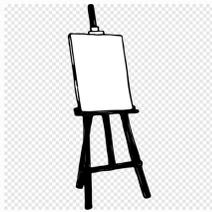




WEEK OF MARCH 22ND-26TH • MARCH 2021

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

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 another coach Cunningham exclusive game!

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

“Teachers open the door, but you must enter by yourself.”

~ Chinese Proverb

Greetings Parents of our FDS Scholars!

Spring has officially arrived!!

It is hard to believe that we are now in the middle of March. Time has quickly been moving fast and I have noticed a tremendous amount of improvement in the overall artwork of our FDS scholars.

For the remainder of March and the month of April, we will be focusing on “Spring inspired” art projects that will continue to enhance the creativity and expression of our scholars.

Last week we started off the Spring art projects by learning important facts of the Cherry Blossom trees and the annual Cherry Blossom festival that occurs in Washington, D.C. At the conclusion of the lesson, each scholar created a Cherry Blossom tree. Each scholar seemed proud of his/her completed artwork.

As always, thank you in advance for your continued support of our scholars.

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

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

This week, our 3rd grade scholars will begin presenting their Cultural Projects Monday, March 22nd. What an exciting time it will be! Please check your email for more information.

Last week, our scholars learned about concepts of time. For Kindergarten through 2nd grade, the focus has been on half hour and hours. We have practiced reciting and recognizing numbers 1-20. All scholars are doing an excellent job! We will continue to build on our skill set this week by reviewing with the game Kahoot. If your scholar has access to 2 devices, it would be easier to respond to the game (tablet, phone, etc, anything to access the internet).

After spring break, all scholars will begin working on their personal Spanish books called “Mi libro de Español”. Most of this project will be completed in class. Scholars will be expected to complete pictures at home. More information will be provided at a later date.

