



# All Saints' Day School

## Learning Through Play Since 1969

♥ February 2019 ♥

1969 Woodside Lane · Virginia Beach, VA 23454  
(757)481-0577, ext. 2

allsaintsdayschoolvb.com



All Saints' Day School

### ½ Day Kindergarten Class



ASDS is offering a full half-day of Kindergarten again this year. This class is targeted for students who are age-eligible for Kindergarten and will run from 8:30 – Noon. With both John B. Dey and Thoroughgood still under construction, it may be the

perfect match for your child or the child of one of your friends. Teacher, Cathy Cronquist, is eminently qualified with experience in both public and private schools. She holds a Bachelor's Degree with a concentration in Early Childhood Education and a Master's Degree in Education. Cathy has been with ASDS for three years, and she is doing a fantastic job with this year's ASDS kindergarteners. Check out her classroom for insights on how she works with our children. Feel free to pass on our registration form if you feel this program matches the needs of a family you know.

### A Place for Play

This past week there were two Letters to the Editor in The Virginian Pilot relating to the need for young children to play. Here at ASDS our motto is "Learning Through Play". We feel strongly that the need to play is critical to neurological maturation, building synapses, retaining what is learned, the development of social skills, and building resilience; all of which are critical to a happy and healthy life.



#### YOUR VIEWS

### Increase students' play time

MY DAUGHTER TOURED her new elementary school this summer with wide eyes and delight. "Mommy! Look at the playgrounds!"

I was so excited for her to have the experiences I remember from elementary school. This is where I built the lasting bonds of friendship that I still have to this day.

She has since told me she almost never gets to play on the beautiful playgrounds at her school. If it is slightly cold or rainy, they will either take a quiet walk through the hallways or put their head down for the last few minutes of class. My daughter is four months into the school year and only

knows the names of a couple of children in her class.

Our kids deserve unstructured time to play. It's time for Virginia Beach City Public Schools to increase their recess time and allow it to be separated from PE time. It's time for them to play on the playgrounds that we pay to maintain. It's time for our kids to be kids again.

H. A. Edwards, Virginia Beach

### Expand recess

Education is about research. The School Board knows that much. Plenty of research has shown learning, behavior, test score and mental health improvements with increased play time.

I look forward to both the Virginia Beach and Norfolk school boards reviewing research on the subject of increased recess time for our kids. I look forward to collaborating on the appointed Recess Committee for Virginia Beach and quickly coming to an agreement about exactly how much time recess will be increased. Virginia took the research seriously enough to change the law last year. Hopefully localities such as Virginia Beach and Norfolk will take the research and the concerns of highly educated parents seriously as well.

Sandra Shinabarger, Virginia Beach

## The Virginia Code reads as follows:

C. Each elementary school shall provide students with a daily recess during the regular school year as determined appropriate by the school.

D. Local school boards shall provide a program of physical activity for all students in grades kindergarten through 5 consisting of at least 20 minutes per day or an average of 100 minutes per week during the regular school year and available to all students in grades 6 through 12 with a goal of at least 150 minutes per week on average during the regular school year.

### Statutory Authority

§§ 22.1-16 and 22.1-253.13:3 of the Code of Virginia.

### Historical Notes

Derived from [Volume 14, Issue 01](#), eff. October 29, 1997; amended, Virginia Register [Volume 22, Issue 24](#), eff. September 7, 2006; [Volume 34, Issue 08](#), eff. January 11, 2018.

In the VBCPS, part C above is free play/recess, and part D is physical education. In most VBCPS elementary settings from grades 1-5, they occur sequentially as part of the same time frame.

## Flu Season Is Treacherous!



Watching the evening news can be terrifying as we learn of the impact of the flu on even the young and the healthy! Every story reminds us to wash

our hands. **We thank you for remembering to wash your children's hands BEFORE sending them to class.** Just this one step can go a long way in helping all of us to stay well. It may also be helpful to your family to have them wash their hands and change clothes when they arrive home at the end of the day. I know it adds to the never ending pile of laundry but it has been a very effective strategy for my family and me.




Director Dianne

## After School Explorations

After School Exploration opportunities are available Monday through Thursday. This is a way to extend your child's day by one hour with one of our outside vendor or internal teacher-taught classes. Classes are registered for individually through the class sponsor, and you may select from one or to four days for your child(ren). Gather your paperwork from the Enrichment Desk in the hallway near the clock water fountain. All children who participate must be fully potty-trained.



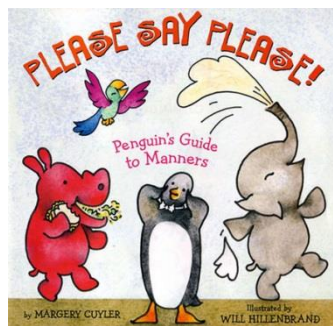
Art with ASDS Jr. Kindergarten Teacher, Marianne Padrick, held on **Mondays.**

	KID FIT™ is hosted by an outside agency, with which you will contract directly for Certified Professional Trainer, Jessica Glenn, held on <b>Tuesdays.</b>
	Soccer Shots™ is hosted by this outside agency, with which you will contract directly, on designated <b>Wednesdays.</b>
	STEM with ASDS Jr. Kindergarten Teacher, Marianne Padrick, held on <b>Thursdays.</b>

## Chapel

As we returned to our Chapel time after the holiday break, our focus was on manners; particularly the "magic

words" please and thank you. We talked about how kind it is to express gratitude for all of the wonderful things and love we have in our lives. I read the books Please Say Please by Margery Cuyler and Thank You God by P.K. Halliman. Teacher



Dana taught us the song "Deep and Wide" which has very simple words but Teacher Dana had a few fun tricks to singing it so that it was challenging! We also celebrated our January birthdays: Teacher Beth, Teacher Teresa, Penny, Andrew G, and Gigi.

## From the Classrooms



### Ms. Cathy

January has flown by in the Dolphin class. We spent the start of 2019 doing some review work and evaluations. I'm very happy to report the children are all working very hard and progressing nicely.

In Language Arts, we have focused on the letter blends TH, CH and CR as well as long and short vowels. I continue to read individually with each child every day. All of the children are exceeding my expectations and truly seem to be developing a joy for books and





reading. Many of the children are at the point where they get to choose their next book which is very exciting.

In Math, I also continue to work with each child individually for a few minutes each morning. As a group, we continue with basic addition, subtraction as well word problems. In January, we

are focusing more on place value and the concepts and symbols for greater than and less than.

In the kitchen, we are able to strengthen the concepts we have learned in math and language arts by giving the Dolphins concrete examples of addition, subtraction, fractions, and sequencing, as well as, sentence structure, spelling, reading, and writing. This month our favorite recipe was Cheesy Crackers. As usual, the children organized ingredients, followed a sequence of directions, cut and pasted the directions in order, and wrote a review of the recipe. All of which were done in their cookbooks, which will go home in May.

Science is another great way to strengthen the concepts introduced in class through concrete activities. Our favorite experiment in January was "Elephant's Toothpaste". By combining dish soap, hydrogen peroxide, warm water, yeast, and food coloring (just for fun) we created a hyperthermic chemical reaction (lots and lots of warm blue foam). Our scientists developed their hypotheses and collected data for their science notebooks which also will go home in May.

Also in Science and Social Studies, we have been learning about animals in the winter and discussing hibernation, migration, as well as, adaptation. To help our bird friends, we created bird feeders from pinecones we had collected in the

playground, suet, and bird seed. We hung the bird feeders on the trees close to the building so we could observe from the warmth of our classroom. Our scientists also asked the question, How do penguins stay warm? We created a glove made from "blubber" (CRISCO) and tested the temperature of ice water with a bare hand and then a gloved hand. The children recorded their data in their science notebooks. We have had lots of fun and learned a great deal this January. I'm looking forward to an equally enjoyable February.



## Ms. Marianne & Ms. Teresa

January has been a "beary" fun month in the



Sea Otter classroom. We did not let the lack of snow deter of us from having some winter fun! Our first week back was full of winter activities. Our friends learned about snowflakes, frost, blizzards, and freezing temperatures. Our class had a ball filling the dramatic play center with their very own unique snowflakes that they made. Also, we patiently observed a cup of water that we brought outside to test the climate for freezing temperatures.

During the second week of January we engaged in many snowman themed activities. We read all of the "Snowmen books" by Caralyn Buehner and made many snowman crafts, including a name craft to reinforce letter recognition and the formation of the letters in our friends' names. In the play center, students had a blast using playdough, buttons, and pipe cleaners to build their own snowmen. At the math center, we had fun using packaging peanuts and dice in a race to fill up a snowman. Then, at the science center, students used their five senses to observe and record data on a



real snowman made of ice as it melted in our classroom.

During the third week of January our class participated in many activities centered on Jan Brett's The Mitten. This story is perfect for discussing sequencing and story retelling. Our students put their fine motor skills to work by lacing mittens together and took their time cutting out their own characters from The Mitten to take



home and share the story with their family and friends. Currently, our class is wrapping up a two-week study about bears. We have had a blast comparing similarities and differences among bears around the world and learning about their unique characteristics. My favorite part of this two-week study was Bring-Your-Teddy Bear-



To-School Day. On this day our students had the opportunity to bring in their own teddy bear to share with the class and keep with them throughout the day. They were able to make a craft based on the book Corduroy by Don Freeman, they measured their Teddy Bears, graphed gummy bears, and watched a gummy grow in water. January brought so many fun filled learning experiences that I am "beary" excited to see what February will have in store for the Sea Otter class.



## Ms. Susan & Ms. Elaine



The Stingray's have been so busy learning all about the weather this month. We've been doing experiments about wind, snow, and clouds. It's all about precipitation in our class!! We made

snow which was so much fun. Also, we made snowmen and watched them melt throughout our school day.

We are also learning all about The Super Bowl!! The Patriots vs The Rams!!

In Language Arts, we have been concentrating on sight words through poems, games, and reading. Our

Stingrays are really getting to know some sight words! In Math we've been working on very basic addition. It's fun counting to 100 (and beyond) with how many days we've

been in school! Our class is still working on learning our phone numbers, too.

It's been a really fun month in the Stingray Classroom!!



letters were W, P, K, and I, the numbers were 7 and 8, the shape was a star, and our colors were blue and white.

The first week back, we learned about winter and what types of clothes should be worn during the season. We read, The

Jacket I Wear in the Snow, and did a clothing sort. The students had to determine whether certain clothing was appropriate for winter weather. They had flip-flops, mittens, a swimsuit, boots, a scarf and other items and had to place in a winter pile or summer pile. We practiced the difference between a mitten hand and a glove hand. We played a game where they had to place cold and hot items in the appropriate column.

The next week we learned about snow and ice. It was cold enough one night that we were able to put water outside overnight and they saw how the cold turned it into ice. We "made" snow out of baking soda and hair conditioner. It actually was cool to the touch. We read, Sneezy the



Snowman, and made melting snowmen using puffy paint made from shaving cream and glue.

The third week of January was very exciting. We learned about different animals that live in the Arctic. The students learned about narwhals, polar bears, snowy owls, caribou, arctic foxes, beluga whales, harp seals and walruses. They used hammers and water spray bottles to rescue the arctic animals from frozen icebergs, and

they played with the animals with the blue and white water beads that acted as an ocean. The students played Arctic Animal BINGO, and made a snowy owl using scrub brushes and paint. We



also did a process art project of an Arctic sunset, but you won't see that until the Art Show.

The last week of the month we learned about Penguins and Antarctic Animals. We loved learning about all the different types of penguins, where they lived, how they kept warm in the cold water, and how they were able to get themselves out of the water onto land. We made



## Ms. Sandra & Ms. Beth & Ms. Terry

The Starfish students came back from Christmas break and were eager to get started with the new-year. During the month of January, our themes were: Winter, Snow, Arctic Animals, Antarctic Animals, and Penguins. Our



penguins using different shapes, and had a fun-filled morning of penguin iceberg pretend play using Styrofoam blocks.

During Center Time throughout the month we continued working on letter recognition, counting, shape matching, and pre-writing skills. The teachers are very proud of the progress the Starfish students have made since September, and we are eager to see what February will bring.



## Ms. JoJo & Ms. Patsy

Teacher Patsy and I want to thank you again for all of the presents, goodies, and kind cards that you gave to us during the holidays. Your generosity is greatly appreciated. Thank you so much! The Sea Turtles focused on the letters Pp, Ss, and Ww this month. Our colors were blue and white.



Rectangles were added to our shapes and the number "6" to our numerals. We sang and mastered the motions for "Snow Dance" and "Penguin Dance". The students learned from our book about penguins that penguins live in cold and warm environments and that they swim instead of fly! Other

books we read this month were Clickety Clack, Winter White, The Very Hungry Caterpillar, Here Comes the Snow, and Snow Dance. The students made snow scenes for Winter White, and they now decorate our classroom door. The letter "P" was used for the students to make penguins. They also painted and made butterflies that will be displayed during April's art show. Paper plates



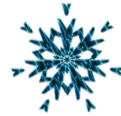
were used to make "hungry" caterpillars! We made shape trains to go with our Clickety Clack book! And, of course, the students enjoyed using the daubers to "color" the letter "C", mittens, and animals. The Sea Turtles are continuing to thrive, and we are so proud of their accomplishments

and growth. We look forward to another amazing month in February! ☺



## Music with Ms. Dana

Some research has shown that children who actively participate in music activities on a regular basis improve their ability to focus on tasks, gain better control of their bodies, and improve their language skills. These are all great reasons to expose young children to music, but the best reason is that music enriches children's lives. Quite simply, music makes us happy.



This month in music class, we learned some new finger-plays related to winter. Here's one to practice at home:

*One little snowflake with nothing to do  
Along came another and then there were two.  
Two little snowflakes laughing with me  
Along came another and then there were three.  
Three little snowflakes looking for some more.  
Along came another and then there were four.  
Four little snowflakes dancing a jive.  
Along came another and then there were five.  
Five little snowflakes having so much fun  
Out came the sun and then there were none.*

"Soft White Snowflakes" was a fun song for all the classes. The children enjoyed pretending to be snowflakes falling softly and quietly to the ground. In the older classes, we added shakers and bells to practice keeping a steady beat.



*They fell to the ground, they didn't make a sound,  
Soft white snowflakes drifting down.*

*Can you fall too without a sound?*

The Starfish, Stingrays and Sea Otters enjoyed playing the game "Mary Wore a Red Dress". In this game, the class sits in a circle and each child gets a turn to walk around the outside while everyone sings the song. Here's an example:



*Ellie wore green shoes, green shoes, green shoes,  
Ellie wore green shoes all day long.  
We will clap for Ellie, for Ellie, for Ellie,  
We will clap for Ellie all day long.*

The Sea Turtles enjoyed dancing to the song "Everybody Knows I Love My Toes". You can find it here:

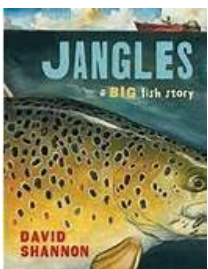
[https://www.youtube.com/watch?time\\_continue=8&v=1em83S9Uew](https://www.youtube.com/watch?time_continue=8&v=1em83S9Uew)

Dancing keeps us all warm during cold winter weather!





## Library with Ms. Sandra



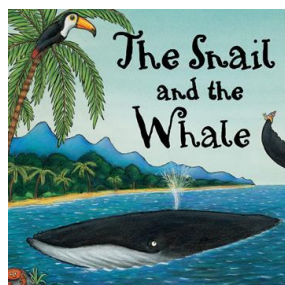
We started the month reading, Jangles: A Big Fish Story, by David Shannon. This book is about the legend of Jangles. He is a huge trout that lives in a lake and everyone from far and near comes to the lake to try to catch him. He gets the name, Jangles, because you can hear him jingling and jangling, when he is swimming because he has so many

hooks and lures in his mouth. One evening a boy feels a tug on his line and is terrified when he recognizes it is, Jangles. But he soon realizes there is nothing to fear as Jangles takes him on an adventure at the bottom of lake.

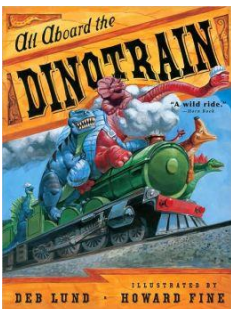
Julia Donaldson is one of my favorite authors, and this month we read The Snail and the Whale, and Superworm by her.

Both of these books teach children about the importance of teamwork to help out others who are in need.

What was hiding in a toaster, a pickle jar, and a china teapot? Dinosaurs, of course!



Flapdoodle Dinosaurs, by David A. Carter is a bright and colorful pop-up book filled with dinosaurs hiding throughout the story. All Aboard the Dino -Train, is a fun rhythmic rhyming



book about a group of dinosaurs who decide to go on an adventure on a train. One problem, they are too heavy and the train has a hard time going anywhere, and when they do get going they don't arrive at their planned destination. They decide next time they wouldn't take a train, but maybe a ... Plane!

Try to read with your child for short periods, several times each day.

Choose stories you enjoy reading to make it a more enthusiastic experience for both of you. If your child loves a book so much you have to continually read it over and over again, look for books by that author and get a few new ones to add to your library. There is nothing better on a cold winter day than to get a good book off the shelf and snuggle in a blanket with your child and spend the afternoon reading. Happy Reading!



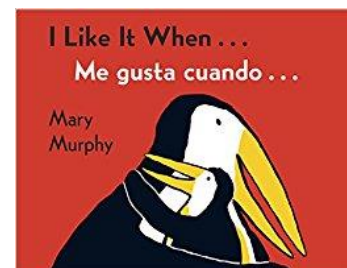
## Espanol with Maestra Kate

¡Feliz año nuevo! Happy New Year!

In January, we focused on common phrases in Spanish. We read a book called Yes, Please and No, Thank You!, but I translated each



page so that the children had to answer "sí, por favor" or "no, gracias" to various scenarios on each page. We also played a game similar to duck, duck goose, but instead, we pretended to sleep on the floor in a circle and used the phrases 'buenas noches' (good night) and 'buenos dias' (good morning) to either keep our amigos asleep on the floor or wake them up and tag them it. The next week we read Me Gusta Cuando, a sweet book that illustrates all of the things that kids like to do with their parents (and maybe a couple of things that parents wish their kids enjoyed, such as trying new foods!). Then we played a game where everyone got to see a portion of a photo and had



to venture a guess about how they felt about the partially obscured object in the picture. Based on their guess, they had to put themselves into one of four groups: me gusta mucho (I like it a lot), me gusta (I like it), no me gusta (I don't like it), or no me gusta para nada (I don't like it at all). They then got to see the whole picture and



could put themselves in a different group based on how they really felt about the subject of the photo. We also talked about winter, reading a book called Veo el Invierno (I See Winter) with an accompanying felt story kit

with objects such as copos de nieve (snowflakes), patinas de hielo (ice skates) and trineos (sleds), to go along with each page of the book. We then played a game where I hid a bolo de nieve (snow ball) made from felt under various colored felt mittens. The children had to adivinar (guess) in Spanish which color mitten they thought it was hiding under. Though we sing our color song at the beginning of Spanish class each week, it's great practice to recall the colors out of the context of our song!

### frases del mes (phrases of the month)

me gusta (meh goos-tah) - I like  
no me gusta (no meh goos-tah) - I don't like  
sí, por favor (see por fah-bor) - yes, please  
no gracias (no grah-see-ahs) - no, thank you  
buenos dias (bwen-ohs dee-ahs) - good morning  
buenas noches (bwen-ahs no-chez) - good night  
nieve (nee-eh-beh) - snow

## For The Fridge...

Date	Kids' Version	Event	Notes
February 1 <sup>st</sup> Friday	 Teacher Training	Staff Inservice Day	ASDS is CLOSED to STUDENTS The VBCPS changed their day so we changed ours.
February 14 <sup>th</sup> Wednesday		Valentine's Day	There will be LOTS of fun!
February 18 <sup>th</sup> Monday	 Presidents Day	Presidents' Day	ASDS is CLOSED.
March 6 <sup>th</sup> Wednesday		Apricot Lane BOUTIQUE <i>Virginia Beach</i>	PATTCH Fundraiser Please watch for details.
March 18 <sup>th</sup> - 22 <sup>nd</sup>		Spirit Week	Watch for details of daily themes

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### How do I select a charitable organization to support when shopping on AmazonSmile?

On your first visit to AmazonSmile ([smile.amazon.com](https://smile.amazon.com)), you need to select a charitable organization to receive donations from eligible purchases before you begin shopping. We will remember your selection, and then every eligible purchase you make at [smile.amazon.com](https://smile.amazon.com) will result in a donation.

### Can I use my existing Amazon.com account on AmazonSmile?

Yes, you use the same account on Amazon.com and AmazonSmile. Your shopping cart, Wish List, wedding or baby registry, PRIME, and other account settings are also the same.

### How much of my purchase does Amazon donate?

The AmazonSmile Foundation will donate 0.5% of the purchase price from your eligible AmazonSmile purchases. The purchase price is the amount paid for the item minus any rebates and excluding shipping & handling, gift-wrapping fees, taxes, or service charges. From time to time, we may offer special, limited time promotions that increase the donation amount on one or more products or services or provide for additional donations to charitable organizations. Special terms and restrictions may apply. Please see the relevant promotion for complete details.

### How is ASDS Listed?

**We are listed as All Saints' Episcopal Church Day School.** Please type it in correctly as there are several with similar names.

### Share the love

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