



# FEBRUARY

## Principally Speaking

February 21, 2010

As I write this Principally Speaking installment, I am about to join the 5<sup>th</sup> and 6<sup>th</sup> grade class on the annual trip to the Wolf Ridge Environmental Center, north of Silver Bay, inland from Lake Superior.

I imagine being ready when I arrive at FPA this coming Monday at 5:30 A.M. I feel some trepidation, a mixture of excitement and anxiety. I am unsure if I will be able to keep up with these robust students, and accompanying teachers and parent, particularly in the outdoor activities. It has been five years since I canoed in the BWCA with my son, and three decades since snow camping at Wolf Ridge with an earlier classroom of students.

Accompanying this sense of moderate unease is the knowledge that the trip details are well planned, the Wolf Ridge staff well trained, and the safety for all well in order.

I am reminded that our children, our students, occasionally experience moments of uncertainty, occasions when, though they are generally prepared and ready for the next challenge, they may be unsure of themselves. Our task as parents and educators is to both reassure our children of their readiness to take on the next new experience, the next level of challenge, and at the same time offer encouragement and limited support as they take steps or leaps, often outside their familiar and comfortable zones.

As a science teacher I look forward to helping students “figure out, how to figure things out.” Take what you have learned from experience, and apply that knowledge of content and process to the new question or problem or situation.

Knowing when to support and how much to offer, is often a challenge. As parents and teachers, we often want to make things easy for our children. At the same time, we are reminded that a certain amount of unease coupled with a manageable challenge, is what helps each of us grow in skill and confidence.

A student once commented to me at the end of a school year, “I am glad that when I asked for your help, and needed it, you gave it to me; and when I asked for help and really didn’t need it, you didn’t give it to me.”

Wish me well in the North Country.

Ed Cavin  
Principal

Celebrating Boundless Possibilities for Children

## From the Founder

Do you believe in setting goals? Are you the kind of person who keeps lists? Do you journal or regularly set your intention for what you wish to accomplish within your work day or week? If you own a business, as I know many of you do, how often do you set goals for your business and how often do you review and assess those goals? Since we started Peace of Mind and Footprints Academy we participate in annual goal setting and regularly refer back to these goals.

Last year the Footprints Team set a goal of having an increased presence within the community. We set about doing this in a variety of ways and kept our eye on this goal throughout the year. In part it is what led us to begin networking in the first place. I firmly believe in the power of goal setting and I am so proud of the Footprints Team for their accomplishment of being named “Educational Teaching Team of the Year” through the Woodbury Chamber of Commerce. Also with this goal in mind, I spent a good deal of time in the community this past year. I joined the Chamber, a business networking group, Rasmussen College Advisory Board and many other community opportunities. It has been wonderful! Also it has helped us to meet our goal of having an increased presence within the community. All of this is ultimately great for the school!

Our 2009-2010 goal is to have the “Best Year Ever in Every Possible Way!” So we have set our sight high with your kids in mind and are working hard to do everything possible to meet this goal. If you have ideas or suggestions our ears are always open!

### ATTENTION!

A parent letter went out February 10<sup>th</sup> to every parent by email. This was an important parent communication we intended for every parent to receive. If you did NOT receive it please send an email to [dhovseth@footprintsacademy.com](mailto:dhovseth@footprintsacademy.com). She will add you to the school distribution list and send you the notes. You may also stop by the front desk for a hard copy if you prefer.

### Scholastic Book Fair

March 3rd—12th



### Gas Cards for Sale Now!

Get a 5% DISCOUNT on  
\$20.00, \$50.00 and \$100  
cards.

Cards may be used right  
at the pump at any KWIK  
TRIP!

Stop at the Front Desk!



### Reminders

Please remember to keep collecting the  
items pictured below and have your  
child turn them into his/her teacher.

They really do add up!



General Mills  
Box Tops



Kemps Lids

# Foot Bridge PTA

## Foot Notes

Hi Everyone!

February, 2010

The Foot Bridge PTA has had a fabulous February! We started out the month celebrating Spirit Week by giving out 'smiles' to all FPA students and singing the smiley classic..."if you're happy and you know it clap your hands...(clap, clap)!" Then, some of the 2<sup>nd</sup> grade class helped with both the pizza dinner and pizza sales! Sprinkle in a PTA meeting where tons of information, approvals and event planning took place, and well...it was a fun month! **\*\*A extra special thank you to all the parents & students that helped with handing out smiles and helping sell pizzas and work the pizza dinner!\*\***

### **NEXT MEETING: Monday, March 8<sup>th</sup> 6:30pm-7:30pm at Footprints**

PLEASE attend this meeting! We will be discussing upcoming events that are earmarked for the rest of the school year! **There WILL BE supervised child care provided in the gym... bring the kids for some energy burning play time!**

### **FEBRUARY FUN FACTS:**

Got Books? Don't forget to bring in your used adult level books, any CD's or DVD's. With last month's take, Mrs. Sloat got \$16.00 from Half Price Books. \$16.00?! What can be done with that (you might ask)?! Well, that \$16.00 bought 8 (yes, eight) books for our library! Start your Spring cleaning early...It does make a difference!

Science Fair ~ Pizza Stuff: First, snaps and kudos to Mrs. Chang and all the FPA students and volunteers that participated in the Science Fair. Very cool! All that brain power got everyone hungry! The Foot Bridge PTA sold 71 pizzas and 124 people attended the pizza dinner!! Besides eating Papa John's pizza, and checking out all the science projects, we were able to raise over \$650.00+ for the FPA science program! Go Footprints Scientists!

Membership drive to bring UNDERWATER ADVENTURES to Footprints! Let's make this happen! All YOU need to do is become a new member of the Foot Bridge PTA!

### **MARCH MADNESS:**

March 8<sup>th</sup> – Foot Bridge Meeting – 6:30pm-7:30pm at Footprints

March 13<sup>th</sup> – Learn to Sell on eBay –Net proceeds will be used for FPA family event

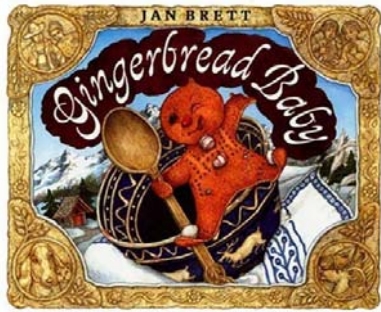
March 19<sup>th</sup> – Math + Movie = Family Fun Night – FREE event showing the movie UP!

**PS: There are many events and activities planned for the rest of the school year...especially in the month of APRIL...seriously, you don't want to miss a single one!**

**We can't do it alone...JOIN US!**

## Kindergarten with Mrs. LaRoue

During the month of February, the kindergarteners will be doing an author study on Jan Brett. We will read many of the wonderful books that Jan



Brett has written and illustrated. We will discuss how she uses her illustrations to help us predict what will happen next.

Students will compare The Gingerbread Baby to other gingerbread stories. The kindergarteners will also retell various Jan Brett stories using the words beginning, middle, and end.

The kindergarteners will also be discussing Community Helpers in February. We will

take a look at many occupations that are important to our communities. Some of the jobs we will study are: cooks/chefs, fire fighters, police officers, dentists, soldiers, and mail carriers. We are excited to learn about each of these jobs. If you are an expert in any of these areas and are willing to share your job with us, please contact Mrs. LaRoue.



## First Grade with Mrs. Albrecht

The First Graders were so excited to be the presenters of the All School Assembly. The students each had a part in making the assembly a success. I am so proud of all the first graders. WAY TO GO!!

During the month of February the students will be taking a closer look at the human body. They will be learning

about the different systems in the body and how they work. Each child will create a 'flat self' and add body parts as we learn about them.

Here are some other activities that they will be covering in class.

**Math:** graphing, tallies, place value, addition/subtraction, and

skip counting

**Language Arts:** nouns, verbs, adding details, and naming the writing process steps

**Social Studies:** reading and creating maps, states, continents, and oceans

**Art:** Georgia O'Keefe



## Second Grade with Mrs. Erin

Wow! It is February already! We have been so busy in second grade and we aren't stopping! We are beginning a study of the mystery genre. This includes analyzing the elements of a mystery and filling out a case report of our mystery read aloud. Then they will begin writing their mysteries.

In math, we are finishing up multiplication and division. They will be moving on to finding missing addends and then data analysis.

We started a new author study this month. The second graders are looking at Eric Carle's books and finding his fingerprints in his stories and

working with reading strategies on his books.

Our science unit will take us out of this world! We will begin a study of the Solar System! This will include an overview of the planets and finding their place in space, looking at different constellations, and discovering what else lies in space...

## Third Grade with Mrs. Krug

This month in third grade we are enjoying learning about famous African Americans in honor of African American History Month. Students will be creating projects of their choice in regards to a famous African American they have an interest in learning about or learning more about. From skits to paintings, we are excited to display our hard work. We are also looking forward to our field trip mid-month to see the production of "Harriet Tubman". It is always great to see what we are learning in class brought to life on stage.

The challenge is on and we are ready for it.... Math Fact Families! Over the past months we have been working diligently on our multiplication and division facts. Now we are working at mastering those facts, and how will we do it?..... ICE CREAM! Students will monitor their mastery of their fact families with adding scoops of ice cream, cherries, and sprinkles to their

ice cream bowl. Once we have our ice cream dishes completed, we will celebrate! We have also been busy working with geometry and creating bar, picto, and line graphs. Students conducted surveys and collected data on their own and within the school to display the information in various graphs. It was interesting to see the number of points the Timberwolves scored each game in a week and the weekly temperatures in Woodbury. Great job!

We are enjoying our "new" weekly "Quick Labs". Every Wednesday we are participating in various science experiments. These quick labs help us review past science topics and look at the scientific method. In addition to our "quick labs" we have begun our study of the solar system. We had fun investigating telescopes and look forward to month of answering questions like, why do we have day and night? Why does the moon look

different on certain nights? How did the constellations get their names?

To the Indies we go! Or at least that's where the early North American explorers thought they were heading. We have indeed begun to look at the explorers of our continent. We have had some great class simulations to create a sense of how it was for explorers at that time, along with some great debates on crediting these explorers with "discovering" the land. Along with these simulations and debates comes great projects we are working on as well. Creating water color shoals, making compasses, filling treasure chests, and a whole lot more.

As you can see we are learning a great deal, and having a wonderful time doing so. We look forward to preparing for the March School Assembly, continuing running the school store, science fair, our African American presentations, and so much more!

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## Fourth Grade with Mrs. Anderson

Fourth grade students are very excited to present their projects at the FPA Science Fair this month. In class we have reviewed the scientific method, tracked progress of each project and have been talking about how to present scientific findings. Our next science unit will include learning more about Earth and how it changes over time. To go along with look-

ing at the timeline of Earth, students will work on a timeline and autobiography of their own life.

Students are wrapping up a unit on Shakespeare after reading his poetry and plays. We will also have our last poetry reading this month. I have been so impressed with the poetry that has been shared so far and anticipate a wonderful last

sharing time.

In social studies, we continue to study the colonization of America. Students are able to explain why different groups came to America, the challenges they faced when they arrived and set up their colonies and what daily life was like in America.

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## Fifth and Sixth Grade with Mrs. Chang

Students have been asked to select two theme books to read at home during the month of February (into the beginning of March). All of the book choices represent our learning theme, "One World, Many Stories". After students finish reading the books, we will be using them as references as we learn the many stories of our country's history. Students will be participating in a cross curricular study of WWI, the Great Depression, WWII, Segrega-

tion and the Civil Rights Movement . . . right up to present day by the end of the year. I will be integrating reading, writing, social studies, geography, math, science, art, and technology throughout the unit of study.

In Art Mrs. Lisa has just completed a four week study of Surrealism (seeing something ordinary in an extraordinary way). During her four weeks, students learned about Dali and his form of art. Each student cre-

ated a collage out of magazine pictures and is now working on an original painted masterpiece. We hope to complete these paintings by next week. I plan to display them on our classroom window.

For Health students are learning about nutrition and the benefits of eating healthy. We have looked at food labels, studied the food pyramid, and even created healthy menus specific to dietary needs/requirements. We are learning a lot!

## Music Notes from Mrs. Salter 🎵

### Music Notes from Mrs. Salter 🎵

January will be a fun month for music classes! All of the grades will be exploring new concepts in class.

**Kindergarten:** Students will continue to listen for steady beat, long and short sounds, and matching pitches. We will work on creating many different movements to perform on the steady beat of a variety of songs.

**1<sup>st</sup> Grade:** The first graders are learning about lullabies and what qualities exist in most lullabies. They came up with some very descriptive words to describe the lullaby “Lady, Lady” and are working on singing with a soft voice.

**2<sup>nd</sup> Grade:** The second graders have been talking about the musical term “timbre”. The way an instrument is made gives it a special sound, or timbre. We’ve been talking about how a tambourine has a variety of timbres because you can tap and shake it.

**3<sup>rd</sup> Grade:** It’s recorder time! I always look forward to teaching this fun unit to the 3<sup>rd</sup> graders. We will work on reading notated music and playing this awesome instrument in class. I will send a note to all 3<sup>rd</sup> grade families including details about recorder expectations in school and at home.

**4<sup>th</sup> Grade:** The fourth graders are learning about syncopation. A syncopated rhythm is when the accent falls on the off beat. We are working on looking at basic rhythms, adding ties, and creating our new syncopated rhythms.

**5<sup>th</sup> and 6<sup>th</sup> Grade:** The 5<sup>th</sup> and 6<sup>th</sup> graders have been learning about how dynamics make music interesting. They are starting a group project in which they will add dynamics to poetry and perform it in front of their class. I’m looking forward to hear what they come up with!



## Phy Ed with Ms. Lisa

During the month of January the younger students focused on teamwork and cooperation. They learned various new tag games that included these skills. This month they will participate in games and activities that include manipulative skills as well as locomotor movements.

The third and fourth grade students spent the month of January focused on Pirate Ball, basketball, teamwork, and cooperation vs. competitive games. During the month of February they will learn the basics of pickleball and tennis.

The fifth and sixth grade boys and girls began January with a unit on bowling that ended with a trip to the bowling alley. They also revisited the game of basketball, and spent the end of the month learning the game of Badminton. During February they will participate in a pickleball tournament and learn the basics of tennis. We have also planned a trip to the neighborhood ice rink.

# Trailblazers

Hello everyone, I hope all of you survived the snowfall. Just remember, Spring Break is right around the corner, so we can keep our hopes up for nicer weather soon. We need to start getting ready for the Twins season which will hopefully help us forget the heartache over the Vikings loss. But Trailblazers is still going strong and looking for an exciting rest of the year.

Trailblazer's had great time with School Release days in January. We had a blast snow tubing at Afton Alps and were glad to see so many of you there. We have one school release day this month which is on Monday, February 15, we will be having popcorn and movie day with Valentines treats. Sign ups are on the gym doors.

Cooking Club started this week on Tuesdays and Thursdays and will run through 2/25. Our next club will be the Construction Zone, where we will put our hands to the test to build cool objects.

I will be getting the Spring Break Sign up out soon, so we can start staffing properly for it. Trailblazers will be open over Spring Break this year the week of March 29-April 2. Please sign up on the gym doors to reserve your spot.

Monday 3/29 - Card Tournament

Tuesday 3/30 - Field Trip to Bielenberg Sports Complex (1:00pm-3:00pm)

Wednesday 3/31 - Relay Races

Thursday 4/1 - Bowling at PINZ in Oakdale (1:00pm-2:00pm)

Friday 4/2 - All Programs Closed

Summer Camp Packets will be out this month so be sure to reserve your spot early. We have many cool adventures, themed weeks, and daily activities. Remember, our camps are for kids entering grades 1-2, 3-8, and also our JCC Program. Our JCC Program is for kids entering grades 6-8. Here they will learn responsibilities and work to build their futures. They will be touring colleges, prepping for ACT/SAT, learning how to apply for a job, resume building, and so much more.

Early registration for Trailblazers next year will start this month. Please pick up a packet or see me with any questions you have about Trailblazers or transportation to other schools.

Please checkout our blog where you will find pictures of Afton Alps and other activities we have done. Contact me with any questions you may have. Look for summer packets and early Trailblazers registration packets for 2010-2011 soon.

Thanks!

Corey Strinmoen – Trailblazers Coordinator

[cstrinmoen@footprintsacademy.com](mailto:cstrinmoen@footprintsacademy.com)

<http://trailblazersfpa.blogspot.com/>

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## Spanish with Senorita Kim

Things have been moving along well in Spanish! We are keeping very busy. All classes will continue to review and refine all the things we have learned thus far. In addition, all classes will be talking about how la *Navidad* is celebrated in certain Latin American countries and will be learning some holiday songs. Each class will also be introduced to new units, which are as follows:

Kindergarten & 1st Grade: Classroom

2<sup>nd</sup> grade & 3<sup>rd</sup> grade: Family

4<sup>th</sup> grade: Family and possessive adjectives

5<sup>th</sup>/6<sup>th</sup> grade: Verbs: present tense conjugations and talking about likes and dislikes.



# February 2010



Mon	Tue	Wed	Thu	Fri
<p><b>1 BREAKFAST</b> WAFFLES WITH SYRUP   ORANGES   MILK/JUICE</p> <p><b>LUNCH</b> MACARONI &amp; CHEESE   GREEN BEANS   FRESH FRUIT   MILK</p> <p><b>SNACK</b> CRACKERS &amp; CHEESE   JUICE</p>	<p><b>2 BREAKFAST</b> RAISIN BRAN WITH MILK   JUICE</p> <p><b>LUNCH</b> SPAGHETTI WITH MARINARA (NO MEAT)   CHEESE SLICES  </p> <p>APPLE SLICES   MILK</p> <p><b>SNACK</b> GORP   JUICE   MILK</p>	<p><b>3 BREAKFAST</b> MUFFINS   BANANAS   MILK/JUICE</p> <p><b>LUNCH</b> CHEESE ROLL UPS   CARROTS &amp; DIP   FRESH BERRIES   MILK</p> <p><b>SNACK</b> FRESH FRUIT   YOGURT   MILK</p>	<p><b>4 BREAKFAST</b> SCRAMBLED EGGS   TOAST &amp; JAM   MILK/JUICE</p> <p><b>LUNCH</b> HAMBURGER ON WHOLE WHEAT BUN   BAKED BEANS   PEARS   MILK</p> <p><b>SNACK</b> GRAHAM CRACKERS   BANANAS</p>	<p><b>5 BREAKFAST</b> BAGELS WITH CREAM CHEESE   PEARS   MILK/JUICE</p> <p><b>LUNCH</b> CHEESE PIZZA   FRESH FRUIT   VEGGIES   MILK</p> <p><b>SNACK</b> CELERY STICKS &amp; DIP   JUICE</p>
<p><b>8 BREAKFAST</b> ENGLISH MUFFINS WITH JAM   PEACHES   MILK/JUICE</p> <p><b>LUNCH</b> CHICKEN TENDERS/NUGGETS &amp; DINNER ROLL   CORN   MILK</p> <p><b>SNACK</b> MINI BAGELS W/CREAM CHEESE   FRUIT   MILK</p>	<p><b>9 BREAKFAST</b> CHEERIOS WITH MILK   FRUIT JUICE</p> <p><b>LUNCH</b> SLOPPY JOES WITH BUN   BROCCOLI &amp; CHEESE   APPLE SLICES   MILK</p> <p><b>SNACK</b> GRANOLA BARS   JUICE</p>	<p><b>10 BREAKFAST</b> PANCAKES   APPLE SAUCE   MILK/JUICE</p> <p><b>LUNCH</b> FISH STICKS W/WHEAT DINNER ROLL   GREEN BEANS   FRESH FRUIT   MILK</p> <p><b>SNACK</b> VANILLA WAFERS   COTTAGE CHEESE   JUICE</p>	<p><b>11 BREAKFAST</b> OATMEAL WITH RAISINS   MILK/JUICE</p> <p><b>LUNCH</b> CHICKEN ALFREDO   BANANAS   PEAS   DINNER ROLL   MILK</p> <p><b>SNACK</b> WHOLE WHEAT BREAD WITH JAM   JUICE</p>	<p><b>12 BREAKFAST</b> CINNAMON TOAST   MIXED FRESH FRUIT   MILK/JUICE</p> <p><b>LUNCH</b> CHEESE OMELETTES W/WHEAT TOAST   TATER WEDGES   FRUIT   MILK OR JUICE</p> <p><b>SNACK</b> POPCORN   CHEESE   JUICE</p>
<p><b>15 BREAKFAST</b> FRENCH TOAST W/SYRUP  </p> <p>PEARS   MILK/JUICE</p> <p><b>LUNCH</b> TURKEY SANDWICH   CHICKEN NOODLE SOUP   FRUIT   MILK</p> <p><b>SNACK</b> STRING CHEESE   WHEAT</p>	<p><b>16 BREAKFAST</b> CEREAL WITH MILK   JUICE</p> <p><b>LUNCH</b> 3 CHEESE MACARONI   PEAS &amp; CARROTS   FRUIT   MILK</p> <p><b>SNACK</b> BREADSTICKS WITH CHEESE   JUICE OR MILK</p>	<p><b>17 BREAKFAST</b> MUFFINS   MIXED FRUIT   MILK/JUICE</p> <p><b>LUNCH</b> CHICKEN PATTY ON A WHEAT BUN   GRAPES /VEGGIES   MILK</p> <p><b>SNACK</b> TEDDY GRAHAMS   JUICE OR MILK</p>	<p><b>18 BREAKFAST</b> BAGELS WITH JAM   YOGURT   MILK/JUICE</p> <p><b>LUNCH</b> TACO SALAD   CORN   APPLE CRISP   MILK</p> <p><b>SNACK</b> VANILLA ICE CREAM WITH BERRIES   JUICE OR MILK</p>	<p><b>19 BREAKFAST</b> SCRAMBLED EGGS   BUTTERED TOAST   MILK/JUICE</p> <p><b>LUNCH</b> ITALIAN DUNKERS W/MARINARA &amp; MOZZARELLA CHEESE  VEGETABLE  FRUIT   MILK</p> <p><b>SNACK</b></p>
<p><b>22 BREAKFAST</b> WAFFLES WITH SYRUP MILK/JUICE</p> <p><b>LUNCH</b> BEEF RAVIOLI   FRUIT SALAD   CARROTS   DINNER ROLL   MILK</p> <p><b>SNACK</b> YOGURT WITH GRANOLA   JUICE</p>	<p><b>23 BREAKFAST</b> CHEX CEREAL WITH MILK   JUICE</p> <p><b>LUNCH</b> CHEESE PIZZA   FRESH FRUIT   VEGGIE   MILK</p> <p><b>SNACK</b> NUTRI-GRAIN BARS   JUICE</p>	<p><b>24 BREAKFAST</b> ENGLISH MUFFIN WITH JAM   PINEAPPLE   MILK/JUICE</p> <p><b>LUNCH</b> BEANS &amp; WIENERS   FRUIT   BREAD STIX   MILK</p> <p><b>SNACK</b> BANANAS   JUICE OR MILK</p>	<p><b>25 BREAKFAST</b> BANANA PANCAKES W/SYRUP   APPLESAUCE   MILK/JUICE</p> <p><b>LUNCH</b> CHICKEN &amp; BROCCOLI RICE CASSEROLE   FRUIT   BREAD   MILK</p> <p><b>SNACK</b> COOKS HEALTHY CHOICE</p>	<p><b>26 BREAKFAST</b> TOAST WITH JAM &amp; SUN BUTTER   FRUIT   MILK/JUICE</p> <p><b>LUNCH</b> CHEESE TORTELLINI WITH MARINARA SAUCE   BROCCOLI   ORANGES   MILK</p> <p><b>SNACK</b> VEGGIES &amp; DIP   JUICE OR MILK</p>