



Charlottesville Catholic School Specialist Newsletter

Important Upcoming Reminders

Date	Event
12/15/21	Christmas Concert - to be streamed, details to come

Library - Mrs. Banaszak m.banaszak@cvillecatholic.org

With the hustle and bustle of the holidays surrounding us, I thought it would be a good idea to teach the kiddos how to focus on their deep breathing and have a “mindful minute” when they first enter the library. Two of the children’s favorites are “Bubble Bounce” and “Rainbow Relaxation” offered by “The Mental Health Teacher” on Youtube.



This month ALL grades are receiving tutorials on how to give a dynamite book talk! Look for “Library Book Of The Day” sheets in your children’s homework folders to see what they’ve been reading while in the library. This week’s focus was on Tomie dePaola’s books! Next week the Kinders will begin with wordless picture books and the upper grades will use Christmas picture books. Once we round the bend into 2022, children will create book talks using basic

pen/ paper story map techniques and progress to more difficult programs like Chatterpicks and Toontastic.

This week students read Chanukah books, learned the history of Chanukah and practiced playing the Dreidel game!



Hello Parents! I am Kevin Jones and will be the long-term substitute for Mr. Frazier until Christmas break. I have already had one great week with the students and hope to have an exciting 4 more weeks! Thanks to Mr. Frazier's excellent plans, class has been going smoothly. Here is what we will be doing in the different grade groups for the next few weeks. One thing we will be doing across grades is age appropriate warmup activities as a group. These activities for the 3rd grade through Middle School will be fitness exercises that help build core strength and stability. For K-2nd we will be doing small jumps and motions (like flap your arms like a bird) to help get kids ready for physical activity.

Middle School: In Middle School we are finishing up a soccer unit and have been working on the main components of soccer: dribbling, passing, and shooting. We have been building towards a full 4v4 or 5v5 tournament where all skills will be utilized the week after Thanksgiving. The focus has been on control of the ball, passing with a partner/teammates and setting up a shot. In addition, we have done fitness reps focused on soccer as well as agility and dynamic warm-up drills. After soccer, I am gonna put together a track and field unit where we do modified versions of track events, relays, and running events. I hope to pull it all together with a mini meet at the end of the unit. This will be much easier outside so for the last couple weeks please make sure your student has warm clothing to wear outside during gym.

3rd-5th grade: In 3rd and 5th grade we are focusing on jump rope skills which will finish this week with each student (or group of two students) doing a jump rope routine that lasts about a minute or two. They have been doing jump rope stations with different skill cards to help them learn tricks. In addition, the jump challenge wall Mr. Frazier set-up for 75, 100, or 125 jumps is something each student can complete to get their jump badge. After the jump rope unit we will shift gears to invasion games where the focus will be on spatial awareness, ability to learn the rules of a game, and the ability to play and work together safely on a team. I have been authorized by Mr. Frazier to start the climbing badge challenge. That means any student who gets all the way across the rock wall without touching the mats and following the procedures gets a badge put on the board. The last week the "mission impossible" challenge will return where teams of students must cooperate to get their team across the gym without touching the floor. There might be special variations this time to make the mission impossible even more challenging!

K-2nd: In kindergarten through 2nd grade we are going to be playing seasonal games and doing fun activities that require self-regulation. Self-regulation means we will be talking about how to control ourselves when doing physical activity and playing games.

We will be having conversations about effort, emotions, and safety. We will be playing pickles in the pumpkin patch, follow the leader, variations of sweep the yard, and elf themed tag games. Each day we will do a brief warm up and talk about when playing games we have to control our emotions, our selves, and be aware of who is around us before we start each game.

Art - Mrs. Devlin v.devlin@cvillecatholic.org

As students have learned about new media and more stations have opened to them, more diversity of work is being explored. In one classroom you might find weaving, sewing, sculpting, painting and drawing taking place all around you. Some students may be working independently and others may be excited to collaborate with a friend. A few holiday projects have been used to teach new media techniques and skills to the entire class, and these are often class favorites.

Many thanks to the families sending in paper rolls and flattened cardboard. Keep it coming along with styrofoam veggie/meat trays. I am stocking up my printmaking center.

Have a merry Christmas, and a Happy New Year!

Here are a few snapshots from the classroom studio:



Music - Ms. Howard s.howard@cvillecatholic.org

Hello everyone!

We have been very busy in music class these past few weeks. Holiday joy is definitely a major part of music class as we have embraced winter themed music to review our fundamentals of music as well as explore the world of pitch...It has been exciting to hear a beautiful song in music class in the ways we can currently. Hearing the beautiful singing voices for our upcoming Christmas Concert has been such a gift. We had a few full days of exciting recordings and prep

for our concert, which means we have been able to enjoy learning about Sleigh Ride and the Nutcracker Ballet and even some silly little gnomes in our younger grades.

Be on the lookout for more information on how and when the Christmas Concert will be streamed, but for now, save the date of Wednesday, December 15th! Oh, and I highly recommend some hot cocoa and popcorn for the event!

Spanish - Mrs. Osteen j.osteen@cvillecatholic.org

¡Hola a todos! I hope everyone had a great Thanksgiving break! It has been wonderful to be back with the students and we have begun to prepare for “la Navidad”! This week students helped me decorate the classroom door with “un árbol de navidad”. Each student decorated “un adorno” and placed it on the tree. The next two weeks we will continue to celebrate la Navidad and talk about how it is celebrated across the Spanish speaking world.

Additionally, we will continue to practice vocabulary learned in the first semester. Unfortunately, since I only see Spanish once a week, we are not able to cover a lot of material. However, students in all grades have been amazing me with how much they know and remember. Students are able to easily follow directions, explain how they are feeling, tell me the day of the week, the date, the season and the weather, all in Spanish! Additionally, they are growing their vocabulary on food, colors, and classroom items. Students are building a great base of Spanish and I am very proud of them!

