

Wednesday, May 13

Performing Arts	
Choir & General Music:	<p>Greetings Merrill Vocalists and Music Appreciation students! I hope this little note finds you doing well!</p> <p>For this week's musical engagement, you have the opportunity to choose any article from the "features" section from the musical magazine "InTune Monthly." (Please note that this might take a minute or more to load, so please be patient while you are waiting for it to open.)</p> <p>Please choose one of the four featured articles to read and then you can choose how you would like to share what you read about by choosing one or more of the following:</p> <ol style="list-style-type: none">1. Write a brief summary and email it to me at courtney.copic@dmschools.org2. Share your findings during your Teams meeting3. Share your findings with friends and/or family <p>Don't forget to fill out the Microsoft Forms survey to let me know how this week's activity went for you! You can find it here.</p> <p>Past weekly activities are found on our classroom blog as well as discussed during our Teams meetings! "See" you on Wednesday or Friday!</p> <p>Take care, Mrs. Copic</p>
Band:	<p>Hello Band Students!</p> <p>We will again be discussing Canvas course activities in our @Teams meetings this week. I hope you all are exploring the units. Here are the band Class Times:</p> <p>6th graders: Beginning Band is at 8:30 am every Wednesday 6th Grade Concert Band is at 9:00 am every Wednesday</p> <p>7th Grade Concert Band is at 8:30 am every Friday</p> <p>8th Grade Concert Band is at 9:00 am every Friday</p> <p>New for this week, Some real surprises in store...</p> <p>People think that music lessons and education are for people who want to be pros, rock stars, orchestra players, or professional musicians of all sorts. But, the truth is that successful people realize the benefits of music, even if their intended career <u>isn't</u> music. Check out these 10 actors, authors, leaders, and athletes that are also renowned musicians.</p> <p>This is very true and dear to the philosophy of Merrill's Band Department; that all people can enjoy and grow through music education. Click twice on the Word document located at the bottom of the Merrill Update. Scroll down and enjoy!</p>



10 celebrities you didnt know were mi

Orchestra:

Hello Orchestra friends!

For this week's team meeting, we will discuss your music course on Canvas, as well as play another Kahoot!

Class meeting times:

7th grade: Tuesday 1:00-1:25

8th grade: Tuesday 1:30-1:55

Beginners: Thursday 1:30-1:55

2nd Year: 2:00-2:25

Instrument challenge of the week: Last week we talked about the importance of warming up and you played along with "the Funky D Major Scale!" This week, I challenge you to play a scale of your choice, in the most creative way you can think of. Ideas: In a cool location, with an interesting background, while interpretive dancing...surprise us! Your goal should be to do this while still playing in tune and using proper technique. Upload to Flipgrid!

No Instrument challenge of the week: Find a peaceful place to sit outside, take your computer, and listen to either [Beethoven's 7th Symphony](#) or [Stravinsky's Firebird](#) in their entirety. They are my favorites. Enjoy!

Looking forward to seeing you in our teams meeting!

Mrs. Graham

Physical Education

Hi PE Fans, just a handful of days left in school now. Does it still feel like school to you? Did you know May is National Bike Month? Hope you can get out there and enjoy a ride. I hope you have been able to use these activities to help keep your mind and body exercised. Remember, there is a philosophy that we talk about frequently in class, which is – You can't be healthy if you are just physically fit. To be HEALTHY, you must have:

Social Fitness: Having satisfying relationships with others and being able to work with anyone you're assigned to.

Emotional Fitness: Being able to stay away from negative thoughts and focus on tasks. Controlling your emotions.

Intellectual Fitness: The ability to really think about issues and having a curious mind.

Spiritual Fitness: Being able to give without expecting anything in return, and pursuing things that give your life purpose and meaning.

Physical Fitness: The ability to perform activities from our daily lives without issues. Physical health is about heart and lung endurance, muscular strength and endurance, flexibility, and body composition. What area are you strongest in? What area do you need to work on the most?

Below are links for 9 weeks of healthy activities if you're itching for something to do or learn now and want to keep things going over the summer.

<https://openphysed.org/wp-content/uploads/2020/03/AX-XMS-HomeMapGrades6-8-FinalPacket.pdf>

<https://openphysed.org/wp-content/uploads/2020/03/MS-Week2-AtHomePEPlan-Packet-2.pdf>

<https://openphysed.org/wp-content/uploads/2020/03/Final-Packet-MS-wk3.pdf>

<https://openphysed.org/wp-content/uploads/2020/03/AX-XMS4-ActiveHome MS Week4-FinalPacket.pdf>

<https://openphysed.org/wp-content/uploads/2020/03/AX-MS-ActiveHome-Week5-CompletePacket.pdf>

<https://openphysed.org/wp-content/uploads/2020/03/AX-MS-ActiveHome-Week5-CompletePacket.pdf>

<https://openphysed.org/wp-content/uploads/2020/03/AX-XMS-ActiveHome-Week7-Packet.pdf>

<https://openphysed.org/wp-content/uploads/2020/03/AX-XMS4-ActiveHome MS Week4-FinalPacket.pdf>

<https://openphysed.org/wp-content/uploads/2020/03/AX-MS-ActiveHome-Week9-Packet.pdf>

Some of the links look the same but they are all different.

Take the next few weeks to create good habits and get rid of old ones. Practice your social, emotional, intellectual, spiritual, and physical fitness.

I'll leave you with one last question. ***What is a hero?*** Ms. Greteman and I would love to hear from you to learn about your answer to this question and find out if it has changed recently, or just to hear about what you've been up to.

Mary-stuart.oconnor@dmschools.org

Mary.greteman@dmschools.org