

Ms. Chelsee's Message in a Bottle

(from the "non-shipwrecked" S.S. Gr 2)

February 5th, 2016!



Anchors Aweigh!

Mid-year conferences will be coming up in early March. If you would like to schedule a meeting earlier than that (now that you have had time to review your sea lion's report cards) just let me know! I will do my best to accommodate your needs!

On another note, please be reminded that ALL Reading this quarter should be done from chapter books. All weekly summaries (on the chapter book) should be in a "letter" form, to include 3 paragraphs. Details and info as to how the letter/summary should be written is on the yellow Reading/Writing Rubric.

Thanks you to all who were able to contribute Box Tops and canned/boxed food items! Your efforts and kindness are appreciated! Stay tuned to hear the results!



Please ask your sea lion about this week's "Posh Port Holes":

- * How to recognize and combat bullying (with the Health Interns)
- * Compass Rose and map work
- * Writing Letters and addressing envelopes
- * "Showdown" with money!
- * Quinn's popcorn parade!
- * Force & Motion
- * Word of the Week: Understanding



Tip of the Iceberg:

Valentine's Day is coming up! Forget the heart-shaped chocolates box or standard bouquet of red roses this year... "Health-it up" and start a new V-Day family trend!

Take a hike. Just dance. Run a race together. Volunteer together. Get Zen at an evening yoga class. (Frequent yoga practice can lead to improved mood and satisfaction with life, and many studies also point to yoga's many physical benefits (including strength, flexibility, and respiratory and cardiovascular function))

Go for a tandem bike ride. Take a swing at golf or tennis. Go kayaking. (Kayaking is a great adventure sport — and low-impact workout!)

Make your own vegan sushi or dark chocolate fondue. Take a picnic lunch. . Cook a red-themed dinner together.

It's time to break the habit of eating lunch while at your computer or the TV — studies even suggest it may lead to overeating. A non-traditional Valentine's Day meal is the perfect way to start! And as it turns out, many naturally bright red foods really are pretty healthy. Crimson-hued foods (such as beets, strawberries, and cherries) are packed with nutrients like lycopene, vitamin A, vitamin C, and antioxidants.



Birthdays "Shell"-ebrations for this week are: Ashley!!



Treasured Dates:

February 5th 100th Day food due (see pink flyer)

February 8th 100th Day of School Celebration!!

February 9th Publix Field Trip!!

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Monday February 15th No school - Presidents' Day

February 19th Box Top Competition ends. Be sure to bring in those Box Tops and don't forget to label them!

February 20^h 5 Points of Life 5K

February 24^h Parent Night! (Come at 5:45 to get first dibs on the classroom-created appetizers!) **Ohhh, if you are interested in helping cook-up a sea lion surprise, please let me or Cathy Stube know! We are scheduled to cook sometime on the 23rd and the 24th! (What time?!?! You tell me! We can accommodate your needs as we would love to have you there!)

"15 Deck Swabbin' Spelling and Vocab List"

(Irregular plural nouns - irregulars which do not follow the rules & Irregular nouns which do not follow the rules all the time, like those ending in f or y)

geese (goose)

mice (mouse)

feet (foot)

people (person)

children (child)

women (woman)

deer (deer)

leaves (leaf)

puppies (puppy)

shelves (shelf)

flies (fly)

cries (cry)

wolves (wolf)

surfs (surf)

cliffs (cliff)