

Celebrating Black Heritage

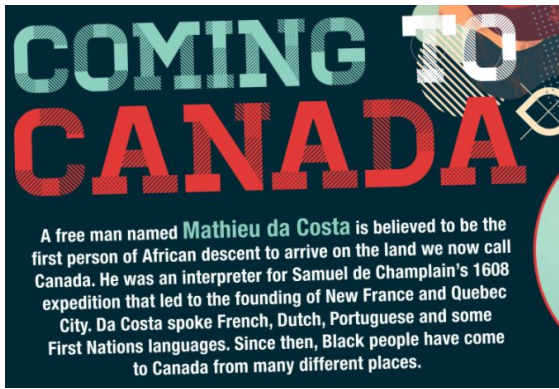
Today we will explore some of the many incredible people and stories who have have shaped our history and who continue to make our nation great!

Asynchronous
Learning Tasks

Grade 7
Grade 8



Read this article on [Coming to Canada](#) from Kayak Magazine OR the article on [Black Female Freedom Fighters](#) on Canadian Encyclopedia.



In historic times, a person’s accomplishments were spread through word of mouth or print. Today people use social media to appeal to the masses.

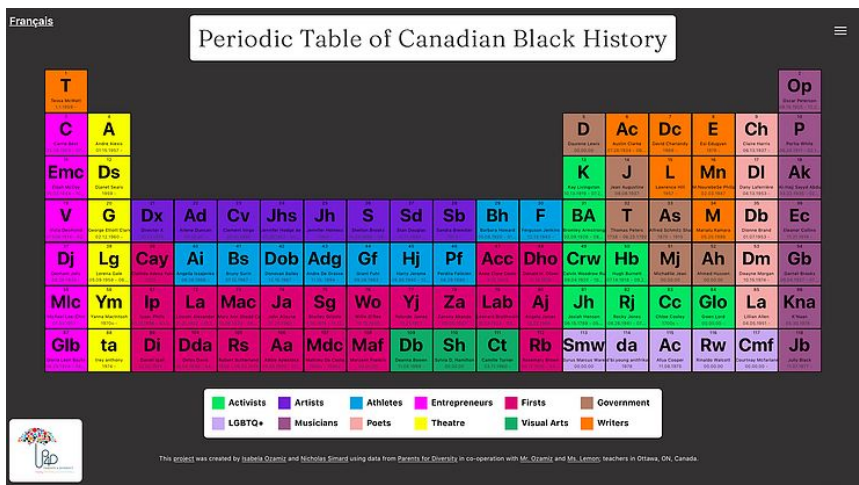
Select a historic figure featured in [Black Female Freedom Fighters](#) or [Coming to Canada](#).

Create a historical Facebook page using this template: [Facebook template](#).

February is Black History Month! Tony and Janaye celebrate with a song featuring some of the most historic black Canadians! We could all learn a lesson from these amazing individuals, so get your dance on and learn along with us!



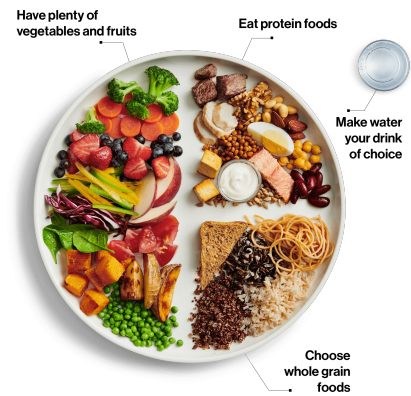
Click the Periodic Table of Canadian Black History below to learn about many important and talented Black Canadians.



Select three of the people featured in the Periodic Table of Canadian Black History that you’d like to know more about. Click to learn more or search the [Canadian Encyclopedia](#). Choose one of the following options to summarize some key points about what you learned:

- research paper
- slide show
- photo essay
- poem
- lunchbox rap

Be sure to make it clear why you selected these individuals.



Health Bite Day 1

In order to have energy to exercise and feel good, we have to consider what we are eating. This week we will examine the link between what we eat and how we feel!

Create a journal or chart to record what you eat throughout the day so you can look at your choices and determine and organize by the different food groups. (Fruits and Vegetables, Whole Grains, Proteins,)

Also record what you are drinking? Water, milk, soda, juice etc.,

You will do this **everyday for the week** to get a picture of your food intake and think about healthy choices.

Click on the link to Canada’s food guide to help you! [Canada's Food Guide](#)

DSBN’s very own Mr. Beneteau has created over 55 equipment free workouts that you and your family can use to get active and stay fit! Each day this week, try a new workout to see what you like!

Click here to get started [BeneFIT](#)



MATH



What does the graphing story look like?

Watch the video and create a graph that compares the height of the man’s waist and time.

Use graph paper, or click [HERE](#) for a printable template.

Reflect: How was estimation needed in order for you to complete the graph? What information might you have wanted to know that wasn’t included in the video?

Click here for the [SOLUTION](#).

Bits and Bytes

Today we will do a bit of this and a bit of that!

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Read the article, [Cell Phone Ban Hasn't Changed a Thing, Teen Says](#), at CBC Kids News.

Persuasive Writing: Should cellphones be allowed in school? Compose the opening statement for both the “for” and “against” sides of a class debate.

Follow the instructions about **getting started** and then: **Choose a side.**

Write 2 powerful paragraphs, giving your reasons why or why not cell phones should be allowed in school. Use these sentence starters if needed:
First of all...
Another reason...

Getting started:

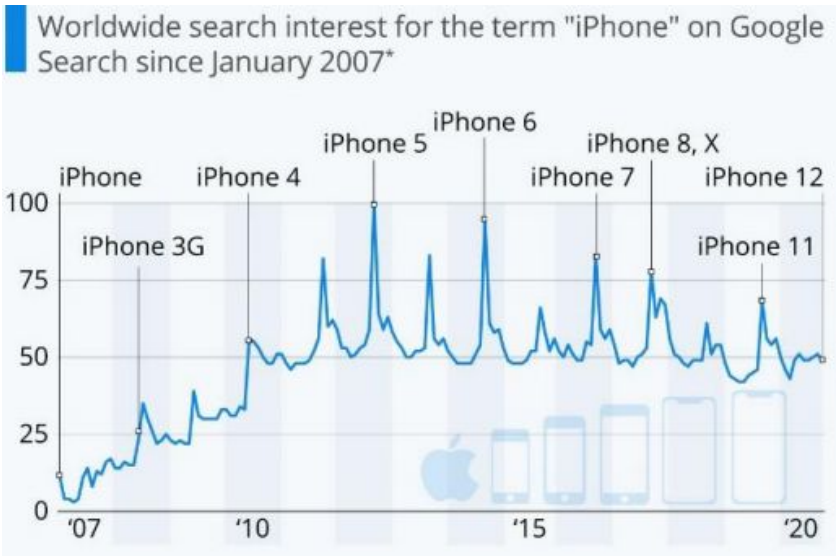
Create a T-chart to brainstorm reasons why someone might be for or against cell phone use in the classroom.

Cell Phone Use

Use the article, talk to friends and family members and gather as many reasons as you can.

Think: Why might this person have this opinion? What do you think?

MATH



What title would you give to this graph?

What do you think is being compared in this graph? How do you know?

What is something you can say about the graph that is true?

Generally, describe what has been happening with iPhone search popularity from 2007 to 2020.

What do you think the 'spikes' in the graph represent? Why are there spikes at such regular intervals?

What do you think the graph will look like in the next 5 years?



Optical Illusions

Is the picture to the left an old woman or a young lady? Which did you see first? Can you see both images?

First, check out some information on optical illusions and watch the video from Wonderopolis on [Optical Illusions - What is it?](#)

Then, check out National Geographic Kids to see some other interesting illusions. [Optical Illusions](#) Can you recreate one of these illusions? All you need is a ruler and a pencil.

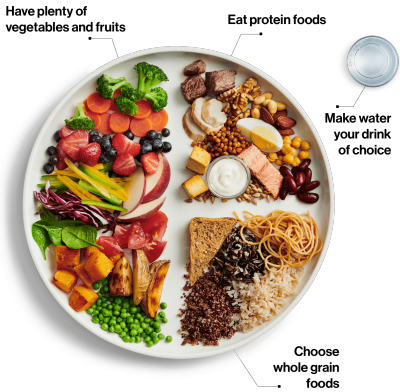
Finally

Click on the link and learn [How to Draw a Simple Optical Illusion](#).

After completing, can you create your own optical illusion? Give it a try!

Want to learn more?

What about our animal friends? Are they tricked by optical illusions? Check out this article for more information. [Animals and Optical Illusions](#)



Health Bite Day 2

Click on the link [Half Your Plate](#) and select the Fruits and Veggies Facts Tab and then click on Fruits Tab A-Z and then Veggies Tab A-Z. **Record** in your journal or on your chart, your favourite fruits and veggies. Also think about what fruits and veggies you would like to try.

Now you're going to take a grocery store tour [Grocery Store Tour](#). Click on the link to the produce section. After watching the video on produce, take an audit of the fruits and vegetables in your home and record in your journal. Do you have fresh, frozen and canned options? If so are they taking up half your plate?

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The Trouble with Trash

Today we will explore ways that we can reduce the amount of trash that we produce and learn how to turn our trash into treasures!

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Compare and contrast these two articles on the same topic:



[Canada must take stinky garbage back, Filipino president says](#)



[Canada, Philippines At Odds Over “Illegal” Trash](#)

Why do you think Canada and the Philippines were still debating this in 2019? **Update:** the trash was shipped back to Canada in May of 2019.

How can we make less trash?

To check your understanding of what is/isn't recyclable, make a list of 15 items that are recyclable, 15 that are not and 15 which you are unsure about. Check your list [here](#) to find out what can go in your blue box, gray box and green bin in the Niagara Region.



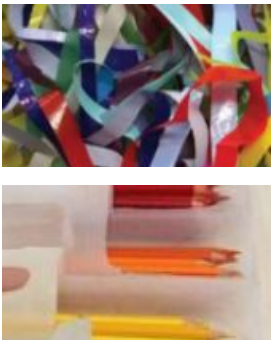
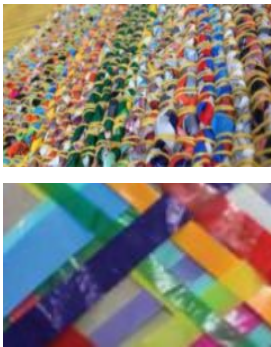
Learning for a
Sustainable Future

LSF

Check out this recorded [Virtual Plastics Workshop](#) from Learning for a Sustainable Future if you would like to learn more about what you can do.



Create a product that makes use of recycled plastic. Check out the ideas [here](#) to get started.



Check out this [local news story](#) to find out how DSBN students turned trash into treasure to make a difference!



Milk bags to the rescue in Haiti

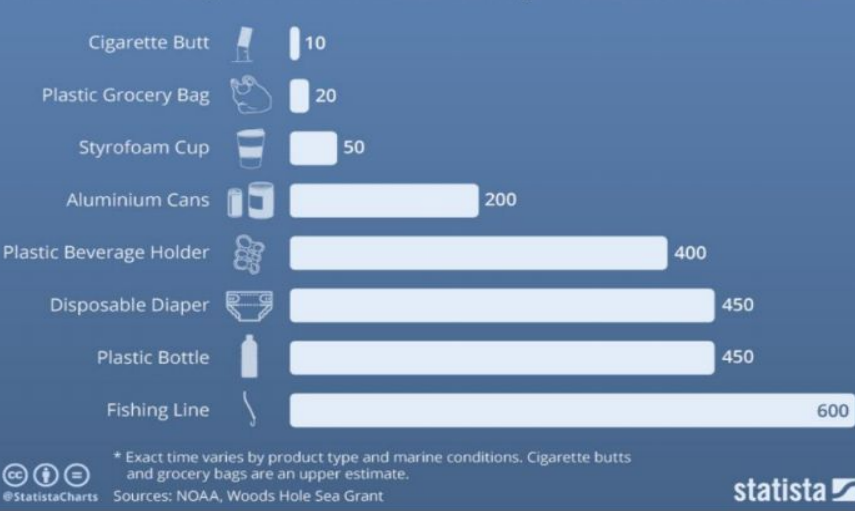
MATH

Biodegrade

A substance that biodegrades is capable of being broken down in the environment. Things that decay and become absorbed by the environment are *biodegradable*.

Plastic Can Take 500 Years To Bio-Degrade In The Ocean

Estimated number of years for selected items to bio-degrade in a marine environment*

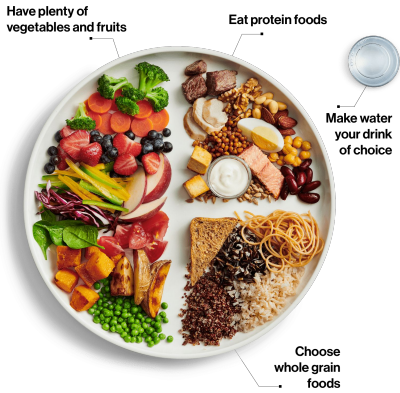


Do you think that the title of this graph is effective? Explain why or why not.

What is something that surprised and/or interested you about this graph?

Compared to a plastic grocery bag, about how many times longer does it take an aluminum can, plastic bottle or fishing line to biodegrade in the ocean?

Assume that these items are thrown into the ocean today. Which items will not biodegrade fully 60 years from now?



Health Bite Day 3

After 2 days of recording your food intake, have you noticed how much sugar you are consuming either in snacks or drinks?

Consuming a diet high in sugar is unhealthy. Please watch this video on Sugar [Grocery Store Tour - Sugar](#).

After watching the video on sugar, take an audit of your sugar intake for the past few days and **record in your journal**. The labels should tell you how much sugar you are consuming.

For example, one can of coke has approximately 39 grams of sugar.

Now go through your cupboards and look at the labels of some of the foods you enjoy and record the sugar. **Make a list in your journal** of the products that really surprised you with their sugar content and share with your family. What are some other healthier options?

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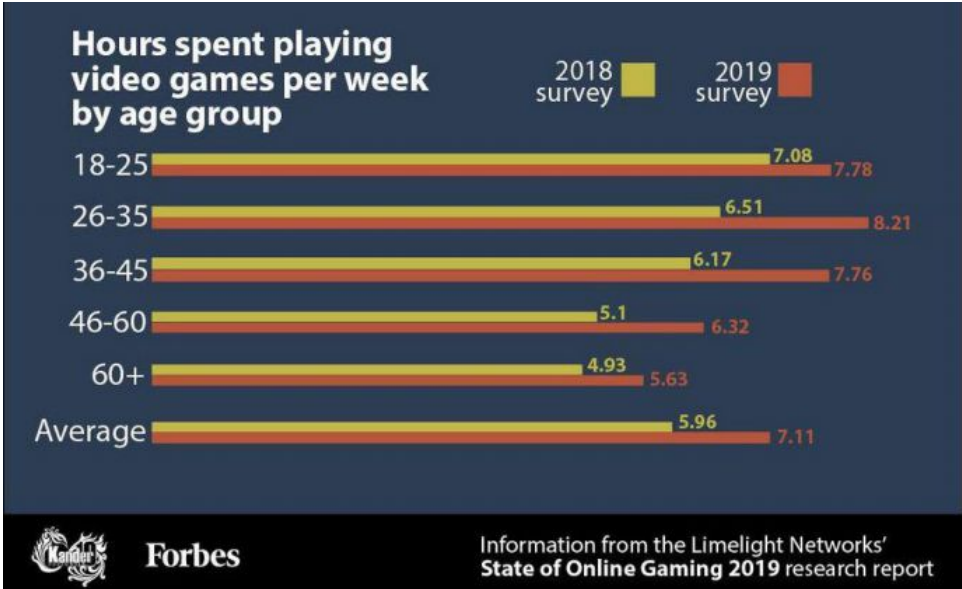
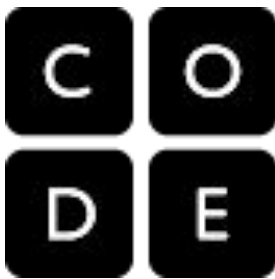
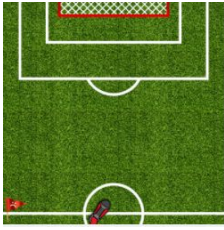

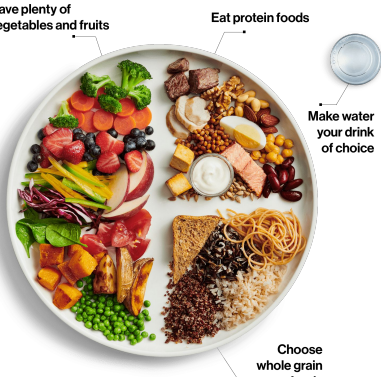
It's All Fun and Games!

Today we will delve into the wonderful world of games and gaming.

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	<h3>Playing Video Games Can Make You A Better Searcher</h3> <p>Now that we have your attention, read this article from Teaching Kids News to learn more: Playing Video Games Can Make You A Better Searcher</p> <p>Sometimes journalists will stretch the truth slightly to lure the reader into an article.</p> <p>Re-read the first line of the article: “Want to be a great doctor or scientist? Make sure you play video games.”</p> <p>Do you think this is an accurate statement of what the research showed, or does it stretch the truth a bit?</p> 	<p>Do some research to find out about some possible benefits of playing video games then write a short news article to report on what you discovered. Try to include an exaggerated headline to lure the reader into your article.</p> <p>Tips: News articles cover the basics of current events. They answer the questions who, what, where, how, and when?</p> <p>Click here for some helpful tips on creating a news story outline.</p>																					
<h1>MATH</h1>	 <table><thead><tr><th>Age Group</th><th>2018 survey</th><th>2019 survey</th></tr></thead><tbody><tr><td>18-25</td><td>7.08</td><td>7.78</td></tr><tr><td>26-35</td><td>6.51</td><td>8.21</td></tr><tr><td>36-45</td><td>6.17</td><td>7.76</td></tr><tr><td>46-60</td><td>5.1</td><td>6.32</td></tr><tr><td>60+</td><td>4.93</td><td>5.63</td></tr><tr><td>Average</td><td>5.96</td><td>7.11</td></tr></tbody></table> <p>Information from the Limelight Networks' State of Online Gaming 2019 research report</p>	Age Group	2018 survey	2019 survey	18-25	7.08	7.78	26-35	6.51	8.21	36-45	6.17	7.76	46-60	5.1	6.32	60+	4.93	5.63	Average	5.96	7.11	<p>What has happened to the average number of hours spent playing video games each week? By how much did the average change?</p> <p>Which age group had the greatest increase between the 2018 and 2019 surveys? Which age group had the least increase?</p> <p>Before viewing this graph, would you have predicted that people over the age of 60 spent this much time per week playing video games? Explain why or why not.</p> <p>What might the graph results look like for video game players under the age of 18?</p> <p>Generally, predict what you think the 2020 survey results will look like. Explain your prediction.</p>
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	<p>Coding is one way to help you develop algebraic reasoning.</p> <p>Use Scratch to code your own Flappy Game or Sports Game</p> <div></div>	<p>Questions for Reflection:</p> <p>Who would you suggest might be the target audience be for your game?</p> <p>What did you find enjoyable?</p> <p>What was challenging for you?</p> <p>How could you improve your game?</p>																					
	<h3>Health Bite Day 4</h3> <p>Help your family become informed about healthy eating by finding some family friendly healthy recipes by clicking here Canada's Food Guide Recipes</p> <p>Make a list of 5 new healthy recipe options to add to your family meal plan. Help out your parents, by writing out a grocery list</p> <p>Offer to help prep the meal or do the cooking - with parent supervision of course!</p>	<p>DSBN's very own Mr. Beneteau has created over 55 equipment free workouts that you and your family can use to get active and stay fit! Each day this week, try a new workout to see what you like!</p> <p>Click here to get started BeneFit</p> 