

Ms. Chelsee's Message in a Bottle

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

February 12th, 2016!



Anchors Aweigh!

Another 4 day week is ahead! Make sure you have your life vests on!

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.

Each Monday or Tuesday (for 4 day weeks) the "letter summary" along with the yellow rubric should be folded up into the self-addressed envelope and turned in for credit. (Please do not seal the envelope!)

I realize this was a little confusing last week (on our first attempt), so all individuals who turned in a "letter summary" will be given extra credit. Future "letter summaries" will be counted as an ELA test grade.

I will put a stamp on all envelopes which include an address to a recipient and you are welcome to send it out! See if you get a response!



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

*Grocery store treasure hunt (with the health interns)

*100th Day celebrations!

*Money test-out!

*Fact Fluency with a Heart!

*Ashley's Amethyst-Topped Cupcake Tribute

*Force & Motion through handwashing with Sonja (Broc's mom) ****Thanks Sonja! Such an awesome presentation!**

*Word of the Week: Love



There are no Birthday "Shell"-ebrations for this week!!



Treasured Dates:

Monday February 15th

No school - Presidents' Day

Tuesday February 16th

Board meeting, 4:30pm (Come get involved!)

February 19th

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

February 20th

5 Points of Life 5K - 7:30am

February 24th

Parent Night! (Come at 5:45 to get first dibs on the classroom-created appetizers!)



Tip of the Iceberg:

Our Grocery store field trip challenged us to look at the amount of calories one would intake per serving for store bought food. Balance energy calories with activity calories. The energy you get from foods and beverages should equal the calories you burn in activity every day.

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The following chart will help you determine the appropriate calorie need for your age, gender and activity level. (Taken from familydoctor.org)

Gender	Age (years)	Activity Level		
		Sedentary	Moderately Active	Active
Female	4-8	1,200 calories	1,400-1,600 calories	1,400-1,800 calories
	9-13	1,600 calories	1,600-2,000 calories	1,800-2,200 calories
	31-50	1,800 calories	2,000 calories	2,200 calories
Male	4-8	1,400 calories	1,400-1,600 calories	1,600-2,000 calories
	9-13	1,800 calories	1,800-2,200 calories	2,000-2,600 calories
	31-50	2,200 calories	2,400-2,600 calories	2,800-3,000 calories

* - The calorie ranges shown reflect the needs of different ages within the group. Children and adolescents need more calories as they get older. However, adults need fewer calories at older ages.

The following terms are used in the chart and are defined by the U.S. Department of Agriculture:

Sedentary - a lifestyle that includes activity that is only associated with day-to-day life.

Moderately active - a lifestyle that includes physical activity equal to walking between 1.5 and 3 miles per day.

Active - a lifestyle that includes physical activity equal to walking more than 3 miles per day.

"Deck Swabbin' Spelling and Vocab List"

(This part of speech describes a verb, an adjective or an adverb and answers the questions: How? How often? When? Where?)

**Ask your sea lion to tell you and show you what the words are for this week. Please work with your sea lion and type an email together. This will count as a TIPS assignment and a student homework assignment (to be included on the HW Log-Loxodograph).

Email is due Wednesday Morning, February 17th.

Include:

*the part of speech

*the spelling words

*how these words were chosen

*any challenges/ accolades your sea lion has regarding the use or knowledge of these words/part of speech