

Commodore Perry

# Elementary Specials



October  
2014

## Family Involvement Night

**On Thursday, November 20, we will be having Family Involvement Night. This year, the topic will be math. The teachers are preparing different math stations where you can come and play math games with your child. It will be a lot of**

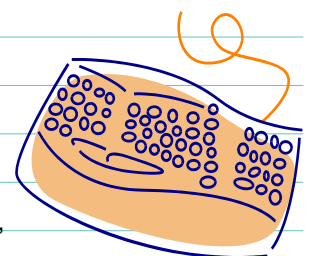
**fun! At the end of the night, we will be raffling off baskets, just as we have done in the past at Reading Night. You should be getting information from your child's homeroom teacher soon about bringing in items for the baskets.**

**Please put this on your calendar and come and enjoy a night of fun games with your child! We are looking forward to seeing you there!**



## First Grade Technology

First grade has added a new special this year, technology. The focus of the class is to work with the students to begin learning how to use the computer. The classes have been learning the correct terminology for the parts of the computer and what those parts do. They have also been practicing their mouse skills by drawing in a paint-shop type program and have been working at learning letters on the keyboard by playing beginning keyboarding games. Our focus this year will be on keyboarding skills, learning how to type documents in Microsoft Word and general computer use. Our Keyboarding games, **Keyboard Zoo**, **Cup Stacking** and **Type Rocket** can be found at [www.ab-cya.com](http://www.ab-cya.com) under first grade.





## Fun Facts About Your Body

I thought maybe you and your child would like to sit down and have a little fun this month answering some fun facts about our bodies. Don't worry I put the answers below the questions along with a few facts. Go ahead and get started:

1. How much air do you breathe every hour?
2. What is your body's hardest-working muscle?
3. How many bones are in an adult body?
4. What muscle in your body can generate the most power?
5. How much blood does the heart pump each day?

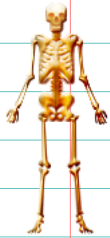
Answers:

1. You breathe about 2.1-3.17 gallons of air per minute at rest, which is 126-190 gallons per hour. If exercising, this amount can increase to 2377.8 gallons per hour.
2. Heart - which beats approximately 100,000 times per day. That means that in just 10 days, your heart beats one million times.
3. The human skeletal system is composed of 270 bones at birth - this total

decreases to **206** bones by adulthood after some bones have fused together. The bone mass in the skeleton reaches maximum density around age 30.

4. Believe it or not it is the jaw muscle. The record for human jaw strength is 975 pounds of pressure for 2 seconds.

5. Blood travels at **three feet per second** when it leaves the heart. It takes a minute to get around the body. Your heart pumps approximately five quarts of blood per minute, almost 2000 gallons of blood each day.



## From the Library...Reading Tips for Parents

1. Fill your home with books and reading materials – magazines, newspapers, comic books, how-to guides, or reading materials that will tap your children's interests and passions. Make sure your kids have lots of opportunities to grab a book or magazine for road trips, picnics at the park, days at the beach, and all the other days in between, too!
2. Be a reading role model for your

children. Let them see you reading every day.

3. Read aloud to your child – kids are never too old for read-alouds! Kids love to be read to and the longer you can read to them, the more you will show your kids that reading is fun and entertaining and something to choose to do because you love it. It also has the added

benefit of building their vocabularies and developing background knowledge they will need to understand meaning and texts when they read on their own. Most importantly, it inspires a lifetime love for reading! Fiction, non-fiction, news, poetry... it all counts!

4. Let your kids be in charge of what they read. Studies show that 91% of kids aged 6 to 17 are more likely to finish a book that they choose them-



selves. Allow your kids to choose the books and topics that interest them. Exerting too much control over the content of your child's reading risks fueling the perception that reading is a chore. It is important to know your child's reading level (ask his teacher if you're unsure) to help him make a choice that will avoid the frustration that comes from books that are over his head – but let him choose.

the car or stroller. Try a morning reading routine – 30 minutes before the busy day starts or as a great way to unwind at the end of long day. By creating reading routines at home -- and on the go -- the habit of reading, and independently choosing reading, will grow with them over.

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5. Build reading into your child's daily schedule – starting from birth. As they head off to school, camp, sports practice each day, be sure they pack a favorite book for down time or travel time. For little ones, always have a book nearby when you're on the go and they are in

### Commodore Perry Choir & Music

#### Department Presents:

*The 5/6 Grade Choir students are hard at work for their first performance of the school year at the Veteran's Day Program. The Kindergarten class as well as students in grades 1-3 will also be singing at the special event! The program will be taking place on November 11<sup>th</sup> at 9:00AM in the Multi-Purpose room.*

*Students in grades 1-6 are enjoying Quaver Music and are fast at learning how to use the program. I am still looking into ways for the students to access this program at home to practice various musical activities!!!*

*Choir students will begin selling Jane Pies /Pumpkin Roll / and Apple Dumplings on November 15<sup>th</sup> and will continue to sell them until November 29<sup>th</sup>. Contact Miss McConnell for Pie order forms.*

*If you have any questions regarding the music/choir department please do not hesitate to contact me via phone or email! Please check the school website under the choir activities page for any new information!*

Miss McConnell



## Instrumental Music

With the school year in full swing I am happy to announce that things are going well in the music department.

The 4th grade students have received their recorders and are learning how to play the instrument. Make sure your students are practicing at home. I will be sending home some music with them so they can work ahead if they are interested.

You will have two opportunities to see and hear your child play this holiday season! The elementary bands are learning their music that will be performed for the holiday band concert and the Elementary Christmas Program!

Make sure the students are getting as much practice time as possible. I recommend 30 minutes a day, 5 days a week (that is what my parents made me do when I was in 5th grade!).

