

Royal Live Oaks Academy News

NOVEMBER 2013



Principal's Note:

November is a month when we reflect on gratitude. Being grateful is a character trait that is often overlooked in our daily lives, but one we should seek to grow within us and within our children. Students who focus on being grateful approach their studies in a different way from children who focus on being entitled to what they have. The more we can intentionally cultivate gratitude in our children, the more emotionally mature and academically successful they will be. I think of our friends in the Philippines, where my husband and I have spent the greater part of five years of our lives, struggling just to have a roof over their heads and the most basic necessities, grieving for those loved ones who did not survive the storms, and I know without a doubt that we take too much for granted and have much for which to be thankful. I think of my friend who is in constant pain and know that I am blessed.

If I have one message this month it is: *Be the change you want to see. Be grateful. And you will be positively transformed and impact others in ways you cannot imagine.*

School Calendar

November 25– 29, 2013– Thanksgiving Break (Students)

November 26-29, 2013 (Staff Break)

December 2 —Progress Reports

December 19— January 4—Winter Break

January 9— 9th Grade Final Exam

January 10—Final Exams Period (2&4)

January 14—Report Cards

January 16-17, 2013– Half Day/Parent Conferences

January 19-MLK Birthday Schools Closed

January 23 PTO and SIC Meeting

Brain Teaser:



How much blood is in a person's body?

Answer on the back page!

Royal Live Oaks Academy students show:

Respect, Leadership, Ownership, Positive Attitude and Community Service

Kindergarten News

Kindergarten happenings:

- Students are learning about 2-D and 3-D shapes. Students are also learning about syllables and story elements to include characters, settings, and plot. In Social Studies students are learning about holidays. Lastly in Science we are learning about living organisms and what they need to stay alive.

1st Grade News

- Mathematics: We are wrapping up Everyday Mathematics Unit 3: Patterns and Counting. Please be sure to review telling time to the nearest hour and half-hour, as well as counting dimes, nickels, and pennies.
- ELA: We are beginning our study of fairy tales and informational texts. Students are looking at understanding characters, understanding details, and sequencing the events of a story. Don't forget that your child benefits greatly from reading EVERY night.
- Science: First graders are beginning their study of the earth's composition with an exploration of pebbles, sand, and silt. We are observing and investigating various types of rocks. Remind your student to bring an interesting rock to class for others to observe.
- Social Studies: We are still working on our *Me on the Map* unit. Students have discovered our earth, our continent, our country, our state, and our city. Students will soon be making a map of our school grounds.

2nd Grade News

- In science we have been investigating magnets. Students have learned about the effects of magnets on various materials, how to use magnets to make objects move without being touched, and how magnets affect each other (attract and repel).
- In Social Studies we have been exploring goods and services and the roles of workers in their community.
- In ELA, we are learning about compound words and how to use the individual meaning of two words to find out the meaning of a new word.

3rd Grade News

- Social Studies: Third Grade will be learning about: Discovering Our Land in South Carolina and Settlements in SC. We will be traveling to the Coastal Discovery Museum on Wednesday, November 20, 2013. The Third Graders will learn about life in the Colonial Times.
- Science: Building a Universe (matter, atoms, elements, etc... and solids., liquids, gases)
- Math: The Partial Sums Algorithm, Subtraction Algorithm, Addition with three or more addends

5th & 6th Grade News

As our PBL Project, 5B will research the plants and animals native to a geographic region and determine which ones are edible to eat. Students will record their findings and will share their information with the class through a virtual picnic in which they will present the food of their region. Sixth grade Social Studies classes have been studying ancient Egypt and Nubia. We have explored the pyramids, mummies, and the Nile River. Soon we will be moving on to study China.

7th-8th Grade News

- 7th and 8th graders in Mrs. R. Brown's ELA class will be completing a poetry anthology that will highlight the various poetic forms, as well as teaching content-specific terminology and concepts. Books will be bound and laminated for publishing.
- Ms. Blathers will be starting a new PBL on Seismic Graphs and earthquakes. Students will study a seismic graph with real-time data on earthquake activity.

9th Grade News

Mr. Jones and Ms. Connelly will be working on an integrated PBL for the duration of the semester. There are multiple activities to engage the students regarding the foundations of the United States.

- **What's This Voting?** - Grade Level 9 - In the foreword of Howard Fast's post-Civil War novel, *Freedom Road*, W.E.B. Du Bois writes: "His story is fiction, but his basic historical accuracy is indisputable; its psychological insight is profound; and thousands of readers can testify to its literary charm." (*Freedom Road* by Howard Fast, <http://www.questia.com/PM.qst?a=o&d=26142168> (p. xviii)) This activity is designed to introduce students to the novel *Freedom Road*, by Howard Fast. It explores some of the problems associated with Reconstruction as it helps prepare students for the use of dialect used throughout the novel.
- **The U. S. Civil War:** Interactive and Online - Grade Level 9 - When the Civil War began, most people thought it would end quickly. The north had more men, more factories, and more weapons. President Lincoln asked for only three months' service from each volunteer. However, the south had better military leaders and knew the territory better. Many southerners felt they were fighting a second war of independence. In this activity, your students will research key battles, important events, and significant individuals of the U.S. Civil War. They will use this information to create a comprehensive web site. Students will contribute questions about their specific topics for an online quiz about the U.S. Civil War.
- **Reconstruction News** - Grade Level 9- In this activity your students will become "investigative reporters" during the reconstruction era. Students will work cooperatively to research critical events and the impact of those events. They will explore point-of-view and use the information to create a reconstruction era newspaper.



You wake up in a cranky mood. Your head hurts. You don't have the energy to even get out of bed. And you can't breathe out of your nose. What's wrong? You have a cold! Having a cold is the #1 reason kids visit the doctor and stay home from school. Kids get up to eight colds per year with each cold lasting an average of 5 to 7 days. Let's find out more about them.

What Is a Cold?

A cold is an infection of the upper respiratory system. This just means it affects the nose, throat, and ears. A cold virus gets inside your body and makes you sick. The **rhinovirus** (say: rye-no-VYE-rus) is the most common cold virus, but more than 200 viruses can cause colds. Because there are so many, there isn't a vaccination, or shot, to prevent you from getting colds.



Fortunately, your body already has the best cold cure — your immune system. The immune system defends your body against illness. White blood cells are the immune system's main warriors. They're your own private army working to help you feel better. Take that, cold viruses!

How Kids Catch Colds

Mucus (say: MYOO-kus) is the wet, slimy stuff inside the nose. When someone sneezes or coughs, mucus drops float in the air. Breathing in these droplets can spread a cold from one person to another.

You also can catch a cold if you touch your eyes or nose after handling something with cold viruses on it. Video games, the doors at the mall, and your school desk are all hot spots for viruses. So be sure to wash your hands regularly.

Getting a cold works like space travel: The virus actually has docking points that stick to the inside of your nose — just like a small spaceship attaching to a mother ship! The virus takes over the cells lining the nose and begins creating more viruses.

White blood cells charge to the nose's rescue and cause cold symptoms, while also killing the virus that caused the cold. Runny noses and sneezing actually help to prevent viruses from invading other parts of your body.

You sneeze because your nerves detect the irritation in your nose and get the lungs to push a blast of air out through your nose and mouth. A sneeze can travel at more than 100 miles (161 kilometers) an hour — faster than a car travels on the road, unless you're at a racetrack!

Cold Clues

Symptoms (say: SIMP-tumz) are signs or clues that tell doctors you're sick. Once you've been in contact with a cold virus, it takes 2 to 3 days for cold symptoms to begin. If you have some of the following symptoms, you probably have a cold:

low fever (100-101°F / 37.2-37.8°C)

- body chills
- itchy or sore throat
- sneezing, runny nose, and watery eyes
- coughing
- feeling tired and not hungry
- congestion (when your nose is stuffy and it's hard to breathe)

HOW MUCH BLOOD IS IN A PERSON'S BODY?

The average body contains 1-1/2 gallons of blood at any one time.

Helping Kids Feel Better

Here are some feel-better tips:

- **Bring on the heat.** Hot drinks soothe coughs and sore throats while also clearing mucus. So eat (or drink) your chicken soup!
- **Get steamed up.** A steamy shower helps stuffy or irritated noses. Or run a humidifier (a small, quiet machine that sprays fine cool mist in the air) to relieve your scratchy throat, stuffy nose, and itchy eyes. Humidifiers make room air moist, which loosens mucus.
- **Practice healthy habits.** Your immune system will be ready to fight colds if you eat a balanced diet, get plenty of sleep, and keep your body fit through regular exercise.
- **Blow your horn.** Blowing your nose is the best way to get rid of mucus.
- **Rest.** Take a nap or go to bed a little earlier for a few nights.
- **De-stress.** Kids who are stressed out feel worse when they have colds. Relax and use the time to read, listen to music, or watch a movie. In other words, chill out and you might prevent a cold!