



SEVEN HILLS NEWSLETTER

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Looking Ahead: March

By Mr. Yung

I hope that you had a relaxing and restful February Vacation! We pride ourselves on the number of activities for our children, and the month of March is no exception. March promises such activities as Junior Academy Boys and Girls Day, our Spelling Bee at the Worcester Public Library, a fifth grade field trip to the Harvard Museum of Natural History, and a special "Celebrate Diversity" event at the Worcester Art Museum. We hope that you will be able to attend these events.

This past Monday, our first grade classes had a great time on a field trip to the Dr. Seuss Museum in Springfield, MA. This was the culminating activity in a unit that included researching the author, Theodore Geisel, and making Dr. Seuss hats. The weather was also near perfect for their field trip.

Family Fun Activities

Excerpted from Parents Place Bulletin

FOR GRADES K-3

Float or Sink—Encourage hypothesizing (guessing). Use several objects—soap, a dry sock, a bottle of shampoo, a wet sponge, an empty bottle. Ask your child which objects will float when dropped into water in a sink or bathtub. Then drop the objects in the water, one by one, to see what happens.

IMPORTANT DATES

Friday, March 7 th -	Enrollment Lottery 6pm
Tuesday, March 11 th -	SPELLING BEE 6pm
Thursday, March 13 th -	Gr. 5 to Harvard Museum
Sunday, March 16 th -	Celebrate Diversity at the Worcester Art Museum
Monday, March- 17 th -	Junior Academy Boys and Girls Day
Thursday, March 20 th -	Half Day for Students
Friday, March 21 st -	NO SCHOOL

Our fourth grade classes reported an excellent trip to the Museum of Science in Boston on February 15th. A major highlight was an electricity demonstration in a specially charged room that reinforced their science content. Students also participated in a museum scavenger hunt.

March brings us Term 2 grades (March 19th), MCAS (March 25th), dances, performances, field trips, and a wonderful array of opportunities for our students to shine. As always, let us know if you have any questions or are available to help.

FOR GRADES 4-5

On the Move—Sharpen math skills while on trips. Use even short trips around town. For example, at the gas station, ask your child how much gas you need and the cost per gallon. On the highway, ask your child to read signs and check different speed limits.

FOR GRADES 6-8

Read All About It—Introduce your child to the many kinds of information in the daily newspaper. Ask your child to find the pages about government leaders, editor's opinions, weather reports, car sales, house and apartment rentals, and want ads. Discuss how to use this information.

Think You Can Sing?

April 5th, Foothills Theater, Worcester, 10am:
Auditions for the 2008 Latin American Festival!
This is a local talent search for singers, dancers,
and musicians. Chosen acts will perform at the
year's festival being held on Saturday, August 16th
and Sunday, August 17th.

WPI Summer Tech Days

Worcester Polytechnic Institute is accepting
applications for 6th, 7th, and 8th graders who are
interested in spending a week, June 23–29,
learning about various engineering and science
fields. Students will participate in a variety of fun,
hands-on activities to explore several different
types of science and engineering. The cost is
\$300 which includes tuition, lunch, daily snacks,
activities/supplies, and a program T-shirt.

Kid's Corner: What's happening in 7th

By Jose Medina-Santos

The 7th Grade is learning about bridges, their
weight capacity, tension, and how to build them in
science class. Currently, we are doing a project in
science that includes building bridges in teams of
two or three. The bridge has to be built out of
straws, cardboard, Popsicle sticks, glue, and
string. When the group is finished, the bridge will
be tested for a grade. The test is if student
bridges can hold 1,000 grams or more. So far, it
is going really well and our class is excited!

Second graders have been learning a lot about
nutrition and healthy snacks. Every day, we have a
brief ten minute snack in the middle of the
morning. Snack is intended, not only to give our
students a brief break in the middle of the
morning, but also to give them a chance to "refuel"
halfway between breakfast and lunch.

(Continued on next column)

*"The test is if student bridges
can hold 1,000 grams or
more."*

There has been a lot of news lately about the
diet of American children. Children are
consuming too many foods that are loaded with
sugar and salt. They are also eating multiple
servings of food that have been packaged as
"supersized" and "big grab." This is leading to a
growing trend in childhood obesity that is
leading to many health problems.

The class has learned that fresh fruits and
vegetables are both tasty and nutritious. They
are also easy to bring, and they are relatively
inexpensive, as compared to many of the
prepackaged and sugary/salty snacks. Other
good choices include 100% juice, small
sandwiches made with whole grain bread,
popcorn (without butter and salt), low fat
pudding, and yogurt.

Let's help our children establish a pattern of
healthy eating habits. Let's encourage our
children to not only learn about foods that are
both nutritious and tasty, but also to include
those foods in their daily diet. Let's support
our students by providing them with snacks
from home that will keep them healthy and
strong.

Congratulations to Ms. Thomas on the birth of
her newborn son Nazsir Desai, 7lbs 2oz and 20
inches long. Mom and baby are doing well.

If you spot an error, please highlight it and have
your parents initial this newsletter for a chance
for a free dress down day!