

Home School User Guide

Anna M. Reinstein Public Library Resources

How to use this guide: Listed below are subjects that needs to be covered according to the home school guidelines for NYS. If you have any questions please refer to your local Home School organization.

At the Anna M. Reinstein Public Library we have many free resources for your children. We have organized them according to grade and subject. Each subject gives the call number to look on the shelves for books, a short list of few books (there are many more), some free databases that the library provides for citizens of Erie County (websites that have free things to help your kids learn) and some ideas for activities.

Credit is equal to 108 hours of instruction per school year, ½ credit is 54 hours.

9th - 12th grade	
Patriotism and Citizenship	
Library Area	Non-fiction – JC 329, JF 801, JK 1758 - JK 1759
Books	One Nation: America Remembers September 11, 2001. Boston: Little, Brown and Co., 2001 Over There: America in the Great War by Robert J. Dalessandro Dear America: The Story of an Undocumented Citizen by Jose Vargas Franklin D. Roosevelt: The Making of America by Teri Kanefield
Databases and Websites	Random House Guide – Promoting Active Citizenship: http://www.randomhouse.com/highschool/RHI_magazine/active_citizens/
Activities	Research the process of becoming a citizen of the United States. Volunteer to help a local group that offers classes for those preparing to become citizens. Attend a citizenship ceremony. Most towns have a night court OR scheduled Board of Education meetings - try to go for a visit. Pick an issue of interest and then write one of your elected officials with your views. You usually get a letter back. Watch a State of the Union, and then talk about what it was about.

Health and Substance Abuse ½ Credit	
Library Area	Non-fiction – HQ, HV, RA, RJ
Books	<p>Mayo Clinic Family Health Book by Scott C. Litin</p> <p>It's Perfectly Normal: Changing Bodies, Growing Up, Sex and Sexual Health by Robie H. Harris</p> <p>A Parent's Guide to Teen Addiction: Professional Advice on Signs, Symptoms, What to Say, and How to Help by Laurence M. Westreich</p> <p>When Someone You Know has Depression: Words to Say and Things to Do by Susan J. Noonan</p>
Databases and Websites	<p>Center for disease control : www.CDC.gov</p> <p>Medline Plus – https://www.nlm.nih.gov/medlineplus/teenhealth.html</p> <p>Mayo Clinic Tween and Teen Health : http://www.mayoclinic.org/healthy-lifestyle/tween-and-teen-health/basics/tween-and-teen-health/hlv-20049436</p>
Activities	<p>There are usually health fairs and classes that teens and grownups can attend together.</p> <p>Make a healthy relationship checklist.</p> <p>Keep a mental health journal where you detail your moods and activities.</p>
Highway Safety and Traffic Regulations (Including Bike Safety)	
Library Area	Non-fiction: GV 1041, GV 1043, GV 1049
Books	Complete Bike Book by Christ Sidwells
Databases and Websites	<p>DMV for NYS manual for driving http://dmv.ny.gov/driver-license/drivers-manual-practice-tests</p> <p>Find the right bike helmet : http://www.rei.com/learn/expert-advice/bicycle-helmet.html</p>
Activities	<p>Take a defensive driving course.</p> <p>Take a look under the hood – Ask a local mechanic if they will show you around under the trunk while they inspect your car.</p>
Fire and Arson Prevention and Safety	
Library Area	Non-fiction HS 3313.Z95 and TH 9148
Books	Firefighters to the Rescue by Meish Goldish

Databases and Websites	American Red Cross: Home Fire Safety- https://www.redcross.org/get-help/how-to-prepare-for-emergencies/types-of-emergencies/fire/prevent-home-fire.html US fire Administration - https://www.usfa.fema.gov/prevention/outreach/
Activities	Go around your house and make sure it is up to fire code. Go camping and practice safe fire building and extinguishing.
English 4 Credits	
Library Area	Non-fiction: P's
Books	Shakespeare by Peter Chrisp E.B. White by Rennay Craats English for Everyone. English grammar guide : practice book by Thomas Booth Writing Skills Success in 20 Minutes a Day. Learning Express Art Panels, BAM! Speech Bubbles, POW!: Writing Your Own Graphic Novel by Trishia Speed Shaskan Maya Angelou: A Biography of an Award-Winning Poet and Civil Rights Activist by Donna Brown Agins
Databases and Websites	Literature Resource Center – must be accessed through the library website. Literature Criticism Online – must be accessed through the library website. Project Gutenberg , public domain books, plays, poems and short stories: gutenberg.org/
Activities	Study a play and then see it live. Participate in a poetry slam. Mentor younger readers.
Social Studies 4 Credits	
Library Area	E's, F's, and JK's
Books	American History: Smithsonian American History: A Visual Encyclopedia by David C. King The Underground Railroad in American History by Ken Knapp Sawyer

	<p>Encyclopedia of American Indian History & Culture: Stories, Time Lines, Maps, and More by Cynthia J. O'Brien</p> <p>Participation in Government: When You Grow Up to Vote: How our Government Works for You by Eleanor Roosevelt</p> <p>The United States Constitution by Mari Schuh</p> <p>Election Day by Marc Tyler Nobleman</p>
Databases and Websites	<p>NYS History http://www.history.com/topics/us-states/new-york</p> <p>Congress for Kids https://kids-clerk.house.gov/middle-school/</p>
Activities	<p>Pretend you are a revolutionary that just won independence and create your constitution. Visit Old Fort Niagara. Create a timeline of American history complete with drawings and pictures.</p>
Math 2 Credits	
Library Area	QA's
Books	<p>Pre-Algebra Concepts by Richard W. Fisher</p> <p>100 Most Important Science Ideas: Key Concepts in Genetics, Physics and Mathematics by Mark Henderson.</p> <p>Everyday Math Demystified by Stan Gibilisco</p> <p>Pre-Calculus for Dummies by Yang Kuang</p>
Databases and Websites	<p>Khan Academy: https://www.khanacademy.org/math</p> <p>IXL : https://www.ixl.com/math/algebra-1</p> <p>Drexel University : http://mathforum.org/</p>
Activities	<p>Try to figure out how tall a building is using a ruler, a protractor and trigonometry.</p> <p>Figure out how long a bucket will take to fill at different rates using calculus.</p> <p>Try to make an intricate pattern by graphing different equations.</p>

Science 2 Credits	
Library Area	Non-fiction: Q's (Not QA)
Books	<p>Experiments:</p> <p>The Way Science Works: Discover the Secrets of Science with Exciting, Accessible Experiments by Robin Kerrod</p> <p>Earth / planetary:</p> <p>Planets by Carole Stott</p> <p>Super Earth Encyclopedia by John Woodward</p> <p>Biology:</p> <p>Biology: The Easy Way by Gabrielle I. Edwards</p> <p>Homework Helpers. Biology by Matthew Distefano</p> <p>Chemistry:</p> <p>Chemistry: The Easy Way by Mark C. Kernion</p> <p>Must Know High School Chemistry by John T. Moore</p> <p>Physics:</p> <p>Marie Curie by Isabel Thomas</p> <p>Welcome to the Universe: An Astrophysical Tour by Neil deGrasse Tyson</p>
Databases and Websites	<p>Khan Academy: https://www.khanacademy.org/science</p> <p>Physclips http://www.animations.physics.unsw.edu.au/</p> <p>Biology guide http://www.biologyguide.net/</p> <p>Periodic Table http://www.rsc.org/periodic-table</p>
Activities	<p>Launch your own weather balloon.</p> <p>Visit the botanical gardens.</p> <p>Take a guided tour of a national park.</p>
Art and or Music 1 Credit	
Library Area	M's and N's

Books	<p>Art:</p> <p>Art in Detail: 100 Masterpieces by Susie Hodge</p> <p>The Art of Colored Pencil Drawing by Pat Averill</p> <p>Manga Art: Inspiration and Techniques from an Expert Illustrator By Mark Crilley</p> <p>Vincent van Gogh: The Complete Paintings by Rainer Metzger</p> <p>Music:</p> <p>Year of Wonder: Classical Music to Enjoy Day by Day by Clemency Burton-Hill</p> <p>Learn to Speak Music: A Guide to Creating, Performing, & Promoting Your Songs by John Crossingham</p> <p>The Roots of Rap: 16 Bars on the 4 Pillars of Hip-Hop by Carole Boston Weatherford</p> <p>Rock and Roll: An Anthology by William McKeen</p>
Databases and Websites	<p>Google Art Project : https://www.google.com/culturalinstitute/project/art-project</p> <p>National Gallery of Art: http://www.nga.gov/content/ngaweb.html</p> <p>Library of Congress Performance Division: https://www.loc.gov/rr/perform/guide/</p> <p>New York Philharmonic Watch and Listen: http://nyphil.org/watch-listen</p>
Activities	<p>Visit the Albright Knox Museum or the Burchfield Penney Museum.</p> <p>Check the UB Center for the Arts schedule for events.</p> <p>Attend a BPO concert.</p>
Physical Education 2 Credits	
Library Area	GV's and RA's
Books	<p>The Pop-Up Gym: How to Keep Fit Wherever You Are by Jon Denoris</p> <p>Fitness & Health by Brian J. Sharkey</p>

	<p>The Burst! Workout: The Power of 10-Minute Interval Training by Sean Foy</p> <p>The New York City Ballet Workout: Fifty Stretches and Exercises Anyone Can Do for a Strong, Graceful, and Sculpted Body by Peter Martins</p> <p>Baseball in Buffalo: Images of Baseball by Paul Langendorfer</p>
Databases and Websites	<p>New York Times Well Blog: http://well.blogs.nytimes.com/</p> <p>Different activities: https://www.healthychildren.org/English/ages-stages/teen/fitness/Pages/Physical-Activities-for-Teens.aspx</p>
Activities	<p>Check for programs with local Town Recreation Departments or the YMCA.</p>

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