

1/2 Newsletter



Dear First/Second Grade Families,

This week we have spent time working on breathing techniques and mindful eating in the classroom. Every day at lunch students also spend quiet time thinking about their eating. First and second graders also have a chance do exercise throughout the day. We both like to give students a choice between dancing to music or doing an exercise of their choosing. Many of the techniques we are using in our classroom are from the book *Conscious Discipline*, by Becky Bailey. K-12 staff will be reading this book and implementing strategies to help students make choices that are safe and helpful. We are excited to be starting book bags this week! They will be going home every Wednesday and should be brought back on Monday. We hope this is an enjoyable experience for your family.

In Science, this week students worked on a new Scholastic that highlighted firemen suits of the future. We also discussed the apple life cycle.

Mrs. Brown has been taking students on hikes during recess period as a fun way to get some exercise. Students have been excited about this! Mrs. Hook has also been having students go out at recess to run. As teachers, this has been fun and exciting to see the students enjoying exercise and the outdoors.

We hope that you are getting some time outside with your child and enjoying the cool Fall weather.

Mrs. Hook, Mrs. Brown

Questions to ask your child?

What is Just Dance and what do you like to do for an exercise?

What is your job in the classroom this week?

What does the safe spot in your classroom look like?

First Grade Foundations:

Students are working on making an ABC book.

Second Grade Foundations:

Second graders had a Foundations test on Thursday. They will begin Unit 3 on Tuesday. This unit lasts for a week. There will be a test on Monday the 17th. The unit 3 homework packet is also due on the 17th.

Reminder:

October 10th: No School

October 12th: Mrs. Hook will be at a conference on Red Clover books and technology