

NO SCHOOL Monday—AIMS Teacher Conference

The News Digest

Food Allergy Alert!

Parents and students, in the interest of medical health and safety, it is essential that children only eat foods that their parents have packed. We have some children who will react violently to specific foodstuffs. Peanuts are the most common, but there are other unusual allergens and medical restrictions for items such as artificial food colorings, sugars, shellfish, milk, eggs, gluten/wheat, etc. We have had students with diabetes, inability to process proteins, and other exotic medical conditions that are aggravated by dietary components.

Parents, this means that you do not offer to purchase or share treats on field trips without parent permission, even though your kind-heartedness and generosity tempts you. Students, this means that you do NOT share or trade foods at any time. We know that nobody wants to be responsible for having a student land in the emergency room of a hospital.

In addition to these medical health and safety issues, some parents prefer that their children do NOT eat excessive sweets, artificial food colorings, meats, etc. Some families are vegetarian. Some families have religious restrictions. Some parents go to a lot of time and trouble to provide specifically balanced diets.

Keep this friendly reminder in mind the next time you are tempted to make a friendly offer of a food treat to another student. A treat for one person might be toxic to another.

Thanks for your help!

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NO SCHOOL Monday—AIMS Teacher Conference

Upcoming Events ...

MON, Oct 19
NO SCHOOL—AIMS
Teacher Conference

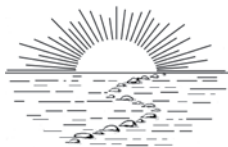
WED, Oct 21
9:30 am, Special Seminar
and Tour

THURS, Oct 22
9 am, School Photo Day

Deadline: Fridays, one week prior to Thursday publication dates.

Email articles to:
jroder@steppingstoneschool.org

cc:
therbst@steppingstoneschool.org



Steppingstone is an independent state-approved 501(c)(3) non-profit elementary school (K-8) for gifted students. Steppingstone does not discriminate based on race, color, creed, gender, religion, or national or ethnic origin in the administration of any school policy or program.

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The Scholastic Book Fair was a success! More info on page 3

NUMATS Testing Coming Up

The NUMATS testing is coming! The Center for Talent Development is holding its annual EXPLORE, ACT, and SAT testing, and the dates of the tests are:

- EXPLORE** (grades 3-6)
- JAN 23, 2010 (register by DEC 31, 2009)
 - FEB 20, 2010 (register by JAN 26, 2010)
- ACT** (grades 6-9)
- DEC 12, 2009 (register by OCT 15, 2009)
 - FEB 6, 2010 (register by DEC 15, 2009)
- SAT** (grades 6-9)
- DEC 5, 2009 (register by OCT 15, 2009)
 - JAN 23, 2010 (register by DEC 10, 2009)

For more information or to register, visit:

<http://www.ctd.northwestern.edu/numats/register/>

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Let it Rain!

Ms. Powell, Early Elementary

Some days the rain makes us blue, but other days it makes us dance! In Steppingstone's Early Elementary, rainy days do not stop us from having a good time in P.E. We grab the CD player and head to the gym to do "The Muscle Hustle!" The repetitive movement helps get our bodies moving! After we have warmed up, we get our cardiovascular workout with the "Alphabet Rock." Once we get all that oxygen moving through our bodies, it is time for a cool-down with "The Dolphin Promise." It feels great to do stretching activities that calm our bodies after a hard workout.

C'mon parents! Go ahead and start moving on rainy days. Get out those oldies, turn them up, and do the "Hustle!"

Ouch! Sounds Like Nails on a Chalk Board.

Ms. Schultz, Intermediate Elementary

In this enjoyable and interactive lesson, students in the Intermediate Elementary classroom will be involved in yet another hands-on lesson that involves exploration, creativity, and critical thinking. Students will begin their investigation of sound by comparing and describing the sounds produced by two different-sized tuning forks and by exploring how sounds travel from place to place.

As students begin to realize that pitch and volume are not the same, they start to develop the specific language needed to describe pitch. Exploring the sounds made by tapping three nails of different sizes introduces students to the idea that objects of different sizes can be used to produce sounds of different pitches.

Parents, I challenge you to try this at home with your child. See what type of sounds you can make with all different sorts and sizes of materials, and see if you can develop a sense of understanding as to where and why the sound was of a particular pitch.

Happy scratching!!!

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October Artist of the Month, Brittany Butler

Brittany, a student in Ms. Powell's class, takes a fearless approach to art-making and thoroughly enjoys expressing herself with any media given to her. She did a beautiful job of designing her first official sketchbook cover using one of her favorite subjects – plants. She also excelled at creating one of the most successful and energetic abstract expressionist paintings in her class. Congratulations, Brittany, and remember: there are no mistakes in art!

Learning About Hindu Beliefs

Ms. Morse, Pre High School

Next week in Social Studies, students will learn about the five basic Hindu beliefs and their connection to daily life and social structures. Once they learn about these basic five beliefs, students will pair up and look at pictures of mandalas and analyze the images in accordance with the beliefs.

To complete this activity, students will need to understand the five basic beliefs of Hinduism, discuss what they see in each image, and present their understanding to the class. Students will then make their own mandalas, which they will present to their classmates who will then try to interpret what each image on the mandala represents.

The opportunity to share with their classmates the mandalas they created will help students to remember the information they learned in the chapter as well as give them a chance to express themselves. Helping students study through activities and connect what they learned to their lives is one way to help students retain information. This is because activities ask students to actually do something with the information they have learned. Having a large block of time in which to complete social studies lessons allows teachers to incorporate more of these types of activities and increases retention of information.

In the Spotlight: Lea Baker

Congratulations to Lea Baker, October's student In the Spotlight! Lea possesses all the qualities necessary to be nominated for this award. Lea is prompt, prepared, compassionate, responsible, and enthusiastic about learning. Lea loves anything associated with the arts and thrives on academic challenges. She is always willing to help out a fellow student and share her friendly smile. Keep up the good work, Lea!



October Programmer of the Month, Noel Dyde

While working in the computer lab, Noel, a student in Ms. Schultz's class, has displayed boundless energy and has been willing to go beyond what is expected. His strong interest in computers has been demonstrated by the creativity he is showing while problem solving. Congratulations, Noel!

20,000 Feet Under Steppingstone School

Linda Hoff, Upper Elementary

Students have been working on adventure, mystery, or science fiction creative writing pieces during the month of October. After listening to a chapter in *20,000 Leagues Under the Sea*, students have been given the opportunity to create their own writing pieces. Students have been focusing on character development and following a plot line that includes exposition, rising action, climax, falling action, and resolution. Students have also been required to follow the writing process of prewriting, writing, revising, and peer editing prior to producing the final copy.

To encourage future writers, Steppingstone requires students to participate in Power Reading daily from a variety of literature genres. Initially, students will mimic writing stories similar to ones they are familiar with. Research indicates that the broader a student's reading and life experiences, the better writer s/he will become. Parents, consider going to the library and picking out an adventure, mystery, or science fiction novel. A good-night story is always a great way to fall asleep!

Next month, students will begin writing poetry.

Thanks to Book Fair Volunteers

The Scholastic Book Fair was a wonderful success last week. The school sold approximately \$1,700 worth of Scholastic items. That means Steppingstone teachers will receive more than \$850 in credit to order books and other supplies for their classrooms. Ms. Morse is looking forward to more dictionaries and thesauruses for PHS!

Book fair volunteers included Tom Collins, Dawn Gilmore, Wendy Mayer, Trina Deming, Doris Coca, Kari Varns, Jackie Robbins, and Catherine Baker. Thank you so much for making my job as chairperson a breeze, and your help is greatly appreciated by the entire Steppingstone community.

Faculty members were especially appreciative of the many gifts of books that they received from Steppingstone families. Your generosity directly benefits your child and all students in our school. Thank you for purchasing books for your family and the school.

JaNele Jordan, Chair

Thank you to the Scholastic Book Fair Chair, JaNele Jordan!

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Business and Facilities Manager	

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General Assistant, IT Specialist	Jason Roder
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Upper Elementary	Linda Hoff
Pre High School, Faculty Chair	Keiko Morse
AIMS/TSC Representative	Carol Powell

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Japanese	Mieko West
Spanish	Ana Maria Gonzalez

Mandarin Chinese	Hong Lin
Computer	Dr. Reef Morse
Extended Day	Mary Gage
Fencing	Jerzy Radz
Performing Arts	Kathy Nellett

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