

**3<sup>rd</sup> period**

# Take notes

How do we do it?



**3<sup>rd</sup> Period intention**

Practicing “Take notes” together.



[illegible]

# CHRISTOPHER'S SUPER NANAIMO BARS RECIPE

## Directions

1. Grease a 9x9-inch square pan. Melt 1/2 cup butter in a saucepan over low heat, and stir in cocoa mix, vanilla extract, and egg. Whisk together until the mixture thickens, about 1 minute (do not boil); remove from heat and stir in graham cracker crumbs, 1 cup coconut, and walnuts. Mix well, and press into the bottom of the prepared pan. Chill the crust for about 1 hour.
2. Place the cream cheese into a mixing bowl, and beat with an electric mixer until smooth and fluffy. Beat in the milk, vanilla pudding mix, and powdered sugar to make a spreadable, creamy mixture. If mixture is too stiff to spread easily, add more milk, 1/2 teaspoon at a time. Spread the filling in an even layer over the crust, and return to refrigerator. Chill until firm, about 1 hour.
3. Melt milk chocolate and 1 tablespoon of butter in a saucepan over very low heat, stirring constantly until the mixture is smooth and well combined. Spread the topping evenly over the vanilla layer, and refrigerate about 1/2 hour, until the topping is firm but not hard. Cut into bars, then return to refrigerator to finish chilling, at least 1/2 hour more. Serve cold.



# CHRISTOPHER'S SUPER NANAIMO BARS RECIPE

Reading Intention: Write down the ingredients

## Ingredients

# Friends are important

**Friends are** a pretty important part of most people's lives. Research shows that having quality relationships increases your likelihood of being happy - so it's good for your happiness to be a great friend and to have a group of close friends surrounding you too.

**A good friend** might be someone who's there to provide support when times are tough, or someone you can rely on to celebrate a special moment with you.

**You might see them every day**, once a year, or less. You might hardly see them at all but instead keep in touch via telephone, email, or online.

**Friends** might come and go in your life, they might make you laugh and cry, but most importantly of all they love you for who you are. It doesn't matter what a person looks like or what kind of clothes they wear, but it's what's on the inside that counts. It's the actions they take, no matter how big or small, to show you how much of a good friend they are, and being there for you no matter what, even when things are incredibly important!



# Friends are important

Reading Intention: Write the characteristics of a good friend

Characteristics

# Sportsmanship

**If** you're into sports, you've seen it happen. Football players shaking hands after a game. Tennis players jumping over the net to shake hands with their opponents after a match, soccer players exchanging jerseys after an intense 90 minutes. Even boxers touching gloves at the beginning of each round, then hug each other when the fight is over.

**It's** all part of sportsmanship, a great tradition in sports and competition that means playing clean and handling both victory and defeat with grace, style, and dignity. Sportsmanship is defined as playing fair, following the rules of the game, respecting the judgment of referees and officials, treating opponents with respect.

**Some people** define good sportsmanship as the "golden rule" of sports — in other words, treating the people you play with and against as you'd like to be treated yourself. You demonstrate good sportsmanship when you show respect for yourself, your teammates, and your opponents, for the coaches on both sides, and for the referees, judges, and other officials.

## Win or Lose, Sportsmanship Helps You Get Through

**In** the last few years, cheap shots have become all very common in sports. You've probably seen athletes who take their own successes too seriously. They celebrate a goal with a long victory dance or constantly talk about their abilities. This is the exact opposite of what sportsmanship is all about. This kind of behaviour might make you feel tough or intimidating to an opponent, but keep in mind it can also cause you to lose the match. Plenty of games have been lost to penalties because of "unsportsmanlike conduct."

**Everyone** feels great when they win, but it can be just as hard to be a good sport when you've won a game as when you've lost one. Good sportsmanship takes maturity and courage — when you work really hard at a sport, it's not easy to admit you made a bad play or that someone has more skills than you. In competition — as in life — you may not always win but you can learn something from losing, too. It's pretty tough to lose, so it definitely doesn't help if someone continues to ridicule you or your team after the competition is over. Sometimes it's hard to swallow your pride and walk on. But there's always the next match.



# Sportsmanship

Reading Intention: Do an awareness poster to explain sportsmanship to other students

What is sportsmanship	Actions that show sportsmanship
Unsportsmanlike conducts	

# Strengths and challenges

Strengths	Challenges