

KEEPING IT SPECIAL

SPECIAL AREAS NEWSLETTER

END OF QUARTER 3— MARCH 2021



MUSIC & MOVEMENT

Mrs. Meyers

Have An Egg-cellent Spring Break!

Here are some fun ideas your child can do during Spring Break using their egg shaker they received from Read Across America.

- Put your favorite music on and move while shaking your egg shaker.
- Shake your egg shaker above your head, behind your back, between your legs, in a circle, under your chin....)
- Tap your egg shaker on your shoulder, hip, wrist, elbow....)
- Toss and Catch keeping your toss not too high.
- Switch hands and catch.
- Pass/toss to a family member.
- Walk from one point to another while holding a spoon with the egg balanced on it. Try not to drop it.
- Use your jump rope and create a circle on the ground. Jump in the circle and shake your egg shaker.
- Walk, jump, hop around the jump rope circle while shaking your egg shaker.
- Read *The Good Egg* and every time you hear the word *good* or *egg* shake your egg shaker.
- Put your egg shaker in a safe place to be used in Music and Movement after Spring Break.



ART

Mr. Crebs

Remember to keep drawing and being creative over break. Be safe and enjoy the time you spend with your families. Take time to relax. We will see you soon for the last quarter of this crazy school year.

~Mr. Crebs



Wishing you an Egg-Cellent Spring Break!

From my heart, to your heart I Wish You Well

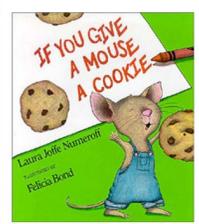
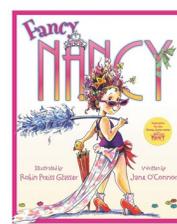
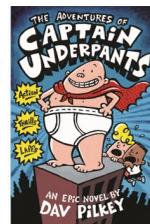
Mrs. Meyers

LIBRARY

Mrs. Yurek

Hats off to our READERS!

This has been the best quarter yet for Salt River readers! 48 students reached their AR Goal, our official Word Count grew to 2,738,139 total words read in this school year (with almost a half million words read in the last week of the quarter alone!) Fact: From March 1-5, students read 399 books for a total of 499,501 words! **Wowza!** Kiss your brain – this is a **FANTASTIC** accomplishment!



TECHNOLOGY

Ms. Tuchawena

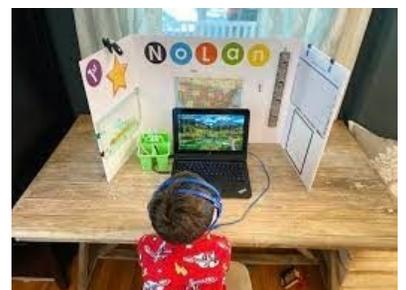
This has been quite the quarter! We have added to our Technology toolbox and students and staff have endured a full quarter on Microsoft Teams. We are all getting used to how things work and how to navigate Teams, if you need help, you are always welcome to ask Mrs. Yurek or me, Ms. T, to clarify your questions or troubleshoot a technology issue.

Here are a couple tips to consider while using Teams:

- ◇ **Headphones** are useful for students to have especially those with microphones. This helps students to focus on the task at hand.
- ◇ **A mouse** is always useful to have as well. Contact your teacher if you need one. Supplies are limited.
- ◇ Please **create a quiet working space** for your child. Getting a trifold like the one pictured is a good idea. They can be found at the dollar store.

I work hard with students on **accessing and completing assignments** on TEAMS. If they are ever having trouble, they are always welcome to reach out to me.

Let's keep working hard and finish this last quarter off strong. **Dom Nei!**



JUMP INTO SPRING BREAK

Looking for activities for your child during spring break? Maybe just looking for a few less minutes of screen time and more physical movement? A jump rope is a great active toy that can be used by children of all ages and/or adults to play/jump alone, or in groups.

If your child can't quite turn the rope and jump it? Try these ideas to keep the kids moving:

- Jump over a rope on the floor, or a rope held a few inches off the floor
- ◇ Hopscotch or Hula Hoops or Rope hurdles
- ◇ Bunny Hop o Dots in circle – jump from dot to dot
- ◇ Limbo o Hippy-Hop obstacle course or relay
- ◇ Snake -Wiggle rope back and forth or up and down while kids jump over it
- ◇ Skier and side-to-side jumping over ropes that are placed on the ground
- ◇ Baby's Cradle – long rope sways side to side instead of making a full turn, student jumps over it
- ◇ Turn rope at side while jumping to get the rhythm, increasing eye hand coordination
- Jump up and down a lot and put their hand on their heart to feel the beats
- ◇ Learn some jumping rhymes
- ◇ Alphabet Soup: have the students form letters, numbers and shapes with their jump ropes and their bodies.

If you child can turn and jump rope safely, try a few of these activities and games to keep your child moving:

KNOW THE BASICS: Challenge your child to learn some of the basic jumping skills, such as:

Scissor jumps: land with one foot forward, then on the next jump switch feet

Cross jumps: land with feet crossed like an X, then apart, then crossed again

Duckie: land with heels apart, toes and knees pointed in; then on next jump, put heels together and toes and knees pointed out

Swing: land on one foot and swing the opposite leg out to the side, then switch on next jump

JUMP ROPE MATH: Give a math equation to solve, like $2 + 5$. The jumper repeats the math equation and then jumps the answer (in this case, they would jump 7 times). Use more complicated equations to practice math and jumping skills.

JUMP ROPE RHYMES: If you are by yourself with an individual jump rope or have a small group of kids and a big rope, jump rope rhymes are usually a hit! Classics like "Cinderella" and "Teddy Bear, Teddy Bear" are easy to learn and add some fun variety to your jump rope games.

Endurance Rhymes:

I can jump. I can hop. How many jumps before I stop? 1, 2, 3, 4...

Up, and up. Down, and down. Jump and make the world go 'round! 1, 2, 3, 4...

Pick a fruit. Pick a veggie. How many picked before I'm ready? 1, 2, 3, 4...

ABCs and vegetable goop. What letters land in the vegetable soup? A, B, C, D...

Did You Know?

If your child loves jump roping, he or she can join a competitive team and participate in individual and group routines, including freestyle and double-dutch.

PHYSICAL EDUCATION

Coach B.

