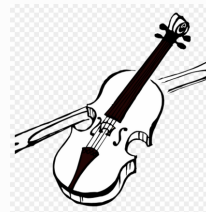
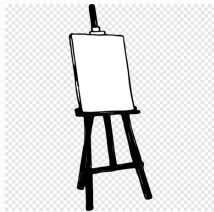




WEEKS OF JANUARY 10TH AND JANUARY 17TH • JANUARY 2022

CREATIVE ARTS

BIWEEKLY NEWSLETTER



Español

INSTRUCTORS

PE - MR. CUNNINGHAM

ART - MRS. BOSTICK

MINDFULNESS - MRS.
METZ-NICHOLSON

SPANISH - SENORA B

VIOLIN - DR. SWANSON
/MRS. KACZMAREK

SCHOLAR TV - DR. LASH

ART

MRS. BOSTICK

"If you can't fly, then run. If you can't run, then walk. If you can't walk, then crawl. But whatever you do, you have to keep moving forward!"

~ Dr. Martin Luther King, Jr.

Happy New Year to all FDS Families!

The Winter season is among us and over the next few weeks, the FDS scholars and I will be focusing on Art projects that are "Winter themed".

For the week of January 10th, we will learn about the uniqueness of snowflakes, how they are formed and also have an opportunity to design our own snowflakes out of various sizes of marshmallows and toothpicks!

I would like to wish each FDS family a blessed and prosperous 2022 year.

PHYSICAL EDUCATION

COACH CUNNINGHAM

Greetings FDS family!

This week our main focus is building and strengthening our core. We will introduce various “ab” exercises during our workout to build muscle and work towards those “6 packs”! We will also introduce the fundamentals of baseball/kickball. We will focus on what bases we will run to and throw to at the right times. In order to play baseball and/or kickball the correct way, we have to locate and identify the correct base!

VIOLIN

MRS. KACZMAREK

No new updates. Happy New Year!

Grades: Half of 2nd grade, 3rd grade, and 4th grade

DR. SWANSON

No new updates. Happy New Year

Grades: Kindergarten, 1st grade, half of 2nd grade

SPANISH

SENORA B

No new updates. Happy New Year!

MINDFULNESS

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 done separately• Mindfulness/meditation through exercises/games• Breath work (can also be presented as a game)• Physical practice (poses)

SCHOLAR TV

DR. LASH

The Kindergarten class completed their Megavalues, and the 1st graders have completed their school highlight episodes. Mrs. Lash will be done editing the last few episodes this week. They are posted on our FDS Parent Group Facebook page, and have been forwarded to be added to the FDS website. This week, Mrs. Lash will begin working with the 2nd graders who are interviewing one another, the 3rd graders who will be delivering the “Morning Minute” in their classroom, and the 4th graders who are building out their speeches.