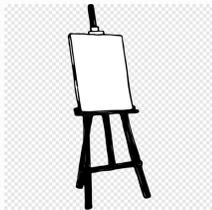




WEEKS OF MARCH 28TH AND APRIL 4TH • MARCH/APRIL 2022

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

Quote: "If you don't like something, CHANGE it. If you can't change it, change your ATTITUDE".
~ Maya Angelou

Greetings FDS Families!

Over the next 2 weeks in Art class, our scholars will celebrate an African American artist by the name of Faith Ringgold for Women's History month. We will be creating and designing colorful quilts made out of construction paper!

Fun Facts About Faith Ringgold:

- Faith Ringgold is an American painter, writer, mixed media sculptor and performance artist who is best known for her narrative quilts.
- Narrative quilts became a specialty of Faith Ringgold because as an artist she enjoyed sculpting in wood and clay but the dust provoked her asthma - therefore learning more about "soft sculpture" that included a combination of fabrics and painting was her go to type of art.
- Faith Ringgold was influenced primarily by Picasso as well as the Civil Rights Movement and displayed work of art that resembled this person and Era.
- Famous quote by Faith Ringgold was - "Creativity helps us realize that we don't have to understand everything!"

Our scholars have been enjoying the variety of Art lessons taught and are really enhancing his/her creativity. I can see the growth and hope that it continues!

Have a blessed week!

PHYSICAL EDUCATION

COACH CUNNINGHAM

Greetings FDS family!

Make sure that you are wearing the appropriate sneakers when it is your class' turn for P.E.. I wouldn't want anyone to miss out because of the wrong footwear (boots, flats, slides, etc.). We will be doing various exercises and activities that will involve kickball and scooters! I love the progress that I've seen from all of you over time. I am so proud of you. Let's keep the ball rolling!

VIOLIN

MRS. KACZMAREK

Working in person has been a very beneficial experience for the students. In class while learning how to play new songs and/or fun games we are putting in work to making sure we maintain good posture. A good foundation is key to build any skill and great posture is the key to great violin playing. A few things that you can try with your child at home: 1) Find a small object to balance on your child's head. While they are balancing ask them to pretend to play their violin. Are they able to keep the object balanced? 2) Have your child demonstrate how to properly hold their bow with a pencil. Next have them teach you how to do it. 3) Ask them about their "thumb ninja" and how we used it in class. They came up with some pretty cool names for their ninja!

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

DR. SWANSON

No new updates. Have a marvelous week!

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

SCHOLAR TV

DR. LASH

No new updates! Have a great week!

SPANISH

SENORA B

Hola Parents,
No new updates! have a fantastic week!

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)