



Charlottesville Catholic School Specialist Newsletter

[Important Upcoming Reminders](#)

Date Event

11/4 - 11/15 Good News Book Fair

CCS Mass Choir: Attention all 3rd through 8th grade students! Do you like to sing? Join us for Mass choir on Tuesday mornings to help provide beautiful music for our liturgies. Students may sign up for as many weeks as they would like. More information can be found on the Sign Up Genius:

<https://www.signupgenius.com/go/9040C44ACAA2DA31-50743257-mass#/>

Middle School Singers Needed!

Middle school students who would be interested in participating with Ms.Wisbey on November 18th at Western Albemarle High School to sing in our City Choir, please sign this form! No auditions are necessary! Practices are: PREP TIME Monday and Fridays Oct 28, November 1st, November 4th, November 8th, November 11th and Friday, November 15th. There are three songs that will be performed. If students choose not to attend the practices during PREP time, they will be responsible for knowing and practicing all 3 songs at home.

Please e-mail Ms.Wisbey if you have questions at k.wisbey@cvillecatholic.org. There are also opportunities to audition for District and All-State Choir! Please sign this form if you are interested:

- o <https://forms.gle/Z678DJwY3CW6n2Kc9>

Library - Mrs. Anne Carbone a.carbone@cvillecatholic.org

Happy October! We have been celebrating Hispanic Heritage Month by reading books that are either written or illustrated by Hispanic Authors/Illustrators. We have also been exploring different genres: Fifth grade is currently reading Historical Fiction, Fourth grade is Realistic Fiction. I am reading Fantasy to Third Grade, and Realistic Fiction to Second, First Grade and Kindergarten. The younger students have learned to check in and out their own books and many students are also utilizing the "Library Search" on the computer to find books that interest them. It has been a busy month!



Book Fair News

CCS is happy to announce that we will be holding a virtual Good News! Book Fair from November 4-November 15th! All book orders should arrive at your home in time for Christmas presents. Want a sneak peak? Go to: <https://goodnewsbookfair.com/virtual-fair>
More information will be coming shortly!

Free Book Library

We have a Free Book Library (located outside the front doors of the school) with excess library inventory and donated books. Please come and take a couple of books home! Just a disclaimer: Please be aware that the school does not review the books that are placed into the Free Book Library.

P.E. - Ms. Madison Varney m.varney@cvillecatholic.org

Happy October everyone! We have had a very busy September in PE filled with Fitnessgram activities and Fitness Testing for most of the grades here at CCS. The kids have loved it! I have seen each of them eager to learn and perform in PE! For the next week and a half in PE, we will be celebrating Hispanic Heritage Month. We will be learning about athletes, culture, sports, and will be doing activities with Spanish music! It will be an exciting time! I love having each one of these kiddos in my class and hope they are loving PE just as much as I love teaching them! I am looking forward to the month of October!

K-2:

In K-2 classes, we have been focusing on developing spatial awareness through engaging activities in the gym. Students enjoyed classic games like Freeze Tag, Banana-Tag, and Sharks and Minnows, which promote movement and awareness in an open space.

1st and 2nd graders have also begun exploring FitnessGram activities, starting with the Pacer Test and the Sit and Reach Test. This week we have added to the importance of spatial awareness with the introduction to scooters. (The kids LOVE scooters!) We have played fun games such as Scooter Zombie Tag and Scooter Relay Races.

Meanwhile, Kindergarteners continue to enhance their skills by playing games that emphasize following directions and locomotor movements. They are learning dances through video modeling, and you can see them enjoying their time dancing with scarves in the pictures below! Additionally, they are practicing teamwork with a game called Keepie Uppie, where they work together to keep a balloon in the air.

3-5:

In grades 3-5, we are diving into FitnessGram activities! Students have been introduced to the Pacer Test, Sit and Reach Test, Pull-Up Test, Cadence Curl-Ups, and Cadence Push-Ups. The students have also worked on the timed Flexed Arm Hang and regular hanging onto the pull up bar for as long as they can. Following our fitness focus at the beginning of PE classes, we then have been transitioning into team-building games that promote sportsmanship and cooperation.

6-8:

Our middle school students are currently engaged in fitness testing, and they are showing great enthusiasm with testing! Each student has tried their best with each activity and are always eager to know what they score. We have completed the Push-Up Cadence Test, Sit and Reach Test, Pacer Test, Pull-Up Test, and Cadence Curl-Up Test. The Flexed Arm Hang and Mile Run are still to come. I will continue with testing and provide makeup opportunities for any students who missed their assessments. We will be retesting in April to see if we see improvements in everyone's scores!



Art - Ms. Vanessa Devlin v.devlin@cvillecatholic.org

September was a month of stretching and exploring in the Art Studio. We have been rather quickly opening up the various centers to the students. As each center opens, students practice accessing, using and cleaning up their materials. Envisioning - or coming up with ideas - has also been a focus for grades 3-8. From working with themes, to understanding the creative process, students have been working out their creative muscles.

The newly expanded studio space has become more and more organized to encourage independent learning. I have included a few photos of the space for you to enjoy! I am so thankful for the ability to teach in a beautiful space such as this.



This October, all students are being introduced to a daily drawing challenge. Inktober has been around since 2009, and this year CCS students are using the prompts to flex their drawing skills. The Art Room Instagram will be showcasing a few submissions every day - check them out here at: <https://www.instagram.com/ccsarchangelsarts/>

I am including the list of prompts at the end of this newsletter because many students have expressed interest in participating in the drawing challenge at home.

Music- *Kate Wisbey* k.wisbey@cvillecatholic.org

Happy October! As we finish September, our students used this month to review songs about America, as well as begun to learn songs and dances from Spanish speaking countries for Hispanic Heritage Month. We even learned our song “You Are My All in All” in Spanish for rosary! If you have any questions throughout the year, feel free to reach out to me at k.wisbey@cvillecatholic.org. Feel free to check out our soundcloud to listen to what we are working on in classes!- <https://on.soundcloud.com/gDUfg5W7JeRPWR9L9>

All Elementary students can have a student code access to sing and practice solfege at home! Feel free to check out this resource: <https://www.musicplayonline.com>- Log in as a student and enter the code: k504379

JK: learning how to keep a steady rhythm and beat throughout the song; matching pitch-movement and music games about apple picking, windy weather and pumpkins!

K-2: -history and song of the National anthem;parachute games- learning how to use musical centers and Spanish songs- “La Vicunita” - a song from Peru!

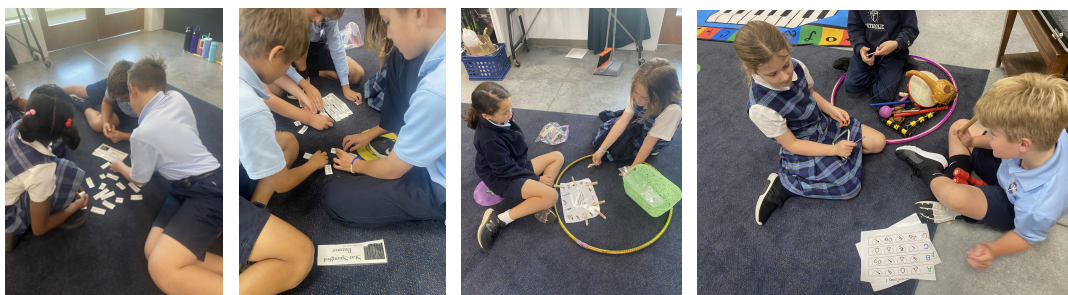


Parachutes and Mr.Half Note Man!

Music circles:Adding in Piano prompts, singing puppet shows and more!



3-5: National Anthem Puzzles- knowing the lyrics to the National anthem and the history of the song; “You are My All in All” in Spanish; Carima Rusa- song and dance from Argentina – our students danced a fun Spanish line dance from Argentina for Hispanic Heritage Month!





Our October Tradition: Pass the Pumpkin with instruments!

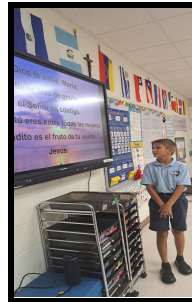
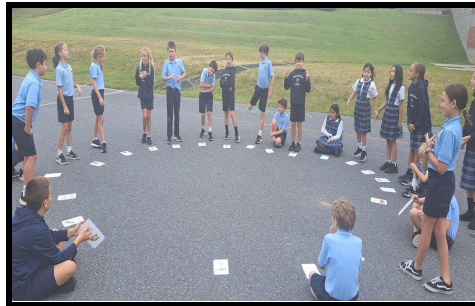
Middle School: All classes started with: Drum Class– learning about: time signatures, rhythm, duration of notes through games and activities– games: drum basketball, ball passing games, pass/reverse/skip a person, 8 on 8 rhythm game, secret number games, and more!

- Started to divide music classes up and start our units this year:
 - 6th Grade: Choir/Band
 - Started with a string vocal exercise and then learned You're a Grand Old Flag part singing
 - 7th Grade: Electronic music–creating soundtracks to their favorite action filled films
 - 8th Grade: Orff Band ensemble- playing the instruments, reading music and creating arrangements of their favorite songs, as well as songs from mass



Spanish- *Ms. Denise DeMaio* d.demaio@cvillecatholic.org

Elementary: 4th-5th grade: This month in Spanish classes students have learned and reviewed topics such as the alphabet and its grammar rules, greetings and farewells, creating a conversation and presenting it in front of the class, the 21 Hispanic countries and prominent people in the Hispanic community in celebration of Hispanic Heritage Month. Next month they will review at School and classroom objects, learning vocabulary and distinguishing these objects in class through games and activities, the calendar, weather, numbers and colors.



[Video: Students Conversation](#)

S.E.L. - *Ms. Marie Decker* m.decker@cvillecatholic.org

JK - K: Junior Kindergarten and Kindergarten have begun exploring various emotional “visitors” and will begin differentiating between comfortable and uncomfortable emotional states. Students are learning that emotions are neither bad or good, they simply affect us differently. Next, we will be learning strategies to use when a particular emotion is uncomfortable. When you are reading at home, see if your student can identify the feelings or level of comfort/discomfort in the story characters.

1-2: Students in first and second grade are learning that their brains grow just like a garden. Just as a garden needs soil, water, and sun to grow, our brains also need certain things to grow. Students differentiated between thought patterns that can help us persist in our work (“growing words”) and those thought patterns that encourage us to quit or give up amidst challenging situations (“withering words”). This month, students will practice applying these thought patterns to novel and challenging tasks. Encourage your student to share “growing words” with you at home and to use them when they are feeling challenged, either socially or academically.

3: Third grade is learning the concrete steps of “stop,” “think,” and “go” as it relates to self-control. Students have learned that self-control involves voice volume as well as the tone of voice used when expressing ideas and thoughts to others. Students have spent time discussing and considering the positive outcomes of utilizing self-control. Exploration of this topic will continue throughout the month of October, as students consider how they can control their choice of words and physical actions. At home, you can encourage self-control by providing opportunities for your child to adjust their volume or tone of voice.

4-5: Fourth and fifth grade students have begun exploring concepts related to uniqueness. Students have considered what elements make them unique and have identified the importance of understanding that our understanding of uniqueness will empower us to respond to others with empathy and compassion. Exploration of this topic will continue as we consider how our unique emotional responses require unique approaches to our own regulation. Fifth grade has been challenged to recognize the gifts and talents of classmates. Encourage your students at home to notice their own gifts or even their own difficulties with certain tasks. Accepting our unique differences and similarities is an important element in developing a healthy and positive identity.

Middle School: Middle school students receive SEL support on an as-needed basis in individual or small group settings. This month, various advisory groups will be participating in a mini-lesson on conflict resolution, to build awareness that there is intentionality in how we choose to respond to disagreements with classmates, teachers, and family members.

Inktober[®] 2024

OFFICIAL 2024 PROMPT LIST

- | | | |
|---------------|---------------|----------------|
| 1. BACKPACK | 11. SNACKS | 21. RHINOCEROS |
| 2. DISCOVER | 12. REMOTE | 22. CAMP |
| 3. BOOTS | 13. HORIZON | 23. RUST |
| 4. EXOTIC | 14. ROAM | 24. EXPEDITION |
| 5. BINOCULARS | 15. GUIDEBOOK | 25. SCARECROW |
| 6. TREK | 16. GRUNGY | 26. CAMERA |
| 7. PASSPORT | 17. JOURNAL | 27. ROAD |
| 8. HIKE | 18. DRIVE | 28. JUMBO |
| 9. SUN | 19. RIDGE | 29. NAVIGATOR |
| 10. NOMADIC | 20. UNCHARTED | 30. VIOLIN |
| | | 31. LANDMARK |

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