



**Pana Junior High
Juletta Ellis, Principal
Report to Board of Education
April 2020**

Enrollment:

6th Grade: 99
7th Grade: 92
8th Grade: 91
Total: 282

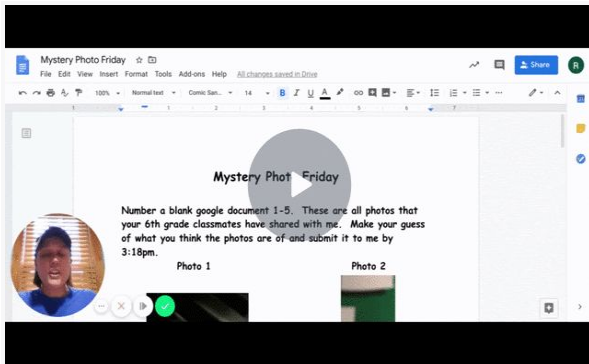
Attendance:

As of 4/6/2020, 57 of 282 (20%) students had 2 or fewer engagements.
We have reached out via email to students and parents.
Another check will be done on 4/15/2020 and we will continue reaching out.

Here are some examples of Remote Learning happening at PJHS:

Mrs. Schutt has been doing Mystery Photo Fridays with her students as well as conducting experiments about cell development and osmosis using eggs.

[Mystery Photo Friday - Google Docs — Watch Video](#)

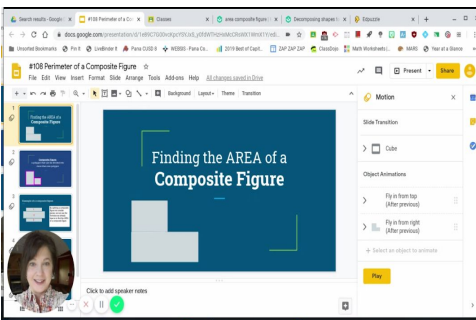


Ms. Beyers, Mrs. Smith, Mrs. Mayhall, and Mrs. Spears did a school wide read aloud of the book *In Significant Events in the Life of a Cactus*.

[Read Aloud, Insignificant Events in the Life of a Cactus](#)

Insignificant Events in the Life of a Cactus

Join other students from PJHS on [Flipgrid](#) to discuss Aven and her transition to a new school.



Mrs. Perry gives a lesson on Loom about finding the area of composite figures.

<https://www.loom.com/share/6e8f8356a21d47c7a178af0fd53f6ecc>

ANTS - Automatic Negative Thoughts

Mrs. Sowarsh explains ANTS [Click for link for Youtube video](#)

WHAT ARE ANTS?

All or Nothing Thinking	Thinking of things in absolute terms, like "always", "every" or "never".
Jumping to Conclusions	Assuming something negative where there is no evidence to support it (i.e. assuming the intent of others).
Magnification	Exaggerating the way people or situations truly are.
Disqualifying the Positive	Continuously negating or "booting down" positive experiences.

IF YOU ARE HAVING AUTOMATIC NEGATIVE THOUGHTS... TRY THE 3 R'S

Stomping Your ANTS - 3Rs

Recognize (that the thought is indeed an ANT and a trick of your mind not based in fact or reality)

Relabel (with the type of thought it is from one of the 4 above)

Replace (with a realistic more positive statement)

4:12:50
Mrs. Sowarsh
bsowarsh@panaschools.com

Mrs. Sowarsh provides SEL curriculum about [ANTS](#) (automatic negative thoughts).

A little April Fool's Day fun from Ms. Brandis and Mr. Higgins...

< ...

Instructions Student work

Due 11:59 PM

PACER TEST

100 points

PLEASE READ ALL INSTRUCTIONS BEFORE BEGINNING:

This is our 4th quarter PACER test. You will complete and email either Mr. Higgins or Ms. Brandis your score.

Equipment needed: 20 meter measuring tape, flat ground to run on that is measured 20 meters apart, and tennis shoes.

The objective of this test is to run as long as possible while keeping pace with the audio. It will get faster as you keep running. This is actually an April Fool's Joke. Do not actually run this. A point is scored for each 20-meter distance covered. It will start off slower and get faster as the test goes on.

The FitnessGram PACER Test is a „multistage aerobic capacity test that progressively gets more difficult as it continues. The 20-meter pacer test will begin in 30 seconds. Line up at the start. Please do not actually run the PACER test. This is an April Fool's Joke. The running speed starts slowly but gets faster each minute after you hear the signal.

Remember to email either Mr. Higgins or Ms. Brandis your results before the end of the day April 1st, 2020!!

Attachments

- ▶ Pacer Test with audio and visual
22m 54s

Class comments: _____

Students completed a study of Central America for Mr. Miller's Social Studies class.

[Alexis Hubner - Central America Online Learning](#)



Google Expeditions

Disney World

Virtual Field Trip

Let's take a break from our traditional remote learning! We are going to the happiest place on Earth!

🎵 [Disney Playlist](#) 🎵

Mrs. Ellis created a Virtual Field Trip for the 8th grade class.

[Copy of Disney Expedition HyperDoc 8th Grade](#)

Mrs. Keeling has been using Nearpod for her lessons.

<https://share.nearpod.com/OIEtfEad64>

