

April 1-7, 2020

DONELSON MIDDLE SCHOOL 8TH GRADE CONNECTION

Contact Us!

Jonathan Barton,
Social Studies & ELA,
jonathan.barton@mnps.org

Leia Brown, Math,
leia.brown@mnps.org

Christy Keech, Science,
christy.keech@mnps.org

Satricia Moore, Math & Science,
satricia.moore@mnps.org

Jeremy Pritchett, Social Studies,
jeremy.pritchett@mnps.org

Rachael Putney, ELA,
rachael.putney@mnps.org

Sarah Sepanski, Math,
Sarah.sepanski@mnps.org

Deerrell Taylor, ELA,
deerrell.taylor@mnps.org

Arabella Wardlaw, Ex. Ed.,
arabella.wardlaw@mnps.org

Dr. Lamarcus Calvin, Counselor,
lamarcus.calvin@mnps.org

Matthew Patterson, 7/8 Principal,
matthew.patterson@mnps.org

Jennifer Rheinecker, Principal,
Jennifer.rheinecker@mnps.org,
615-884-4082

Hello 8th grade students and families! We miss you and hope you are staying safe and healthy during this time.

The activities listed here are optional, but are meant to support your child to maintain his/her skills until we return. Work will not be graded, and will not affect student promotion or attendance.

Suggested Grade Level Activities:

Check out the **MNPS printable learning packet** for this week here: <https://www.mnps.org/printables>

8th Grade Digital Toolbox – <https://bit.ly/DMS8thgrade>
Visit this site for resources, activities, and ideas from your teachers. Each teacher has a tab with resources available for their classes. Feel free to browse your teachers' tabs and check back regularly for updates.

English Language Arts:

Read 30 minutes per day! Additionally - iReady is a great resource for students to work on their reading fluency and comprehension.

Math:

Review scientific notation, functions, and transformations to help keep old topics fresh. Starting learning about the Pythagorean Theorem, a major 8th and 9th grade topic! Try this website to help with math skills: bit.ly/8thMathSkills.

8th Grade Science:

Forces and interactions - focus on understanding ideas related to why some objects will keep moving, some objects fall to the ground and why some materials are attracted to each other while others are not.

Physical Science:

Learn about the periodic table here: bit.ly/ThePT. Then play around with this dynamic periodic table <https://ptable.com/>.



Social Studies:

Refine your knowledge of American History on ushistory.org (Chapters 19-34) or mrbarton.org. This week, focus on topic 19 on Politics in Transition (bit.ly/PoliticsinTransition). After reading each chapter or number, develop a list of 5 things you learned and 2 questions that you have.

Related Arts:

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|---------------|--|----------------|--|
| Art | Check out this link (bit.ly/DMSDraw) to help you decide what to draw each day. Drawing can help sharpen your artistic skills and promote creative skills to be used in all aspects of your life! | Music | Take advantage of all the musical offerings that musicians are providing, free of charge. Facebook, Instagram, Twitter are all full of concert announcements! Take the time you have now to venture out and see if you can find a new favorite artist! |
| Band | www.musictheory.net/lessons - This site allows you to start at the beginning and progress at own pace! | P.E. | Try out an online workout: bit.ly/PE_Yoga Additionally, daily 30-45 minute walks can help alleviate stress and anxiety. |
| Guitar | Find virtual daily guitar lessons here: bit.ly/DMSGuitar | Spanish | Learn a new language on the Duolingo App (duolingo.com) |

Social Emotional Learning/Self-Care:

Donelson Middle School wants to centralize Social Emotional Learning for a healthy environment at home, school, and community for families and students. When we are intentional about being in community, especially during this time of uncertainty, we will all have a unifying sense of peace. We all will play an active and important part of the larger Donelson community. We want to provide you some tips for building and strengthening collective efficacy as you may face personal and intrapersonal conflict. Remember to use restorative practices as your foundation. The underlying principles of a restorative community include:

- There is a deep underlying belief that all community members add value and enrich the community
- There is systematic effort to hear and respect all voices
- There is authentic listening and sharing in the community
- Members speak and listen from the heart.
- There is a conscious and spoken value placed on positive relationships.
- Decisions are made inclusively.
- There is an expectation that decisions and actions will be made "with each other, not "for" or "to" by one segment of the community to another.
- There is a non-punitive response to wrongdoing with the intent to promote healing and learning to avoid future harm.



Social and emotional learning (SEL) is the process through which children and adults acquire and effectively apply the knowledge, attitudes, and skills necessary to understand and manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships, and make responsible decisions.

SEL Resource of the Week: CASEL COVID-19 Resources (<https://casel.org/covid-resources/>)

Stay connected with us:



www.mnps.org/covid19



donelsonmiddle.weebly.com



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