

Leadership Distance Learning Weeks 4 & 5 (May 11-May 22)

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Office Hours: Monday-Friday 9:30-11:30 AM

Weekly Support Zoom: Wednesdays at 10:15 AM

| Monday 5/11 | Tuesday 5/12 | Wednesday | Thursday 5/14 | Friday 5/15 |
|--|--|--|--|--|
| <p>Teacher Appreciation Letters</p> <p>See below for directions</p> | <p>Teacher Appreciation Letters</p> | <p>Teacher Appreciation Letters</p> | <p>Read the Newsela Article and Answer the Multiple-Choice Questions:</p> <p>https://tracyusd-my.sharepoint.com/:b/g/personal/adonovan_tusd_net/ETxRIjuYEBxKj-pcqxFI7w4BgrLPjPIO4GTMaSxXaAg33g?e=zLQeIC</p> | <p>Newsela Follow-Up: Answer the Following Writing Prompt based off what your read yesterday.</p> <p>What are 2 ways you have already been trying to help save the planet during quarantine? How are you doing these things? What 2 more things can you start doing to help save the planet and what will your first steps be?</p> |
| Monday 5/18 | Tuesday 5/19 | Wednesday | Thursday 5/21 | Friday 5/22 |
| <p>Read the Newsela Article and Answer the Multiple-Choice Questions:</p> <p>https://tracyusd-my.sharepoint.com/:b/g/personal/adonovan_tusd_net/EaT-j7GYjpJgixJ68FzggBObhoilrYuyR2r5SlovluHw?e=k6tCet</p> | <p>Newsela Follow-Up: Answer the Following Writing Prompt based off what your read yesterday.</p> <p>Has your family done any bonding activities to help get through the Quarantine? If so, tell us all about it. If you haven't, brainstorm an idea for your family to try out!</p> | <p>Read the Newsela Article and Answer the Multiple-Choice Questions:</p> <p>https://tracyusd-my.sharepoint.com/:b/g/personal/adonovan_tusd_net/EUGUWCyv_A1IsSurtS_UHQBoBhSA_tC05O1h8dwtfC2GCKuw?e=Ecc32i</p> | <p>Newsela Follow-Up: Answer the Following Writing Prompt based off what your read yesterday.</p> <p>With so much extra time at home, you have a lot of extra time to be on your devices, list a few ways you can set yourself a digital diet and fill some of your time with other activities!</p> | <p>Happy Last Day of School! My treat to you: No Work. 😊</p> |

Teacher Appreciation Letters:

Since we are not together this year for Teacher Appreciation Week, I would still like us to honor our Freiler Teachers.

- Each Day either email or hand write a letter to ONE or TWO of your current or past teachers (if they are still at Freiler)
- Thank this teacher for the great memories
- Make sure the letter is heart-felt and genuine
- Make sure to use proper grammar, this is a friendly letter to an adult (if you need a refresher please view the attached example letter that I wrote to my teacher)
- If emailing, please include me in the email so I can give you credit
- If handwriting please still turn in to me via school turn in day, so I can give you credit, then I will pass along to the teacher
- As always if you have any questions before writing your letters, reach out to me

May 1, 2020

Dear Mr. Hahn,

Thank you so much for being the best Algebra 2 teacher ever! Although it has been 10 years since I had you as a teacher, I still reminisce about that class. You always made Math fun, interesting, and relatable to real life. You went out of your way to make math understandable for all students in your class. Now that I am a teacher, you are one of the teachers I try to model my teaching after. I always make sure to connect to all my students, and provide them with all of the opportunities I possibly can.

I also wanted to thank you for the relationships between students and teachers you were able to create. You were the best mentor and teacher for students to be able to go to with concerns, questions, and advice. I will always remember you teasing me and joking around with me. My favorite joke you told me that my mother now still uses on me to this day is, "How do you make Audrey laugh on Monday? You tell her a joke on Friday". I still take an abnormal amount of time to catch onto jokes, but I am much better at just fake laughing in the beginning, so people don't know I am truly, still missing the point. I just wanted to Thank You and let you know you really have made a difference in my life.

Sincerely,

Audrey Hock-Donovan

10 things you can do to help save the Earth

By Katie Lambert and Sarah Gleim, How Stuff Works on 04.15.20

Word Count **1,230**

Level **MAX**



Image 1. A girl places a can into a recycling bin. Recycling is one way that you can make a difference and help save the Earth.
Photo: JGI/Jamie Grill/Getty Images

The United Nations suggests that climate change is not just the defining issue of our time, but we are also at a defining moment in history. Weather patterns are changing and will threaten food production, and sea levels are rising and could cause catastrophic flooding across the globe. Countries must make drastic actions to avoid a future with irreversible damage to major ecosystems and planetary climate.

But what about individuals? What can we do to pitch in and help save the Earth? There are plenty of things you can do every day to help reduce greenhouse gases and your carbon footprint to make a less harmful impact on the environment. Taking care of the Earth is not just a responsibility, it's a necessity. Here are 10 things you can do now to help save the planet.

1. Conserve Water

The little things can make a big difference. Every time you turn off the water while you're brushing your teeth, you're doing something good. Got a leaky faucet? You might be dripping as much as 90 gallons (340 liters) of water down the drain every day. So fix it! It's easy and cheap. And stop

drinking bottled water. Switch to filtered tap water. You'll save a ton of cash and help reduce a ton of plastic waste in the process.

2. Be Car-conscious

If you can, stay off the road two days a week or more. You'll reduce greenhouse gas emissions by an average of 1,590 pounds (721 kilograms) per year. It's easier than you think. You can combine your errands — hit the school, grocery store and dog daycare in one trip. And talk to your boss about teleworking. It's a boon for you and your company. But being car conscious also means maintaining your car on a regular basis. You can improve your gas mileage by 0.6 percent to 3 percent by keeping your tires inflated to the proper pressure, and be sure to make necessary repairs if your car fails emission.

3. Walk, Bike Or Take Public Transit

Walking and biking are obvious ways to reduce greenhouse gases. Plus you'll get some good cardio and burn some calories while you do it. If you live in an area that's not walkable, take advantage of your local mass transit if you can. Or carpool. Even one car off on the road makes a difference.

4. Reduce, Reuse, Recycle

You can help reduce pollution just by putting that soda can in the recycling bin. It really does make a difference. Paper, too. Case in point: If an office building of 7,000 workers recycled all of its office paper waste for a year, it would be the equivalent of taking almost 400 cars off the road. But you can also take reusable bags to the grocery, and avoid using disposable plates, spoons, glass, cups and napkins. They create huge amounts of waste. And buy products that are made of recycled materials. It all makes a difference.

5. Give Composting A Try

In 2015, (the last year figures were available) Americans generated 262.4 million tons (238 metric tons) of trash. Only 23.4 million tons (21.2 metric tons) of that was composted. Some was recycled and some was combusted for energy, but almost half of it — 137.7 million tons (124.9 metric tons) — ended up in the landfill. Imagine if you could divert more of that to your own compost? It would help reduce the amount of solid waste you produce, and what eventually winds up in your local landfill. Plus, compost makes a great natural fertilizer.



6. Switch To LEDs

Compact fluorescent light bulbs (CFLs) are great. They can last 10 times longer than incandescent bulbs, and they use at least two-thirds less energy, but even CFLs have issues. They're hard to dispose of because they contain mercury. Enter light-emitting diode, or LED, bulbs. They emit light in a very narrow band wavelength so they're super energy efficient. Start replacing your old incandescent bulbs with LED bulbs now (if you haven't already). They do cost more than CFLs and

incandescents, but equivalent LED bulbs can last around 25,000 hours compared to the 1,000 hours that incandescent bulb might have lasted.

7. Live Energy Wise

Make your home more energy efficient (and save money). Your home's windows are responsible for 25 to 30 percent of residential heat gain and heat loss. If they're old and inefficient, consider replacing them. Also, be sure your home has proper insulation. Insulation is measured in terms of its thermal resistance or R-value — the higher the R-value, the more effective the insulation. The amount of insulation your home needs depends on the climate, type of HVAC system and where you're adding the insulation. Smaller things you can do right away include replacing your air filter regularly so your HVAC system doesn't have to work overtime. Keep your window treatments closed when it's extremely hot and cold outside. You can also consider installing a programmable thermostat like Nest so your system isn't running (and wasting energy) when you're not home.

8. Eat Sustainable Foods

Today, large-scale food production accounts for as much as 25 percent of the greenhouse emissions. So how do you eat sustainably? Choosing food from farmers that aim to conserve natural resources and have as little impact on the land as possible. But even buying as much as you can from local farmers makes a difference. Eating more whole grains, vegetables, fruits and nuts, and less red meats and processed foods does too. Grow your own fruits and vegetables. You can grow a garden!

9. Plant A Tree (Or Two)

In the 2018 United Nations' Intergovernmental Panel on Climate Change (IPCC) report, the U.N. suggests an additional 2.5 billion acres (1 billion hectares) of forest in the world could limit global warming to 2.7 degrees Fahrenheit (1.5 degrees Celsius) by 2050. That's a lot of trees, but you could plant one or two, right? One young tree can absorb CO₂ at a rate of 13 pounds (5 kilograms) per tree. Every. Single. Year. And that's just an itty-bitty baby tree. Once that tree reaches about 10 years old, it's at its most productive stage of carbon storage. Then it can absorb 48 pounds (21 kilograms) of CO₂ per year. Trees also remove all other kinds of junk from the air, including sulfur dioxide, nitrogen oxides and small particles. So go ahead, plant a tree. It's good for everybody.

10. Give Up Plastics

The statistics are shocking: People around the world buy 1 million plastic drinking bottles every minute, and use up to 5 trillion single-use plastic bags every year. Humans are addicted to plastic, and hardly any of it — about 9 percent — gets recycled. A staggering 8 million tons (7.25 metric tons) ends up in the ocean every year. Break the cycle. Stop buying bottled water. Say no to plastic shopping bags and use cloth bags instead. Don't use plastic straws. Drink from a reusable cup instead of a plastic one. Avoiding plastic can divert a ton of waste from the oceans and landfills.

Quiz

- 1 Which sentence from the article shows how one action helps to absorb the amount of CO2 currently generated by humans?
- (A) If you live in an area that's not walkable, take advantage of your local mass transit if you can.
 - (B) You can also consider installing a programmable thermostat like Nest so your system isn't running (and wasting energy) when you're not home.
 - (C) Once that tree reaches about 10 years old, it's at its most productive stage of carbon storage.
 - (D) The statistics are shocking: People around the world buy 1 million plastic drinking bottles every minute, and use up to 5 trillion single-use plastic bags every year.

- 2 Read the inference below.

Buying energy-efficient products helps a person reduce their carbon footprint.

Which sentence from the article provides the BEST support to the statement above?

- (A) There are plenty of things you can do every day to help reduce greenhouse gases and your carbon footprint to make a less harmful impact on the environment.
 - (B) You can combine your errands — hit the school, grocery store and dog daycare in one trip.
 - (C) But you can also take reusable bags to the grocery, and avoid using disposable plates, spoons, glass, cups and napkins.
 - (D) They do cost more than CFLs and incandescents, but equivalent LED bulbs can last around 25,000 hours compared to the 1,000 hours that incandescent bulb might have lasted.
- 3 What does the word “staggering” suggest as it is used in this sentence?

A staggering 8 million tons (7.25 metric tons) ends up in the ocean every year.

- (A) a sense of being unsteady
- (B) a sense of being shocked
- (C) a sense of being indignant
- (D) a sense of being regretful

- 4 Read the following selection from the section “2. Be Car-conscious.”

And talk to your boss about teleworking. It's a boon for you and your company.

What does the word “boon” in the sentence tell the reader?

- (A) that companies want teleworking
- (B) that companies allow teleworking
- (C) that teleworking is a positive thing
- (D) that teleworking is a negative thing

How bored families are getting through the coronavirus lockdown

By Washington Post, adapted by Newsela staff on 04.24.20

Word Count **852**

Level **1060L**



(From left) Alex Presley, Taylor Sharpe, Zach Presley, Wendy Presley and Lee Presley play a game with toilet paper while sheltering in place at home in North Carolina amid the coronavirus pandemic. Photo: Alex Presley

To understand the "Quarantine Olympics," an internet trend that has come out of the ongoing coronavirus pandemic, look at the place where it began: the Presley family home in Cornelius, North Carolina.

If anyone had peeked inside the residence on April 8, they would have seen the Presleys playing dodgeball. Yet none of the players could see each other, and they used rolls of toilet paper instead of balls.

"We played through all the board games and everything, so we had to get creative," said Alex Presley, age 25. For the past month, Alex has been hunkered down with his girlfriend, twin brother and parents.

The rules of "blindfolded toilet paper dodgeball," as Alex calls it, are simple: Once you're hit by a roll of toilet paper, you're out, and only then can you take off the blindfold. To make the game even more challenging, the Presleys spun in circles to dizzy themselves before they began to play.

The result was utter chaos.

Absurd Projects Combat Quarantine Boredom

Alex created a video of the game, which he set to a soundtrack of Mozart and then shared on TikTok. In the video, five people stumble around a living room with their faces covered by sweatshirt hoods. Shouts mingle with the muted thuds of rolls bouncing off windows and walls.

The family's recent game night activities have made them internet famous.

The Presleys aren't the only people whose videos have gone viral during the boredom of quarantine. Many families are becoming social media celebrities for absurd projects during quarantine such as themed dinners and viral parody videos. These videos entertain people who are desperate for fun as the coronavirus continues to spread worldwide.

Blindfolded toilet paper dodgeball is just one event in the Presleys's "Quarantine Olympics." The competition series has gone viral on TikTok.

The contest began in early April after Alex suggested that his family attempt a challenge he had seen. In the original challenge, participants compete to see how long they can drink water from a cup, using only a straw. While the participant drinks, the cup is continuously refilled with water.

The Presleys' "Straw Challenge" was an instant hit, drawing 7.5 million views on TikTok.

Lively Family Dinners

Now, the family is coming up with new events. Fans watching at home root for their favorite player and play the games themselves. In recent days, the family has faced off in other unconventional contests.

"We try to keep them simple and something that other families that are watching can play along as well," Alex said of the events.

Another family who now has too much free time is the Cannuscios from Massachusetts. Derek Cannuscio, a 14-year-old with a passion for cooking and comedy, has turned family dinners into extravagant themed experiences that are wildly popular on TikTok.

Derek treats his family to themed dinners two or three nights a week. He combines his skills in the kitchen with light comedy to recreate restaurant experiences.

In one video, Derek is a hibachi chef. He whips up fried rice and shrimp on a griddle.

Derek's sister, 18-year-old Caitlin Cannuscio, said that Derek's dinners, which are made using supplies he finds around the house, have inspired other families to experiment with their own meals and come up with their own themes.

"I don't know what I would be doing in quarantine without this," said Caitlin, who films the meals for TikTok.

Song Lyrics Get A Rewrite

Other families have channeled their energy into creating parody videos.

The Marshes, a family of six from the United Kingdom, went viral in late March. The family shared their isolation-themed arrangement of "One Day More" from the musical "Les Misérables." Ben Marsh said that the new lyrics came "out of the different frustrations that everyone has had over the last couple of weeks."

"One day more, another day another destiny, shopping for online delivery," sings Danielle Marsh, Ben's wife, in a video posted on Facebook.

The video has received worldwide recognition and was even shared by Academy Award—winner Anne Hathaway. Hathaway won an Oscar in 2013 for her role in "Les Misérables."

Canadian author Joel Sutherland and his family filmed a live-action parody of the title sequence for "The Simpsons." The family used a smartphone, old Halloween costumes and props found around their house.

Creative Projects Keep Families Busy

The video recreates the cartoon's introduction shot-for-shot. Sutherland posted the finished product to Twitter on April 8. It has been shared by the "The Simpsons" producer, Al Jean, and the show's official Twitter account.

"Doing creative projects is a good way of keeping yourself busy and keeping yourself not depressed," Colleen Morris said. Morris is Sutherland's wife.

For many families, outlandish activities during lockdowns have helped strengthen their relationships with each other.

Before sheltering in place, Caitlin Cannuscio said her family was often so busy that they "never really ate dinner together."

"I'm supposed to be at college, so I haven't had dinner with them in a while," said Caitlin, a freshman at Fordham University in New York. "This has all really just brought us together."

Quiz

- 1 Which sentence from the section "Absurd Projects Combat Quarantine Boredom" BEST explains the effect the Presleys' videos have had?
- (A) Alex created a video of the game, which he set to a soundtrack of Mozart and then shared on TikTok.
 - (B) Blindfolded toilet paper dodgeball is just one event in the Presleys' "Quarantine Olympics."
 - (C) The contest began in early April after Alex suggested that his family attempt a challenge he had seen.
 - (D) The Presleys' "Straw Challenge" was an instant hit, drawing 7.5 million views on TikTok.
- 2 Which section from the article BEST explains why the "Quarantine Olympics" have been so popular?
- (A) introduction [paragraphs 1-5]
 - (B) "Absurd Projects Combat Quarantine Boredom"
 - (C) "Lively Family Dinners"
 - (D) "Song Lyrics Get A Rewrite"
- 3 Which answer choice describes two central ideas of the article?
- 1. *The Presleys started doing fun but strange challenges in their home.*
 - 2. *Many families enjoy and are inspired by the Presleys' videos.*
 - 3. *Fun family projects can bring families closer together during a hard time.*
 - 4. *Caitlin Cannuscio noticed her family cooking together more in quarantine.*
- (A) 1 and 2
 - (B) 2 and 3
 - (C) 1 and 3
 - (D) 2 and 4
- 4 Which statement would be MOST important to include in a summary of the article?
- (A) The Presleys are sheltering in place at their home in Cornelius, North Carolina.
 - (B) The Presleys' competition video series has inspired fans to also play the games.
 - (C) The Presleys' first video, "Straw Challenge," got 7.5 million views on TikTok.
 - (D) The Presleys recently played blindfolded toilet paper dodgeball.

Opinion: With so much social media around, kids need a digital diet

By Naomi Schaefer Riley, Los Angeles Times, adapted by Newsela staff on 01.10.18

Word Count **877**

Level **1060L**



A media diet is just like a regular diet. If you're not consistent in the first few weeks and months, you will fail. Photo by Sebastian Czapnik/Dreamstime/TNS.

A recent survey by the toy company Melissa & Doug says 70 percent of parents want their children to spend less time watching electronic media and 62 percent want them to spend less time on electronic devices. They are right.

Studies show that screen time is associated with health problems. It can lead to higher levels of being overweight, shorter attention spans and more mental problems, including depression, or sadness that lasts for some time.

The new year is as good a time as any for parents to rethink their rules and come up with a media diet.

So What's A Media Diet?

A media diet is like a regular diet. If you don't stick with it in the first few weeks and months, you will fail.

Parents can lay out a couple of exceptions for kids ahead of time, such as car rides longer than two hours. But if they start with a no-screen-time rule on school nights and then make an exception because they need to do some work, they should expect that kids will ask for screens the next night. If parents let kids play on their phones in line at the supermarket, they will expect screen time when they have to wait anywhere.

But parents cannot simply remove the devices and offer nothing in return. When they take away phones and tablets, they have to give kids other things: more time outside, more low-tech toys or more time with parents.

Think Carefully About Planning Screen Time

A temptation of technology is its portability. In a widely read opinion in the Washington Post, Amanda Kolson Hurley wrote about our culture of "snackism" for kids. "We walk around with trail mix and Sun Chips stuffed in our bags like we're mobile, no-fee vending machines." The same is true of our digital devices.

Kids used to sit too long in front of the TV. But at least once they got out of the house, that was the end of it. Now the TV can be on perpetually and parents can share movies and video games like mobile, no-fee theaters. Snackism means children eat when they're not hungry, and on-demand screen time is no better for them.

Too often our diets are ruined by impulse buys. If we go to the grocery store with a list and stick to it, everything goes well. But confronted with a plate of snacks or brownies, we give in.

When parents give out the devices after planning kids' screen time and thinking carefully about how much time and what kinds of activities children should do on screens, things go well. But when parents feel pressured into handing over a phone or granting permission to watch or play something on the fly, they don't.

Parents shouldn't give kids their own phone lightly or for the sake of convenience. The McDonald's drive-through is a more convenient option than cooking at home, but that doesn't make it a good choice.

No Phones Until Eighth Grade

A group called Wait Until 8th is suggesting parents hold off on kids' phones until they're in the eighth-grade — and even then offering a flip phone, not a smartphone. The group points to research suggesting that having a cell phone interferes with sleep.

Parents confirm that 9-year-olds are regularly texting into the night. Other studies suggest phones affect relationships, as taking them away for even a few days seems to increase children's abilities to read faces accurately.

Mobile phones also are a distraction from schoolwork. And that's not even considering the potential content that kids can be exposed to, including cyberbullying.

Doctors say that a number of parents have given their children their old phones. Some parents just want to make sure their children are connected to them at all times. "What if my daughter gets upset at a birthday party and needs to come home?" the mother of a 9-year-old with an iPhone asked.

Parents don't have to be available all the time. Kids can be given a watch and a time to meet after swim practice or gymnastics. If they need to leave an event early, kids can ask the adult present to contact their parents. This has the added advantage of teaching them independence.

Different Rules For Parents, Kids

It's OK to be a hypocrite about your own phone use versus theirs. You don't give your kids alcohol or the keys to the car. Why should kids have the same access to devices that parents have?

Most adults know what they should be eating, and they don't substitute candy bars for vegetables. They also know the pleasure of shutting off distractions to read a good book or to spend time with friends and family. But if you never experience getting lost in a good book all afternoon or enjoying time outside without worrying about checking your phone, will you be able to create these experiences as an adult?

Kids would no doubt prefer a Milky Way to a salad, just as they'd like to do and see what they want on a parent's phone or, better yet, their own. Don't budge, parents.

Naomi Schaefer Riley's latest book is the just-published "Be the Parent, Please: Stop Banning Seesaws and Start Banning Snapchat."

Quiz

1 Read the list of sentences from the article.

1. *It can lead to higher levels of being overweight, shorter attention spans and more mental problems, including depression, or sadness that lasts for some time.*
2. *The group points to research suggesting that having a cell phone interferes with sleep.*
3. *Other studies suggest phones affect relationships, as taking them away for even a few days seems to increase children's abilities to read faces accurately.*
4. *Doctors say that a number of parents have given their children their old phones.*

Which two sentences, taken together, provide the BEST evidence to support the idea that too much screen time hurts kids' health?

- (A) 1 and 2
- (B) 1 and 4
- (C) 2 and 3
- (D) 3 and 4

2 Which selection from the article BEST explains why it is NOT necessary for kids to have a phone all the time?

- (A) A media diet is like a regular diet. If you don't stick with it in the first few weeks and months, you will fail.
- (B) In a widely read opinion in the Washington Post, Amanda Kolson Hurley wrote about our culture of "snackism" for kids. "We walk around with trail mix and Sun Chips stuffed in our bags like we're mobile, no-fee vending machines." The same is true of our digital devices.
- (C) Parents don't have to be available all the time. Kids can be given a watch and a time to meet after swim practice or gymnastics. If they need to leave an event early, kids can ask the adult present to contact their parents. This has the added advantage of teaching them independence.
- (D) Kids would no doubt prefer a Milky Way to a salad, just as they'd like to do and see what they want on a parent's phone or, better yet, their own. Don't budge, parents.

3 How does the author develop his or her own perspective in the article?

- (A) by providing statistics about parents' concerns and showing how screen time relates to numerous health problems
- (B) by comparing a food diet to a media diet and explaining how parents can take an active role managing digital device use
- (C) by including the critical opinion of another writer and providing additional details to support that viewpoint
- (D) by describing how a media diet works and highlighting problems associated with an unhealthy diet

4 Which answer choice BEST explains why a parent's perspective may differ from proponents of Wait Until 8th?

- (A) Some parents think that having a phone will make kids more independent.
- (B) Some parents do not think it is important to monitor how kids use phones.
- (C) Some parents think that phones offer many advantages to their kids.
- (D) Some parents want to make sure their kids can reach them at any time.