

**All School**

## **Parents' Auxiliary Meeting**

The next Parents' Auxiliary meeting will be on Friday, November 1 at 8:00 a.m. in the US Library (this is a change from the MS Library originally listed). Head of Upper School, Troy Urquhart, will say a few words along with some amazing students of Mrs. Vivian Blair. These students will report on exciting developments regarding the Writing Center, a feature of our school that we are so lucky to have! With numerous updates from the October festivities to new Committee reports on the end of the semester/holiday activities, we hope you will attend our last PA meeting for the semester!

## **Guest Percussionist**

On Monday, October 21, guest percussionist Dan Smithiger and oboist Dawn Striker Roberts gave a recital for Mr. Saoud's percussion students. The duo was visiting from Southern Illinois University-Edwardsville. In addition to their performance they discussed some of the finer aspects of chamber music and summer camp opportunities for the percussion students. Thank you to Dan and Dawn for visiting Episcopal!

## **Lower School**

### **A Note from Mrs. Schuhmacher**

Spirit Week was a lot of fun in the Lower School! We loved seeing students dress in different creative ways to celebrate each day. We hope you will join us next Tuesday for Trunk or Treat in the Lower School parking lot from 5:00-6:30 p.m. Please contact Gretchan Jennings or Toby Murray if you would like to volunteer. On Thursday, students are invited to wear their costumes to school. PreK through 1st grade students will parade through the halls just after 8:00 a.m. for our annual Halloween parade. Please be mindful that students are not too scary for our younger students, and they should not bring or wear anything that will distract from learning in the classroom. Students also enjoyed our author visit with Audrey Vernick. Thank you, Mrs. Linder, for bringing such interesting and engaging authors to visit our school. [View a photo here!](#)

Sincerely,

Catherine Schuhmacher  
Head of Lower School

## Health Screenings

We will be conducting Health Screenings on Tuesday, October 29 in the Braunfisch-Stella Boyle Smith Library. Screening includes: Hearing, Vision, Height and Weight for PK, K, 1, 2, and 4 grades. Blood Pressure is added to 4 grade screenings. Additional students screened are new students and any student that is referred by a teacher or parent. Please remind your students to bring or wear their glasses or contacts for vision screening.

\*Parents will receive a referral letter for further testing **if** there is an issue detected as a result of the screening. Please contact [Nurse Hopkins](#) if you have any questions or concerns.

## Private School League Basketball - 3rd-6th Grades

PSL Basketball will begin this November for girls and boys in grades 3 through 6. If your child is interested in participating, please use the link below to register and also indicate if they will need to purchase a uniform. **Today is the last day to sign up!**

Additionally, individuals who are interested in coaching a team can also [use this link to sign up](#).

If you have any questions, you can contact [Coach Troy Jackson](#).

## Trunk or Treat this Tuesday!!

We hope you will be able to join us on Tuesday, October 29 from 5:00 - 6:30 p.m. for Trunk or Treat! This family friendly, fun event will be in the Lower School parking lot. To make the night even more fun, we will have a Count Porkula food truck serving up hot dogs, nachos, and BBQ! [View the flyer here.](#)

Interested in decorating your car and handing out candy? Contact [Toby Murry](#) or [Gretchan Jennings](#)

## Halloween Day Celebrations

Students in all grades will be allowed to wear Halloween costumes to school on Thursday, October 31. We ask that you please do not send children with swords, weapons, scary masks, etc. Also, please be mindful to send students in costumes that will not interfere with their daily schoolwork. If costumes are distracting, students should bring a change of clothing.

Parade Details: Following morning announcements, students in Pre-K through 1st grade will parade through the first-floor hallways and end in the Erwin Hall Performance Center and Gymnasium. Kindergarten students will parade with their Senior Buddies. Students in 2nd through 5th grades will sit in the gym to watch the parade. Parents are welcome to watch the parade from the Atrium, Simpson Commons, or the Erwin Hall Performance Center and Gymnasium.

Party Details: Halloween parties will take place Thursday. Pre-K parties will begin at 10:45 a.m. and all other parties will begin at 2:15 p.m.

## **Upcoming Parent Roundtables**

**\*Please note the LS will combine with MS and US for these events.**

**Thursday, November 14th at 12:00 p.m.**

**Location TBD**

**Ashley O’Roark, CEDRD**

Ms. O’Roark is a Licensed Registered Dietician that also holds the distinction of being a Certified Eating Disorder Dietician. Her practice focuses on eating disorders, family nutrition, sports nutrition and weight management. We are excited to have her share her expert knowledge of how foods and nutrition impact our social/emotional well being. Ms. O’Roark will explain healthy intuitive eating strategies to maintain in your household, and ways to foster a healthy relationship with food that can be used to guide your children. The connection between nutrition and the impact it has on our overall health is tremendous and I look forward to hearing Ms. O’Roark’s knowledge on this matter.

**Tuesday, December 3rd at 12:00 p.m.**

**Location TBD**

**Katie Buchanan Bushmiaer- Professional Organizer, Owner of Little Rock Paper Scissors**

Mrs. Bushmiaer has years of experience with organizing all sorts of spaces from homes to businesses and she will be here to share some of her best tips and tricks with us! Right before the holidays can be a perfect time to learn about some of the best techniques to help keep homes organized, and manage the sometimes overwhelming amount of belongings of family members (HINT, KIDS STUFF!). Mrs. Bushmiaer will also give helpful tips on how to organize students

school work and materials, and what to do with the keepsake items you hate to throw away but not sure how or where to keep. Learning productive organization techniques will not only help to limit the parents overall stress, but can be great modeling to help teach our students early on the importance of staying organized to help manage stress.

## **Co-Curricular News - PE**

In our Pre-K classes this week we have been working on balance, coordination, and body manipulation through obstacle course based activities. We have incorporated different forms of movement into these including running, crawling, jumping, and even tumbling. While they seem to enjoy all of the obstacles, the class favorites have definitely been the various sized balance "stepping stones" the students must walk across and getting to crawl through the long rainbow tunnel!

Kindergarten and first-grade students have been working hard the past few weeks on Spatial Awareness and Hand-Eye Coordination. Spatial Awareness is important because it helps students understand their environment and their movements in relation to other students and objects. Good spatial awareness allows students to move around safely in the gym. We began our hand-eye coordination unit by striking balls of different sizes off of tees. We then progressed to tossing a ball, tracking it with our eyes, and striking it in the air. We have also practiced hand-eye coordination by tossing and catching balls of different sizes with our hands and with scoops.

Second and third graders just completed an exciting unit on floor hockey. We learned the history of hockey and practiced skills such as dribbling, passing, and shooting. We completed the unit with several competitive games with students taking turns playing the goalie position.

In our fourth and fifth grade classes, we have focused on the World Series and covered a baseball-esque unit. We started with basic activities, teaching the students how to hold and swing a bat, while hitting a ball off of a tee. We then moved into underhand soft-toss pitching to each student, so that they would begin to get the feel of keeping their eyes locked on the ball, and being able to hit it while the ball is in motion. After explaining the basic rules of the game of baseball along the way, we have now gotten to the point where we have been able to play full competitive games and see the skills the students have been working on in action!

## **Study Skills for the Week in 4th & 5th Grades - Vocabulary Acquisition**

Vocabulary can be a difficult and tedious topic to study. This week, students will discuss different strategies for learning new words. Lots of people use flashcards to learn vocabulary, but what are you doing with your flashcards? Try sorting them in different ways. You can sort

them by spelling feature or first sound, or you can sort them into categories based on their definitions. Draw pictures of each word and see if you can identify the word based on an image! Our students will learn and practice these and many more strategies for practicing new vocabulary at home.

## **Chapel News**

In Godly Play, we will be exploring stories about the life of King Solomon. King Solomon built the first temple in Israel and was known as the wisest man on earth. We will discuss how Solomon used the gift of wisdom to help others and built a place of worship for the people of Israel.

In our upcoming community chapel, Mr. Erick Saoud and his percussion students will be playing for us. We are so excited to hear some wonderful music.

**Chapel Readers:** Bella Pumphrey, Rami Khasawneh, and Mac Laister

**Cantors:** Nick Snow, Kennedy Moore, and Caroline Beard

Grace & Peace,

Mother Curtis+

## **Super Sessions**

**Halloween SPOOKTACULAR!**

Dates: October 28 OR 30, 2019

Day: Monday OR Wednesday

Grade/Time: K-3rd, 3:30 PM-5:00 PM

Location: Lower School Room 134

Cost: \$48.00

Instructor: Tracy Peterson

Description:

Do you love Halloween and everything about it? If you do, come to Spooktacular with Mrs. Peterson on either Monday OR Wednesday and celebrate this spooky holiday!! We will have snacks, do crafts and games and have a super spooky haunted house! If this is a holiday that you love, you won't want to miss this fun after school experience!

Please contact [Morgan Dlouhy](#) or [Emma Daily](#) if you have any questions regarding Wildcat Club or Super Sessions. The Wildcat Club emergency contact number is 501.804.6649.

## Pride Patrol

Pride Patrol students assigned for next week, **Monday, October 28 - Friday, November 1** are:

**Pre-K Carpool:** Caroline Beard, Lucas Campbell, Jack Cochran, Emma Duncan, Vivi Green

**K-5 Carpool:** Emily Benton, Rhett Braunecker, Claire Covert, Gray Dickinson, Riley Dickinson

## Mark Your Calendar

### Monday, October 28

- Girls on the Run, 3:15-4:45pm
- Taekwondo (K-1), 3:30-4pm; (PreK) 4-4:30pm; (2-5) 4:30-5pm

### Tuesday, October 29

- Tiny Tumblers, PreK3-K, 3:30-4pm
- Cheer Time! Grades 1-5, 4-4:30pm
- Trunk or Treat - 5-6:30pm, Lower School Parking Lot

### Wednesday, October 30

- Community Chapels
  - PreK 3, 8:45am-9am
  - PreK 4, 8:25am-8:40am
  - Kindergarten, 9:10am-9:25am
  - 1st-5th, 10:45am-11:15am
- Teeny Dancers, PreK3-K, 3:30-4pm
- Wee Little Arts, PreK3-4, 3:20-4pm
- Wee Little Arts, K-2, 4:10-4:50pm

## **Thursday, October 31 - HALLOWEEN!**

- PreK-1st Grade Parade - 8:10am
- PreK Parties - 10:45am
- K-5 Parties - 2:15pm
- Chess Club, 3:15-4:30pm
- Teeny Dancers, 3:30-4pm
- Girls on the Run, 3:15-4:45pm

## **Friday, November 1**

**Find the [LS Calendar](#) here.**

## **A Note from Dr. McCormick**

Dear Parents,

I was really excited after observing Mrs. Robinson (Director of Educational Technology), Ms. Owen (7th grade Earth Science), and Mrs. Agee's (MS Librarian) joint presentation of a seventh grade science project co-designed by Ms. Owen and Mrs. Robinson. Mrs. Robinson presented students templates for creating their own Google sites. As they research their assigned resource, e.g., timber, and seek to make a case as to why it is the most important, they will showcase their research, graphics, and embed relevant video into this website. Ms. Owen explained the goals for the project and Mrs. Agee then discussed germane databases accessible to our students through the Central Arkansas Library System cards that all students recently received. She also spoke a bit about plagiarism and together she and the students brainstormed strategies for how to responsibly gather data. Later in the day, I was visited by several of Ms. Butler's sixth grade life science classes, who were collaborating on creating a video likening the different parts of a cell, e.g., nucleus, cytoplasm, cell wall, to various areas and people on our campus. I was very flattered, too, that the classes compared my role to the cell's nucleus! Students will be able to use these videos when preparing for their next assessment.

Best,

Chuck McCormick  
Head of Middle School

## **FCD Recap**

Mr. Rodney Poole, a counselor from the Freedom From Chemical Dependency group who has worked with Episcopal students each year for the past five-six years, spoke with close to 20 Middle and Upper school parents last Friday. While Rodney had many helpful suggestions for parents, here are a few that stuck out:

- Talk openly with your kids about drugs and alcohol.
- Know where your students are and with whom, and if they are at someone's house, inquire if the parents are there.
- Eat meals together as a family.
- Model the type of substance use that you want from your kids.
- Try hosting/holding an adult social event where alcoholic beverages are not served.

## **Seventh Grade Field Trip**

The seventh grade students went to the *Washed Ashore* exhibit on Thursday, October 24. Students were in awe of the colorful pieces of sculpture and artistic ways the creator took washed up garbage and created art with a purpose. Students then brainstormed ways they can recycle more at home with their families. [View photos here!](#)

## **Summer Trip to Yosemite National Park in June 2020 with Mrs. Parker!**

Please [read this attached trip form](#) regarding this upcoming June's Middle School adventure. This trip is open to rising seventh and eighth graders (current sixth and seventh grade students).

## Advisory This Week

This week, a number of our eighth grade students had the opportunity to lead/mentor sixth grade students in our morning greeting and activities, something that we feel benefits both groups in different ways. Additionally, individual students continued to reflect on their first quarter academic and citizenship performances and re-affirm or re-set goals for this next quarter and the semester. Finally, the pumpkins are in, and advisories have started spending time on their designs for next week's "Advisory Pumpkin Decorating Challenge."

## Athletes of the Week

The first of our athletes of the week, eighth grade tennis player Jack Schumacher, was nominated by Coach Lindsey Duncan thusly:

This week's MS Athlete of the Week goes to a tennis player who is extremely hard working and always willing to play against the best competition I can throw his way. He has a positive attitude and is usually the first one to help out his teammates. He recently won the Middle School vs. Varsity Tournament, beating 2 Varsity and 2 Middle School players to come out on top. Congratulations, **Jack Schuhmacher**, on a fantastic season!

Our second athlete of the week comes from the junior high football team and was recognized by Coach Carter:

Naaman Jordan has done an awesome job for us this year. He is always willing to step into any role that we ask of him. He has played on the defensive line most of the year and has been out-sized in every game, but he doesn't let that get in the way of making big plays for us. He is going to be a special player and is a pure joy to coach. Awesome stuff, Naaman!

## Upcoming Parent Roundtables

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**Thursday, November 14th at 12:00 p.m.**

**Location TBD**

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## **Private School League Basketball - 6th Grade**

PSL Basketball will begin this November for girls and boys in grades 3 through 6. If your child is interested in participating, [please use this link to](#)

[register](#) and also indicate if they will need to purchase a uniform. **The sign-up deadline is today!**

Additionally, individuals who are interested in coaching a team can [sign up here](#).

If you have any questions, you can contact [Coach Troy Jackson](#).

## MS Author Visit

Author, [Roland Smith](#), will spend the day with Middle School students on Friday, November 8, to discuss his books and conduct writing workshops. [Click here for book summary and to order a copy!](#) If you are interested in purchasing a book, submit your form with your book selections. Wordsworth Books in the Heights is giving us a 20% discount off the list price! Your FACTS account will be charged for the amount listed. Roland Smith will sign your copy! We are so excited to visit with him on November 8th!

## Calendar

Find the [MS Calendar](#) here.

## A Note from Mr. Urquhart

Looking forward to next week, I've had several students ask if they could wear Halloween costumes to school on Thursday. I'm happy to permit (and encourage) everyone to participate, but I do want to remind students to use good judgment regarding the appropriateness of costumes for school. We are asking that students do not wear masks in classrooms and that they use care selecting any costume accessories--we want to make sure that we maintain a productive learning environment in the classroom while also having some fun on Thursday!

As a reminder, if your child will have a planned absence from school, please let Mr. Carter know as early as possible so that we can work with you to minimize the impact of missed class time. You can reach him by telephone at extension x2513 or by email at [mcarter@episcopalcollegiate.org](mailto:mcarter@episcopalcollegiate.org). In the case of an unexpected absence (for example, one caused by illness), please call or email Ms. Selby Whitbeck in the Upper School office before 8:30 a.m. Ms. Whitbeck's telephone extension is x2400, and her email address is [swhitbeck1@episcopalcollegiate.org](mailto:swhitbeck1@episcopalcollegiate.org).

Troy Urquhart  
Head of Upper School

## Important News for Juniors and Seniors

**News for the Class of 2020!** On Wednesday, November 13, a representative from Balfour will be on campus to collect orders for **Graduation Announcements and Cap & Gowns** from 12:45 to 1:25 p.m. in the US Commons. Seniors will have a packet for ordering early next week. The order form, along with a minimum down payment of \$80 is due Wednesday, November 13. Seniors will be measured for their gown on this day. Contact Robyn Steppig if you have any questions at [rsteppig@episcopalcollegiate.org](mailto:rsteppig@episcopalcollegiate.org).

**Attention Juniors:** On Wednesday, November 13, a representative from Balfour will be on campus to collect **Senior Class Ring** orders between 12:45 and 1:25 p.m. in the Upper School Commons. Order forms will be sent home soon. If you choose to purchase a ring, you will need to bring your completed order form, along with a minimum down payment of \$80. An assortment of class rings are on the market, but the Board of Trustees has sanctioned only one ring as the official school class ring. Its design was crafted in 2003, and it is sold in white or yellow gold by Balfour. Contact Robyn Steppig if you have any questions at [rsteppig@episcopalcollegiate.org](mailto:rsteppig@episcopalcollegiate.org).

## College Visits

All juniors and seniors are encouraged to attend these college meetings in the College Counseling Office if interested in applying to the college. Students should sign up in Scoir beforehand. Also, if missing a class, students should have the teacher sign the College Meeting Permission Form found on the bookshelf of the College Counseling Office.

Monday, October 28, 2019 8:15AM - 09:15AM	Samford University
Tuesday, October 29, 2019 10:00AM - 11:00AM	Saint Edward's University
Wednesday, October 30, 2019 10:00AM - 11:00AM	Eckerd College

## College Talks for Parents

We will begin our series of College Talks for Upper School parents on Monday, October 28. Please mark your calendars for any of the meetings that interest you and that you have not attended previously. These College Talks are held yearly and will take place at 5:30 pm in Upper School Room 215.

October 28

**College Talk: Overview of the College Application Process.** Do you wonder what your child should be doing now to prepare for the college application process? This is the program for you. We will discuss what your child can be doing each year of high school to prepare for college applications later and to keep the stress and anxiety at bay.

November 18

**College Talk: Standardized Testing – The In's and Out's of PSAT, Pre-ACT, ACT, SAT, Subject Tests, and AP.** Who should be taking what when, and how to prepare.

January 13

**College Talk: Researching and Visiting Colleges.** This is one of the most important steps your child can take to find the right fit and to create an appropriate college list. Learn how you can help your child in this crucial process.

February 12

**Deans' Panel** Four college admission deans from very different colleges around the country will answer all your questions about college admission and financial aid in a lively, frank discussion. This is a must attend event for you and your child!

## **A Note from Father Rob**

On Friday, November 1, the MS/US community will share in a service of Holy Eucharist as a part of our regular daily chapel program. The Eucharist, Holy Communion, the Lord's Supper as it is known in various Christian traditions, is a vital part of the Episcopal Christian tradition. That day is also the Feast of All Saints. It is an occasion in which many Christians remember important and inspiring figures—both well-known and anonymous—who have faithfully shown what it means to love God and one's neighbor. At our celebration we will offer special prayers for deceased loved ones whose lives inspired us.

Every member of our community will be invited to participate in the Communion as they are comfortable and feel called. This may look different for each individual but it may include:

- 1) Coming forward to receive the bread and the wine. Gluten free options will be available. No one is required to take either the bread or the wine.
- 2) Coming forward to receive a blessing. If someone is not able to receive the bread and wine, they can come forward and cross their arms across their chest to indicate that they would like a blessing.
- 3) Coming forward for a greeting. If someone is unable to receive communion and does not wish a blessing, they may still come forward and Fr. Rob will greet them with a handshake and a word of peace.
- 4) Remaining in one's seat.

As a priest I respect every person's participation to be right and appropriate for them, trusting that God is working in them God's purpose. I do invite and welcome parents to attend our service. Of course, if anyone had any questions, I would be happy to answer and address them. Please contact me at: [rlancock@episcopalcollegiate.org](mailto:rlancock@episcopalcollegiate.org)

I look forward to this special celebration.

## **Upcoming Parent Roundtables**

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**Thursday, November 14th at 12:00 p.m.**

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**Ashley O'Roark, CEDRD**

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## **Saints Classic Debate Tournament**

Last weekend, Brennen Beck, Olivia Curtis, and Sophie Reynolds competed in Congressional Debate at the Saints Classic in Jackson, MS. Brennen advanced to finals and placed 2nd overall earning his first bid to the Tournament of Champions in April. [Check out some photos here!](#)

## **2020 Washington D.C. Trip**

Join us for a trip to Washington, D.C. to explore historic sites and the workings of the federal government. Highlights include the National Mall, Arlington National Cemetery, the White House, the Capitol Building, the Supreme Court, the Library of Congress, Mt. Vernon, and several museums--Holocaust Memorial Museum, International Spy Museum, Smithsonian Museum of American History, and the National Museum of African American History. The trip is all inclusive except daily lunches and personal souvenirs.

Dates: June 22-27, 2020

Leaders: Martene Campbell and Richie Marsh

Cost: \$1,945 (15+ participants), \$2,045 (10 participants)

Website: <https://tinyurl.com/episcopaldctrip>

Eligible to travel: Rising 9th- graduated Seniors

For more information, please contact [Martene Campbell](#)

## Upcoming Events

Find the [US Calendar](#) here.

## Upcoming Games

**Friday, October 25**

- Varsity Football vs. Trinity, 7:00 p.m. - HOME

**Saturday, October 26**

- 5th and 6th Grade Football Championship

**Monday, October 28 - Friday, November 1**

- Volleyball State Championship - TBA

Find the [Wildcat Athletic Calendar](#) here.