

Celebrating Black Heritage

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

Asynchronous
Learning Tasks

Grade 4
Grade 5
Grade 6



That was then...

(Canadian History)

#Share Their Stories

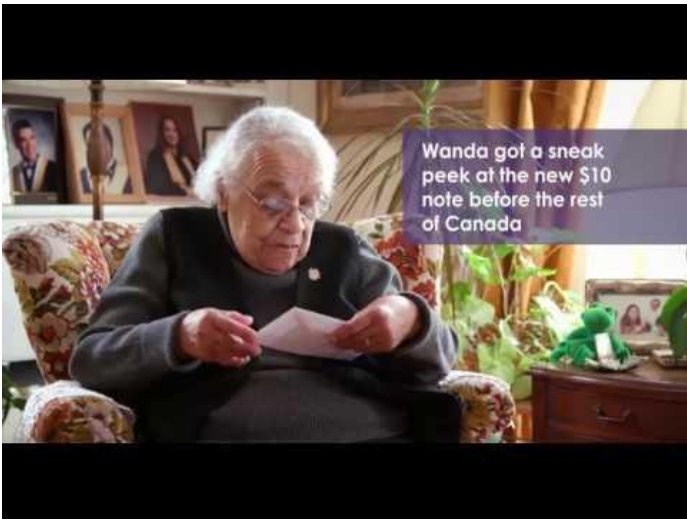
The goal of #ShareTheirStory is to change the way we talk about history in Canada by bringing the stories of historic Black entrepreneurs into the discussion.



Watch the video and read the article on Viola Desmond at [#ShareTheirStories](#).

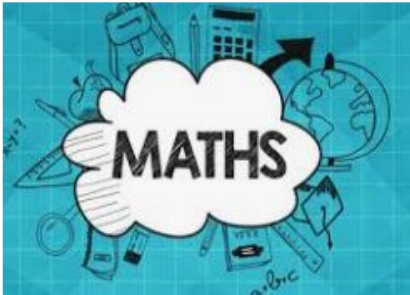
Create a mind map using this [template](#). You can also use these same ideas to draw your own on paper.

This is now...
(In the News)
Get a closer look and learn more about this important Canadian note by clicking on the image below.



Complete a 5-10 minute **Quick Write** reflecting on why Viola Desmond was a powerful symbol and a good choice to be on the new \$10 bill.

A **Quick Write** is a first draft response. Write anything that comes to mind in response to viewing the video.



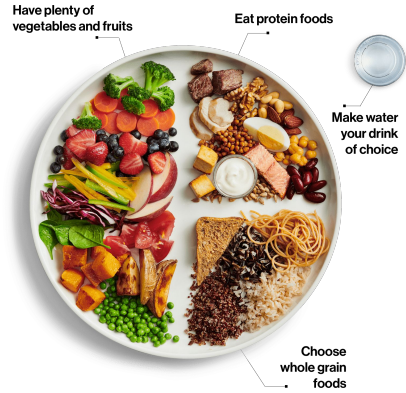
What does the graphing story look like?

Watch the video and create a graph that compares the weight of the stack of cups 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](#).



Health Bite Day 1

In order to have energy to exercise and feel good, we have to consider what we are eating.

Record what you eat throughout the day so you can look at your choices and determine and organize by the different food groups. You can record in a journal, draw a plate or make a chart. (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](#)

YGym

This week we will use YGym to help meet our need for daily physical activity! "YGym is instructed by YMCA Certified fitness instructors and features content based on YMCA Canada's Health and Fitness Activity Guidelines." Click here [YGym](#) to choose your workout!



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Watch the video and read the article on Elijah J. McCoy at [#ShareTheirStories](#).



The Real McCoy is an idiom and metaphor used to mean "the real thing" or "the genuine article". What other idioms can you think of?

Check out this [list](#) of other idioms. Choose an idiom and write it at the top of a piece of paper. Divide the part in half and draw the literal meaning on one side (what it sounds like it means) and the figurative meaning on the other side (what it really means).

This is now...
(In the News)

Devils Star P.K. Subban Creates Blueprint for Promoting the NHL

P.K. Subban is a Black Canadian hockey player and Olympic gold medallist. Read about how he is connecting with fans in this Sports Illustrated Kids article: <https://www.sikids.com/kid-reporter/pk-subban-offseason-interview>



There are many notable Black Canadian athletes today and from the past.

Choose one to learn more about and design a player card to showcase some of their most significant achievements.

Use this template as a guide: <https://docs.google.com/presentation/d/1wiuvgy1z4XABQRWtBtsRR0XyDFxLCVny/copy#slide=id.p1>

Learn about other African-American Pioneers of Science [here](#).



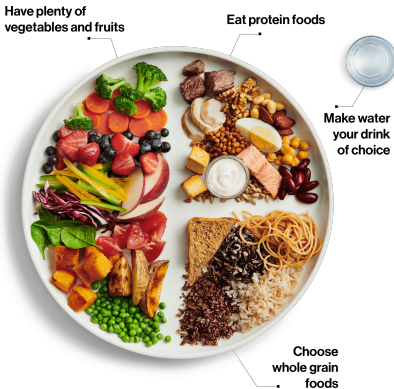
Watch the video below to learn more about the design process.



Create Your Own Invention!

1. How did you think of your invention? Did you begin by thinking about your daily life or the people around you?

2. What does the process of coming up with an invention teach you about how inventors come up with their innovations?



Health Bite Day 2

Yesterday we looked at the Canadian Food Guide and recorded what we are eating. Continue to do this again today.

Did you notice that fruits and vegetables should take up half your plate?

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 your favourite fruits and veggies on your recording pages. Also think about what fruits and veggies you would like to try.

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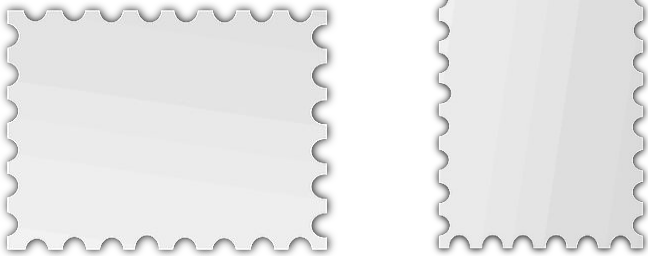
Each year, Canada Post creates collectible stamps for Black History Month. Check out some of these stamps [here](#). Select a stamp that you’d like to know more about and use the [Canadian Encyclopedia](#) to help you complete a short research paragraph to summarize some key points about what you learned.



Let Your Creativity Shine!

Design a postage stamp that could be included in Canada Post’s Canadian Black History Month collection. Think about events and/or people that you feel should be represented.

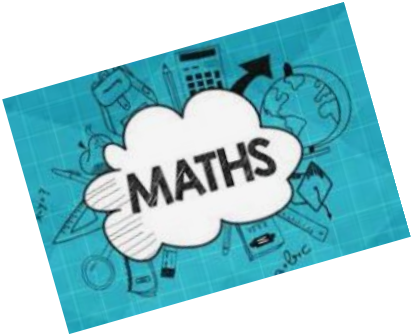
Use whichever medium you would prefer (e.g. sketch, painting, Google Drawings, etc.)



Artist Statement

Art that is impactful is done with skill, purpose and reflection. Complete an Artist Statement that includes the following:

- What?** What did you make? What did you use to make it?
- How?** How did you make this? What were the steps to create it?
- Why?** Why is this piece of art special? What does it tell your viewers?



Play “Dice Points”

- Roll 2 dice
- If one of the dice is half the other, score 2 points.
- If one of the dice is one third of the other, score 3 points.
- If one of the dice is one fourth of the other, score 4 points.
- If one of the dice is one fifth of the other, score 5 points.
- If one of the dice is one sixth of the other, score 6 points.

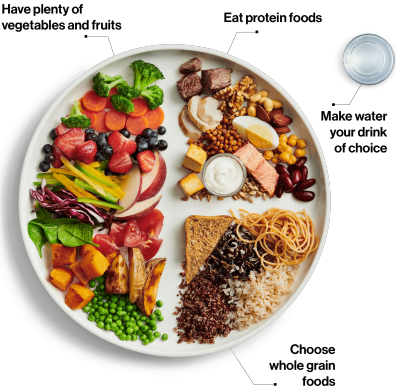
Object: Roll until you get to 30 points.

[Click here for virtual dice.](#)



Task: Play a few times. What was the least number of rolls it took? The most?

Reflection: What do you notice about how often your rolls got you points and how often you didn’t get any points? Why?



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. Watch this video. What happens to Janey in the video [What’s Up With Sugar?](#) when she eats too much sugar?

Now that you have watched the video think about when is it ok to consume sugary treats? Also if you are eating too much sugar, think about what changes you can make. *For example, I am going to drink water instead of soda. I have a chocolate bar in the afternoon and now I am going to have an apple or banana instead.* **Record these I am... statements in your journal or your drawing!**

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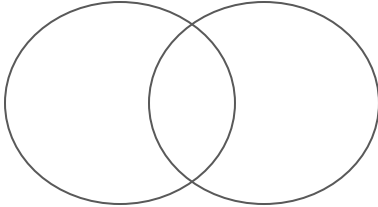


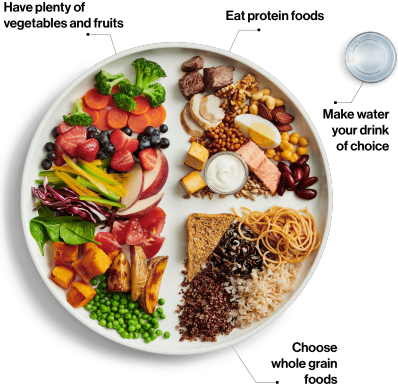
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	 <p>Click here to read the article.</p>	<p>Watch the video and read the article on Mary Ann Shadd at #ShareTheirStories.</p> 
	<p>Mary Ann Shadd, the first Black female publisher in North America used her newspaper, The Provincial Freeman, to advocate for equality. Learn more about impact of the printing press here.</p> 	<p>Create a Venn diagram comparing/contrasting a printing press with a computer.</p> <ul style="list-style-type: none">- What are some jobs that use computers today?- Are there any situations where a printing press would still be useful today? 
	<p>Canadian artist Michelle Theodore created this Google Doodle in celebration of Mary Ann Shadd’s 197th birthday. Learn more about it here.</p> 	<p>Create your own Google Doodle using Scratch with some help from CS First.</p> <ol style="list-style-type: none">1. Check out some of the project gallery for some student-created Google Doodles.2. Watch the introduction video.3. Open the Starter Project.4. Return to the CS First page to watch more videos to help you customize your logo.
	<p>Health Bite Day 4</p> <p>Share your food journal or drawing and what you’ve learned with your family!</p> <p>Then take a visit to the Food Network’s Healthy Recipes Kids Can Make and Best Healthy Recipes for Kids and Families with your family and think about what recipes you could make at home.</p> <p>Make a list of some healthy options to add to your family meal plans and get cooking with parent supervision of course!</p> <ol style="list-style-type: none">1. Vegetarian chili2. Rice and Bean Tacos with fresh tomato salsa <p>You get the idea!</p>	<p>YGym</p> <p>This week we will use YGym to help meet our need for daily physical activity! “YGym is instructed by YMCA Certified fitness instructors and features content based on YMCA Canada’s Health and Fitness Activity Guidelines.” Click here YGym to choose your workout!</p> 