

July 27, 2010

Quarter 1, Week 2

CPSC Weekly Update

...words of wisdom from John and important dates to remember...

From the Director...

Thank you to everyone who made the All School Picnic a wonderful celebration to start the school year. Despite the heat, we were able to welcome new families, meet new and old friends, and learn a little more about how to get involved in the school to help kick off our school year.

One vital way your participation helps make a huge difference is on school wide committees. Last year's families made a powerful impact on the **Communications, Website, Grant Writing, School Council, Social, Diversity, Environmental Care, Strawberry Festival and Social Committees**. Already this year, teachers have joined committees to represent their grade levels, parents began signing up at the picnic and you will have other opportunities to sign up for a committee soon. As a charter school we can make decisions that immediately improve our children's learning and our school's learning environment. Your involvement in the class, on workdays, at home, and on committees will help us as we strive to meet our charter's goals.

Each week I would like to introduce a new staff member(s) and/or new program/component at the school. Below is a letter from Jason Widener and Steve Kaufmann, our Aikido instructors who started teaching last Friday and have fallen in love with CPSC. Aikido is one of the four components (Aikido, Dance, Cooperative Games and Yoga) that each class will experience as a nine week course throughout the year.

Hello CPSC Families,

Sensei Steve and I are very pleased to introduce ourselves and we are excited to teach Aikido to your children. For those of you who are not familiar with Aikido, it is a Japanese martial art generally translated as the Way of Peace or the Way of Harmony. This quarter we will be working with three 2nd grade classes (Meg, Jill and Mark) and Aaron's 4th grade class.

In week one, we introduced Aikido and the basic protocol for classes (where to sit, line up, mindfulness bells and hand clapping). Then, we started "Sitting like a Rock" (seiza) and "Standing like a Tree" (Aikido hanmi—triangular stance), and we played cooperative Aikido games that promote calm, centered movement, good posture, balance and healthy boundaries. The 4th graders also began studying fundamental Aikido movements: sliding, stepping, "tenkan" (turning) and "irimi tenkan" (step and turn).

As the quarter progresses, we will build on this foundation toward promoting positive, relaxed and confident movement behaviors that minimize the potential for conflicts. And, we will learn to protect ourselves and others by moving to safe places and leading conflicts to peaceful resolutions.

Best Regards,

Sensei Jason and Sensei Steve

Important Dates to Remember:

Tuesday, July 27: **School Council Meeting** at 6:30pm in Heather's room

Thursday, July 29 Class Parent Orientation at 7:00pm

Tuesday, August 3: : Parent Night for grades 3-5 from 6:30-7:30pm

Thursday, August 5: Parent Night for grades K-2 from 6:30-7:30pm

Sunday, August 8: Peaceful Schools-NC **FUNraiser at the Durham Bulls Athletic Park** at 5:00PM

Wednesday, August 11: **Early Dismissal at 1:30PM**