



NJSLA Research Simulation Task Grade 5 Writing

Lesson 1: Introduction to the Prose Constructed Response on the Research Simulation Task

Rationale

- ✚ This lesson serves as an overview of the prose constructed response (PCR) of the Research Simulation Task (RST), which is the essay writing portion of the exam.
- ✚ The succeeding lessons in this series will delve into several aspects of the writing process and offer practice in the areas of thesis statements, outlining, paragraphing, and completing a PCR task.

Goal

- ✚ To preview the PCR on the NJSLA Research Simulation Task

Task Foci

- ✚ **CCSS W.5.2:** Write informative/explanatory texts to examine a topic and convey ideas and information clearly.

Objectives

- ✚ Students will understand the types of writing that they will be asked to produce on NJSLA Research Simulation Task.

Materials

- ✚ Research Simulation Task Sample Texts
- ✚ Research Simulation Task Sample Prompt
- ✚ Blank white paper
- ✚ Colored pencils

Procedures

- ✚ Explain that today you are going to introduce the class to the writing portion of the NJSLA Research Simulation Task.
- ✚ The great innovation of NJSLA is that it creates a test-taking environment that simulates the circumstances in which real-world writing is conducted. Students have the texts they need right in front of them. Share this information with students. Let them know that this should put them more at

ease with the tests. The only prior knowledge they need concerns knowing how to write a response to a prompt. The content of their responses will be drawn exclusively from the texts on the assessment.

- ✚ Explain to students that NJSLA is a significantly different test than NJ ASK, but you as the teacher are going to guide them through the process of taking the test so that they are well prepared for test day.
- ✚ Differences from NJ ASK:
 - Test is administered on computers (schools may opt for paper tests).
 - The writing and reading portions are combined into one comprehensive assessment. All answers, selected or written, use the same set of texts as their source, so students interact with the texts over a sustained period of time.
 - Questions are all text-dependent. Students answer multiple-choice (EBSR & TECR) questions after reading the texts and before writing their essays
 - Emphasis on analytical essay.
- ✚ Distribute the sample texts and prompt.
- ✚ Ask students if they have any questions.
- ✚ Discuss “main idea” and explain to students that the main idea of their essay will be a statement that directly answers the prompt.
- ✚ Next, students will create a web to brainstorm main ideas and supporting evidence.
- ✚ Pass out paper and colored pencils.
- ✚ Ask students to write the words “Main Idea” in the center of their paper and leave space to write their main idea below the words.
- ✚ Direct students to come up with at least three supporting ideas. Have them find information in the texts that they can use to support their ideas. Have them write their findings in their own words on their web.
- ✚ Discuss students’ ideas and findings if there is time. Collect their work.

Teacher Tips

- ✚ While students are creating their webs, circulate to help any students who may be struggling and to check that their main idea is workable and that they are finding relevant information in the texts to support their ideas.

Extension Activities

- ✚ Evaluate students’ webs. It should be evident that the student understood the reading. Check that each student was able to come up with at least three supporting ideas for their main idea.

What is diabetes?

from CDC.gov

Your body makes a hormone called insulin. It helps break down the food you eat every day. Every time you eat something, your body turns that food into glucose. This is what you use for energy. If a person has diabetes, his or her body has trouble producing enough insulin to do this. Or, it's not able to use the insulin it makes. Either way, their cells can't use the energy from the food they eat. They build up too much sugar in their blood and urine.

Having too much sugar in your blood can impair every part of your body. It is hard on your eyes, kidneys, nerves, heart, and even gums! Over a lifetime, having diabetes puts someone at much greater risk of heart attack, stroke, blindness, and kidney failure. Circulation problems and nerve damage can also mean that people with diabetes have to have their feet or legs amputated.

Fortunately, diabetes can be prevented in many cases. And, taking good care of yourself if you have diabetes can prevent a lot of these scary things from happening.

There are two types of diabetes. They have equivalent effects. With both types, your body can't process glucose right. Different things cause them. Juvenile diabetes got its name because most people who got this type of the disease got it when they were children (even though adults can get it, too). Now, it is called type 1 diabetes. This kind of diabetes happens when the immune system attacks the cells that make insulin in a body organ called the pancreas. Without insulin, you develop diabetes. Between 5 and 10 percent of people with diabetes have this kind.

The other kind of diabetes is called type 2 diabetes. With this kind, your body makes insulin. But it either doesn't make enough, or something prevents your body from using it right.

Until recently, most cases of type 2 diabetes were in older people and adults who were overweight. In the last few years, though, more and more kids are being diagnosed with this kind of diabetes. Most likely, this is because kids today are more likely to be overweight and not get enough exercise than they were in the past. Children who are African-American, Hispanic, Asian, or Native American are more likely to develop type 2 diabetes than others.

Because diabetes causes people to have too much glucose, or sugar, in their blood, a lot of people call it sugar or sugar diabetes. No matter the name, though, it's all the same disease. Scientists do not know exactly how many kids have diabetes. They do know that doctors are seeing more and more cases of diabetes in kids. And most of these cases are now type 2 diabetes, which used to be very rare among kids.

How would I know if I have diabetes?

from CDC.gov

Signs of type 1 diabetes are usually hard to miss. They include being unusually thirsty or hungry, having to pee a lot, and being really tired. Rapidly losing weight and having blurry vision are also symptoms of type 1 diabetes. These often happen really quickly - in just a few weeks. If you notice these symptoms, tell your parents right away so that a doctor can check you out.

Many people with type 2 diabetes don't have any signs, especially in the early stages. Over time, someone with type 2 diabetes might see some of the same signs as type 1.

Why do I hear so much about diabetes now? Do more people have it?

A lot more people have diabetes now - over 18 million Americans. That's more than twice as many people as 20 years ago. While most people with diabetes are over 50 years old, rates of diabetes in kids have been going up really quickly -- about a percent a year. So, even though it's still pretty rare for a kid to have it, more kids than ever before are living with this disease.

Is there a cure for diabetes?

There is no panacea for diabetes. Rather than being cured, people can control the disease with medicine, exercise, and eating right. These three things work together to keep blood sugar under control.

There are a lot of different medicines to treat diabetes. One type you might have heard of is insulin shots. They probably sound scary - who wants to get a shot every day? But for people with type 1 diabetes, taking insulin every day is a lifesaver. And, many kids will tell you that it's not such a big deal once you get used to it. Also, today many kids who need insulin get it through a pump that attaches to their bodies. They wear it on their waist, and it looks like a pager or cell phone.

For kids with type 2 diabetes, doctors will first help them try to lose some weight. Doctors also help kids increase their exercise, and eat a better diet. This often works to control their diabetes. Some kids with type 2 diabetes have to take a pill or insulin every day, too.

For any person with diabetes, eating right and getting exercise are very important in keeping it under control. And, keeping weight within a healthy range is also really good for someone with diabetes. Being overweight can make controlling blood sugar more difficult.

A Friend with Diabetes

from CDC.gov

Let me give you the straight scoop on talking to a friend who has diabetes. Guess what - it's just like talking to anyone else! Someone with diabetes is just as likely to like the same books, movies, and activities you do. But they do have some special things they need to think about every day.

It can be hard to have a serious disease. Your friend may feel strange about bringing up all the new things he or she has to do. They may worry that you think it's gross when they stick their finger to test blood sugar, or if they have to give themselves a shot. One of the best things you can do is give them a chance to talk to you about how they feel and what they worry about. Another thing that can help is learning more about their disease, and how you can help them manage it, including warning signs that their blood sugar may be too low. It may be a big relief for them to know that someone else is helping to look out for them.

The two big things that every person with diabetes needs to think of every day are food and exercise.

First, food. While everyone should try and eat mostly healthy meals and snacks, it's REALLY important for someone with diabetes. Since some carbohydrates can affect blood sugar really quickly, people with diabetes need to make sure they eat mostly complex carbs like whole grain bread and pasta, fruits and vegetables, and low-fat dairy products. These are broken down more slowly by the body and help keep blood sugar stable. Carbs like white bread, juice, soda, or candy can send blood sugar soaring. This is just what people with diabetes need to avoid. Eating small meals every few hours also helps keep blood sugar levels from going up and down too much.

So, if a friend turns down cake at your birthday, don't take it personally or try to make him eat it anyway. And, it's even better if you can plan ahead to make sure that you have plenty of stuff they can eat there, too. There are even special cake recipes that use synthetic sweetener that people with diabetes (and everyone else, too) can eat. Mock sweeteners imitate the flavor of sugar.

Next, physical activity. It's a good idea for everyone to get enough exercise. It's also even MORE important that people with diabetes get plenty of activity. It helps them to keep their blood sugar down.

And if you don't have diabetes, don't think you're off the hook. Being active can help prevent diabetes. Keeping your weight at the level that's right for you is one way to reduce the chance of getting type 2 diabetes. So, if you've got a friend with diabetes, it's great for both of you to get out and play some basketball or walk the dog.

Lined writing area with 20 horizontal lines.