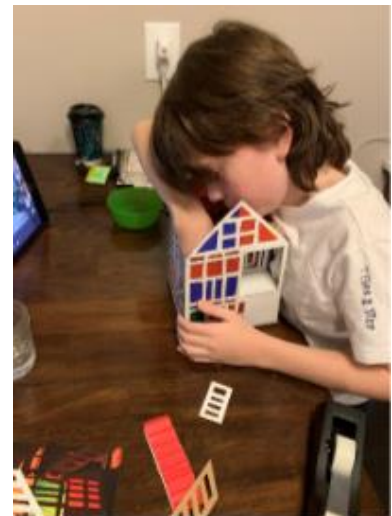


Adams Update January 8, 2021

Culture Club 2020-21 Begins!

Culture Club is an extra-curricular opportunity for 5th grade students that allows them to experience the world through learning about other cultures. Saturday, December 19, the 11th year of the Adams Culture Club began a little differently than usual! This year, despite Covid-19, Culture Club started strong, with 35 members, including students from face-to-face and virtual academy classrooms.

Our World Language classes are currently studying French, and 5th grade is studying the French-speaking country of Haiti. Students learned about Haitian “Fanaux,” which are Christmas lanterns made to look like houses and churches, and then had the opportunity to create their own. Despite not being able to meet as a club in person, the event was successful and fun. Check out the full update, which is attached to the email, to learn more about this great activity!



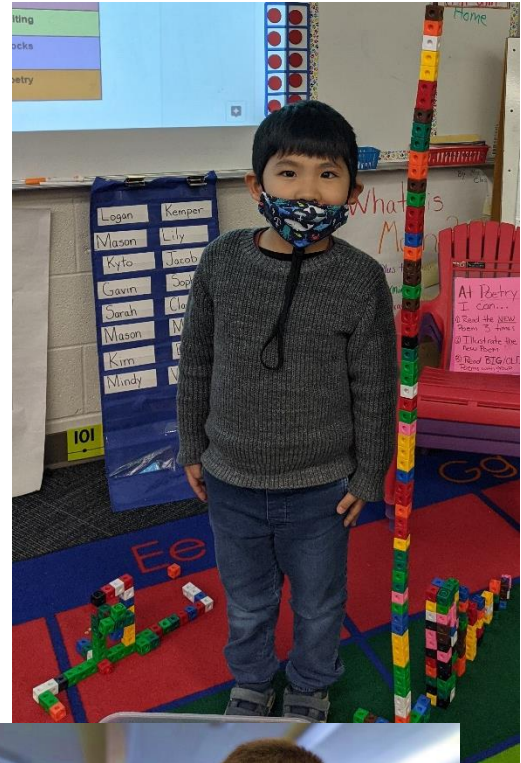
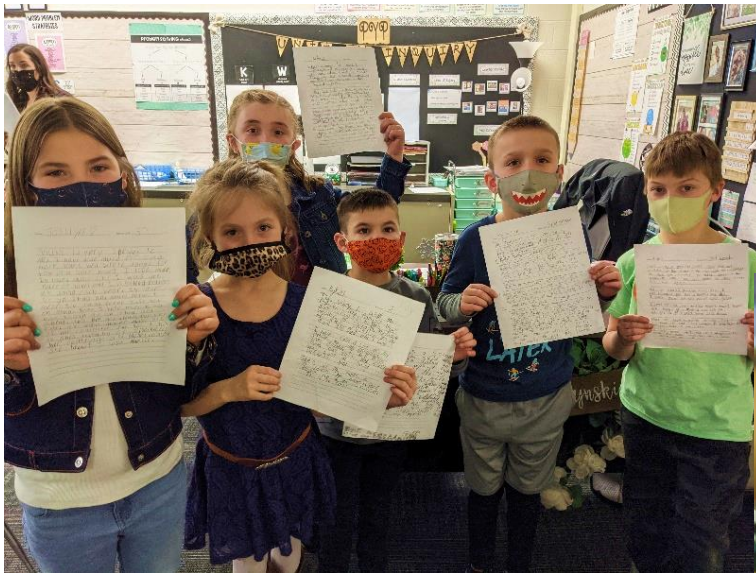
Parking Lot Safety

Now that winter has truly arrived, it's a good time to remind everyone of the importance of **parking lot safety**. Our number one job is to keep everyone safe here at school, so please take care in the parking lot at all times—there are many people in a tight space, before and after school. Thank you for doing your part to take care of everyone in our school community. Reminders:

- Drop off/pick up students on the **passenger side** of your car only. This allows for safe, easy access to the sidewalk.
- Drive **slowly** through the parking lot, *especially* during busy times.
- **ENTER & EXIT** through the driveway to the east end of the lot (closest to the dumpster, farthest from the traffic light.)
- Please remember that the driveway closest to the traffic light is for **buses only**.

Classroom Happenings

Kyto, in Mrs. Westervelt's 1st grade classroom, is an expert on the tallest towers in the world. He proudly showed me some towers he made in class, and can tell you all about the world's best towers! I also enjoyed visiting with Ms. Warczynski's 3rd grade class to hear their wonderful writing projects. Students wrote about something important to them, a dream, or a special topic of their choice. Great care went into developing and editing the projects—they were awesome!



Mindfulness Corner

Mrs. Winstone, our Student Support Specialist, helps our students and staff in a number of different ways, including training us in mindfulness activities. Here is one activity she recommends to help young people calm down and re-focus; you may want to try this together, with your child, at home: **practicing mindful breathing.**

We all need to breathe! Slowing down when we feel busy with everyday life can be a great way to relax and focus on the moment. If you think your child is feeling overwhelmed, encourage him or her to try some breath work.

Back-to-back breathing

Sit with your back pressing against your child's back in a comfortable position. Ask your child to feel how the breath moves in and out of the body. Try to encourage your child to feel your breath becoming synchronized. Count in and out for five breaths, one for each finger.

Partner breathing

Sit down with your child in a comfortable seated position. Put your hand on your child's back. Feel the breath coming into the back of the body. Try taking 10 deep, slow breaths together. Now change roles.

Breathing routines

Consider trying to practice five minutes of quiet breathing together every evening before story time and bedtime, in order to establish a calm and consistent pre-bedtime routine.

Adapted from:

<https://www.alive.com/family/holiday-mindfulness-for-kids>

PTO Update

[Click here for the PTO Update](#) to see all the latest happenings and information.

Upcoming Events

Th, Jan 14

Last day of First Semester

Fri, Jan 15 – Mon, Jan 18 No school for students

Tues, Jan 19

First day of Second Semester

We had a great week here at Adams, and we look forward to seeing you and your students again next week. Have a good weekend!

Educationally yours,

Scott Cochran

Principal