

Reiche School News

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Reiche Community School | 166 Brackett Street, Portland, ME | 207.874.8175

March 14 & 15

We are excited to see everyone at parent-teacher conferences, March 14 & 15! Students are dismissed at 12:00pm both days.

First Grade Science

Our whole first grade class recently came together to kick off their latest Writing/Science unit - Science Matters!!! Students learned the properties of matter: liquids, gases, and solids. Together they observed a liquid (blueberry juice in a bag), gas (steam from boiling blueberries), and solids (blueberry popsicles!!) First grade will spend the next few weeks learning about the Scientific Method through many fun experiments!

Music Notes

Reiche students are learning so much from our amazing music teacher, Alyson Ciechowski! Right now, grades 4 and 5 are deep into their Rainbow Recorder unit. They are using their prior knowledge of rhythm, notes and the staff to learn to play songs. Grade 3 is focusing on harmony, singing partner songs and songs in a round. They are also playing harmony on Orff instruments (xylophone-type instruments that come in many sizes and pitches). Grades 1 and 2 are finishing a unit about the orchestra, learning about and listening to the brass, woodwind, string and percussion family. Finally, Kindergarten students have been studying patterns in music. After listening to a piece of music, movement is added to the same and different parts of the musical piece. They have also been practicing listening and singing to match pitch and the concept of high and low sounds is being studied as we learn about poems and how poetry can be music. We love Mrs. C!

Importance of Sleep

Children need lots of sleep! Sleep is important for student success and the amount of sleep they need might surprise you.

Getting enough sleep helps us learn! While we sleep our brains sort and “file away” information, memories, and experiences. Students who get enough sleep have an easier time remembering and thinking critically. Sleep also gives our bodies rest and helps us stay healthy – there are links between plenty of sleep and a better immune system as well as maintaining a healthy weight. Getting enough sleep helps us manage our emotions. Students who get sleep are less grumpy, have more energy to persevere through difficult learning, and are better able maintain healthy friendships.

So what is “enough” sleep? The American Academy of Sleep Medicine and the American Academy of Pediatrics recommends that children ages 6-12 need 9 to 12 hours of sleep! This means that if a student needs to get up at 7am for school, they should be going to sleep between 7pm and 10pm, depending on their age and other activities.

If you are interested in learning more about how sleep effects your child, or need help establishing a routine with your child, please talk to your child’s teacher, Anne Baltren (School Counselor) or Michelle Turner (School Social Worker), or your child’s pediatrician.

Important Dates

Wednesday, Mar 13
2:30 Dismissal

Thursday & Friday,
Mar 14 & 15
Parent Teacher
Conferences
12:00 dismissal

Tuesday, Mar 19
MEA Testing begins
Grades 3-5

Wednesday, Mar 20
2:30 Dismissal

Tuesday, Mar 26
Talent Show Dress
Rehearsal
3:30-5pm

Tuesday, Mar 26
PTO Auction @
Salvage BBQ
7-9:00pm

Wednesday, Mar 27
2:30 Dismissal

Thursday, Mar 28
School-wide
Assembly: Attendance
and 3 R’s Awards
2:30pm

Thank you for reading our bi-weekly newsletter!

Please contact Anne Baltren with questions or suggestions (baltra@portlandschools.org).