

Hey EES Family,

What a strange time for all of us. Obviously as you all know we are not able to go to our school right now. In order to make sure you are still feeling CONNECTED and VALUED as members of the Essex community we are trying to give you some additional recourses to stay healthy and active during this time. Attached you will find some fun activities that you may choose to do to help stay informed and keep moving! I will also be making myself available via email at Marcheg@mersd.org and by phone as necessary. I would be happy to help anyone find new ideas to stay healthy during these times. Also below you will find some helpful and informative links and references for the attached pages. If you do choose to do any of these activities, please let me know which you enjoyed the most or what you would like to see in the coming weeks to make this the best experience possible. Thank you!

Be Well,
-Mr. Marche

Links for work below:

https://youtu.be/_hU0bTPeiM4

Additional Links:

www.nfl.com/play60

<https://kidactivities.net/games-for-small-groups-of-kids/>

Ideas for prediction worksheet:

Total #

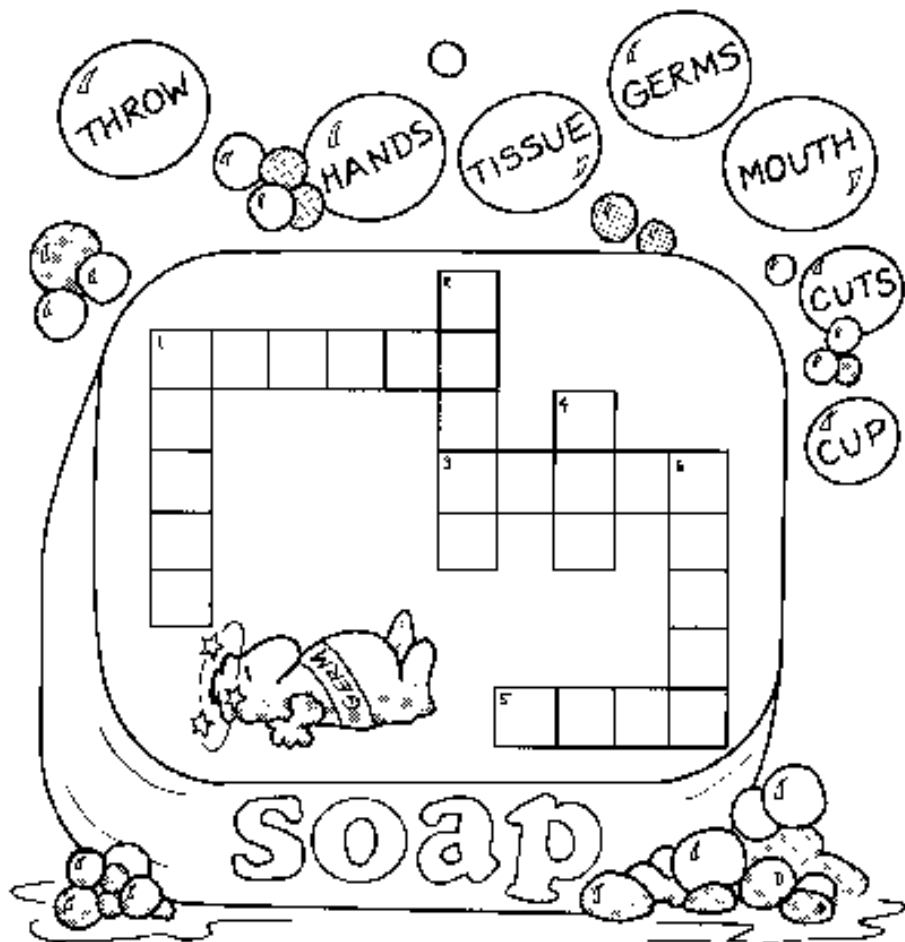
- push up
- sit ups
- burpees
- squats
- jumping jacks
- frog jumps
- lunges

Timed

- Superman (on belly hands and feet lift off the ground)
- wall sit
- high plank
- low plank

Clean Up the Germs

Use the words in the bubbles to complete this puzzle.



ACROSS

- When I sneeze, I reach for a _____.
- When I cough, I cover my _____.
- I put a bandage on my _____.

DOWN

- When my bubble gum falls on the floor, I _____ it away.
- Many illnesses are caused by _____.
- I drink from my own _____.
- I wash my _____ before I eat.



Name _____



Explore Activity

Why is exercise important?

Write the names of exercises you can do.
Predict how many times you can do each
exercise in one minute.
Record your results.

Exercise	Prediction	Results



Notes for Home Your child learned about the importance of daily exercise.

Home Activity: Participate in a family activity such as riding bikes or taking a walk together.

(ISC)[™] Safe and Secure Online[®] GAMING

Kids can play games on any device, anywhere, at any time. Nearly every game today comes with some online functionality whether its in-game chat or micro-transactions for in-game currency.



Talk about expectations and set rules for time limits and allowed games.

Encourage keeping chat conversations relevant to the game.

Discuss options for setting up private chats with friends using tools like Google Hangouts or Skype instead of using the in-game chat feature.

Implement restrictions in the app store to prevent younger kids from downloading apps above a certain rating and set passwords to prevent accidental in-game purchases.

Communicate and ensure your children understand what information is personal and that it does not belong in-game or online at any time.



Become familiar with the ESRB rating system and follow it.



To see how your kids games are rated, visit www.esrb.org/ratings/ratings_guide.aspx

SafeAndSecureOnline.org



CENTER FOR
CYBER SAFETY
AND EDUCATION

SafeAndSecure@isc2.org

BROTHERS AT BAT

Written by Audrey Vernick, Illustrated by Steven Salerno

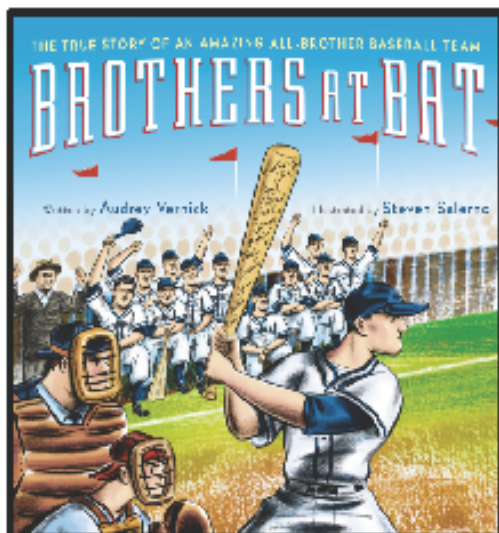
BOOK SUMMARY

The Acerra family had sixteen children, including twelve ball-playing boys. It was the 1930s and many families had lots of kids, but only one had enough to field a baseball team . . . with three on the bench! The Acerras were the longest playing all-brother team in baseball history. They loved the game, but more important, they cared for and supported each other and stayed together as a team. Nothing life threw their way could stop them. Full of action, drama, and excitement, this never-

before-told true story is vividly brought to life by Audrey Vernick's expert storytelling and Steven Salerno's stunning vintage-style art.

PRE-READING PROMPTS

- What kinds of games do you like to play with your family? Which sportsmanship rules does your family follow?
- What is your favorite sport? Who are some of the most famous athletes who play this sport?
- Look at the photo on the Author's and Artist's Notes page. What kind of team is this? Where was this photo taken? Is this a recent photo or one from many years ago? How do you know?
- Find New Jersey, New York, Connecticut, the Atlantic Ocean, and Europe on a map. As you read the story, place stickers on the map to keep track of the places the Acerra brothers go.



"Brothers at Bat is a story any baseball fan will enjoy and one that we all should know."
~ Hall of Famer Cal Ripken, Jr.

DISCUSSION QUESTIONS

- Which season was the Acerra brothers' favorite? Why?
- Why didn't the Acerra sisters play baseball?
- Which characteristics made Anthony, Charlie, and Jimmy unique in their family? Which characteristics would your family say make *you* unique?
- How did Alfred get the courage to play baseball again?
- When six of the Acerra brothers were in Europe during the war, what did they miss most about home? What would you miss most?
- Why were the Acerra brothers honored by the Baseball Hall of Fame?

- How did the Acerra family react when their bus broke down on the way home from the Baseball Hall of Fame? How does this reflect their family values?

POST-READING ACTIVITIES

- Look at the illustration on page twenty-six of one of the Acerra brothers in uniform holding a letter. What do you think the letter says? Do you think it came from home, or is it a letter that he wrote to someone? Write the letter that you think he is holding. Compare your version to those written by other classmates.
- On page thirty-six, read about the items that Jimmy's son donated to the Baseball Hall of Fame. Create your own museum display of items to honor your favorite athlete or hero.

