

IMPORTANT DATES:

- Monday September 29th: all Speech and Hearing forms and money due (Preschool & Primary)
- Wednesday October 1st: Speech/Hearing screens for Preschool & Primary
- Friday October 3rd: All Picture orders due
- Sunday October 5th: 1PM-3PM Back to School Family Field Trip at Falls Mills
- Thursday October 9: All Flower Power Orders due
- Thursday October 9th: Primary Community trip Tate Farms
- Monday October 13th: Parent/Teacher conferences for TK- NO SCHOOL



The child must know that he is a miracle, that since the beginning of the world there hasn't been, and until the end of world there will not be, another child like him

Pablo Caslos

Friday News

"we learn not for school, but for life"

SEPTEMBER 26TH, 2008



Avoiding Backpack Injury

While it seems that every child carries a backpack during the school year, most parents and children are unaware of the potential injury that too-heavy packs can cause.

The American Physical Therapy Association has found that more than 50 percent of children surveyed carry backpacks that are too heavy. Girls and younger children may be especially at risk for backpack related injuries, because they are smaller and often carry loads that are heavier in proportion to their body weight. Dr. Leonel Hunt, Director of spine trauma at Cedars-Sinai Institute recommends the following:

1. Keep backpack use limited to necessities only. Clean

out the backpack daily to remove items that can be left at home or at school.



2. Distribute weight evenly: Encourage children to wear both straps.
3. Recognize signs that the backpack is too heavy. Is your child slouched or leaning to one side when wear-

ing the backpack?

4. Select the proper backpack: Enhance comfort and safety by choosing a backpacks with multiple compartments (to distribute weight more evenly). Padded straps help prevent straps from cutting in to shoulders. Backpacks with wheels are good if they are tall enough to allow the child to stand upright and they don't tip over.

Dr. Hunt adds, "If your child complains of pain, or you notice that one of their shoulder blades is not moving or not symmetrical, a doctor should be consulted."

Etiquette Classes

Emma's Tea Room located at 401 Pratt Avenue NE, is hosting an Etiquette class this Saturday September 27th, 4PM-6:30PM, for children ages 7-13. The class will end with an afternoon tea party to give the students an opportunity to put their knowledge to work. It is \$20 per child. For more information visit their web site at: www.emmastearoom.com.



Fall Pictures

Fall picture proofs were sent home with the children today. Please note that you only need to check option A or B on the order form if you want to order something other than the color photos. If you want color photos please just write in the quantity. If you have any questions concerning pictures please contact Kathy at ZoomIn Photography: (256) 325-2855 or e-mail her at: Kathy@zoominllc.com. **ALL PICTURE ORDERS ARE DUE BY FRIDAY OCTOBER 3RD.**



Box Tops For Education

Once again this year we will be collecting Box Tops for Education. This year all the proceeds will go towards the Country Day School Outdoor Project and we need everyone's help. We are off to a great start. We have collected \$52 already this school year!

Box Tops offers three easy ways to earn cash for our school through everyday activities such as buying groceries, shopping online and purchasing books.

Clip — Clip Box Top coupons from hundreds of participating products and send them to school. Box Tops coupons are worth 10¢ each when our school redeems them from Box Tops for Education (please see the attached list of products).

Shop — Shop at your favorite

online stores through the Box Tops Marketplace (btfe.com/marketplace). Up to 8% of each qualifying purchase is automatically donated to our school. There is no additional cost to your purchase and many exclusive deals and discounts can be found! (please see the list of participating stores attached).

Buy books — Purchase books online at Barnes & Noble through the Box Tops Reading Room. Our school will receive 6% of your new book purchases and 3% of all other online purchases.

One of the easiest ways you can help is to sign up to support our school at btfe.com. You will learn about new and easy ways to help our school earn the extra cash it needs.

Exclusive web benefits:

- See how much our school is earning with Box Tops
- Enter on-line promotions for chances to earn bonus Box Tops
- Print money saving coupons for your favorite box top brands
- Make meal time easier with family-pleasing recipes.

Plus, you can sign up for email newsletters to receive new product updates, and Box Tops members-only deals and discounts at Box Tops Marketplace retail stores.

To learn more, visit btfe.com—and thanks for choosing to make a difference for our school with Box Tops!

Be sure to see the enclosed attachments in the Friday News e-mail containing list of participating products and on-line stores for Box Tops.



“A” is for Apple

All this week the Transitional Kindergarten and Kindergarten students have been learning the different vowel sounds of the letter “a”. With the rest of the Primary Community they celebrated “apple week”. to go along with the letter “a”. They read all about Johnny Appleseed, made baked apples (which were really yummy), and on Thursday they planted apple trees in the school orchard as a part of The Country Day School “Out Door Project.”



Primary Trip to Tate Farms

The Primary community will be going on their annual trip to Tate Farms on Thursday October 9th. It is great treat for the children to be able to go and pick out their own pumpkins off the vine, see all the farm animals, and play on the barnyard playground. Not only is this field trip fun, but an educational experience as well for all who attend.



Reminder: The Back to school family field trip will take place Sunday October 5th from 1PM-3PM at Falls Mills. Don't forget to look in the student directory to find a family to carpool with!

All Flower Power Money and order forms are due no later than Friday October 10th. Any orders turned in late will not be accepted!!



Apple Week



SEPTEMBER 26, 2008
ISSUE 4

Explorers News Throughout the Week

Reminders:

- **September Homework chart is due Wednesday, October 1st. An October homework chart will go home next week.**
- **Our Tate Farm Field Trip is October 9th. If you have not turned in your permission slip and \$7, please do so as soon as possible.**
- **Parent-Teacher conferences are on Monday, October 13th. There is no school that day. Please let me know if you have not signed up for a time and would like to meet with me.**

Apple week was a huge success. We practiced our "Aa" handwriting and our A sounds. I introduced the fact that "Aa" is a vowel and that vowels make two sounds. We worked on graphs, brainstorming ideas, counting, and sorting. We measured ingredients, taste-tested, and made predictions! We wrote cinquain poems describing apples that are hanging up in the classroom. We even created our first KWL chart—K stands for what we already know, W stands for what we want to know, and L stands for what we have learned at the end. We filled our KWL chart out about apples. The Explorers and Globetrotters worked together to plant an apple tree at CDS. We made our own apple sauce and our own apple cider. It was a very busy week!

We have been working on Sound Spelling in the Explorers classroom. Each child pulls out a pretend rubber band between their hands and "puts" a word on it. They stretch out the word in order to hear as many sounds as possible. Then the child writes down all the sounds that they hear. This is a beginning form of spelling. Please try not to correct your

child when they are sounding out the word; simply try and help them stretch the word so they can hear the sounds themselves. It is developmentally appropriate for children to make the transitions between hearing only beginning sounds, beginning and ending sounds, middle sounds, and then the vowels. This transition will take place throughout the school year.

Our letter next week will be Ff, for Fall and Family. The Star Word is "I". Our star words will be sight words and other common words that students cannot sound out on their own or are seen very frequently (Ex: the, are, a, and I). Just a reminder that we are doing *all* of the letters *all* of the time, we just put an emphasis on one letter a week for the purpose of teaching handwriting and reinforcing its name and sound.



Anastasia graphs her green apples

In art class this week the children experienced the texture and colors of pastels and created BUGS with them. Our focus was mainly on butterflies and ladybugs and the affects of light changing their colors.

Just a reminder that the Primary students have Library as one of their specials on Fridays. Each student was given a book bag for their library book. The book and bag should to be returned every week so that the student can choose another book. Deciding to keep it longer than one week is absolutely fine! When it does come back in, a new book can be chosen! My goal is for them to have a new book every two weeks. I encourage you to read daily with your child, even if only for 10 minutes. Try and establish a set time to read and be diligent about not letting things take that time. Please feel free to contact me at school anytime.
Happy Reading!
Roberta Malcolm, Librarian



Mason is graphing the green apple he found after our apple scavenger hunt! We counted, graphed, sorted, and had a lot of fun.

Kristina wrote her favorite A word!



KWL Chart



Please take the time to read the newsletter each week. If you have any questions, please let me know. Also, last week, I asked for each student to bring in 5 pieces of Environmental Print—please be sure to check the newsletter and bring it in next week.
-Mrs. Rojahn