



Maple Creek School News

Volume 3, Issue 1

Sept. 2014

Another School Year Has Begun

The students and staff held a Welcome Back to School potluck lunch on Wednesday, Aug. 27.



Hilary Murphy, Welcome to Maple Creek School!

The TK—2 students have a new teacher this year while Wendy takes time for her family and professional development. Hilary Murphy brings to Maple Creek School a kind sense of humor, gentle patience, and experience working with the Younger set. She leads the school in yoga to set the mood for learning every morning.

We are lucky to have her with us. Please be sure to stop in and say hello to help her feel welcome.



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From the Desk of the Superintendent, Wendy Orlandi

The Common Core State Standards are bringing a shift in education across our nation, putting education **on the cusp of a great change, and Maple Creek School is at the forefront of this "new" learning.** These new standards and Maple Creek staff embrace these new, valuable concepts and the importance of technology to foster student talents locally and create the opportunity to merge with a global society. Although we do not know the final outcome for the nation, these new standards have created great excitement at Maple Creek. The Common Core State Standards recognize the values that teachers have worked to instill in students for years:

We have not abandoned reading, writing, and arithmetic. The newly adopted math curriculum blends the learning of why of math concepts with fluently adding, subtracting, multiplying and dividing. Most importantly, the new math standards stress application of math concepts to real-world problem solving. Our Daily 5 system for language arts includes explicit instruction of reading and writing strategies while providing student choice in terms of how to practice those strategies. The CAFÉ menu of strategies include those that strengthen Comprehension, Accuracy, Fluency, and Expansion of Vocabulary. Our social studies curriculum is blended into the language arts program in thematic units. The sixth grade students will participate in History Day this year. The science program is filled with hands-on investigations that follow the scientific process. Our physical education activities teach skills as well as cooperation and team work. Every lesson taught at Maple Creek School is designed to help students attain the strong learner characteristics listed in the box above. Learners who master these traits become the most employable workers.



Laszlo Bock, Senior VP of People Operations for Google explained, "There are five hiring attributes across the company:

#1 General Cognitive Ability -

It is not I.Q. It is learning ability. It is taking disparate pieces and processing on the fly.

#2 Leadership -

It is not traditional, emergent leadership...faced with a team problem, do you, step in and lead.

#3 Sense of Ownership -

It is feeling the sense of responsibility and ownership to solve any problem...

#4 Humility -

It is humility, embracing the ideas of others; without intellectual humility, you are unable to learn.

#5 Innate Curiosity -

The least important attribute is expertise. Google takes the innately curious... and hires them."

Change requires difficult shifts in perspective. We hope that as the year moves forward, you will come to embrace the positive changes the Common Core State Standards promise to bring. As James Bellanca wrote in **How to Teach the Common Core**, "Are we teaching our kids to think out of the box, to value ingenuity, to collaborate eagerly, and to act on curiosity and to understand the value of learning from mistakes? Are we fostering integrity of character, self-reliance and true compassion toward others in our high tech, high touch, high thought classrooms? Are we shaping a generation of innovative thinkers ready, willing and able to become the keepers of our world? Or, are we focused on right-answer-thinking, grade-point averages and college-bound-only options, as the ultimate goals of the high school grad?"

Dear Maple Creek School Families and Friends:

This is a time of change for staff and students. We greatly encourage and need parent and community involvement. It is important to hold on to those things that stay constant. Family and family values bring strength, stability and insight into the education of the individual student.

"Each of us must come to care about everyone else's children. We must recognize that the welfare of our children and grandchildren is ultimately linked to the welfare of their people's children. After all, when one of our children needs life-saving surgery, someone else's child will perform it. If one of our children is threatened or harmed by violence, someone else's child will be responsible for the violent act. The good life for our own children can be secured only if a good life is also secured for all other people's children," Lillian Katz, International Leader in Early Childhood Education.

Please join the School Site Council, the Fundraising Committee, volunteer in the classroom, meet with teachers face-to-face or by phone or email. Please stay connected to the education at Maple Creek School in the way that works best for you and your family. Feel free to speak with Wendy or Gwen about getting involved. They will happily steer you in the right direction. Thank you for your support of our school.

Sincerely,

Wendy Orlandi, Superintendent

Maple Creek Elementary School District

Maple Creek School is Taking Education on the Road into the Wider Community

Friday, September 26, 2014

Sequoia Park and Zoo

Tuesday, Sept. 30, 2014

Bay to Dunes Experience (sponsored by Friends of the Dunes)

Friday, October 3, 2014

Mad River Beach, Pumpkin Patch (sponsored by the Arcata Coop and Warren Creek Farms), and McKinleyville Library, (transportation costs provided by the Humboldt County Office of Education and Garry Eagles)

Each morning, Maple Creek Students and Staff participate in about 10 minutes of yoga after our daily check-in. **We've been doing this to start each day in a mindful spirit. Who knew we were benefiting in many more ways?**

Health Benefits Within

From lowering blood pressure to increasing pain tolerance, the following health benefits can all be discovered within the body.

1. **Blood Pressure.** A consistent yoga practice decreases blood pressure through better circulation and oxygenation of the body. These two exercises can help lower blood pressure.
2. **Pulse rate.** A slower pulse rate indicates that your heart is strong enough to pump more blood with fewer beats. Regularly practicing yoga provides a lower pulse rate.
3. **Circulation.** Yoga improves blood circulation. By transporting nutrients and oxygen throughout your body, yoga practice provides healthier organs, skin, and brain.
4. **Respiratory.** Like the circulatory system, a lower respiratory rate indicates that the lungs are working more efficiently. Yoga decreases the respiratory rate through a combination of controlled breathing exercises and better fitness.
5. **Cardiovascular endurance.** A combination of lower heart rate and improved oxygenation to the body (both benefits of yoga) results in higher cardiovascular endurance.
6. **Organs.** Yoga practice massages internal organs, thus improving the ability of the body to prevent disease. Additionally, an experienced yoga practitioner becomes better attuned to her body to know at first **sign if something isn't functioning properly, thereby allowing for quicker response to head off disease.**
7. **Gastrointestinal.** Gastrointestinal functions have been shown to improve in both men and women who practice yoga.
8. **Immunity.** Yoga practice has frequently been correlated with a stronger immune system. Read this article for more on the immune system and yoga, including some poses that specifically work on areas of immunity.
9. **Pain.** Pain tolerance is much higher among those who practice yoga regularly. In addition to pain tolerance, some instances of chronic pain, such as back pain, are lessened or eliminated through yoga (see below for more on back pain).
10. **Metabolism.** Having a balanced metabolism results in maintaining a healthy weight and controlling hunger. Consistent yoga practice helps find the balance and creates a more efficient metabolism.
11. **Posture.** **The very nature of yoga teaches the practitioner how to hold and control one's body in a more healthful position.**
12. **Balance.** An integral part of the yoga practice is balance and control over your body. With a consistent practice, you will find that your overall balance will improve outside the yoga class.
13. *Sleep. Because of the many benefits to both body and mind that a yoga routine can provide, many find that their sleep is much better.*
14. *Anxiety. One benefit to the controlled breathing used in yoga is a reduction in anxiety.*
15. *Concentration. Researchers have shown that as little as eight weeks of yoga practice can result in better concentration and more motivation.*
16. *Memory. Improved blood circulation to the brain as well as the reduction in stress and improved focus results in a better memory.*

[These last four benefits are very important for learning.]

Taken from <http://www.nursingdegree.net/blog/24/77-surprising-health-benefits-of-yoga/>

Students Work Together to Create a Community

We began our social science studies by engaging in a thematic unit on Communities. As a way to establish a positive school environment, the students spent the first few weeks of school creating a Maple Creek Island Community. First, they worked in small groups to create three separate model islands using a material selected by the group. Each island model had to include roles and rules for the people living on the island and a key of important features like those found on maps. After each group shared its model island, the whole school combined features to create one island community complete with rules for the people who shared the island. They then related the island rules to the real Maple Creek School rules. We are all currently working toward following those rules on a regular basis.



Fun



Students Study Plant Structures and Communities

The first science unit involved following the scientific process to determine what pea and bean plants need to grow the best. One group chose to test water levels, keeping the amount of sunlight constant, and the other group chose to test how light levels affect plant growth, keeping the amount of water constant. All the plant containers were the same size and contained the same amount of the same soil.

A science demonstration showed how the stem draws water and nutrients from the roots to the leaves by using celery sticks in colored water.

Our budding scientists also compared a carrot plant to a grass plant, looking closely at all the plant parts and drawing their observations.



Before

After





Donations Requested

Maple Creek School students and staff would greatly appreciate help from the community in the form of the following donations:

◇ Food for school lunches

- ~ canned soups
- ~ refried beans
- ~ fresh fruits and vegetables (*many thanks to our local farmers for the recent tomatoes, cucumbers, and pears*)
- ~ canned vegetables (corn in particular)
- ~ crackers

* Supplies for the classrooms and special occasions

- ~ Shoeboxes
- ~ Brown paper bags

⇒ Cheap prizes for the Fall Celebration Extravaganza (either Ancient Egypt-themed or Halloween-related) *Need these before October 31*

- ~ Mini palm trees
- ~ Old but clean white/bleached sheets

Recycling at Maple Creek School

In an attempt to raise money for educational needs and environmental awareness in one project, we have set up recycling bins for your beverage containers. We request that you bring **ONLY** plastic and glass beverage containers and aluminum cans that have the CA CRV symbol for recycling. We can only handle these items as they are the only ones redeemable for cash.



Please bring your donations to the school on Tuesdays and Fridays. Bill Carlson will direct you to the recycling area where you will sort your items into the appropriate garbage cans:

- ♦ Aluminum
- ♦ Plastic #1 (water and soda bottles)
- ♦ Plastic #2-7 (these are less commonly accepted for redemption, but if you see the CA CRV symbol on the bottle, donate it!)
- ♦ Green glass
- ♦ Brown glass
- ♦ Clear glass

The MCS Fundraising Committee, students and staff thank you for your participation in this new program.



SEPTEMBER 2014

Schedule of Events

Happening in Aug./Sept.

☺ Aug. 25: First day of school

☺ Sept. 1: No School—Labor Day

☺ Sept. 26: Sequoia Park and Zoo

☺ Sept. 29: Friends of the Dunes in-class presentation

☺ Sept. 30: Bay-Dunes Field Trip

Looking Ahead:

☺ Oct. 3 Pumpkin Patch Field Trip

☺ Oct. 6: Picture Day/Wear Blue for Anti-bullying Awareness

☺ Oct. 16: California Shakeout

☺ Oct. 20—24: Red Ribbon Week

☺ Oct. 29: School Board Meeting 2 PM

☺ Oct. 31: Fall Performance and Carnival

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

Please attend the school board meeting on Oct. 29 at 2 PM to hear the latest school news.



School Site Council Meeting

Please join the School Site Council/Fundraising Committee as it discusses issues important to the smooth operation of MCS. Contact Gwen or Wendy for more information

The School Site Council needs YOU!

Please consider becoming a member of this VERY IMPORTANT committee for the 2014-2015 school year. To volunteer or for more information, contact Wendy or Gwen.

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Elementary School
District

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Providing exemplary education that fosters
communication, trust, and respect.

Maple Creek School is a necessary small school with an approximate enrollment of 12 students (K-8). The school is nestled in the Maple Creek and Mad River Valleys east of Arcata, surrounded by pastureland, forest, and mountains. The area is sparsely settled and accessible from Blue Lake, about a 35-minute drive and from Eureka, about a 50-minute drive. The Maple Creek School teachers are a committed and dedicated staff that provides a quality instructional program for the students. The secretary, custodian and bus driver all take an active interest in the students, which adds to the close, personal relationships among the kids, school and the community.

