

FEBRUARY ARTS, Electives & *Physical Education*

Newsletter 2021

Distance Learning Tips

Happy New Year and Welcome to 2nd Semester! As we begin 2nd semester, it's a perfect opportunity to reset and think about things we could do to help students become more successful in this challenging learning environment. Here are a few tips and ideas for students and you to ensure students will feel more connected to the virtual classroom and achieve better academic success.

- Have a defined location for "going" to school daily.
- Utilize headphones to minimize distractions.
- Imitate the classroom environment as much as possible by sitting up in a chair, participating in discussions, and avoiding phones or electronic gaming devices during class time.
- Have textbooks, paper, and something to write with during class time.
- Turn on screens as much as possible during the lesson.
- Follow up with your student daily to hold them accountable for their work.
- Ask them to tell you what they are learning about at the end of the day or at least a few times throughout the week.
- Check Aeries gradebook weekly for completed & missing assignments.
- And, of course, students should take time to exercise and make sure to eat healthy and get a good night's sleep!

Band with Ms. Duboucheron



Welcome to the second semester!! I am pleased to announce the addition of Soundtrap to our music curriculum. Our classes will be structured as follows:

- Synchronous band classes with instruments. Our current focal points are:
 - Note reading
 - Sound production
 - Beginning band curriculum
- Asynchronous learning will utilize Soundtrap for music composition and recording.
 - Students will collaborate on different projects as they incorporate musical ideas.
 - Students will experiment with recording as they get to know their particular instrument and the tools associated with Soundtrap.

Feel free to contact me at:
duboucheron.roxanne@pusd.us

Consejos de Aprendizaje de Distancia

¡Feliz año nuevo y bienvenidos al segundo semestre! Al comenzar el segundo semestre, es una oportunidad perfecta para reiniciar y pensar en las cosas que podríamos hacer para ayudar a los estudiantes a tener más éxito en este desafiante ambiente de aprendizaje. A continuación, se ofrecen algunos consejos e ideas para los estudiantes y para usted para asegurarse de que los estudiantes se sientan más conectados con las clases virtuales y logren un mejor éxito académico.

- Tener un lugar definido para "ir" a la escuela todos los días.
- Utilice auriculares para minimizar las distracciones.
- Imite el ambiente del salón de clases tanto como sea posible sentándose en una silla, participando en discusiones y evitando teléfonos o dispositivos de juegos electrónicos durante el tiempo de clase.
- Tenga libros de texto, papel y algo con qué escribir durante el tiempo de clase.
- Encienda las pantallas tanto como sea posible durante la lección.
- Haga un seguimiento diario con su estudiante para hacerlos responsables de su trabajo.
- Pídeles que le digan lo que están aprendiendo al final del día o al menos algunas veces durante la semana.
- Consulte el libro de calificaciones de Aeries semanalmente para ver las tareas completadas y faltantes.
- Y, por supuesto, los estudiantes deben tomarse un tiempo para hacer ejercicio y asegurarse de comer sano y dormir bien por la noche.

Banda con Ms. Duboucheron

Bienvenidos al segundo semestre !! Me complace anunciar la incorporación de Soundtrap a nuestro plan de estudios de música. Nuestras clases estarán estructuradas de la siguiente manera:

- Clases de bandas sincrónicas con instrumentos. Nuestros puntos focales actuales son:
 - Lectura de notas
 - Producción de sonido
 - Plan de estudios de banda para principiantes
- El aprendizaje asincrónico utilizará Soundtrap para la composición y grabación de música.
 - Los estudiantes colaborarán en diferentes proyectos a medida que incorporen ideas musicales.
 - Los estudiantes experimentarán con la grabación a medida que vayan conociendo su instrumento particular y las herramientas asociadas con Soundtrap.

No dudes en contactarme en:

duboucheron.roxanne@pusd.us

Physical Education with Ms. King

Welcome to second semester families. I am proud of our students for their hard work and resilience! Here is what's coming up in PE with King for February!

- Explore and work on plyometrics, agility, and cardiovascular endurance with an old time favorite: JUMP ROPES.
- Students will combine agility, coordination, timing, and endurance as we jump our way through February.
- Remember to encourage students to move throughout the week and turn in assignments! You can always email me at king.andrea@pusd.us if you have any questions



Educación Física con Ms. King

Bienvenidos a las familias del segundo semestre. ¡Estoy orgulloso de nuestros estudiantes por su arduo trabajo y resistencia! ¡Esto es lo que viene en Educación Física con King para febrero!

- Explore y trabaje en la pliometría, la agilidad y la resistencia cardiovascular con un favorito de antaño: JUMP ROPES.

Drama with Ms. Menzel

In January, we completed a unit on set and costume design inspired by Reader's Theatre play *The Gift of the Magi*. In February, we will be using "Small Moments" from our own lives to practice playwriting skills.



- Remember, drama only works if *everyone* participates. Ask your student about the drama games we play in class and have some fun practicing with the whole family!
- Stay tuned for news about the upcoming Spring Musical.
- Please contact me at menzel.mckayla@pusd.us should you have any questions.

Drama con Ms. Menzel

En enero, completamos una unidad sobre el diseño de escenografía y vestuario inspirada en la obra de Reader's Theatre: *The Gift of the Magi*. En febrero, utilizaremos "Pequeños

- Los estudiantes combinarán agilidad, coordinación, sincronización y resistencia a medida que avanzamos en febrero.
- ¡Recuerde animar a los estudiantes a moverse durante la semana y entregar las tareas! Siempre puede enviarme un correo electrónico a king.andrea@pusd si tiene alguna pregunta.

Physical Education with Ms. Plummer

In January, we explored Ancient Martial Arts and learned to Ninja our Heart Rate down through Focused Breathing, Tai Chi & Yoga.

- During Synchronous Learning we focused on our Cardiovascular Endurance with dynamic Boxing warm-ups, Martial Arts and Active-Recovery/ Yoga cool-downs.
- While during Personalized Learning students worked on establishing an Active Lifestyle with our weekly Activity Logs.

Momentos" de nuestras propias vidas para practicar las habilidades de escritura.

- Recuerde, el drama solo funciona si todos participan. Pregúntele a su estudiante sobre los juegos de teatro que jugamos en clase y diviértase practicando con toda la familia.
- Estén atentos a las noticias sobre el próximo musical de primavera.
- Por favor contácteme en menzel.mckayla@pusd.us si tiene alguna pregunta.

DANCE with Ms. Plummer

Last month, we revisited Improvisation & Ballet Basics using the Choreographer Twyla Tharp as inspiration.

- Students were creatively challenged to begin a Self- Portrait dance piece using a MANDALA as inspiration. We interpreted our personality and character through our choice of Elements, Animal, Season & Emotion and use these ideas to develop movement



"HAPPYFEET" in February. We will continue to focus on Cardiovascular Endurance, but this month through Rhythm and Movement.

CAMERA's ON--Focused on our FEET!!!

- During Synchronous Learning we will work our Rhythms with Jump Ropes, revisit Agilities Training, and learn modern Four-Wall Dance routines.
- While Personalized Learning will continue to be time to complete our Active Lifestyle Logs. Please, encourage your student to be active 90 minutes daily and complete their log.
- **Class meets on CISCO WEBEX in our Canvas Course. SEE you there!!!**
- Questions/ Concerns. Feel free to contact me: plummer.amber@pusd.us

Educación física con Ms. Plummer

En enero, exploramos las artes marciales antiguas y aprendimos a reducir nuestro ritmo cardíaco a través de la respiración enfocada, el tai chi y el yoga.

- Durante el Aprendizaje Sincrónico, nos enfocamos en nuestra Resistencia Cardiovascular con calentamientos dinámicos de Boxeo, Artes Marciales y Recuperación Activa / Yoga.
- Durante el aprendizaje personalizado, los estudiantes trabajaron en establecer un estilo de vida activo con nuestros registros de actividad semanales.

"HAPPYFEET" en Febrero. Continuaremos enfocándonos en la Resistencia Cardiovascular,



- We also began to develop our choreography with specific technique learning foot positions, demi & grand plie, eleve & releve, tendu & rond de jambe.

In February, we will dive in deep in our Dance with Lineage Dance Company on Thursdays & Fridays doing Modern Dance.

- During Synchronous Learning we will continue to develop our **Self-Portrait Movement Mandala** as we discover Lyrical Dance and various choreographers, while adding a variety of technique: dégagé & rond de jambe en l'aire, developpe & envelope, contract & release, and chasse,
- **We meet on CISCO WEBEX on Canvas**
My contact email: plummer.amber@pusd.us

Baile con Ms. Plummer

El mes pasado, revisamos los conceptos básicos de improvisación y ballet utilizando a la coreógrafa Twyla Tharp como inspiración.

- Los estudiantes fueron desafiados creativamente a comenzar una pieza de baile de Autorretrato usando un MANDALA como inspiración. Interpretamos nuestra personalidad y carácter a través de nuestra elección de

pero este mes a través del Ritmo y el Movimiento.

CÁMARA ENCENDIDA ¡¡¡Enfocados en nuestros PIES!!!

- Durante el aprendizaje sincronizado trabajaremos nuestros ritmos con cuerdas para saltar, volveremos a visitar el entrenamiento de agilidades y aprenderemos rutinas modernas de danza de cuatro paredes.
- Mientras el aprendizaje personalizado seguirá siendo el momento de completar nuestro registros de estilo de vida activo. Por favor, anime a su estudiante a estar activo 90 minutos al día y complete su registro.
- La clase se reúne en CISCO WEBEX en nuestro curso Canvas. ¡¡¡Te veo allí!!!
- Preguntas / inquietudes. No dude en ponerse en contacto conmigo: plummer.amber@pusd.us

Elementos, Animal, Temporada y Emoción y usamos estas ideas para desarrollar el movimiento.

- También comenzamos a desarrollar nuestra coreografía con técnica específica aprendiendo posiciones de los pies, demi & grand plie, eleve & releve, tendu & rond de jambe.

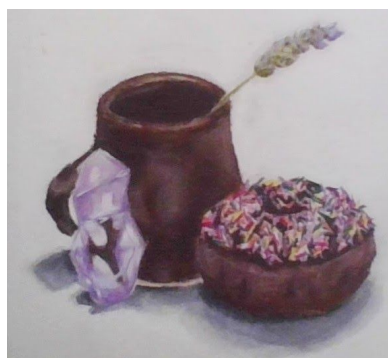
En febrero, nos sumergiremos en nuestro Dance with Lineage Dance Company los jueves y viernes haciendo danza moderna.

- Durante el aprendizaje sincronizado, continuaremos desarrollando nuestro Mandala de movimiento de autorretrato a medida que descubramos la danza lírica y varios coreógrafos, mientras agregamos una variedad de técnicas: dégagé & rond de jambe en l'aire, Develope & envolvente, contract & release y chasse ,
- Nos encontramos en CISCO WEBEX on Canvas Mi correo electrónico de contacto: plummer.amber@pusd.us

ART with Mr. Moya

Congrats to **Ruby Magdaleno** for placing third in the Tournament of Roses art competition! The contest was open to all middle school students in Pasadena.

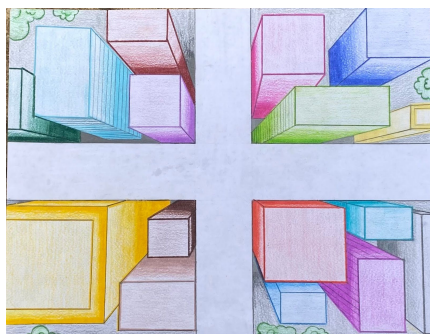
Congrats to **Helena Tellez**, *student of the month* in our Art Advisory class! Pictured here is an amazing still life by Helena.



We just finished our first project of the semester, One Point Perspective/Bird's Eye View. Pictured below is a great example by

Sophia Figueroa.

Our current project is to create a Pop Art self portrait. Check out **Olivia Moran's** work in progress:



Our Artist of the Week this week was LA's own **Corita Kent**, who was a pioneer Pop Artist using screenprinting at the same time, if not before, **Andy Warhol**. You can read about Kent here: [Corita Kent](#)

CHOIR with Mr. Ferris

Congratulations to the Eliot Choir for their first ever "Family Day." Creating an original recording based on the Johnny Cash tune, "You Are My Sunshine," students AND THEIR FAMILY can be heard singing in a mass of sound, proving that singing is not only reserved for the "professionals," but is a freedom meant to be experienced by all.

- Eliot Choir now meets in Google Meets using class code: **eliotsing**
- "Family Day" video recording rescheduled for Wed., Feb. 10th, 2p-2:30p
- Students have been using a program called Soundtrap to make their audio tracks. This is a large program and requires all other windows and tabs to be closed for optimal performance.
- Please make sure your student has a working pair of connectable earbuds - the latency caused by airpods and Bluetooth headphones render the recording useless, unfortunately.
- If your student is a boy, please encourage them to complete their recordings. The number of guy submissions is still surprisingly low, considering how talented they are!
- Copies of our class recordings are available by request via email: ferris.adam@pusd.us

Rock Band with Mr Duffy & Mr.



Maynard

First semester

saw us
overcome a
few challenges

and get us off the ground; not the least of which was getting instruments into students' hands!

We started working on understanding the basics of how to read Chord structures and Tab for guitar and Bass. And also how to turn our kitchen furniture

To gain familiarity, we started working on "New Divide" by Linkin Park, and will continue building that this month.

Starting on Feb 10, we will start work on a second song that has a different feel to it; more melodic sounding. We will be exploring several other genres of rock as we move forward, away from the modern punk sound of Linkin Park, and looking into some Roots Rock Bands, and a little Pop.

Spanish with Mrs. Acevedo

This class is designed to give students an introduction to Spanish and a preview of high school courses.

In February, students will be introduced to the phrase *me gusta*, learn how to *conjugate pretense tense regular verbs* and the tradition of *El día de San Valentín*.



La clase de español de la Sra. Acevedo



Metamorfosis



Esta clase está diseñada para introducir a los estudiantes al idioma

de Español y darles una probadita de lo que son los cursos en la preparatoria.

Durante el mes de febrero, los estudiantes serán introducidos a la frase *me gusta*, cómo *conjugate los verbos regulares en el presente*, y un poco sobre la tradición del día de San Valentín.



Upcoming...

ARTS EVENTS & Happenings

- A Celebration of Women's History Month -- Middle School Collaborative: Virtual Essay Reading, Art Exhibit, Dance Performance, and Speakers
 - **March 24, 2021 6 - 7:30pm**
- Metamorphosis Showcase & Open House
 - **April 21, 2021**
- Annual Dance Film Festival
 - **May 6-7, 2021**
- Musical Revue TBA

 **FEBRUARY**

ARTS, Electives & Physical Education

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