

Q1 Weekly Fluency Scores



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Fluency Week 1

Start Here

Extraordinary, Ordinary People: A **Memoir** of Family

7 By all accounts, my parents approached the time of
16 my birth with great **anticipation**. My father was certain that
26 I'd be a boy and had worked out a deal with my mother: if
40 the baby was a girl, she would name her, but a boy would
53 be named John. Mother started thinking about names for
62 her daughter. She wanted a name that would be **unique**
72 and musical. She **settled** on Condoleezza.

78 Meanwhile, my father prepared for John's birth. He
86 bought a football and several other pieces of sports
95 equipment. John was going to be an all-American running
104 back or perhaps a linebacker.

109 Johnny, it's a girl!"

113 Daddy was **floored**. "A girl?" he asked. "How could it
123 be a girl?"

126 Daddy told me that the first time he saw me in the
138 nursery, the other babies were just lying still, but I was trying
150 to raise myself up. Now, I think it's **doubtful** that an hours-old
162 baby was strong enough to do this. But my father insisted
173 this story was true. In any case, he said that his heart melted
186 at the sight of his baby girl. From that day on he was a
200 "**feminist**"—there was nothing that his little girl couldn't do,
210 including learning to love football. **(215)**

Monday

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Challenge Words Week 1

Write this week's challenge words in sentences!

extraordinary

memoir

anticipation

unique

settled

floored

doubtful

feminist

Fluency Week 2

Start Here

How To Eat A Guava

5 There are **guavas** at the Shop & Save. I pick one the size
18 of a tennis ball and finger the **prickly** stem end. It feels familiarly
31 bumpy and firm. The guava is not quite ripe; the skin is still a
45 dark green. I smell it and imagine a pale pink center, the seeds
58 tightly **embedded** in the flesh.

63 A ripe guava is yellow, although some varieties have a
73 pink **tinge**. The skin is thick, firm, and sweet. Its heart is bright pink
87 and almost solid with seeds. The most delicious part of the
98 guava surrounds the tiny seeds. If you don't know how to eat a
111 guava, the seeds end up in the **crevices** between your teeth.

122 When you bite into a ripe guava, your teeth must grip the
134 bumpy surface and sink into the thick **edible** skin without hitting
145 the center. It takes experience to do this, as it's quite tricky to
158 determine how far beyond the skin the seeds begin.

167 Some years, when the rains have been plentiful and the
177 nights cool, you can bite into a guava and not find many
189 seeds. The guava bushes grow close to the ground, their
199 branches **laden** with green then yellow fruit that seem to ripen
210 overnight. These guavas are large and juicy, almost seedless,
219 their roundness **enticing** you to have one more, just one more,
230 because next year the rains may not come.

238 As children, we didn't always wait for the fruit to ripen. We
250 raided the bushes as soon as the guavas were large enough to
262 bend the branch. **(265)**

Monday

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Challenge Words Week 2

Write this week's challenge words in sentences!

guavas

prickly

embedded

tinge

crevices

edible

laden

enticing

Fluency Week 3

Start Here

Introduction to Polio

Polio is a serious and **contagious** illness caused by a virus. The polio virus spreads through contact with **feces** or less commonly, being coughed or sneezed on. Most people infected with the virus have no symptoms. For others it results in flu-like symptoms such as fever, sore throat, **nausea**, headache, and tiredness. But when the polio virus affects the brain and spinal cord it is very serious and can cause severe symptoms, including muscle weakness and **paralysis**, which may be temporary or permanent. While polio can infect anyone, it mostly affects children.

Stories and drawings from as early as the year 1500 BCE suggest that people have gotten sick with polio for a long time. In 1789 British **physician** Michael Underwood published the first description of polio in medical literature, and in 1840 a German doctor named it: "**infantile** paralysis."

Polio epidemics increased in the late 1800s, and polio **epidemics** occurred regularly in the United States throughout the first half of the 20th century. Because polio is so contagious, these epidemics were very frightening, and communities treated the treat very seriously. Swimming pools closed, and children were not allowed in other public gathering places, such as movie theaters. In the summer, when polio epidemics were most likely to occur, some parents kept their children indoors or made them wear gloves. **(223)**

Monday

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Challenge Words Week 3

Write this week's challenge words in sentences!

polio

contagious

feces

nausea

paralysis

physician

infantile

epidemics

Fluency Week 4

Start Here

The **Diagnosis**

2 Dr. Wright came, took my temperature, listened to my
11 breathing, and talked with Mother. Mother sponged my forehead
20 with a cold cloth. I **dozed**, woke, and slept again. At midnight, I
33 began to vomit. Mother and Dad helped me to the bathroom; we
51 all **assumed** I had the flu.

60 Dr. Wright returned before breakfast the next morning and
71 took my temperature again. "Still one hundred and two," he said.
82 He helped me sit up, with my feet dangling over the side of the bed.
97 He tapped my knees with his rubber **mallet**; this was supposed to
109 make my legs jerk. They didn't. They hung **limp** and **unresponsive**. I
121 was too woozy from pain and fever to care.

130 He ran his fingernail across the bottom of my foot, from the
142 heel to the toes. It felt awful, but I couldn't pull my foot away. He did
158 the same thing on the other foot, with the same effect. I wished he
172 would leave me alone so I could sleep.

180 "I need to do a **spinal tap** on her," he told my parents. "Can
194 you take her to the hospital right away?"

202 When Dr. Wright got the results, he asked my parents to go to
215 another room. While I dozed again, he told them the diagnosis, and
227 they returned alone to tell me. Mother held my hand.

237 "You have polio," Dad said, as he stroked my hair back from
249 my forehead. "You will need to go to a special hospital for polio
262 patients in Minneapolis."

265 Polio! Panic shot through me, and I began to cry. How could I
278 have polio? I didn't know anyone who had the disease. Where did
290 the **virus** come from? How did it get in my body? **(301)**

Monday

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Challenge Words Week 4

Write this week's challenge words in sentences!

diagnosis

dozed

assumed

mallet

limp

unresponsive

spinal tap

virus

Fluency Week 5

Start Here

An Oxygen Tent and a Chocolate Milkshake

7 Because of my fever, it was important for me to drink lots
19 of liquid. I tried to drink some ice water each time my parents
32 and the nurses held the glass for me. I was also given apple
45 juice, grape juice, and 7-Up, but they were no easier to swallow
57 than water. I was not offered milk even though I drank milk at
70 home. Because milk creates **phlegm**, or **mucus**, in the throat,
80 patients with **bulbar polio** were not allowed any milk or ice
91 cream for fear it would make them choke.

99 One evening, a particularly **patient** nurse **coaxed** me to
108 drink some 7-Up. She put one hand behind my head and lifted
120 it gently, to make it easier for me to swallow. "Just take little
133 sips," she said.

136 I wanted to drink the 7-Up, to please her and because I
148 was thirsty. I sucked a mouthful through the straw, but when I
160 tried to swallow, my throat didn't work and all the 7-Up came
172 out my nose. As the fizzy liquid stung the inside of my nose, I
186 **sputtered** and choked.

189 The choking made it hard to get my breath, and that
200 frightened me. If I couldn't breathe, I would be put in the **iron**
213 **lung**.

214 After that, I didn't want to drink. I was afraid it would
226 come out my nose again; I was afraid of choking. Only the
238 constant **urging** of my parents and the nurses got enough fluids
249 into me. (251)

Monday

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Challenge Words Week 5

Write this week's challenge words in sentences!

phlegm

mucus

bulbar
polio

patient

coaxed

sputtered

iron lung

urging

Fluency Week 6

Start Here

Welcome to the Middle Ages

If you know anything about knights, castles, or Robin Hood, then you already know something about the Middle Ages in Europe. "The Middle Ages" may seem to be an **unusual** name for a historical period – especially one that lasted for more than 1,000 years. People in the Middle Ages did not know they were in the middle of anything. They thought they were **modern** – just as you and I do today. In fact, the Middle Ages was not a phrase used by the people who lived during that time period. It is a term modern **historians** use today to refer to that time period between **ancient** and modern times.

We begin our journey into medieval Europe – another name for the Middle Ages – by examining some key events that happened long before this age began. The first major event that helped to **transform** western Europe occurred when the mighty Roman Empire, having grown too big for one **emperor** to rule, broke apart into the eastern and western parts of the empire. This division had a major impact on western Europe. With the Roman Empire split into two parts, different tribes took the opportunity to **seize** some of its lands. Interestingly, some of these people were given the name barbarian from the Latin word barbarous, meaning foreigner, or not Roman. The Romans may have considered these people to be **uncivilized** because they did not speak Latin, the language of the Roman Empire.

(245)

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Challenge Words Week 6

Write this week's challenge words in sentences!

unusual

modern

historians

ancient

transform

emperor

seize

uncivilized

Fluency Week 7

Start Here

If You Were A Boy **Serf**

6 From an early age, you work a full day. You wake up just
19 before sunrise and go to sleep when it is dark. For breakfast, you
32 have rye bread and water, or perhaps watery ale. Even before
43 the sun is fully risen, and regardless of the weather, you begin your
56 work on the land. In springtime, you are busy **plowing** and
67 planting seeds. You help the sheep and cows deliver baby lambs
78 and calves. At **midday**, you walk home from a simple meal of rye
91 bread and maybe a small piece of cheese. After lunch, you
102 return to work, cutting logs for the lord's fire.

111 In summer months, you **tend** to the crops you planted in the
123 spring. You keep the hungry birds and insects away from the
134 growing crops.

136 Autumn, the time to **harvest** crops, is perhaps the busiest
146 time of all. You help your mother and sisters pick fruits and berries,
159 which they **preserve** and store for the winter. Using a simple tool
171 called a **scythe**, you harvest grain crops such as wheat, oats, rye,
183 and barely. You help store grain. A good harvest makes
193 everyone, especially the lord, very happy. It means there is food
204 to eat during the winter months. A good harvest is a time of
217 celebration for all.

220 Nevertheless, you have to get used to having less food in
231 the wintertime, and to feeling hungry and cold more often than
242 not. At times, your parents find it difficult to make ends meet. Even
255 if ice and snow lay upon the frozen earth, you still have jobs to do.
270 You have to feed and care for the **livestock**. You repair fences
282 and barns. All the while, you continue to work on your family's
294 strips of land. **(297)**

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Challenge Words Week 7

Write this week's challenge words in sentences!

serf

plowing

midday

tend

harvest

preserve

scythe

livestock

Fluency Week 8

Start Here

Gloomy Castles and **Jousting** Knights

5 Whether rich or poor, young men in the Middle Ages
15 learned how to use a weapon of some kind. **Rivalries**
25 between nobles, wars with other nations, even violence
33 between neighbors required that they be able to fight. When
43 a lord needed to raise an army, he turned to those he
55 governed.

56 In the Middle Ages, ordinary foot soldiers were trained
65 to fight with an axe and a long spear called a pike. Others
78 were trained to be skillful **archers** and crossbowmen. Some
87 foot soldiers might have worn chainmail, an early form of
97 metal armor, but most had padded coats and carried
106 daggers. However, the most **esteemed** soldiers were knights.

114 Knights were soldiers who fought on horseback, and
122 sometimes on foot, for their lord. If you wanted to be a knight,
135 you had to be able to afford horses and armor. You also had
148 to find someone willing to train you. Because it was very
159 expensive to become a knight, these mounted warriors were
168 usually sons of **wealthy, influential** members of society.

176 Being a knight was one way of making a **fortune**. If you
188 were involved in successful battles and wars, you might
197 receive money or land as payment for your services.
206 Sometimes a king might also reward you with a title. Having a
218 title usually meant that you were an influential member of
228 society. Knights also made money by looting and by holding
238 certain people for **ransom**. (242)

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Challenge Words Week 8

Write this week's challenge words in sentences!

jousting

rivalries

archers

esteemed

wealthy

influential

fortune

ransom

Q2 Weekly Fluency Scores



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Fluency Week 9



Cold, Dark, and Gloomy

4 Many kings and nobles lived in castles. Castles
12 provided the **inhabitants**, or people who lived there, with a
22 certain amount of protection from the enemy. They were
31 also fairly safe places to store weapons and food supplies.
41 The first castles were wooden forts. Later, people built
50 stronger castles made of stone.

55 Castle walls sometimes **enclosed** a series of small
63 buildings, like a little town. The castle had a water supply
74 within the walls. **Residents** also needed a good supply of
84 food inside so they could withstand a **siege**. For added
94 protection, some castles were surrounded by **moats**. The
102 moat was a deep trench, often filled with water. Sometimes
112 there was a drawbridge that could be raised or lowered.
122 Over time, castles became more **elaborate** with interior
130 courtyards, living quarters for soldiers, and stables.

137 By today's **standards**, life in a castle was not very
147 pleasant. Castles were cold and gloomy. They were
155 designed for protection, not comfort. Most castles had only
164 a few rooms. There was typically a Great Hall, a kitchen,
175 and two or three private chambers, or rooms, for the lord
186 and his family. There was no bathroom, just a tiny **alcove**
197 that jutted out of the castle wall. The contents of the toilet
209 emptied into the moat or a pit directly below. Can you
220 imagine the smell? (223)

Monday

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Challenge Words Week 9

Write this week's challenge words in sentences!

inhabitants

enclosed

residents

siege

moats

elaborate

standards

alcove

Fluency Week 10

Start Here

Towns in the Middle Ages

5 *It is raining again! You stand in a puddle on the edge of a*
19 **narrow** street. You have just entered town through one of two
30 gates. The gates are the only ways in and out of this walled
43 town. Inside the walls, tiny townhouses stand side-by-side. As
54 you move through the crowd, you spot rats scurrying about,
64 feeding on **discarded** trash. Nearby, you hear the **varied** cries
74 of people selling fruits, vegetables, eggs, and pies. It is market
85 day and people have set up their stalls in the town square.

97 *As you make your way through the muddy streets, you*
107 hear the sound of church bells. They ring out to sound the hour
120 and to call people to church.

126 You have just caught a **glimpse** of a town in Europe
137 during the late Middle Ages.

142 In the early part of the Middle Ages, most people lived in
154 the countryside. Between the years 1000 and 1350 CE, **fueled**
164 by trade, towns began to grow. New jobs **emerged**, and, as a
176 result, more and more people left the countryside to live and
187 work in towns.

190 With this growth in trade, an increased number of people
200 became involved in **commerce**, or business. As a result, a class
211 of people, called the middle class, grew in importance.
220 **Merchants** and craftsmen were part of the middle class. Towns
230 grew as the middle class created successful businesses, and
239 therefore jobs. Some merchants became rich and influential
247 members of town communities. **(251)**

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Challenge Words Week 10

Write this week's challenge words in sentences!

narrow

discarded

varied

glimpse

fueled

emerged

commerce

merchants

Fluency Week 11



Arabia

1	The Middle Ages (Part One) revealed a time in Western Europe when the Christian Church slowly replaced the Roman Empire. You learned about the extraordinary power of the Church and its complex relationship with rules and the nobility.
11	
20	
30	
39	While Western Europe became Christian, other powers and ideas arose in the rest of the former Roman Empire. In the East, a new religion emerged : Islam. From the seventh century CE, the followers of this religion, Muslims, created enormous empires that lasted hundreds and hundreds of years.
47	
61	
71	
80	
86	Muhammad, the founder of Islam, was born hundreds of years after Jesus, but both men had such a tremendous influence , shaping the world in which we live. Today, Christianity and Islam are the two largest religions in the world. More than half of the world's population , over four billion people, is either Christian or Muslim.
95	
106	
117	
130	
140	
141	Muhammad was born at a time of enormous change. The Roman Empire had dominated for centuries. It had covered land that more than forty different countries occupy today. Europe, large parts of Africa, and the Middle East were all once part of the Roman Empire. Many believed it would last forever. They were wrong.
151	
161	
170	
183	
194	
195	The Roman Empire became too big to govern, splitting into two. Over time, the Western Empire collapsed , and Medieval Europe emerged. In the East, the Empire continued for 1,000 years under a different name: The Byzantine Empire. (232)
205	
214	
225	

Monday

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Challenge Words Week 11

Write this week's challenge words in sentences!

extraordinary

complex

former

emerged

influence

population

dominated

collapsed

Fluency Week 12

Start Here

The Birth of a New Religion

6 No one present at Muhammad's birth could have
14 guessed his future. He had an **inauspicious** beginning. Although
23 he belonged to the tribe that ruled the town of Mecca and
35 looked after its **shrine**, Muhammad's father died before he was
45 born. In the sixth century in Arabia, your father's death meant
56 you were legally an **orphan** – and your position in society was
67 not secure.

69 How did an orphan, born in a **remote** part of Arabia,
80 become one of the most influential religious figures of all time?
91 How did a boy in the desert grow to found a new religion and
105 might empire?

107 While still a baby, Muhammad was sent by his mother to
118 be nursed and raised, as was traditional for infants in Mecca, in
130 the desert among the **Bedouins**. Removing a child from its
140 mother may seem **cruel**, but at the time it was actually a way
153 of keeping babies safe. Illness was more common in crowded
163 towns, and if babies became ill there was no modern medicine
174 to cure them. The desert was healthier.

181 Life for the Bedouins was difficult and dangerous. Finding
190 enough water in the desert to survive was a constant struggle,
201 and there were barely enough crops and cattle to feed
211 everyone. From a very young age Muhammad worked for his
221 **foster** family. As a boy he would have tended to the camels,
233 taking them to the well to drink and watching out for hyenas
245 and other **predators**. (248)

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Challenge Words Week 12

Write this week's challenge words in sentences!

inauspicious

shrine

orphan

remote

Bedouins

cruel

foster

predators

Fluency Week 13

Start Here

The Revelations

2 Muhammed lived quietly and peacefully for many
9 years, busy with his business and his family. He was a
20 thoughtful man, and sometimes he would leave the city for
30 several days for the peace and **solitude** of the mountains. It
41 was on one of these trips, in **approximately** 610, when
51 Muhammad was around forty years old, the Muslims believe
60 he had his first vision of the angel Gabriel. Muhammad heard
71 Gabriel commanding him to **recite** a verse that would later
81 become part of the Qur'an, the main religious text of Islam.

92 Up until this moment, Muhammad had been a
100 **polytheist**. But through his visions he came to believe there is
111 only one God, the God of Abraham who is worshiped by
122 Jews and Christians.

125 At first, Muhammad was terrified by his experiences. He
134 first told only his wife, who **comforted** him and believed him.
145 Then he shared what he had seen and heard with some of
157 this closest relatives and friends, who also believed what he
167 was saying. In 613, Muhammad started publicly **preaching** his
176 message.

177 Muhammad left a great **legacy**. He overcame many
185 challenges as a young boy and became the most important
195 religious and political leader in Arabia. It was in many ways his
207 continued influence after his death that was most
215 extraordinary. **(216)**

Monday

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Challenge Words Week 13

Write this week's challenge words in sentences!

revelations

solitude

approximately

recite

polytheist

comforted

preaching

legacy

Fluency Week 14

Start Here

Medicine

1 Medieval Europeans did not know much about **hygiene**
9 or medicine. Cities and homes were often dirty: people did
19 not bathe often, and sickness and death were very common.

29 The Islamic world was more advanced. Every city had
38 many **bathhouses**, and the streets and homes were much
47 cleaner than in Europe. This prevented the spread of illness
57 and disease.

59 The Muslims also made many discoveries in medicine.
67 For example, a famous **physician** called Ibn Sina **pioneered** a
77 method of setting broken bones that is still used today. His
88 book, The Canon of Medicine, collected all of the most
98 **sophisticated** medical knowledge of the day. It was used
107 throughout the empire and traveled to Europe, where it
116 helped Europeans advance their own understanding of
123 medicine.

124 Another Islamic physician, Abu al-Qasim Al-Zahrawi,
130 wrote the first illustrated book about surgery and invented
139 several surgical instruments. He offered **practical** advice
146 about skincare and hair care, strengthening gums, and tooth
155 whitening. He also discussed sunscreen, deodorants, an early
163 form of lipstick, and ways of straightening curly hair.

172 Some discoveries that Europeans made during the
179 Renaissance were only possible thanks to the **translation** of
188 Arabic texts and scientific knowledge into Latin. **(195)**

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Challenge Words Week 14

Write this week's challenge words in sentences!

medicine

hygiene

bathhouses

physician

pioneered

sophisticated

practical

translation

Fluency Week 15

Start Here

Little Red Riding Hood and the Wolf

7 As soon as Wolf began to feel
15 That he would like a **decent** meal,
22 He went and knocked on Grandma's door.
29 When Grandma opened it, she saw
35 The sharp white teeth, the **horrid** grin,
42 And Wolfie said, "May I come in?"
49 Poor Grandmamma was terrified,
53 "He's going to eat me up!" she cried.

61 And she was absolutely right.
66 He ate her up in one big bite.
74 But Grandmamma was small and tough,
80 And Wolfie **wailed**, "That's not enough!
86 I haven't yet begun to feel
92 That I have had a decent meal!"
99 He ran around the kitchen **yelping**,
105 "I've got to have a second helping!"
112 Then added with a frightful **leer**,
118 "I'm therefore going to wait right here
125 Till Little Miss Red Riding Hood
131 Comes home from walking in the wood."
138 He quickly put on Grandma's clothes,
144 (Of course he hadn't eaten those).
150 He dressed himself in coat and hat.
157 He put on shoes, and after that
164 He even brushed and curled his hair,
171 Then sat himself in Grandma's chair. (177)

Monday

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Challenge Words Week 15

Write this week's challenge words in sentences!

decent

horrid

wailed

yelping

leer

Write the rhyming words from the poem!

_____	_____
_____	_____
_____	_____
_____	_____

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_____	_____

Fluency Week 16

Start Here

My First Memory (of Librarians)

5

This is my first memory:

10

A big room with heavy wooden tables that sat on a creaky
wood floor

22

24

A line of green shades—bankers' lights—down the center

34

Heavy oak chairs that were too low or maybe I was simply
too short

46

48

For me to sit in and read

55

So my first book was always big

62

In the **foyer** up four steps a **semi-circle** desk **presided**

72

To the left side the card **catalogue**

79

On the right newspapers draped over what looked like
a quilt rack

88

91

Magazines face out from the wall

97

The welcoming smile of my librarian

103

The **anticipation** in my heart

108

All those books—another world—just waiting

115

At my fingertips.

118

A Dream **Deferred**

121

What happens to a dream deferred?

127

Does it dry up like a raisin in the sun?

137

Or **fester** like a sore — And then run?

145

Does it stink like rotten meat?

151

Or crust and sugar over — like a syrupy sweet?

160

Maybe it just **sags** like a heavy load.

168

Or does it explode? **(172)**

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Challenge Words Week 16

Write this week's challenge words in sentences!

foyer

semi-circle

presided

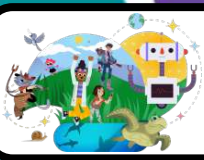
catalogue

anticipation

deferred

fester

sags



Second Semester Fluency Scores

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Q3 Weekly Fluency Scores



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Fluency Week 17

Start Here

Thomas Edison

Producers are **relieved** to have Thomas Edison back on the judging panel this season on Eureka! Without a big name like his, they were concerned that even fewer people would tune in. For everyone's sake, the producers hope that this season's **contestants** pay Edison the respect he feels he deserves.

After all, many claim that Thomas Alva Edison is the most successful American inventor of all time. He **patented** over a thousand inventions in the United States. He had **humble** beginnings, however. Born on February 11, 1847, in Milan, Ohio, he was the last of seven children. His family was poor and his education consisted mainly of being homeschooled and reading his father's books. He got his first job when he was twelve years old, selling newspapers on the Grand Trunk Railroad. In his time off, he read in the public library and conducted chemistry experiments in the baggage cars. One of his experiments set the train on fire, but Edison wasn't **deterred**. Even then, he knew that you often have to figure out the wrong way to do something before you can find the right way.

One day he rescued a child from the path of a moving train, and the boy's father, who was trained to operate a **telegraph**, offered him lessons in telegraphy. He soon became a telegraph operator and before long was inventing remarkable improvements to the telegraph that got the attention of **financiers**. With their support, he opened a laboratory in Menlo Park, New Jersey. **(252)**

Monday

Tuesday

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Thursday

Friday

Challenge Words Week 17

Write this week's challenge words in sentences!

producer
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relieved

contesta
nts

patented

humble

deterred

telegraph

financiers

Fluency Week 18

Start Here

Jacques Cousteau

Producers are **frustrated** that Jacques Cousteau has returned this season as a judge on Eureka!, **despite** the fact that he was not invited back after the mess he caused last season. Jacques, however, is thrilled to be on the panel, and claims that this will be Eureka!'s most exciting season ever!

Jacques Cousteau likes excitement. Born on June 11, 1910, in the small town of Saint-André-de-Cubzac, France, Cousteau was a **curious** child. Although not a good student, he was always building things and taking things apart to see how they worked. At age twenty-six he was in a terrible car accident that **required** months of **rehabilitation**. Armed with a pair of goggles, he began swimming daily in the sea. He quickly realized that he wanted to be able to explore the ocean, but to do so he would need better **equipment** for breathing underwater. So he decided to try inventing it.

Cousteau and his inventing partner developed the AquaLung, which allowed people to stay under water while breathing from air **cylinders** (small tanks that can hold hours' worth of air). This advance opened human eyes to **aquatic** life in a new way, and also allowed for undersea rescues and recoveries that would have been impossible before. He also helped invent a deepwater camera. **(219)**

Monday

Tuesday

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Thursday

Friday

Challenge Words Week 18

Write this week's challenge words in sentences!

frustrated

despite

curious

required

rehabilitation

equipment

cylinders

aquatic

Fluency Week 19

Start Here

George Washington Carver

3 Producers are pleased to announce that well-
9 known inventor, professor, and all-around good guy
16 George Washington Carver has joined the cast of
24 Eureka! Carver brings to the judging panel a love of
34 research, a deep knowledge of plant life and
42 **agricultural** inventions, and a much-needed friendly and
49 **optimistic perspective**.

51 A biography of George Washington Carver might
58 as well also be a biography of the peanut. And the
69 sweet potato. Carver **arguably devoted** more time, care,
77 and love to these two crops—finding over 400 new uses
88 for them—than any person devoted to plant life before
98 or since. The road to **botany**-based greatness wasn't
106 easy, however. Carver was born into slavery in Diamond,
115 Missouri, around January 1864 (he wasn't sure of his
124 exact birth date). He could not **enroll** at the first college
135 to which he'd been **admitted**, because of his race.
144 When he finally started college in 1890, he studied
153 painting and drawing (and piano!) because his school,
161 Simpson College in Iowa, did not have a science
170 program. But these studies led him back to science and
180 nature when an instructor was impressed by his pictures
188 of plants. The instructor pointed Carver toward Iowa
196 State Agricultural College's botany program, where he
203 was the first black student. **(208)**

Monday

Tuesday

Wednesday

Thursday

Friday

Challenge Words Week 19

Write this week's challenge words in sentences!

agricultural

optimistic

perspective

arguably

devoted

botany

enroll

admitted

Fluency Week 20

Start Here

Ruth Wakefield

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Good day, children. I am Ruth Graves Wakefield, and I am so very pleased to have the **opportunity** to clear up some disappointing untruths that people have written over the years about me and the invention of the chocolate-chip cookie.

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I was born June 17, 1903, in East Walpole, Massachusetts. Articles about me almost always get that right, at least. But then the stories people tell! Here are some of the false stories that exist about me on the Internet. Some have **claimed** that the invention of America's favorite cookie was an accident. They say I ran out of nuts and, in a panic, chopped up a Hershey bar to throw into the cookie dough. It's utter nonsense! I kept a strict **inventory** of my food pantries' contents, and would certainly have noted an absence of pecans, cashews, or our own Professor Carver's peanuts prior to the dinner rush. I have also read that I mistakenly spilled chocolate chunks into cookie dough after being **startled** by a **malfunctioning** mixer. Having spent most of my life in kitchens—including my college years, during which I studied the household arts—I **assure** you that my response to a broken appliance would have been mild **irritation** followed by a call to the repairman.

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Here is the truth about my cookie. It may not be the most thrilling story in the world, but I can't concern myself with that. In 1930 my husband Kenneth and I opened a restaurant near Boston called the Toll House Inn. The Inn was my pride and joy, and I took its operation very seriously. Some have suggested I was a bit of a tyrant with the staff, and I don't deny it. If a waitress wasn't able to fold a napkin exactly right, I would suggest that perhaps her skills were better suited to one of those "**greasy spoons.**" (313)

Monday

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Wednesd

Thursday

Friday

Challenge Words Week 20

Write this week's challenge words in sentences!

opportunity

claimed

inventory

startled

malfunctioning

assure

irritation

**greasy
spoons**

Fluency Week 21

Start Here

Earth's Changing Surface

3 If you had lived in Europe during the Middle Ages, the
14 idea that the earth changes would have seemed crazy. At
24 that time, people believed that mountains, **valleys**, and
32 other **landscape** features had always been there. True, **rare**
41 natural **catastrophes** sometimes occurred. Earthquakes, for
47 example, shook the ground and **triggered** landslides. In
55 some places, volcanoes **erupted** and sent up fountains of
64 lava, or red-hot melted rock. However, people viewed
72 these catastrophes as punishments from God, not as the
81 earth changing.

83 During the 1400s, 1500s, and 1600s, European explorers
91 set sail on voyages of discovery. They found new **continents**
101 and islands. Mapmakers created the first relatively **accurate**
109 maps of the entire world. When people studied these maps,
119 they noticed something interesting. Several continents
125 looked as if they might fit together like pieces of a jigsaw
137 puzzle. Take a look at a world map or globe. See how the
150 eastern edge of South America looks as if it fits into the
162 western edge of Africa? If you could somehow push these
172 two continents together across the Atlantic Ocean, their
180 edges would match up.

184 People wondered if the continents had once been
192 joined and later moved apart. At first, this seemed like a
203 ridiculous idea. How could continents move on a planet that
213 never changed? **(215)**

Monday

Tuesday

Wednesd
ay

Thursday

Friday

Challenge Words Week 21

Write this week's challenge words in sentences!

valleys

landscape

rare

catastrophes

triggered

erupted

continents

accurate

Fluency Week 22

Start Here

A Matter of Time

4 At some **boundaries**, **tectonic plates** are moving apart. As
13 the plates separate, **molten** rock flows up from the **mantle** into the
25 space between them, creating new crust. Mid-ocean **ridges** are
34 an example of this type of plate interaction. Tectonic plates
44 along the mid-ocean ridge in the Atlantic Ocean are moving
54 apart at a rate of about 0.8 to 2 inches per year. That may not
69 seem like much, but it adds up. Two hundred million years ago,
81 the landmasses of North America and Europe were joined. So
91 were South America and Africa. Thanks to separating plates,
100 these continents now lie on opposite sides of a **vast** ocean.

111 Tectonic plates move apart. Tectonic plates **collide**. At
119 other plate boundaries, tectonic plates are colliding, or crashing
128 together. In some places, colliding plates slowly crash into each
138 other. The crust at their edges gradually crumples and is pushed
149 higher and higher, creating mountains. In other places, one of the
160 colliding plates slides under the other. Two plates are colliding this
171 way along the western coast of South America. A heavier
181 oceanic plate is sliding under a lighter continental plate. Scientists
191 call this process **subduction**. Subduction has created a deep
200 ocean trench off the coast of Chile and Peru. It has also had a
214 role in creating the towering Andes Mountains along the western
224 edge of South America. Similar plate interactions have formed
233 mountain ranges throughout Earth's long history.

239 Finally, tectonic plates slide sideways past one another. It's
248 never a smooth process. Plate edges press together hard. They
258 often get stuck while the pressure keeps building. Eventually the
268 pressure gets too great. The stuck edges break free, causing the
279 plates to jerk past each other. **(285)**

Monday

Tuesday

Wednesd
ay

Thursday

Friday

Challenge Words Week 22

Write this week's challenge words in sentences!

boundaries

**tectonic
plates**

molten

mantle

ridges

vast

collide

subduction

Fluency Week 24

Start Here

Hotspots

Not all volcanoes form along plate boundaries. Some occur in places that **geologists** call hotspots. A hotspot is a very hot **region** deep within the mantle. A huge **magma chamber** forms **beneath** Earth's crust at a hotspot. Magma **periodically** erupts from the chamber through cracks in the crust.

Geologists have identified dozens of hotspots worldwide. Some are beneath **continental** crust. Others are beneath oceanic crust. Hotspots underneath oceanic crust have formed many islands. The process begins when magma erupting from a hotspot forms a volcano on the seafloor. With repeated eruptions, the volcano grows taller and taller over time. Eventually the top of the volcano may rise above the ocean's surface and form an **island**.

Over a very long period of time, ocean hotspots may form chains of islands. This is because hotspots remain in the same place while tectonic plates slowly keep moving. The Hawaiian Islands, for example, were formed by a hotspot located beneath the middle of the Pacific Plate. The island of Kauai formed about 5 million years ago. It began as an undersea volcano that grew tall enough to rise above the water. As the Pacific Plate inched its way northwest, however, Kauai moved along with it. At some point, the island was no longer directly above the hotspot. A new underwater volcano began forming on the seafloor. This volcano grew to form the island of Oahu. Next came the island of Molokai, then Maui, and finally the island of Hawaii. Hawaii currently lies over the hotspot, which is why it has so many active volcanoes. Eventually, Hawaii will drift away from the hotspot and a new island will begin to form. (277)

Monday

Tuesday

Wednesd
ay

Thursday

Friday

Challenge Words Week 24

Write this week's challenge words in sentences!

hotspots

geologists

region

magma
chamber

beneath

periodica
lly

continental

island

Q4 Weekly Fluency Scores



220								
215								
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Fluency Week 25

Start Here

The Rock Cycle

Rocks you see in the world around you might seem like permanent **fixtures**. Given enough time, however, all rocks change. They are created, destroyed, and recreated in a continuous cycle. Geologists call this ongoing process the **rock cycle**.

The rock cycle has no starting or ending point. You can jump in anywhere to see how it works. Let's begin with magma erupting from a **towering** volcano. The magma (now lava) cools and hardens into **igneous rock**. Over the course of thousands of years, sun, wind, rain, and freezing temperatures cause the rock to **weather**, or break down into smaller pieces. The pieces continue to weather, slowly breaking down into **sediments**. Howling winds, flowing water, and gravity gradually move the sediments down the sides of the volcano and beyond. Movement of sediments from place to place is called **erosion**.

Imagine that the sediments end up in a lake, where they settle to the bottom. Over long periods of time, more layers of sediments are deposited on top of them. Compacting and cementing processes eventually turn the deeply buried sediments into sedimentary rock.

Now imagine that the sedimentary rock is near the edge of a tectonic plate. The plate collides with another plate – very slowly, of course. **Tremendous** heat and pressure generated by the collision gradually turn the sedimentary rock into metamorphic rock. As the plates continue colliding, their rocky edges crumple. The metamorphic rock is slowly pushed up higher onto Earth's surface. Think mountains! Exposed to air, rain, and snow, the rock begins to weather and erode. **(259)**

Monday

Tuesday

Wednesday

Thursday

Friday

Challenge Words Week 25

Write this week's challenge words in sentences!

fixtures

rock cycle

towering

**igneous
rock**

weather

sediments

erosion

**tremendo
us**

Fluency Week 26

Start Here

Taxes

The British government had borrowed a lot of money to fight this war. A lot of that money had been spent on protecting the colonists from the French and their Native American allies. All of the money had to be paid back, and the British government felt that the colonists should pay their share. In addition, more money was continually needed to protect the colonies as well as the newly **acquired** land.

To raise the needed **funds**, the British government **imposed** new **taxes**, including several that would have to be paid by the colonists. In 1765, King George III and his government **proposed** the Stamp Act.

The Stamp Act was a tax on printed materials. Colonists were required to buy stamps when they bought printed items such as newspapers, pamphlets, even playing cards. These were not gummed stamps, but rather impressions imprinted or **embossed** on paper. Many people were upset about the Stamp Act. They thought it was unfair that the king and his government in London were making decisions about taxes the colonists had to pay, while the colonists had no say in the matter.

The British government had generally allowed the colonies to raise taxes themselves. For example, if the government of Virginia needed money, an **assembly**

Challenge Words Week 26

Write this week's challenge words in sentences!

acquired

funds

imposed

taxes

proposed

embossed

assembly

representative

Fluency Week 27

Start Here

Trouble Is Brewing

Some of the most passionate **protests** against the Stamp Act took place in Boston, Massachusetts. There, angry crowds took their frustration out on tax collectors.

A new group of protestors formed in Boston in response to the **Stamp Act**. The group met under a tree that they called the **Liberty** Tree. They made public speeches against taxes and the British government. They cried, "No taxation without representation!" This group became known as the Sons of Liberty.

Eventually, after much protest, the British government decided to **repeal** the Stamp Act in 1766. Parliament **eliminated** the tax on paper products, but in 1767 it replaced it with other taxes—including taxes on **imported goods**, such as tea. These taxes were officially called the **Townshend Acts**.

Tea was a popular drink in the colonies, just as it was in Great Britain. However, many people decided they would not buy British tea if they had to pay an unfair tax. And they thought the new tax on tea was every bit as unfair as the old tax on paper. After all, the new tax had been approved by the same British Parliament in London, and there were still no

Challenge Words Week 27

Write this week's challenge words in sentences!

protests

Stamp Act

Liberty

repeal

eliminated

imported
goods

Townshend
Acts

indirectly

Fluency Week 28

Start Here

Complaints and Grievances

The 56 members of the First Continental Congress **drafted** a list of complaints and **grievances** against the king and his government. They agreed that all 13 colonies would stop **importing** goods from Great Britain—not just tea and other items that were taxed, but all British goods. They also agreed that, unless Parliament repealed the Intolerable Acts, the colonies would stop **exporting colonial** goods to Great Britain.

Some colonists began to think a war was unavoidable. They thought it was time to start **stockpiling** muskets and gunpowder. Others believed that it was not too late to patch up relations with the king and his government.

Representatives from Virginia debated this issue in March 1775. Several representatives argued that Virginia should do whatever it could to keep the peace and restore good **relations** with the king. But others felt that it was too late for that. A country lawyer named Patrick Henry proposed that it was time to stop talking about peace and to start fighting for liberty:

“Gentlemen may cry, Peace, Peace—but there is no peace. The war is actually begun! . . . Our brethren are already in the field! Why stand we here idle? What is it that gentlemen wish? . . . Is life so dear, or peace

Challenge Words Week 28

Write this week's challenge words in sentences!

drafted

grievances

importing

exporting

colonial

stockpiling

relations

militias

Fluency Week 29

Start Here

The Legend of Sleepy Hollow

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Not far from the eastern shore of the Hudson River is a little valley known as Sleepy Hollow. A drowsy, dreamy atmosphere hangs over the valley, as if it were under the sway of some **bewitching** power. The valley **abounds** with local tales, haunted spots, and twilight **superstitions**. But the dominant spirit that haunts the region is the sight of a ghostly figure on horseback without a head. It is said to be the spirit of a Hessian soldier, whose head was carried away by a cannonball during the Revolutionary War. The ghost is said to ride out nightly to the scene of the battle in search of his head, and to return to the churchyard before daybreak.

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In this out-of-the-way place there lived a teacher by the name of Ichabod Crane. His name was **well-suited** to him. He was tall and very **lanky**, with narrow shoulders, long arms and legs, and hands that dangled a mile out of his sleeves. He had huge ears, large green eyes, and a long nose. To see him striding along on a windy day, with his clothes fluttering about him, one might have mistaken him for a scarecrow.

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From his schoolhouse, his **pupils** could be heard **reciting** their lessons. They were occasionally interrupted by the voice of the master or by the sound of his switch.

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307

According to **custom**, Ichabod Crane was boarded and lodged at the houses of the farmers whose children he taught. He lived with each family a week at a time. His arrival at a home caused great excitement for the ladies thought his taste and accomplishments **superior** to those of the rough, country farmers. He had read many books. He was a perfect master of Cotton Mather's *History of New England Witchcraft*. He himself was a firm believer in witches. **(310)**

Monday

Tuesday

Wednesd
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Thursday

Friday

Challenge Words Week 29

Write this week's challenge words in sentences!

bewitching

abounds

superstitions

well-suited

lanky

pupils

reciting

custom

Fluency Week 30

Start Here

Old Seadog and the Black Spot

7 He stayed for several months and never offered
18 us any further payment. Whenever my father
28 mentioned his bill, the captain would raise his voice
42 and stare **ominously** at him until he **retreated**. I am
53 sure the **terror** in which my father lived greatly
64 **hastened** his death.

76 One morning, while the captain was out walking
88 and taking in the salty sea air, another **seafaring** man
10 arrived. I was setting the breakfast table when the
0 door opened and the man stepped in. He was a
10 pale, **rascally** looking creature, and I noticed he was
2 missing two fingers.

11 “Is this here table for my mate Bill?” he asked,
6 pointing to a table that had indeed been set for our
12 secretive guest. It was not a straightforward question,
9 and he **uttered** those words with more than a hint of
13 sarcasm.

9 I told him the table was for a man who called
14 himself the captain.

3
15 “Has he got a nasty scar on one cheek?” he
6 **inquired**.

15 “Yes,” I replied.

Challenge Words Week 30

Write this week's challenge words in sentences!

ominously

retreated

terror

hastened

seafearing

rascally

uttered

inquired

Fluency Week 31

Start Here

The Real Adventure Begins

4 I said farewell to my beloved mother and the
15 dear Admiral Benbow, and then joined up with
25 Redruth, the squire's gamekeeper. We purchased our
39 seats for the coach to Bristol. It picked us up around
53 dusk and we arrived in Bristol as the sun was rising like a
shimmering peach above the city.

57
69 Squire Trelawney was **residing** at an inn near the
83 water. Along the **quay** lay ships of all sizes and nations.
95 In one, sailors were singing as they worked in the
10 morning fog that **shrouded** the quay. In another, men,
8 high up in the rigging, were hanging by threads that
12 seemed no **sturdier** than those of a spider's web. An
1 overwhelming smell of tar and salt filled the air. I
13 spotted old sailors with pigtails, and rings in their ears. It
6 was all new to me, and I was **captivated**.

14 We went to see the squire. He was dressed like a
6 naval officer, in a new suit.

16
0 "There you are!" he cried. "The doctor arrived last
night. Now our ship's company is complete. We'll set
16 sail early in the morning, at first light!"

3
17 The squire handed me a note to carry to Long
5 John Silver. I made my way along the crowded quay,
18 full of people and loaded carts, until I found the
8 tavern.

Challenge Words Week 31

Write this week's challenge words in sentences!

residing

quay

shrouded

sturdier

captivated

emerged

deduced

sprightly

Fluency Week 32

Start Here

Life Hangs in the Balance

6 You all know what my plan was, and if we had
22 stuck to it, we'd a been aboard the Hispaniola this
35 night, every man of us alive, and the treasure stowed
47 safely in the hold. Now you have the **insolence** to
stand for cap'n over me—you, that sank the lot of us!"

59
71 Silver paused, and I could see by the other men's
faces that these words had not been said in **vain**.

79
90 "You say this cruise is ruined," Silver continued.
10 "By gum, you're right about that. We're close to
2 being locked up, but there's one thing that may save
11 us yet and that's this boy. You **scurvy** dogs want to kill
6 him? What sort of a fool plan is that? Much better to
13 keep him alive. Maybe you didn't know that there's a
2 rescue boat coming to get these gentlemen, but
14 there is, and when that boat arrives, you'll be glad we
4 have a **hostage** to **bargain** with."

15
6 Silver spat on the ground and went on, "And as
for why I made a bargain with the squire, well, look
16 here!" As he spoke, he pulled the map out of his
5 pocket. "Right here's why I done it!"

18
0 I looked and saw that it was the map with the
19 three red crosses, the one I had found in the captain's
3 sea chest. Dr. Livesey really had given it to Silver! But
why? I could not imagine.

Challenge Words Week 32

Write this week's challenge words in sentences!

insolence

vain

scurvy

hostage

bargain

mutineers

ravenous

oaths