Letter from Principal Estrada

Discovery Families,
We are so excited to share our first trimester of new learning and growth with you at our upcoming conferences November 4th and November 11th! Our students have been diving deeper into grade level content, using their creative minds in enrichment, enjoying the Discovery Science Lab and intentional writing projects this trimester. The success in all of this begins with you, our students' families and loved ones, who continue to nurture the scientists, mathematicians, artists, musicians and authors in your child. Thank you!
See you at the Discovery Drop Ins (parent meetings) on November 15th!
~Ms Estrada

Parent Meeting: November 15th, 3:00-4:00

Discovery will host Discovery Drop Ins in multiple languages:

- Somali Parent Meeting (GoogleMeet code: Discosomali)
- Spanish Parent Meeting (GoogleMeet code: Discospanish)
- English Parent Meeting (GoogleMeet code: Discospanish)

Note: Please use your child's device to access the meetings on GoogleMeet.

Upcoming Dates

- November 4, Thursday: Parent/Teacher Conferences 2:45 - 7:00
- November 5, Friday: No School
- November 11, Thursday: Parent/Teacher Conferences 2:45 - 7:00
- November 15, Discovery Drop In's (Family Meetings)
Our Classrooms

Kindergarten

Hello Kindergarten Families!

We have been having a wonderful time learning and playing this fall in kindergarten. We have been working so hard on our school routines and learning how to be a friend. We celebrated Unity Day by wearing orange and learning about how our differences make us special. We see that every day when we work together!

Your kindergarteners have learned all their letters! We will continue to practice identifying letters and knowing what sounds they make so that we can start learning lots of new words. We also completed our shapes unit in math, learning what shapes look like and where we can find them in real life.

Coming up, we will be learning about nonfiction texts, or stories about real people, and working on patterns. We are so excited for all that is to come for this fall in kindergarten!

Love, Your Kindergarten Teachers
Greetings from 1st Grade!

In math, we are working on addition and subtraction to 10. Practice skip counting by 1's, 5's, 10's and 2's.

In reading, we are doing a lot of visualizing (making pictures in our mind.) Continue reading books each night. When you finish reading, ask your child to share parts of the story, including telling about the characters and setting.

Encourage your child to use good reading habits when reading at home, especially as our PAKRAT program begins!

Kiaysa Burau
Eric Bergman
Courtney Brookins
Sydney Grussendorf
First Grade Teachers
Dear Second Grade Families,

We have been busy second graders working on developing our addition and subtraction skills in Math and working with the genres of Realistic Fiction and Fantasy in Reading. We are continually working on our short vowel sounds, sight words, and sentence writing.

Our students are continually using good reading habits and practicing read-to-self daily to increase their reading stamina! **Remember to read at home EVERY day for at least 20 minutes.** PakRat books are now going home, along with library books. RazKids is another option for finding lots of good books to read.

**READING:** Reading this month our essential question is **“How do friends depend on each other?”** Our stories will focus on this question and our students will be working on identifying key details of characters and events in stories through fantasy texts.

**MATH:** In math, we will be having our first unit test this Friday, October 29, 2021 on the addition and subtraction strategies we have learned in the month of September and part of October. From here, our next chapter in Math will be exploring patterns. Students will be learning lots of new Math games both in class and our Math Power Hour classes!

We encourage you to have students practice Math and Reading skills after school, be it through Lexia, IXL, XtraMath, and/or assignments sent through Seesaw. While we cover so much in school, practicing at home is just as important and encouraged so you can see first hand what your children are learning. Celebrate the areas they are strong in and continue to encourage them to practice those skills that may be weaker in. **WE ARE IN THIS TOGETHER!**
Welcome to November!
We have been back to school now for nearly 2 months! We are settled into our routines and learning lots! Here is a snapshot of where we have been and where we are going in November:

Math: We will be wrapping up our addition unit. Our essential question links our previous place value unit to our current, How can place value help with addition? We work on 4 digit addition and it is extremely important to be organized and understand how to line numbers up. This skill will be just as important in our next unit, subtraction. You can play some great math addition and subtraction games with your student to practice their math skills with a deck of cards. Ask your child which ones they know!

Reading: Our past reading focus has been community and culture. We have had the privilege of reading some great books to learn about various cultures and their community through literature. Some of the strategies we have used are visualizing (picturing the story in our heads), main idea and key details (what is the whole story about) summarizing, and finding text evidence. Remember to have your child log into Lexia and have a discussion on what their key times are.

Writing: Our writing has been focused on our own memories to write personal narratives. We can't wait to share some at conferences with you! We will also be doing some writing on our own family traditions. Talk to your child about what type of traditions you have within your family and how they got started!

A focus this month is respect and what that looks like at school, in our community and at home. Have a discussion with your child about what respect looks like, sounds like and feels like.

Thank you for your ongoing support. We couldn't do it without you!

Love,
3rd grade team
Hello fourth grade families!

October was a busy month in fourth grade as we continued to build routines in math and literacy. Students worked on showing kindness on Unity Day, October 20th. We have been focusing on being respectful, responsible, and safe in various locations around the school, including the cafeteria, hallway, and bathroom. Moving forward into November, we will be working on the following skills:

**Literacy:** We will be finishing our first unit of Wonders, our literacy instruction tool, and students will move into the second unit this month. We will be reading opinion articles and expository text in November. We will work on writing comparison essays this month. Students have been working on taking Wonders unit assessments online this year! Ask your student about how the assessments have been going! Please make sure your student is reading at least 20 minutes every night at home. We would love to see our students get their PAKRAT calendars signed nightly! Students should continue using Lexia, an online based reading program, this month at school to build literacy skills as well. Students are welcome to use Lexia at home!

**Math:** In November, students are going to continue to grow their multiplication and division skills. We will continue to work on basic multiplication facts, and we will dig deeper into various strategies to do multiplication of multidigit numbers. Toward the end of the month, we will begin working on diving into division and long division. Your student can be practicing their math facts at home along with completing any homework assigned by their teacher. Students should start using IXL, an online based math program, this month at school to build their math skills as well. Students are welcome to use IXL at home!

**Science/Social Studies/Health:** Students have been working on skills of good citizens in a school environment last month and will continue to grow those skills in November. Classrooms are working on various science and social studies topics including water concepts, map skills, and the regions of the United States.

Please make sure your student is dressed for the weather as it gets colder outside in the mornings.

Thank you,
The Fourth Grade Team
5th Grade

The fifth grade teachers are working hard to prepare our oldest learners in the building for the demands of middle school next year!

In reading, we have worked on cause and effect, sequencing story events, and author's point of view. We have strengthened that knowledge through purposeful reads and responding to reading. The genres that we have been exposed to in reading have been realistic fiction and argumentative text.

In math, we have finished our first unit: place value. We are currently working on multiplication, including double-digit multiplication and real-world problem solving.

The fifth grade team asks students to remember to bring their devices to school fully charged each day, and to dress for the weather! Colder weather is upon us, so remember to bring boots, snowpants, a winter jacket, hats, and mittens/gloves.

Technology

Hello Discovery Families,

We would like to just remind families to not have food or drinks near student iPads or Chromebooks. Please make sure that full water bottles DO NOT go into your child’s backpack when they are going to school in the morning. Teachers are reminding students to empty their water bottles before they leave for the day. If no insurance was purchased at the beginning of the year, water damage to an iPad is $299 and for a Chromebook is $200.

Link to English Agreement: https://docs.google.com/document/d/1FK1Bp57BPckYC8hkE5uP6nM3_sQjoj1_9d8rmD2W39Q/edit
Link to Somali Agreement: https://docs.google.com/document/d/16dg0ixUey3k8YVbkBM3LFQWgRUajOpb9XEAY5KBSefU/edit
Link to Spanish Agreement: https://docs.google.com/document/d/1WYEug0y2WaNcN4PJ1HHcreC0Z5DbV1P6GP1rnAvLPsY/edit

Book Fair Is Coming!
The book fair will start on November 4th and go until November 8th! You will be receiving a link in Seesaw giving you some more information on how can set up eWallet instead of sending money with your child.
When Children are Anxious:
The truth is anxious feelings are natural. Infact it is a valuable reaction. However, if encourage to grow it can feel overwhelming and stop you from living a normal life.

1. The goal isn't to eliminate anxiety, but to help a child manage it. The best way to help kids overcome anxiety isn't to try to remove stressors that trigger it. It's to help them learn to tolerate their anxiety and function as well as they can, even when they're anxious. And as a byproduct of that, the anxiety will decrease over time.

2. Don't avoid things just because they make a child anxious. Helping children avoid the things they are afraid of will make them feel better in the short term, but it reinforces the anxiety over the long run. For example; if your child doesn't want to go to school because they are worried about you or hate to be away from home, don't let them stay home this will only prolong the feelings and make it harder.

3. Express positive — but realistic — expectations. You can't promise a child that their fears are unrealistic— that they'll have fun ice skating, or that another child won't laugh at them during show & tell. But you can express confidence that they're going to be okay, that they will be able to manage it. And you can let them know that as they face those fears, the anxiety level will drop over time. This gives them confidence that your expectations are realistic.

4. Don't ask questions that can be answered with a yes or no. Encourage your child to talk about their feelings—To avoid feeding the cycle of anxiety, just ask open-ended questions: “How are you feeling about the science fair?”, “Tell me more about that?” Have patience, silence gives a child time to think.

5. Encourage the child to tolerate their anxiety. Let your child know that you appreciate the work it takes to tolerate anxiety in order to do what they want or need to do. It's really encouraging them to engage in life and to let the anxiety take its natural curve. We call it the “habituation curve.” That means that it will drop over time as they continue to have contact with the stressor. It might not drop to zero, it might not drop as quickly as you would like, but that's how we get over our fears.

6. Think things through with the child. Sometimes it helps to talk through what would happen if a child's fear came true—how would they handle it? A child who's anxious about separating from their parents might worry about what would happen if a parent didn't come to pick them up. So we talk about that. If your mom doesn't come at the end of soccer practice, what would you do? “ A child who's afraid that a stranger might be sent to pick them up can have a code word from their parents that anyone they sent would know. For some kids, having a plan can reduce the uncertainty in a healthy, effective way.

7. Try to model healthy ways of handling anxiety. I'm not saying to pretend that you don't have stress and anxiety, but let kids hear or see you managing it calmly, tolerating it, feeling good about getting through it.

This has been condensed from:
Hello everyone!

It is November and we are having a wonderful month of weather. The students in Physical Education have been playing pumpkin patch games. These games involve throwing at orange targets, sneaking in the dark to collect pumpkins, working on sliding movements with your legs, and searching for balls under cones with flashlights in the dark.

Your students have been learning how to use hand-to-eye coordination to catch a thrown ball from a partner. This is a crucial skill for your child to develop because catching is used every day at home and school. Catching will also help confidence in sports, activities, and life.

The best part about learning these skills is brain development. Properly learning and using the skills helps a person to use both sides of the brain, make connections, aid in memory retention, and brain cell growth. The more children use their left and right sides of their brain, the greater the chance they have for success in school and life.

The forth and firth graders are currently learning to use rollerblades. It is an interesting experience. Most of the students at Discovery have never put on rollerblades. It is great to see all the willing learners! The students just want to get up and move!

October was also Fire Safety Month. The K, 1, and 2 students are currently working on Stop, Drop, and Roll skills along with driving fire trucks and putting out fires! The students love to push, drive, and pretend to be firefighters! Make sure to talk to your students about exit plans and safe places to go if your home catches on fire.

The third graders got the chance to drive race cars in the gym. This teaches the students to have body space, self-control, and visual and spatial awareness while moving their friends around the gymnasium.

Mr. Thoreson
Mr. Richmond
Discovery Physical Education
Hello Scientists!

As you may have heard from your student, we are working in the science lab this year. As the STEM teacher I get to be the lucky adult leading those science labs. By this time of year, I have worked with all the students in our school and am starting a second rotation of science labs.

In October we got to learn about a variety of things. With Kindergarten I get to do lots of engineering, I am constantly amazed at the creativity of the littlest learners. 1st grade has been getting their hands dirty, with pebbles, sand, and silt, they have shown they can be descriptive like scientists! 2nd grade is learning about plants. They know what a plant's needs and they are waiting and wanting their own plants to grow! 3rd grade is learning all about the structures of life, using observations and growing their own plant. For 4th grade it's been all about the properties of water. Ask your students about surface tension on a penny if you want to be impressed! In 5th grade we have started with soil and are working our way up to the many landforms and ways our earth is shaped. They even got to do their own volcano experiments! It is a joy to see their curiosity and creativity fuel our labs.

Each month we learn and highlight a scientist of the month. This October scientist was Dr. Mae C. Jemison, the first African American Woman in Space. She inspires us to follow our dreams and look to the stars!

Ms Walz