

Effimia Reutov's Newsletter

Kachemak Selo School, December 2019

*Picture: The seagulls were all lined up and just floating, as if waiting for something. I call this picture: **The waiting.***

Greetings to all parents.

Upcoming

Dates to remember:

December 4, Holy Day, no school for students or teachers

December 7, Saturday school

December 10, Selo Site Council meeting HS building 3:30

December 19, Holy Day, No school for teachers or students

December 20, Early Release 12:30 End of quarter

December 23 – Jan 8, Christmas Vacation

January 9, Back to regular school day

Also, please see included calendar.



HS and MS Russian class.

Чтение: Гора Афон.

Стих: Гора Афон.

I have come up with a way of gathering data and triangulating it, which is not a hundred percent true, but, still shows a consistency on what the students need to work on.

My measures are: dictation samples, free writing samples, and tests (that I have come up with myself, which are a work in progress) to see how well they have mastered the skill they were working on. I have spoken to the students about how this will work and how they may have to repeat a skill if they don't show mastery in all three or at least two of the measures.

Currently the skill that is stumping most of my students is the soft consonant. There are several facets to the soft consonant that students need to keep in mind and, just plain memorize! It's been an uphill battle with this, but students are now getting it. Unfortunately it's only the ones that are coming to school on a regular basis.

Update for Russian class: I am finding that at this point so far, I can only get good data from students that are in school every day and are handing in work regularly. So in a nutshell, please help me help your students to be better in Russian by making sure they are in school every day and working diligently on their assignments.

Health tip:

I have spent a great deal of time, last year, to research foods that we can feed our children during lent to help them perform at their best in school, so, since lent is starting, I am posting it again.

Great Lent Brain Foods to Keep Our Students' Brains to Focus, Learn, and Remember.

These brain foods contain certain nutrients that really do help the brain keep chugging away and not get tired so easily:

Avocados help increase the blood flow to the brain. Avocados have these essential nutrients:

-monounsaturated fats

-vitamins C, E, K, and B complex

-tyrosine, an amino acid that's a precursor to dopamine, the brain chemical that keeps a person motivated and focused

Walnuts can increase the brain's aptitude to acquire, retain, and stay positively optimistic during the process. Walnuts have these essential nutrients:

--ALA (alpha-linoleic acid), this is the plant form of Omega-3 essential fatty acids that is mostly found in fish fat.

--serotonin, this helps a person feel happy and positive

Berries help increase memory, learning, and decision-making. Berries have these essential nutrients:

--flavonoids; these are potent antioxidants that protect the brain cells from oxidative damage.

Interestingly enough, frozen berries have more nutrients than fresh.

Dark chocolate encourages blood flow to the brain to aid in memory, attention span, reaction time, and problem solving. Dark chocolate has these essential nutrients:

--a little caffeine; this is just enough to enhance memory, mood and concentration, but not enough to give you a buzz

--anandamide; helps improve mood

--phenylethylamine; helps improve mood

These feel-good nutrients give a person a happy buzz that some describe like being in love.

Happy students, happy teacher. 😊

Turmeric is a brain tonic and promotes new brain cell growth. Turmeric has these essential nutrients:

--curcumin; this nutrient acts as a fertilizer to encourage new brain cell growth.

--turmerone; this nutrient produces new neurons and inspires the brain to repair itself.

A half a teaspoon a day of turmeric is a good daily dose.

Sea Vegetables promotes brain health and function. Sea Vegetables have these essential nutrients:

--tyrosine; the amino acid needed to create a dopamine. Dopamine is a 'feel good hormone'.

--iodine; a mineral critical to brain health and function. Interesting statement about iodine that I have found on the internet: iodine was added to the table salt in the US in the 1920s. Since that time, there had been a conspicuous escalation of the average IQ.

One of the sea vegetables is nori. Nori is the green sheets used to wrap sushi.

Above all, help the students stay hydrated. The brain is 73% water and it takes only 2% dehydration to diminish a person's memory, attention, concentration, alertness, and other cognitive skills.

Mr. R's Log

November 18, 2019

Quote of the Week:

"Attendance has been in the dumpster.
Get up, suit up, show up."

-Jen Sorensen

Word of the Week:

Attendance—Reduces failure by as much as 100%.

In Science:

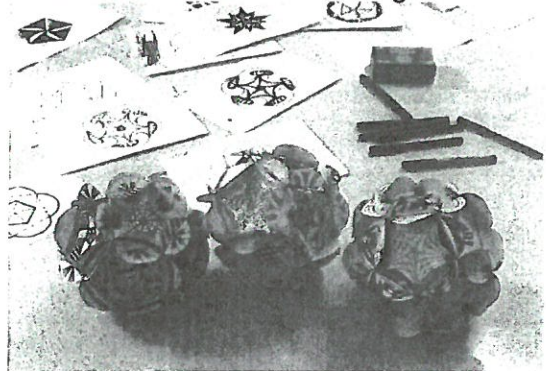
- We are exploring the atmosphere, and discovering how weather is formed in our area.
- We are exploring how pressure relates to our natural world.

Special Projects:

- Students in Mr. R's math and science class have chosen hands on projects to work on, such as: engine mechanics, carpentry and r/c hobbies.

In Math:

- We have been drawing house floorplans, and designing our own floorplan while using scale factors.
- We have been solving triangles through Pythagorean and centroid theorems.
- We are continuing our work with Homer area taxable value. This research will show how resources are being distributed within the borough.



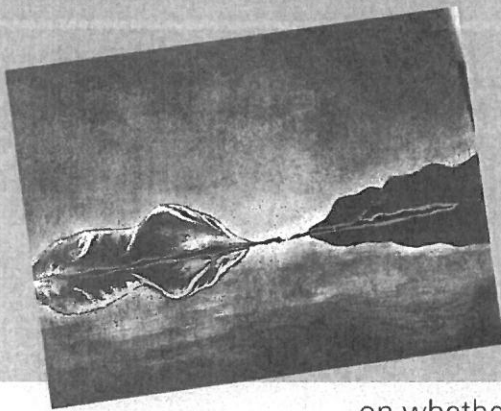
Special Dates:

- November 21—Conference Day
- November 26—Holyday
- November 28-29—Thanksgiving
- December 4—Holyday
- December 7—Saturday School

Mrs. Sorensen's Newsletter



NOVEMBER 19, 2019



LANGUAGE ARTS

High school students are currently reading *Night* by Elie Wiesel. It is a non-fiction memoir about the holocaust. We continue with Membean as vocabulary acquisition and analyzing non fiction using Newsela, as well as grammar and literary skills with daily bell ringers.

Middle schoolers are diagramming sentences, which helps them understand parts of speech like subject and predicate. We are also currently writing an essay about things we know how to do. All students are either working at their own speed in Lexia or Membean, depending

on whether they need more vocabulary or reading practice. I have seen some increases in reading comprehension among the younger students, which should be confirmed with December's MAP testing.

GOVERNMENT

High school students are continuing to learn about aspects of U.S. government and the role media play in our society. We are now looking at journalism, and the need in the news media for transparency and accountability.

IMPORTANT DATES

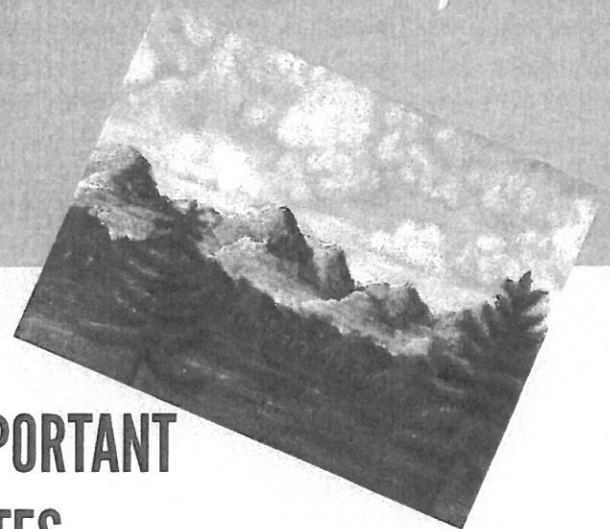
November 21 - Parent Conference, no school

November 26 - Holy Day

November 28-29 - Thanksgiving Holiday

December 4 - Holy Day

December MAP testing



ART CORNER

Students have created geometric shapes while learning about design techniques. We'll begin a unit on watercolors in the next weeks.

December 2019

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
1		2 NO PRESCHOOL	3	4 HOLY DAY	5	6	7 Saturday School
8		9 NO PRESCHOOL	10 Selo Site Council Meeting HS Building 3:30	11	12	13	14
15		16 NO PRESCHOOL	17	18	19 HOLY DAY	20 Early Release 12:30 End of quarter 2 NO PRESCHOOL	21
22		23 CHRISTMAS BREAK	24 CHRISTMAS BREAK	25 CHRISTMAS BREAK	26 CHRISTMAS BREAK	27 CHRISTMAS BREAK	28 CHRISTMAS BREAK
29	CHRISTMAS BREAK	30 CHRISTMAS BREAK	31 CHRISTMAS BREAK				Back to School will be January 9th

December 2019 Steam Team Schedule

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Steam Team	3 Steam Team	4 HOLY DAY	5	6	7
8	9 Steam Team	10	11	12	13 Steam Team	14
15	16 Steam Team	17 Steam Team	18	19	20	21
22	23	24	25	26	27	28
29	30	31				