

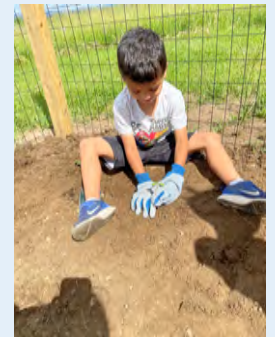
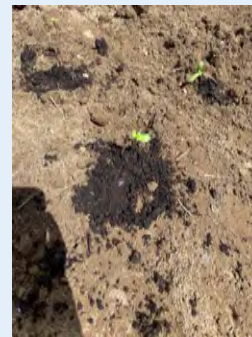
Classroom #33

LEARNING

Over the last several weeks, classroom #33, our k-3 classroom, has been exploring different parts of plants, how they grow, and why we need pollinators for our gardens to be plentiful! We have simultaneously been working on planting and watching caterpillars turn into painted lady butterflies. The students have worked on planting projects in small groups as well as pairing up with our campus Nutritionist and another classroom to plant starter plants for our Spaulding community garden! We started by learning about the life cycle of a plant and what plants need to survive (sunlight, air, water, food). In the next stage, each student utilized gardening gloves, hand rakes, and shovels to fill cups with soil. Once seeds were planted, watered, and put in the window, the waiting began. While we waited for the plants to grow, we observed our caterpillars eating, growing, and changing. After about 2 weeks we planted the seedlings in the garden and our caterpillars hatched into butterflies. We can't wait to see how beautiful our plants become and if our butterflies help to pollinate our garden!



Bridget Desjardins,
Classroom Teacher



To Learn More Visit: <https://www.spauldingservices.org/>

Romero Britto Art

STUDENT ART

Our students have been learning about Romero Britto. His fun, colorful and patterned artwork inspired our students to create these pieces.

Robyn Allen,
Art Teacher

Butterfly: Juston, age 17
Ninja Turtle: Jameson, age 6



Ask Your Child: What's your favorite kind of art?

Hydration Tips

Water makes up nearly 60% of our bodies so it's important to stay hydrated, especially in the summer as the weather heats up! Dehydration can occur when fluid is lost or used more than consumed. These tips can be useful for keeping your family hydrated!

- It's recommended to drink 6-8 glasses (or 48-64 ounces) of water per day to stay hydrated. More fluid is needed while physically active or sweating to replace losses.
- Always keep water within reach by carrying a reusable water bottle. Have fun with this by trying cool designs or colors to encourage your child to drink more!
- Infuse water with flavor! Try infusing water with fresh fruit and herbs like strawberries, lemons, limes, and even mint! You can also try water enhancing drops to add a punch of flavor that can be purchased at any grocery store. Seltzers and low-fat or fat-free milk are other options to improve hydration.
- Keep it cold. Add ice cubes or serve water chilled so it's cooling and refreshing!
- Encourage consumption of fruits and vegetables which are made of mostly water. Some have over 90% water content like watermelons, cantaloupe, strawberries, lettuce, and celery!

*Know the signs of dehydration: Dark colored urine, headaches, dizziness, dry mouth, fatigue, extreme thirst, and confusion.

Fun recipe: Make your own popsicles to improve hydration! Fill popsicle molds 50% with water and 50% of 100% fruit juice. Add popsicle sticks and put into freezer for 4 hours, then enjoy! You can also add berries or diced fresh fruit for a punch of flavor and added fiber.

Brittany Rozen,
Registered Dietician

NUTRITION



Ask Your Child: What is your favorite summer activity?

Summer Bucket List

- Have a picnic at your local park
- Backyard stargazing
- Water balloon baseball
- Visit your local library
- Build a fort in the yard
- Backyard camping
- Make a puzzle
- Go berry picking
- Go for a hike at a local walking trail
- Visit your local swimming pool
- Go to the beach
- Fly a kite
- Build an obstacle course
- Plant a garden
- Paint rocks for your garden
- Make s'mores
- Make homemade popsicles
- Tie-dye shirts
- Ride bikes
- Make friendship bracelets



PARENTING

Ask Your Child: What's your favorite thing to do together?

For more fun ideas visit:

<https://indyschild.com/100-things-to-do-outside-this-summer-at-home/>