

***North Shore Academy Elementary Newsletter***

255 Revere Dr. Suite 100, Northbrook, IL 60062

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847-291-7905/Fax 847-291-9641

December 2011

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With the winter break upon us, I want to express my gratitude for your generosity and continued support of NSAE. I feel very fortunate to have the opportunity to work with such engaged, committed and thoughtful parents.

- Our annual Thanksgiving Feast was a wonderful coming-together of past and present staff and students. The delicious turkey was purchased through donations from you and the sides were provided by staff-it was a fantastic meal all around.
- Led by Cindy Rogalski and Christina Naviaux, the Scholastic Book Fair was a great success! Your support of the NSAE book fair helped generate over \$1000.00 which was used to purchase additional books for our library and support our student activities fund.
- Your support of our families, through clothing and monetary donations, was inspiring.
- Your involvement and participation in the parent coffee on December 2<sup>nd</sup> was truly appreciated.

I wanted to mention a few upcoming events that you may be interested in attending:

**January 23<sup>rd</sup>-6:30pm:** Sarah Migas, an internet safety specialist from the Illinois Attorney General's office will be meeting with staff during the day and presenting to parents in the evening. This presentation will be held at North Shore Academy; 760 Red Oak Lane in Highland Park. There will be no afterschool activities on this day.

**February 16<sup>th</sup>-1:30pm:** Black History Month Celebration at NSAE

**February 24<sup>th</sup>-8:30am:** Parent Coffee

**March 1<sup>st</sup>-12:00pm:** Ross Greene, originator of the Collaborative Problem Solving approach and author of the highly acclaimed books *The Explosive Child* and *Lost at School*, will be presenting to North Shore Academy staff and parents. Details will follow.

Again, thank you for all you do to make North Shore Academy-Elementary a great school!

Happy Holidays,

Ann Bystedt  
NSAE Principal

# Ms. McCarthy's Winter News

## Happy Holidays

Tis' the season to celebrate and give thanks. We hope that each of our students has a joyous and memorable holiday season with family and friends.

We are thankful for every student, parent, and staff member that makes North Shore Academy Elementary a wonderful place to learn and grow. As staff, we are constantly amazed by our students' ability to embrace challenges and acquire new knowledge by working hard each day. They give us all reason to celebrate and inspire us to continue our work supporting them on their journey.

## Farewell

It is hard to believe our talented Field Based Intern Adriana Aguilar will be ending her time in our classroom this December. In January, Adriana will be moving on to complete her student teaching and then begin her career in the field of Special Education. There is no doubt Adriana will continue to inspire students and colleagues alike with her passion for education and dedication to children.

## New Faces

In January, we look forward to welcoming a new first grade student to our classroom named Elizabeth. We are certain she will be welcomed with open arms by her new classmates and add personality to our exceptional group of students.

We are pleased to announce an upcoming addition to our classroom staff, Dimple Daredia. She will join our classroom team after Winter Break and we look forward to having her share her enthusiasm for education and teaching talents with our students.



## **Special Events**

- **Holiday Sing!**  
Thursday December 8<sup>th</sup> at 1:30 PM
- **NSAE Scholastic Book Fair!** December 8<sup>th</sup> and 9<sup>th</sup>
- **Winter Break!**  
December 19<sup>th</sup>-January 2<sup>nd</sup>
- **Martin Luther King Day!** Monday  
January 16<sup>th</sup>, 2012  
(No School)
- **Black History Month!**  
February (Fair date TBA)

Snowflakes are one of nature's most fragile things,

but just look what they do when they stick together.

Verna M. Kelly



# MS. ZISMAN'S CLASSROOM NEWSLETTER

*DECEMBER, 2011*

## HIGHLIGHTS

We have had many exciting events these past few months. We had a blasé celebrating Halloween and being able to show off our costumes at the Parade!

For Veteran's Day we had the opportunity for veterans to come in and discuss with us what Veteran's Day symbolizes. We were able to ask questions and participate in activities that our special visitors had planned for us.

Our field trip to the Museum of Science and Industry was so much fun! We were able to see how holidays were celebrated all over the world. We were also able to see exhibits with replicas of our city, baby chicks, and futuristic inventions.

## LOOKING BACK

In Language arts we have been working on telling more in our writing. We have been using literature to help us with our pre-writing.

Our focus in science these past few weeks have been on ecosystems and how animals and plants depend on each other for survival. We have used the smartboard to create food chains in various habitats. We will continue to explore human's in the ecosystem and how we can protect our Earth.



**GINGERBREAD EXHIBIT AT THE MUSEUM OF SCIENCE AND INDUSTRY!**

**MARK YOUR CALENDARS!**

**WINTER BREAK BEGINS: FRIDAY, DEC. 16<sup>TH</sup>**

**SCHOOL RESUMES: TUESDAY, JAN. 3<sup>RD</sup>**

**NO SCHOOL (MLK DAY): MONDAY, JAN. 16<sup>TH</sup>**

**BLACK HISTORY CELEBRATION: THURSDAY, FEB. 16<sup>TH</sup>**



# December 7, 2011



## Thank you, Mr. Juhl!

Our wonderful music teacher and classroom teaching assistant will be leaving us after December 16. He has accepted a position at a Chicago public school as a full-time music teacher. All of the NSA-E students will miss his fun and creative music classes. Our class will miss interacting with him every day. He is an insightful young person and we wish him the best of luck on his new adventure.

## Upcoming Events/Info

Winter Break begins: **December 19**  
School reopens: **January 3**

Internet Safety Presentation for  
Parents : **January 23 at 6:30 PM**

Remember your child needs boots at school. We walk to P.E.

## A Peek at Our Weeks

**Language Arts:** We are focusing on nonfiction topics. The students are using graphic organizers to plan a two or three paragraph report. They have generated questions to answer in their report and will find answers from one or more sources. Next they will write about the information they find, proofread and write a final draft. This is a long project so don't expect to see your student's report until the end of January.

Read aloud novel: Poppy by Avi

**Math:** Current and upcoming topics include - counting quarters, finding half of a set of objects, telling time to five minute intervals, identifying a.m. and p.m. and making a table to solve a problem. The students really got excited about adding a long string of single digit numbers and using the strategies of adding sums of ten first and then adding any doubles. They were surprised at how that really made the calculation so much easier. Try it at home!

**Science:** We are studying electricity and magnetism. We learned about charged particles and then had some fun with a couple of static electricity hands-on activities. We rubbed balloons with wool and then watched as pairs of them repelled each other. We rubbed strips of plastic with wool and then watched light pieces of paper jump from the table and stick to the strips. We learned that particles with opposite charges attract and those with opposite charges repel each other.

Remember, feel free to email me with any comments, or concerns.  
Laura Liveris [lliveris@nssed.org](mailto:lliveris@nssed.org) 847-291-7905 ext. 3133

***Our classroom team wishes your family a happy and safe Winter Break!***



# Ms. Selvey's Winter News

The school year is flying by! It's hard to believe it's already December! We've been busy with field trips, classwork, and fundraisers. We have welcomed two new students, Michael and Jayse, to our classroom and a student teacher from Illinois State University, Ms. Yablon. We are excited to have them join our community! Thanks again to the parents for all their support!  
😊

Ms. Selvey, teacher

Ms. Wleklinski, TA

Mr. Cake, TA

Mr. Obney, TA



## ACADEMIC UPDATES

**Field Trips** -The students enjoyed their first field trip to see their classmate, Josh, perform in "My Son Pinocchio." Then they got to see the Lyric Opera perform an abridged version of "Cinderella" translated into English. They learned about the history of opera, and were great audience members!

**Science**-The students have begun a unit studying cells. They will be able to compare plant and animal cells and will have the opportunity to look at samples through microscopes. It is a very interesting topic for all the budding scientists in the room!

**Social Studies**-The students finished their unit on the Native Americans with a field trip to the Mitchell American Indian Museum. They got to see artifacts from the different regions across the United States and make their own craft!

## **December 2011 P.E. News**

Wow! It's hard to believe that Winter Break is only one week away. I guess time does fly by when you are having fun and that's exactly what is happening in P.E. The students are currently participating in a Flickerball Unit. In the made-up game of Flickerball students work as a team by passing a football up and down the gym floor to score points by throwing the football at a basketball backboard with a chance to score between 1-5 points. The game promotes catching and throwing and working as a team to score goals. Both the students and staff enjoy playing the game and it also provides a great workout!

In the months of October and November the students were actively engaged in a Team Handball and Pre-Fitness Testing Units. The NSAE students play a modified version of the Olympic game Team Handball. Team Handball is a fast-moving game that combines running, jumping, catching and throwing. Teammates pass a ball to each other as they move up and down the gymnasium floor to score goals by catching the ball past the end lines. It's a great team game that allows for individual growth in object control skills such as throwing and catching but also emphasizes the team aspect of a game as well. The students also completed a Pre-Fitness Unit. In the unit the students were tested in the areas of distance running, sit-ups, push-ups and flexibility. The students will complete the same tests in March of 2012 and they will compare their scores, hopefully seeing progress in each area. All students made positive attempts during the pre-test and I look forward to seeing the progress they will make between the two testing periods. When the students return after winter break they will be participating in the units of Basketball, Floor Hockey and Gymnastics/Tumbling.

**I want to wish everyone a safe, healthy and happy Winter Break!**

*Go Bears!*

## North Shore Academy-Elementary: December 2011 Therapist Newsletter

The holiday season is a time meant to celebrate love, joy, and togetherness. Yet, for many of us the holidays can also bring about feelings of stress. Family gatherings, entertaining, decorating, and shopping can be both exciting and demanding. Signs of stress include mood swings, irritability, worry, and sometimes depression. Physical changes can also occur such as sleep and appetite disturbances, fatigue, muscle tension, headaches, or stomach aches. Taking care of your own needs and finding ways to manage stress will not only make you feel better but will also set a good example for the rest of your family. Keep in mind that children are vulnerable to the stress of the holidays much like adults are and being mindful of your child's needs during this time of year is just as important as your own.

Here are some ideas to combat holiday stress:

### Self-Care

- Listen to your body! Pay attention to how you feel emotionally and physically.
- Take breaks when you need to.
- Get plenty of sleep, eat a well balanced diet, and stick to your exercise routine.
- Surround yourself with supportive people.
- Find a healthy way to relax (i.e. deep breathing, visualization, listen to calming music, go for a walk, talk with a friend)
- If you see your child in distress, plan relaxing and fun activities together such as playing a game or reading a book.

### Time Management

- Invest your time wisely and prioritize.
- Choose to do things you want to do, don't just fulfill obligations to others.
- Plan time for relaxation.
- Ask for help when you need it!
- Remember that it's okay to let go of your "to-do" list, being present in the moment is just as important.
- Routine is essential for many children, try not to divert too much from your normal schedule.

### Gifts

- Create a budget and stick to it.
- Remember that cost and quantity is not a measurement of your love.
- Buy gifts on the internet when you can.
- Instead of spending time searching for the "perfect" gift, ask the person what they want.
- For some children places like the mall can be over stimulating and loud. It might be best to leave your child at home for activities like this.

### Family Gatherings

- Flexibility is important, don't stress about the way you think things "should" be.
- Divide up responsibilities instead of taking everything upon yourself.
- Think about the things that truly bring your family together. The simplest traditions can be the most meaningful ones.
- Let your child know what to expect and allow them time to prepare. Uncertainty can be stressful.
- Include your child by giving them a special job such as helping decorate or bake; this will keep them occupied and feel important.

**Material adapted from the following article: *Emotional Wellbeing: Coping with Holiday Stress* by The Cleveland Clinic.**

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[http://my.clevelandclinic.org/healthy\\_living/stress\\_management/hic\\_coping\\_with\\_holiday\\_stress.aspx](http://my.clevelandclinic.org/healthy_living/stress_management/hic_coping_with_holiday_stress.aspx)



## Speech and Language Newsletter



The Holiday Season is approaching, which means it is a wonderful time for family and friends to get together. Along with the holidays comes lots of picture taking! Using these pictures can help improve children's language skills and be fun at the same time.

You may purchase a small, inexpensive photo album or work together with your child to create his/her own photo album. These albums can be made either with construction paper or on the computer. This will allow your child to review the pictures and provide him/her with a structure to retell the event. You or your child can write small captions underneath the pictures to remember the event with better detail. Another use for the photo album can be to help prepare your child for any visitors during the holidays. Talk about when and where you will go as well as whom you will see there.. Always encourage your child to relate the remembered events in sequence to strengthen their verbal organizational skills.

Here are some helpful hints when looking through the pictures or photo album:

\*To increase the amount of details of the photo your child describes, encourage them to answer **who, what, where, when** and **why** questions.

\*Encourage your child to use numerous **adjectives** and **adverbs**.

\*To improve use of **past tense verbs**, use pictures from previous holidays or events.

Other fun activities tied in with the holidays are cooking and baking. Following recipes requires children to prepare (get the ingredients and cooking tools ready), process (read and understand the directions), and perform (follow the directions using the ingredients and cooking tools). You and your child can work together to complete the task and enjoy the reward of all that hard work-*the food!*

Working in the kitchen provides an excellent opportunity to practice language skills. When cooking, children must understand certain vocabulary. They need to know vocabulary for cooking tools (oven, mixer, whisk, etc.), flavors (salty, sweet, bitter, etc.), and textures (sticky, gooey, melted, etc.).

I hope everyone has a wonderful and safe holiday season!

Jenny Guidarelli  
Speech-Language Pathologist

