretchen Rubin**

A practical read, written for working parents but with parents and children now working and schooling from home, there are numerous organizational, health, mindfulness, and spiritual tips applicable to our current situation.

Check out Gretchen Rubin's website for helpful blogs and podcasts <https://gretchenrubin.com/>

**Take pictures and share your work with Mrs. Scheuer [sscheuer@oakhillacademy.com](mailto:sscheuer@oakhillacademy.com), and she will post them on our OHA Gratitude padlet.**

Here are some great websites to find other activities and projects:

#### Web Resource Sites

- [PHET.Colorado.edu](https://phet.colorado.edu) (Science simulations)
- <https://ed.ted.com/> (lessons/projects)
- <https://web.stmath.com/> ST Math (Lower School)
- [Openmiddle.com](https://openmiddle.com) (Math)
- [Hightechhigh.org](https://hightechhigh.org) (projects)
- <https://my.pblworks.org/projects>
- [NJ.PBSlearningmedia.org](https://www.njpbslearningmedia.org)
- <https://www.pbssocal.org/>
- <https://outschool.com/>
- <https://classroommagazines.scholastic.com/support/learnathome.html>
- [chatterpack.net](https://chatterpack.net) (go to blog) <https://chatterpack.net/blogs/blog>
- <https://www.commonsemmedia.org/blog/free-online-events-activities-kids-at-home-coronavirus> free online events and activities for kids at home
- <https://www.njfamily.com/category/things-to-do-in-nj-with-kids/>
- <https://www.njfamily.com/hop-on-disney-rides-from-across-the-world-without-leaving-home/>

- Imagineering Course:  
<https://learning.kidzcancode.com/course/disney-imagineering-in-a-box/>

Some useful hints for remote learning and COVID-19:

- It is important that children know they have someone who will listen to them; make time for them.
- Constantly watching updates on the status of COVID-19 can increase anxiety, try to avoid.
- encourage your child to eat a balanced diet, get enough sleep, and exercise regularly; this will help them develop a strong immune system to fight off illness.

### **Birthdays: Week of March 30**

3/30 Greta Stevens (K)  
3/31 Elizabeth Snyder (5)  
4/1 Emilie Bernard (2)  
4/1 Benjamin Peters (7)  
4/2 Sienna Atik (1)  
4/2 Alexa Parchment (8)  
4/3 Christian Lopez (5)  
4/5 Amelia Rizkalla (1)  
4/5 Chloe Murello (1)

Happy Birthday to All! Dress Down Day when we return.

Please continue to spread the word about the OHA experience.

Also, please mention our Socrates High School, which will be starting for grades 9 and 10 beginning in September.

As you know, the Socrates School will have a personalized approach using direct instruction, project-based learning, and online individual instruction supported by an Oak Hill teacher. In addition, Socrates School will be joining with Mater Dei Prep in a cooperative that will offer most interscholastic sports. We believe our high school is the direction of the future in preparing our leaders for college and beyond.

Sincerely,

**Joseph A Pacelli**

Headmaster, *Oak Hill Academy*