Family Night - Wednesday, November 13

Reminder that our second Family Night of the year will be on Wednesday, November 13!

A Note from Nurse Lenna

Thank you to everyone who came out to the flu clinic! In total, there were 538 vaccines given out!

Parents' Auxiliary Auction Raffle Tickets

Raffle Tickets - Raffle tickets are available for purchase from grade representatives. He or she will be contacting you! \$100 cash or check only. A chance to win a year of tuition for your youngest child!

Parents' Auxiliary Auction Circle of Excellence

Become a member of the Circle of Excellence for the 2020 Parents' Auxiliary Stay Wild Auction. Make a \$1,000 donation and receive two patron tickets to the auction, invitation to the Patron Party in February, have your names listed in the Circle of Excellence in the auction program, annual report, and on event signage. To become a member or for additional information, please contact Katie Huff.

Upcyclers

The Upcyclers would like to thank all of the Middle School volunteers, including Mrs. Higgins, Mrs. Lenfestey, Mrs. Parker, and Mr. Tamo, for making more than 100 reusable bags for Trunk or Treating in fewer than 48 hours! The bags were put to good use! If you would like to return your bag to be reused AGAIN, just send it in to used uniforms.

Calling all volunteers, particularly Seniors and Kindergarten parents! The Upcyclers' monthly Sunday Funday has been MOVED to this **Saturday**, **November 2nd**, from 12pm - 2pm in the Middle and Upper School Dining Hall! We are working on Christmas presents for Kindergarten and Senior buddies as well as working on the quilt we will donate to the auction. All skill sets needed! Tools provided. Students may receive community service hours for attendance. Middle schoolers bring an adult, please!

Our next day session will be on Wednesday, November 13th, from 8am-3:30pm in the UPPER SCHOOL COMMONS. Seniors will continue to work on their secret projects during this time.

Steelcats Performance

On Sunday, November 3rd, the *Steelcats* will perform for the Arkansas Children's Hospital Holiday Open House from 1-3pm. Join the fun at the Playaway Gift Shop and enjoy the sounds of the *Steelcats!*

Episcopal Collegiate Presents: The Addams Family

Episcopal Collegiate School presents The Addams Family Musical at 7:00 p.m. on November 7, 8, and 9. Join us for this fun take on the traditional creepy and kooky Addams Family characters as they navigate young love and a culture clash with a "normal" family. Admission for guests is \$10 for adults and \$5 for students and seniors. Free admission for Episcopal Collegiate School students and faculty. We hope to see you there!

Lower School

A Note from Mrs. Schuhmacher

It has been another busy week in the Lower School. Families enjoyed a beautiful night with friends at Trunk or Treat on Tuesday night. I would like to thank Gretchan Jennings and Toby Murray for organizing this fun evening. I would also like to thank the many families who decorated their cars and handed out candy, the Middle School students who volunteered their time, and the many parents who helped with set up. Halloween Day was a fun one as always with our annual parade and Halloween parties. Thank you to the room parent coordinators for making these parties fun for all!

This past week in Chapel, Mr. Saoud and his percussion students joined us to talk about what music means to them. Middle School students shared a song and dance with us. Mr. Saoud then invited Lower School teachers to join in the dance, which was a huge hit with Lower School students. Watch a clip of the dance here! As we approach next week, please note that Chapel will take place on Tuesday, November 5 rather than Wednesday as it normally does. This is to accommodate our accreditation team visit.

Finally, as we approach the winter months, please write your child's name in a prominent place on any outerwear he or she brings to school. Our Lost and Found is overflowing right now, and many of these pieces are brand new with no identification on the tags. Please take a look at Lost and Found in the Parents Auxiliary room if your child is missing any items.

Sincerely,

Catherine Schuhmacher Head of Lower School

Character Trait for November

November's character trait is APPRECIATION! We will be focusing on how to show appreciative behaviors in our daily lives. Practicing gratefulness and appreciation for the people, places, and things in our lives is a powerful tool that helps us sustain a positive and healthy mindset. We encourage you to begin conversations at home identifying things you are grateful for. At school, there is an "Appreciation Station" where students are encouraged to take Thank You notes and give to those around them that have helped or supported them during the day. They will also be doing "Random Acts of Appreciation" in their classrooms to acknowledge things that they benefit from as a class. We hope some of these practices become habit and a daily practice.

Betsy Abbott Lower School Counselor

Private School League Basketball - 3rd-6th Grades

Parents, please fill out the Acknowledgement of Risk form and turn it in to your child's coach on the first day of practice. <u>View the forms here.</u>

If you have any questions, you can contact Coach Troy Jackson at tjackson@episcopalcollegiate.org.

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.

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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 - Art

PreK and Kindergarten

Pre-K3, Pre-K4, and Kindergarten Wildcats have grown so much already this year. As they are exposed to new materials and concepts, students are soaking it all in and approaching each project with great enthusiasm!

Pre-K3 students have been very busy! They learned about the element of line and practiced making different types of lines using a paintbrush, crayons, and various household items (toy cars, potato mashers, forks, etc.). Students in Pre-K3 also learned about shapes and how we can use shapes to create art. After learning about artist Wayne Thiebaud, they created a gumball

machine using shapes. Students also learned about artist Pablo Picasso and used cutout paper shapes to create "Preschool Picassos". Finally, in celebration of Halloween, Pre-K3 students used shapes to paint ghosts. Pre-K3 has begun their unit on colors and have been introduced to primary and secondary colors. They participated in an experiment and then used the primary colors to create the secondary colors. They had so much fun! In the coming weeks, Pre-K3 will continue to use lines and shapes as they explore the element of color.

Pre-K4 students are having a wonderful time in Art! They learned about the element of line and how to make several different types of lines, such as straight, zig zag, wavy and broken. Students used pencils, yarn and tempera paint, oil pastels, and watercolors to create lines. In addition to learning about the element of line, Pre-K4 learned about the element of shape. After learning about artist Paul Klee, students used shape cut outs to create their own version of "Castle and Sun". Their next project was a "Silly Shape Monster." Students used markers to create the face for a monster and then cut out different shapes to complete it. Every monster was wonderful and unique and the students were able to practice using scissors and glue while having fun! Most recently, students were introduced to primary and secondary colors. They learned about the colors and how to create them and then practiced creating secondary colors using primary colors. Pre-K4 is learning so much and they are having so much fun in Art. In the coming weeks they will continue to use the elements of art they have learned about, as they continue to learn about new artists and elements of art.

Kindergarten students have been very busy learning and creating! After learning about different types of lines, students used India Ink to create lines. They filled their paper with lines and then used tempera cakes to fill in the area between the lines. The results were beautiful! Kindergarten students also used oil pastels and tempera paint to create colorful flowers using lines. Each flower was unique and had a lot of personality. The next element of art the students learned about was shape. After reviewing shapes and looking at the way simple shapes can be used to create more elaborate drawings, we looked at images of Laurel Burch's artwork. Students then followed a directed drawing activity using shapes to create their own "Shape Cat". After they drew their cat with a black oil pastel, Kindergarteners used watercolors to paint the cat and the background. A favorite project of the Kindergarten students was the "Silly Spiders on a Web." Students used shapes, lines, and patterns to create some wonderful artwork. This project also allowed students some time to practice using scissors and glue. Most recently, Kindergarten students have been introduced to the element of color. We discussed primary and secondary colors and practiced color mixing to create the secondary colors. In the coming weeks, Kindergarten students will continue to use what they have learned, as they are introduced to new concepts and artists.

All of the students continue to learn and grow as we work with different art materials. It is a joy to watch their enthusiasm and excitement as they practice, learn, and create. We have so many fun projects to work on this Fall and Winter as we continue to learn about master artists and the elements of art.

1st-5th Grade Art

What a great first quarter we have had in the upstairs art studio! We have explored many mediums and techniques to create fun artwork. It's hard to believe that we will be working on Holiday projects soon! If you would like to see what your student is working on, most students' artwork is uploaded to our school Artsonia account. If you need information on how to access Artsonia or need help finding your student's artwork, please let Ms.McSpadden know, I would be happy to help! Please keep reading to find out the fun we have been up to in the upstairs art studio.

First graders have been exploring the Elements of Art and how they help artists make artwork. To study the element of line, students were read "Library Lion" and walked through a guided drawing of a lion. Then, they decided what lines they wanted to use to create the lion's mane. We also talked about warm colors and used those to paint our lions. Then, we moved on from lines and are studying the ways we can make shapes with lines. Students were read "Clink!", then they used a variety of shapes to create their robots. In the coming months, we will return to our Caldecott series for a couple more projects.

Second graders have just finished a unit on Asia and to tie into that unit, we created warm and cool color dragons. We talked about symmetry when drawing the face of a dragon and I demonstrated how to create a perfectly symmetrical design. Be sure to check these out in the hallway, they are so fun! We are now finishing up fall landscapes. For this project, we learned how artists create the illusion of depth on a flat surface by using perspective. Students then learned how to draw a blanket on the ground using this technique. Next, we will be studying the jungles of the artist Henri Rousseau and learning how to draw jungle animals.

In our trip around the art world with third graders, we are finishing up our time in Mexico. First, we learned about the guitar makers of Paracho, Mexico before making our own paper guitars using warm and cool color schemes. We stayed in Mexico to learn about the artist Frida Kahlo and her portraits that featured her favorite pets. Students learned how to draw a ³/₄ pose portrait and added either their favorite animal or a pet to the picture, just like Frida! Next, we will be moving on to Austria to learn about the architect and artist Friedensreich Hundertwasser.

Fourth graders learned how they could use games to determine what they would draw and what media they would use for their artwork. First, we played a "Media & Techniques Bingo" which determined the variety of media they would use in their artwork. Then, we played "Roll-a-Landscape" which determined what elements they would use in their landscape. Each piece is truly unique depending on the combination of materials and elements in their landscape. It's a fun way to try new supplies and help work out the composition of their artwork. After we finished those landscapes, we learned how using one-point perspective can give our landscapes the illusion of depth while learning about analogous color schemes. Next, we will learn about two different artists and create a piece of art that will mash the two styles together.

After fifth grade finished their Hispanic Heritage Hall of Fame portraits, we continued the Hispanic Heritage Month celebrations by designing Dia de Los Muertos Sugar Skulls. We are just finishing up a project that reviewed what we learned last year about one-point perspective, but we added a twist. They used the one-point perspective technique to design a cityscape that

looks like it is popping off the surface of a planet and into space. Next, we will explore the artist Claus Oldenberg and create soft sculptures in his style.

Little Rockers Begins Monday

The Little Rockers Program will begin on Monday, November 4. This program, run in conjunction with the Little Rock Marathon, teaches students the importance of teamwork and physical fitness while emphasizing self-confidence and perseverance. The program runs on Monday afternoons and is open to second through fifth-grade students. Students run 25.2 miles over several months with the final mile being run during Marathon Weekend as part of the Little Rock Marathon. For more information, please check out this flyer or contact Mr. Daniel at adaniel@episcopalcollegiate.org.

Study Skills for the Week in 4th & 5th Grades - Eye Exercises

When you have to read novels or textbooks, your eyes can get strained and tired. Once your eyes are tired, it can be harder to take in the information you're reading. Eye exercises can help to build stamina and agility, which will translate into a faster and easier time reading and understanding! In class this week, students will do some eye exercise games online to build their ability to move their eyes efficiently and build their reading skills. These activities are easy to find online and fun to do! Practicing eye exercises for 10 minutes, 2-3 days a week can help train your eyes to read more quickly, so you'll be able to understand more!

Chapel News

In our upcoming community chapel, the third-grade teachers will be presenting on our character virtue for November, Appreciation. Please note that chapel will be on **Tuesday at 10:45 a.m.** instead of Wednesday to accommodate an accreditation visit.

In Godly Play, we will be exploring the story of Jonah. Jonah is sometimes called the backwards prophet because he does the opposite of what a prophet usually does. He tries to run away from God and has a terrible attitude, yet God still uses Jonah to bring good news to the people of Nineveh.

Chapel Readers: Charlie Radtke, Mary Evelyn May and Weston Leacock

Cantors: Cameron Wells, Gray Dickenson, and Isabella Runyon

Grace & Peace,

Mother Curtis+

ArCANsas Food Drive November 4-15

As Thanksgiving approaches the Lower School will be collecting canned food for families in need. Our food drive begins Monday, November 4 and ends Friday, November 15. You may bring food items all week and drop them off in the Lower School Commons. Our fifth-grade students will be leading the way by promoting and arranging the food drive with a surprise sculpture made out of donated items. The food drive is a great way to involve your child in caring for others in our community. Let them pick up a few extra items at the grocery store or out of your kitchen pantry and bring them to school. Together we can make our canned food drive a success!

Upcoming Super Session Highlights

Tykes and Bikes 2-day Mini Workshop! Date(s): 11/06/2019 AND 11/07/2019 Day(s): Wednesday AND Thursday Grade/Time: K-2nd, 3:45-5:30 PM Location: Gym and Outside (will meet in LS commons at 3:45 both days) Cost: \$75.00 Instructors: Mrs. Erb

Description:

This is a 2-day minibike riding workshop! Riding bikes is fun to do with friends so, join Mrs. Erb and let's ride! We will ride around campus maneuvering through cones, learn about bike safety, bike control, and how to safely ride your bike while having fun! If you are an experienced rider and just want to come and hang out to ride with friends, that's ok too! See ya soon! Please bring a water bottle and jacket, and don't forget your helmet!

Please contact <u>Morgan Dlouhy</u> or <u>Emma Daily</u> if you have any questions regarding Wildcat Club or Super Sessions. The Wildcat Club contact number is 501.804.6649.

Pride Patrol

Pride Patrol students assigned for next week, Monday, November 4 - Friday, November 8 are:

Pre-K Carpool: Phillips Blair, Eli Dellimore, Miles Dockery, Sully Dockery, Messu Ra Ingram

K-5 Carpool: Emily Benton, Mei Borg, Finn Brister, Granger Colclasure, Andy Dillard

Mark Your Calendar

Monday, November 4

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

Tuesday, November 5 - Note Chapel date change due to accreditation team visit

- Community Chapels
 - PreK 3, 8:45am-9am
 - PreK 4, 8:25am-8:40am
 - Kindergarten, 9:10am-9:25am
- 1st-5th, 10:45am-11:15am
- Tiny Tumblers, PreK3-K, 3:30-4pm
- Cheer Time! Grades 1-5, 4-4:30pm
- Kids Cook! 1-5, 3:30-5pm

Wednesday, November 6

- Teeny Dancers, PreK3-K, 3:30-4pm
- Wee Little Arts, PreK3-4, 3:20-4pm
- Wee Little Arts, K-2, 4:10-4:50pm
- Tykes and Bikes, K-2, 3:45-5:30pm

Thursday, November 7

- Chess Club, 3:15-4:30pm
- Teeny Dancers, 3:30-4pm
- Girls on the Run, 3:15-4:45pm
- Tykes and Bikes, K-2, 3:45-5:30pm

Friday, November 8

Find the LS Calendar here.

Middle School A Note from Dr. McCormick

Dear Middle School Parents,

This week, I went on a Learning Walk with Mrs. Lenfestey and Mrs. Agee. Learning Walks are where faculty visit other faculty members' classrooms on a regular class day to observe and get ideas to improve their own practice. We first visited Mrs. Owen's seventh grade science students, where she was showing them how to use Google sheets to capture data for their resource projects. Later, we went across the hall to Mrs. Jones' seventh grade history classroom. Here, students were working individually and collaboratively to summarize parts of the Bill or Rights and Petition of Right and then make connections between the two. Finally, we traveled to Mrs. Sutton-Chaudoir's spooky English 6 classroom, where the students were doing a Halloween-themed reader's theater, complete with very low light and spooky forest setting being played on her SmartBoard. It was tremendous to see the breadth of learning experiences across these different disciplines, as well as the high level of student engagement. I feel so fortunate to be part of such a strong faculty team!

Best,

Chuck McCormick Head of Middle School

Hispanic Heritage Trivia Competition Winner!

¡Felicidades! ¡Olé! Ro Waymack - 1st Place Student in Episcopal Collegiate School's 2019 Hispanic Heritage Trivia Competition. <u>View a photo here.</u>

PSL Basketball - 3-6th Grades

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If you have any questions, you can contact Coach Troy Jackson at tjackson@episcopalcollegiate.org.

Halloween Highlights

On Thursday morning, we had our now annual Halloween parade in the Championship Gym. A number of our wonderful colleagues from dining services, athletics, and maintenance served as judges for our costume contest. Categories were best ensemble, scariest, and most creative.

Wes Brown and Will Brown won the most creative award as a community service message - turtle (Wes) and bundle of plastic straws (Will) - which served as a helpful reminder to avoid using plastic straws to help ocean life/the environment.

Stephen Nichols won the "scariest" award dressed as a wolf.

Barrett Mehrabi, Clark Wild, Ford Gill, Cash Lee, and Turner Harbour won best ensemble costume as the T-Birds.

View photos of the winners on our school Flickr page.

Lacrosse Club Meetings

Girls' (grades 8-12) Lacrosse Club Parent/Student Organizational Meeting: Tuesday, November 5, 5:00 p.m., Middle School Erwin Library. This meeting is for both parents and girls interested in trying lacrosse. Come meet Coach Sydney Butler, learn about the schedule, tentative practice plan (practices do not begin until late January), equipment needs, and get psyched!

Boys' (grades 9-12) Lacrosse Club Parent/Student Organizational Meeting: Tuesday, November 5, 5:00 p.m., Middle School Room 107. This meeting is for both parents and boys interested in trying lacrosse. Come meet Coach Patrick Rogers, learn about the game schedule, tentative practice plan (practices do not begin until late January), equipment needs, and get fired up!

Upcoming Parent Roundtables

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

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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.

Find the MS Calendar here.

Upper School A Note from Mr. Urquhart

We've had a great week in the Upper School, cheering on our Volleyball team in the state tournament and celebrating Halloween. Today, we celebrated All Saints Day in Chapel with Holy Eucharist and special prayers for loved ones who have died, and our Spanish teachers hosted a potluck luncheon for día de los muertos. During this event, students shared food that honors the memory of a loved one--often, the favorite food of a loved one who has died-and they celebrated with face painting, games, and cookie decorating.

Next week, we're looking forward to hosting a team of educators for our fiveyear reaccreditation visit. These teachers and administrators will represent our different accrediting agencies: the Southern Association of Independent Schools (SAIS), the Southwestern Association of Episcopal Schools (SAES), and the Arkansas Non-Public School Accrediting Association (ANSAA). This group has already reviewed our compliance with each agency's standards, and during their visit, they'll spend time visiting classes, rehearsals, practices, and other activities, and they'll talk with students, teachers, and other members of our school community about the work that we do here. We're grateful to each of them for spending this time with us--when you see them here next week, please join us in making them feel welcome and in thanking them for the important role they play in continually improving the work we do as a school.

Troy Urquhart Head of Upper School

Lacrosse Club Meeting

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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.

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.

College Talks for Parents

We are continuing our series of College Talks for Upper School parents! 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 p.m. in Upper School Room 215

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!

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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

Find the US Calendar here.

Athletics Upcoming Games

Saturday, November 2

• Girls Varsity Volleyball - State Tournament

Find the Wildcat Athletic Calendar here.