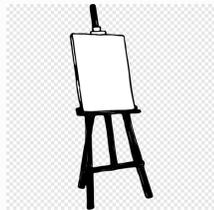




WEEK OF APRIL 12TH-16TH • APRIL 2021

CREATIVE ARTS

BIWEEKLY NEWSLETTER



Español

INSTRUCTORS

PE - MR. CUNNINGHAM

ART - MRS. BOSTICK

MINDFULNESS - MRS.
METZ-NICHOLSON

SPANISH - SENORA B

VIOLIN - DR. SWANSON
(KINDERGARTEN AND
1ST GRADE)
MS. WALKER (2ND-3RD
GRADES)

PHYSICAL EDUCATION

BY COACH CUNNINGHAM

I hope everyone had a wonderful Easter and spring break! Hopefully, filled with lots of rest because we are jumping back into the swing of things! This week we are going to do a simplified version of “CrossFit”. Not to worry, I will make sure our scholars receive lots of breaks and opportunities to get water during the exercise. We are going to have a great week!

MINDFULNESS

BY MRS. METZ-NICHOLSON

Objective is to increase mindfulness (awareness of what is happening NOW)• Increase awareness of the body and breath: mindfulness movement to help improve coordination• Awareness of breath to calm the fight or flight response to an event that feels stressful or frightening. • Sessions are made up of 3 parts, which can be combined or separately• Mindfulness/meditation through exercises/games• Breath work (can also be presented as a game)• Physical practice (poses)

ART

BY MRS. BOSTICK

Education is the passport to the future, for tomorrow belongs to those who prepare for it today.”

~ Malcolm X

Greetings Parents of our FDS Scholars!

I hope that everyone had a great Spring Break and were able to get some rest and relaxation. Now it's time to get back to learning!!

Over the last few weeks, we have been learning about various topics as it relates to Spring. So far, we have learned important facts and history about the Cherry Blossom trees and the overall scientific scope of flowers.

This week we will learn about the butterfly & discuss how the butterfly correlates to symmetry. Symmetry is defined as the quality of being made up of exactly similar parts facing each other or around an axis.

After this week's lesson, each scholar will have an opportunity to design a "3D Spring mural" to include everything learned about the Spring topics.

In preparation for the "3D Spring mural" art project that will span over a 2 week timeframe, please work with your scholar in coming up with an idea as to how his/her creativity can be displayed to exhibit what has been learned. An example will be shown the week of 4/19.

Have a blessed week!

VIOLIN

BY MS. WALKER

All scholars are making great progress in finishing the Twinkle Variations. This week, focus on making sure your scholar plays the correct rhythm in their practice time. In order to achieve this, have your scholar try saying the words to each Twinkle Variation out loud and play their violin at the same time. If the words they say matches what they play on their violin, then they are playing correctly.

BY DR. SWANSON

What wonderful work your scholars have done over the last two weeks with their rhythms! We will build on these rhythms for the rest of the scholars' time on the violin, so this strong foundation will serve them well. I also had the pleasure of hearing each student's beautiful voice on his and her own rendition of "Twinkle!" Some scholars sang it fast, some slow, some loud, and some soft. We will sing a lot over the next few months in lieu of having real violins. The rule goes, we must be able to sing it before we can play it, and your scholars will definitely prove that rule to be true! This week, your children should be getting their own box violin! The box violins are a tool we use to teach posture, the different parts of the violin, and how to hold the violin. These are not toys! Please treat them with respect as we will our future violins. Please have crayons and markers available as we will color and personalize our own violins during class time next week! As always, thank you parents for your incredible dedication and time with your children!

SPANISH

BY SENORA B

Hello Parents!

¡Bienvenidos de nuevo! Welcome back! Our 3rd graders did a wonderful job with their cultural presentations. ¡ Buen trabajo escolares!

Our 3rd grade scholars will not have class this week due to testing. Good luck 3rd grade! We know you will do well!

This week K - 2 scholars will review time concepts via Kahoot and we will talk about the final project for Spanish Class. Most of it will be completed during class. The photos will be completed outside of class.