

## UPCOMING EVENTS:

### December 2019:

- Dec. 4 - Barnes & Noble Book Fair
- Dec. 9 - NEHS Induction Ceremony
- Dec. 13 - Kindergarten Parent Day
- Dec. 16-19 - Holiday Sale
- Dec. 17 - Band Concert
- Dec. 20 - Abbreviated Session 1:10 dismissal
- Dec. 23-Jan. 1 - Winter Recess

### January 2020:

- Jan. 9 - Family Movie Night
- Jan. 17-24 - Book Fair
- Jan. 20 - MLK Jr. Birthday: No School
- Jan. 23 - PTO Meeting
- Jan. 27 - Souper Bowl Fundraiser
- Jan. 30 - Student Council Movie Night

### February 2020:

- Feb. 17 - Presidents Day: No School
- Feb. 19 - Abbreviated Session 1:10 dismissal
- Feb. 25-26 - Parent/Teacher Conferences
- Feb. 28 - Lifetime Spring Picture Day



## -PRINCIPAL'S MESSAGE-

Greetings Columbus School Families:

Welcome to the 2019-2020 school year at Columbus School! We started the new school year with many exciting new initiatives and programs! From our new Pre-K playground, to the sensory path located in the first floor hallway, Columbus School is on the path to success. With the ultimate goal of molding creative, critical thinking, global scholars, our school is committed to creating a community that involves all stakeholders and educates the whole child. Despite the school year only being in session for three months, so much has been going on in the halls and classrooms of Columbus! We invite you to take a glimpse into the lives of the Junior Ramblers that call Columbus School home!

Educationally Yours,

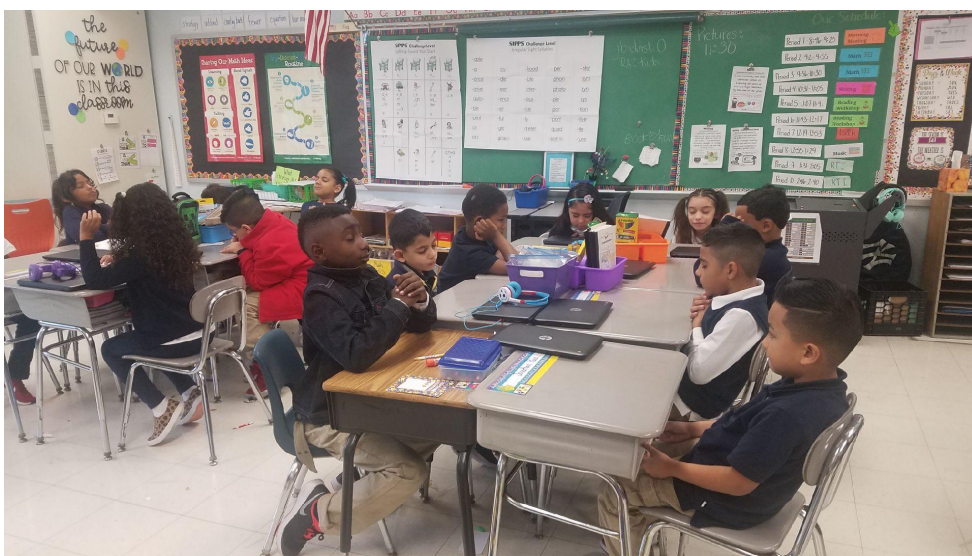
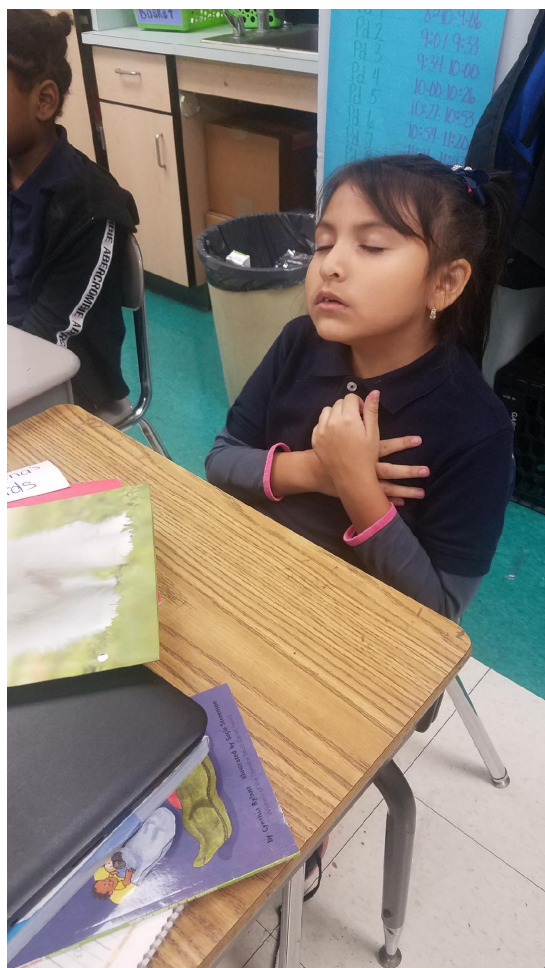
Mayling Cardenas, Principal



## MINDFUL MONDAYS

How do you start off the beginning of the week? We all know Mondays can be dreadful. Well, here at Columbus, we look forward to Mondays! Mindfulness is the practice of paying attention in a particular way, on purpose, in the present moment, and nonjudgmentally. As we practice Mindfulness this year, students will allow themselves to concentrate on their inner thoughts and emotions without judging them as good or bad. They will also begin to notice sights and sounds that make up their daily lives. They will learn to manage their stress more effectively and work through it more quickly.

Why do we practice? Being mindful has been found to decrease depression and anxiety in students, regulate emotions, improve self-esteem, and increase their ability to focus. Mindfulness can restore a sense of calm in the classroom by increasing students' ability to stay engaged, helping them stay on track academically, and avoid behavior problems. Students will strengthen attention and focus, support social and emotional growth, and learn to better resolve conflicts that may arise. Using simple techniques such as mindful breathing, being in the present, stop and think, mindful eating or drinking, sending kind thoughts, or keeping a gratitude journal are all ways to practice Mindfulness.



### 3 fascinating facts about mindfulness

1

#### IT'S A STATE OF MIND

Mindfulness is actually a state of active, open attention on the present, and the ability to notice thoughts without considering them either good or bad. According to the definition crafted by the American Psychological Association (APA), mindfulness is 'a moment-to-moment awareness of one's experience without judgment'.

2

#### IT CAN DRIVE INNOVATION

According to research by the Institute of Mindful Leadership, 93 per cent of leaders found mindfulness training helped them create space for innovation. Eighty-nine per cent said it enhanced their ability to listen to themselves as well as others, and nearly 70 per cent said mindfulness training helped them think more strategically.

3

#### IT FOSTERS LEARNING AND COMPASSION

A study by Harvard Medical School used MRI scans of people pre- and post-mindfulness meditation practiced for about 30 minutes a day over eight weeks to look for physical changes in the brain. The research found an increase in grey matter in the hippocampus, an important area for learning and memory, as well as in structures associated with self-awareness and compassion.



## Ms. HUTCHINSON'S SPIRIT WEEK

Columbus School students in Ms. Hutchinson's class kicked off Respect Week by dressing up as kindness superheroes! Students participated in kindness activities throughout the day and had discussions on choosing kindness.



## MYSTERY SCIENCE IN Ms. STRYKER'S CLASS!

Do worms really eat dirt? That was Mystery #4 in the fifth grade classes. Students worked on several activities to test what type of environment worms prefer. They were also able to develop their own experiments. Some students tested what happens if two worms are placed together. Do they separate or stay near one another? Rest assured, the worms were safely returned to the soil outdoors once the activity was finished!





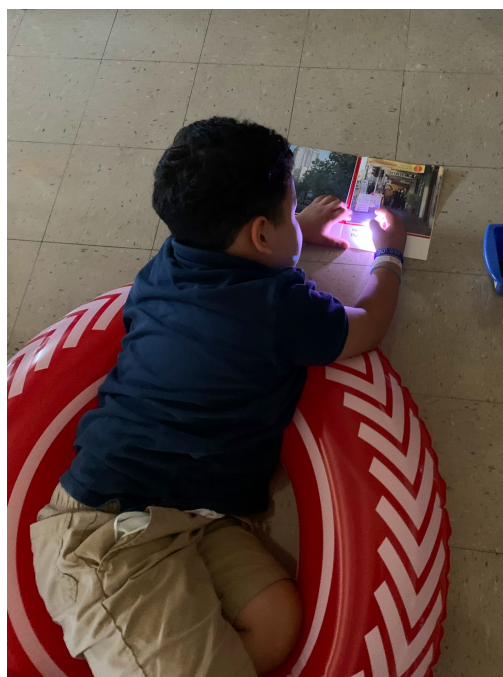
## READING WORKSHOP IN ACTION AT COLUMBUS

Reading workshop is in full swing in Mr. Croson's 4th grade class and Ms. Fanning's 1st grade class! Students are learning to grow their reading stamina and how to pick "just right" books. Look at them in action!



## FLASHLIGHT FRIDAYS IN ROOM 219!

Ms. Gruber's students in room 219 started Flashlight Fridays. During their Independent Reading time in Reader's Workshop, the students get to pick a comfy spot, the lights go off, and they light up the room with their flashlights to read their books.





## PUMPKIN PATCH FUN!

The PTO helped to fund another successful PUMPKIN PATCH this year. The children were treated to the animal farm that visited, giving each child the opportunity to pet bunnies, chicks, goats, a cow and sheep. Then, they were able to enter the pumpkin patch where they were given the pleasure of picking their own pumpkin to take home. Our wonderful volunteers engaged the children in a story while they sat on hay stacks and the children even had the opportunity to go digging through hay to find a trinket! Lastly, they received a treat and juice to enjoy in their classroom!





## FALLING INTO GRAPHICS PRACTICE

In Ms. Hutchinson's class, the students learn Graphics Practice three times a week. During this time, they refine their handwriting skills while also developing fine motor abilities and self-regulation. They usually do this using a dry-erase board, but for this activity they got to turn their efforts into an Autumn tree! The class began by making "rain" (dots), followed by "grass" (vertical lines), and finally made "pebbles" (circles). They changed marker colors each time to create a colorful fall masterpiece!



## PRE-K NIGHT!

The Pre-K Classes hosted the first Pre-K Night of the year! Families were invited to come together to work on some projects for our current theme, which is the Restaurant theme! Students and parents worked on creating pizza ovens for the Pizza Place, Donuts for Dunkin Donuts, and pizza toppings. They finished off the fun with some pizza and juice! Be on the look-out for the next Pre-K night!





## TRUNK OR TREAT

Columbus School had its first annual Trunk or Treat. It included up to 20 festive cars and over 200 participants. The Carteret Police Department and BCB Bank were among some of the community members that helped to make this event a huge success. Thanks to all the teachers and volunteers who helped to make this event a memorable one for the Columbus School students!





## RESTAURANT FUN IN PRE-K!

The students in Mrs. Schwartz and Mrs. Gerstler's Pre-K Class are having so much fun in their Restaurant theme! They transformed the centers in their classroom to different restaurants, like Dunkin' Donuts, McDonald's, a Pizza Place, Sweet Shop, and even the Bus Stop Diner! The students are taking on different roles, such as cook, customer, hostess, and cleaner, and are solving different problems at each restaurant.







# RAMBLERS RISE

**Superintendent:** Mrs. Rosa Diaz

**Assistant Superintendent:** Dr. Melissa Jones

**Business Administrator:** Mr. Hector Berrios

**Board President:** Martin Murray

**Vice-President:** James Hart

**Board Member:** Jean Bellino

**Board Member:** Dennis Cherepski

**Board Member:** Joseph Gasparro

**Board Member:** Patricia Golino

**Board Member:** Jasbir Judge

**Board Member:** Debbie Weaver

**Board Member:** Lydia Singura