APRIL 2020 QHSLS REMOTE LEARNING CALENDAR (FOR STUDENTS AND PARENTS, UPDATED 4/5/2020)

Spirit Week 2020, April 6-April 10: Email photos to Student Government at studentinfo@qhsls.org, or post on Instagram with #QHSLSPRIDE #QHSLSSPIRIT

Remote Learning, April 9-April 17: Teachers will post *one assignment* total each day for students to then submit by the block deadline. We encourage our students to complete these singular assignments daily. On April 15-16, we will also have two-days for Enrichment.

These singular assignments are creative: designed to be completed quickly but also open-ended enough that students may choose to spend more time on them if they'd like. Look to the calendar below to see which subject area teachers will post the assignment each day. We will also continue sending a daily check-in Google Form that all students should complete. In addition, two optional activities for students include the following:

- **"In This Together" Challenges** to restore wellness, learn life-skills, and to show gratitude to our communities. These will be sent to students in their emails and posted on the school website. Students can share photos documenting their participation in these challenges by emailing studentinfo@qhsls.org or post with #QHSLSinthistogether #QHSLSPRIDE

- **Journal Prompts** for self care and mental wellness. Journaling for 20 minutes each day has many research-proven benefits: it can provide clarity to your thoughts and feelings, can decrease stress, and helps activate all parts of the brain to solve problems more effectively. All prompts are from https://www.happierhuman.com/journaling-prompts-anxiety/

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5	6 Day 10: Lessons will be posted **All assignments from Days 6-10 DUE at 11:59PM** **Spirit Week Challenge: Character Day**	7 **Enrichment Day!** Complete mini-projects in visual arts, theater, computer applications, and CARA **March 30 Enrichment projects due 11:59PM** Grades for Days 6-10 finalized in Pupilpath **Spirit Week Challenge: Crazy Hair**	8 Day 11: Lessons will be posted **Spirit Week Challenge: Twinning Day**	9 Day 12: Chinese Lesson posted **Spirit Week Challenge: Throwback Thursday** **"In This Together" Challenge:** Follow Ms. Wright, a certified yoga teacher, in a meditation on gratitude and kindness **Journal Prompt #1:** Recall three positive things that happened to you in the past 24 hours and write them down. Be as detailed as possible. Recalling positive things that happened improves mood and motivation. Holiday: Passover	10 Day 13: ELA/ENL Lesson posted **Spirit Week Challenge: Fab Friday** **"In This Together" Challenge:** Learn how to write in cursive and thank our healthcare workers and first responders by creating a visual "thank you," and be ready to clap and cheer out your windows at 7PM! **Journal Prompt #2:** Think of the people who support you. Choose three of them. Then write a letter to each one detailing the ways they support you, telling them how much you appreciate them. You don't have to send the letters if you don't want to. Holiday: Good Friday	11

12	13	14	15	16	17	18
Holiday: Easter	**13** Day 14: Science Lesson posted **"In This Together" Challenge:** Learn to hand-sew and make your own mask, scrunchie, and fix that button or rip in your pocket, etc. **Journal Prompt:** What is it that you need to let go of? Write your reasons for holding on to it. Recognizing that we are hanging on to memories—especially painful ones—gives us the opportunity to finally let them go when we see how they are holding us back or causing our anxiety.	**14** Day 15: Math Lesson posted **"In This Together" Challenge:** Spring Cleaning/Marie Kondo Day: organize your clothes, books, toys, drawers **Journal Prompt:** Think back to a moment when you experienced failure. What lessons can you take from it? Failure is necessary. It is considered the greatest teacher we'll have in this life. Without it, we will be incapable of reaching for greater achievements.	**15** **Enrichment Day!** Complete mini-projects in visual arts, theater, computer applications, and CARA **Assignments for Days 11-15 Due 11:59PM** **"In This Together" Challenge:** Stay healthy and sweat to a work-out with Mr. Liang. **Journal Prompt:** List 10 things that make you smile. Recalling things that bring joy to us lifts our moods and changes our outlook.	**16** **Enrichment Day! (Continued)** **April 7 Enrichment projects due 11:59PM** **"In This Together" Challenge:** Feed your family of four with a meal that costs less than $10 at the grocery store. **Journal Prompt:** List down all of the things that you're worried about right now. Make the list as long as possible. Putting all your worries out into the open prevents them from occupying too much space in your head. Grades for Days 11-15 finalized in Skedula	**17** Day 16: Social Studies Lesson posted **"In This Together" Challenge:** Put a rainbow in your window, write "Everything will be okay" in language(s) of your choice, and be ready to clap and cheer out your windows at 7PM! **Journal Prompt:** Write two long-term goals. Brainstorm and write down your ideas for achieving them. Goal-setting can help overcome some symptoms and aspects of anxiety. Write down your plan of action as clearly as possible. Bonus: How do you feel after journaling?	18
19	**20** Day 17: Lessons will be posted	**21** Day 18: Lessons will be posted	**22** Day 19: Lessons will be posted	**23** Day 20: Lessons will be posted	**24** **April 15 Enrichment projects due 11:59PM** **Enrichment Day!** Complete mini-projects in visual arts, theater, computer applications, and CARA	25
26 **All assignments from Days 16-20 DUE at 11:59PM**	**27 (B)** Day 21: Lessons will be posted Grades for Days 16-20 finalized in Pupilpath	**28 (A)** Day 22: Lessons will be posted	**29 (B)** Day 23: Lessons will be posted	**30 (A)** Day 24: Lessons will be posted	**May 1** Day 25: Lessons will be posted **DECISION DAY FOR SENIORS (No assignments for 12th grade students; stay tuned for activities posted by our College Office and YLs)**	2 **All assignments from Days 21-25 DUE 5/3 at 11:59PM**

2020年4月QHSLS远程学习日历(学生和家庭版，4/5/2020更新)

春假 2020, 4月 6日-4月 10日: 把相片电邮至studentinfo@qhsls.org, 或发布在Instagram 上#QHSLSPRIDE #QHSLSSPIRIT

远程学习,4月 9日-4月 17日 : 老师们每天总共会发*一份作业*给学生，然后在截止日期前上交. 我们鼓励学生每天完成这些单项作业。4月15日至16日，我们还将有两天充实日。

这些独特的作业很有创意，:设计的目的是快速完成，但也有足够自由性。如果学生愿意，他们可以选择花更多的时间创作。查看下面的日历，看看每天哪些学科领域的老师会发布作业。 我们还将继续发送每日签到的Google 表格。所有学生都应该完成。此外，学生的两项可选活动包括:

- **"在一起"挑战**恢复健康，学习生活技能，并向我们的社区表示感谢。这些挑战内容将通过电子邮件发送给学生，并发布在学校网站上。学生们可以记录他们参与这些挑战的照片，并通过邮件发给studentinfo@qhsls.org，或发布于#QHSLSinthistogether #QHSLSPRIDE
- **日记提示**自我保健和精神健康。有很多研究证明每天写20分钟的日记的**好处**: 它可以让你的想法和感觉更清晰，可以减少压力，帮助激活大脑的各个部分，更有效地解决问题。所有提示来自https://www.happierhuman.com/journaling-promps-anxiety/

周日	周一	周二	周三	周四	周五	周六
5	6 第10天: 课程将上传 **第6-10天的所有作业都要在晚上11:59交** 校园祭挑战: 角色日	7 **充实日!** 完成视觉艺术、戏剧、计算机应用和CARA的小型项目 **3月30日晚上11:59充实项目截止** 第6-10天的成绩Pupilpath最后确定 校园祭挑战:疯狂发型日	8 第11天: 课程将上传 校园祭挑战: 双胞日	9 第12天:中文课作业上传 校园祭挑战: 周四的复古 《在一起》的挑战: 跟随认证瑜伽老师Ms. Wright一起用感恩和善良的心来冥想 日记提示#1: 回忆过去24小时 内发生在你身上的三件正面的事情，并把它们写下来。尽可能详细。回忆正面的事情可以改善情绪和动力。 逾越节的节日	10 第13天: 英语课作业上传 校园祭挑战: 正装周五 "在一起"挑战: 学习如何用草书书写，以及通过视觉创造 "谢谢你" 来感谢我们的医疗工作者和急救人员，并准备好在晚上7点在你的窗前鼓掌和大声说出你的感谢! 日记提示#2: 想想那些支持你的人。从他们中选三个。然后给每个人写一封信，详细描述他们支持你的方式，告诉他们你有多感激他们。如果你不想寄，就不必寄出。 假期: 耶稣受难日	11

12 节日: 复活节	**13** 第14天:科学课作业上传 **"在一起"的挑战:** 学习手工缝制和制作自己的面具，束髮带，并缝纫按钮或被撕开的口袋，等等。 **日记提示:** 你需要放下的是什么? 写下你坚持的理由。当我们回想自己对过去的回忆—尤其是痛苦的记忆—看到它们是如何阻碍我们或引起我们的焦虑时，给了我们机会让它们最终消失。	**14** 第15天:数学课作业上传 **"在一起"的挑战：** 春季大扫除/近藤麻理惠日:整理你的衣服、书籍、玩具、抽屉 **日记提示:** 回想一下你经历失败的那一刻。你能从中学到什么? 失败是必要的。它被认为是我们此生遇到的最伟大的老师。没有它，我们就不可能取得更大的成就。	**15** **充实日!** 完成视觉艺术、戏剧、计算机应用和CARA的小型项目 **第11-15天的作业晚上11:59截止** **"在一起"挑战:** 保持健康，和Mr. Liang.一起运动。 **日记提示:** 列出10件让你微笑的事情。回忆那些带给我们快乐的事情可以提升我们的情绪，改变我们的观点。	**16** **充实日!** **(继续)** **4月7日充实日项目到晚上11:59截止** **"在一起"挑战:** 在杂货店用不到10美元的一顿饭来养活你的一家四口。 **日记提示:** 列出所有你现在担心的事情。清单越长越好。把你所有的烦恼都说出来，可以防止它们占据你大脑太多的空间。 第11-15天的成绩在Skedula最后确定	**17** 第15天:社会学课作业上传 **"在一起"挑战:** 在你的窗户上画一道彩虹，用你选择的语言写下"一切都会好起来的"，准备好在晚上7点在你的窗户鼓掌欢呼! **日记提示:** 写下两个长期目标。集思广益，写下你实现目标的想法。设定目标可以帮助克服一些症状和焦虑。尽可能清楚地写下你的行动计划。 额外收获:写完日记后你感觉如何?	**18**
19	**20** 第17天: 课程将上传	**21** 第18天: 课程将上传	**22** 第19天: 课程将上传	**23** 第20天: 课程将上传	**24** **4月15日充实日项目到晚上11:59截止** **充实日!** 完成视觉艺术、戏剧、计算机应用和CARA的小型项目	**25**
26 **所有从第16-20天的作业必须在晚上11:59完成**	**27 (B)** 第21天: 课程将上传 第16-20天的成绩Pupilpath最后确定	**28 (A)** 第22天: 课程将上传	**29 (B)** 第23天: 课程将上传	**30 (A)** 第24天: 课程将上传	**May 1** 第25天: 课程将上传 **毕业生的决定日(12年级学生没有作业;敬请留意大学办公室及YL 公布的活动)**	**2** **所有从第21-25天的作业必须在5月3日晚上11:59完成**