Spring Break To-do List

SASE 9

* Get your avalanche awareness trip permission form signed
* Get your gear and food organized for your avalanche awareness trip that runs April 1-3 the week we get back
* Complete your package on the industrial revolution
* Tie up any loose ends. If these are not completed, you will stay with me at lunch an after school on March 30 and 31 until they are complete.
  + Canada maps
  + Kwaday Dan Kenji perspective assignment
  + Complete your slipper liners
  + Get all homework readings/ responses completed by checking the class website (mcdadepcss.weebly.com) – there are 13 in total
  + Finish Fish Lake readings and questions
* Be active
  + 50x push-ups per day
  + 2 minutes plank per day
  + Cardio activity 3x per week @ 30 mins (dog walk, run, ski, snowshoe, shovelling, hike the Bonneville Loop again…)