

# KEEPING IT SPECIAL

Salt River Elementary School

End of Quarter 1 Fall 2020

## Physical Education | Coach B.

People walk for exercise more than any other type of physical activity Here are 3 walking activities you should try over Fall Break:

**Walk and DON'T talk.** As you walk, listen to the sounds of the world around you. Pay attention to natural sounds, machine sounds, and human sounds. Wow – the world is a really interesting place to listen.

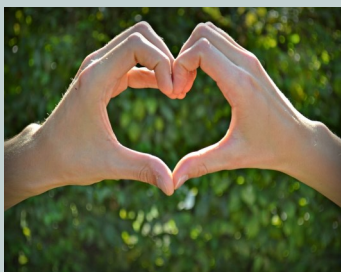
**Take a 15-minute WOG!** A WOG is a combination of WALK and JOG. Begin walking. Then, lean forward and pick up the speed just a little. It's okay to take short, quick steps. If you can go 1 mile in just under 15 minutes, then you've set a good WOGGING pace.

**Go for a 20-minute walk** with an adult family member or friend. Ask them to tell you a funny story from their childhood.

## Music & Movement | Mrs. Meyers

Hello, Hello, Mrs. Meyers, Hello!

**A:ni an ap ce:gig Mrs. Meyers,** I have been a kindergarten teacher at Salt River Elementary for the past 17 years. But this year I have a new position, I am very proud to be the Music and Movement teacher for FACE-2<sup>nd</sup> grade. Research shows that music and movement instruction has been shown to improve children's memory, cognitive development, learning skills and expressive ability. Since the start of the school year, I have been creating videos for the students to engage at home. My goal was to connect with the students in a fun, authentic way in each video. I can't wait until we can return to school safely to sing and dance together. From my heart, to your heart, I wish you well.



Mrs. Burstyn-Meyers

## Art | Mr. Crebs

Hello Salt River,

In Art this quarter, we had a lot of fun using materials that we have around the house. I loved the way we all made do with what we had in our houses to make art. I will do my best to get anybody the art materials they need and put them in their grade level pick up boxes. Contact me through Class Dojo or email me if you need any materials or simply have a question. Please continue to produce your wonderful art and remember to post pictures for me to see. Stay safe and wear a mask!

Mr. Crebs

## Library | Mrs. Yurek

**Reading is for everyone!** The main thing is to find books you love and read for sheer enjoyment of getting lost in a story. Need ideas?

Look for the award winners. Each year the American Library Association selects children's books for the Caldecott Medal for illustration and the Newbery Medal for writing. Mrs. Yurek also presents the annual state book nominees to students. Find out more at [www.GrandCanyonReaderAward.org](http://www.GrandCanyonReaderAward.org)

If you and your child don't enjoy reading a particular book, put it aside and pick up another one.

Parents - keep in mind your child's reading level and listening level are different. When you read easy books, beginning readers will soon be reading along with you. When you read more advanced books, you instill a love of stories, introduce new vocabulary, and build the motivation that transforms children into lifelong readers.

**Need more books?** Our annual **Fall Book Fair** will be online through Scholastic October 19-Nov 1. More info to come!

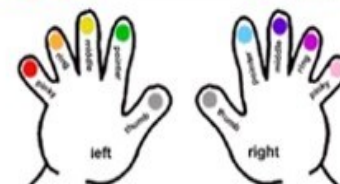
## Technology | Ms. Tuchawena

### Why Should I Learn to Type?

Typing is a skill you need in school, at home, and eventually when you get a job. We are practicing our typing skills every day that we come to the computer lab. Learning to type has many benefits and here are some reasons to learn to type properly:

1. Employers will want to hire you.
2. You will make fewer errors when typing.
3. You will type essays and reports faster.
4. You will be better at using other software, such as Microsoft Word, Google Docs, and PowerPoint.
5. You will be able to focus on writing rather than typing.
6. Your reading, spelling, punctuation, and proofreading skills will get better.

### Keyboard Practice



<http://www.strategicdesign.com/keyboard-practice/>