

2020 Ohio Literacy Academy

**Grades 5-12 Content Literacy:
Embedding Reading & Writing Instruction
in All Subjects**

Joan Sedita

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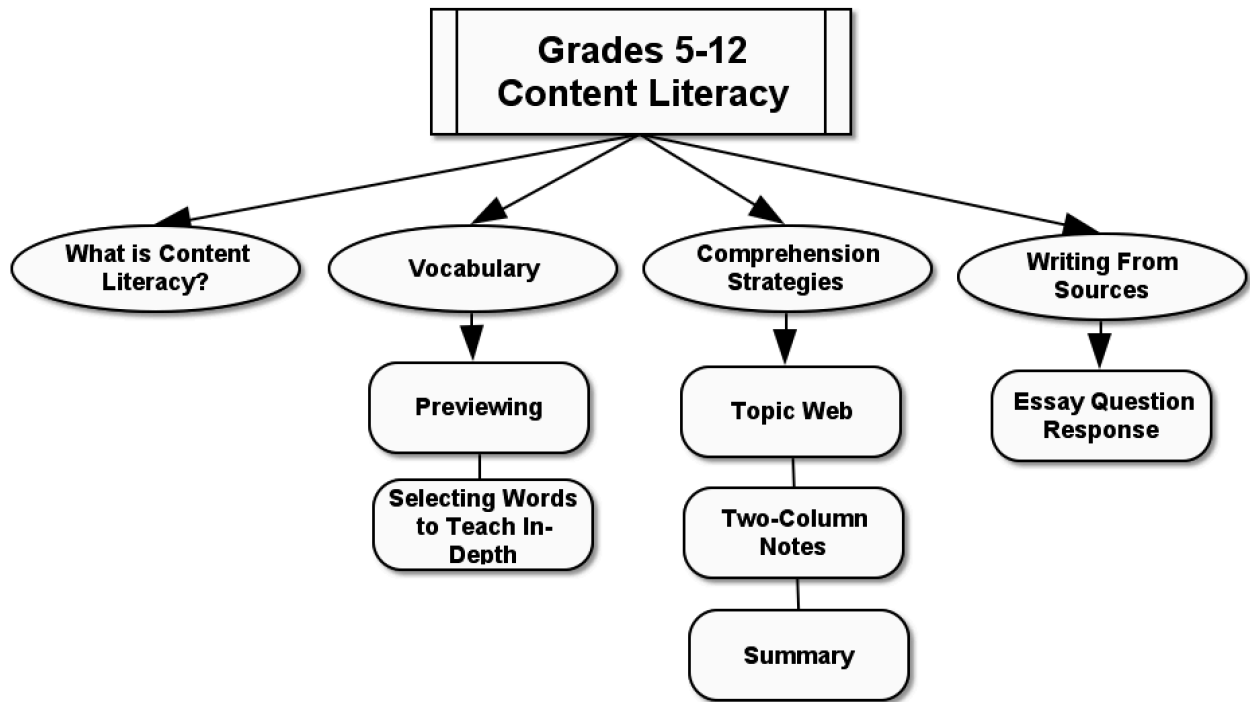
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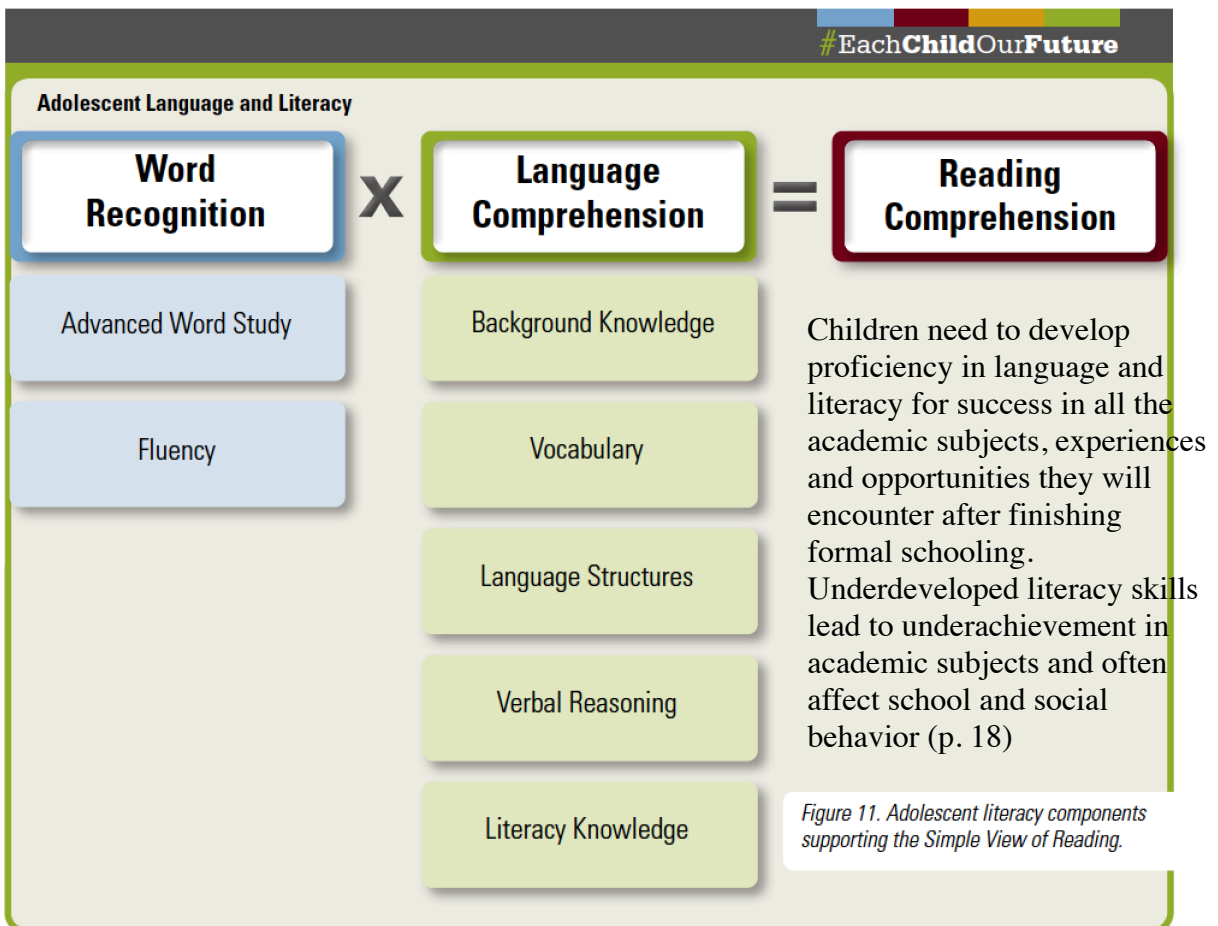
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Ohio's Language & Literacy Vision



Grades 5-12 Reading – Institute of Education Sciences Report:

5 recommendations:

1. Provide explicit vocabulary instruction
2. Provide direct and explicit comprehension strategy instruction
3. Provide opportunities for extended discussion of text meaning and interpretation
4. Increase student motivation and engagement in literacy learning
5. *Make available intensive and individualized interventions for struggling readers that can be provided by trained specialists*

Grades 5-12 Writing

The Strands That Are Woven Into Skilled Writing

(Sedita, 2019)

Critical Thinking

- Generating ideas, gathering information
- Writing process: organizing, drafting, writing, revising

Syntax

- Grammar and syntactic awareness
- Sentence elaboration
- Punctuation

Text Structure

- Narrative, informational, opinion structures
- Paragraph structure
- Patterns of organization (description, sequence, cause/effect, compare/contrast, problem/solution)
- Linking and transition words/phrases

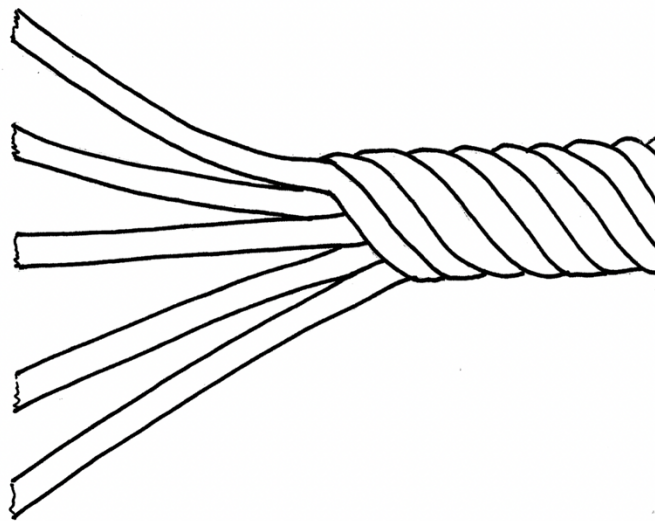
Writing Craft

- Word choice
- Awareness of task, audience purpose
- Literary devices

Transcription

- Spelling
- Handwriting, keyboarding

Content Teachers



<https://www.keystoliteracy.com/wp-content/uploads/2020/02/The-Strands-That-Are-Woven-Into-Skilled-WritingV2.pdf>

For Practice Activities

The Secret Truth About Napping

By Maria Allegra

Napping: Only for Kids?

In general, Americans regard napping as an unproductive habit. They think that only little children should take naps. However, there is **evidence** that napping can benefit people of all ages.

Famous Nappers

Many famous historical figures have been nappers. American presidents John F. Kennedy, Ronald Reagan, and Bill Clinton all took frequent naps to help them deal with the pressures of leading a powerful nation. Napoleon Bonaparte, a French emperor, often gave **rousing** speeches at a moment's notice. Perhaps this was due to his habit of taking frequent naps. Winston Churchill, who helped lead the **Allied Powers** to victory during World War II, slept for at least an hour every afternoon. He stated that a nap could renew a person's energy.

Other famous historical nappers include the brilliant scientist Albert Einstein and the world-changing inventor Thomas Edison. The amazing artist Leonardo De Vinci also took naps. They all had unusual sleep patterns that allowed them to work in a focused and creative way. Maybe if Edison had skipped his naps, he would never have invented the light bulb. Maybe Leonardo would have been too sleepy to paint the **Mona Lisa**.

Naps for Certain Careers

Scientific studies show the benefits that naps can provide for individuals with unusual work schedules. Examples include astronauts and certain medical personnel. The human body operates according to an **internal clock**. This clock operates in relation to the Earth's pattern of darkness at night and bright light during the day. When a person's internal clock is **in sync** with her or his habits, the person can most likely sleep well at night and remain awake and alert all day. But if the person's job makes for interrupted sleep – or sleep at odd hours – the internal clock can become confused. Then the person has trouble getting enough sleep.

Astronauts traveling in space are not exposed to regular patterns of light and darkness. As a result, astronauts average two hours less sleep than usual during every night they spend in space. They often have trouble concentrating. They also become grumpy. NASA decided to study whether astronauts should take naps. They did research with volunteers. The researchers found that napping improved memory, but not **alertness**. NASA researchers also concluded that longer naps work better than shorter ones. Mark Rosekind of NASA, who conducted the research, stated that even a 26-minute nap boosted a pilot's mental performance by 34%. A 45-minute nap gave roughly the same mental boost but the boost lasted more than 6 hours.

Doctors in training, known as **residents**, work very long hours. As a result, they are often sleep-deprived. Emergency-room doctors working at night also have problems sleeping. Sleep experts recommend that these health workers take short naps on the job. A team of researchers led by David F. Dinges, a professor at the University of Pennsylvania, found that letting **subjects** nap for as little as 24 minutes improved their mental performance. So even short naps can reduce the number of mistakes a tired person makes.

The main takeaway seems to be that a deep sleep, whether it is nighttime sleep or a daytime nap, **primes** the brain to function at a higher level, allowing us to come up with better ideas, find solutions to puzzles more quickly, identify patterns faster, and recall information more **accurately**.

Siesta Tradition

There is a word in the Spanish language to describe the habit of taking a nap in the mid-afternoon: **siesta**. However, taking a midday nap is common not only in Spain, but it is also common in Greece where people traditionally take a break in the middle of the day. They eat a large meal and then take a nap.

It is not the big noontime meal that makes Greeks sleepy. Evidence suggests that people, in general, become drowsy between 2:00 p.m. and 4:00 p.m. In fast-paced America, workers and students usually fight to stay awake during this so-called “nap zone.”

After a nap, people tend to be happier and more alert. They do better work and avoid making mistakes. Nappers may even have better long-term health than non-nappers. In 2007, a study by the Harvard School of Public Health discovered that people who took 30 minute naps at least three times a week were 37% less likely to die of heart disease. **Furthermore**, the study found that even people who napped for less than 30 minutes or napped only one or two times per week were 12% less likely to die from heart disease. In a 2011 study, researchers at Allegheny College found that napping was a factor in lowering **blood pressure** after mental stress. The people in the study who took a daily 45 minute nap on average had lower blood pressure after taking a mental stress test than those who didn't have a nap.

Finding Time to Sleep

But finding time to sleep – or nap – can be challenging. Students involved in sports or other extracurricular activities after school aren't often able to find time to nap before evening sleep time. And finding places to nap during the day at school is challenging. However, Anton Anderson, an English teacher at Greenwich (Connecticut) High School, decided to do something to help the **waves of weary teens** he was seeing every day. In 1998, he founded the Power Napping Club, which allows students to nap for about 20 minutes at the end of the day before going to extracurricular activities. Its **motto**: *Veni, Vidi, Dormici* (Latin for “I came, I saw, I slept”).

The Power Napping Club co-president emphasizes the boost that naps provide. “Obviously, it's no substitute for sleep, but I definitely feel more relaxed afterward,” she says.

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Word Knowledge Checklist

	<i>Know it well</i>	<i>Know something about it</i>	<i>Have seen or heard it</i>	<i>Do not know</i>	<i>Definition</i>
evidence					
rousing					
Allied Powers					
Mona Lisa					
internal clock					
in sync					
alertness					
residents					
subjects					
primes					
siesta					
furthermore					
blood pressure					
waves of weary teens					
motto					

Three Tiers of Words

Tier 1 words of everyday speech
Tier 2 general academic vocabulary (saunter, verify, escalate, redundant)
Tier 3 subject-specific academic vocabulary (aorta, carburetor, personification)

Beck, McKeown & Kucan, 2002

ACTIVITY:

Select 3 Tier 2 words from the list above that might be worth teaching in-depth.

Templates for Teaching a Word In-Depth

Frayer Method

Concept Word: _____

Define the word, include picture if possible	List key characteristics and attributes
Example	Non-example

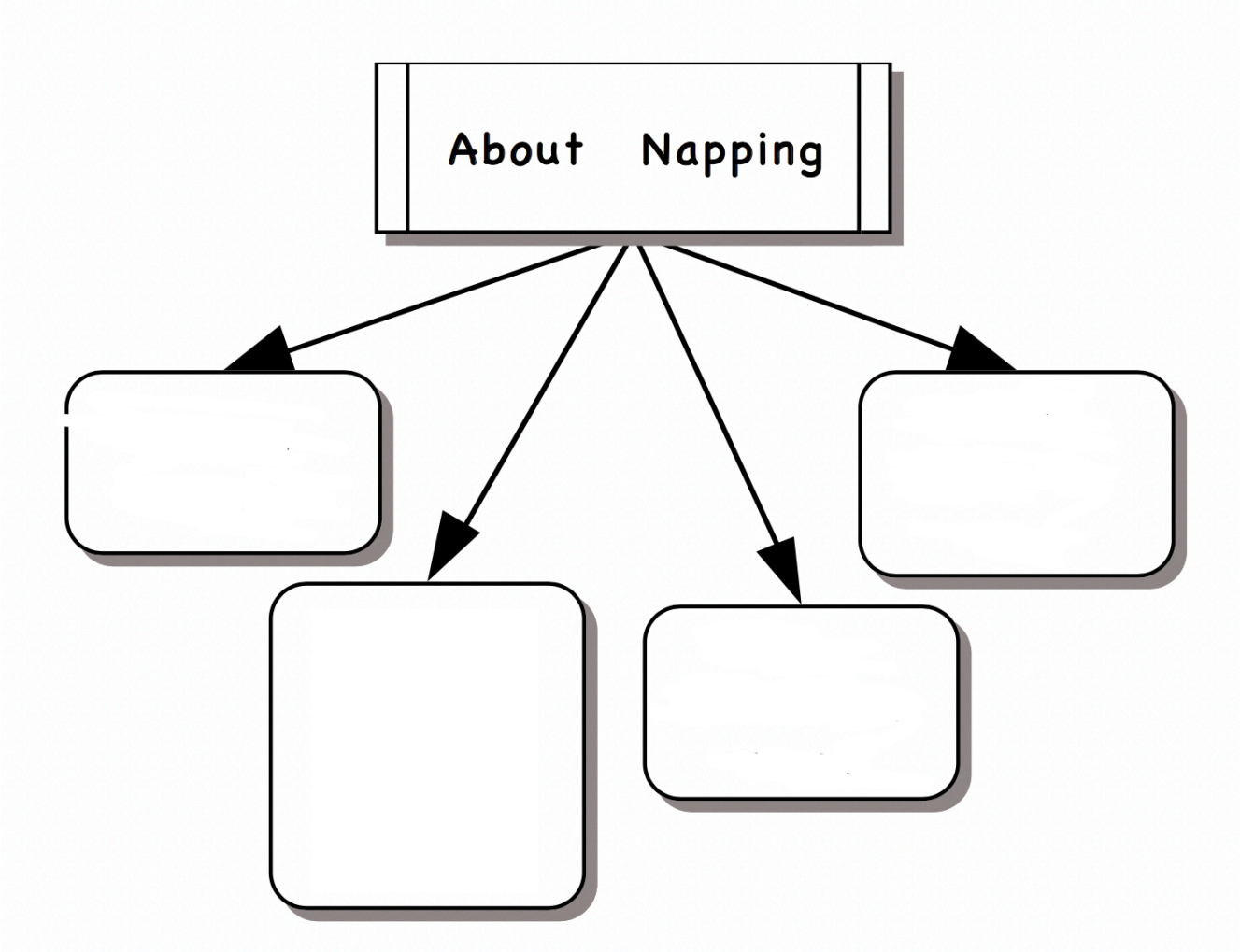
Two-Column Notes Template

_____	Definition: Part of speech: Synonym: Antonym: Category/related words: Example: Non-example: Multiple meanings: Sentence: Illustration:
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Free download of templates: <https://www.keystoliteracy.com/free-resources/templates-printables/>

Comprehension: Top-Down Topic Webs

What might be a simple topic web for the article? Fill in the shapes.



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Two-Column Notes

There is evidence that napping can be helpful.

examples of famous nappers	<ul style="list-style-type: none">- historical figures<ul style="list-style-type: none">o American presidents: Kennedy, Reagan, Clintono French emperor Napoleono Churchill during WWII
naps help people with unusual work schedules	<ul style="list-style-type: none">- internal clock = sleep and waking aligned to night and day- jobs that create interrupted sleep or sleep at odd hours<ul style="list-style-type: none">o confuses internal clocko hard to get enough sleep- ex: astronauts<ul style="list-style-type: none">o irregular sleep pattern = problemso naps help memory, longer naps better- ex: doctors in training (residents) or emergency drs.<ul style="list-style-type: none">o researchers: found naps improve mental performance and reduce mistakes- deep sleep including naps: helps brain function better
afternoon naps: siestas	<ul style="list-style-type: none">- some cultures take afternoon naps (ex. Spain, Greece)- people get tired in middle of day, nap helps
napping helps	<ul style="list-style-type: none">- makes people happier, more alert- creates better long-term health<ul style="list-style-type: none">o studies show: nappers have less heart disease and lower blood pressure
finding time to nap	<ul style="list-style-type: none">- not easy to find time or place for sleep in schools- ex. of a solution: CT high school started napping club

Summary

There is evidence that napping can be helpful. First of all, there have been many successful American presidents and historical figures who were nappers. Researchers have found that napping helps people whose internal clocks are confused because of unusual work schedules. For example, longer naps were found to help astronauts' memory and mental performance. Another example is emergency room and resident doctors. Some cultures take regular afternoon naps called siestas. Overall, studies have shown that napping has positive effects and supports better long-term health.

Summary Template

1. List the main ideas in phrase form.

- _____
- _____
- _____
- _____
- _____
- _____
- _____

2. Write an introductory sentence that states the topic of the summary.

3. Turn the main ideas into sentences using your own words. You can combine some of the main ideas into one sentence.

4. Add transition words from the list below or from the transition poster.

first, next, finally, before, after, during, later, also, another, in addition, in conclusion, to sum up, similarly, however, on the contrary, most important, for example, as a result, therefore

5. Proofread and edit your summary.

Transition Words and Phrases

<i>To indicate a time relationship</i>	after, afterward, after that, at first, at this time, before, beginning with, beyond, during, earlier, ending with, eventually, finally, following, from then on, in the meantime, last, later, meanwhile, next, now, since, soon, then, until, while
<i>To indicate spatial placement</i>	below, beside, between, beyond, farther on, here, next to, parallel with
<i>To list or present a series of ideas</i>	after, after that, finally, first, lastly, next, second, third
<i>To add information or continue a line of thought</i>	also, another, besides, further, furthermore, in addition, likewise, moreover, similarly
<i>To summarize or show conclusion</i>	accordingly, finally, in conclusion, in other words, in short, to conclude, to sum up, to summarize
<i>To show comparison</i>	by comparison, compared to, in like manner, likewise, similarly
<i>To show contrast</i>	although, but, however, in contrast, nevertheless, on the contrary, on the other hand, unlike
<i>To repeat information or stress a point</i>	above all, in fact, in other words, most important, once again, to repeat
<i>To provide an example or illustrate a point</i>	for example, for instance, such as, to illustrate, that is
<i>To show cause and effect</i>	as a result, because, because of, caused by, consequently, for that reason, that is why, therefore, thus
<i>To state the obvious</i>	certainly, granted that, in fact, most certainly, naturally, obviously, of course, surely, undoubtedly, without a doubt
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Writing from Sources

Mini WAG

Writing Task: <i>Write a mini-article that answers this question: "What are some effects of not getting enough sleep and advantages to taking naps?"</i>	
Audience: <i>Assume that your piece might go in the school newspaper – write it with students in mind.</i>	Purpose: <i>To support your learning of the content for science class. To practice your writing skills.</i>
Length: <i>6 to 12 sentences organized into 1 or 2 paragraphs.</i>	
Directions & Requirements: <ul style="list-style-type: none">• <i>Include a 1 to 2 sentence introduction and a 1 sentence conclusion.</i>• <i>Include at least 2 effects of not getting enough sleep, and at least 2 advantages of napping.</i>• <i>Include at least 3 transition words/phrases, underline them.</i>	
Additional Information: <ul style="list-style-type: none">• <i>You will have an opportunity to collaborate with a partner to develop notes prior to writing your piece.</i>• <i>A list of transition words/phrases will be provided by the teacher.</i>	

Mini WAG

Writing Task:	
Audience:	Purpose:
Length:	
Directions & Requirements:	
Additional Information:	

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sleep and napping

Effects of lack of sleep	<ul style="list-style-type: none">• Interrupted sleep: confuses internal clock• Causes trouble concentrating• Makes you grumpy
Benefits of napping	<ul style="list-style-type: none">• Helpful for people with unusual work schedules• Improves memory & mental performance• Can reduce # mistakes tired person makes• Helps brain function at higher level = better ideas, solutions, recall• Happier & more alert• Less likely to die of heart disease, lowers blood pressure

Turning Notes into Sentences

Napping can counter the effects of not getting enough sleep. When sleep is interrupted it confuses a person's internal clock. **One** effect is to cause you to have trouble concentrating. **Another** effect is that it makes you grumpy! That is why napping is helpful for people who do not get enough sleep because of unusual work schedules. Napping improves memory and mental performance. **This results** in a tired person making fewer mistakes. Napping has **also** been found to help the brain function at a higher level. This **in turn** leads to better ideas, solutions, and recall of information. **In addition** to making you happier and more alert, napping will lower your blood pressure and make you less likely to die of heart disease. There certainly is a case to be made for taking naps!

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