CREATIVE ARTS

WEEKLY NEWSLETTER
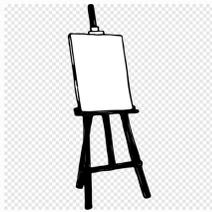
Español

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

Last week, we played "Exercise Jeopardy" after our workout and the scholars loved it. They were put onto two different teams; the losing team of every round had to do an exercise picked by me and the winning team just sat back and watched. This week we will continue to focus on our breathing as we increase our heart rates with a cardio focused workout. At the end of the workout, they will be rewarded with a coach Cunningham exclusive game of exercise hangman.

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

"The function of education is to teach one to think intensively and to think critically. Intelligence plus character - that is the goal of true education.
– Dr. Martin Luther King, Jr.

Greetings Parents of our FDS Scholars!

We have had some AMAZING artwork projects completed by all of our scholars over the last few weeks as we learned about famous African Americans & his/her accomplishments. Learning about our rich heritage as well as those individuals who have helped to pave the way for many of us in present day society is essential for our scholars to be successful in the future.

As we conclude our lessons on the celebration of Black History month, we continue to broaden our knowledge and will learn about Granville Tailer Woods for the week of 2/22.

Granville T. Woods was identified by many as the "Greatest electrician in the world" who held more than 60 patents in the U.S. for many items that we use everyday. Woods was well known for developing an electrical system that supplied electricity to trains every 12 feet without having wires or batteries to be exposed.

For our Art project, the scholars in all grades will be designing a train that will utilize various shapes & colors.

I am looking forward to seeing the uniqueness of trains created by all scholars at the conclusion of this week's lesson.

SPANISH

BY SENORA B

This week all scholars will be introduced to an Afro-Hispanic literary artist. This will be a special presentation in honor of Black History Month.

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. Remember there is no need to practice longer than 10 minutes a day.

BY DR. SWANSON

In music class this week, the kindergarten and first graders demonstrated all of their rhythms for me: "Mississippi Hot Dog", "Popsicle, Popsicle", "I like Bananas, Oh!", "Strawberry, Strawberry", and "Watermelon, Watermelon." We also learned about melody this week and sang Twinkle together over zoom. We also enjoyed watching and listening to part of a beautiful video by the Kanneh-Mason family, featuring the violin, cello, and piano. I asked the scholars to tell me how the music made them feel. I got answers like happy, peaceful, calm, proud, and excited! (Type in Whitacre: The Seal Lullaby by the Kanneh-Mason to hear all of it.) Thank you, parents, for all of your hard work with your wonderful children!