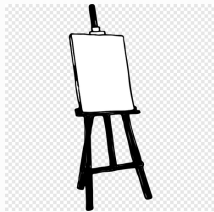




WEEK OF APRIL 26TH-30TH • APRIL 2021

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

Hello FDS Scholars and parents! We had such an AMAZING week last week! I can tell that our scholars are improving their "drive" and ability to fulfill different kinds of objectives. This week we will continue to work on our cardio and breathing exercises. I am looking forward to an even better 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

"The future belongs to those who believe in the beauty of their dreams."

~ Eleanor Roosevelt

Greetings Parents of our FDS Scholars!

Over the last four weeks, the scholars in all grade levels have been learning about various topics as it relates to Spring.

The topics included interesting facts as well as the history regarding the: Cherry Blossom trees/Cherry Blossom festival, how flowers grow and the parts of the flower, creativity of kites from around the world, as well as the symmetrical design of the beautiful butterfly.

I have been impressed with the knowledge that the scholars have retained regarding these topics and the creativity shown at the completion of each art project.

This week we will continue our focus on popular insects out in Spring & learn about the unique ladybug, also known as "lady beetles" or in Europe, "ladybird beetles".

After this week's Art lesson, each scholar will have an opportunity to design a "3D Spring mural" to include the topics learned about Spring. We will begin working on our murals in class the week of 5/3 and will wrap up the project during the week of 5/10 at the beginning of class.

During the week of 5/10, each scholar will be given an opportunity to present his/her project to the class. In preparation for the "3D Spring mural" Art project, I am providing a list of suggested supplies that could be used for the project, but other items can be used outside of this list.

The main thing that is needed for the project is a poster board. Please work with your scholar to help come up with an idea(s) as to what he/she would like to create for the project.

Suggested items to use:

- poster board
(white or any light color)
- leaves
- cotton balls
- grass/moss
- felt to make a kite
- yarn
- twigs
- small Pringle's container to make flower pots

Thank you in advance for your continued support & have a blessed week!

VIOLIN

BY MS. WALKER

NO UPDATE

BY DR. SWANSON

Hi Parents! Last week and this week, our kindergarten and first grade scholars have been demonstrating mastery of rest position to playing position and matching pitch in Twinkle as they sing, which demonstrates skills such as following direction, aural processing, problem solving (zoom learning!), and more! We also got to listen to an excellent performance of a piece called "Brandenburg Concerto no. 3" by JS Bach. This week, we are going to listen to an amazing string duo called "Black Violin" take the same melody from that piece and make it unique and modern. Both are easily searched on YouTube! Please continue to help your scholars identify their right and left hands. Violins should be held under their right arms for rest position, scroll facing forward, and the face of the violin facing outwards. Violins should be placed on their left shoulders, covering their shirt seams and resting against the neck for playing position. Correct playing posture is vital to playing the violin! Thanks for your support!

SPANISH

BY SENORA B

Hello Parents,
Last week scholars began their "Libros de Espanol" books. They are doing a wonderful job! We will continue to work on our books in class. I only ask that scholars complete drawings as a homework assignment as we have limited time during our live sessions. The scholars are having a blast! I enjoy watching them work so diligently. Stay tuned for our finished product.