

Dear BHS Students,

We wanted to communicate some activities you could do **this week** to keep your mind sharp and to continue learning. We want to emphasize that **none of this work is required or linked to a specific class, nor will it be graded.** These are suggestions for you to structure your time and include academic engagement each day as an essential component.

Early next week, we will be back in touch with more grade specific, department specific, activities and enrichment that will carry us through to April 6, when we hope to return to school.

As you likely know, there are agreements to negotiate between the district and our unions and we are doing what we can, individually and collectively, to address potential inequities within such a complex and still ambiguous scenario. In the meantime, BHS educators continue to take inspiration from wanting to connect with and support you, our students.

### **Daily Academic Expectations**

**Every day you should be reading for a total of 90 minutes and writing something.**

**1. Read! Spend an hour a day reading text, not only on screen.**

Keep a list of everything you read on your own (or listen to). Read in any language! Here are some ideas for reading material in [Japanese](#), [French](#), [Chinese](#), and [Spanish](#).

**2. Follow the News!** Spend 30 minutes a day reading or listening to the news. A lot is happening in the world. You might want to read about Tom Brady, international politics, science advances or the ongoing situation around the coronavirus, Here is the free [NYT page](#) that is regularly updated about COVID-19 information.

**3. Write! Keep a personal journal. Write a 1-2 page reflection every day in your journal.**

- ❖ What is on your mind?
- ❖ What did you do today?
- ❖ What is happening in the world around you?

Just write every day in any language or multiple languages. These could be important historical documents for the future, when people study this era in time.

### **Extensions**

**Do something to help the world at this time, or offer solutions for the next time around!**

**Be an activist:** Who is most challenged and impacted by COVID-19? Come up with a plan for what is needed now and in the future.

**Be inspired and create art!**

**Virtually visit art museums** around the world [here](#)

**Create something! Make something! Explore** the **Google Arts and Culture** page for a creative spark. Draw! Paint! Photograph! Sculpt! Compose! Sing! Play! Dance!

## **Wellness**

While you keep your social distance, **get outside and exercise**. Go for a run or walk. Practice mindfulness. More will come on this soon in the form of K-12 self-care resources for families.

I look forward to continuing to work with high school leaders and educators as we develop our high school plans for sharing learning resources with you, our BHS students.

Together we will do this, Warriors!

Go, team,

Mr. Meyer