



# Dragon Class Newsletter



With Lu Laoshi, Ms. Wendy,  
and Ms. Lauren  
Week 13: 10/31/16-11/4/16



## Weekly News...

This week we reviewed healthy vegetables and we learned about other food items include grains, dairy foods, and protein foods. We talked about a healthy plate should have five types of foods and what food could be in each category. We also made a “我的健康餐盘” (My Healthy Food Plate) by cutting and pasting food images from newspapers. We kept practicing in our four learning centers with the new content – vegetables. We also use Quizlet to practice our new vocabularies. For math, we reviewed shapes and introduced repeating patterns (colors/shapes/sizes/items) for Kindergarteners and learned about methods of subtractions within 10 for 1<sup>st</sup> Graders. We also reinforced classroom routines and school wide expectations. If you have any questions, please contact us [jing@gala-prek8.org](mailto:jing@gala-prek8.org), [wendy@gala-prek8.org](mailto:wendy@gala-prek8.org) or [lauren@gala-prek8.org](mailto:lauren@gala-prek8.org). Thank you all for support and have a wonderful weekend!

Lu Laoshi

### PYP contents

#### Healthy foods

- Five categories of foods
- Healthy food plates

### Chinese Words

水果(fruits), 蔬菜(vegetables),  
谷物(grains), 奶制品(dairy foods),  
蛋白制品(protein foods),  
日(sun/day), 月(moon/month),  
水(water)、火(fire)

### Announcement

- We have no school on the follow dates:  
-November 7th - PD Day  
-November 8th - PD Day  
-November 11th - Veteran's Day  
-November 23-25 - Thanksgiving
- The homework we sent out this week is for two weeks and due 11/14.
- Food flashcards are on Quizlet:  
<https://quizlet.com/164043423/food-flash-cards/>  
Class Blog <http://galadragon.weebly.com>

### Art

This week was an exciting week in the art room. The students are currently casting their low relief clay sculptures in plaster. The plaster will be used as a mold in the next step of our project. Students learned about ratios (plaster is mixed at a 2:1 ratio with water) and assisted with the measuring of the water. It will be exciting next week when we remove the clay from the plaster to reveal the molds.

#### How to support your student at home:

- Talk about molds and how they are used to make different types of objects of different shapes. Muffin pans are a type of mold as are ice cube trays. Here are a few videos that may be great to watch with your student:

<https://www.youtube.com/watch?v=w5KRawOXy4U> (This is a little advanced, but it includes many steps that your students went through including sketching ideas, building a form, casting it in plaster and they will painting their finished products as well. It talks about materials going from a liquid to a solid which is another concept we covered this week.)

<https://www.youtube.com/watch?v=zrzKih5rqD0>

- Find ways to have your student identify ratios in their daily life. Cooking is a great example. Maybe make a double batch of pancakes this weekend. Have your student think about how much of each of the ingredients are needed for a double batch compared to a single batch. This could also be as simple as saying we need 2 socks for each person. If there are 5 people in the family, how many socks do we need? This is a 2:1 ratio. This is advanced, but there are simple ways to start introducing it so that your student can identify what a ratio is and how it's applied in their everyday life.



We are making 2D and 3D shapes by using different manipulatives.