


November

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- 5 - Variety Show,
5 p.m., 6:45 p.m.
 - 6 - Fernbrook apparel orders due*
 - 11 - Student picture re-takes
 - 12 - Fitness testing, Gr. 5 @ 10 a.m.,
Gr. 3 @ 11:15 a.m., Gr. 1 @ 2 p.m.
 - 13 - Fitness testing, Gr. 6 @ 9:15 a.m.,
Gr. 4 @ 12:45 p.m., Gr. 2 @ 2 p.m.
 - 17 - Gr. 5 & 3 field trip, 9 a.m.
Gr. 2 field trip, 12 p.m.
PTO general meeting, 6:30 p.m.
 - 18 - School Store
Innisbrook fund raiser pick-up,
3:30-6:30 p.m.
 - 26 - No School Thanksgiving holiday
 - 27 - No School Thanksgiving holiday

December

- 2 - School Store
- 3 - Barnes & Nobel fund raiser
- 4 - No school for students (mark reporting day)
- 7 - Tri II starts
- 10 - Santa's Secret Shop
- 14 - Gr. 1 field trip, 10 a.m.
- 16 - School Store
- 17 - Kindergarten winter party
- 21-Jan 1 - Winter Break

(* order forms available on the Fernbrook website)

This document is available in alternate formats upon a 72-hour request. Please contact Dean Olson at 763-391-7191/7250 (TTY) to make your request. Examples of alternate formats may include: large print, Braille, audio cassette, etc.]

WWW. Wendy's Words of Welcome

From: Wendy Biallas-Odell, Principal



by Amanda Cullen

Happy November!
October was a very busy month at Fernbrook. First of all, I want to thank all of our parents for attending Parent / Teacher Conferences on October 12th, 13th and 19th! I was able to talk with many of you about your child's conference and the goals that were set for your child. I believe the partnership that is created when parents and the school work together is vital for the success of our students. Our winter conferences are set for January 19th, 21st and 25th. Mark your calendars now but if you have questions, concerns or comments, please do not wait until January to talk with your child's teacher. Our staff is always willing to meet with you and discuss your child's progress!

For the past month, we have talked about bullying on Fernbrook TV (FBTV) and ways we can stop any form of bullying at Fernbrook. We sometimes hear, "kids will be kids", and "teasing is part of growing up and it makes you stronger". That is NOT how we feel here at Fernbrook. Bullying hurts everyone. Our goal is to create a bully free school for all of our students. On October 28th all teachers discussed bullying with their students and ways that all of us can join together to prevent bullying at our school. Every student signed an anti-bullying pledge in their classroom. The pledge is printed on page two. Discussing the pledge with your child, gives us another opportunity to work together to create a welcoming, respectful, bully free school. Every child deserves a safe and respectful school and together, with the help of everyone, we can achieve our goal!

Fernbrook students and staff worked on two service projects in October. Through the Adopt-A-Park initiative with Maple Grove Parks & Recreation, Fernbrook has adopted the grassy areas around our school and the football field. Twice a year, our students and staff clean up these areas to help beautify our surroundings. We cleaned up in October.

On October 23rd Fernbrook students decorated grocery bags for **Make A Difference Day** (October 24th). The grocery bags will be used by Open Arms, an organization that provides meals to cancer patients throughout the Twin Cities. We decorated around 950 bags which will only last about two weeks! We hope to work with Open Arms in the future to provide help through their volunteer and other service projects.

Please remember that my door is always open! Do not hesitate to call me or catch me in the hallway to chat. Have a wonderful month and a Happy Thanksgiving!



**Don't forget to wear your Fernbrook apparel on SPIRIT day! (Friday, November 6th)
GO FLYERS!**



FERNBROOK'S ANTI-BULLYING PLEDGE

We, the students of Fernbrook Elementary School agree to join together to stop bullying.



BY SIGNING THIS PLEDGE I AGREE TO:

- Treat others respectfully.
- Try to include those who are left out.
- Refuse to bully others.
- Refuse to watch, laugh or join in when someone is being bullied.
- Tell an adult if you or someone else is being bullied.
- Help those who are being bullied.

SCHOOL BOARD MEETINGS

Meetings are held at the ESC Board room located at 11200 – 93rd Avenue N Maple Grove MN 55369

Nov. 4	Regular meeting	8:00 p.m.
Nov. 17	School Board work session Regular meeting	6:00 p.m. 8:00 p.m.
Dec. 1	Regular meeting	8:00 p.m.



FERNBROOK PHONE SYSTEM



The main office school number (763-420-8888) is connected to an automated answering system. Please listen carefully and proceed as directed. Your options will be as follows:

- Press 1 To report a student absent from or late to school
- Press 0 To reach the school office

*ATTENDANCE REPORTING

STUDENT ABSENCES: *Any students who is late to or absent from school for any reason must be called in by a parent/guardian.* It's best to call before 9:15 a.m. by the day of the occurrence.

When reporting **STUDENT ABSENT/LATE** please leave the following information:

- Your name and relationship to student
- Student's name and grade
- Teacher's name
- Reason for being absent/late (specify if flu like symptoms)

You may direct dial the following:

NURSE.....	763-391-8419
VOICEMAIL FOR STAFF	763-391-7200
FAX MACHINE	763-391-8420
VOLUNTEER COORDINATOR.....	763-391-8423
KIDSTOP PROGRAM	763-391-8415

HOTLINE 4 HOMEWORK...

A FREE telephone helpline which links students and parents with teachers who provide assistance with homework problems in any subject.

**Call 612-529-9622
Between 4:30-8:00 p.m.
Monday-Thursday**



Homework tips:

- Write the assignments down as they are given by your teacher.
- Take home all books and supplies needed to do your work.
- Find a quiet place at home to work.
- Schedule fun activities (play, TV) after homework is done.
- Have your friends call you before or after your study time.

Take pride in your work—do your homework carefully and neatly.

NOTES FROM NURSE JO...

Don't catch the flu, don't spread the flu



You and your family can help reduce the spread of flu by doing four important things:

1. Cover your cough
2. Wash your hands frequently
3. Stay home for at least 24 hrs. after your fever has ended without the use of medicine
4. Get a flu shot

At this time, the State Department of Health is recommending that Minnesota schools remain open during flu outbreaks. You can help with our prevention efforts by donating hand sanitizer (e.g. Purell), sanitizing wipes (e.g. Clorox wipes), and boxes of tissues. Please send the donated supplies to school with your student.

Learn more by visiting www.flu.gov, or our district web site at www.district279.org.

Our district health service department is in regular contact with local and state health agencies and is monitoring the situation carefully. We will continue to follow the recommendations of the Minnesota Dept. of Health.

Free Child and Teen Checkups

Preventive health care includes living a healthy lifestyle and having physical examinations, laboratory tests, and immunizations.

The Child and Teen Checkups program in Hennepin County is a health benefit for all children, teens, and young adults under age 21 who are covered by Medical Assistance or Minnesota Care. The no-cost exams are provided at the children's own medical and dental clinics.

The Hennepin County Child and Teen Checkups program can assist with finding medical and dental clinics; make clinic appointments; and arrange transportation or interpreter services. The program wants to help families break down any barriers that prevent children from receiving the health care they deserve.

If your child is uninsured, contact the Child and Teen Checkups program in Hennepin County at 612-348-5131 to get connected to community health services. Español: 612-348-9994 or 612-348-6383; Hmoob: 612-348-5606 or 612-348-0174.

If your child is privately insured, consult your health plan about preventive health care benefits

Do you have an instrument at your house that is no longer being played?

Consider donating the instrument to the ISD 279 – Osseo Area Schools Music Department.

We are prepared to clean it up, make any necessary repairs, and lend it to a student who wouldn't otherwise be able to participate in the program.

Flutes	Trumpets	Violins
Clarinets	Trombones	Violas
Cellos	Euphoniums	
Acoustic Guitars	Percussion Kits	
Double Basses	Alto Saxophones	

Instrument drop off sites:

- Your student's orchestra or band teacher
- The main office at any elementary, junior high, or high school during school hours
- The Educational Service Center, 11200 – 93rd Avenue North, 7:00 a.m.-5:00 p.m.
The person accepting your donation will provide a gift letter for tax purposes.

We would appreciate receiving donated instruments by December 16, 2009. Thank you.

DON'T FORGET...ALL FAMILIES INVITED AND ENCOURAGED TO ATTEND!

FERNBROOK'S VARIETY SHOW "We've Got The Beat!"

THURSDAY, NOV. 5
5 p.m. or 6:45 p.m.



VOLUNTEER COORDINATOR'S CORNER

The Fernbrook staff has a night of fun planned for you; please join us on **Thursday, November 5th** to see your favorite staff STARS in action at our variety show "We've Got The Beat".

There will be two shows; one at 5:00 p.m. and one at 6:45 p.m. If you sent in your reservation form, your name will be at the door when you get there. Admission (\$5 per person, \$20.00 per family maximum) will also be available at the door.

All proceeds from the show will go to Fernbrook's Families Helping Families.



Thumbs up to Lisa Baer and Kathy Baumgartner for all their hard work with the Innisbrook fundraiser. GREAT JOB!

Fall fitness testing will be here soon, (Thursday, November 12th and Friday, November 13th) please consider signing up for this fun event. We need 10 volunteers per session. The flier went home last week.

Volunteers are still needed for the Read Naturally program. Tuesday – Thursday in the AM or PM give me a call. This is a great reading program and very rewarding for the students and the volunteers.

Thanks for Volunteering

Carol Joelson, Volunteer Coordinator
763-391-8423
joelsonc@district279.org
Monday-Thursday, 9:15 a.m. – 3:30 p.m

FERNBROOK FAMILIES HELPING FAMILIES



Fernbrook Families Helping Families is a Fernbrook group which raises funds to support families in need, both financially and non-financially.

If you have any concerns regarding your family or another family in need, please call Miss Swanson, or Mrs. Fouquette at Fernbrook (763-420-8888).

OASIS 2009-2010

Osseo Area Source of Information and Support

Information and Support Group for Parents of Children with ADHD, ADD, LD, EBD, ODD, OCD, anxiety, autism, depression, and other learning and behavior differences.

Weaver Lake Elementary School-Media Center
15900 Weaver Lake Road, Maple Grove
(763) 420-3337

Tuesdays 7:00 -9:00 p.m.

(except for our first meeting which is on Thurs. 10/8)

Meet at 6:30 p.m. prior to our meeting, for a time of support and sharing with other parents. Share your concerns, or just listen. Get the support of others who have struggled and found solutions. This part of Caroor meeting is facilitated by Sue Sullivan, experienced teacher and parent.

November 10 – Promoting Resiliency in Children and Teens with special needs.

Our speaker will be sharing her passion for promoting health and wellness in students of all ages. She will give us ways to teach children self-care skills that can empower them to more effectively deal with a variety of mind and body challenges. **Rebecca Kajander BSN, MPH, CPNP**, a Certified Pediatric Nurse specializes in using an integrative approach to help children and adolescents deal with medical, health and emotional issues. She is the author of Living with ADHD: A Guide for Coping with Attention Deficit Disorder, and co-author with Timothy Culbert, MD of Be the Boss of your Stress, Be the Boss of Your Pain, and Be the Boss of Your Sleep

Mark your calendar for these upcoming dates.

Jan 12
Feb 9
Mar 9
April 13
May 11

Questions: Contact: Michele Vance (651-631-3219) michelevance@hotmail.com; or Sue Sullivan (763-494-3240) sullivans@district279.org; Michelle Spurrier spurrierm@district279.org,

CHILDCARE: contact Michele Vance 651-631-3219 (michelevance@hotmail.com) or Weaver Lake Elementary 763-420-3337 prior to the meeting. OASIS is sponsored by Weaver Lake Elem. School, ISD 279 Dept. of Special Education, The 279 Foundation, District 279 Community Education and supported by volunteer parent and professional facilitation. These programs are open to all parents, caregivers, and staff

MUSIC NOTES from

Mrs. Williams and Mrs. Nielsen



(Mrs. Williams is the music teacher for grades 1, 4, 5, and 6.)
(Mrs. Nielsen is the music teacher for grades K, 2, 3, and 6.)

Kindergarten

Students in Kindergarten have been enjoying music exploration with their voices and bodies. We have explored our singing, reading, whisper and calling voices and have been introduced to activities involving steady beat. We recently met "Bernard, the Steady Beat Bear" through the song, *The Bear Went Over the Mountain* and students have played Orff instruments (xylophones and metallophones) to *Hickory Dickory Dock* to rehearse high, low and steady beat. Our Halloween songs will further develop the exploration of "High and Low" and the dynamic contrasts, Forte (loud) and Piano (soft). Ask your child to sing you *Falling Leaves*, *Stirring The Stew* or the *Old Black Cat!*

First Grade

Students in first grade have been working on singing in tune. They also have explored pitches in the scale. We have performed many scale songs like, *Ebenezer Sneezer*, *Down, Down Yellow and Brown*, and *Five Little Pumpkins*. We are now beginning to extract the pitches *sol* and *mi* from the major scale. Students have learned the Curwen hand-signals that accompany the pitches *sol* and *mi*. We've had lots of fun learning about quarter notes (*ta*) and two-eighth notes (*ti-ti*). Students have learned other terms such as staff, and treble clef. We've played reinforcement games such as *Grizzly Bear*, and *Blue Bird*.

Second Grade

Second graders continue to read and write rhythms and music terms (treble clef, staff, quarter note, quarter rest and two-eighth notes and single eighth note). We were recently introduced to a half note through the song, *Here Comes A Bluebird*. We have reviewed solfege patterns containing *sol*, *mi*, *do* and *la* with our singing voices, hand signs and by playing Orff instruments. Our Halloween songs have given us the opportunity to study dynamics: piano, forte, crescendo and decrescendo. Our favorite songs are *Going Over the Sea*, *One Dark Night*, *On Halloween*, and *False Face*. Ask us to sing to you about the continents and oceans of the world!

Third Grade

Third graders have been working hard reviewing the basic elements of rhythm and melody. Students have practiced steady beat with the song *Al Citron* and reviewed quarter notes, eighth notes, half notes, whole notes and their equivalent rests. We have reviewed solfege patterns (*do*, *re*, *mi*, *sol*, *la*) and recently learn high *do!* We can sing, read, and write patterns containing these syllables found in the songs *Little Tommy Tinker* and *Jubilee*. We also have been working on rounds/canons and partner songs like *Look At All The Worms in the Apple Tree* and *Who's That?* Autumn and Halloween introduced us to dynamic contrasts (forte, piano, crescendo and decrescendo) and Major/ minor tonality. Ask us

to sing some of our favorite songs: *Wondering*, *Halloween Night* or *Skin and Bones*.

Fourth Grade

Fourth grade began recorders! It is a very exciting time. Many people perceive the recorder as a toy, but a recorder is a *real musical instrument* that is capable of making beautiful music. Your fourth grader will learn to make lovely music!

Thus far, students have learned how to hold the recorder, how to place *warm air* into the mouth piece, and are working on basic tonguing skills, Every student was given a *school recorder* to use at Fernbrook.

Mrs. Williams' Fifth and Sixth Grades

Fifth and sixth grade students have working on vocal development as well as rhythm reading. They recently had a singing check-up with me where they were asked to perform the C-major and A-minor scales. We have been singing the warm-up, *"Sing Legato,"* and *"The Counting Song."* Students have been taught how to conduct patterns in 4/4, 2/4, and 3/4 – all in an effort to teach the concepts of "sounds per beat" and "measure." They have also been working on understanding the concept of syncopation. They have learned the round, *"Rhythm and Syncopation,"* as well as the *"Syncopation Rap."* In the midst of all of this hard work, we haven't forgotten to have fun. We've enjoyed performing patriotic songs, and Halloween tunes.

Mrs. Nielsen's Sixth Graders:

Sixth grade students have been focusing on the solfege scale, singing in harmony, and sixteenth note rhythm patterns. We're also working on vowel production and concentrating on consonants in our song literature. We have sung scale patterns in a canon (round) and are reading solfege patterns to figure out melodies for new song literature. We reviewed absolute pitch names with the song *A Fly and A Flea* and Orff instruments and non-pitched percussion provided an interesting accompaniment to the song! We recently learned *Tumbai*, sang it as a 3-part canon and played an Orff accompaniment to rehearse sixteen note combinations. Dynamics, minor modes and rounds/canon was our focus with our Halloween song material, *Ghost of John*, *Old Abram Brown and the Horseman*. Mrs. Nielsen has been very impressed with the sixth grade classes and their focus and attention to details!



Notable Reading:

"Music is the pleasure the human soul experiences from counting without being aware that it is counting."
Gottfried Wilhelm von Leibniz (1646-1716) - co-discovered calculus

GIFTED EDUCATION NEWS

Pam Klein

kleinp@district279.org



Needs Based Classes (NBC) Information

Week(s) of:

- November 2-6 Finishing first NBC
- November 9-13 NBC #2, session 1
- November 16-20 NBC #2, session 2
- November 23-25 NBC #2, session 3
- November 30-December 3 NBC #2, session 4

NBC #2 Session Topics:

- Gr. 2 Bubble Physics
- Gr. 3 Inventing
- Gr. 4 Physics: Rube Goldberg/Marble Run
- Gr. 5 Engineering: Bridges
- Gr. 6 Forensics: Crime Scene Investigation

Collaboration in the Classroom (CBS) Information

November 2–30 Ongoing GE collaboration with classroom teachers. During collaborative sessions, the GE teacher will continue to work with classroom teachers in planning for differentiated instruction.

Changes in Gifted Education Programming

Please refer to our district website for detailed information regarding Gifted Education 279.

Fall conferences

Thank you to those of you who were able to make Gifted Education part of your fall conference schedule. If you have questions, concerns, and/or a need for clarification regarding GE programs, please contact me.

Information for Sixth Graders

Regarding junior high classes for next year (seventh grade):

- **The first trimester grades earned by sixth graders are a critical factor in determining placement in seventh grade classes.**

Young Scientist Roundtable:

An enrichment opportunity for all Fernbrook families

Your participation in each month's Young Scientist Roundtable is funded by Gifted Education 279. Future dates are listed below; also attached is information regarding the valuable November 10 opportunity!

Mark your calendars:

- Tuesday, November 10, 2009
- Tuesday, December 1, 2009
- Tuesday, January 5, 2010
- Tuesday, February 9, 2010
- Tuesday, March 2, 2010
- Tuesday, April 13, 2010



Gifted Education 279 on the Web

Information regarding Gifted Education is linked to the district homepage and continues to be a work-in-progress. We are encouraged that so many parents and community members continue to check this important link as a means of staying "in the loop" regarding GE. At this time, please continue to access this information through the Talented and Gifted department link on the district homepage (see below).

For more information about GE Services, please access our web site:

<http://www.district279.org/services/TalentedGifted/GeneralInformation/>

YOUNG SCIENTIST ROUNDTABLE



Wayzata Central Middle School
305 Vicksburg Ln
Plymouth MN 55447
7:00-8:00 p.m.
www.wayzata.k12.mn.us/ysr

Located at Vicksburg & Gleason Lk Drive. From 494 & 394, go west on 394 to Co Rd 15 East exit. Go right at the yield sign. Continue to the next stop sign at Vicksburg Ln and turn left. Turn left into the parking lot. Watch for Young Scientist Roundtable signs.

Mr. Casey Carlson

Mechanical Engineer, ReconRobotics, Inc

Title: "Mobile Robots: Where Did They Come From & Where Are They Going?" "

Robots have come a long way since the early part of the 20th century. They have become integrated into our everyday lives. And new advances in technology have given robots the ability to do things they could never do before. What are robots doing today? What is coming next for robotics? This presentation will explore these questions and ask a few more for future roboticists to explore!

And don't forget - Teen Roundtable 8:10-8:40 p.m.

Students in grades 6-12 are invited to meet with the speaker after the presentation to discuss the topic in more depth.

YSR is funded in part by the General Mills Foundation, the Vernon James Pick Foundation, and FilmTec Corporation.

Questions? Call Charlene Barghini at 763-745-5208

Charlene.barghini@wayzata.k12.mn.us

PHY ED NEWS...

All Day Kindergarten – (Huber)

During October my kindergarten classes have been participating in a variety of fun warm-up exercises and games. In the beginning of the month we spent a few days on dribbling and trapping a soccer ball while moving safely around the gym. My students did a great job controlling the soccer ball with their feet.... Not their hands ☺ My kindergarteners have also been working hard on learning how to perform their locomotor skills of skipping, galloping, leaping, jumping, and hopping. Great Job!!!! We also did a unit with hula hoops and played a game called "share the hoop."



Looking Ahead: Tumbling and Scooter Exploration

Kindergarten a.m./p.m.– (Haecherl)

Mrs. Carr's and Mrs. Rieman's Kindergarteners have been really enjoying coming to Physical Education. They are so much fun to work with! They have started the year off with cooperative games which help teach them to listen carefully, to follow directions, sharing, knowing various body parts, learning various body movements such as gallop, skip, jump, fast walk and hop. The next unit we did was ball exploration. We used foam balls and tried to make the ball go around our stomachs, our feet, etc. We also practiced rolling them and bouncing them to the wall and kicking them. We had two days with playground balls learning to bounce them various ways. On Oct. 28, we got to participate in the Haunted Gym. It really wasn't scary at all! We did lots of activities like giving our partner a ride in a wagon down around a scarecrow and back to the starting line, crawling through a short tunnel, and trying to throw beanbags to a target (a ghost) on the wall. It was a lot of fun! * A look ahead: We will work on fitness doing curl-ups, push-ups and stretching. After that we will start our tumbling unit. Keep up the good work, Kindergarteners!

1st Grade and 2nd Grade – (Cook)

It's been a busy year already! We just finished up our soccer unit this month where students were introduced to skills such as dribbling, trapping, passing, and goalkeeping. They practiced individual skills, worked with partners, and played a few fun lead-up team games. I saw A LOT of really good soccer players ☺ All students participated in their Fall Mile Run..... What an accomplishment! I was very proud to see everyone working hard! ☺ In October, we started discussing the importance of keeping our hearts healthy. My students have been practicing finding their PULSE after participating in warm-up activities/exercises. They have also been working on figuring out their Heart Rate and the changes their heart makes based on the level of activity they are participating in. I am so impressed with how well they have been doing calculating their HR on their own!! Way to go ☺ Always remember to feed your hearts with ~ **Exercise!!!!** We will be working on Heart Rate Stations next week and completing the Fall PACER test ☺

Looking Ahead: Fitness Testing practice and Tumbling

2nd Grade – (Huber)

We began the year with some cooperative type games to help us get to know one another and then started a unit on soccer. The students were introduced to skills such as dribbling, trapping, passing, and goalkeeping. They practiced individual skills, worked with partners, and played a few fun lead-up team games, such as sideline soccer. We started discussing the importance of keeping our hearts healthy last week. My classes have been practicing finding their PULSE after participating in warm-up activities/exercises. They have also been working on figuring out their Heart Rate and the changes their heart makes based on the level of activity they are participating in. **Looking Ahead:** Fitness Testing and Tumbling

3rd Grade - (Cook)

We spent the beginning of the year working on our Soccer Unit. The weather didn't cooperate that well this month so we spent most of our unit inside the gym. But, we had a few good days outside on the soccer field!!! In third grade we reviewed the skills of dribbling, trapping, and passing. They worked on their individual skills, as well as, in partner and small groups for skill/drill practice. We focused on the skill of goalkeeping and students were assessed on their ability to receive shots on goal. They were also introduced to player positions and rules to the game! We played a few lead-up soccer games and they really liked Sideline Soccer ☺ All students participated in their Fall Mile Run..... I am so proud of my students for working hard! This month we are going to start practicing for our fitness testing and completing our Fall PACER test. We will also be talking about muscle strength and endurance. They will learn about which muscles are used to perform different exercises and stretches.

Looking Ahead: Fitness testing, cooperative games and Tumbling.

3RD and 4TH Grade – (Huber)

This year we got off to a great start! Both the 3rd and 4th grades spent the first couple of weeks getting to know the other students in their classrooms by playing a variety of cooperative games and activities in the gym. We then moved outside where the 3rd graders spent some time working on soccer skills such as dribbling, passing and goal tending. We finished the unit with a few games of sideline soccer. It was fun to see them transfer the skills they had just learned into an actual game situation! They did great!

The 4th graders worked on a unit in football, learning such skills as passing, receiving, defending, and passing plays. They finished the unit by playing games of "500" and "football endzone"! Both 3rd & 4th graders are now involved in a unit on personal fitness and will be learning about Muscles and the four main components of fitness (i.e. muscle strength, endurance, flexibility and cardio endurance). They have just completed the "Pacer" test and also the "mile run". We will also be preparing for our fitness testing coming up on November 13th. **Looking ahead:** Fitness testing, Team building and tumbling!

(continued on the next page)

Phy Ed (continued from previous page)

4th Grade – (Haecherl)

Mrs. Tracy and Mrs. Ledeboers' classes started the year off with some cooperative games and we learned a little about each other. We then started our Football unit and we worked on throwing spiral passes as well as the correct form of catching a football. We played a game called "Five Passes" where each team had to get 5 complete passes to score a touchdown. We played "downs" so we could learn the game of football a little better. Each student was assessed on throwing a football correctly and centering a ball correctly to the quarterback and a written test. Our next units will be Fitness and fitness components and Fitness Testing on Friday, Nov. 13 for 4th graders. We have already run the Mile Run and we ran the PACER the last week of October. **Looking Ahead:** Tumbling

5th Grade – (Huber)

The 5th graders also had a great start to the new school year! After spending the first few weeks of school reviewing physical education expectations and participating in a variety of cooperative games and activities, we moved outside to begin a unit on soccer. This is always a favorite and after learning/reviewing a few of the basic skills such as dribbling, passing and goal tending, the students spent a few days playing small group (5 on 5) games of soccer and sideline soccer. Again, it was fun to see how well they transferred the skills they had learned into an actual game situation!

Once the weather turned cooler, we headed back inside to work on some fitness activities such as the pacer and are now about to start a unit on LaCrosse, which is a sport that is rapidly becoming a favorite here in the Midwest. We invited one of our district LaCrosse coaches to come for a day to give the students some background and skill instruction. Don't be surprised if your son or daughter asks about joining LaCrosse next spring!

5th Grade – (Haecherl)

Mr. Auer and Mr. Folkerds' classes started the year off playing cooperative games like Triangle Tag and Everybody Is It Tag. They really enjoyed this unit. The next unit was soccer, where they were assessed on their skills such as passing while moving and receiving a pass from a moving player while moving. They also took a written test on this unit. The next unit was Lacrosse. We had Mr. Ficken come and teach us the history of Lacrosse, beginner skills of the game like how to cradle the ball, how to scoop the ball up off from a roll and how to overhand throw the ball. It was a lot of fun! We will continue practicing these skills and play lacrosse lead-ups games. The next unit is Fitness and various components of fitness. They will also be practicing push-ups, curl-ups, and stretching. Fitness testing is on Thursday, Nov. 12 for 5th grade. We are hoping for lots of volunteers to help us with this event. It is very easy to do and we even train you! **Looking ahead:** Our next unit after Fitness will be rope jumping

6th Grade – (Yonak)

We recently completed our football unit and have also completed the mile run and pacer test. We have been working on curl-ups and push-ups, looking forward to the fall fitness test day Friday November 13th. Now we are starting a short lacrosse unit where will focus on skill development and what it means to play offensively or defensively on a team. Please help remind your students to wear their tennis shoes to class, tennis shoes ensure safe participation. **Looking Ahead:** Fitness testing and Team Handball

Upcoming Events:

Fitness Testing – November 12th and 13th
(contact Carol Joelson if interested in volunteering!)



