



GEORGIA
CYBER ACADEMYSM

GCA ELEMENTARY SCHOOL
PARENT-STUDENT HANDBOOK

2011-2012

Updated 10/2011

GCA MISSION:

Our mission is to provide an exemplary individualized and engaging educational experience for all students by incorporating school and community/family partnerships coupled with a rigorous curriculum within a data-driven and student-centered instructional model. Student success will be measured by valid & reliable assessment data, parent and student satisfaction, and continued institutional growth within the academic community.

Dear Parents and Students,

Welcome to Georgia Cyber Academy's fifth school year. It's amazing that we're already a half-decade old. Each year we look at the progress we've made and how we can improve the next year. By having our students focus on the excellent K¹² curriculum as well as attend the Class Connect sessions taught by our highly qualified teachers, our students will be well prepared for a bright future.

For those of you returning to GCA, you will note some changes in policies and procedures. These have been detailed in this handbook. I ask you to read it carefully in order to reap all the benefits from your experience in our elementary school. Please know that this elementary handbook is a *supplement* to the GCA Parent Handbook and both should be read thoroughly so that all of the policies at GCA are understood.

Our talented teachers are your enthusiastic curriculum specialists. Their Class Connect sessions will focus on the Georgia state standards and will prepare the students for the online lessons, portfolio/writing assignments, and Study Island assignments and assessments. Students will not want to miss these sessions!

Please do not hesitate to contact me with any questions or concerns this year. You can k-mail me directly or attend my weekly open office time (posted to the GCA Calendar). Thank you and best wishes for a wonderful 2011-12 school year!

Kelly Morando

GCA Elementary Director

kmorando@gacyber.org

***Please note: You will receive a k-mail from your homeroom teacher regarding your receipt and understanding of this manual along with information specific to your grade level. After reading through these materials, please confirm (via a survey sent to you in k-mail) that you have read and understand the content of these materials.**

ELEMENTARY SCHOOL TEAMS

Elementary Director: Kelly Morando

Elementary Math Director: Ginny Baldwin

| | | | | |
|--|---|---|--|---|
| Kindergarten Lead: Rhonda Jumber | 1st Grade Lead: Carol Lynn Alton | 2nd Grade Lead: Lisa Levine | EIP Lead (gr. K-2): Leah Falls | 3rd Grade Lead: Brandy Kleeman |
| Angie Davis Brienne Honaker Ikwo Poindexter ^(K/1) Leslie Mulcahy ^(K/1) Lori Powell Pam Holden Sharida Johnson Teresa Hardin | Ammie McGinley Ann-Marie Henry Danyelle Lynch Elizabeth Noel Ikwo Poindexter ^(K/1) Katherine Kennedy Kim Pritchett Leslie Mulcahy ^(K/1) Tiffani Stallings | Aleksandra Berry Allison McDonald Carol Grout Jennifer Allen Jennifer Schneider Jessica Greear Kim Cone Lindy Newman | Kelli Swords Kelly Collins Cathryn Veal | Ginnie Stokes Janet Wheeler Jennifer McKinley Joanna Schornhorst Melissa Ballard Michelle Bodie Rachel Jenkins Tammy Childree Tiffany Abernathy |
| 4th Grade Lead: Jill Curtis | 5th Grade Lead: Mandy Latimer | AIM Lead (gr. 3-5): Brandi Parker | Special Education Lead: Holly Witcher | LIFE Lead: Heather Talton |
| Alison Young Carolyn Kingsley Elizabeth Rose Emily Robbins Heather Hall Kembe Sullivan Lisa Bennett Stacey Porter Tracey Sapp | April Jagger Collins Debi Jones Gillette Smith Jan Sparks Lauren Riley Machel Shaw Mary Stahnke Stacie Tanner | Carmela Merced Dru Maxwell Erin Kinard Jennifer Siczko Joy Peterson Lorri Parker Maria Waters Michelle Blackwell | Angela Walsh Becky Peterson Denise Roberts Edith Abernathy Hillary Roebuck Jessica Johnson Julianne Martin Kierstn Hollifield Laura Peavy Stacie Alcantara Wendy Brown | Judy Niconovich Kelli Clayborn Laurie Walker Misty Dailey Rebecca Arant |

Elementary School Instructional Model

The Georgia Cyber Academy Elementary School uses a combination of textbooks, Study Island, Class Connect sessions, and the Online School (OLS). GCA teachers will provide direct instruction of the Georgia Performance Standards via Class Connect sessions throughout the school year. In addition to the Class Connect teaching sessions, the students will complete work in their K¹² textbooks, in the OLS, and on Study Island assignments. The OLS portion of the course combined with direct teacher instruction is designed to elicit evidence of your student's mandated mastery of the Georgia Performance Standards.

Elementary Teams

The elementary school will be divided into individual grade level specific teams. Each team will be led by a lead teacher and grade level chairperson. Homerooms may be differentiated based on student needs. Some homerooms will be largely composed of students who are able to move at a faster pace and have demonstrated high level skill acquisitions on the CRCTs and other assessments. Other homerooms will be focused on students who need a greater degree of support and therefore will be in smaller groupings with teachers who are trained intervention specialists. Homeroom sizes will average around 65 students but may range from 35 to 70.

Class Connect

Students in grades K – 5 will have many opportunities to attend online sessions taught by our fabulous GCA teachers. These sessions will begin the week of August 22nd and they will show up on your student's OLS daily/weekly plan. It is required that all students in grades K-5 have their own individual student login for the OLS so that their names (and not that of their learning coach) will appear in the Class Connect sessions once they log in. Students will have the opportunity to attend these sessions by grade level each week:

Kindergarten: 1 story time (reading focus) & 1 calendar time (math focus)

1st Grade: 1 reading & 1 math

2nd Grade: 2 reading & 2 math

3rd Grade: 3 math, 3 reading, 3 ELA, 2 Science or Social Studies

4th Grade: 3 math, 3 reading/ELA, 2 Science or Social Studies

5th Grade: 3 math, 3 reading/ELA, 2 Science or Social Studies

Portfolio/Writing Assignments

All elementary school students will submit portfolios (grades K/1) or writing assignments (grades 2-5) throughout the year. This portfolio/writing assignment may be an additional assignment to those in the OLS but some K¹² lessons can be substituted when the student completes one of these assignments. Completion of these assignments is required. How the assignments can be submitted will be at the discretion of the homeroom teacher but ALL assignments must be handwritten (unless otherwise noted in an IEP/504 Plan). Here are the portfolio/writing assignment deadlines for students:

- **Grades K - 2:** October 21, December 16, March 23
- **Grade 3:** September 23, October 21, December 16, February 24
- **Grade 4:** October 21, December 16, March 23
- **Grade 5:** October 21, December 16, February 24

Students in grades 3 – 5 will earn an actual percentage grade on their writing assignments (those submitted beginning in October). Writing assignments that are received after the deadline will have 10 points deducted from the paper and assignments for grades 4 & 5 that are received 3 weeks or more after the deadline will receive a zero on the paper. Students will receive a number grade on their paper, which will count towards their ELA report card grade.

Here is a break-down of the grading scale for grade 3:

- 54 points = 100%
- 44-53 points = 95%
- 36-43 points = 85%
- 19-35 points = 75%
- 18 points and below = 70%

Here is a break-down of the grading scale for grades 4 & 5:

- 25 points = 100%
- 21 – 24 points = 95%
- 17 – 20 points = 85%
- 10 – 16 points = 75%
- 9 points and below = 70%

For Grades 3, 4, and 5, the writing assignment prompt will be given during a specified Class Connect session. Here are the dates as to when these sessions will be held:

- **Grade 3:** September 14, October 12, December 8, February 15
- **Grade 4:** October 12, December 8, March 14
- **Grade 5:** October 12, December 8, February 15

All teachers will respond to submitted portfolios by using a rubric and checklist. Teachers will have deadlines to respond to portfolios that were submitted by the deadline. Here are those deadlines:

- **Grades K – 2:** October 31, January 8, April 2
- **Grade 3:** September 30, October 31, January 8, March 5
- **Grade 4:** October 31, January 8, April 2
- **Grade 5:** October 31, January 8, April 2

Study Island Assignments

Georgia Cyber Academy has purchased the online program, Study Island, which is a great resource for preparing our students for state testing, reinforcing skills in math, reading, ELA, Science, and Social Studies, and is a way for you to allow students independent practice. Students in grades K-5 are required to complete 100% of all assigned content areas in Study Island. Study Island will be used as a portion of each student's grade on their report card. You might use the program as a warm up or an activity at the end of each day. GCA recommends spending at least 20 minutes per day in Study Island. This model encourages consistent and steady use of Study Island in all subject areas which is a critical component in preparing for the CRCT. In order for students to earn a blue ribbon, indicating mastery, they must attempt to answer at least 10 questions on the pre-test and content lessons and 20 questions on the post-test. If a blue ribbon is not earned on the lessons, the student will need to review

that lesson and take the blue ribbon assessment again. By mid-year, all students should earn 50% of the blue ribbons in each subject area and by the end of the year all students should earn 100% of blue ribbons in each subject area.

Beginning in October, students in grades 3-5 will be given monthly Study Island custom assessments in the areas of math and reading. These assessments will only count as a participation grade for the mid-year and end of year report cards so as long as your student tries his/her best, that is what counts. These assessments will assist the 3rd – 5th grade teachers in determining any additional goals to include on your student's Individual Learning Plan. Your student can only take each assessment one time so it's important for you to tell them to try their best. Each assessment will have 20-30 questions. Students can pause the assessment and come back to it later if they need to take any breaks. Typically the math assessment will be assigned the first week of each month and the reading assessment will be assigned the second week of each month. Students will always have until the last Friday of the month to complete both assessments. If one or both of the assessments are not completed, it will count as a 0% for participation on the report card.

What should you do if your child does not do well on an assessment?

- Don't panic! Remember, as long as your student completes it, s/he will get full credit for it as a participation grade.
- Review the standards that your student missed on Study Island, the OLS, Coach Connected, and Class Connect sessions.

Coach Connected

Teachers in grades 3-5 will be using this program as an additional online assessment tool when working with students. This program is designed to help students prepare for the CRCT. The program is aligned with the Georgia Standards and is designed to integrate basic and critical thinking skills.

Criterion Writing

Teachers in grades 4 and 5 will be using this program as an additional online assessment tool when working with students in the area of writing. Some assignments will be required as part of their writing assignments throughout the school year. This program is designed to help students prepare for the Grade 5 writing assessment.

OAS (Online Assessment System)

The Georgia State Department of Education has developed an online assessment system (OAS) which contains practice tests. These tests are based on the skills and knowledge that will be tested in April, and they are presented in the same format the students will see on the actual test. Teachers *may* assign assessments to further enhance gained mastery.

ILP (Individual Learning Plan)

Every GCA student will have an ILP written where goals will be set (unless the student already has an IEP). The homeroom teacher will work with the learning coach to write the ILP and set individual learning goals for the student. Test data and pertinent information will be shared and discussed in order to set appropriate individual goals. This ILP will be updated during every conference with the homeroom teacher.

Homeroom Time/Open Office

Teachers will have a homeroom time weekly where students will be recognized, parents can attend to ask questions, and students can attend to ask for help. There will also be a weekly open office time held with the Elementary Director, Kelly Morando, and other elementary administrators every Friday from 1:00-2:00. Feel free to stop in if you have any questions or comments. The details for this are posted to the GCA Events Calendar.

Report Cards

Students in grades 1 – 5 will receive a report card twice a year—mid-year and at the end of the year. An online grade book will be utilized for grades 1-5 and both students and parents will have access to the grades as they are updated. For all grades and in each subject area on Study Island, 50% of the blue ribbons should be earned by mid-year and 100% of blue ribbons should be earned by the end of the school year.

Report cards for Kindergarten will focus on the GKIDS standards and will be shared with parents quarterly.

First graders will receive standards-based report cards based on the OLS progress, Study Island, DIBELS, and portfolios.

Reading/ELA

OLS=70%

SI blue ribbons=15%

Teacher Assessments (Conference/DIBELS data)=15%

***Writing Standards**

OLS=70%

Portfolio writing assessments=30%

Reading/ELA (EIP Homerooms only)

OLS=40%

SI blue ribbons=20%

Class Connect (live or recorded)=20%

Tutoring sessions=10%

Teacher Assessments (Conference/DIBELS data)=10%

Math

OLS=70%

SI blue ribbons=30%

Math (EIP Homerooms only)

OLS=60%

SI blue ribbons=20%

IXL=20%

Science

OLS=100%

Social Studies

OLS=100%

Grading Scale

Meets – 80% and above

Progressing – 50% and above

Needs Improvement – 49% and below

Second graders will also receive standards-based report cards based on the OLS progress, Study Island, DIBELS, and portfolios.

Reading

OLS=50%

SI blue ribbons=40%

Teacher Assessments (Conference/DIBELS data)=10%

Reading (EIP Homerooms only)

OLS=40%

SI blue ribbons=20%

Class Connect (live or recorded)=20%

Tutoring sessions=10%

Teacher Assessments (Conference/DIBELS data)=10%

ELA

OLS=50%

SI blue ribbons=30%

Writing portfolio=20%

Math

OLS=50%

SI blue ribbons=40%

Benchmarks=10% (conference assessments)

Math (EIP Homerooms only)

OLS=60%

SI blue ribbons=20%

IXL=20%

Science

OLS=100%

Social Studies

OLS=100%

Grading Scale

Meets – 80% and above

Progressing – 50% and above

Needs Improvement – 49% and below

Students in grades 3 – 5 will earn and be given letter grades by completing and participating in the various components of our curriculum. These grades will be compiled from OLS progress, Study Island, and writing assignments.

Reading

OLS (Literature)=50%

SI custom assessments=20%

SI blue ribbons=30%

ELA

OLS (Language Skills, Spelling)=50%

Writing Assignments=25%

SI blue ribbons=25%

Math

OLS=50%

SI custom assessments=20%

SI blue ribbons=30%

Science

OLS=50%

SI blue ribbons=50%

Social Studies

OLS=50%

SI blue ribbons=50%

Grading Scale for Reading, ELA, Math:

90-100=A

80-89=B

74-79=C

70-73=D

69 & below=F

Grading Scale for Science and Social Studies:

90-100=Exceeding

76-89=Satisfactory
70-75=Needs Improvement
69 & below=Unsatisfactory

Students in **AIM homerooms in grades 3 – 5** will also be graded on their participation in their required Class Connect sessions.

Reading (students required to attend CC sessions)

OLS (Literature)=50%
SI custom assessments=10%
SI blue ribbons=20%
Class Connect Attendance =20%

Reading

OLS (Literature)=50%
SI custom assessments=20%
SI blue ribbons=30%

ELA (grade 3)

OLS (Language Skills, Spelling)=40%
Writing Assignments=30%
SI custom assessments=20%
SI blue ribbons=10%

ELA (grades 4/5)

OLS (Language Skills, Spelling)=40%
Writing Assignments=25%
SI custom assessments=20%
SI blue ribbons=15%

Math (students required to attend CC sessions)

OLS=50%
SI custom assessments=10%
SI blue ribbons=20%
Class Connect Attendance 20%

Math

OLS=50%
SI custom assessments=20%
SI blue ribbons=30%

Science

OLS=50%
SI blue ribbons=50%

Social Studies

OLS=50%
SI blue ribbons=50%

Grading Scale for Reading, ELA, Math:

90-100=A
80-89=B
74-79=C
70-73=D
69 & below=F

Grading Scale for Science and Social Studies:

90-100=Exceeding
76-89=Satisfactory
70-75=Needs Improvement
69 & below=Unsatisfactory

Elementary Testing Requirements

As a public school, all GCA students are required to attend state required testing. Refusal to participate in the mandated state testing will result in a referral to the Student Family Support Team (see GCA Handbook).

- All students in Grades 3-8 will take the Georgia Criterion Referenced Competency Test (CRCT). Our testing period for the CRCTs is April 23 – May 3, 2012.
- All Kindergarten students will take part in the GKIDS Assessment (Georgia Kindergarten Inventory of Developing Skills). Teachers will collect data for this year-long assessment through Class Connect sessions, conferences, and portfolios.
- Students in grades K-2 will be given a DIBELS Reading Assessment two – three times a year.
- SCANTRON assessments will be given to grades 2-5. Students will take the performance series assessment in the fall and spring. Some other students in grades 2-5 may be required to take an additional Scantron assessment in January.
- The third grade students will be scored on their writing assignments for the Georgia Third Grade Writing Assessment. Scoring will take place between March 19 and March 30, 2012. If all four writing portfolios are not submitted prior to March 16th, it will result in an incomplete writing assessment score from the state.
- The fifth grade students will take the 5th Grade Writing Assessment on March 7, 2012.

*Teachers will offer Class Connect sessions throughout the year to help prepare students for these assessments.

Test Preparation

GCA students will have access to various Internet-based resources to prepare for state mandated testing.

Some include: *Georgia Department of Education:* <http://public.doe.k12.ga.us/>
Study Island: <http://www.studyisland.com/>

Student/Parent/Teacher Communication

Communication is vital in our virtual learning environment. Learning coaches and teachers must keep an open line of communication for optimal student success. Remember that your teacher is your **FIRST** point of contact! Keep your teacher informed of any concerns or questions you may have. It is *your* responsibility to inform your teacher if: you need to reschedule a conference, your address or phone number change, or you choose to withdraw from GCA.

K-mail is our first and most effective form of communication. Teachers will also host weekly open office/homeroom time via their online classroom. It will be beneficial for you and/or your student to attend the open office/homeroom time if you have questions. Teachers are also available by phone. Office hours for all teachers are from 8:00-4:00, Monday-Friday and all k-mail and phone messages will be returned within 24 business hours. All scheduled learning coach/student conferences are mandatory and will be held in the teacher's online classroom. Conferences cannot be held outside of teacher work hours. The number of required conferences will be based on the individual needs of the student. If you and your child miss the first scheduled conference as well as the rescheduled conference, then your homeroom teacher will record the second scheduled conference and send you the recorded link. If any assessments were to be given during the missed conference, your child will receive a zero for those.

Elementary Courses

Students who complete their Math and/or Language Arts course early can receive the next grade level course once the teacher assesses the student. Students may not work more than two grade levels above in these subject areas.

Students can no longer receive above grade level courses in Science and History/Social Studies. The data has shown that often students who work above grade level in Science and History/Social Studies aren't learning the standards that are necessary and are not doing well on the CRCT assessments. What to do when the student finishes Science or History/Social Studies early?

- Make sure your child completes all of the optional lessons.
- Make sure your child completes all of the science labs.
- EXPAND on what they have learned or what they love!

GCA Course Sequence

| | MATH | LANGUAGE ARTS/ LANGUAGE SKILLS | LITERATURE | PHONICS/ SPELLING | SCIENCE | HISTORY |
|----------|------------------|---|-------------------|------------------------------|------------------|---------------------|
| K | Math+ K (Blue) | Language Arts K | | Phonics K | Science K | History K & SS K |
| 1 | Math+ 1 (Green) | Language Arts 1 | | Phonics 1 | Science 1 | History 1 & SS 1 |
| 2 | Math+ 2 (Orange) | Language Arts 2 | | | Science 2 | History 2 & SS 2 |
| 3 | Math+ 3 (Purple) | Language Skills 3 | Literature 3 | Spelling 3 | Science 3 | History 3 & SS 3 |
| 4 | Math+ 4 (Red) | Language Skills 4 | Literature 4 | Spelling 4 | Science 4 | History 4 & SS 4 |
| 5 | Math+ 5 (Yellow) | Language Skills 5 | Literature 5 | Spelling 5 | Science 5 | GA Social Studies 5 |
| 6 | GA Math 6 | Language Skills 6 | Literature 6 | | Earth Science | GA Social Studies 6 |
| 7 | GA Math 7 | Language Skills 7 | Literature 7 | | Life Science | GA Social Studies 7 |
| 8 | GA Math 8 | Literary Analysis & Composition | | | Physical Science | GA Social Studies 8 |

Additional Courses:

Remedial Reading (grades 2 - 5 only):

- MARK¹² Level I
- MARK¹² Level II
- MARK¹² Level III

Advanced Science Courses (grades 6-8 only):

- Advanced Earth Science (gr. 6)
- Advanced Life Science (gr. 7)
- Advanced Physical Science (gr. 8)

*Physical Education, Health, Study Island, & Supplemental Activities should be listed for ALL students in grades K-8 on their OLS Attendance page.

*Strategies for Success course is only for grades 2-8.

Elementary History/Social Studies & Science Requirements

Students in **grades K-2** are expected to complete 100% of the OLS History and Science Curriculum.

All students in grades K – 2 also have an additional Social Studies course which is required for completion.

Students in **grades 3 & 4** will only be required to complete a portion of the OLS **History** lessons due to the correlating Georgia Performance Standards. All students in grades 3 & 4 also have an additional Social Studies course which is required for completion.

Students in **grades 3 - 5** will only be required to complete a portion of the OLS **Science** lessons due to the correlating Georgia Performance Standards. Some of the required units may not correlate to the Georgia Performance Standards in that grade level, but it does correlate to the standards for the next grade level.

Please follow the information below to help your student complete the required lessons.

It is important that 3rd-5th grade students attend ALL History/Social Studies and Science Class Connect sessions for their grade level. Please speak with your teacher if you have questions regarding this requirement.

| Grade level | Required History/SS Units | Required Science Units |
|-------------|---------------------------|----------------------------|
| 3rd | Units 1, 2, 11, 12, & 13 | Units 1, 2, 3, 9, 10, & 11 |
| 4th | Units 1, 2, 3, 6, & 9 | Units 1, 2, 3, 6, 7 & 9 |
| 5th | ALL units are required. | Units 2, 5, 6, & 7 |

FAQ's

What if I am having trouble with my login?

K¹² customer service is the best ones to call to help you with that. 1-866-512-2273

Do I need to have a student account set up for my child?

Students in EVERY grade are required to have their own student login. The reason for students needing their own OLS login is so that when they sign into their Class Connect sessions, their name appears in the online classroom and not the learning coach's name. The student log in will not have answer keys or teacher guides. Each student should have their own account that they actively use each day.

How do I create a student account for my child?

At the top of your OLS pages is a **My Account** menu that lets you manage your account information and the account information for each of your students. You can also check your orders and shipments from this menu. If you haven't set up your student's account yet, choose your student's name from the **My Account** menu and enter a user name and password. Once you save this information, your student can log in to their own OLS account.

What should I do when I have a question?

Contact your teacher via k-mail or by phone. It may be easier to k-mail your teacher so that s/he can read over what the issue is and take the time to help find the answer if needed. Office hours are from 8am to 4pm Monday through Friday.

Is Study Island required?

Yes, completion of all assigned content areas in Study Island is now required for all students in grades K-5. This data will be used as part of a student's grade on his/her report card.

I hear so much about the OLS, GPS, SI, ILP, and OAS what are these?

OLS: Online school- this is where you go to get your daily lessons and k-mail.

GPS: Georgia Performance standards- the standards that Georgia requires all students to master.

SI: Study island- where you will have some assignments posted by your teachers and a good place to practice for CRCTs.

ILP: Individual Learning Plan—Your teacher will work with you during your first quarterly conference to set goals for your student.

OAS: Online assessment system-Another tool used to practice for CRCT's. (This is not used as much as Study Island.)

Where do I begin?

Use the checklist in this handbook to get you started. This is a great way to start the school year and make sure you are on track. And do not panic if you get a little behind, there are 180 days in the school year; you have plenty of time.

There is so much to do. Do I really need to read everything my teacher sends me?

YES, YES, and YES!!!! Your teacher will send out pertinent information and it is very important that you open and read each k-mail. K-mails are the teacher's primary communication tool with his/her classroom.

Can we write in the student guides or will we have to return those materials?

Yes, you may write in the student guides, teacher guides, and most other workbook type books. Please do not write in textbooks or story books.

Where are the PE and Health lessons?

These are not provided by K¹².

Health ideas: visit web sites, get books from the library, visits to the doctor/dentist can count as health attendance, use a separate curriculum if you have one available, review the Health area on Study Island.

PE ideas: Please incorporate Structured, Organized, and Supervised activities into your child's weekly schedule.

These can be sports activities, dance class, taking a bike ride or hike together, or even doing exercise videos.

There is an additional list of suggestions at the end of this handbook.

***Please make sure you complete exactly (no more, no less) than the required hours--60 PE and 30 health—by May 25th.**

What is supplemental time?

Any educational experiences you have outside of our curriculum. For example, your student may take piano lessons or play educational games. Those can count as supplemental time. You may not enter more than 12 hours per week of supplemental time.

Back to School Checklist

Today's preparation determines tomorrow's success.

WEEK 1

- Did you create a student account for every student of yours in grades K – 5?
- Have you started checking your k-mail daily?
- Have you begun working on the Introduction to Online Learning Course? (new families)
- Have you begun working on the Welcome Back to Online Learning Course? (returning families)
- Have you carefully read the k-mail regarding the Scantron Performance Testing (gr. 2-5)?
- Has your student (grades 2 -5) completed the Scantron Performance assessments in Math & Reading?
- Have you watched the recordings of the school-wide assembly and the elementary assembly?
- Have you attended your homeroom teacher's orientation or watched the recording?
- Have you planned on attending a Meet n' Greet event in your region (August only)?
- Have you read over this Elementary Handbook?
- Have you read over the GCA School Handbook?
- Have you completed the survey from your homeroom teacher that you read both the Elementary Handbook and the GCA School handbook?

WEEK 2 AND BEYOND

- Have you created a Login sheet to store all of your various school-related logins?
- Has your student begun working in the OLS daily?
- Has your child begun working on Study Island?
- Do you have the portfolio/writing assignment important dates marked in your calendar?
- Are you still checking k-mail daily?

My login information and passwords for Georgia Cyber Academy 2011-12

Learning Coach OLS login:

ID: _____ Password: _____

Student OLS login:

ID: _____ Password: _____

Study island login:

ID: _____ Password: _____

Online Gradebook login:

ID: _____ Password: _____

Scantron Log in:

Site Number: 74-9469-4032 (must use hyphens) ID: _____

My GCA Student ID #: _____

Homeroom Teacher's Name and Information:

Teacher's Name: _____

Phone Number: _____

Fax Number: _____

Address: _____

Additional log in and password information:

| Website | Login ID | Password |
|---------|----------|----------|
| | | |
| | | |
| | | |

Health/PE Resources

Below is a list that GCA teachers have put together that is filled with Health and PE resources. GCA students are required to complete 30 hours (maximum) of Health and 60 hours (maximum) of PE during the school year. GCA and K12 do not provide a Health or PE curriculum so that is why the teachers have put this together for families. Please know that these are just *suggested* web sites, books and videos and that you can use any of your own Health/PE resources you have or find.

Health Websites

Learn To Be Healthy

<http://www.learntobehealthy.org/kids>

This website offers great health related games and information on topics such as nutrition, adolescence and the five senses. You will also have access to many other health related resources such as recipes and health tips directly from this site. Students will need to register and have an email account in order to login.

Children's Health Education Center (CHEC)

<http://www.bluekids.org/teensandkids/index.asp>

This website offers tweens and teens the opportunity to learn about health and life long skills in an interactive way. Students can play games on decision- making, cause and effect, as well as learn about exciting opportunities like CPR and babysitting certification.

Kids Health for Kids

<http://www.kidshealth.org/kid>

This website allows students to explore ways to keep their bodies, minds, and insect bites clean and healthy! Students can research recipes, ways to deal with feelings and even how to prevent mosquito bites. There are exciting games as well as a kid friendly medical terminology glossary. Also available in Espanol!

U.S. Department of Health & Human Services

<http://www.hhs.gov/kids/>

This website offers a myriad of information on topics as "Scruff McGruff" stories, nutrition coloring pages, links for girls, vaccinations, and puzzle and riddles. Also available En Espanol!

Children, Youth, and Women's Health Services

<http://www.cyh.com/SubDefault.aspx?p=255>

This website has a wealth of health and practical information for everyone in the family. You'll find great recipes, kid friendly solution to common problems and concerns as well as great interactive games.

Children's Hospital of Philadelphia children's website

<http://kidshealthgalaxy.com/>

Take a tour of a children's hospital and meet the staff. Children can explore the many floors of the hospital as well as learn the terminology used. You can even sneak into a doctors bag of tools and supplies. This great website is very interactive and fun!

National Institute of Environmental Health Sciences

<http://kids.niehs.nih.gov/games.htm#game>

The NIEHS has developed this site to help kids make the connection between the environment and their health. The Read all about it! page covers lots of information on environmental health, and the rest of the site brings together jokes and riddles, games and activities, art and word puzzles, and even a section on rewarding careers in the environmental health sciences. This page is more for fun and reinforcement than introduction of new material.

National Mental Health Information Center

<http://mentalhealth.samhsa.gov/kidsarea/>

Are you happy, sad, or scared? What do you do about it? Check out this great mental health site for kids! The kids can play games as well as research various moods, feelings and disorders.

Colgate Kid's World

<http://www.colgate.com/app/Kids-World/US/HomePage.cvsp>

Do you want to save your children's teeth from the plague monster? Take them to this outstanding site to learn about healthy, pearly whites! You can play teeth related puzzle games as well as print a teeth- brushing chart.

Children's First For Health

<http://www.childrenfirst.nhs.uk/>

Has your child broken a bone? About to spend time in a doctor's office or hospital? Or have general questions about various conditions and procedures? This website will allow your child to read real stories written by children their age about their medical journeys! The stories are very kid and teen friendly. There are also health related games, contest, and a "doctor" that answers kids basic questions in funny yet informative ways!

The National Center for Environmental Health

<http://www.cdc.gov/nceh/kids/>

This site will help children understand what important jobs are done to keep the world safe and healthy! Students can learn what steps are taken in a natural disaster, how cruise ships and airplanes are made safe for vacations as well as learning about babies and children born with birth defects.

MEDtropolis

<http://www.medtropolis.com/kidshealth.asp>

Kids and teens alike have health, body, and medicine questions. This site will help you answer some of these questions through informative articles. Teens can get information about college, jobs, peer pressure, exercise, and even great recipes- like 15-minute salmon!

COMBINED: P.E./Health Sites

Dole 5 a Day

<http://www.dole5aday.com>

This is a great website to teach about nutrition. Students can create and print out fun, personalized recipes, learn the history of fruits and vegetables using the online fruit and veggie encyclopedia, and play nutrition games. This site also has a plethora of information for parents, including healthy recipes! K-5

All Systems Are Go!

<http://www.sciencenetlinks.com/interactives/systems.html>

Arnold is missing a number of body parts. Students are presented with a body system and a variety of organs. Students drag and drop all the organs that belong in that particular body system to Arnold's body. Once all four systems are complete, a clothed Arnold will appear. But if students drag in an organ that doesn't belong, all the organs pop out and students have to start that system over.

Drug Abuse Resistance Education (D.A.R.E.)

http://www.dare-america.com/kids/index_3.htm

This site offers lots of material that reinforces the D.A.R.E. message. Areas that promote a positive self-concept, sections that encourage kids to say "No" to drug use, and lists of activities to keep boredom away enhance the program. The site, which uses Flash technology to rev up its page, also has areas for educators and parents.

Explore Your Dream World

<http://library.thinkquest.org/C005545/>

This ThinkQuest entry takes the viewer through an exploration of sleep and how it can affect health. The site has worthwhile sections on both sleep and dreams, and the segment on sleep and health does a first-rate job of presenting common issues such as snoring, sleeplessness, and nightmares. The interactive corner offers the opportunity for discussion and dream analysis that is ideal for secondary students, and the teaching resources section offers activity ideas and links to supplement the site.

The Food Timeline

<http://www.foodtimeline.org/>

Have you taught students about the food pyramid? Did you cover the food groups and healthful diets? Are you looking for a new and different way to approach nutrition? This interactive time line offers you and your students all kinds of perspective on how foods have evolved throughout the ages -- from salt and bread to Spam and Flutie Flakes! Did you realize canned tuna was first made in 1903 or that Grey Poupon dijon mustard dates back to 1777? Imagine the implications across the curriculum in your classroom!

The following websites are a great way to introduce and discuss these topics with your child:

Abduction Prevention Program

www.escapeschool.com

Great website for parents and kids!! Topics include “Abduction, Kids and Guns, General Safety, and Internet safety” –all of these links provide a list of articles related to each. You can even contact escape school and attend a presentation with your family. When you finish exploring the site your child can take a very user friendly test and print a certificate of completion!!!!

National Crime Prevention Council

<http://www.ncpc.org/>

This site is very easy to navigate, and is child and parent friendly! Check out the Topics in Crime Prevention. You will also find additional links on bullying, child abuse and neglect, child development, and child safety. These links provide access to on-line publications, books, articles, agencies and organizations.

Safe Kids

www.safekids.com

This is a great link to explore “online safety” with your children. It is very important that you and your children are aware of how to be safe while using the “Information Highway”!

Physical Education (P.E.) WEBSITES

KID-FIT

<http://www.kid-fit.com/index.htm?gclid=CIqW1ZSIvo4CFSh-UAodUxQ00g>

KID-FIT is a well-rounded preschool exercise program for young children. Preschoolers ages 2-5 exercise much like an adult would in an aerobic class. They warm-up, stretch, do aerobic exercise to strengthen their hearts and lungs, strengthen their muscles the cooldown and stretch for improved flexibility. In addition to KID-FIT being a fun moving experience, it's an educational one as well. Children learn how to develop healthy lifestyles from early on and why it's important.

KIDS GAMES

<http://www.gameskidsplay.net/>

This site gives you a list of kids’ games that can be played indoors and outdoors. If you have forgotten the rules to one of your favorite childhood games, then you can definitely find it here.

AEROBICS DICTIONARY

<http://www.turnstep.com/moves.html>

This particular site defines aerobics terms and gives you an illustration to help you understand the term better.

FIT-4-U

<http://www.twirllysueandcrew.com/>

FIT – 4 – U with Twirly Sue and Crew is a *children's fitness video and special events* program for ages 2-10.

KIDNETIC.COM

www.kidnetic.com/

This website is an awesome website that challenges your children to get more physical and eat right. There are quizzes, food analysis, and so much more that would help your child become more interested in physical activity.

PE WARMUP AND COOLING DOWN

<http://www.teachingideas.co.uk/pe/contents.htm>

This website gives you specific tasks for warming up and cooling down during physical activity. It also tells the importance of allowing your body to warm up before an activity and cool down when you are done.

Books

Elementary:

Magic School Bus Series by Joanna Cole and Bruce Degen-The Magic School Bus was a series of children's books intended to teach scientific concepts to children. They were written between 1986 and 2001 by Joanna Cole and illustrated by Bruce Degen. The most recent book was published in August 2006. The books feature the exploits of Ms. Frizzle and her class, who board a magic school bus which takes them on field trips into space, under the Earth, into the human body, or to other such impossible locations. The books were written in the first person from the point of view of an unnamed student in "the Friz's" class.-wikipedia.org

I Made It Myself!: Mud Cups, Pizza Puffs, and Over 100 Other Fun and Healthy Recipes for Kids to Make

(Paperback) Sandra K. Nissenberg and Heather Nissenberg- More than 100 recipes for fun! Kids know it's more fun to eat foods they make themselves, and this book makes learning to cook a blast! Nine-year-old Heather Nissenberg and her mom put together this collection of tasty recipes that help kids make their own snacks and even family meals. Favorites include:

Cake for Breakfast

Purple Cow

Sailing Tuna Boats

Bug Bites

Monkey Bread

Mini Chicken Cheeseburgers

With lots of fun food jokes, kitchen crafts, and tips for kitchen safety and healthy eating, kids will have a great time learning their way around the kitchen! Amazon.com

There Was an Old Woman Who Swallowed a Fly by Michael Kohn and David Weiner- In Taback's (Joseph Had a Little Overcoat) ingenious take on the cumulative tale, there's a die-cut hole where the old lady's stomach should be, so the audience can see where everything she swallows ends up. What's more, the hole grows bigger to accommodate the increasing gastro-population by the tale's end, it's the size and shape of the horse that causes her demise. –Publishers Weekly

American Girls The Care and Keeping of You –by Valorie Schaefer and Norm Bendell This bestselling guide answers all the questions growing girls have about their bodies - from hair care to healthy eating, bad breath to bra buying, pimples to periods. It offers guidance about basic hygiene and health without addressing issues of sexuality. Amazon.com

Dear Tooth Fairy by Alan Durant, Vanessa Cabban- A great book to share with children going through or about to go through the losing teeth stage. Dear Tooth Fairy is an excellent book to share during Dental Health Month and to integrate with a writing lesson. A good follow up is to have students write a pretend letter to the tooth fairy. ***Brush Your Teeth Please*** by Leslie McGuire, Jean Pidgeon- What child can resist imitating a chimp brushing its teeth back and forth? Or a shark that flosses every day? Youngsters will have lots of fun learning about proper dental hygiene in this delightful pop-up book.

Throw Your Tooth on the Roof by Selby Beeler- Travel around the world and discover the surprising things children do when they lose a tooth. Selby B. Beeler spent years collecting traditions from every corner of the globe for this whimsical book, and G. Brian Karas adds to the fun, filling every page with humorous detail. He perfectly captures the excitement and pride that children experience when a tooth falls out.

Ready-To-Use P. E. Activities for Grades K-2 (Ready-To-Use Physical Education Activities) (Paperback) Joanne M. Landy and Maxwell J. Landy This is VOLUME 1 of a planned 4-VOLUME SERIES called COMPLETE

PHYSICAL EDUCATION ACTIVITIES PROGRAM, designed to help K-9 classroom teachers and P.E. specialists prepare and teach interesting, fun-packed physical education lessons in a sequential co-educational program. Each volume provides over 500 illustrated, easy-to-use activities organized into 8 modules for quick lesson preparation: Introductory Activities, Fitness Activities, Movement Awareness, Rhythms & Dance, Gymnastics, Game Skills, Special Games, and Closing Activities.

Ready-To-Use P.E. Activities for Grades 5-6 (Paperback) Joanne Landy and Maxwell Landy – Great physical education activities for any educator for use in grades 5-6.

Ready-To-Use P.E. Activities for Grades 3-4 (Paperback) Joanne Landy and Maxwell Landy- Physical education activities for any educator for use in Grades 3-4

All Ages:

Yoga Games for Children: Fun and Fitness with Postures, Movements and Breath -This introduction to yoga for children contains variations on traditional yoga postures that help children develop physical strength, flexibility, emotional calm, and self-expression. The games involve relaxation, trust, and cooperation. Included are over 50 illustrations and 16 completely structured lessons based on themes like the seasons, rain, snow, and animals.

Teaching Today's Health (8th Edition) (Paperback) by David Anspaugh and Gene Ezell- Teaching Today's Health, Eighth Edition, balances comprehensive theory chapters with a wealth of effective classroom activities to give readers the tools they need to become successful health educators. In addition to an enhanced design, the Eighth Edition has been thoroughly updated to address current health issues in the classroom and to accommodate the National Health Education Standards. More than a simple collection of lesson plans, this book's strong background and depth in teaching prepares the reader for today's teaching environment. In addition to addressing the increased diversity of today's classroom, this text also offers ways to incorporate health education with other subjects, like science or social studies.

The Ultimate Homeschool Physical Education Game Book: Fun & Easy-To-Use Games & Activities To Help You Teach Your Children Fitness, Movement & Sport Skills (Paperback) Guy Bailey- Written for homeschooling families looking to supplement their PE programs with a wider range of activities that can be used to teach children fitness, movement and sports skills.

How to Survive Teaching Health: Games, Activities, and Worksheets for Grades 4-12 (Paperback) Kenneth G. Tillman- Great health activities, although it suggests 4-12, many users of this book believe that it is more appropriate for 4-8th graders.

Videos

BYOU (Fitness DVD)

Dancer, singer, and actress Sabrina Bryan, one of The Disney Channel's Cheetah Girls, has a very important message of empowerment for girls - be happy, be healthy - BYOU! This is 93 minute dance fitness DVD, which was created so that girls can have fun learning the latest dance moves and get fit at the same time. For girls, ages 8-13. Available at www.amazon.com (list price: \$10.99)

Billy Blanks - Tae Bo Kicks (2005) In this workout, Billy takes the basics of his world-famous TAE BO moves and adapts them just for kids to create a fast-moving, entertaining routine to keep them slim, strong, and active. Best of all, TAE BO KICKS shows how to use your body at your own pace to stay fit and motivated for life! For boys and girls, ages 5-11. For more information visit this website:

http://www.teachertube.com/search_result.php?search_id=health+&x=0&y=0

Bill Nye the Science Guy

For a fun and quirky adventure in health topics, Bill can't be beat. He has a video for nutrition, which goes along with the whole dental care concept. It's episode #62, and is available in this link:

http://www.nyelabs.com/episode_pdfs/episodeguide62.pdf

The Learning Channel

"Honey We're Killing the Kids"

This innovative collection of videos is from the TLC program of the same name. Some of the topics included in the series include healthy living, good nutrition, and adolescent health. Click on the link below to view the topics found in this series. When you access the webpage, the videos will appear on the right side of your screen:

<http://tlc.discovery.com/search/results.html?query=children%27s+health>

Great Activities for Physical Education: Grades K-2 DVD

In this unique program, Artie Kamiya presents several fun physical education activities that promote student fitness and skill development. The DVD provides numerous developmentally appropriate activities for students in Grades K-2. Teachers and parents will be able to save invaluable planning and preparation time. There are many games and activities included. All of these activities can be easily implemented into any curriculum. Cost: \$30.00.

http://www.amazon.com/Great-Activities-Physical-Education-Grades/dp/B000SXKAQ8/ref=pd_bbs_sr_1/002-4518781-5172860?ie=UTF8&s=dvd&qid=1189982904&sr=1-1

Great Activities for Physical Education: Grades 3-5 DVD

This is a continuation of the collection for Grades K-2. Artie Kamiya is one of the premier physical education consultants in the United States. He is the former Director of K-12 Physical Education for the State of North Carolina and the founder of the Great Activities Publishing Company. Artie was selected as the 2004 National Physical Education Administrator of the Year by the Council for School Leadership in Physical Education. He has presented over 400 workshops in 40 different states. Cost: \$30.00

http://www.amazon.com/Great-Activities-Physical-Education-Grades/dp/B000SXKAQI/ref=pd_bbs_sr_3/002-4518781-5172860?ie=UTF8&s=dvd&qid=1189983112&sr=1-3

Magic School Bus: Human Body

In a small grade school, Mrs. Frizzle and her class have a unique way of learning about the world. To illustrate the science concepts they discuss, they always go on a field trip on the Magic School Bus, a magic vehicle that can literally

go anywhere and be anything as the class explores space, the arctic, the human body in order to have a first hand experience of the principles of science. This video helps kids learn about how their body works, from the inside out! For ages 4 and up. Cost: \$9.95. Click on this link for more details:
http://www.amazon.com/Magic-School-Bus-Human-Body/dp/B0009S4IME/ref=pd_bbs_sr_1/105-2344864-2335642?ie=UTF8&s=dvd&qid=1191587978&sr=1-1