

# Woodhull Currents

## Lighting *the Shores of* **LEARNING**

Fall 2023



## Immersed in Science and Investigative Learning

Woodhull students are learning about the world around them through hands-on activities during science lessons, collaborative research and participation in the district's environmental education program. All these activities are designed to engage students and spark ongoing interests through real-world learning experiences and to provide authentic field study and investigations into their natural world.

Prekindergarten and kindergarten scientists ventured outside on a nature walk to look for signs of the approaching fall season. After collecting colorful leaves and other pieces of nature's bounty, the students returned to the classroom and made wreaths featuring their collected items. They also studied a real bird's nest and then carefully crafted their own. Using their art skills, the students colored birds and eggs and placed them in their own cozy nests.

First and second grade students explored the properties of materials used for clothing, such as texture, flexibility and absorbency. During an experiment called "The Mad Hatter and the

Delightful Children," the students designed and built a hat that protects them from the sun. The lesson also tied into a health lesson they learned the previous week about protecting their skin from the sun. The students used paper plates, pipe cleaners, paper and foil to design and create their sun hats.

During Environmental Education Day, third and fourth grade students dissected flowers and seeds, looking closely at specific parts and then identifying each part with the help of diagrams. The students also sorted the parts of seeds after separating them. One student was even successful in carefully separating the embryo of a seed.

As part of the Environmental Education Program, 10 Bay Shore students collaborated with fifth and sixth grade Woodhull students in the construction of three-dimensional models of atoms. This activity allowed the students to explore the differences between elements, compounds and molecules. The students were also introduced to dissection using pickles and

learned how to use dissection tools and the importance of a steady hand.

Sixth graders braved the weather to continue their annual contribution to the outdoor cooperative science event A Day in the Life. This ongoing citizen scientist project is now in its seventh year, and Woodhull students are part of a larger contingency that includes both Bay Shore and Longwood school districts. Conducting tests on the same day and at different locations, the shared mission was to gather essential data on the physical and chemical characteristics of the Great South Bay. The students tested for pH, dissolved oxygen, nitrate and phosphorous levels, and additionally conducted biodiversity inventories through a series of seining activities. Seining is a method of pulling nets through the water to the shoreline. They also analyzed sediment cores to ascertain the presence of other materials, including clay, bivalve shells and macroinvertebrates.



# Lunch Box PARENTS

Once a month, the PTA sponsors the Lunch Box Parents program - fun, themed lunches where all the students eat lunch and participate in recess together. Parents can attend as volunteers to assist with lunch and see their children in the school environment. The first sponsored lunch took place on the beach, where the students enjoyed bagels and strawberries and socialized in the bright sunshine and cool breezes. After eating, the students enjoyed recess along the shoreline.



## Clubs in Full Swing

Woodhull teachers offer after-school clubs to students so they can share mutual interests. Clubs run from 2:35-3:30 p.m. and transportation is provided home, except daily walkers, who can be picked up at the gymnasium doors.

Swim Club is being reoffered off-island. Available to students in grades K-6, the club is held at the Bay Shore YMCA.

The Nature Club for students in grades

1-2 is designed for students interested in the natural world. Club topics and activities include fall migration, how animals prepare for winter, and protecting the environment and endangered species. There will also be nature walks and outdoor activities so that students can further enjoy the beauty of Fire Island.

Kiddie Club for students enrolled in grades K-1 is designed to help students interact and play together in engaging ways. Students are involved in guided play, movement with music and working on basic puzzles and crafts. There is also the Beading Club, where students create art with beads, as well as seasonal crafts and jewelry for wearing or gifting.

During Lego Club, students use their



imaginations and develop problem-solving skills while collaborating and cooperating with peers. The club includes fun games, challenges and building activities that will enhance participants' designing, building, engineering and math skills. Students in grades 3-4 recently used their imaginations to construct their own designs or follow step-by-step directions to build a Friend's private jet, a Minecraft dungeon or a Ninjago from the TV series "Ninjago."



Students and staff wore green in solidarity with other Long Island school districts in support of the Farmingdale community. As a school dedicated to kindness, the community was happy to join in this message of support to a community working through the impact of the recent tragedy.

## Daler Strong



## Demonstrating Patriotism

Woodhull students gathered in a whole-school assembly to share a story about patriots and heroes who rushed into action on Sept. 11, 2001. The story highlighted the good anyone can do for a community. The students were then instructed to consider how they can get to know and encourage each person in the community to be the best they can be for themselves and the community.

As a culminating activity, the school assembled on the playground and stood in the shape of a heart to send their appreciation and love to all the Sept. 11 patriots and today's heroes.

## Sleep: A Silent Partner of Student Health

Students are often overextended in activities, weighed down with homework, constantly plugged into the internet - and something must give.

Unfortunately, parents and students often knock off an hour or two of shut-eye from the list of priorities. Based on research and recommendations from the American Academy of Pediatrics, the American Academy of Sleep Medicine and the Centers for Disease Control and Prevention, it is extremely important to make sleep a priority.

Use the table to the right to see if you and your child are getting enough sleep:

### SLEEP: Silent Pillar of Your Health, Your ZZZZZZZZZZZ!

Getting adequate sleep helps students stay focused and improves their concentration and academic performance. Regularly getting less than the recommended amount of sleep is associated with attention, behavior, and learning problems. It also increases the risk of accidents, injuries, hypertension, obesity, diabetes, and depression.

See table below to make sure your child is getting enough zzzz based on their age:

Preschoolers: 3 to 5 years	10 to 13 hours (includes naps)
School-age children: 6 to 12 years	9 to 12 hours
Teens: 13 to 18 years	8 to 10 hours
Adults: 18 and older	7 to 9 hours

Below are some things which you can do to help kids sleep better and longer:

- Create a sleep routine.
- Set and enforce regular bedtimes, earlier bedtime helps to get more zzzz.
- Do quiet, calming activities with your kids 30 minutes before bedtime, such as reading, listening to music, or talking about their day to help them wind down and prepare for sleep.
- Limit or cut out non-essential activities on school days — TV, computer, video games, texting, etc.
- Incorporate 5-10 minutes of deep breathing exercises/meditation/prayer before bed.
- Limit after-school clubs and sports to a manageable number.

When kids are overextended in activities, weighed down with homework, constantly texting or plugged into the internet, something must give. Unfortunately, it's often an hour or two of shut-eye that gets knocked off the priority list. Based on research, and recommendations by AAP, AASM, and CDC, make sleep a priority for yourself and your kids.

# NEWS AROUND WOODHULL



## Artful Foliage

Prekindergarten and kindergarten students combined their knowledge of art and science to create colorful renderings of fall foliage. After discussing why the leaves change colors during the fall, the students then rendered paintings of trees and dotted colored leaves of red, orange and yellow on the branches.

## Investigating Land Bridges of the Past

Fifth grade students researched how the geography of the earth impacted civilizations that settled in different regions around the globe. The informed students shared their research with the teacher and peers about Pangea and Beringia and how these areas impacted human settlement of different areas of the world.



## Gaining Scientific Skills

Third and fourth graders are gaining the skills of a scientist by observing size, shape, color, texture and smell. First they wrote clues describing rocks brought from home, and their classmates tried to match the descriptions. They also went on a nature walk and sketched what they observed.



## Field Trip Senses

First and second grade students took a field trip to Caleb Smith State Park Preserve and participated in various sensory activities which included sound mapping, sitting in silence and listening and identifying the sounds around. They also identified cars, wind, crickets, falling leaves and more. The students also placed their hands in a mystery bag and described the items inside, which included a Conch shell, box turtle shell, rabbit fur and a deer leg.



## Measuring Up

Second graders learned about the metric system by making their own meter sticks. They used string to estimate the length of a shape, including an arc, squiggly lines and straight lines. Using their new meter sticks, they then measured the shapes to see which was the longest and how long in centimeters and meters.

## A Conversation About Japan

Woodhull's third and fourth grade students shared a virtual conversation with Mrs. Gerken's brother, Mr. Silverstein, about the culture and everyday life in Japan. Mr. Silverstein has lived in Japan since 1985 and plays in the Tokyo Orchestra as a professional bassist. The students learned about the differences between traditional formal wear for men and women (hakama/kimono), where white makeup is worn, the different Japanese dwellings and the celebration called Children's Day.



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