# The Monarch Annapolis Chrysalis

Your monthly guide to school news, information and events.

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**Happy New Year!**
Please read through this month's newsletter closely to find out the awesome things going on this month. As always, please don't hesitate to contact us!

**http://monarchacademy.org/annapolis/  (410) 934-1444**

## January 2020

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*AACPS Read With Me Challenge*  page 7
Dear Marvelous Monarch Annapolis Families, Happy 2020!

Wow, a new decade! The new year brings time for reflection and celebration. Here at Monarch Annapolis we are kicking off the new year with a focus of gratitude and with an eye to our future.

We have partnered with the national Look for the Good campaign to bring a student lead gratitude experience to our school. On Monday, January 6th several 5th grade student leaders will introduce this project to our student body to kick off the experience. During these two weeks, our entire school body will be focusing on all the good things happening around us and we invite you to join us too! It's as simple as taking a moment to notice something positive and telling others about it. We also hope you'll join us for our Look for the Good celebration event after our Winter Concert on January 15th to share in gratitude celebrations.

As we look to our future, we are excited about what’s on the horizon for our school. As a contract/charter school, we are looking to innovate for the benefit of our students and staff. We will be sharing some neat options we are exploring and getting your ideas, questions, and thoughts about them in the very near future. I encourage you to engage in this conversation with an open mind and to consider what education needs to look like for our students as we enter this new decade. We want to tap into all that Annapolis has to offer, to create well-rounded, knowledgeable citizens ready to contribute to the world in amazing ways, even in their young age.

Finally, it wouldn’t be a January newsletter without a reminder of resolutions and a school push to urge you to help your child set a goal to read EVERY DAY. Access the public library. Tap into your child’s interests. Create a family reading ritual every day. Make reading a priority! I encourage you to start with our AACPS #ReadWithMe challenge. Show your love of reading with the world... and help us earn prizes!

Here’s to a marvelous 2020! As always, if I can be of support to your child or family, don’t hesitate to reach out at school at 410-934-1444 or via email at ramstutz@aacps.org.

Sincerely, Ms. Rachel Amstutz
February:

2/10 Report Card Distribution

2/12 2 hr Early Dismissal (@12:55)

2/12 Unity Day & Wear ORANGE!

2/17 Schools Closed

2/25 Title I Information Night - for NEW Title I families
Why Should We Read Aloud to Our Children?
We encourage our families to read with their children nightly to help improve their reading. Whether your student is just learning to read or an advanced reader, reading aloud to them can model how to read and analyze more challenging text. Your child might not be ready to read Harry Potter on their own, but they will love listening to the story and being able to ask questions. Old favorites and historic novels can be fun to reread too. The language and phrases can be difficult for readers of all ages! Ask your child’s teacher what their favorite book is, and I am sure they will be able to give you some great recommendations. Of course, your reading teachers are always here if you need anything. For more information and read aloud strategies, click on the link below:
http://www.readingrockets.org/reading-topics/reading-aloud

“You’re never too old, too wacky, too wild, to pick up a book and read to a child.”
~ Dr. Seuss

Important Resources

- Digital 2019-2020 AACPS Calendar https://www.aacps.org/Page/2

- AACPS Families Resources https://www.aacps.org/families

- January Lunch Menu https://tinyurl.com/rx6utm4

- AACPS Chaperone Site https://www.aacps.org/chaperone

Not receiving digital communication from us? Please let us know immediately! MonarchAnnapolis@gmail.com
TEXT "MONARCHANNAPOLIS“ TO 31996 Join Monarch Academy Annapolis' new text system to get real-time text notifications on the status of your child's bus! Simply text "Monarch Annapolis" to 31996. You will be asked to provide information about your child's school enrollment and which bus they ride home. Normal text messaging rates apply. Text "STOP " to opt out. Text "HELP" for help.

**Mindfulness**

*Mindful Hip Hop*
A term coined by hip-hop artist and mindfulness instructor JusTme (Timothy Scott Jr.) proves that mindfulness is for everyone and is definitely more than just deep breathing! According to JusTme there are four parts to being mindful:

1. Being Present
2. Being Aware
3. Using Our Thoughts and Emotions

You can learn more about JusTme and his work on his website justmindfulness.com

**Bored Over Break?**
You can learn JusTme’s dance to his song *Change Your Life* or try one of his guided mediation videos. There is a shorter Mindful Minute video and a longer Sound and Sensation video.

**New to Mindfulness?**
Check out JusTme’s video on Finger-Tracing Breathing for an easy tip to help you in your mindfulness journey!

**More Than Just Deep Breathing**

We are looking for club leaders and helpers. If you would like to bring a club opportunity to Monarch or support a club by being a helper please email Kate McFaul.

Can’t volunteer but know of a great organization that could bring a club to Monarch? Email the organization name and any details to Kate McFaul.

**Contact for Kate McFaul:** mcfaulk@monarchacademy.org

**Clubs Starting In January**

- **Robotics (1st - 5th grade)** | meets on Fridays from 7:15-8:15am
- **Chess (K - 5th grade)** | meets on Mondays from 7:15-8:15am
- **Coding (2nd - 5th grade)** | meets on Thursdays from 7:15-8:15am
- **Soccer (K-2nd & 3rd-5th grade)** | Tuesdays (K-2 only) Thursdays (3-5 only) 3:00-4:30pm
- **Club Chesapeake (K-5th grade)** | meets on Thursdays 3:00-4:14pm
- **Book Club (2nd-3rd & 4th-5th grade) | meets on Mondays 3:10-4:15pm**
- **Basketball (1st - 3rd grade) | meets on Mondays & Wednesdays 3:00-4:30pm**

Hurry before seats fill up! Click on the club for the direct link to registration. Please reach out to Kate McFaul to inquire about open seats for Book Club or Basketball.

In need of tuition assistance? Email Kate McFaul about potential scholarship opportunities.
Look for the Good Campaign!

The Look for the Good® Program is two-week, school-wide gratitude and kindness campaign where students and staff work together to uplift their school community. The program starts with a student-led Kickoff Assembly and is followed with two weeks of morning announcements to remind students and teachers to participate in the program.

During the program...

• Temporary floor stickers (called "Gratitude Spots") are installed throughout the school to remind students to share their gratitude with one another. If you step on one, think about what you are thankful for and share it with your child.
• Orange "Kindness Cards" are shared between students and teachers to encourage compliments. Encourage your child to make her own cards to share with her classmates.
• Students and teachers add their gratitude to a colorful "Gratitude Wall" of sticky notes which serves as inspiration for the whole school. If you would like to add your own gratitude to the wall, please do so!
• Students are also encouraged to surprise a loved one with a "You Matter Letter" which they must read to them at some point during the campaign. If you received a letter, cherish it and thank you child!

Join us for our Family Gratitude Night following our Winter Band/chorus/bucket band concert January 15th, 2020 from 7-8pm
Monarch Annapolis will choose a random winner for a Visa Gift Card every week - every tweet is a chance to win!!