

## 2020 PTO VIRTUAL ASSEMBLY LINKS

### **PTO Virtual Assembly with Heather's Gym**

Thank you to all our OGS Eagles who joined us live with Heather's Gym last week! You can still access the virtual assembly videos on YouTube via Heather's Gym.

K-3 Virtual Workout with Heather's Gym

<https://youtu.be/1-wNp014fbs>

4-8 Virtual Workout with Heather's Gym

<https://youtu.be/sao59LuKy54>

A huge thank you to Shellie Fahy for organizing, [Heather's Gym](#), & our very own OGS personal trainers, Sarah Roe & Kristin Sorensen, for making our first virtual assembly a HUGE success!

### **PTO Virtual Assembly with Madame Grambo**

OGS was proud to present our second virtual assembly of sorts. With our teachers working hard on their Remote Learning Plans, the PTO has been pulling together fun videos to keep you busy at home.

You're going love doing Virtual Yoga with French teacher, Madame Grambo, in your very own home! Thank you Madame Grambo!

<https://youtu.be/jSUBvyD7PXI>

### **PTO Virtual Assembly with Taste Buds Kitchen**

We had so much fun celebrating Cinco de Mayo making homemade Churro Bites! If you missed out, thanks to Taste Buds Kitchen, you can still view. This recipe mainly uses kitchen staples and is an easy recipe both the parents and kids will enjoy! Check out the virtual backpack for the recipe.

Grades K-3

[https://us02web.zoom.us/rec/share/6ZFeLrPcqG5ObZGU4xGEW\\_8CA9nYeaa8g3lbq\\_cFzB3NCgneUZ2X5ZZ3HxKjdEVa](https://us02web.zoom.us/rec/share/6ZFeLrPcqG5ObZGU4xGEW_8CA9nYeaa8g3lbq_cFzB3NCgneUZ2X5ZZ3HxKjdEVa)

Password: 5s\$G=\$U+

Grades 4-8

[https://us02web.zoom.us/rec/share/-5x3I7PK7m5IHtbp4U2Be7EcE6P\\_eaa8gSUcq\\_NfnR1w6PN3fde6Os5WsVq0uOYr](https://us02web.zoom.us/rec/share/-5x3I7PK7m5IHtbp4U2Be7EcE6P_eaa8gSUcq_NfnR1w6PN3fde6Os5WsVq0uOYr)

Password: 8k+=S6\$7

To learn more about Taste Buds Kitchen, visit [www.tastebudskitchen.com/bannockburn](http://www.tastebudskitchen.com/bannockburn)