



Integrated Arts Academy

December 21, 2015

NEWSLETTER

Calendar of Events

- Dec. 23-Jan 3 **NO SCHOOL!**
Have a great break!
Jan. 18 **No School**
Jan. 19 **NO SCHOOL** for IAA
staff retreat.

IAA PTO

NEXT PTO MEETING

Thursday, January 7

6 pm (5:45 pizza \$1 per slice)

*Join us for a discussion on
Arts Integration*

Childcare Available!

Friday Town Meeting Schedule:

**January 8
BHS Dancers**

**January 15
Wonder Week**

**January 22
Magic Mailbox**



A message from the principal

At Friday town meeting a couple weeks ago a profound thought came to me. I realized, that what we do as a school, is all our students know. They think that this is what school is supposed to be, and it is. All the arts, the community building, the creativity, the social emotional learning and the fun should be important aspects of any school. But in the age of high stakes testing and pressures of pacing packaged curriculums, it's the components that provide skills for student personal growth are often set aside.

The thing that really amazed me at this Friday Town Meeting and every Friday, was the number of students that presented or were celebrated in the 25 minutes that we gathered. Over 60 students danced, spoke, led chants or were recognized. That's 20% or of our student population. That is not typical at schools, this deep level of recognition engagement and celebration. It is truly profound that so many students, on a regular basis get to deeply feel part of something bigger than themselves. I get chills thinking about how this will impact our greater community when these students are leading it.

Have a wonderful and celebratory break.

Artfully, Mr. Bobby

Kindergarten News

We have entered the world of the gingerbread tales! We have read many different versions of this classic tale, both in class and in the library. It's great to see how authors can put

their own twist on such a popular story and it's really fun to compare and contrast the different endings.

To celebrate all this work we would love to have a gingerbread celebration! On Monday, December 21st we will make gingerbread houses during our academic choice time.

We would love to have more adult support as students make their own gingerbread houses and creations.

We are hoping for donations of graham crackers, m&ms, cinnamon drops, gum drops, smarties etc.

and lots of frosting to help everything stick together! **Parents are invited to**

join us at 2:00! Please let us know if you can make it.

Then, on Tuesday we will make our very own gingerbread cookies! We will provide the dough, but if anyone would like to help us roll, shape and decorate our cookies that would be great! **We would need volunteers from 10:45-11:15 and then you could join us for lunch...**

We are also sending home our books on the 5 senses. We talked about each of the senses, had fun with some experiments where we had to use our senses and learned all about how we use our 5 senses to keep us safe. We also had a nice discussion about how scientists use their 5 senses to make observations, predictions, and collect information for experiments. Please read through the journal with your child!

Have a great week!

Fill The Bowl, a wonderful success!

We helped those in our community that are hungry!

Thanks to our supportive community of artists, in our school and out, we sold pottery and bowls, and raised over \$1700 to help those in need! We are donating the proceeds to Hunger Free Vermont and our community Food shelf.

WHAT A GREAT feeling!

The IAA 3rd Graders would like to thank these local businesses for their incredible generosity and help to make Fill the Bowl such a successful event:

- ***Sugar Snap***
- ***Barrio's Bakery***
- ***August First***
- ***Great Harvest Bread***
- ***City Market***
- ***The Chubby Muffin***
- ***American Flatbread***
- ***New Moon Café***
- ***Burlington City Arts***
- ***UVM Pottery COOP***

and local artists/potters:

- ***Joan Watson***
- ***Erik Rehman***
- ***Harold Kaplan***
- ***Jeremy Ayers***
- ***Alison Saunders***
- ***Jean Meinhardt***
- ***Alissa Faber***
- ***Rober Compton***
- ***Andy Sneider***
- ***Colchester High School Students***
- ***CVU High School Students***

P.E. News

The upcoming break is a time to relax. But don't relax too much! Remember to stay active and keep your normal routines as much as possible. Here are some tips for getting exercise and staying healthy over the break.

- **Eat breakfast everyday.** Even when you are not at school, its the most important meal.
- **Get your sleep.** I don't expect you'll go to sleep at 7 every night, but staying up to late can have a cumulative effect when you return to school in the new year. So get those **ZZZZs**.
- **Stay active.** Get outside and go sledding, if we ever get snow. But you should be active at least 60 minutes each day, so get off those xboxes.

Finally, here is what we've been working on in PE recently.

We have just wrapped up a unit on invasion games. These are any games that a team invades another team's territory or space. Please ask your kids to give you an example. We were introduced to the ideas of offense and defense and strategies and skills used in these games. We have enjoyed exploring using basketballs, playground balls, dodge balls, footballs, and soccer balls by sending and receiving these items. In the New Year, we will begin to roll and bowl as well as dance. In the meantime, please make sure you and your family get 60 minutes a day of exercise. Enjoy the time together recreating!

Ms. V

Guidance News

In Guidance, we are learning about communication styles and practicing assertiveness skills. Strong and respectful are the words I use to describe assertive communication. Body posture, voice quality and eye contact are some of the ways that affect our communication styles. We are talking about everyday situations at home and school, where it is helpful for students to be able to assert themselves. Kids practice these skills with me and also through small group role-plays.

I am also dedicating more of class to mindfulness and relaxation techniques. At the beginning of classes, we continue to try simple stretches and yoga poses. We conclude classes with intentionally brief mindfulness lessons. This week, I am combining music and doodling as another stress management technique.

Ms. Meredith

Bored over the Holiday?

Create a submission for the Magic Mailbox!!

The Magic Mailbox Prompt is **What is Beautiful about Vermont?** School vacation might be a great time to create a submission to this prompt. Visual art, songs, skits, and

Grade 2 News

Grade 2 has been walking through Burlington's history and practicing and improving their acting skills! We are finishing up our integrated drama and social studies unit before the winter vacation! We have been Abenaki tribe members deciding to stay in or move from Vermont. We met Samuel de Champlain in the 1600's and then moved with Ira Allen to the New Hampshire land grants (what is now Vermont). We became a large factory lumber machine on Burlington's waterfront in the 1800's and were actors in a vaudeville show on the actual Flynn Theater stage that we visited in a field trip. Students are now creating tableaux for each of the centuries of history we studied and on Tuesday before break each 2nd grade class will present their tableaux to the other class. Look for an amazing bulletin board to come in the office hallway showing our tableaux work!

Mrs. Greve and Mr. Leal

Grade 5 News

This week we are excited to share our Lake Champlain ecosystem dances with each other. We have been working on them during the second half of our Integrated Arts unit focused on dance and science. We have been learning about the Lake Champlain ecosystem directly for a few weeks - reading informational text about the lake and about invasive species. Indirectly, we valued our chances to explore the lake from different perspectives on our fall field trips - sailing and hiking Mt. Philo.

In our dance, we chose 4 key organisms to use to highlight the lake's food web (phytoplankton, smelt, osprey, and bacteria) and also chose key parts of the landscape and weather to show how the entire system is ideally in balance. Then we illustrate what happens when invasive species interfere with the balance of the ecosystem. In dance, we've been working on using level, repetition, speed, form, and pathways to create clear movements. We are also working on how to give and receive feedback to help revise a dance and make it stronger. All of these skills of course carry over into writing - the need to clearly show ideas, edit and revise to make writing stronger, etc. Our next step will be using what we know, as well as some new resources, to write our own reports about Lake Champlain!

Happy New Year!

Ms. B and Mr. Whitman

**dances are welcome!
due to the Magic Mailbox by
January 8th!**

ELL News

While many of us are gearing up for the holiday season, some of our ELL students have just completed celebrating their two big festivals of the season. In October, the Nepali Hindu community celebrated Dashain, the celebration of good's perennial victory over evil. Then in November, families gathered again for Diwali, the Festival of Light. The excitement among our students was palpable as they talked about the favorite foods they would eat, the clothes they would wear and the time they would spend with relatives. As part of the celebration, many of our students learned Nepali dances which they performed for their larger community. The students were then featured in a Burlington Free Press story. The next week, upon returning to school the students asked if they could perform at Friday Town Meeting. Three of the bravest students took to the stage and wowed us with their confidence and pride sharing their culture with the IAA community. It was a treat for all of us!

Ms. Lynda

Health Matters

With the holiday season and vacation, families get together and share many experiences. These gatherings also increase the chance that you or your child will catch a cold. Children normally get 7-10 "colds" per year.

Handwashing is your best tool for prevention. Health care providers often answer questions about what to do to relieve symptoms in their child who has a cold.

Supportive care like nasal saline sprays/drops, bulb suctioning, cool mist humidifiers, fever-reducing medications, fluids, rest and propping up your child's head with a pillow during sleep to decrease the postnasal drip that can trigger coughing are the common treatments for children with cold symptoms. Today's parents don't have many options to safely treat colds and coughs in their young ones. The American Academy of Pediatrics states that over-the-counter (OTC) cough and cold medicines don't work for children younger than 6 years and may pose risks. The FDA agrees. A cough is usually a good thing; it means your body is trying to get rid of mucus that may be collecting in your lungs. However, a persistent cough may be unwelcome if it keeps you up at night or interferes with your activities. A 2007 study published in the Archives of Pediatrics and Adolescent

health matters continued...

Medicine found that 1-2 teaspoons of honey relieves a child's cough as well as cough syrup. Honey is not appropriate for children younger than 1 because they are at risk for infant botulism. Call your child's doctor if they also have:

- Fever
- Prolonged, worsening cough
- Wheezing
- If cold symptoms last longer than two weeks

Because we have strep throat in the community, here are additional symptoms to be aware of and call your doctor:

- Severe and sudden sore throat without coughing, sneezing, or other cold symptoms.
- Pain or difficulty with swallowing.
- Fever over 101°F (38.3°C). Lower fevers may point to a viral infection and not strep.
- Swollen lymph nodes in the neck.
- White or yellow spots or coating on the throat and tonsils.
- Bright red throat or dark red spots on the roof of the mouth at the back near the throat.
- Red, raised rash on the body
- Swollen tonsils, although this symptom may also be caused by a virus and not treatable by antibiotics

Nurse Mongeon

Integrated Arts Academy • Snapshots

IAA Students Shine!

**Dream, Sparkle and Shine
in 2016**

Have a happy New Year from IAA!