



# Dunfee Digest

*Exercise Study*

## What's inside:

- Exercise Study
- Math Carnival
- UPstanders of the month

## Reminders:

- Polar Express Experience- 12/15/22
- Early Dismissal: 12/7/22, 12/23/22

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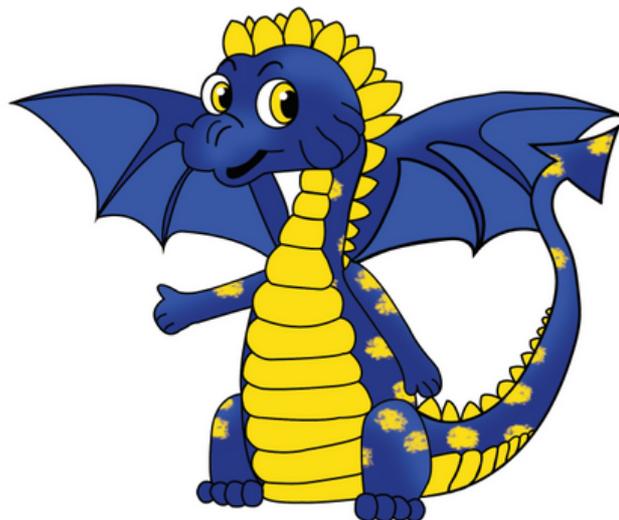


## Hello, Dragons!

*Happy Fall!!!*

The Dragons have had a busy November!! They have been learning all about exercise this month and healthy habits. As the preschoolers studied exercise, they learned concepts and skills in physical development, literacy, math, science, social studies, the arts, and technology. They developed thinking skills as they observed, investigated, asked questions, solved problems, made predictions and tested their ideas!

**Check out some pictures on the next page of exercise in practice in some of our classrooms!**





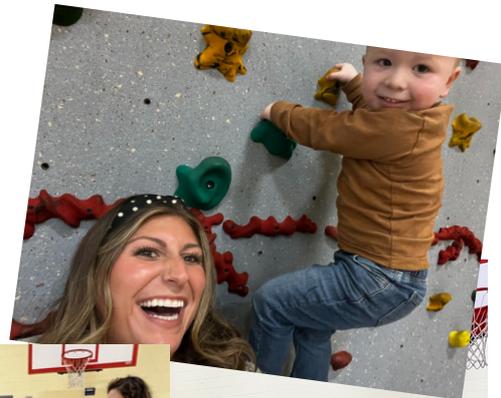
Yoga in Mrs. Merchner's Class



Lifting Weights in Ms. Mattner's Class



Trampoline Fun in Ms. Joseph's Class



Obstacle Course in Ms. August & Tardiff's Class



# Smoothies

## Mrs. Keenan's Class

Students in Mrs. Keenan's class made smoothies as a way to celebrate the end of the exercise study!! They were able to choose the type of fruit they'd like and measured all the ingredients. These Dunfee Dragon's choose from strawberries, blueberries, pineapples and bananas! They added almond milk and then pressed the buttons to watch it blend. Best part, they tasted their delicious smoothies!





# LMDS Math Carnival



Dunfee's first Math Carnival was a huge success! Students played carnival games while using the math concepts that they are learning in class. Counting pom pom popcorn, spinning a wheel to create with blocks, making patterns and playing with rubber ducks certainly made this a night to remember. Learning through play in action! Students even guessed how many gumballs were in the jar!



Fun fact:  
There were 386 gumballs in the  
Guess a Gumball Game

# LMDS UPstanders

## UPstanding-Dragon of the Month

### What is an UPstander?

In Barnegat, we believe in family. We also believe in helping students become the best versions of themselves, and facilitating a positive school climate.

And that's why in the 2018-2019 school year, the Counseling Department launched the UPstanders initiative. Through this program, one altruistic student per school will be recognized monthly at our Board of Education meetings. These students will be nominated by building administrative and counseling staff. To reward these students, we are granting them with a gift card to a local restaurant to fund a meal for their household. Parents will sign a contract to consent to bring the whole family—bringing back the idea of a family dinner and family togetherness.

Each month, students are nominated based on the UPstander criteria and the trait of the month.

### UPStander Qualifying Criteria:

Outstanding citizenship, indicated by:

1 or more acts of **advocating** for their fellow student(s); and/or

1 or more acts of **kindness**, and/or

1 or more acts of facilitating **community**/teamwork, and/or

1 or more acts of leading a group **positively**

### November Trait of the Month: Nurturing

#### Holly Amundson

"Holly is an older student in my class but she is new this year. She encompasses all the qualities I think of when I hear the word "nurturing". She has taken all my 3 year old students under her wing and has shown them how to behave by setting the example. She helps out anyone who needs it without question. I am proud to have her in my class."

-Ms. Carroll



THANKYOU

