

River Oak Charter School

KINDERGARTEN PARENT HANDBOOK



555 Leslie Street, Ukiah, CA 95482

(707) 467-1855

Fax: (707) 467-1857

Aftercare: (707) 467-9372

www.riveroakcharterschool.org

2024-2025

TABLE OF CONTENTS

A letter to parents	3
Starting and ending the day	4
Clothing, shoes and rain gear	5
Self care and Rest	6
Sickness	6
Attendance and punctuality	7
Communication	7
Birthdays in the kindergarten	8
The Three R's of Kindergarten: rhythm, repetition, and reverence	9
The daily kindergarten rhythm	10
Media, television and the electronic age	11
Ways to introduce your meals	13
Morning snack and school lunch	13
Parent volunteers	14
Voluntary donations	15
The intake meeting: a discussion with new kindergarten parents	16
Curriculum and instruction	17
Checklist for school supplies	21

Dear Parents,

Welcome to River Oak Charter School. We are a member of the Alliance for Public Waldorf Education, and as such, our school is guided by the core principles of Public Waldorf Education. For those of you who are new to the school, you are about to begin a new and exciting journey for you and your family.



STARTING AND ENDING THE DAY

Teacher prep time is from 8:00 am – 8:20 am

- Even though we may be present, we are not available to take your child into the classroom until 8:20 am, because we are busy preparing for the activities of the day.
- You may take your child to the kindergarten playground as early as 7:45 am where your child will be supervised until school begins.

School begins at 8:20 am

- Please be punctual; it benefits all of us for you and your child to be on time.
- If you are late, you will need to check in at the office first. Then, please take your child quietly into the kindergarten classroom. For the Golden Sun Kindergarten, please enter and exit through the outside door.

Visiting the Kindergarten during the day

- We encourage visiting, and have many opportunities to help with projects throughout the year. If you would like to come to stay/ visit another time in the class, please make arrangements with your teacher in advance of your visit. Please also remember to follow school protocol by signing the visitor registration log at the front office.

Kindergarten ends promptly at 1:00 pm

- Please pick up your child between 12:50 and 1:00pm in the classroom.
- If your child is not picked up at this time, he or she will go to aftercare (the Acorn Hut), where a drop-in fee will apply.
- Also, please notify your child's teacher beforehand if you will be picking up your child early.



CLOTHING

- Children are busy and active in kindergarten, and clothing should be of the type that does not inhibit movement.
- Extra warmth is important as the weather gets cooler. On chilly mornings that turn to hot afternoons, layer your child's clothing.
- HATS are essential on cold, windy, or rainy days. Don't forget sun hats, too.
- Natural fibers, such as cotton and wool are especially beneficial as they allow your child's skin to breathe.
- Help your child learn to snap, button, zip, and tie. Please wait until your child can tie their own shoes before sending them in tie shoes.
- Leggings or shorts should be worn under their dresses/skirts.
- Jewelry (including watches) is not appropriate in the kindergarten. It is often discarded or lost after arrival, or creates competition amongst the children. It can also prove hazardous, catching on things, or pinching the skin.
- Refrain from media themed clothing: T.V., movie, or toy characters.
- Refrain from skulls and other scary images on clothing. We want kindergarten to be an emotionally safe place for children.
- Please periodically check your child's spare clothes bag.

SHOES

Tennis shoes are the best shoes for children to wear. Please consider that fancy shoes are not designed for running, jumping, or climbing, and they have slippery soles. Please, no slip-ons, flip-flops, or platforms; they limit play. Please leave "lighted" shoes at home; some children find them very distracting. Cowboy boots have heels and are hard to play and climb in. Thank you for taking these things into consideration.

RAINGEAR

Each child will need a long raincoat and rain boots. We like to play outdoors every day, even in a little drizzle. When rain seems hard to predict, please do send raingear, but not umbrellas, because play is restricted with them in tow. **Children without the proper clothing for the weather will be restricted to playing in the covered sandbox.**

SELF CARE

- Teach your child how to blow his or her nose and to carry tissues.
- Children should be potty-trained and able to clean up after themselves before starting kindergarten. Please talk to us if you have concerns about this issue.

REST



A well-rested child is far happier than a child who is not getting enough sleep. Sleep is the time the body and soul rejuvenate.



Summer routines are often different from school year routines, so we suggest that before school starts, you begin to adjust your child gradually to earlier bedtimes and rising times so that the change will not be abrupt and tearful. Children of this age generally do well with 11 to 12 hours of sleep each night. Please let us know if your child has had less sleep, a troubling night, or a difficult morning. That way we can offer more nurturing at school.

It may be helpful to strive for a consistent evening routine, such as dinner together at the same time (when possible), then a bath, then a story, songs, or lullabies, and then to bed at the same time each night.

SICKNESS

- Please observe your child daily and learn those signs that say he or she needs to stay home. **Do not send your child to school if they:**
 - ☐ Have had a fever within the past 24 hours.
 - ☐ Have vomited within the past 24 hours.
 - ☐ Have greenish mucus, a much-clogged nose, or is coughing or sneezing. **If you are in doubt, contact us and we will discuss it.** All children get colds and should not stay home for the duration of the illness. Let us have a conversation if your child is in extreme discomfort.
 - ☐ Have head lice and hasn't been treated. Call your health care provider for remedies. Information is also available in the front office. If your child has head lice, they will be checked upon return to school.
- If your child becomes ill at school, they will rest in a quiet spot. You will be called (or your emergency contact) to pick up your child.
- Children on antibiotics must wait 24 hours after the first dose is taken before returning to school.
- Please tell the office and teacher if your child's health status has changed.

ATTENDANCE AND PUNCTUALITY

- Please have your child at school every day unless they are sick. Our program is based on rhythm, and if they're not there, they don't get those benefits.
- If your child is absent, notify the school office by telephone every day they are out. Call 467-1855 extension 101.
- It is important for you to be on time so that the class is not interrupted. However, if you are late, you will need to check in at the front office first.
- If you are planning to be away, or are sick for 3 or more days, please let your child's teacher and the front office know. Independent Study may be possible. Please try to let us know at least one week before you leave.

COMMUNICATION

Your child is best supported when teachers and parents have a mutual understanding and trust. We can help each other by sharing our observations with each other. I will be the "eyes" and "ears" at school, and you the "eyes" and "ears" at home. Please reach out to us via text or email should the need arise. It is best if concerns or questions are not communicated in front of your child.

- Parent Teacher Conferences are important times for in-depth communication about your child's needs.
- Parent Evenings are an essential means of communication between teachers and parents. You will learn about the curriculum, field trips, parenting skills, make presents for your child, and more. **Don't miss even one.**
- If you have a quick update (i.e. "my child woke up very early this morning,") come to the classroom after dropping your child off in the garden.
- Please notify your child's teacher and the office if you have changes to your address, email, or telephone number.
- We communicate via email, texting, and occasionally old-fashioned paper copies.
- The school has an automatic dialing system to send important messages.
- If you have a difference of opinion with your child's teacher, please try to resolve the issue with the teacher before approaching the administrator or other school personnel.

BIRTHDAYS IN THE KINDERGARTEN

Birthdays are very important in the kindergarten. Both parents are urged to attend their child's birthday celebration whenever possible. The date will be nearest to or on the child's actual birthday unless your child has a summer birthday. Your child's teacher will send you details when the time comes. If you are working, perhaps you can take this time from your lunch hour so you may attend.

The family supplies a birthday treat. Children in the class make a "Birthday Book" for the birthday child, and teachers make a special gift. Please remember to bring a lunch for yourself, so that you can join the afternoon meal.

We will tell the birthday story at the child's celebration. We ask that you refrain from taking pictures during this time, but we can make photo opportunities available afterwards.



Birthday Verse

(For the night before a child's birthday)

When I have read my book with care,
And my clothes are folded on the chair,
And my mother switches off the light,
I'll still be ____ years old tonight.
But with the dawning of the day,
Before the children rise and play,
Before the greenness turns to gold,
Tomorrow I'll be ____ years old!
____ kisses when I wake.
____ candles on my cake.

Birthday Verse

(Morning of a child's birthday)

Please, everybody, look at me!
Today I'm ____ years old you see!
And after this I won't be ____
Or 4 or 3 or 2 or 1,
For that was when I'd first begun.
Now I'll be ____ awhile, and then,
I'll soon be something else again.
____ kisses when I wake.
____ candles on my cake

THE THREE R'S OF THE KINDERGARTEN: RHYTHM, REPETITION, AND REVERENCE

Daily Rhythm

Having a consistent rhythm lays the foundations for feelings of security, confidence, self-discipline, and the ability to make decisions in adult life. Having meaningful daily events happen at the same time each day is important – dinnertime at the same time, bath time at the same time, bedtime at the same time. Every day follows a pattern as closely as possible. A consistent evening “ritual” or way of transitioning is very important at this age. This helps with nighttime fears, consistent sleep, and an overall feeling of safety.

The Yearly Rhythm

We celebrate the festivals that bring to consciousness the changing seasons and cultural events. Food, decorations, candlelight, songs, and drama are a part of these celebrations. The festivals become more meaningful as they are experienced year after year. Parents are invited to attend these events, and we will send home advance notice with all the details.

Repetition

In kindergarten, poems, stories, and circle times are repeated daily, which helps with linguistic development.

Reverence

This develops from the care, love, and devotion we have for each other, the things around us, and the environment in which we live. We foster reverence through giving thanks for what we eat, greeting the day, and how we part from one another at the end of the day.



AN EXAMPLE OF THE DAILY KINDERGARTEN RHYTHM

8:00 – 8:20	Please set your child’s basket by the door and take your child out to the garden, unless it is pouring rain. River Oak staff will watch over your child.
8:20 – 8:30	Welcome– The teacher meets children in the garden.
8:30 – 8:50	Morning Circle – We gather for our morning verse and greet the day and each other in seasonal song, movement, and poems.
8:50 – 10:00	Creative playtime— our most important activity! Monday – painting Tuesday – drawing Wednesday – baking Thursday – soup making Friday – walk <i>*gardening and Spanish are also incorporated into our week</i>
10:00 – 10:20	Tidy-up, hand washing, and rest time.
10:20 – 10:50	Snack time – the snack is cooked at school. Monday – rice day Tuesday – oat day Wednesday – millet bread day Thursday – soup day and bread from the day before Friday – popcorn day
10:50 – 12:10	Outside time
12:10 – 12:40	Story time: fairy/folk tales, birthdays, puppet plays, child’s plays
12:40 – 1:00	Lunch – Please refrain from sending sugary or processed food.
1:00	End of kindergarten day

Media Guidelines for River Oak Charter School

It is our goal at River Oak to nurture the imagination and healthy development of the child through the educational environment we provide. Because electronic media exposure (television shows, movies, tablet use, video games, social media, and other screen time) tends to work against our efforts, River Oak teachers need the support of parents in restricting media use in the home.

Parents choose our school because they want to protect their children as much as possible from the negative effects of electronic media and also need the support of the parents of their children's classmates. For this reason, River Oak Faculty Council, Parent Council and Charter Council together request that parents protect their children's exposure to electronic media and we recommend the following guidelines:

Kindergarten through Third Grade - no exposure to electronic media at all.

We strongly recommend that children from kindergarten through 3rd grade not be exposed to electronic media at all. If electronic media is introduced to children in grades 1-3, it should be limited to wholesome content, on weekends only, kept to a minimum, and supervised by an adult.

Grades Four and Five - weekends only with attention to content.

We ask that any exposure to electronic media with children in grades 4 and 5 also be limited to weekends only, with the exception of parent-supervised research for school assignments. Attention to content is particularly important if use is allowed, keeping in mind that images received through electronic media become part of the child's inner life and affect their behavior and sense of well-being at home and at school.

Grades Six through Eight - weekends only with attention to content and media literacy.

We strongly recommend that any TV, movie, and other media use be limited to weekends only. We ask that parents of these older students work in partnership with our teachers to limit and monitor exposure to electronic and social media in ways that protect them from its negative influences while also encouraging their increasing capacities for discernment, critical thinking, and self-discipline. We encourage you to take the Wait Until 8th pledge regarding smartphones.

We Support You!

Teachers are available and willing to assist with transitions to a more conscious, media-free and media-limited environment. The River Oak Media Resource Group, composed of parent and faculty volunteers, meets regularly to discuss media use and exposure, and its impact on students, families, and school classes. Interested parents are welcome to join. Contact Camille Meeker (camillem@riveroackcharterschool.org) or Jenn Douthit (jennnd@riveroackcharterschool.org) for more information.

MEDIA, SCREEN TIME AND ELECTRONIC DEVICES

Why We Ask Parents to Limit Screen Time: As educators we have seen the effects of screen time on children and how damaging it can be to their development. Recent scientific studies validate what we have known for a long time - it's just better for children if we set firm limits on screen time. We advocate for no exposure to shows, tablets, phones, computers or televisions at all in kindergarten, and here's why:

Emotional Impact - What doesn't seem scary to us can be very scary to young children. Avoid sleep-related problems and anxiety by cutting out screen time.

Physical Impact - When children sit in front of a screen their bodies aren't engaging in the physical movement necessary for healthy development.

Social Impact - Advertisers do not have your child's best interests at heart, they want to make a sale. Who do you want influencing your child's behaviors: advertisers or your own guidance? Children who watch shows geared for older audiences often imitate teenage behaviors and body language or show increased aggression.

Effects on Creativity - Children who use their play time to act out what they have seen in shows are not using their own imagination but are processing images and stories created by big companies trying to sell a product.

Academic Impact - More screen time leads to attention problems and students have a decreased ability to focus in the classroom.

Tips for Managing Family Screen Time

In order to support you we ask children not to discuss things that they have seen on shows or video games at school. This way you know your child won't feel left out if you decide to support their development by setting firm limits.

But HOW to set limits?

Start slowly and focus on one goal at a time.

Goal #1 - Set limits - Limit screen time only to the weekends - set a limit for how long.

Goal #2 - Conscious viewing - Make sure you always know what your child is watching - including YouTube ads.

Goal #3 - Bonding - Any time your child is staring at a screen, join them and it becomes a shared experience you can discuss. *This means your child will have to learn to play independently so that screen time is no longer a parenting tool.*

Goal #4 - Adult Phone Hygiene - Ask yourself if you are setting a good example for how you would like your child to engage with electronic devices.

Goal #5 - Eliminate Electronic Media- If you have enjoyed the positive results from Goals #1-4, this might be the next step for your family. We hope it is.

****Please learn more at www.screenfreeparenting.com****

THE IMPORTANCE OF BREAKFAST

Breakfast is the most important meal of the day. Children who eat a hearty, nutritious breakfast do better at school. It's hard to have a good day in kindergarten if you are hungry.

It can be a struggle getting your child out of bed early enough so that they can eat a good breakfast before going off to school. One way to help with early rising is getting your child to bed early (7:00 – 7:30 pm). This allows them to wake up more easily and gives you the time to have a sit-down breakfast.

If your child has any tendency towards over-activity or irritability, then it is critical for them not to consume sugar in the morning. Most cold cereals these days are made with lots of sugar, colored dyes, or preservatives. Please avoid cereals with high sugar content. Also limit fruit juice and smoothies, because they also metabolize too quickly. High sugar foods may provide quick energy, but they can make your child feel quite tired later on in the morning.

MORNING SNACK

Every day, we will serve the children a nutritious morning snack.

SCHOOL LUNCH

Every day, parents pack a homemade lunch for their child. Food should be sent in a basket along with a cloth placemat, a cloth napkin, and a water bottle. To keep perishables cool, try wrapping a cloth with an ice pack in it around the food. We ask that children eat their main course first and we define the main course as the part of the meal with protein. We teach children that proteins include: nuts (peanut butter), meat, eggs, beans, hummus, tofu, cheese, yogurt and other dairy products. A school lunch primarily needs a protein and some vegetables.

PARENT VOLUNTEERS

Parent volunteerism is at the heart of how our school runs. It takes a village to run a school. Most of us have busy lives and work hard, but we hope that you view your volunteer time as a gift, not a burden. It feels good to help and build community. The pride your child feels when they see your contributions helps to build their self-image and increases their success as a learner.

We respectfully ask for 20 hours of volunteer work per year for each of your children enrolled at our school. Please record your volunteer time at riveroakcharterschool.org. Thank you.

There are many ways that you can volunteer your time, and I have listed some of them below. Please come to see me for other ideas as well. The sky's the limit in terms of what you can do to help. Check in with us about ideas that you have, and I am sure we can make them happen.

Parent night attendee: joins other parents at special evening meetings hosted by the teacher. Topics of discussion might include Waldorf education, parenting strategies, nutrition, field trip planning, etc. Under the guidance of the teacher, parents might also make presents for their children.

Class Parent: provides support to the teacher by helping with organization and communication and bringing snacks for parent nights. Many class parents also organize a celebration of the teacher on his or her birthday, at holiday time, and/or at the end of the school year.

Representative to the Parent Council: attends monthly meetings of the Parent Council, finds parent volunteers to support the work of that Council, shares news from the meetings at parent nights.

Fundraising: organizes fundraisers for the class and might secure grants for new playground equipment, chairs, and cubbies—there are always needs.

Field trip driver: uses own vehicle to transport his or her own child and others' children to field trip destinations (pumpkin patch, etc.). Drivers are subject to pre-approval by the front office staff, and they must provide proof of adequate insurance, a clean DMV driving record, and other documentation. Details are available from the office manager. ******If you hope to join us on a field trip, please let the teacher know by the deadline.******

Field trip coordinator: assists teacher with scheduling field trips, finding drivers, submitting required forms, and working with the office manager to assure that all requirements are met in a timely manner.

Gardening coordinator: once weekly, for a short amount of time, takes small groups of children to the garden to help turn over the soil, plant, weed, water,

and hopefully harvest. Could develop rainy-day indoor activities that compliment the curriculum.

Classroom projects: If you want to contribute a special classroom project, just let us know. Projects might include: a cultural celebration, woodworking, sewing or other handcrafts, paper crafts, baking, etc.

Work parties for the classroom and the school: sign up to volunteer your skills for work parties throughout the year.

Laundry and room cleaning: wash the cubbies, dust and oil the wood, clean the counters and stove/refrigerator. Take home the wash on Fridays, returning it first thing on Monday morning (it does not need to be folded).

Friday walkers: walk to the park with the teacher and the children—provide supervision as the children frolic.

Veggie choppers: help chop vegetables for soup on Thursday mornings.

Bakers/cooking: There are many baking projects throughout the year. Some of the baking is secret, whereas at other times, this can be done with your child at home. Many cooking projects happen in class.

Jump rope helper: simply turn the jump rope for children who are practicing their skills in this area.

Paper Cutting: make the corners round on the drawing and painting paper used throughout the year.

Mending/sewing: take home torn cloth items (i.e. doll clothes, play cloths, etc) and repair them. Sew a class set of placemats, napkins, or little dolls upon the teacher's request.

Woodworking: repair or build toys or furniture for the classroom.

VOLUNTARY DONATIONS

We ask that you make a voluntary donation to the kindergarten of \$100 per year, and greatly appreciate it if you are able to help in this way. Some parents choose to pay all at once, while others pay \$10/month—this is up to you. In the past, donations have helped to pay for field trips, purchase play kitchens, dolls for puppet plays, high quality art materials, furniture, and supplies for the classroom. If you are able, please help us to create this magical place for your child. Thank you.

**THE INTAKE MEETING:
A DISCUSSION WITH NEW KINDERGARTEN PARENTS**

1. An overview of Waldorf Education
2. Our non-academic kindergarten program
3. Enrollment in our two-year kindergarten program (if applicable)
4. Do you know any of the children in the class?
5. The children who will be in your child's class next year
6. Has your child attended school before now? How was that?
7. Home visits
8. Parent Nights
9. Volunteer 20 hours per year for each child enrolled at River Oak
10. Donate \$100.00 for classroom supplies—all at once or a little at a time—whatever works. Please remember that donations are voluntary and are only expected from those families who are able to contribute. Thanks.
11. Daily rhythm and weekly activities
12. Festivals: Festival of Courage, Halloween, Lantern Walk, Winter Festival, Valentines' Day, Spring Egg Hunt, May Day, Leaving the Garden
13. Discipline at school
14. Impact of television and the media on the young child

CURRICULUM AND INSTRUCTION

The following is a synopsis of the curriculum that we use at River Oak.

Kindergarten

Math: One to one correspondence will be developed within the context of work and play. Counting will be done from story or song. Children will work with color and size differentiation, again within the context of their play.

Literature and Grammar: Children will be exposed to literature through fairy tales and folk tales from around the world presented orally and/or through puppet plays. They will also be involved in their own productions. The instructor, with appropriate movement and song as accompaniment, will also present narrative poetry and nature stories. Rhyming and alliteration will be emphasized through creative song.

Science: Nature stories, nature walks, gardening, basic understanding of the change of seasons, and days of the week.

Music: Singing, exposure to kinder-harps and the Choroí glockenspiel as well as simple percussion instruments, a broad presentation of songs throughout the history of this country and in a variety of different languages.

Art: Weekly watercolor painting, beeswax modeling, coloring, and various crafts, including woodworking.

Foreign Language: Spanish through songs, games, and stories. Parents are encouraged to come into the class to offer songs in other languages as well.

Handwork: Finger knitting and sewing.

History and Social Studies: Multicultural stories from around the world as well as discussions about the importance of family.

First Grade

Math: Qualities of numbers and introduction to the four operations of arithmetic: addition, subtraction, multiplication, division.

Literature & Grammar: Pictorial and phonetic introduction to letters, fairy tales from around the world, poetry recitation, word families.

Science: Nature stories, nature walks, observations, and gardening.

Music: Singing, and pentatonic flute.

Art: Form drawing, watercolor painting, beeswax modeling, and crayon illustrations.

Foreign Language: Spanish through plays, songs, rhythms, and games.

Handwork: Knitting.

History and Social Studies: Multicultural stories.

Second Grade

Math: Continue with four operations of arithmetic, story problems, counting by 2, 3, 4, and 5; begin multiplication tables.

Literature and Grammar: Elements of grammar (nouns, verbs, adjectives); cursive writing; animal fables, hero stories, and legends from around the world.

Science: Garden and nature studies; field observation.

Music: Singing, and pentatonic flute.

Art: Continue form drawing, watercolor painting, beeswax modeling.

Foreign Language: Spanish continued: plays, songs, poetry, games, and simple conversation.

Handwork: Knitting patterns.

History and Social Studies: Multicultural stories.

Third Grade

Math: Higher multiplication tables, continue work with four processes, weights, measures, length, volume, money, time, and simple fractions.

Literature and Grammar: Elements of grammar (nouns, verbs, adjectives, prepositions, pronouns, conjunctions, and contractions), sentence structure, continuing cursive writing, punctuation, compositions, stories from ancient history, written reports, and oral presentations.

Science: Continuation of garden and nature studies (ecosystems).

Music: Singing, lyre, and pentatonic flute.

Art: Continue form drawing, watercolor painting, and beeswax modeling.

Foreign Language: Spanish continued: songs, plays, poetry, and conversation.

Handwork: Crochet, spinning, weaving, and dyeing

History and Social Studies: Study of practical life: farming, house building, clothing, and cooking.

Fourth Grade

Math: Higher multiplication tables, four digit multiplication, long division, fractions, measurement, introduction to decimals.

Literature & Grammar: Elements of grammar, continuing cursive writing, punctuation, book reports, creative writing, writing strategies (paragraphs, central ideas, prewriting, drafting, revising, editing), narrative writing, response to literature, informative report writing, summary writing, Norse mythology, The Kalavala, historical novels, and Native American stories.

Science: Zoology and continuation of nature studies.

Music: Singing, violin, and recorder.

Art: Advanced form drawing, painting, and beeswax modeling.

Foreign Language: Spanish basic grammar and verb conjugation.

Handwork: Cross-stitch and embroidery.

History & Social Studies: California and local history.

Geography: California and local geography, map making.

Fifth Grade

Math: Decimals, fractions, metric system, and introduction to geometry.

Literature and Grammar: Elements of grammar, continuing cursive writing, punctuation, organized compositions, Ancient culture myths (India, Mesopotamia, Persia, Egypt, and Greece), book reports, research reports, and presentations.

Science: Botany, garden and nature studies.

Music: Singing, recorder, strings, woodwinds, and brass.

Art: Calligraphy, watercolor painting, and clay modeling.

Foreign Language: Spanish continued (grammar, tense, and reading).

Handwork: Four-needle knitting (hats, socks, and mittens).

History and Social Studies: Ancient civilizations through Greek times.

Geography: American geography as related to vegetation, agriculture, culture, and economics.

Sixth Grade

Math: Algebra, ratios, proportions, and geometric drawing with instruments.

Literature and Grammar: Composition, grammar, spelling, biographies, and book reports.

Science: Mineralogy, geology, physics (acoustics, electricity, magnetism, optics, and heat), beginning astronomy, nature studies.

Music: Singing, recorder, strings, woodwinds, brass, and percussion.

Art: Calligraphy, watercolor painting, clay modeling, and woodwork.

Foreign Language: Spanish continued (grammar, reading, and writing).

Handwork: Hand-sewn animals and dolls.

History and Social Studies: Roman history, Medieval history, and Japanese feudalism

Geography: North America and South America.

Seventh Grade

Math: Algebra, mathematical thinking/theory, problem solving, and geometry.

Literature and Grammar: Creative writing, poetry, grammar, spelling, punctuation, classical literature, formal composition, and book reports.

Science: Physics (mechanics), anatomy/physiology (circulatory, respiratory, reproductive, and nervous systems), astronomy, inorganic chemistry, health/nutrition, and nature studies.

Music: Singing, recorder, strings, woodwinds, brass, and percussion.

Art: Calligraphy, clay modeling, watercolor painting, perspective drawing, oil pastels, and Renaissance art.

Foreign Language: Spanish continued (conversation, short essays, grammar, reading).

Handwork: Hand-sewn clothing.

History and Social Studies: end of the Middle Ages, the Age of Exploration, the Renaissance, African Cultures and Chinese history.

Geography: Europe, Africa and Asia.

Eighth Grade

Math: Practical applications of arithmetic, algebra, geometry, and geometric solids.

Literature and Grammar: Creative writing, formal composition, grammar, spelling, short stories, poetry, and Shakespearean drama.

Science: Physics, organic chemistry, anatomy/physiology (muscular, skeletal, optical, and aural), meteorology, and nature studies.

Music: Singing, recorder, strings, woodwinds, brass, and percussion.

Art: Sculpture, painting, perspective drawing, charcoal drawing, portraits, oil pastels, and modern art.

Foreign Language: Continue in Spanish (practical conversation, grammar, reading, and essay).

Handwork: Machine-sewn clothing.

History and Social Studies: Elizabethan England, world economics, the Age of Reason, the Industrial Revolution, and U.S. History to present.

Geography: Africa and world geography.

CHECKLIST FOR SCHOOL SUPPLIES

- ___ 1 lunch basket
- ___ 1 cloth napkin
- ___ 1 cloth placemat
- ___ 1 vegetable every Thursday (soup day)
- ___ 1 apron to stay in the cubby

Store bought aprons are fine, but ask us for a simple pattern if you want to make one. Please make straps long enough to wrap around and tie in front. Please make them out of denim or heavy cotton. We use the apron often for baking, cooking, and painting.

- ___ 1 pair of indoor shoes to stay in the cubby. A solid color is preferred.
- ___ 1 cloth bag with extra clothes to stay in the cubby:
Please replenish clothes as needed and check the bag for appropriate seasonal items at mid-year and springtime.

- ☐ Underwear
- ☐ Socks
- ☐ Long pants
- ☐ Shirts
- ☐ Sweaters or sweatshirts

- ___ Rain boots
- ___ Rain coat
- ___ Warm hat
- ___ Sun hat

