

nonean caras i our minnary

- 1. Address the card to "Dear Warrior"
- 2. Write a holiday greeting, remember Troops are diverse in holiday practices and beliefs.
- 3. Write a personal note. For example: How do you celebrate your holidays? What are your family memories of holidays? The Troops enjoy learning about things that happen in your hometown or region of the Country. The messages can be serious or funny or both. Always keep in mind that appropriate language and wording are important.
- 4. Sign your first name only and the town and state you live in.
- 5. Cards cannot be larger that 8 x 11 folded in half in homemade.
- 6. Do not have to have envelopes. If envelopes are used do not seal them.

Must be postmarked by October 31, 2019. Bring to Mrs. Bullard when finished.

Below are some writing prompts:

#### HOLIDAY CARDS 4 OUR MILITARY CHALLENGE 2019 WRITING PROMPTS

My favorite holiday tradition is...

I love the holidays because...

In my family, we always....during the holidays...

This year, I wish for a...

My favorite part of the holidays is...

In Arkansas, we celebrate by ...

I know someone in the Military...

My holiday wish for you is...

My favorite sport is...

I have a pet named...

When I grow up, I want to...

In my free time, I...

I appreciate what you do because...

I celebrate... and we like to...

# My COPING skills

	2.
Can you identify the source of your anxiety?	Can you find solutions to the problems that are giving you anxiety?
	· Problem
	· Potential Solutions
3,	
If you can't find a solution or still experience anxiety try steps 4-6.	What are things you enjoy doing (e.g., watching a funny online video, talking to a friend, going for a walk or exercising)? Write down three activities you can do when you are feeling anxious.
5.	6.
What are things that soothe or calm you down (e.g., using a meditation app, listening to music, taking a bubble bath or shower, playing with a pet, looking at pleasant photos, trying yoga)? Write down three activities you can do when you are anxious.	Is there a trusted friend or adult you can speak with to help you? List three people who you can reach out to when you are feeling anxious.
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From the experts at

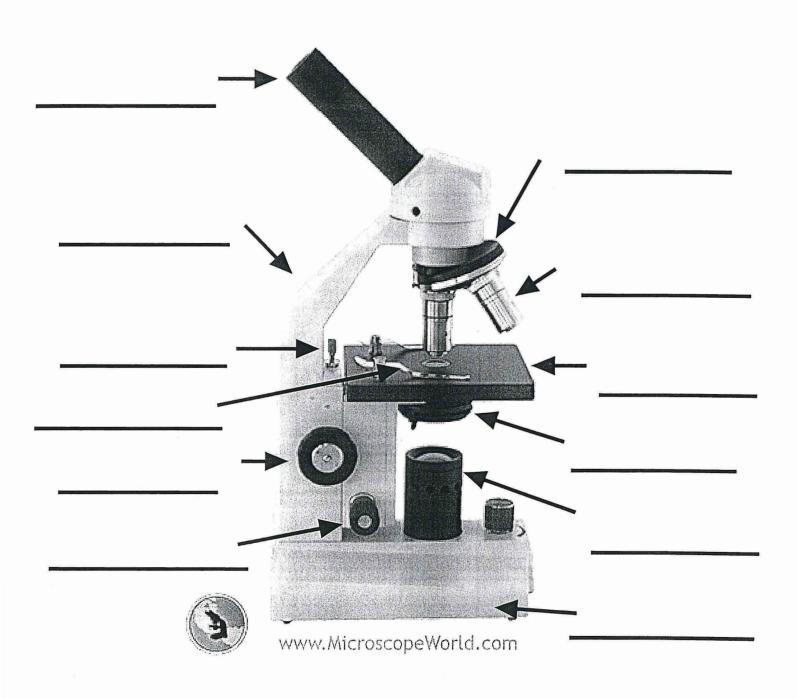


<sup>\*</sup>Remember: The key is to find several options that work for you in various situations. Sometimes, you need to switch up and try different coping skills to find one that works best.

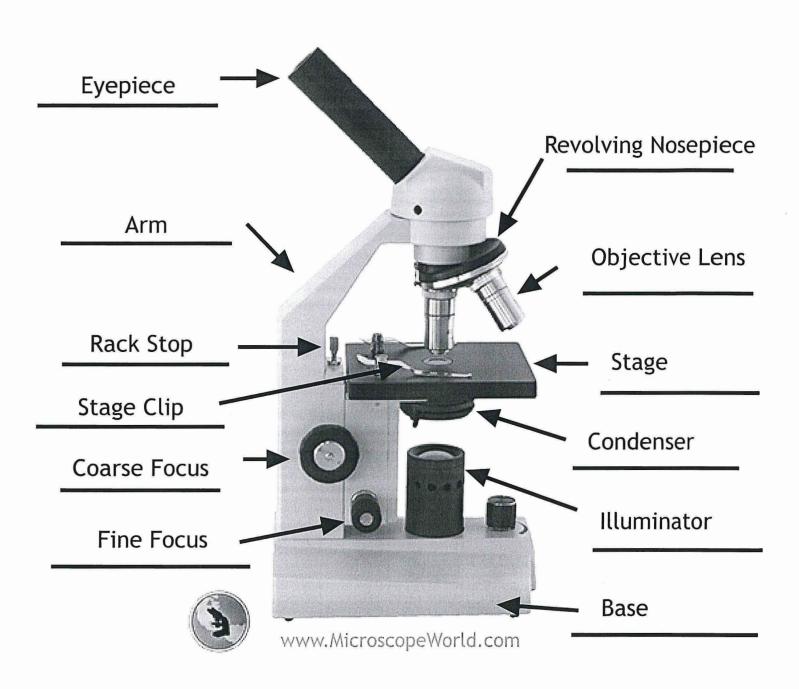
#### FIGURE 24 **Plant and Animal Cells** These illustrations show typical structures found in plant and animal cells. Comparing and Contrasting Identify **Nucleus** one structure found in plant cells but not in animal cells. The nucleus directs all of the cell's activities, including reproduction. **Endoplasmic Reticulum** This network of passageways carries materials from one Cytoplasm part of the cell to another. Ribosomes Cell Wall In a plant cell, a stiff wall surrounds the membrane, giving the cell a rigid, boxlike shape. Golgi Body Mitochondrion Chloroplasts These organelles **Cell Membrane** capture energy The cell membrane protects from sunlight and Vacuole / the cell and regulates what use it to produce Most mature plant cells substances enter and leave food for the cell. have one large vacuole. the cell. This sac within the cytoplasm stores water, food, waste products, and other materials.

**Plant Cell** 

### Label parts of the Microscope:



# Label parts of the Microscope: Answers



### Science Notes, 10/2/2019

### Plant and Animal Cells (Lamb-Rm 700)

Eukaryotic:	
Prolaryotic	
Organelles:	
Photosynthesis:	
Chloroplast:	
Cell	
$ ext{Wall}_{ ext{s}}^*$	entrales and all supplies with the laterale extendibles
Common Ingredients:	
THE DESCRIPTION OF THE PROPERTY OF THE PROPERT	

Other interesting facts: (You may use the back of this page)

### **Animal Cell**

Vacuole

Cytoplasm

Nulcleus

Lysosomes

Cell Membrane

Mitochondria

Endoplasmic Reticulum

Golgi Body

Ribosomes

### Plant Cell

Vacuole

Cytoplasm

Nulcleus

Cell Membrane

Mitochondrion

Endoplasmic Reticulum

Golgi Body

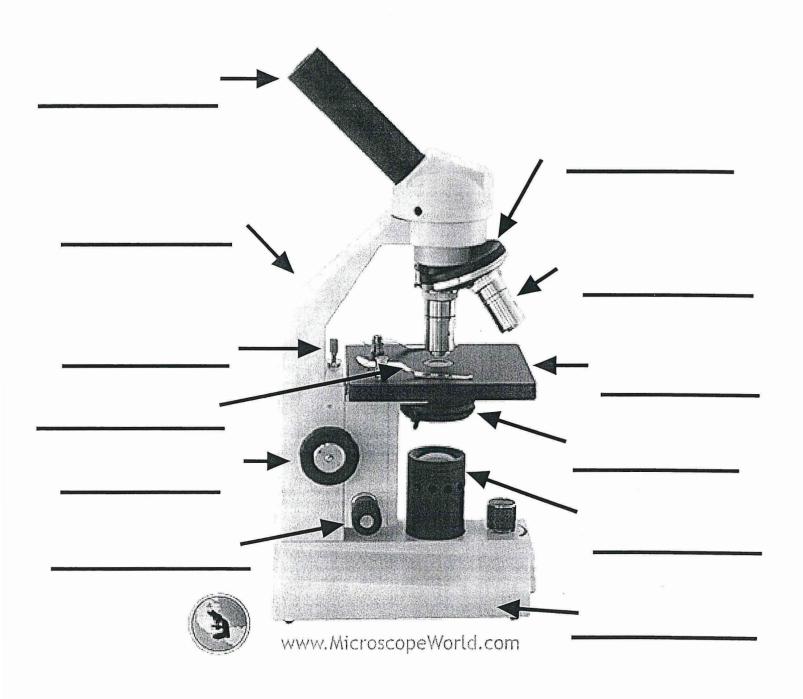
Ribosomes

Cell Wall

Chloroplast

Pg. 64

### Label parts of the Microscope:





#### Lori Lamb < llamb@mansfieldtigers.org>

#### Welcome to IXL

1 message

IXL Membership Services <orders@ixl.com>
Reply-To: George Gildehaus <georgeg@ixl.com>
To: llamb@mansfieldtigers.org

Wed, Sep 18, 2019 at 8:27 AM

Dear Lori Lamb,

Your school has created an IXL account for you to use with your students. IXL provides an immersive learning experience with an unmatched breadth and depth of standards-aligned content. With IXL, every lesson you teach will be reinforced by interactive questions, vivid visuals, and step-by-step explanations—all to engage and inspire your students!

Let's get learning!

Your username is llamb@mansfieldmiddle. To activate your account, click the following link or copy and paste it into your browser. Then follow the instructions to set a password.

https://www.ixl.com/password-set?t=9tmhbnHiUIGrWQZuocMBi7xJmNtpMVVR\_20190918062710

Getting your students started is simple. Just select Roster from your account menu in the upper-right corner and confirm your student list. There, you can also print or e-mail student usernames, or send a letter to parents to encourage family involvement.

Your students can start using IXL immediately! Be sure to have students sign in every time they use IXL so they can receive personalized content and you can track their progress. Your IXL account offers unlimited access to IXL Analytics, with real-time monitoring and insights into student trouble spots and class performance, so check in often!

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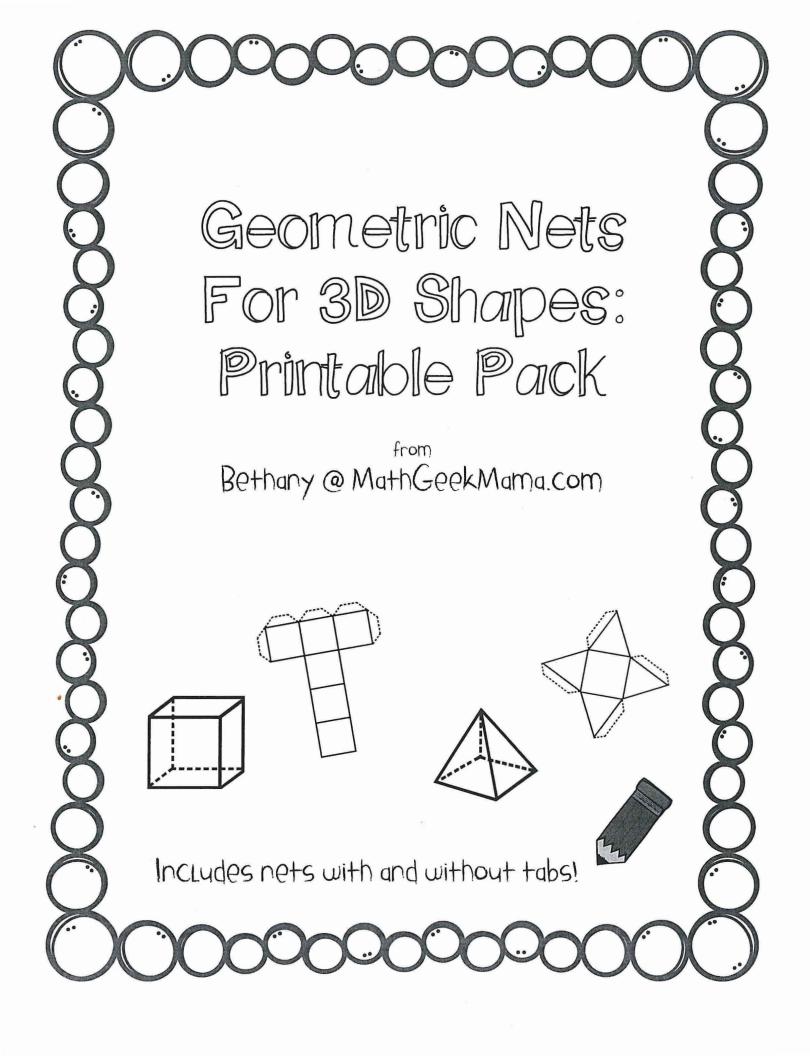
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### Microscopic Observations

Scientific name: Scientific name: Scientific name: Scientific name:

### Microscopic Observations

Scientific name: Scientific name: Scientific name: Scientific name:



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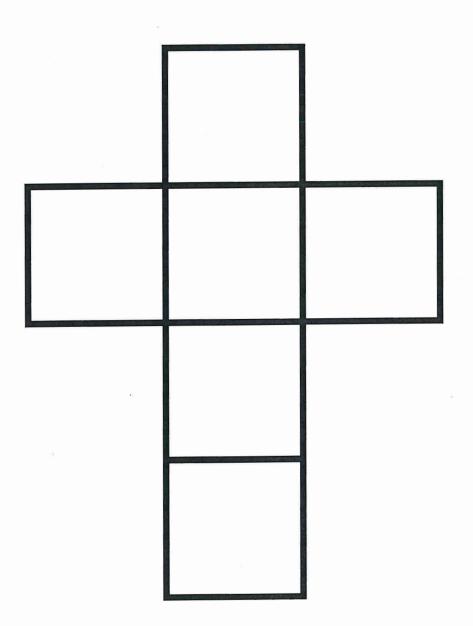
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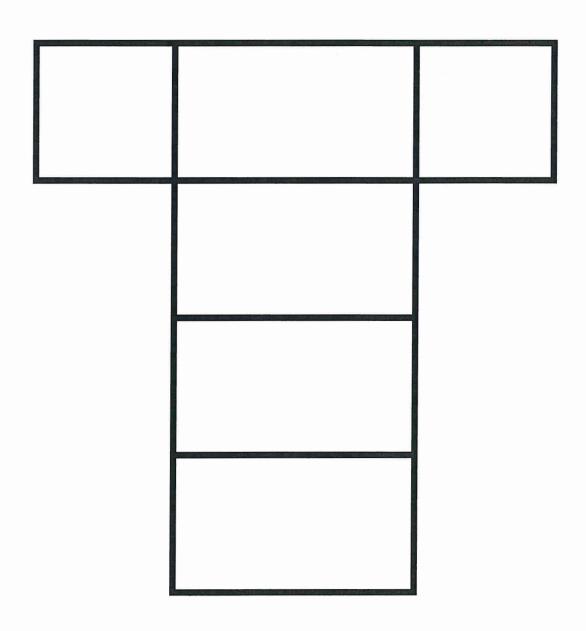




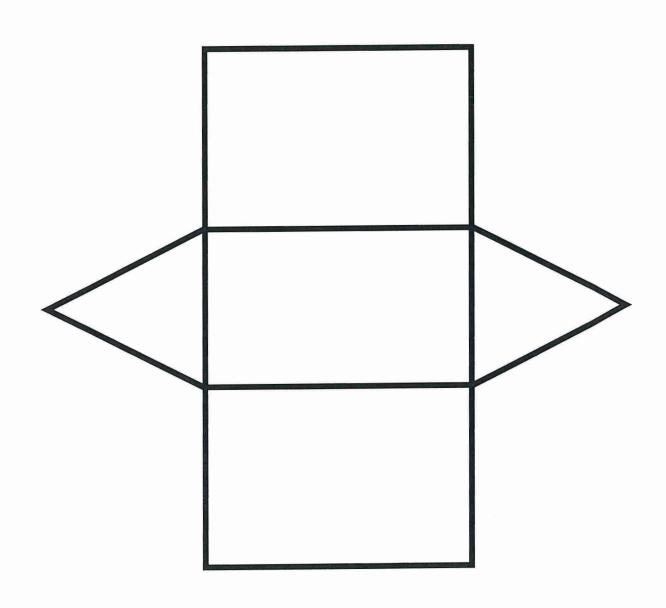
## Net of a Cube



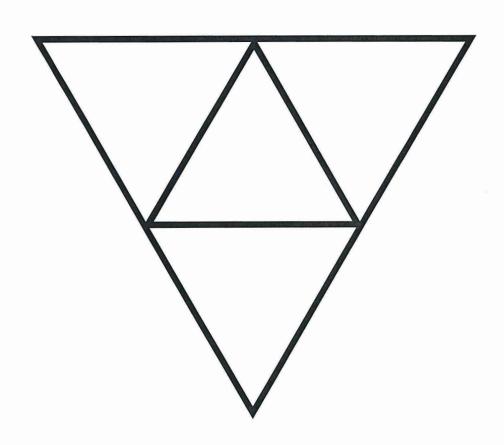
## Net of a Rectangular Prism



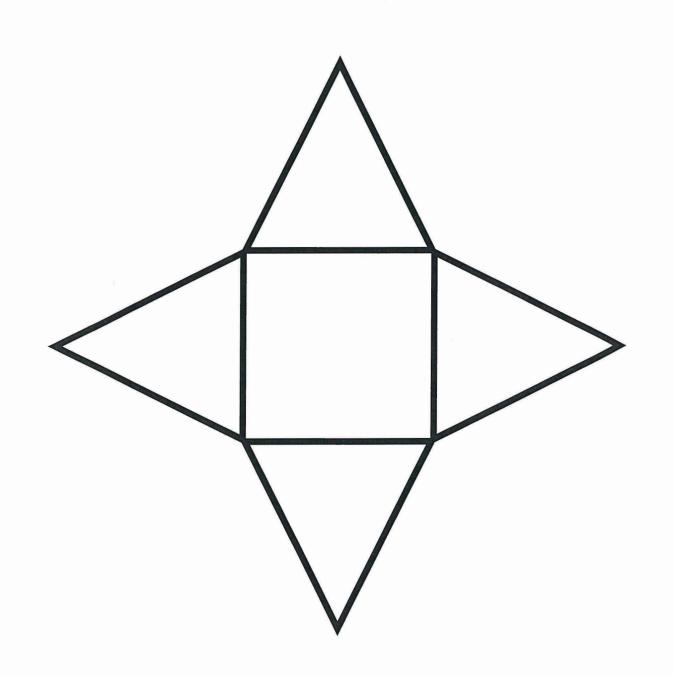
## Net of a Triangular Prism



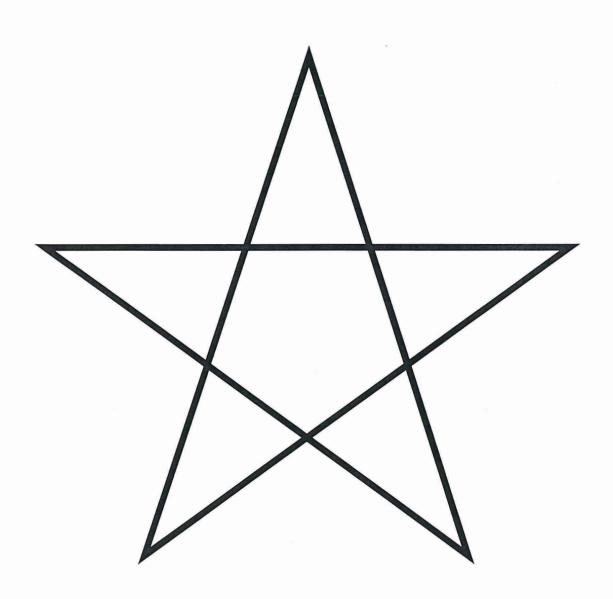
## Net of a Triangle-Based Pyramid



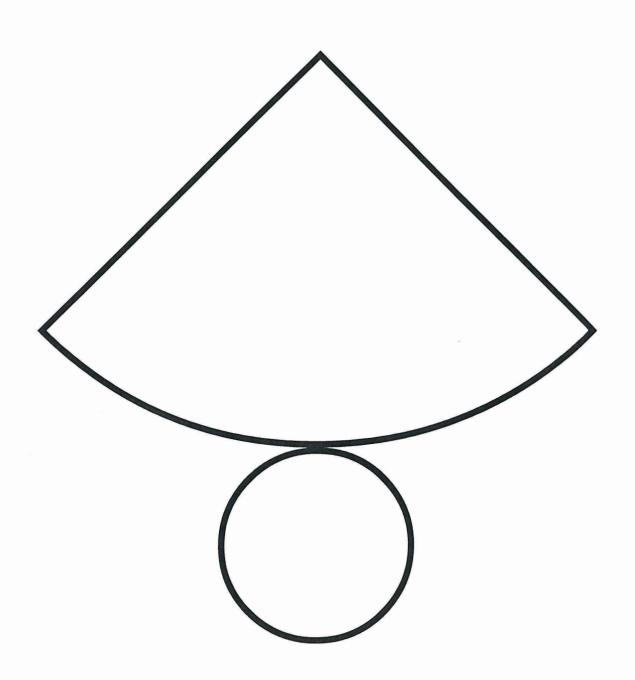
## Net of a Square-Based Pyramid



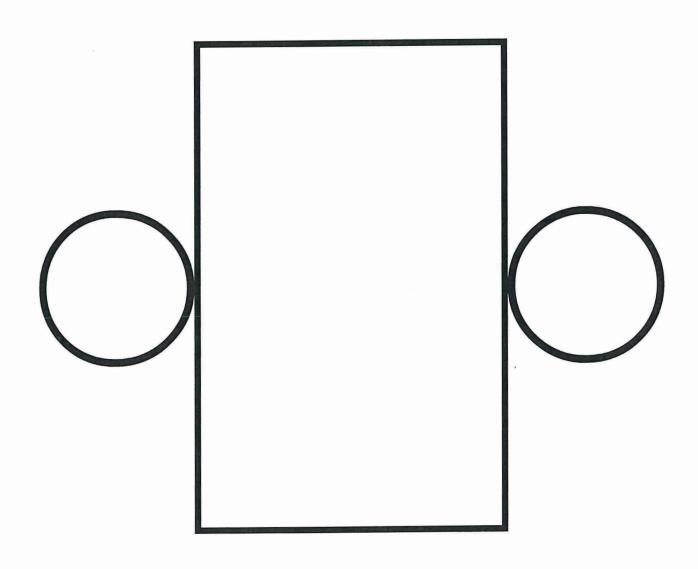
## Net of a Pentagon-Based Pyramid



## Net of a Cone



## Net of a Cylinder



#### **ASVAB**

#### Whole numbers

- 1. Place Value
- 2. Comparing Numbers
- 3. Rounding Numbers
- 4. Addition
- 5. Subtraction
- 6. Addition and Subtraction Word Problems
- 7. Multiplication
- 8. Exponents
- 9. Long Division
- 10. Multiplication and Division Word Problems

Review

#### Integers

- 11. Graphing and Writing Integers
- 12. Comparing Integers
- 13. Opposites and Absolute Value
- 14. Adding and Subtracting Integers
- 15. Multiplying and Dividing Integers
- 16. Order of Operations
- 17. Evaluation

Review

#### **Fractions**

- 18. Divisibility Rules
- 19. Factors and Primes
- 20. Prime Factorization
- 21. Multiples and Least Common Multiple
- 22. Greatest Common Factor

- LJ. Meddering Fractions to Lowest Terms
- 26. Improper Fractions and Mixed Numbers
- 27. Comparing Proper Fractions
- 28. Adding and Subtracting Like Fractions
- 29. Adding and Subtracting Unlike Fractions
- 30. Multiplying Fractions
- 31. Dividing Fractions

Review

#### **Decimals**

- 32. Understanding Decimals
- 33. Converting Decimals to Fractions
- 34. Converting Fractions to Decimals
- 35. Comparing Decimals
- 36. Rounding Decimals
- 37. Adding Decimals
- 38. Subtracting Decimals
- 39. Adding and Subtracting Decimals Word Problems
- 40. Multiplying Decimals by Whole Numbers
- 41. Multiplying Decimals by Decimals
- 42. Dividing Decimals by Whole Numbers
- 43. Dividing Decimals by Decimals
- 44. Multiplying and Dividing Decimals Word Problems
- 45. Powers of 10
- 46. Converting from Scientific to Standard Notation
- 47. Converting from Standard to Scientific Notation
- 48. Terminating and Repeating Decimals
- 49. Determining if a Number is Rational or Irrational

Review

#### **Expressions & equations**

50. Patterns with Whole Numbers

- JJ. COMDINING LIKE TERMIS
- 54. Distributive Property
- 55. Distributive Property and Combining Like Terms
- 56. One-Step Equations
- 57. Two-Step Equations
- 58. Equations with Fractions
- 59. Equations Involving Distributive
- 60. Equations with Variable on Both Sides
- 61. Equations with Variable on Both Sides and Fractions
- 62. Equations with Variable on Both Sides and Distributive
- 63. Literal Equations
- 64. Advanced Literal Equations

Review

#### Word problems & inequalities

- 65. Translating English to Algebra
- 66. Writing and Solving Multi-Step Equations
- 67. Number Word Problems
- 68. Consecutive Integer Word Problems
- 69. Motion Word Problems
- 70. Mixture Word Problems
- 71. Solving and Graphing Inequalities

Review

#### Systems of equations

- 72. The Coordinate Grid
- 73. Evaluating and Graphing Functions
- 74. Graphing Lines
- 75. Slope of a Line
- 76. Using Slope to Graph a Line
- 77. Slope Formula
- 78. Slope-Intercept Form

- OI. SOIVING SYSTEMIS BY MUGICION
- 82. Solving Systems by Substitution
- 83. Number and Value Word Problems
- 84. Wind and Current Word Problems

Review

#### **Exponents & polynomials**

- 85. The Product Rule
- 86. The Power Rule
- 87. The Quotient Rule
- 88. Numerical Bases and Exponents of Zero
- 89. F.O.I.L.
- 90. Advanced Multiplying Polynomials

Review

#### Factoring & rational expressions

- 91. Greatest Common Factor
- 92. Factoring out the Greatest Common Factor
- 93. Factoring Trinomials with Positive Constants
- 94. Factoring Trinomials with Negative Constants
- 95. Difference of Two Squares
- 96. Factoring Trinomials with Lead Coefficients and Positive Constants
- 97. Factoring Trinomials with Lead Coefficients and Negative Constants
- 98. Factoring Completely
- 99. Beginning Polynomial Equations
- 100. Simplifying Rational Expressions
- 101. Multiplying and Dividing Rational Expressions

Review

#### Radical expressions

- 102. Simplifying Radicals
- 103. Multiplying Radicals

#### Ratio, proportion, & percent

- 106. Introduction to Ratios
- 107. Equal Ratios
- 108. Introduction to Proportion
- 109. Solving Proportions
- 110. Proportion Word Problems
- 111. Fractions and Percents
- 112. Decimals and Percents
- 113. Percent Word Problems
- 114. Percent Increase or Decrease
- 115. Discount
- 116. Sales Tax
- 117. Interest

Review

#### Geometry

- 118. Segments, Rays, and Length
- 119. Segment Addition Postulate and Midpoint
- 120. Angles and Measure
- 121. Angle Addition Postulate and Angle Bisector
- 122. Complementary and Supplementary Angles
- 123. Vertical Angles
- 124. Problems Involving Perpendicular Lines
- 125. Parallel Lines Vocabulary
- 126. Given Lines are Parallel
- 127. Triangle Vocabulary and Triangle Sum Theorem
- 128. Isosceles Triangle Theorems
- 129. Pythagorean Theorem
- 130. Proportion
- 131 Properties of Similar Polygons

Review

#### Measurement

- 135. Customary Unit Conversions
- 136. Metric Unit Conversions
- 137. Units of Measurement
- 138. Perimeter
- 139. Circumference
- 140. Perimeter and Circumference Word Problems
- 141. Area of Squares and Rectangles
- 142. Area of Triangles
- 143. Area of Parallelograms and Trapezoids
- 144. Area of a Circle
- 145. Area Word Problems
- 146. Surface Area
- 147. Volume of Prisms and Pyramids
- 148. Volume of Cylinders, Spheres, and Cones
- 149. Surface Area and Volume Word Problems

Review

#### **Probability & statistics**

- 150. Range, Median, and Mode
- 151. Mean
- 152. Central Tendency Word Problems
- 153. Simple Probability
- 154. Probability of Independent Events
- 155. Probability of Dependent Events
- 156. Tree Diagrams and the Counting Principle
- 157. Permutations
- 158. Combinations

Review

#### Coordinate geometry

#### **AMATH**

- 160. Midpoint Formula
- 161. Equation of a Circle

Review

#### Adanced exponents & radicals

- 162. Negative Exponents
- 163. Numerical Bases with Negative Exponents
- 164. Multiplying and Dividing with Negative Exponents
- 165. Multiplying and Dividing with Scientific Notation
- 166. Rational Exponents
- 167. Numerical Bases with Rational Exponents
- 168. Writing Radicals in Exponential Form

Review

Final Exam