

2017-18 Fourth Grade ALPS Soaring Leader

The Soaring Leader Award is an optional enrichment program to be completed by the students outside of school. Students must complete at least 2 tasks from each of the 7 categories but a total of 18 tasks. Students must show evidence of quality fourth grade work (not parent work) in completing each task in a portfolio that will be presented to their teachers. **Evidence** can include photos, journals, pictures, copies of original work, etc. School assignments and activities cannot be counted toward the fulfillment of the tasks.



To encourage students to work on these goals all year, students must have completed half of the requirements and have them checked off with the teacher after the Christmas break.

First half, at least 9 tasks,
of portfolio due:

4th ALPS due: January 12th

Teacher signature of
completion: _____

Final 18 with evidence in
your portfolio due:

4th ALPS: April 27th

Teacher signature of
completion: _____



Students who achieve this goal will be presented with a medal and recognition at the Jordan Ridge Awards assembly the last week of school.

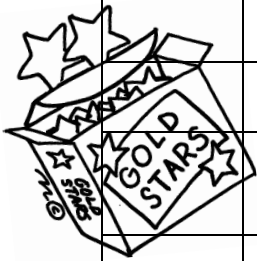


Name _____



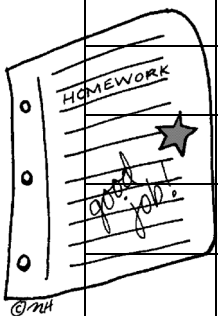
4th Grade ALPS Jordan Ridge Soaring Leader Award

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Student initial	Teacher initial	#1 BE PROACTIVE (2+ required)
		Attendance: Have less than 5 absences and less than 5 tardies as of April 27.
		No behavior cards pulled to red or past red for the year as of April 27. Record on Behavior Chart in your data notebook.
		Read a book near your reading level that is not assigned as a book report or a class assignment. Do a project that shows what you have learned and share with the class.
		Check your Skyward Gradebook account at least twice a month. Keep track when you check it. Students have their own username and password labeled in the front of the planner.
		Memorize 2 recorder songs not assigned for the program that has at least five different kinds of notes and four lines. Sign up with the teacher a time to perform these songs for the class.
		Complete 6 quizzes and/or video reviews on Study Jams & complete the 4 Sage writing, math, language, and science practices on sageportal.org *Log when you did the reviews and record your quiz scores if there was a quiz.

Student initial	Teacher initial	#2 BEGIN WITH THE END IN MIND (2+ required)
		Blackout the READO Chart before the Soaring Leader due date.
		Math Fact Maxi Test: 95% accuracy in both multiplication and division facts in 5 minutes or less. Include the MAXI test or a copy of it.
		Get a library card. Visit the library once a month from August to April. Portfolio must include printout of books checked out.
		Record the weather of your town for 2 weeks. Portfolio record must include daily high and low temperature, precipitation, air pressure, wind speed, and cloud types.



Student initial	Teacher initial	#3 PUT FIRST THINGS FIRST (2+ required)
		No missing assignments & less than 5 late assignments at the end of each term. Ask teacher to sign: Term 1 ____ Term 2 ____ Term 3 ____
		Spelling/Vocabulary: 85% or higher on 20 tests. Record results in data notebook and/or include tests.
		Read and report 90 hours (5,400 minutes) of home reading minutes. Portfolio must include original or a copy of signed reading calendars.
		Play an instrument (other than the recorder). Record your practice for 3 weeks.
		Create a personal goal to improve your time management skills. Work on this goal for 30+ days. Include a reflection.



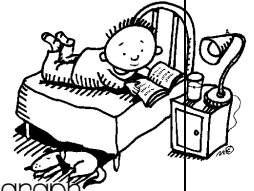
Student initial	Teacher initial	#4 THINK WIN-WIN (2+ required)
		Keep "Leader in Me" data notebook up to date before each PTC and at the end of year to keep track of your progress, including goal sheets. Ask teacher to sign: Term 1 _____ Term 2 _____ Term 3 _____
		Make a recipe that includes at least 7 ingredients. Student must measure the ingredients themselves. Portfolio must include the recipe and a picture of the process or a journal entry about what you did. Share it with someone other than your family. Who did you share with? _____
		Get a library card and read to a younger child at least once a month August - April. List books read and who you read to in your portfolio.
		Make a crossword puzzle using an online crossword program about a 4 th grade science topic. Use science vocabulary as the answers. Include the clues & a word bank. Include both a blank puzzle and an answer sheet. Bring it to school and share it with the class so we can learn, too. Teacher will make the copies.
		Create 12 math word problems using algebra, 2-digit multiplication and/or long division. You must use equations (variables included) as your solution. Include an answer sheet that shows how to solve the problems and answers. Please turn it in typed, if possible.

Student initial	Teacher initial	#5 SEEK FIRST TO UNDERSTAND THEN TO BE UNDERSTOOD (2+ required)
		Following an assigned unit of study (4 th grade Science or Social Studies topic) complete a report, model, poster, or diorama. Present your work and 4+ facts learned to our class in a way that can be easily understood.
		Write an opinion essay, supported by three details and a concluding sentence. <u>Type the paper</u> and present your essay to the class.
		Visit a science, Utah history museum or historical site. Type a one-page summary of what you learned and share it with the class.
		Do an old-fashioned skill without modern technology. This could include sewing, making a candle, make butter, etc. Take a picture of your work and write a journal entry about the experience. Share what you experienced and wrote with the class.
		Research your own personal family history. Find a person within your own family tree. Write a report about who this person was and the events of their life. Tell their life story in a PowerPoint or 1-2 page paper.
		Interview a community helper not in your immediate family. Ask them at least 10 questions. Record their responses on video or paper.
		Following the Scientific Method explore a new science experiment to you and share your findings with the class. If possible: Repeat your demonstration of your experiment in class or share a video of your findings.



Student initial	Teacher initial	#6 SYNERGIZE (2+ required)
		Join a library book club. Attend at least three meetings. Write a short summary of the books read and about your experience attending the book clubs.
		Write a play that teaches about one of the Leader in Me habits. Practice it at home and perform it in class. It cannot be longer than 3 minutes. It can also be recorded in video form.
		Serve on a committee, scout group, council, or club. Participate in at least 3 events with them. Portfolio must include journal entries about the 3 events and pictures are optional.
		Participate in one performance in front of an audience during the year (recitals, class or school talent shows, religious program, etc.)
		Write a song or poem with a friend or group of friends about a fourth grade core topic. Bring a finished copy to school and share it with the class. Must be 2 minutes or less.
		Participate in PTA Reflections. Include entry, a photo of product, or copy of entry.

Student initial	Teacher initial	#7 SHARPEN THE SAW (2+ required)
		Earn the Sharpen the Saw Fitness Gold Award. Portfolio must include a copy of the completed chart by April 27.
		Choose 2 of the following <u>that you need to work on</u> and do them for 15 days out of a month. <ul style="list-style-type: none"> *Go to bed early (before 9:00 PM) *Eat a healthy breakfast *Exercise 30 minutes a day *Don't watch TV, movies, or play electronic games Keep track using a calendar/planner & write at least one paragraph about your results.
		Play on a sports team. Compete in a game/competition with good sportsmanship. Write at least one paragraph how you showed good sportsmanship during that game/competition. Your portfolio must also include a coach's signature to verify sportsmanship.
		Construct a model using clay, Legos, cardboard, etc. of a historical event or place in Utah history. This could be related to the pioneer settlement, transcontinental railroad, mountain men, explorers, or Pony Express. Present model to the class with 3 or more facts about the event. Share your work with the class. Portfolio must include an entry explaining your 3+ facts and model. A picture of model is optional.
		Go to a musical or theatrical performance at a local venue. Include your ticket or program and at least one paragraph entry explaining the genre of art you experienced.
		Go camping, exploring, and/or hiking at a Utah national or state park. Portfolio must include a journal entry about the experience, 3+ facts learned, and photos are optional.



Sharpen the Saw: Fitness Leadership Award

Name: _____ Grade: _____ Teacher: _____

Activity Chart			
Activity	Number of Minutes (to get 1 point)		
Soccer	25		
Aerobic routines	20		
Basketball (1-on-1, 2-on-2, 3-on-3, half-or full-court)	20		
Walking	20		
Cross-country skiing	20		
Riding a bicycle	20		
Inline skating	20		
Hiking	20		
Jogging	15		
Swimming	10		
Jumping rope for 3 min. and walking for 1 min.	10		
Ice skating	20		
Other aerobic activities approved by your teacher	20		
Target heart rate			
Maximum heart rate= 220-age			
Resting heart rate= maximum heart rate -70			
Lowest target rate= 0.70 x maximum heart rate			
Highest target rate= 0.85 x maximum heart rate			
Age	Target Heart Rate	Age	Target Heart Rate
5	150-183	9	148-180
6	148-180	10	147-179
7	148-180	11	146-178
8	148-180	12	146-177
A simple way to figure out your heart rate is to count how many times your heart beats in 6 seconds and add a 0 to that number. For example, 16 beats in 6 seconds= 160			

Fitness Leader Progress Chart

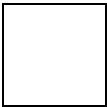
Color 1 square for each point earned

- You may only earn two points per day

Bronze (120-149 points)

Silver (150-179)

Gold (180)



You made it!
Turn this chart into your teacher by June 1~~st~~

Parent Signature: _____ Date: _____



Read a book for each genre during 4th grade school year. Write the title and the date you finished in the box.
Some genres have more than one box. You must read a different book for each box.

Historical Fiction Title & Author ----- ----- ----- Date Finished -----	Multi-cultural Title & Author ----- ----- ----- Date Finished -----	Biography Title & Author ----- ----- ----- Date Finished -----	Information Chapter Book Title & Author ----- ----- ----- Date Finished -----	Fantasy Title & Author ----- ----- ----- Date Finished -----
Poetry Book Title & Author ----- ----- ----- Date Finished -----	Realistic Fiction Title & Author ----- ----- ----- Date Finished -----	Mystery Title & Author ----- ----- ----- Date Finished -----	Newberry or Honor Book Title & Author ----- ----- ----- Date Finished -----	Caldecott Award Picture Book Title & Author ----- ----- ----- Date Finished -----
Beehive Nominee Chapter Book Title & Author ----- ----- ----- Date Finished -----	Nonfiction Book Title & Author ----- ----- ----- Date Finished -----	Free Choice Book Title & Author ----- ----- ----- Date Finished -----	Traditional Literature Title & Author ----- ----- ----- Date Finished -----	Mystery Title & Author ----- ----- ----- Date Finished -----
Newberry or Honor Book Title & Author ----- ----- ----- Date Finished -----	Multi-cultural Title & Author ----- ----- ----- Date Finished -----	Science Fiction Title & Author ----- ----- ----- Date Finished -----	Historical Fiction Title & Author ----- ----- ----- Date Finished -----	Biography Title & Author ----- ----- ----- Date Finished -----
Science Fiction Title & Author ----- ----- ----- Date Finished -----	Caldecott Award Picture Book Title & Author ----- ----- ----- Date Finished -----	Fantasy Title & Author ----- ----- ----- Date Finished -----	Realistic Fiction Title & Author ----- ----- ----- Date Finished -----	Beehive Nominee Chapter Book Title & Author ----- ----- ----- Date Finished -----

Student: _____ Signature: _____

Parent Signature: _____ Date completed: _____

*Completed READO chart due for Soaring Eagle by April ~~30th~~ and all students must finish READO chart by June ~~25th~~.