



Sustainability Academy's Newsletter

November 30, 2018

12th Annual Pancake Breakfast and Silent Auction December 8th 8:30-11:30 am



Do you own a small business and could donate an item or a gift certificate to our silent auction? Or are you crafty and could make something to donate? Please contact susanlinelucey@gmail.com with donations!

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## Winter Warm Up Sponsored by SA's Preschool



**Monday, December 3rd** starting at 8:30am  
The preschoolers invite SA families to warm up with hot cocoa and **FREE** gently used winter clothing for all ages. The clothing is displayed on tables in the primary wing.

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Thank You! **for attending**



Thank you to all the parents and guardians who were able to attend their child's parent/teacher conference(s). We were hoping to achieve 100% participation so if you have not yet met with your child's teacher please contact them for a meeting time.

Curriculum Corner



Brain Breaks

Submitted by Special Education Department

Have you ever spread yourself so thin that every ounce of you is exhausted ?

During this time of year especially, our heads tend to be in a few different places all at once. What do you think you can do to help get your thoughts back on the right track? You can take a brain break!

What is a brain break? A brain break is a short period of time when we change up the dull routine of incoming information that arrives via predictable, tedious, well-worn roadways. When we take a brain break, it refreshes our thinking and helps us discover another solution to a problem or see a situation through a different lens. During these few minutes, the brain moves away from learning, memorizing, and problem solving. The brain break actually helps to incubate and process new information.

Please consider trying these activities below with your class from the article called : *Energy and Calm: Brain Breaks and Focused-Attention Practices* By Lori Desautels.

1. The Junk Bag

I always carry a bag of household objects containing markers, scrap paper, and anything that one would find in a junk drawer -- for example, a can opener or a pair of shoelaces. Pick any object out of the junk bag and ask students to come up with two ways this object could be reinvented for other uses. They can write or draw their responses. Once students have drawn or written about an invention, they can walk the room for one minute sharing and comparing.

2. Squiggle Story

On a blank sheet of paper, whiteboard, or Promethean Board, draw one squiggly line. Give students one minute to

Community Service Projects

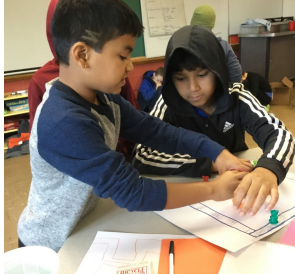
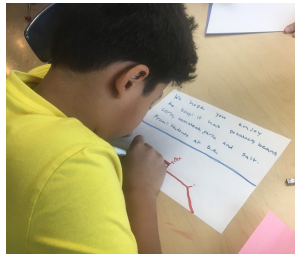
Shared by: Third and Fourth Graders



Our third and fourth graders concluded their Healthy Neighborhoods/Healthy Kids studies with service projects designed to improve the quality of life in our neighborhood.

Students prepared herbal lip balm for the nurse's office, designed math games for children who play at the Sara Holbrook Center, and made crayons for the preschool. Others crafted Thanksgiving decorations for the Food Shelf, cooked soup for Anew Place, and harvested seeds for spring planting.

Thank you third and fourth graders, for making our neighborhood an even better place!



Congratulations Oscar & Jasmine!



Oscar & Jasmine are winners of the 2019 Energy Efficiency Calendar Contest, a collaboration between Burlington Electric Department and the Burlington School District (BSD) for more than a decade.

Their artwork, representing their impressions of energy efficiency was selected by a panel of judges from more than 125 beautiful works of art created by the BSD's amazingly thoughtful and talented fourth graders and will fill the pages of the 2019 Efficiency Calendar.

stand and draw with their opposite hand, turning the line into a picture or design of their choice.

3. Opposite Sides

Movement is critical to learning. Have students stand and blink with the right eye while snapping the fingers of their left hand. Repeat this with the left eye and right hand. Students could also face one another and tap the right foot once, left foot twice, and right foot three times, building speed they alternate toe tapping with their partner.

4. Symbolic Alphabet

Sing the alphabet with names of objects rather than the letters.

5. Other Languages

Teach sign language or make up a spoken language. In pairs, students take turns speaking or interpreting this new language for 30 seconds each.

6. Mental Math

Give a set of three instructions, counting the sequence to a partner for 30 seconds. Example: Count by two until 20, then count by three until 50, finishing with seven until 80. Switch and give the other partner another set of numbers to count.

7. Invisible Pictures

Have a student draw a picture in the air while their partner guesses what it is. You could give them categories such as foods, places, or other ways to narrow the guessing.

8. Story Starters

A student or teacher begins a story for one minute, either individually or with a partner. The students then complete or continue it with a silly ending.

9. Rock Scissors Paper Math

With the traditional game, the last call-out is "math." With that call, students lay out one, two, three, or four fingers in the palm of their hand. The best of three wins.

FOCUSED-ATTENTION PRACTICES

A focused-attention practice is a brain exercise for quieting the thousands of thoughts that distract and frustrate us each day. When the mind is quiet and focused, we are able to be present with a specific sound, sight, or taste. For the following practices, the goal is to start with 60 to 90 seconds and build to five minutes:

1. Breathing

Use the breath as a focus point. Have students place one hand close to their nose (not touching) and one hand on their belly. As they breathe in, have them feel their bellies expand. As they exhale, they can feel the warm air hit their hand. Students will focus on this breath for only one minute. Let them know that it's OK when thoughts sometimes come

Holiday Kids Bicycle Bonanza Come Get A Free Bike



Thursday, December 20th, 5:30-8pm
Sponsored by Old Spokes

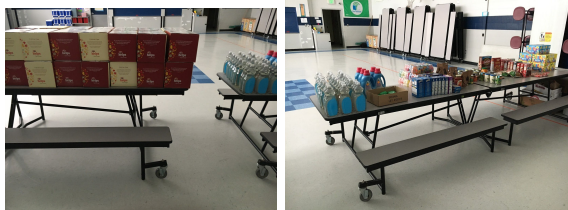
Eligibility: Bikes are only available to children **ages 3 through 8**. Children must be on free or reduced lunch to receive a bicycle through Bonanza.

If a child is too old for the Bonanza but is on free or reduced lunch, please consider our [Everybody Bikes program](#).

If a child is not on free or reduced lunch but their family is interested in getting them a bike, please consider purchasing a [refurbished kids bike from Old Spokes Home](#).

Register: **Preregistration is required and capped at 140**. Families can **register on their website:** oldspokeshome.com/kids-bike-bonanzas

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**Thank You!**  
**for participating in the SA**  
**Food Drive**



Thank you for all the lovely donations to our harvest baskets.

The families who received the basket were very grateful.

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Lost and Found



into the mind uninvited. Tell them to exhale that thought away.

2. **Colors**

Visualize colors while focusing on the breath. Inhale a deep green, and exhale a smoky gray. Have the students imagine the colors as swirling and alive with each inhale. If a student is de-escalating from an angry moment, the color red is a great color to exhale.

3. **Movement**

For younger children, direct students to stand and, as they inhale, lift an arm or leg and wiggle it, exhaling it back to its original position. For younger grades beginning these focused-attention practices, it's good to include an inhale and exhale with any type of movement.

4. **The Deep-Dive Breath**

We inhale for four counts, hold for four, and exhale slowly for four counts. You can increase the holding of breath by a few seconds once the students find the rhythm of the exercise.

5. **Energizing Breath**

We pant like a dog with our mouths open and our tongues out for 30 seconds, continuing for another 30 seconds with our mouths closed as we take short belly breaths with one hand on the belly. We typically take three energizing pant breaths per second. After a full minute, the students return to four regular deep inhales and exhales.

6. **Sound**

The use of sound is very powerful for engaging a calm response. In the three classrooms where I teach, we use rain sticks, bells, chimes, and music. There are many websites that provide music for focus, relaxation, and visualization.

7. **Rise and Fall**

As we breathe in and out through our noses, we can lie on the floor and place an object on our stomachs, enhancing our focus by watching the rising and falling of our bellies.

When we are focused and paying attention to our thoughts, feelings and choices, we have a much greater opportunity to change those thoughts and feelings that are not serving us well in life and in school.

We have a number of items in the lost and found that want to be found. Feel free to check the lost and found, located

Morning Move It!



Congratulations to second grade student Jasper Caswell-MacCausland for running 40 miles during Morning Move It sessions over 2 ½ years! Way to go Jasper! He earned a breakfast treat from Nunyuns Bakery & Cafe. Keep on moving!!

Monday & Thursday are our days for Morning Move It! Join us around the back track from 7:50-8:05.
Ms. Archacki and Mr. Bissonette

Community Style Lunch

Tuesday, December 18th



Join us for our next community style dining in the cafeteria on **Tuesday, December 18th**.



To help students during this event. If you can help during any or all of the lunch shifts, please email Julie Norman at jnorman@bsdvt.org

The lunch times:

Kindergarten & Grade 5: 11:00-11:25

Grades 1 & 2: 11:30 -11:55

Grades 3 & 4: 12:00-12:25

If any family members would like to eat school lunch, it is a great deal at **\$4.00** per meal. Exact change is appreciated.
Lunch is free for all volunteers.

on the first floor near the health office, anytime you are visiting the school.

Bee Card Winners

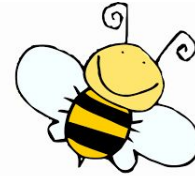
School Expectations

Be Safe

Be Responsible

Be Respectful

Do Your Best



November 14th



**K - Luca & Nishma
1st/2nd - Ezra & Zaelen
3rd/4th - Dalib & Ben
5th - Collin**

November 28th



**K - Rehan & Lucinda
1st/2nd - Maxwell, Abdalla, Sophie & Ryu
3rd/4th - Sangam, Jasmine C., Sanjeeta & Jasmine T.
5th -Katherine & Talulla**

Upcoming Events:

PTO Meeting-

Monday, December 3rd
5:45 - 7:30 pm
Community room

Winter Warm Up

Monday, December 3rd
Starting at 8:30 am

Pancake Breakfast and Silent Auction

Saturday, December 8th
8:30-11:30 am

Early Release Day

Thursday, December 13th
Dismissal at 11:30, bag lunches will be provided

Bicycle Bonanza

Thursday, December 20th 5:30-8:00pm

No School - Holiday Vacation

Monday, Dec 24th - Wednesday, Jan 2nd
School resumes Thursday, January 3rd

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