

Retriever Newsletter

Cultivating Life-Long Learners

Principal's Message

Dear West Annapolis Families,

We appreciate everyone's patience and support as we launch into our testing season. 5th Grade is taking their Maryland Integrated Science Assessment or MISA at the end of March. All students have had their reading levels assessed at this point with our F&P testing. Third quarter assessments for reading, math, and science will also take place throughout the month. Students' literacy achievements have been recognized and they will be setting new goals for the end of the year. I cannot say how proud I am of all of our students' growth and how they have taken the initiative to focus on their continued growth in both reading and math. Their excitement is truly amazing!

Kindergarten registration for the 2020 - 2021 school year begins on April 1st. Enrollment at this time is not mandatory, but it is preferred as it enables the school to better prepare for the upcoming school year. Enrollment continues throughout the summer and into the start of school, which includes students new to the area for all grades. If you meet a family who will be enrolling children at West Annapolis, please ask them to call the school office to schedule an enrollment appointment. Getting students registered as soon as possible helps us with planning and having accurate enrollment numbers.

I'm sure everyone has also been working diligently over the past few weeks on your Science Fair Projects in order to be prepared for our Science Fair week beginning March 23rd. We look forward to seeing our future Retriever Scientists showing off their knowledge. The Science/STEM Fair is mandatory for grades 3, 4 and 5, and optional for students in grades K, 1 and 2. Our Science Fair Night for parents will be held on March 26th at 6.00 p.m.

Believe it or not, Spring Break is just around the corner. Students will be out of school for Spring Break on April 9th-April 13th. The school office will be closed during spring break. Schools will reopen on Tuesday, April 14th. One last reminder...MCAP testing for 3rd, 4th and 5th graders will be coming in April and continuing into May. Be sure students are in attendance and have a great breakfast to fuel their thinking for testing. Thank you, as always, for your continued support!
Happy Spring!!!

Jen Bennett
Principal, West Annapolis Elementary

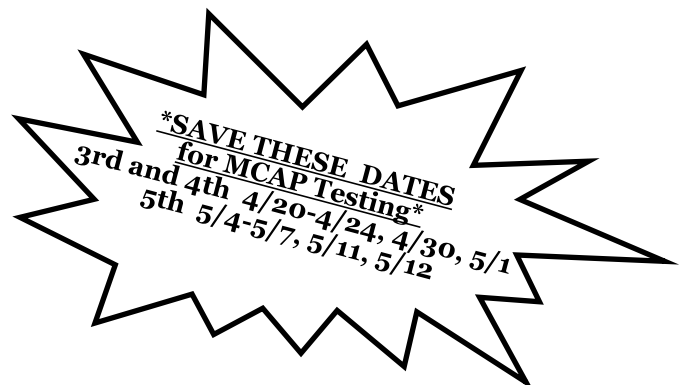
Mark your calendars...

March:

3rd	PTA Meeting 6:30 p.m.
3rd	4th Grade Field Trip to the State House
9th	Interims go home
10th	Schools Closed— Parent/Teacher Conferences
23rd	Yearbook, Club photos Science Fair Week!
24th	2 Hour Early Dismissal
26th	Science Fair Night, 6:30 p.m.
27th	PTA Talent Show— 6:30 p.m.
31st	K Field Trip— Downs Park “Camp Woodlands”
31st & April 1st	Gr. 5 MISA Testing

April:

1st	Kindergarten Registration begins 9:30—1:30 daily
7th and 8th	2 Hour Early Dismissal
9th-13th	Schools Closed—Spring Break
28th	Schools Closed—Election Day



Kindergarten Registration

Kindergarten Registration begins April 1st. Please stop by the office and pick up a packet M-F between the hours of 9:30 a.m. and 1:30 p.m. Also, please bring the following documents with you:

- *Lease or Mortgage Statement
- *Original Birth Certificate
- *Utility Bill
- *Immunization Records



Science Fair Update

By now all Science Forms should have been submitted and hopefully students are busy working on their projects! Please remember that students in grades K-2 have the option to participate but students in grades 3-5 are required. SCIENCE FAIR PROJECT DUE DATES are as follows:

Grades K-2:

Monday, March 23, 2020

Grades 3-5:

Monday, March 16, 2020

Mrs. Portocarrero (5)

Mrs. McLaughlin (3)

Wednesday, March 18, 2020

Mrs. Jefferies (5)

Mrs. Galyon (4)

Mrs. Thorn (3)

Friday, March 20, 2020

Mrs. Taneyhill (4)

Please note your classes specific Science Fair Project Due Date above. All projects will be presented and graded on the specific due date during STEM class, and the top 5 projects from each 3rd through 5th grade class will move on to our school's Science Fair which begins on Tuesday, March 24, 2020.

Birthday Treats in School

WAES would like to send a gentle reminder about birthday treats. Please know that students receive any treat sent in the last five minutes (the end) of their lunchtime. Due to the limited time available, please remember to limit food items to something store bought, small, and easy to eat. Please refrain from bringing a "party" to the lunchroom. You are always welcome to send in a non-food item instead of sweets to help promote healthy choices (pencils, stickers, bookmarks, erasers, trinkets, etc.). If you have any questions, please reach out to your child's teacher or the main office. As always, thank you for your support!!

Kindergarten Highlights

Language Arts: The Kindergarten will be moving into a Weather unit for the remainder of the theme- Power in Our World. Your children are learning how to decode unknown words, so allow them some think time before helping them with a word they do not know. The books we are working with are beginning to include more details and the children are answering comprehension questions (based on those details) in class. You can support that learning by asking questions about stories that you read with them. Ask about the setting, the character's feelings, why the author wrote the story, etc. See if they can give you a summary of the story or break the story down into 3 main parts. Make sure that their answer matches your question.

Math: We are beginning to learn how to add and subtract. At this point, we are not concerned about memorizing the facts but actually understanding what those processes mean- what is really happening when you add and subtract as well as how this can be used in everyday life.

Science and Social Studies: We will focus most of our time on studying the weather. Students will learn how weather changes from season to season, how the sun effects weather, how weather is measured, and how extreme weather occurs.

Field Trip: As part of our science curriculum, students will have the opportunity to learn more about our topic "Trees are Terrific" at Downs Park on Tuesday, March 31st. This is a great field trip but requires a lot of parent volunteers. Please consider joining us! More information to come in the Tuesday folder.

Grade 1 Highlights



Theme 3: I am Curious about How to Share Ideas



Unit 1: Sending Messages

Unit 2: Science of Sound

Unit 3: How does Light help us Communicate?

Dear Parents,

In this theme, your child will be exploring how we communicate through the sharing of ideas. Communication takes on many forms and students will engage in the ways these occur in the World.

Social Studies and Science

Students are learning:

- About communication in the past and the impact of technology on how we communicate today
- About how sound & light help us communicate

Activities to do at home:

- Share with your students how much communication has changed in your lifetime and the lifetimes of older family members and friends (pre-cell phone, dial phones, pre-email & texts)
- Spend family time creating "shadows" both inside and outside. Let your child direct the activity, they are experienced with this.

Language and Literacy Skills

Read High frequency words: across, carry, eight, once, saw, upon, walked, about, give, pretty, says, were, write, better, buy, change, move, ball, head, never, should, shout, full, poor, through, grew, house, knew, would, through, orange, grew, sure, shout, house, yellow, also, knew, air, because, would, enough, blue, great, eyes, or, know, learn, other, sound, open, until, their, always, another, warm, bother, climbed, against, four, below, poor, fall

Read and spell words with long vowel word families

Activities for sounds and words:

Practice helping verbs including **was** and **were** with the [Helping Verbs Song](#) video on YouTube. Sort nouns using [Sortify Nouns](#) from BrainPOP Jr. Sort /ea/ and /ee/ words with [It's a Hit! Vowel Teams](#)

Mathematics Skills

- Comparing two two-digit numbers looking at place value concepts. Symbol is not introduced immediately to build necessary conceptual understanding.

Same digits, different value	Greater or Less?	True or False?
36 and 63 How are they alike and different?	Three numbers that are greater than 54 but less than 99?	$67 > 76$ $76 < 76$

- Subtracting a multiple of ten from a multiple of ten.

$70 - 20 = \underline{\quad}$	$60 - \underline{\quad} = 20$	$\underline{\quad} - \underline{\quad} = 30$
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- Partitioning shapes—Breaking circles and rectangles into either 2 or 4 equal shares. Discuss a variety of ways to partition circles and rectangles.



- Telling time—to the hour and half hour

-Discuss and explore the placement of the hour hand and minute hand when it is to the exact hour or half hour.

Explain how you placed the hands on the clock to show 9:30



Home Support

Comparing: http://www.toonuniversity.com/aol/2m_comp.html
Subtracting: http://www.harcourtschool.com/activity/count_back_numberline/
Partitioning Shapes: <https://learnzillion.com/resources/64140-grade-1-unit-17>
Telling Time: <http://www.kidsolr.com/earlychildhood/page4.html>

Grade 2 Highlights

Many thanks to all the parents who made our Valentine's parties so wonderful. All of our students had a fantastic time!

In **math**, students will be using place value understanding to add and subtract two and three digit numbers, with and without regrouping. Please continue reviewing addition and subtraction facts with your child.

Second graders are reading about storytellers and learning about Native Americans and how they use storytelling.

Students will be writing an opinion essay, giving a book of their choice a "book award" they create.

We are looking forward to the science fair and can't wait to hear presentations from our second grade scientists!

Grade 3 Highlights

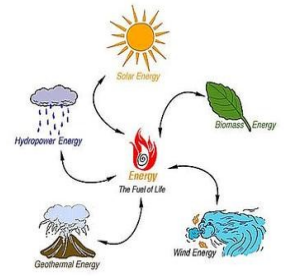
We're looking forward to warmer weather around the corner. Thank you for your participation in our Valentine's Day Party. The students had a wonderful time.

Language Arts: In writing we are continuing to write persuasive speeches about problems we see in our community as well as things we find "noteworthy." We will continue to focus on using proper conventions. In reading we will be reading both poetry and nonfiction texts with a focus on central message.

Math: Students are learning how to decompose and multiply larger numbers using the distributive property. We will be revisiting fractions; comparing and finding equivalent fractions. Students should be studying their last 3 facts; the nines, eights, and sevens for mastery. Please work with your child every night for a few minutes to achieve mastery.

Science: We are currently studying the science of genetics and environmental influences - like climate change - on plants and animals.

Social Studies: Students have been learning about natural, capital and human resources. We've also been discussing budgeting and why we make economic choices.



Grade 4 Highlights

Reading:

We are moving our focus on to more literary texts. Students will read and analyze stories about our unit theme of change. We will also be working on comparing characters, settings, and themes among various pieces. They will need to be able to write an essay explaining how a theme is supported throughout the text.

Writing:

We are now in our opinion writing unit. We will be analyzing strong arguments and how to formulate an opinion essay and speech. They students will be voting on a topic that is of high interest to them and participating in a debate.

Math:

Students will focus their understanding on multiplying a whole number by a fraction. Students will use the number line and area model strategies to multiply whole numbers by unit and non-unit fractions. Toward the end of the unit, students will apply these newly learned strategies to solve multiplicative comparison and real-world type problems.

Science:

Students will be learning about the transfer of energy in various forms. In this month's unit, students will be experimenting with the transfer of energy when a moving objects collide with a stationary object and with moving objects.

Social Studies:

Students will investigate the role Maryland played in the War of 1812.

Grade 5 Highlights

Science—We are finishing up our unit on the Four Spheres of the Earth and will be working on our next unit about food webs.

Math—In our next unit students will learn that geometric shapes have properties that allow them to be put into categories. This unit extends students' prior knowledge of using spatial reasoning skills to discuss and categorize two-dimensional shapes by focusing on attributes of shapes. It is essential for students to see the relationships between shapes as hierarchical, for example rectangles all have 4 sides, but not all 4 sided shapes are rectangles.

Social Studies—we will continuing our exploration of the events and people leading to the Revolutionary War.

Reading and Writing—For our read aloud a we will continue working through texts that relate to the American revolution.

We are also continuing to work through our William and Mary units on analyzing literary texts that relate to patterns of change or cyclic patterns of change. Throughout this unit we will be reading poetry and short stories. In writing we will be analyzing poetry and comparing themes and setting of various poems.

Physical Education Highlights

Grades K-2

Fitness Activities and Nutrition
Parachute Activities
Low Organized Games

Grades 3-5

Prepare for fitness testing
Setting personal fitness goals
Combining Skills in short sided games



Art Highlights

Special Announcements:

- *Congratulations to **Henry Mc., Finley O., and Liam S.** from 4th grade!
~Their *Venetian Paper Mache Masks* were selected to go on display in the AACPS Dir. of Art's office.
- *Congratulations to **Kennedy W. and Elliot S.**
~Their *Trees of Inspiration* were selected to go on display in the *Many Ways of Seeing* exhibit at the Walters Gallery.
~The exhibit will run March 3-15.
- *The *Youth Art Month* exhibit will occur March 1-31 at the Discoveries Library at the Mall.
~Students who have work in the that exhibit will be notified.

Save the Date:

The annual 4th grade field trip to the National Gallery of Art will occur on Friday, May 29. Permission slips will be sent home in April.

Summer Camp: Art Trek at Arlington Echo

The AACPS Art Trek/ Natural Connections camp will occur this summer at Arlington Echo. The camp will run from July 27-30.

Follow link for more information <https://www.arlingtonecho.org/camps/art-trek.html>

March Projects

5th: Kalachakra Sand Mandala
4th: Talavera Suns/ Shibori Tie Dye T-shirts
3rd: Sea Turtle Painting
2nd: Spirit Masks/ Textures Weaving
1st: Bubble Eyed Fish Environment/ James Rizzi Building
K: Japanese Sumi- E Scroll/ Chihuly Abstract Art

Remember to Dress for the Mess in Art!





Music Notes

March is “**Music In Our Schools Month**”, a national emphasis month created to recognize the importance of having music education in our public schools. Music education has been found to have a direct effect on reading, learning and test scores. In schools, music incorporates all of the thinking skills along with reading and at the same time provides another “language” for students to communicate their ideas and emotions. Music challenges students to think about and respond to themselves and the world of experience in many ways. It cultivates skills and discipline. Music helps children understand their own culture as well as others. Music allows students to discover creative ways of thinking about questions and problems. Research has confirmed that music education strengthens academic performance.

General Music:

· Our unit of study for the month of March is TONE COLOR (the sounds of music). We will be using our thinking and listening skills to identify the different families of instruments (strings, percussion, brass, and woodwind), compare/contrast these instruments and classify them into families and order or arrange instruments within each family.

Strings:

· Strings students in 3rd grade will continue reinforcing their basic playing technique while becoming more fluent in note reading. 4th and 5th grade string students will focus on various on various bowing styles to produce different articulations.

Dates on the Horizon:

*2nd Grade ASO Field Trip: Thur., May 7th


*Spring Concert: Wed., May 13th

Media Highlights

This March Kindergarten, 1st and 2nd grade will be learning about computer science by completing lesson on Code.org. 3rd 4th and 5th grade students are all finishing up projects using technology such as WeVideo, and Google docs.

Computer science literacy is a very important part of our students becoming a 21st century learner.



 Please encourage your 4th and 5th grade students to continue to read and answer questions for our Black-Eyed Susan program.

Special Education Highlights

As we continue to work on building math facts and understanding in school, there are many ways parents can help too. Besides supporting your student when they are doing homework, you can also play math games with them. Games should be challenging but not hard. They should have problems to solve. Playing math games with your child can help you see what their strengths and weaknesses are in math. They also help boost confidence. Many kids struggle in math and are not confident in their math skills. By playing games they will be more confident and might actually begin to love math. Believe it or not, many games we have in our homes can help students. A simple deck of cards can be used for many games. Check out this website for some simple ideas: <https://www.weareteachers.com/math-card-games/> Some other games that help students practice math skills are Go Fish, Dominoes, Clue, Connect Four, Chess, Checkers, Battleship, Uno and Monopoly.



Reading Office Highlights

One of my favorite reading celebrations occurs this month! Read Across America is a day that is devoted to celebrating reading... and why not have it be on the birthday of one of the most famous authors of all time – Dr. Seuss. Although Read Across America falls on Monday, March 2 this year, we hosted our annual celebration on Friday, February 28 in conjunction with Reading Incentive Awards Assembly for ***Read Like a Jedi – May Books Be With You!*** During the awards assembly we applauded and honored all our dedicated Jedi readers who participated in the reading incentive. Be sure to read next month's Highlights to see who our top readers are!

Speaking of Jedi readers, the following students were winners on the first three *Read Like a Jedi – May Books Be With You!* weekly challenges:

Kindergarten	1 st Grade	2 nd Grade	3 rd Grade	4 th Grade	5 th Grade
Margaret G. Bodie E. Mason P. Teagan M. Alice G. Ella M. Oliver B. Shasha N. Bryce H. Beckett M. Dixon S.	Greyson C. Grant G. Sunny M. Giuliana G. Braden M. Mya S. Reed G.	Gregory M. Jackson N. Marina D. Emily C. Charlie F. Helena B. Charlie S. Graham H. Payton T.	Andrew C. Liam L. Quinn P. Erika S. Mia B. Bryan S. Alden N. Kennedy W. Amani C.	Caeden M. Michael S. Jude S. Jordan P. Arthur C. Layla C.	Olivia B. Jack M. Collin M. Noah L. Matei D. Abby L.



Thank you to all WAES families who supported our love of reading and participated in the Reading Incentive Program. Also – a huge thanks are in order to our generous PTA for funding ***Read Like a Jedi – May Books Be With You!*** Happy Reading!

Counselor Highlights

~Career Day~

Our annual Career Day will take place Friday, March 27th from 1:00-2:30 pm. We welcome all careers and jobs and are looking for parents to share details of their careers. There will be three rotations with each lasting approximately 25 minutes long. We are flexible with scheduling if speakers are unable to present for all three rotations.

Please email Mrs. Rogers by March 20th at mrogers1@aacps.org if you would like to be a speaker.

Speech & Language Highlights

Building Language Comprehension Skills Through Reading

Reading is one of the best ways to facilitate language growth. Even in adulthood, our language continues to grow through reading. When reading with your child, asking questions is one way to build his or her language comprehensions. Below are examples of questions you might ask before, during and after reading together with your child.

1. Questions to ask **before** reading:

- *Look at the pictures. What do you think will happen in the book?
- *Why do you think that?
- *Do you think there will be a problem in the story? Why or why not?

2. Questions to ask **while** reading:

- *What do you think will happen next?
- *Tell me what has happened in the story so far.
- *How do you think the story will end?
- *Why do you think the character _____?
- *What would you do if you were the character?
- *How would you feel if you were the character?

3. Questions to ask **after** reading:

- *Can you remember the title?
- *Was this a good title for the book? Why or why not?
- *What was the problem in the story?
- *What was the solution to the problem?
- *Retell the most important parts of the story.
- *What was your favorite part of the story?
- *Why do you think the author wrote this book?

PTA Highlights

WAES PTA is excited to present the annual Talent Show! Join our participants on March 20th at 6:30 pm!



Join us at our next PTA Meeting & Parent Info Night on Tuesday, March 3rd at 6:30 p.m., in the Media Center. AACPS Guest Speaker, Kathryn Rockefeller, will present **"What are Restorative Practices & Why Should I Care?"** Spirit Sticks and Treats will be provided by Principal Jen Bennett. Students welcome to attend and play board games with Jaime Tucker in the Art Room.

We are currently seeking nominations for Board Members and Committee Chairs for the 2020-2021 School Year. If you are interested in getting involved, please reach out to any Board member or email waespta@gmail.com.

Join us at Heroe's on March 24th for this month's Family Fun Night.



February V.I.R.'s

Each month, classroom teachers will pick a trait or a behavior that the class will concentrate on for that month. Some examples are perseverance, cooperation, responsibility. The classroom teacher will then pick a student that has exemplified that trait throughout the month. This student will be named a V.I.R. - *Very Important Retriever*. The students will be recognized with a certificate that will be displayed in our gym lobby showcase. They will also have their names announced on the morning announcements and in the monthly newsletter. The V.I.R. will also be able to bring in a small item to display with their certificate. Some examples include pictures of family, pictures of pets, a favorite stuffed animal, or an award or trophy that the student is proud of.

I am proud to announce the following V.I.R.s for the month of February:

Classroom:

Valentina V.	Ms. Carroll's Class	Inessa H.	Mrs. McLaughlin's Class
Jazneri C.-S.	Mrs. Ganey's Class	Brianna R.	Mrs. Thorn's Class
Roxana B.-P.	Mrs. Giaimo's Class	Jaidyn F.	Mrs. Galyon's
Xavier P.	Mrs. Riley's Class	Kara R.	Mrs. Taneyhill's Class
Hugh P.	Mrs. Stanley's Class	Blake B.	Mrs. Jeffries' Class
Ashley L.R.	Mrs. Kegley's Class	Robbie H.	Mrs. Portocarrero's Class
Parker W.	Mrs. Minzak's Class		

Cultural Arts:

Sophia H. (2nd)	Mrs. Shuey (Art)	Alden N. (3rd)	Mrs. Stein (Music)
Christian R. (3rd)	Mrs. Rodriguez (PE)	Asiyah O. (1st)	Mrs. Rogers (Guidance)
Anthony B. (5th)	Mrs. Robbins (Media)	Bennett R. (K)	Mrs. Moran (STEM)



STEM in Society Newsletter March 2020

Look at what's happening in STEM in Society this month. So many hands-on, engaging projects!

Kindergarten: Fishy Problems *How can I create a tool to solve a problem?* In this project students explored the structure and function of various tools and utensils. The students then used the Engineering Design Process to solve the problem of moving a fish from dirty to clean water by designing, constructing and testing a tool to solve this problem. The children had a blast making and testing their tools. We are about to launch our next PLB module: Kid Robot. Stay tuned...more details to follow!

First Grade: Pigeon Perch *How can we design and construct a perch that will hold the weight of a bird?* In this project students have been constructing a perch that can hold the weight of a chosen bird species. Students researched either a Woodpecker, Snowy Owl, Bald Eagle or American Raven for their project according to their size, weight and special features, and studied various perches, to determine proportions and distribution of weight. The perches will be tested using paperclips (1 paperclip = 1 gram) within the next couple of weeks and then we are onto our next PLB module: Flower Power!

Second Grade: Kites in Flight *What materials are needed to make a good kite? How can we design a kite that will fly?* In this project students were provided the opportunity to demonstrate concepts in science, engineering, and design. Through reading a story about the creation of a kite in *The Kite Festival*, students were able to identify the engineering process including design, material selection, testing and improving the design. Students then created their own kite for flying...and now it's time to test our kites! Will we be able to get them to fly? We can't wait to see how our kites work! Up next, our students will become Time Shapers! Another fun and excited STEM module!

Third Grade: Mini Relief Drop *How can we, as Red Cross Aid workers, create a scale model of a parachute system that successfully delivers a payload of needed materials to a target region?* In this project students researched current events and regional issues to target a region and that region's needs. The two locations that the students selected to send their Mini Relief Drops to are Australia and Puerto Rico. Their research will focus on specific needs making sure to consider cultural aspects when preparing a relief payload. Students are now researching about parachutes. They will use the research to build a model parachute system. They will test the parachute model, focusing on the successful delivery of the payload, landing in a specific, targeted area as a goal to achieve! Everyone is loving this project!

Fourth Grade: Straw Rockets *How will making design changes affect the flight pattern of a rocket?* In this project, students will act as NASA scientists and engineers. Their mission is to create and launch a rocket to hit a specific target. Students are ready to create a straw rocket and define the "constants" of our rockets -what will stay the same. After some control launches and data collection, students will define the "variables" of our launches - what we will change each time, such as angle, force, and fins of the rockets. We are currently running variable test launches where students will measure and graph the results, analyze the data for patterns, and determine what variables are best for their launch and everyone is thoroughly enjoying this part! *We had an amazing presentation too from Mr. Dupras on rocketry that only furthered our understanding. How awesome that we can bring in authentic experiences to our classroom! Thank you Mr. Dupras!*

Fifth Grade: Mission to Mars *How can we use our measurement, calculation and communications skills to navigate a human rover through a mapped course?* In this project, students will act as NASA scientists and engineers. Their mission is to deploy a remotely operated human rover to retrieve a sample of terrain. Each member of the team will have a role that measures, calculates, and communicates information as part of the mission. After several weeks of planning, teams will have the opportunity to complete three trial tests, learn about mission success and failures, and finally complete the overall challenge against another group of 5th grade students from another elementary school. We are well on our way!



Health Room Highlights

March has a reputation for coming in like a lion and out like a lamb. That's debatable, but two things about March are absolutely true: it's National Nutritional Month, and it is a good time to review proper sleep habits for growing children. In honor of these campaigns, please review some basic information:

National Nutritional Month is a nutrition education campaign created annually in March by the Academy of American Nutrition and Dietetics. They want us to know that good nutrition is key to good health. They advocate trying a rainbow of fruits and vegetables to complete our diets. Choosing in-season fruits and vegetables in a variety of colors like red, orange, yellow, green, blue, and purple will give a variety of healthy nutrients.

Besides choosing carrying colors of fruits and vegetables, remember these healthy tips:

Grains: Make at least half your grains whole. Choose grains like whole wheat bread, brown rice, oatmeal, low fat popcorn.

Protein: Go Lean: Eat lean meat, chicken, turkey and fish. Try more dried beans and peas.

Calcium is important for strong bones: Serve low fat and fat free milk if well-tolerated, and other dairy products like yogurt and cheese. If dairy isn't your thing, you can still get calcium from such healthful items as tofu, edamame, broccoli, cabbage, rhubarb, almonds, and kale.

Fats: Get it from fish, nuts, seeds and vegetable-based oils, particularly olive oil. Try coconut oil too, as it has reemerged as a viable dietary choice since research has shown that it is, in fact, healthy in moderate amounts. It adds a great flavor to your food as an added bonus.

Sugar: Added sugar contributes many empty calories with few nutrients, so limit foods with added sugar. Instead of juice and other sugary drinks, choose water. Your body will thank you for it! Try to go easy on the cakes, cookies, and similar treats, as these are loaded with added sugar.

The National Sleep Foundation chooses March to bring awareness to proper sleep habits for families. During Sleep Awareness Week in particular and throughout our lives in general, they would like us to remember that getting a good night's sleep is important. Too few of us actually make sleep a priority. Stimulants like coffee and energy drinks, alarm clocks, and external lights, such as those from electronic devices, interfere with our natural sleep/wake cycle. How much sleep do we really need, you may wonder? School-aged children should get at least 10 hours each night; teenagers need 9-10 hours per 24-hour period; adults benefit from 7-8 hours per night.

MONARCH ACADEMY ANNAPOLIS

AACPS PUBLIC CONTRACT SCHOOL

Open to students going into grades
K*-5 in the Annapolis area

- International Baccalaureate Primary Years Programme
- Primary performing visual arts school
- Critical Thinking
- Explore local and global issues
- Character development
- Community engagement
- Creative-learning environments
- State-of-the-art facilities and new outdoor classroom and activity areas
- Before- and after-school clubs focusing on science, technology, engineering, mathematics, and the arts

Bus transportation available

Before and after care available

ATTEND OUR OPEN HOUSE

SATURDAY, MAR. 14, 10 AM TO NOON

APPLY NOW FOR FALL 2020!

For more information on applying,
visit MonarchAcademy.org/Annapolis,
call 410-934-1444, or email
info@monarchacademyannapolis.org.

* Kindergarten students must be 5 years old by Sept 1, 2020

2000 Capital Drive • Annapolis, MD 21401
Off West Street and Gibraltar Avenue



Monarch Academy
ANNAPOLIS

POWERED BY TRANSFORMATION EDUCATION

ACADEMIA MONARCA DE ANNAPOLIS

ESCUELA PÚBLICA DE CONTRACTO DEL CONDADO DE ANNE ARUNDEL

Abierto para estudiantes en grados
Kinder-5* en el área de Annapolis

- Bachillerato Internacional Programa de Años Primarios
- Escuela Primaria de Artes Visuales
- Pensamiento Crítico
- Explorar asuntos locales y globales
- Desarrollo de Carácter
- Participación de la Comunidad
- Ambiente de Aprendizaje Creativo
- Instalaciones de última generación con nuevo salón al aire libre y áreas de actividades
- Clubs antes y después de la escuela enfocados en ciencias, tecnología, ingeniería, matemáticas y arte

Transportación de Autobús Disponible

Cuidado Antes y Después
de la Escuela Disponible

ASISTA A NUESTRA CASA ABIERTA

SABADO, 14 DE MARZO DE 10 AM A 12 MEDIO DÍA

APLIQUE AHORA PARA
EL OTOÑO DEL 2020

Para más información, visite
MonarchAcademy.org/Annapolis,
Llame al 410-934-1444, o por correo electrónico
info@monarchacademyannapolis.org.

*Estudiantes de Kinder deben cumplir 5 antes del 1 de Septiembre del 2020

2000 Capital Drive • Annapolis, MD 21401
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Monarch Academy

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