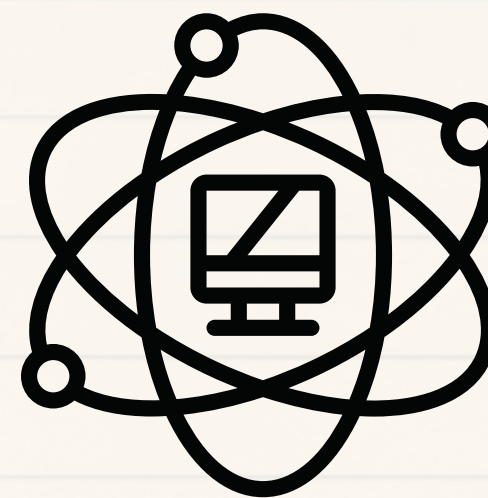




FOUR MILE'S



# EXTENDED CORE

NEWSLETTER

FEBRUARY 2024





# P.E. WITH COACH KRUSE

DOES YOUR CHILD THROW A BALL CORRECTLY? THIS IS ONE SKILL THAT I FEEL WILL FOLLOW THEM THROUGH LIFE AND IS INVALUABLE TO LEARN CORRECTLY AS SOON AS POSSIBLE. A MAJORITY OF STUDENTS HAVE THIS SKILL MASTERED AS SOON AS 1ST GRADE. WHILE OTHERS, LIKE MOST BAD HABITS, BECOME HARDER TO BREAK THE LONGER THE SKILL IS REPEATED INCORRECTLY. IN PE, WE CONTINUALLY TALK ABOUT THE BASICS OF THROWING. FIRST AND FOREMOST, STEP WITH THE CORRECT FOOT. IF YOU THROW WITH YOUR RIGHT HAND, YOU SHOULD BE STEPPING WITH YOUR LEFT FOOT, OR OPPOSITE FOOT. SECONDLY, HAVE YOUR SHOULDERS POINTED TO YOUR TARGET. WITH CORRECT MECHANICS, A STUDENT WILL FIND THEY CAN THROW A BALL MUCH HARDER/FARTHER AND WITH MORE ACCURACY. A FUNNY STORY THAT OCCURRED RECENTLY—WE HAD A FAMILY THAT MOVED NEXT DOOR A FEW YEARS AGO AND THE MOTHER WAS PLAYING CATCH WITH HER SON IN THE DRIVEWAY. SHE ALSO HAPPENED TO BE A FORMER STUDENT OF MINE. ONE DAY I JOKINGLY INTERVENED AND YELLED, "YOU ARE STEPPING WITH THE WRONG FOOT, WHO WAS YOUR PE TEACHER?" AFTER A SHORT CHUCKLE, SHE CORRECTED IT AND HAS SINCE MADE A POINT OF REMINDING ME THAT PLAYING CATCH WITH HER SON IS MUCH EASIER NOW.



# MUSIC WITH MISS.D

## Concert Dates

Kindergarten- Friday May 24th, @12:30pm  
1st Grade - Thursday April 4th, @6:00pm  
~~2nd Grade- Thursday, December 7th @6:00pm~~  
~~3rd Grade- Thursday December 7th, @7:00pm~~  
4th Grade- Thursday April 4th, 7:00pm  
5th Grade- Friday May 24th, @2:00pm

### KINDERGARTEN

Students are loving our “Wrap yourself in paper” game with our special Kindergarten envelope!!! This game helps students develop their singing voice.

### 1ST GRADE

Students are preparing for their music concert on April 4th- Bunnies, The Musical!

### 2ND GRADE

Students have enjoyed our Valentine’s game “I Sent A Valentine”! They are working on 3/4 time and keeping a steady beat.

### 3RD GRADE

Students have enjoyed our Valentine’s game “Love Somebody”! They also rocked their dynamics quiz and have been working on identifying the different volumes in our songs.

### 4TH GRADE

Students are preparing for their music concert on April 4th- In My 4th Grade Era!

### 5TH GRADE

Students have been thriving in our Jazz unit. Not only are they practicing their scat singing, but they are also learning how to play jazz tunes on the xylophone.



# ART WITH MRS. MURPHY



**Contact Information:**  
cynthia.murphy@southeastpolk.org  
school phone: (515) 265-1972

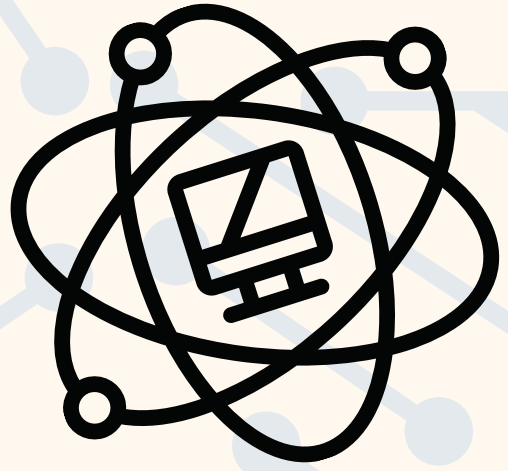
Thank you to those of you who have donated paper towel tubes & toilet paper tubes for an upcoming art project. I am still in need of more cardboard tubes, so please consider donating them to the art room if you have some in your recycling bin at home. Thanks!



**LOTS OF  
CREATING  
GOING  
ON IN THE  
ART ROOM!**

## **Painting Party!**

**One of the auction items at the Quiz Bowl is a Painting Party for a student & 5 of his/her friends! At the party we will paint on a canvas & decorate cookies for a snack! The Quiz Bowl is March 2.**



# LIBRARY & MEDIA WITH

## MRS. BARTELS



**Please make sure food, water, dogs & babies stay away from your child's library books while at home.**

### Welcome to "Starbooks Cafe!"

In January your child was provided with a "Book Tasting" to help them discover new types of books they might not normally check out during library. I hope they were excited to bring home their library book to you. Finding time during your week to listen to your child read is a precious moment. Be sure to praise them for their efforts & ask questions



### Emails and Keyboarding

**3rd-5th Graders** are being taught how to open their emails, delete old emails and compose an email that is kind and purposeful. Feel free to share your email address with your 3-5th grader while supporting them in sending kind and purposeful emails.

**K-2nd Graders** are learning keyboarding skills using a program called "Typing Club." Using more than their index finger to type a letter is the challenge and they are conquering this with great grit.