

# The PEN

PASADENA ELEMENTARY NEWS, NOVEMBER 2020

## COUNSELOR'S CORNER WITH MS. NOBLE

During the month of November I will be visiting classrooms to teach county developed lessons on Social Justice. These lessons are developmentally appropriate for elementary students. The lessons focus on appreciating and respecting differences along with treating others with kindness, fairness and equity.



## MIDDLE SCHOOL MAGNET PROGRAMS

Remember, the on-line application closes at noon on November 24th. Considering a magnet program but just not sure? Apply anyway! Final decisions do not have to be made until spring following the lottery. For additional information please visit the link below:

[www.aacps.org/magnet](http://www.aacps.org/magnet) 5th graders will have an opportunity to ask questions about Magnet Programs during the 1st week of November when Ms. Noble visits their classroom.

## HARVEST FOR THE HUNGRY

Thank you to our generous Pasadena families. Pasadena Elementary has been credited for donating over \$700 toward fighting hunger in Anne Arundel County! The virtual campaign will continue through November 25th. [www.aacps.org/harvest](http://www.aacps.org/harvest)

## SUCCESS CELEBRATION

We will wrap up the end of the 1st marking period by celebrating student success with a virtual dance party. The celebration will occur on Friday, November 13th during your child's community building/circle time within his/her homeroom google meet.





## FUN FRIDAYS

Friday, November 6th - School Spirit Day: Wear PES gear or blue and gold school colors.

Friday, November 13th - Celebrate World Kindness Day: Wear a cardigan like Mr. Rogers.

Friday, November 20th - Fitness Friday: Wear your workout/exercise gear.





## READING WITH MRS. CORNETTI



Research shows that involving students in their learning can have a significant impact on their success. This is even more critical when they find themselves learning from home. No matter the setting, you and your teachers can find ways to celebrate them, acknowledge their successes, and stay connected. Here are some tips and tools to help:

# Fridge Tips F O R i-Ready Lessons at Home


**Prepare Them**

<b>Make sure they have what they need:</b> 	<ul style="list-style-type: none"> <li>✓ A quiet place to work on i-Ready lessons and activities</li> <li>✓ A device that works with i-Ready, consistent internet connection, login information, and headphones</li> <li>✓ Paper and pencil for tracking their lesson progress</li> </ul>
<b>Help them focus:</b> 	<ul style="list-style-type: none"> <li>✓ Plan together for how they will spend their time and when they will work on their learning activities.</li> <li>✓ Direct students to the <a href="#">To Do section</a> for upcoming lessons.</li> <li>✓ Encourage them to take their time, ask questions, and write things down.</li> </ul>


**Support Them**

<b>Keep them motivated:</b> 	<ul style="list-style-type: none"> <li>✓ Explain that working on i-Ready will help them continue their learning and make sure they are ready for the next grade level.</li> <li>✓ Encourage them to take each lesson and quiz seriously.</li> <li>✓ Remind them that mistakes are part of learning, and they are okay.</li> <li>✓ If they don't pass a lesson, remind them they can take it again.</li> </ul>
<b>Help them track progress:</b> 	<ul style="list-style-type: none"> <li>✓ Get them talking about lessons and what they're learning.</li> <li>✓ Check in at the end of their lessons. Ask them to tell you or write down what they learned and if they have questions.</li> <li>✓ Regularly review progress using the <a href="#">My Progress page</a>.</li> </ul>

**Celebrate Them!**

<b>Celebrate their progress:</b> 	<ul style="list-style-type: none"> <li>✓ Celebrate milestones, such as passing a lesson or reaching a goal (ex., putting marbles in a jar after passing lessons).</li> <li>✓ Reward hard work and focus.</li> </ul>
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For more information, tips, and tools, visit [i-ReadyCentral.com/FamilyCenter](https://www.i-ReadyCentral.com/FamilyCenter).  
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Help track and celebrate your student's progress by regularly reviewing their i-Ready My Progress page with them. Use the map and prompts below to help.

## 1 My Progress:



Direct your student to the My Progress section to see all their lesson stats.

## 2 Time-On-Task:

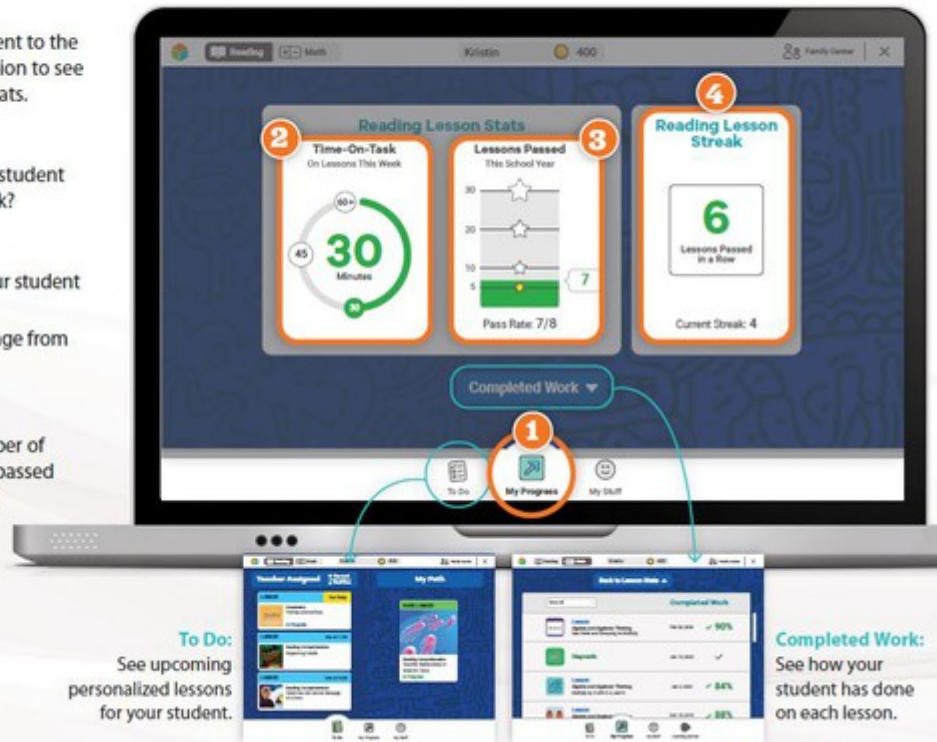
- How much time has your student spent on lessons this week?

## 3 Lessons Passed:

- How many lessons has your student passed?
- How did this number change from last week?

## 4 Lesson Streaks:

- What is the greatest number of lessons your student has passed in a row this school year?
- How many lessons has your student passed in a row most recently (i.e., current streak)?



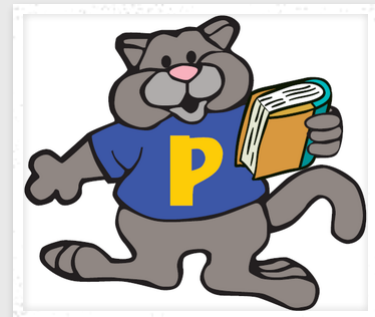
For more information, tips, and tools, visit [i-ReadyCentral.com/FamilyCenter](https://i-ReadyCentral.com/FamilyCenter).

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i-Ready

## MEDIA CENTER NOTES WITH MRS. BRADSHAW

Students in kindergarten, first and second grades will be exploring our unity themes in media: inclusion, acceptance and kindness. We will be sharing stories from our new Project Unity collection which is available to all students through MackinVIA.



Students in third, fourth and fifth grades will begin exploring our online databases and new virtual makerspace. We will also be sharing more of our Black Eyed Susan nominated picture books in all media classes.




## EEE - GLOBAL STUDIES WITH MR. PETERS

In Global Studies, primary students (grades K, 1, 2) are finishing up their unit on Self Care by creating a toolkit of strategies for personal wellness.

Intermediate students (grades 3, 4, 5) are continuing with their unit of thinking like an archaeologist to complete projects of their choosing.

# PHYSICAL EDUCATION WITH MRS. DEAVER




We have lots of fun and engaging Physical Education lessons throughout the month of November. Students are continuing to work on their locomotor and non-locomotor skills as well as incorporating pathways and levels into movement sequences. They will also be exploring target activities including tossing, rolling, throwing, and catching. If your child missed a lesson, please check their P.E. Google Classroom for slides and graded assignments. Our November Mind and Body Calendar is a great way to add movement into each day.






## ELEMENTARY Mind & Body Calendar

**Celebrate  
World Kindness Day  
this month!**

**November 2020**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<p><b>1 Set a goal</b> How many days can you be active in November? Tell a grown-up at home your goal, and write it in this square. <b>SS.E1</b></p> 	<p><b>2 "Thriller" Dance</b> <a href="#">click here for video</a> Celebrate "Day of the dead" by doing the Thriller Dance! <b>SI.E5</b></p>	<p><b>3 Home locomotor challenge</b> Touch every wall in your home. For each wall, use a different locomotor (run, skip, hop, leap) <b>SI.E1</b></p>	<p><b>4 Hydration</b> Every time you have a glass of water, record a tally mark. <b>SS.E6</b></p>	<p><b>5 Get Outside</b> Pick a tree, how many jumps does it take to get there? How fast can you run around your house? Which pathway (curve, straight, zig zag) is fastest? <b>SS.E2</b></p>	<p><b>6 Yoga Cat Pose</b> On all fours round your back pulling your spine towards the ceiling while looking at the ground. <b>SI.E10</b></p> 	<p><b>7 Create A Game</b> Use your imagination and make up a game using a ball, a sock, and a jump rope. <b>SS.E1</b></p>	
<p><b>8 Teach and play the game</b> How did you feel when you finished? How did you show respect to yourself and others? <b>SS.E4</b></p>	<p><b>9 Favorite activities</b> Draw or write 3 of your favorite ways to stay active. Rank them from 1st favorite to 3rd favorite. Who taught you how to do these activities? Tell them "Thank You!" <b>SS.E3</b></p>	<p><b>10 Music Break</b> Put on your favorite song, lay down, close your eyes. How do you feel after the song is finished? <b>SEL (Self-awareness)</b></p>	<p><b>11 Alone or together?</b> What is one physical activity you enjoy doing alone? How about one with others? Choose one to do! <b>SS.E3</b></p>	<p><b>12 Mindful Minute</b> For 60 seconds, clear your mind &amp; only focus on your breathing. If your mind starts to wander, bring your attention back to your breathing in honor of Veterans Day. <b>SEL (Self-management)</b></p>	<p><b>13 Leave a Note</b> Celebrate <i>World Kindness Day</i> by leaving a nice note for someone to find. Examples: -You have a nice smile -Thank you for being a good friend. -You're fun to play with <b>SEL (Social Awareness)</b></p>	<p><b>14 National Diabetes Awareness Day</b> Celebrate with a piece of fruit for dessert. <b>SS.E6</b></p>	
<p><b>15 Seek Adventure</b> What is one activity you have wanted to try? Go by it! How is learning a new activity challenging? <b>SS.E2</b></p>	<p><b>16 Recess</b> Ask an adult to show you their favorite physical activity at recess. Do you play this activity during your recess? <b>SS.E1</b></p>	<p><b>17 Cow Pose</b> On all fours arch your back with your head looking up while your tummy is pushed toward the ground. <b>SI.E10</b></p> 	<p><b>18 Toss and catch challenge</b> Find an object to toss and catch. Come up with three different ways to make it more challenging. Which was your favorite? <b>SI.E16</b></p>	<p><b>19 Family challenge!</b> Challenge a family member to a "Plank Contest". What muscles got stronger? Record your time and celebrate with a fun dance! <b>SS.E1</b></p>	<p><b>20 National Hiking Day Climb!</b> Find stairs or a hill. How many times can you go up and down? <b>SS.E1</b></p>	<p><b>21 No Screen Saturday</b> Go the whole day without using a phone, tablet, or computer. <b>SS.E1</b></p>	
<p><b>22 Hydration</b> Experts say to drink 4-6 glasses of water per day. Were you able to get more glasses of water than last time? Do you feel better? <b>SS.E6</b></p>	<p><b>23 Family responsibilities</b> Choose an activity that helps the family, but also benefits your body (vacuuming, making leaves, taking out garbage). What did you do? <b>SS.E1</b></p>	<p><b>24 Family Walk</b> Take the family out for a walk together. Can you learn three new things about each person? <b>SEL (Relationship skills)</b></p>	<p><b>25 Jump rope to music!</b> Can you jump to an entire song without stopping? <b>SI.E27</b></p>	<p><b>26 A Gratitude Attitude</b> Write down something you're thankful for and why in honor of Thanksgiving. <b>SEL (Social awareness)</b></p>	<p><b>27 Pump it up!</b> Find a partner to make a wheel barrel. How far can you go? Which muscles got stronger? <b>SS.E1</b></p>	<p><b>28 Go outside</b> Create your own obstacle course. Be sure to include going "under, over, and around". Choose three different movements to complete the obstacle course. <b>SS.E2</b></p>	
<p><b>29 Just play!</b> Hide-and-seek, tag, hopscotch, hula hoop, pogo stick, it's up to you. <b>SS.E1</b></p>	<p><b>30 Celebrate!</b> Celebrate your success by picking your favorite activity on the calendar. Star on your favorite, heart on the one that made your heart beat fastest, smiley face one that made you content/calm. <b>SS.E1</b></p>	<p style="text-align: center;"><b>National Health Observances:</b></p> <ul style="list-style-type: none"> <li>National Gratitude Month</li> <li>American Diabetes Month</li> <li>Lung Cancer Awareness Month</li> <li>4<sup>th</sup> National Stress Awareness Day</li> <li>13<sup>th</sup> World Kindness Day</li> <li>17<sup>th</sup> National Take a Hike Day</li> <li>30<sup>th</sup> National Personal Space Day</li> </ul> <p style="text-align: center; font-size: small;">Yoga Images from <a href="http://www.fitness.com">www.fitness.com</a></p>				<p><b>SHAPE America recommends school-age children accumulate at least 60 minutes and up to several hours of physical activity per day. Each bout of physical activity should be followed by cool-down stretches that help reduce soreness and avoid injury. Happy exercising!</b></p>	

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DOMINGO	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
<p><b>1 Pon una meta</b> ¿Cuántos días puedes estar activo en noviembre? Dale a un adulto en casa tu objetivo y escríbelo en este cuadrado. S3.E1</p> 	<p><b>2 Baile "Thriller"</b> <a href="#">Click here for video</a> ¡Celebre el Día de los Muertos con el baile Thriller! S1.E1</p>	<p><b>3 Desafío locomotor en casa</b> Toca todas las paredes de tu hogar. Para cada pared, use un locomotor diferente (correr, saltar, saltar, saltar). S1.E1</p>	<p><b>4 Hidratación</b> Cada vez que tome un vaso de agua, registre una marca de conteo. S3.E6</p>	<p><b>5 Sal Afuera</b> Elige un árbol. ¿Cuántos saltos se necesitan para llegar allí? ¿Qué tan rápido puedes correr por tu casa? ¿Qué vía (curva, recta, zigzag) es más rápida? S2.E2</p>	<p><b>6 Postura del gato de yoga</b> A cuatro patas alrededor de tu espalda tirando de tu columna hacia el techo mientras miras al suelo. S1.E10</p> 	<p><b>7 Crea un Juego</b> Usa tu imaginación e inventa un juego usando una pelota, un calcetín y una cuerda para saltar. S3.E1</p>
<p><b>8 Enseñe y juegue el juego</b> ¿Cómo te sentirías cuando terminada? ¿Cómo demostró respeto a sí mismo y a los demás? S5.E4</p>	<p><b>9 Actividades favoritas</b> Dibuje o escriba 3 de sus formas favoritas para mantenerse activo. Clasifíquelas desde el 1er favorito al 3er favorito. ¿Quién te enseñó a realizar estas actividades? Diles "¡Gracias!" S5.E3</p>	<p><b>10 Pausa Musical</b> Pon tu canción favorita, acuéstate, cierra los ojos. ¿Cómo te sientes después de terminar la canción? SEL (conciencia de sí mismo)</p>	<p><b>11 ¿Solo o juntos?</b> ¿Cuál es una actividad física que le gusta hacer solo? ¿Cuál tal uno con los demás? ¡Elige uno para hacer! S5.E3</p>	<p><b>12 Minuto Consciente</b> Durante 60 segundos, aclara tu mente y sélo concentrado en tu respiración. Si su mente comienza a divagar, devuélvase su atención a su respiración en honor al Día de los Veteranos. SEL (Autogestión)</p>	<p><b>13 Dejar una nota</b> Celebre Día mundial de la bondad dejando una bonita nota para que alguien la encuentre. Ejemplos: -¿Ved si tiene una bonita sonrisa -Gracias por ser un buen amigo. -Es divertido jugar contigo SEL (conciencia social)</p>	<p><b>14 Día Nacional de Concienciación sobre la Diabetes</b> Celebre con una fruta para el postre. S3.E6</p>
<p><b>15 Buscar Aventuras</b> ¿Cuál es una actividad que ha querido probar? ¡Ve a probarlo! ¿Cómo es un desafío aprender una nueva actividad? S5.E2</p>	<p><b>16 Recreo</b> Pídale a un adulto que le muestre su actividad física favorita durante el recreo. ¿Juegas esta actividad durante tu recreo? S1.E1</p>	<p><b>17 Postura de la vaca</b> A cuatro patas, arque la espalda con la cabeza mirando hacia arriba mientras empuja la barriga hacia el suelo. S1.E10</p> 	<p><b>18 Desafío de lanzar y atrapar</b> Encuentra un objeto para lanzar y atrapar. Piensa en tres formas diferentes de hacerlo más desafiantes. ¿Cuál fue tu favorito? S1.E18</p>	<p><b>19 ¡Desafío familiar!</b> Desafíe a un miembro de la familia a un "concurso de planchar". ¿Qué músculos se fortalecieron? ¿Cubre su tiempo y celebre con un divertido bailar! S3.E1</p>	<p><b>20 Día Nacional de excursionismo; su bida!</b> Encuentra escaleras o una colina. ¿Cuántas veces puedes subir y bajar? S3.E1</p>	<p><b>21 Sábado sin pantalla</b> Pasa todo el día sin usar un teléfono, tableta o computadora. S3.E1</p>
<p><b>22 Hidratación</b> Los expertos dicen beber de 4 a 6 vasos de agua al día. ¿Puedes tomar más vasos de agua que la última vez? ¿Te sientes mejor? S3.E6</p>	<p><b>23 Responsabilidades Familiares</b> Elige una actividad que ayude a la familia, pero que también beneficie a su cuerpo. (pasar la aspiradora, raspar hojas, sacar basuras). ¿Qué hiciste? S3.E1</p>	<p><b>24 Paseo Familiar</b> Lleve a la familia a caminar juntos. ¿Puedes aprender tres cosas nuevas sobre cada persona? SEL (habilidades de relación)</p>	<p><b>25 ¡Salta la cuerda al ritmo de la música!</b> ¿Puedes saltar a una canción completa sin parar? S1.E27</p>	<p><b>26 Una actitud de gratitud</b> Escribe algo por lo que esté agradecido y por qué en honor al Día de Acción de Gracias. SEL (Conciencia Social)</p>	<p><b>27 ¡Bombea!</b> Encuentra un compañero para hacer un cilindro de rueda. ¿Qué tan lejos puedes ir? ¿Qué músculos se fortalecieron? S3.E1</p>	<p><b>28 Salir Afuera</b> Crea tu propia carrera de obstáculos. Asegúrese de incluir "debajo, encima y alrededor". Elige tres movimientos diferentes para completar la carrera de obstáculos. S2.E2</p>
<p><b>29 ¡Simplemente jugar!</b> Escondar y buscar, etiqueta, rayuela, hula hoop, pogo stick, depende de usted. S3.E1</p>	<p><b>30 ¡Celebre!</b> Celebre su éxito seleccionando su actividad favorita en el calendario. Estrella en tu favorito, sorázalo en el que hizo que tu corazón latiera más rápido, carita sonriente uno que te hizo feliz y tranquilo. S3.E1</p>	<p><b>Observancias Nacionales de Salud:</b></p> <ul style="list-style-type: none"> <li>• Mes Nacional de Cortesía</li> <li>• Mes Nacional de Concienciación sobre el Autocuidado</li> <li>• Mes Nacional de Prevención del Suicidio</li> <li>• Frutas y Verduras – El mes de lo que mas importa</li> <li>• Mes Nacional de Concienciación sobre la Obesidad Infantil</li> <li>• Mes Nacional de Concienciación sobre el Yoga</li> </ul>				<p>SHAPE America recomienda que los niños en edad escolar acumulen al menos 60 minutos y hasta varias horas de actividad física por día. Cada sesión de actividad física debe ir seguida de estiramientos de enfriamiento que ayuden a reducir el dolor y evitar lesiones. ¡Feliz ejercicio! Imágenes de yoga de <a href="http://www.forteyoga.com">www.forteyoga.com</a></p>

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## MUSIC NOTES WITH MRS. KRAMER-DICKINSON

**Did you know?** The cognitive structures developed through music instruction help to expose and illuminate more general organizing structures relevant for other disciplines. – *Research in Music Education, 2009*

**Welcome Ms. Yoo!** Ms. Jina Yoo will be working with Mrs. Dickinson and your students as she completes her teacher training coursework. She comes to us from Towson University and is excited to learn more about the Elementary Instrumental Program.

**Hybrid scheduling:** Both Chorus and Instrumental Music will continue whenever the hybrid schedule goes into effect. These classes will still be taught virtually to ensure everyone's safety with the airborne virus. Regardless of which instructional format your family has chosen, there will be some adaptations to scheduling of Chorus, Band, & Strings to still give everyone a chance to participate. Stay tuned for further information as it becomes available.

**Band and Strings materials:** All participating students should have their instruments, **books**, and any other extra supplies as noted on our [Instrumental Music website](#). It is imperative that students have their own books at home in order to practice and keep up with lessons. **If you have not already, please order a book for your student as soon as possible to ensure their continued success.**

**Instrument practicing:** Young Instrumental musicians should try to practice 4 days each week at home for 15-20 minutes at a time. When we split up our efforts over time, we can build more muscle and memory for what we are learning. We will be working on different types of short songs in instrumental music over the coming weeks. Many of them will be perfect

pieces for your young musician to perform for family over the Thanksgiving/Winter breaks. Ask for a little solo performance at home to help encourage your musician!

**Mini performance:** Our Instrumental students have an assignment where they perform 2 very short pieces for a friend or family member and then interview them about it. Feel free to volunteer to be an audience for your musician or help them connect virtually with a distant family member or friend to complete the activity.

**Virtual Performance:** We are tentatively planning a virtual performance to share with families in December. This will include Strings, Band, and Chorus and potentially a piece of artwork from each student in the music ensembles. Students will actually complete the performance as part of their musical class times. Then the music teachers will compile everything into a work to be shared. There will not be any video of your student shared.

**5th grade parents:** Do you have a talented and very interested musician? AACPS offers special middle school magnet programs just for these students. They still receive all regular middle school course instruction, but benefit from extra time in the arts area for which they apply. Arts magnets do require auditions which take place in December. Further information can be found at: [www.aacps.org/pva](http://www.aacps.org/pva) or contact your child's music teacher.

**Instrument Storage:** As we enter the colder months, please keep in mind that exposure to the much colder air can damage **any** instrument, as can constant changes in temperature. Transporting the instrument to and from school should not present any problems, but when instruments are being stored they should be kept *away* from heat/ cooling vents, outside doors, windows, & anywhere that moisture collects. Please try to avoid leaving it in cars for long periods of time as well. Proper storage will help ensure that your child's instrument remains in good working order.

**Grades:** Band and Strings grades will be included on the 1st quarter report cards as well as General Music and Chorus.

CD = Consistently Demonstrating (your student is doing exceptionally well!);

PR = Average (Students are performing their skills right where they should be);

EM = Emerging Development of Skills (You are demonstrating growth but probably need extra practice time to develop your skills to your best. Remember to do your best in class);

ND = Needs Development (Try for more practice time at home to help develop your skills and earn more practice points. Increased lesson attendance and/ or participation is also necessary.)



## CAFE NEWS WITH MS. ROBIN & MS. DONNA

We will continue serving meals for curbside pickup from 11:45am to 12:30pm, Monday through Friday. Students coming into the building for hybrid learning will also receive breakfast and lunch meals in the classroom; take home snacks and dinner meals will also be provided. Thank you for coming to PES everyday. We love seeing all of you and the puppy dogs, too!

# #PANTHERSCARE

VALUES: Care, Achieve, Respect, Engage



VISION STATEMENT: We envision Pasadena Elementary to be a school where we maintain high expectations for academic standards through rigorous instruction. We will continue to foster a positive, caring school climate where we respect and value diversity and prepare individuals for success in higher learning and careers.

MISSION STATEMENT: Pasadena Elementary is dedicated to preparing students for college and career readiness, promoting academic excellence and citizenship for all students.

Anne Arundel County Public Schools NON-DISCRIMINATORY PRACTICE: The Anne Arundel County Public School System does not discriminate on the basis of race, color, sex, national origin, religion, age, disability, sexual orientation or familial status in matters of affecting employment or in providing access to programs.



**Pasadena Elementary (@PES\_A...**

twitter.com

The latest Tweets from Pasadena Elementary (@PES\_AACPS). We are a K-5 school in Anne Arundel County; 2016 National Blue Ribbon; MD Blue Ribbon School; Green School; & AACPS Wellness School of Distinction.#PanthersCARE. Principal: Jennifer Quirino