

Effimia Reutov's Newsletter

Kachemak Selo School, March 2020



Picture: There is beauty all around us, if we care to look for it.

Greetings to all parents! 😊

Upcoming **Dates to remember:**

March 6 --- Early Release

Marrh 18 --- Early Release

Also, please see included calendar.

Some students are still clueless that supplies in the office are only for emergencies, so I am including our school's secretary's note in this newsletter again. Please talk to your students about not using the office as their pantry or supply room.

K-2 Interventions:

Still happening in the mornings. Thank you for making the effort to make sure your K-2 students are in school on time.

Note from your school secretary:

To the parents of Kachemak Selo students,

I am seeing a lot of absences this quarter. If you know your child will not be in school please give us a call. We understand that sometimes it can be a last minute thing but we would appreciate a heads up.

Also, our school has a limited amount of funds for school supplies. If possible, please restock your child's school supplies once in a while. We are willing to help out but not on a daily basis especially if students do not respect school property.

Starting in February I will be working on having a school store where students can buy pencils, pens, erasers etc. My goal is to make it affordable as possible and at the same time make a little money for our school. I thank you for all your hard work in getting your kids to school and being prepared.

Sincerely,

Frosia Polushkin

K-Selo Secretary

(907) 235-5552



Fundraiser for our school.

We are raffling off this quilt to raise money for our school. \$5.00 per ticket. Our goal is to reach \$300. We will be drawing a name as soon as we reach our goal. Please help support our fundraiser and buy some tickets. 😊

HS and MS Russian

We are working on reading outloud and our grammar skills. Each student is working on the skill they need in order to be better writers and speakers. Please make sure they are in school and on time.

History: Chapter 11, from the Book on Medieval Era.

We are learning about China. Please stop by to listen in.

After school quilting class: Still going. Stop by and sew with us. 😊

Health tip:

Great Lent is coming up. Please stock up on the brain foods to help our childrens' brains be at tip top shape and ready to learn some more.

Health tip:

I have spent a great deal of time, last year, in researching 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.

Mrs. Sorensen's Newsletter



MARCH 23, 2020

Please keep in touch
via Whats App or text!

Mrs. S. 399-7646

Mr. R. 299-1995

HIGH SCHOOL

Students should work on one per week:
Newsela article, 2 Roots pages.

Daily: 1 Bellringer, and read a book of your choice 20 minutes per day with a summary each time.

·School will take place at home through April 30.

·The work we assign is required for credit, it will be picked up in May and graded.

·There will be a one-page quiz each week. Jen (Roots quiz) and Mr. R. will write the quiz on the same paper.

·Quizzes will go home on Thursdays and picked up the following Monday.

·Tanya Konev will deliver and pick up.

·Quizzes will be graded and entered in the computer the following week.

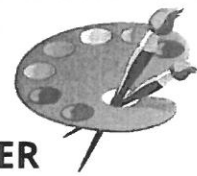
MIDDLE SCHOOL

Students should work on 1 page of grammar and 2 pages of "Kids Learn" or "Source Book" daily.

Quizzes (grammar only) will go home on Thursdays and be picked up the following Monday.

Tanya Konev will deliver and pick up.

We miss you!!!
Stay healthy and we'll see you as soon as we can.



ART CORNER

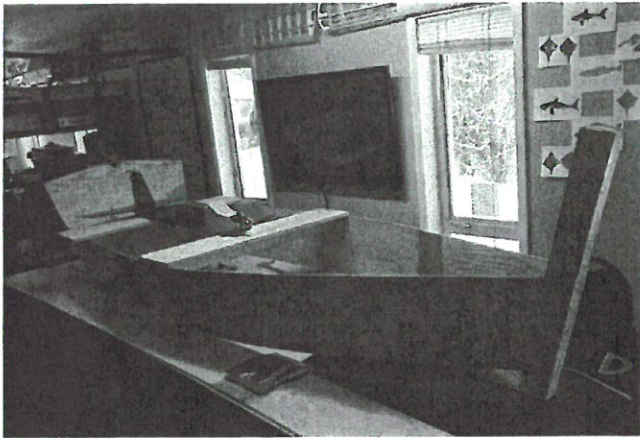
If any students would like a set of oil pastels and some paper, please text us or What's App. Remember to include student name in texts.

Scope and UP Front Magazines

I will occasionally hand these out as they come in, for your enjoyment. There are no assignments associated with them.

Mr. R's Log

March 23, 2020



Our flatiron skiff progress

Quote of the Week:

"The quickest way to double your money is to fold it over and put it back in your pocket."

-Anonymous

Word of the Week:

Work—activity involving mental or physical effort done to achieve a purpose.

In Science:

- Though science has been put on hold over the extended quarantine, Mr. R. has been working with the Kachemak Bay Research Reserve developing a project for next year. We will be sampling the Fox River Flats marsh areas near the river counting juvenile silver salmon, as well as insects. Our sampling will be included in a scientific paper we will help write for the reserve over the next couple years.

Other Information:

- School will take place at home through April 30.
- The work we assign is required for credit, it will be picked up in May and graded.
- There will be a one-page quiz each week. Jen and Mr. R. will write the quiz on the same paper.
- Quizzes will go home on Thursdays and picked up the following Monday.
- Tanya Konev will deliver and pick up.
- Quizzes will be graded and entered in the computer the following week.

In Math:

- Work went home in folders, and each student have been assigned a packet of math. Each page is an assignment for the day. It includes instructions on how to solve the problem for the day. I've also included an example of how to do a similar problem by showing all work. One question is assigned on each page. Math in your packet is designed to be simple, short, and specific. Please designate no more than 15min per day, and work through each page of the packet through April. If you have questions about a problem number, take a screen shot of the problem, and I'll help you work it out.
- **You can text me at 907-299-1995.**
- **You can whatsapp me as well in group:**
K Selo MS/HS
- **Tell me who you are when you text.**