

# Saintly

## SPECIALS



*A Monthly Newsletter  
featuring Art, Music, PE,  
STEAM, Library, SEL, and  
Elementary Spanish at  
All Saints Catholic  
Academy*



### *Welcome Mrs. Friesen!*

Greetings ASCA families! My name is Sandra Friesen and I am your new STEAM teacher. Some of you may recognise me from last year as I substitute taught across the grades at All Saints. I have been a passionate educator for the last 24 years, teaching Pre-Kindergarten through Sixth Grade. Over these many years in education I have taught in Canada, England, Germany, Texas, Pennsylvania and most recently Singapore. I am excited to question, investigate, and construct with our learners at All Saints. Feel free to reach out any time with questions or curiosities.



### *From Ms. Denny:*

This month we worked on Fitness Components and the FITT principle for designing workouts. We did some stations to demonstrate the components. We just completed the [kickboxing unit](#) where the students learned how to perform combinations and working together. The elementary students are learning to follow directions, listen, show respect and give good effort while they are moving. We used obstacle courses and different moving stations!!

November we will be learning how to take our Nervous System from Chaos to calm through healthy movement.

Also in November we are doing the [Fall Fitness Challenge](#). We will be learning how to perform and practice the most important Core movements that will help you not only Score big on the field but in life as well!! A video and handout will go out every Sunday with how to perform the move of the week.

Hope you have fitness fun with you family!!





***From Señora Hepburn***

PS, PK4, and Kindergarten have been learning the numbers in Spanish, basic greetings, and the “magic words” Gracias, Por favor. First and second graders have been learning the days and months in Spanish. Third, Fourth and Fifth graders have been practicing “[Useful sentences in the classroom](#)” and reviewing the calendar (numbers, days, months) and the seasons.

***From Mrs. Chernick***

All students in kindergarten through eighth grade have the opportunity to check out books each week in the library. Did you know preschool students also visit the library once a week and spend time looking at books from our preschool library?! [Click here to take a look.](#) Preschool students do not check out books to bring home, but instead will have an opportunity this year to bring home a book bag filled with a few books, special activities, and a journal page for your family to complete. After enjoying this at home, please return the bag to school the following week. Happy Reading!



**DID YOU KNOW:**

Even though All Saints does not have a separate Theater Class, students meet the required state standards for theater arts by performing in our annual Christmas Program, and through several theatrical activities in 7th Grade, including learning about Ancient Greek Theater and performing Aesop’s Fables using Greek Theater inspired masks.



***From Miss Sipll:***

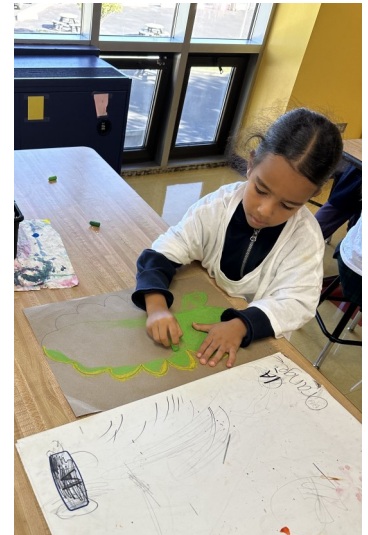
Pre-K students were treated to an instrument petting zoo, where they were able to try out various classroom instruments. Later, they chose their favorites to use as sound effects for “Five Little Pumpkins”.

***From Mrs. Bruenig:***

In art this fall we have been busy studying the works of Edward Hick and his paintings of the Pea-cable Kingdom. Along with Hicks we looked at the techniques of Henri Rousseau and grades PreK-7 created an image for our annual school collaborative mural which is currently being installed!

**Your Specials Team:**

- Mrs. Bruenig, Art**
- Mrs. Chernick, Library**
- Ms. Denny, PE**
- Mrs. Friesen, STEAM**
- Sra. Hepburn, Spanish**
- Ms. Sipll, Music**
- Mrs. Magaña, SEL**







Here is a summary of the October SEL lessons:

### **Preschool**

In October, we talked about friendship and read the book, "How Do Dinosaurs Play with Their Friends?" The kids loved the book and pointed out the ways in which the dinosaurs were not playing nicely in the beginning. We talked about how we play with our friends inside and outside the classroom.

### **Pre-K**

In October, pre-k learned about expected and unexpected behavior. Expected behavior is the behavior that is normal, reasonable and anticipated. Unexpected behavior is behavior that is out of the norm and is unusual. This way of talking about behavior is different from how it is normally discussed, in that it doesn't address behavior as simply "positive" or "negative" since what is expected can vary from situation to situation. For example, it is expected to use walking feet in the hallway and classroom, but not outside at recess or in the gym for PE. Another example, it is expected to raise your hand to answer a question or share something, but not at home. We used a social story about what expected and unexpected behaviors are to help facilitate a discussion about different areas of the school and using scenarios to determine if a behavior is expected or unexpected.

### **Kdg-5th Grade**

We continue to work on becoming Social Detectives and in October we talked "My Smarts, Your Smarts." We talked about how we are all wired differently and we each have our own likes and dislikes, strengths and challenges. We have smarts in many different areas. Some people have smarts in academic areas like writing, reading, math, etc. Some people have physical smarts if they play a sport. We have smarts around our interests and hobbies, and of course, we have social smarts. Understanding this is the foundation of our self-awareness.

### **Junior High**

The October Virtue was Friendship so in junior high we also talked about Friendship. Junior high students discussed what it means to be a friend, what friendship looks like, and what the difference is between being friendly and a friend. It was a great opportunity for discussion and questions.



**All Saints Catholic Academy**



**Proudly Presents:**



# PETER PAN

**Friday, November 22nd - 7:00pm**

**Saturday, November 23rd - 3:00 & 7:00pm**

**Pre-Sale: \$3 Students/\$7 Adults \$10 at the Door**

**[\\*Click Here for Tickets\\*](#)**

