

# EMSB - Educational Services

## High School Challenge Week 7

#stayathome



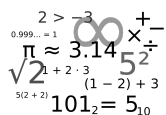
May 11, 2020



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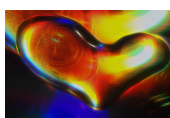
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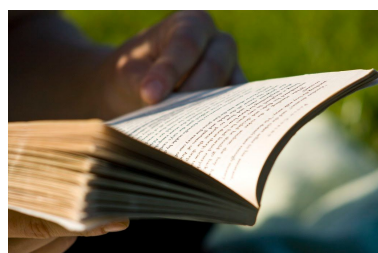
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## English Language Arts

### Share your Favourite Book!

This week is all about reading and sharing your favourites with other students. We want to hear why you like the book you've chosen. Can you convince other students to read it too? Take the [challenge](#).



## Français

### Vivre à l'heure du COVID-19

Lisez ce [Poster-info](#) et remplissez ensuite ces [7 activités de lecture](#).

Voir le corrigé en annexe ([PDF](#)).

$$\begin{array}{l}
 2 > -3 \\
 0.999\dots = 1 \\
 \pi \approx 3.14 \\
 \sqrt{2} \\
 5^2 \\
 (1 - 2) + 3 \\
 101_2 = 5_{10}
 \end{array}$$

## Math

### Take the challenge!

The [problem of the week](#) and the answer keys for all levels are designed to provide students with an ongoing opportunity to solve mathematical problems.

A good problem forces students to consider the problem, make choices about what mathematical knowledge is needed to solve the problem, carry out the necessary steps, and then explain why their answer makes sense.



## Physical Education and Health

### Your Well-being Toolkit

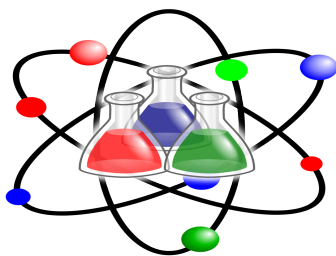


Did you know that Yoga can impact your mental health, in addition to your physical health? Check out a summary of one study [here](#).

This week, complete a 30 minute yoga session ([try this one from Fitness Blender](#)). Think about how this type of exercise makes you feel. How did you feel during? How did you feel after completing the session?

Next, read about the [ABC's of Mindfulness](#) in this Mental Fitness post from the Canadian Olympic Committee.

Finally, to explore more mindfulness activities, [download the Smiling Mind app](#) and challenge yourself to 10 minutes a day of mindfulness. Pay attention to how these activities make you feel, and think about how you could include mindfulness in your everyday activities.



## Science & Technology

### A Move in the "Light" Direction

*Question:* Where does bad light end up?

*Answer:* In a prism

Yes indeed, this week, the physics fun is all about [light](#)!

### Un mouvement « éclair »

*Question:* Je disparaiss à la lumière. Je ne suis pas matérielle.

Je suis présente partout dans le monde. Qui suis-je?

*Réponse:* l'ombre

Oui, en effet, cette semaine, le fun de la physique est axé sur la [lumière](#) !



## Social Sciences

### Contemporary World

#### The Hermit Kingdom

North Korea is unlike any other country in the world. Recent news reports about its leader's health has brought this country to the forefront of world news once again.

These [activities](#) on North Korea will help you to gain a better understanding of the country and its unique place in the world.



## History/Histoire IV

#### Indigenous Rights in the 1960s

Starting in the 1960s in Canada, indigenous nations began a movement of standing up for their rights. These [activities](#) on *The White Paper, 1969*, will help you understand one important episode in Canada's Indigenous history.

#### Droits autochtones dans les années 60

À partir des années 1960 au Canada, les nations autochtones ont commencé un mouvement en faveur de la défense de leurs droits. Ces [activités](#) sur le *Livre blanc de 1969* vous aideront à comprendre une période importante de l'histoire autochtone du Canada.

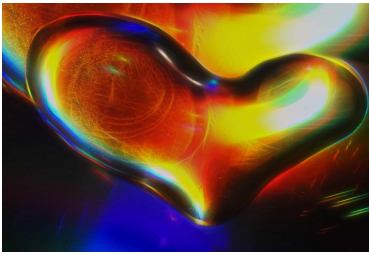


## Ethics and Religious Culture

#### Ethics & Clothing

The carbon footprint caused by the clothing industry is drawing a lot of attention these days.

Watch this short [National Geographic video](#) to inform yourself of some of the issues involved. Now look at this TedEd lesson called "[The Clothes We Wear](#)" from the [Earth School](#) site to further your reflections. Check out some of the other Quests on the [Earth School](#) site - scroll down to see all the weekly themes. New Quests appearing all through May!

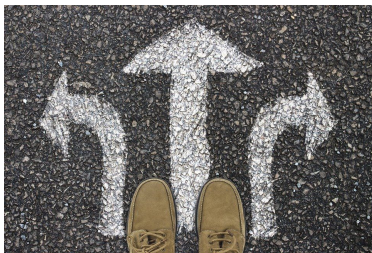


## Arts Education

### Dialogue - “A Chairy Tale”

A dialogue is usually a conversation between two people... but can it occur between a person and an object?

Watch the award-winning NFB short film by Norman McLaren and Claude Jutra called “[A Chairy Tale](#)” and complete the challenge!



## Career Exploration

### Understanding Legal Rights and Responsibilities

[Éducaloi](#) is a charity that seeks to improve access to justice in Quebec. The core of their mission is to provide legal education and explain the law in everyday language.

Take a moment this week and browse through their sections. Curious about [renting an apartment](#)? Did you [buy something](#) and it broke? What about [your rights](#) when speaking with a Police Officer?

Have you ever considered a career in law? The website has an excellent area to learn about the many [different legal careers](#).



## E.P.I.C Challenge

Educational Personal Innovative Challenge

### Homemade Lava Lamp

Did you know that the [lava lamp](#) was invented in 1948 and intended to be a luxury item before it became a famous accessory? How about making a [lava lamp](#) for your home?

An experiment to make your own colors is provided as well, as well. This homemade water base [Crayola](#) color solution can be used for your art project(s) as well.

Here are the [instructions](#) to make your own watercolor(s) solution and a homemade lava lamp. Happy experimenting!



## Parents' Corner

### How you can support your child

Here are some [guides](#) to help navigate through the weekly activities



### Want to share your work with our EMSB community?

Certain weekly activities ask students to share their great work and now you can.

Submit and share your work by filling out the EMSB Connect [form](#)!



### EMSB Connect Website - Coming soon!

Soon you will be able to see some of the great work of our students!