

Middle School Resources for Distance Learning

We expect our students to keep learning during school closure. This document should give you expectations and additional resources for how to do this! Bright Stars should be spending at least **4 hours and 30 minutes** on their classwork a day. Beyond that you can supplement with the ideas below to keep students learning.


Communication: Expect to hear from your adviser every week, they will reach out to families once a week and reach out to students twice a week.

Grade Level Information:

Your child should check their email every week to see a list of assignments from their teacher.

Guidelines:

Category	Resources	What you can do!
Additional Learning Opportunities	<p style="text-align: center;">Lots of other resources here</p> <ul style="list-style-type: none"> ● Math Resources: Prodigy Khan Academy ● Science Resources: Mystery Doug Mystery science National Geographic ● Games for learning 	Things you can add on top of what your teachers have asked you to do.
Virtual Nature 	<ul style="list-style-type: none"> ● San Diego Zoo ● Monterey Bay Aquarium ● Yellowstone National Park ● Virtual Zoo Visit ● National Zoo Webcams ● List of lots of Zoo experiences ● Check out pilot whales 	If you cannot go outside, bring the outside in. Let your child pick a zoo or national park to explore and see animals.
Virtual Museum & Field Trips 	<ul style="list-style-type: none"> ● Museums around the world ● National Museum of Natural History ● 10 best virtual Museums ● Field Trips ● 300 Museum & Exhibits around the world 	Take a “field trip” to visit a museum. Ask your child questions about what they learned.

Category	Resources	What you can do!
<p>Reading & Thinking Resources</p> 	<ul style="list-style-type: none"> • Audio books, ebooks, and more! • TED Talks aligned to various themes 	<p>Reading, listening to reading, and engaging with text is always helpful. These links will provide free resources to keep learning.</p>

If you have any questions please reach out. School staff are working full time but will not be in school buildings. You can reach us via email.

25 THINGS **TEENAGERS** CAN DO DURING SOCIAL ISOLATION

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LEARN TO PLAY A NEW INSTRUMENT (YOUTUBE!)	WRITE A POEM OR A STORY	TRY A YOUTUBE DRAWING TUTORIAL	SWAP BOOK SUGGESTIONS	WRITE & MAIL A LETTER TO A GRANDPARENT
GET SOME FRIENDS VIRTUALLY TOGETHER TO PLAY "PSYCH"	BAKE SOMETHING NEW	WRITE A SONG	TEACH A FAMILY MEMBER TO DO SOMETHING YOU LOVE	MAKE SOMETHING CREATIVE (THAT YOU NEVER SHOW ANYONE)
GO ON A WALK (OR RUN) AROUND THE BLOCK	VIDEO GAME TOURNAMENT WITH YOUR FAMILY	HAVE A "CHOPPED" COMPETITION FOR DINNER	CREATE A NEW MUSIC PLAYLIST	YOUTUBE YOGA OR MEDITATION
JOURNAL YOUR CORONAVIRUS EXPERIENCE	REARRANGE YOUR ROOM	WRITE A LETTER TO YOUR FUTURE SELF	FIND A BOOK ON THE LIBBY APP TO LISTEN TO	WRITE A BUCKET LIST
DO A JIGSAW OR LOGIC PUZZLE	LISTEN TO A NEW PODCAST	OFFER TO MAKE DINNER FOR THE FAMILY	TAKE AN ENNEAGRAM TEST	INVENT A NEW GAME