



# Mission Oak High School

## Guide to Online Learning Enrichment and School Services

### Staff Contact List

[https://mohs.tjuhsd.org/Our\\_Staff](https://mohs.tjuhsd.org/Our_Staff)

Meals	<a href="#">Grab and Go Meals</a>
Tech Support	Contact Tech Support at <a href="mailto:tim.seible@tulare.k12.ca.us">tim.seible@tulare.k12.ca.us</a> or <a href="mailto:armando.martin@tulare.k12.ca.us">armando.martin@tulare.k12.ca.us</a>
Math	<a href="#">Mission Oak IXL login</a> <a href="#">Algebra 1</a> <a href="#">Geometry</a> <a href="#">Algebra 2</a> <a href="#">Statistics</a> <a href="#">PreCalculus</a> <a href="#">Calculus</a> <a href="#">Official SAT math practice</a>
English	English <a href="#">Keep a blog</a> , <a href="#">Read a book review or write one yourself</a> , <a href="#">Keep a Creative Journal</a> <a href="#">Read a Short Story then try writing one yourself!</a> <a href="#">Free Online Books for Teens</a> <a href="#">Free Online Graphic Novels</a> <a href="#">Quill.org - Grammar/Writing Practice</a>  ELD <a href="#">Duolingo</a> , <a href="#">Epic Books</a> , <a href="#">Audiobooks</a> , <a href="#">Audible</a> , <a href="#">ELL BraiPpop</a> , <a href="#">Quill.org</a> , <a href="#">English Media lab</a> , <a href="#">Games to Learn English</a> , <a href="#">ESL Lab</a> , <a href="#">Online Board Game</a> , <a href="#">ESL Grammar Games</a>
Science	Science Reading: <a href="#">ScienceNews for Students</a> , Science Videos: <a href="#">Crash Course: Biology</a> , <a href="#">Crash Course: Anatomy and Physiology</a> , <a href="#">SciShow</a> , Science Labs: <a href="#">HHMI Bio</a> , <a href="#">Phet Simulations</a> , Science Games: <a href="#">Anatomy Arcade</a> , <a href="#">BioMan</a>
Social Studies	<a href="#">Crash Course World History</a> <a href="#">Crash Course US History</a> <a href="#">Crash Course Economics</a> <a href="#">Crash Course Government</a> <a href="#">PBS Learning: All History Subjects</a> <a href="#">CNN Student News</a>
Creative Time & Electives	<a href="#">Story Corps</a> <a href="#">10 Virtual Museum Tours</a> <a href="#">How to find &amp; listen to Podcasts</a>
Physical & Mental Health	Same as Physical and Mental Well being below or keep separate? <a href="#">The Fitness Marshall</a>
Social/Emotional Supports	<a href="#">Tulare Youth Services Bureau</a> <a href="#">Tulare One Stop</a> <a href="#">National Suicide Prevention</a>
Special Education	<a href="#">Common Lit</a> , <a href="#">Quill.org</a> <a href="#">Read Each Day Challenge</a> , <a href="#">IXL</a> , <a href="#">QuickMath</a> , <a href="#">Khan Academy</a> ** Join your teachers Google Classroom and ZOOM meeting invites
Physical & Mental Well-being	<a href="#">Self-Care Choice Board (Bingo)</a> <a href="#">Yoga With Adriene</a> <a href="#">Calm Meditation App</a> <a href="#">Guided Meditation</a> <a href="#">Matt strffsnima dance tutorials</a> <a href="#">Fitness marshall aerobic dance</a> <a href="#">Bodyweight workouts</a>

<b>World Languages</b>	<a href="#">Conjuguemos Epic!</a> (read books) <a href="https://www.commonlit.org/en">https://www.commonlit.org/en</a> <a href="#">Radio Ambulante</a> <a href="#">Guía Literaria (Spanish Lit.)</a> <a href="#">Quizlet</a> <a href="#">albert.io</a> <a href="#">iHola! Magazine</a> <a href="#">Practical Spanish</a>
<b>Reading &amp; Library</b>	<a href="#">Destiny eBooks</a> (log in with school email/password, click on "open" to read) <a href="#">Mission Oak Library Website (MOHSREADS)</a> <a href="#">Audible.com</a> (free audiobooks) <a href="#">TeenReads</a> (Ultimate teen reading list, review, and blog), <a href="#">Sports Illustrated for Kids</a> , <a href="#">TweenTribune (Smithsonian)</a> , <a href="#">Project Gutenberg</a> (more free eBooks), <a href="#">Dogo News</a> (ELA, Science, Social Studies news articles) <a href="#">ERS Library Teen Portal</a> (use the username: <b>tulareteen</b> & password: <b>resources</b> to access tons of multimedia resources aligned to help your research and presentation needs)
<b>Scholarships Career Center</b>	<a href="#">Naviance</a> : (log in w/school email & password) <a href="#">Virtual College Tours</a>
<b>Counseling</b>	<ol style="list-style-type: none"> <li>1. Reach out to your Counselor about any support you may need: (Academic, College, Social/Emotional, Other).</li> <li>2. Read emails and respond as needed.</li> <li>3. Transcript Requests through <a href="#">Naviance</a></li> </ol>
<b>Clothes Closet/Personal Needs/Community Resources</b>	<a href="#">Tulare Employment Connection</a>
<b>Advanced Placement</b>	<a href="#">AP Testing Updates</a>
<b>SAT Prep</b>	<a href="#">Khan Academy</a>
<b>Rest</b>	<a href="#">CalmSounds (free nature sounds for relaxation)</a> <a href="#">Relaxing White Noise for Studying</a> <a href="#">LoFi/Chillhop Music to Relax/Study</a>
<b>Make it REIGN! #FindYourGreatness</b>	