



# CTL CORNER

Center for Teaching & Learning | 26131 Kuykendahl, The Woodlands, TX 77375 | 832-474-8214



## Important Dates

**February 11** - 100th Day of School

**February 14** - Valentine's Day Parties from 1:45-2:45 p.m. in each CTL classroom. Room parents will be reaching out to parents for assistance.

**February 15** - CTL Parent Meeting. Come by to learn more about CTL's science trip to the ICEF Conference in Phoenix, Arizona for May 15-19.

**February 15** - CTL Re-enrollment forms are due to reserve your spot for next year. Forms are available with Mrs. Maia in the office.

**February 16** - Open enrollment begins for those on the CTL Waitlist.

**February 18** - Presidents' Day. No School.

**February 21** - CTL Community Open House, 6:00-7:00 p.m., in the CTL Library. All are invited!



## Authentic Kindness

We love Februarys for many reasons! In spite of being the shortest month of the year, it is jam-packed with celebrations for our students--Ground Hog Day, Chinese New Year, 100 Days of School, Valentine's Day, Random Acts of Kindness Week, President's Day, Lincoln's birthday, Black History month, and Scholastic Book Fair. The month of February is all about sharing, kindness, and gratitude. There is nothing better to life the spirits!

We not only celebrate kindness and the teaching of kindness in February, of course. Kindness is part of CTL's school community every day all year. It is in our culture!

Love, safety, and a sense of belonging are basic human needs, no matter the age or the context, and are critical for learning to take place. We are often asked, "What set's your school apart?" "How are you different?" "Why CTL?" Through the voices of our students, parents, and visitors to our school, they identify immediately how CTL makes them feel. It is an authentic kindness. It is an authentic feeling of belonging. They frequently comment on how CTL is such



## Important Dates

### February 22 - CTL Go Texan Day!

Celebration. Students and the CTL Team will wear western wear for the day. Join us for a family celebration at Dickey's BBQ, Indian Springs Center, 10700 Kuykendahl Road, The Woodlands, TX, 77381, from 5:00-7:00 p.m. Dickey's BBQ will donate 20% of the proceeds back to CTL.

**February 25** - Portfolio Workshop Week. Students will be putting together their portfolios in preparation for student-led conferences.

**February 25-28** - CTL Club Showcases for the entire week during Morning Meetings, 8:00-8:15 a.m.

**February 25 - March 4** - CTL Scholastic Book Fair. Volunteers are welcome! A Sign-Up Genius link will be available in the next Wednesday Bulletin.

## Important Reminders

\*Please have your child at school by 7:55 a.m. every morning so he/she does not miss our Morning Meeting that begins at 8 a.m.

\*Please make sure your child has a snack, lunch, and water bottle every day, a jacket on cold days, and tennis shoes on PE days.

\*Invite your child to show CTL school spirit by wearing his/her orange CTL t-shirt on Fridays.

a happy place with truly happy students, teachers, staff, parents, and community. They feel how kindness permeates the air and immediately want to be associated because of those basic human necessities. They want to become a part of this CTL family. When students shadow they are eager to share their day with their parents. "Can I come back tomorrow?" they often ask.

CTL is a place where each family member--students, teachers, parents, and staff--is treated with kindness each day. We show up in more ways than physical presence. We show up by giving. We show up with gratitude. We show up when receiving. We show up in collaborative brainstorming sessions. We show up with encouragement and motivation. We show up with pulling together all resources and connections. And we show up because this is our family. This is a part of us. The CTL way of life is the way of life for everyone. It is being a good citizen, human being, good neighbor, because what we practice and model and give and receive at school is what will be translated into our lives.

Yes, academics are important, but without the feeling of caring and compassion, children can't learn because they have no desire to learn. Authentic kindness is what *we* give. It is who *we* are. This is the CTL difference!

**Linda Ellis and Ryan DuFour**

### Pre-K Class

Happy New Year! Pre-K welcomed in 2019 with festive self-decorated hats and party horns. Everyone was excited to be back at school to see their friends after the holiday break. This month's focus was on winter, polar animals, and snow. One of our favorite books to read was *Squirrels New Year Resolution* written by Pat Miller. We learned that resolutions are a promise you make to yourself to be better or to help others. Pre-K class made a resolution to be kind to their friends. Another favorite book *The Mitten* is a Ukrainian folktale retold by Jan Brett. The children loved all the animals as they entered the mitten to stay warm. We also read *The Hat* by Jan Brett and compared the two books. Another favorite we read was *Snowy Day* written by Ezra Jack Keats. We made snow paint for our winter scene. Thank goodness the snow is only paper.





In writing workshop, we have been discussing characters and the setting in our writings. They are such talented authors.

In math we have been working on graphing and measuring. A few of our favorite math books were *Ten on a Sled* and *P. Bear's New Year Resolution*. Our favorite math activity this month was when we measured our friends with our connecting cubes. We started by measuring mittens we had decorated. We measured width and length with our linking cubes. Then we branched off to measuring other things in the room and then our friends. They were excited to see how long each of their friends was.

Our first topic in science we discussed is where do animals go in the winter. We discussed hibernation, migration and adaptation for different animals and how their homes and environment may change. We also had a classroom project-based learning assignment. The children had to design and set up two environments, the northern hemisphere and southern hemisphere. They had to put the polar animals in the correct hemisphere and set up habitats for their animals, all the while keeping the predator animals away from their prey. We also discussed the life cycle of a penguin. One part that stuck out in our studies of the Emperor penguin is how it is the father's responsibility to care for the egg until it hatches. We discussed how other animals differ in the raising of their young. Pre-K also enjoyed some fun snacks related to topics we were learning about—glacier iceberg fishing snack and a yummy snowflake tortilla covered in snow.

In social studies we learned about strategies we can use to solve problems including calming down, listening to each other, coming up with possible solutions, and trying another solution if our first choice didn't work. We also celebrated Martin Luther King Jr.'s birthday and talked about how he had a dream that everyone could be friends. That is our dream also. We also celebrated two January birthdays. Happy Birthday to Josephine and SolRay!

Looking to February we will be discussing Ground Hog Day, Chinese New Year, Valentine's Day, Presidents Day, 100 days of school and Go Texan Day. We can't wait!

### **Beckey Billings**

#### **Kindergarten Class**

Wow, we have been busy in kindergarten at CTL! Reading workshop is a favorite for this group of scholars. We begin each morning immersed in books. I am continually amazed at the increase in reading stamina and difficulty level the students are achieving. Their classroom book logs are up to 100 or more. I love the last 10 minutes of their reading time when they read to each other. That is when their fluency and expression shine through. Then we gather on the rug for a few read-aloud books. Their eyes are glued to the pages as they make predictions or giggle at the silly parts. They are retelling stories in sequence and enjoy engaging in book talks about their favorite parts of each story.





In writing workshop, our authors are in full bloom. They are experimenting with titles that grab the reader's attention and entice them to read on. We are adding details to our pieces that make the reader feel like they were right there with us! We have learned that we can focus on the small moments of daily life to compose a detailed and engaging story. If you stroll down the hallway at CTL, you will see some amazing writing hanging outside of our classroom. You will be impressed with the content and the neat and tidy handwriting that is beginning to emerge.

In math we have been drilling deeper into number sense. During our daily math talks, the students amaze me with the varied approaches they have learned to analyze mathematical challenges. We are discovering each day that there are several ways to tackle any given problem. We are representing numbers beyond 20 using tally marks, ten frames, a rekenrek, pictorial models, dominoes, random dot patterns, number lines, graphs and more. As we increase our efficiency with addition, we have learned to use a variety of strategies including counting on. We are beginning to delve deeper into subtraction and look forward to graphing and analyzing data.



In science we are coming to a close on our deep dive into weather hazards. The children were absolutely captivated by this STEMscopes story line. We have studied the difference between typical weather and dangerous weather, discovering that it is hazardous when it can cause harm to people or property. Our studies included tornadoes, hurricanes, flooding, earthquakes, blizzards and thunderstorms. We discussed ways to keep safe in threatening weather and learned about early warning systems, weather forecasting, evacuations and storm shelters. This unit of study has inspired a few of the kids to become scientists of weather, also known as meteorologists. One or two have expressed an interest in becoming...STORM CHASERS! This was inspired by live footage of tornadoes from actual storm chasers in the field.

In social studies we have taken a look at several important topics. We discussed New Year's customs and traditions in America, and later compared those to Chinese/Lunar New Year's celebrations in early February. We know that 2019 is the Year of the Pig and many of the customs revolve around good luck for the New Year. The children all decided that we should adopt the lucky red envelope filled with money tradition of Chinese New Year here in the U.S.A.! We read about and discussed the important contributions of Dr. Martin Luther King, Jr. as we honored his birthday in January. We listened to his speech entitled, "I Have a Dream" and shared dialogue about his work for equality, peace and freedom for all. We also discussed the "un-scientific" weather forecasting of Groundhog's Day. This year, Punxsutawney Phil did not see his



shadow, so we are looking forward to an early spring. We learned that when he does see his shadow, it is supposed to mean 6 more weeks of winter. Finally, we continued to practice kindness, empathy and integrity in all we do. President's Day and Valentine's Day are on the horizon as we look ahead to the fast approaching end of Trimester 2.

**Annie Manning**

### *1-2 Class*

As we jumped into 2019, the class was back in full swing. We celebrated the New Year with new ideas and class collaboration as we added new things to our learning.

Reading workshop started off with new author studies. We read the works of Jan Brett and Patricia Polacco. The class was inspired by these authors as they learned about their writing styles as well as their wonderful illustrations.

Writing workshop focused on re-reading their pieces and looking for ways to enhance or stretch their ideas further. The class also focused on punctuation and capitalization as well as looking for words they may need to add to their spelling inventory. The personal spelling inventories are made from their own personal writing and have helped them practice words they don't know so they will be able to correct their spelling in future pieces.



During math workshop the class has been continuing to use the math vocabulary they have learned in our math talks so they are able to apply it to their independent practice. They know when to use strategies like counting on, counting back, looking for a landmark number and revising their thinking. I have seen so much growth with respect to cooperative learning within the workshop. The kids are able to problem solve collaboratively and share their thinking with each other. They have been working on making doubles, halves, thirds, fourths, sixths and eighths, adding ten more/less and one hundred more/less, making and comparing 4 and 5 digit numbers, looking at the parts of a whole and finding the place value to one thousands. They completed a mid-year math assessment to check progress as well.

Science labs were focused on finishing our unit on inherited and acquired traits in plants. We also started our unit Patterns in the Sky with a focus on the sun and its relationship to the four seasons. The class learned about the rotation and revolution of the earth and its role in the changing of the seasons as well. We continue to do weekly STEM challenges.

We finished our unit on national symbols in social studies. The class





researched and wrote about the United States' national symbols and their meanings. We moved on to some more research as we studied various presidents in honor of President's Day. We are looking forward to our maps study where the class will find their way around a map as they learn how to use a legend, find cardinal directions using a compass rose and look at various land formations and bodies of water.

As we move into February the class will be reviewing some of the curriculum from January and move on to new units in all subjects. We will continue our daily reading to improve and use skills taught. Our goal is to keep moving up to more challenging books throughout the rest of the year and to make great choices in book selection. In writing we will strengthen our writing by focusing on punctuation, rereading our pieces for understanding and clarity, add on to extend our ideas and sharing our pieces weekly. We have added spelling inventories to our writing folder to focus more on spelling within our pieces. Each child's focus is unique to his/her writing. In math we will continue to work with fractions, money, time, and place value. Our science unit will cover seasonal patterns and patterns in space. Our social studies will shift to maps, geography, and weather and we will begin the basic understanding of US government.

I am excited to continue exploring with our enthusiastic learners here in first-second grade!

**Lisa Lipar**

### *3-4 Class*

Our condolences to Ms. Sheldon who lost her dad Thursday, February 7. Since Ms. Sheldon was away for the writing of the newsletter blurb, we asked the grades 3-4 students to write the report. They eagerly volunteered and got started right away. This is for you Ms. Sheldon and for our parents:

In reading workshop every day Mrs. Sheldon reads to us. Now she is reading *Sophie Quire* to the whole class. All the class loves the book because almost every chapter has a question that is answered later in the book. Then we all go and read in our own choice books in independent time. We love our reading time each day.

—Matthew & Nicolas

To start writing workshop this trimester, we made a heart map of our favorite things to write about so we could get ideas for our personal narrative. After we made the heart map we chose a topic that was really special to us, and we used the writing process to write a very detailed personal narrative. When we were ready to publish Mrs. Sheldon gave us a computer to type out our personal narratives. In the end they were very detailed and amazing pieces of writing. After our writing pieces are finished, we have sharing time where we sit in the author's chair and read our writing out loud. *I like writing time because it is a time to express myself through my words and what I write* (Ariya). We love writing workshop!

—Ariya and Mariella

During math workshop in January to February, we've been working



with vending machines finding out how many bottles can fit in the whole machine. Ms. Want has also been teaching us a new strategy called open array. In February we learned about all the teachers and students who went to an amusement park. We found out how many tickets each kid and teacher got. She taught us how to use bigger numbers with our open arrays. We really enjoyed having Miss Want in our class. Math was really fun this month!

—Natalie, William & Jack

In science workshop we're learning about hibernation and weather. We're learning the water cycle and how the sun is a big deal because it helps our planet and us survive. We also got taught about wisdom teeth. In science we have also been learning about weather. Ms. Sheldon has been showing a lot of videos about weather. I learned that wind pushes cold weather to different places, and the more north the weather goes the colder it gets, and the more south the weather goes the hotter it gets. How it gets hotter is because it's going closer to the equator because the equator is so hot. So far our weather has been good the past few days. We looked on the weather forecast and saw that any weather hitting us is green (Anishka). People in my class love science.

—Beau, Liam & Anishka

In social studies we have been learning government. Ms. Sheldon has been showing us a bunch of videos on the branches of government. I learned the process of law. I learned from that all about a president's veto, outlawing a veto, and voting on the law.

—Audrey

We love passion project time each Friday because we can do what we're really passionate about. Like Tima, Liam, and Jack are doing world records. Audrey is doing clay, Aniska is doing art, and Aaron is doing beyblades. Mariella is doing writing. Beau is doing magic. William is making different PC's. Ariya is doing creative art. Nicholas is doing Animon cards. Natalie is doing scrapbook making. Louie is doing paper airplanes.

—Aaron, Louie & Tima

**Corrie Sheldon**

### 5-8 Reading Writing Workshop

The children worked hard to complete another round of book projects. I always love book project week, it is so enjoyable to sit back and listen to young people encouraging their friends to try new books. Once again we enjoyed watching iMovies, hearing and seeing slideshow presentations, examining dioramas and art work, and laughing along with mini plays and dramatic read-alouds.

In 5th and 6th grade we completed another read aloud book, *Spirit Hunters* by Ellen Oh. We have been on the edge of our seats during this ghost story and were all surprised by the climactic ending - just when we thought everything was over and all was well, another ghost entered the scene!

We are now enjoying *The Phantom Tollbooth* by Norton Juster. This is a complete change of pace, as we have now entered an *Alice in Wonderland*-esque fantastical tale full of moral lessons for young





minds.

7th and 8th grade students meanwhile have been hooked on *The Martian* by Andy Weir. With all of its technical jargon and mathematical calculations, I had worried the students might find it somewhat boring, however this couldn't be further from the truth. Although it does require some censorship as I am reading, the children are engrossed in the dramatic scenes that are unfolding in their imagination. I am also seeing and hearing a lot of sci-fi and lost in sea-space stories in writing workshop, a sure sign that everyone is enjoying the story!

In writing workshop we have enjoyed another Publishing Day. This is the day when all of the hard work of drafting, revising, revising again, (and again, and again!), and editing all pays off. On Publishing Day the children share their writing with as many of their peers as possible. Each reader writes a piece of positive feedback to the writer of every piece that they read, meaning that children have a page of positive comments to attach to each finished piece of work. They also get the pleasure of giving their writing an audience, which is so much better than just filing it away in a binder. Students leave Publishing Day on a high ready to sit down and write their next masterpiece.

5th and 6th graders have also enjoyed lessons on punctuation and paragraphing from Dr. Ellis. Everyone loves it when Dr. Ellis joins the classroom. Other areas of focus have included the following: paragraphing refreshers for 7th and 8th grade, focusing on the problems characters face to strengthen our writing, developing a movie in our minds in order to include the details in our writing that make reading so enjoyable, and ways to successfully revise drafts.

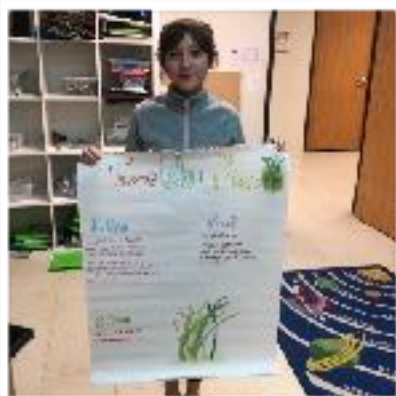
**Caroline Harrison**

### *5-8 Math Workshop*

Fifth and sixth grade math students created procedures for adding, subtracting, multiplying and dividing fractions throughout an investigation on ratios, rates, fuel gauges and marathon training. Students utilized double number lines, open array models, and the distributive property to develop understanding of operating with rational numbers. We extended our skillset with fractions through the order of operations. Students eagerly tackled lengthy and challenging multi-step expressions with perseverance and determination. The students' problem solving skills are continuing to flourish! Grades five and six will soon begin a hands-on geometry unit involving measurement, shape classification, and the coordinate grid.

The seventh and eighth grade math students have just wrapped up a major unit of study on geometry. Pythagorean Theorem, shape transformations, volume and surface area were just some of the topics studied during this unit. Students measured circles to discover the meaning of pi, we filled a cylinder with water using a cone to discover the relationship between the volume of those shapes, and we built boxes out of blocks to create surface area formulas. Through hands-on activities students were afforded opportunities to





study the relationship between shapes and their dimensions in hopes of creating meaning behind the formulas. Upcoming for these students is an in-depth study of linear relationships. We are laying a solid foundation for algebra!

During their unit on geometry, seventh and eighth graders performed calculations involving various sized compost boxes. They calculated the dimensions, volume, surface area, worms needed, and amount of trash that could be composted each day. With the help of a CTL family, our school will soon have a real compost box in the back of the school where fifth through eighth graders have lunch. Connecting math to real life is a priority in my classroom. We are all looking forward to this venture!

**Claire Want**

### *5-8 Science Workshop*

Fifth grade finished their unit on Animal Basic Needs. Their guiding question was *How does forest destruction impact humans and animals?* Students made animal dioramas for the animal's habitat they researched. They then did a group research project on the endangered Ivory Billed Woodpecker. Lastly, they transferred this knowledge to plants and did an individual research project on an endangered plant. This past week in fifth grade the students just finished their unit on Ecosystems. Our guiding question was *Why would adding a new fish to an aquarium cause the other fish to become sick?* The students were expected to develop a model to describe the movement of matter among plants, animals, decomposers, and the environment. The students were also expected to generate and compare multiple possible solutions to a problem based on how well each is likely to meet the criteria and constraints of the problem. Their next unit is Matter Cycles which will have new labs and projects but the same exceptions as Ecosystems.

Sixth grade just finished their unit on Changes In Force, Motion, and Direction. Their guiding question was *How does the mass of an object affect its motion?* The students were expected to plan an investigation to provide evidence that the change in an object's motion depends on the sum of the forces on the object and the mass of the object. During this unit we taped a toy car to a string attached to a weight hanging off the desk. For each trial we changed the mass of the car to see if it changed the speed. Students learned how to calculate Newton's and the formula  $F = MA$ . Our next unit is Electromagnetic Forces. The guiding question will be *Why do magnets sometimes attract objects and other times push them away?* The students will be expected to ask questions about data to determine the factors that affect the strength of electric and magnetic forces.

Seventh and eighth grade are finishing their unit on Organism Interactions In Ecosystems. The students are expected to analyze and interpret data to provide evidence for the effects of resource availability on organisms and populations of organisms in an ecosystem. Our next unit is Competition in Ecosystems. Their guiding question will be *How does reducing competition*



*impact populations?* The expectation will be the same as the prior unit. The seventh and eighth graders have really been tackling wonderful group and individual projects the last few units. I was blown away by their group project to design a Lunar Greenhouse and meet several requirements in doing so. They also did a fabulous job on their independent project which was a poster advertising details about photosynthesis and how it's called to action to be a help to save our plants here on earth.

**Laura Wellbrock**

### *5-6 Social Studies Workshop*

We have had an amazing month in social studies as we've explored the reasons for the revolutionary war. The students have studied the Proclamation of 1763, the Boston Massacre and the Boston Tea Party. All these events and Britain's responses to the 13 colonies lead to anger and frustration and ultimately war and independence. The students have engaged with the topic and have impressed me with their understanding of a complex part of history. Last week the students began our most challenging project so far this year. Each student has chosen a founding father or patriot and is researching them and their contribution to the creation of America. As well as compiling information from a range of sources, the students will be making a Google slide presentation to the class, and we will also be creating a living wax work museum for other classes to visit. We'll also send out an invitation to our parents to visit the museum.

**James Milner**

### *7-8 Social Studies Workshop*

Social studies class has been enjoyably busy. We have role-played the convention debates that resulted in the creation of the U.S. Constitution. We have worked hard to understand what was actually written in the U.S. Constitution in 1787 and how that applies to the modern day. The students have written newspaper articles and had their second attempt at writing a formal essay using primary source materials to construct an argument and support it with evidence. We have studied for and taken a "law exam" based on the contents of the U.S. Constitution which everyone took very seriously - perhaps we have a few future lawyers or Supreme Court judges in our midst! We have also been investigating the Bill of Rights, why it was created and what it contains. We have examined real life court cases and, following wide ranging discussions on whether actions were constitutional or not, taken class votes and compared our decision to the actual verdicts. All in all, it has been a lot of fun, thought-provoking learning.

**Caroline Harrison**

### *PK-8 Art Workshop*

Since the holidays our CTL Art Studio has been busy comparing, contrasting and studying the global influence of two artists, Yayoi Kusama and Piet Mondrian. Pre-K through Kindergarteners utilized buttons and painted dots in their HeARTistic designs. First and





second graders created classic Yayoi Kusama work, while third and fourth graders created and designed a 'Picture in a Picture' work as influenced by Kusama's organic shaped lines that divide her images. Fifth through eighth graders completed a Kusama inspired self-portrait, all of which they are VERY proud. All grades were given access to Mondrian's classic palette of red, yellow, blue and black and white 'canvas' to complete their inspired mixed media pieces. For the next few weeks we will be focusing our attention on the artwork requested for the upcoming musical as well as drawing techniques, including, fingers crossed, some playground Plein Air.

**Abby Salazar**

### *5-8 Drama Workshop*

Our drama class has been busy creating stories and scripts that the students have been busy converting into videos. They have all been in front of the camera and behind the camera. It's an interesting unit of study because the students are regularly confronted with obstacles and problems they need to solve. The students had a multitude of problems like absences, videos mysteriously deleting themselves, a scene too complicated to create, creative differences, sound problems, and many more. But they all worked in a positive and motivated way to find a path forward no matter the dilemma.

During the last week the students have begun writing their own plays in small groups, and they will perform them for each other next week. For the remainder of the month we'll be focused on trying to extend our stories and plays and create more dialogue and drama in the plays.

**James Milner**

### *PK-8 Music Workshop*

We have been missing our music teacher Ms. Tribelco who has been out ill, and we send sunshine and best wishes her way for a speedy recovery. In her absence we have an amazing substitute filling in. Ms. Melanie Garcia has 17 year of experience as a classical pianist, teaches private lessons for Lessons on the Go, and is a recent graduate of University of Houston Downtown.

We have asked CTL music students to tell us about their music experience over the past month. This will be in their collaborative voices.

"We have been having a great time in music over the last month as we prepare for our spring musical. We are learning a lot about tempo, recognizing when the music slows down and when it speeds up. We also played a scavenger hunt game to practice tempo with sticks. We are learning the lyrics to the songs we will be singing. In February we will continue to practice for the musical. We also practice the songs in morning meeting each Friday with our reading buddies. This is great fun!"

Beatrix Luggar (grade 2), Anishka Balla (grade 3), & Gavin Mendez (grade 8)

We are excited that nine of our CTL students are enjoying their time



at Sarah Kelly Music School on Friday afternoons. Five of the students have written and recorded amazing songs that we have spotlighted, enjoyed and celebrated in morning meeting. The other four are in the process of recording their songs at this time. The partnership with Sarah Kelly has been a great addition to our music enrichment program at CTL .

Our music program will also be enriched Trimester 3 with the addition of a ukulele after-school program sponsored by Play It Right for ages 7 up. Registrations will go out the week before Spring Break.

You should have by now received an email with the MP3s for the Discovery spring musical songs. Please play these in your car, at home, or anyplace else to give your child an opportunity to learn the songs and memorize the lyrics prior to the spring musical. Feel free to also download the songs for your children to enjoy and practice.

We are so looking forward to how the integration of these various music groups and the spring musical keep the love of music alive in our children.

***Linda Ellis***

### ***PK-4 Physical Education Workshop***

CTL students love to run and have been working hard building up their endurance. After they stretch we have been playing fitness tag games. Making fitness fun is a key to keeping them engaged and active in physical education class. We have played a few different tag games that develop a range of movement skills, including stability, locomotion, body and spatial awareness and boundaries. It also develops personal skills, critical thinking and problem solving skills. Most importantly they are having fun while exercising. When the rain and cold weather conditions force us to stay inside we were moving to the music. All grades were introduced to their appropriate grade level Zumba fitness. Every student had fun moving to the music while working and improving on their coordination. After Zumba we cool down with some yoga to stretch our muscles in addition to breathing exercises to help relax the body and mind.

***Sarina Eckhardt***

### ***5-8 Physical Education Workshop***

We finished our Ultimate Frisbee unit, and we are now practicing flag football. We are aiming to do the American Heart Association Jump Rope unit and volleyball next trimester.

***Laura Wellbrock***