

Ms. Chelsee's Message in a Bottle

(from the "non-shipwrecked" S.S. Gr 2)

October 28th, 2015



Anchors Aweigh!

The Habitat Diorama Presentations are around the corner! The diorama should FOCUS on the habitat, not the animal(s). Don't forget to work on yours over the loooooong weekend. Remember a 1-2 minute presentation answering the guide questions is also expected. This project is due Tuesday November 10th. Presentations will also be on Tuesday! Happy habitating!

On another buoy, because we do not have school next week on Veterans' Day (Nov. 11), our Spelling Test will be on Friday November 13th.



Tip of the Iceberg:

The American Heart Association recommends that children and adults alike consume no more than 1,500 milligrams of sodium each day. To put this into perspective, 1 teaspoon of table salt has 2,325 mg of sodium. While table salt does contribute to high sodium intake, over 75% of the sodium in the average American diet comes from processed and restaurant foods. Sodium is an essential nutrient, but it is estimated that the body needs less than 500 mg sodium a day to perform normal functions. Try keeping the table salt off your foods this weekend and keep an eye on nutrition labels to see what you notice!



Please ask your matey about this week's "Posh Port Holes":

- *Double Digit Subtraction
- *Habitat presentations
- *Playing the ukulele in Music Class
- *Celebrating Zion's Birthday!
- *The power of plants (focus spray & essential soaps!)
- *Our first Thursday Spelling Test



Treasured Dates:

November 6th:

No School!! (UF Homecoming!)

November 10th:

Report cards go home!

November 11th:

No School - Veterans' Day

November 13th:

Movie under the stars at HLA

November 16th:

Second Grade Parent Conferences!

November 20th:

Vegan Tofurkey Lunch

**Ask Cathy Stubee or Juliana Audd for details or to sign up to help



Waving Flippers & Fins!!!

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As always, thanks AGAIN to the "Sanitizing Sea Urchins" for our weekly classroom and yoga mat cleansing, "Behind the Scene Voyagers" who are helping and contributing in countless ways off school property and "Deep Sea Fisher-people" who helped create "Fin" classroom experiences throughout the week; like Tuesday's SRA & Center time, Zion's Birthday moments and the power of seaweed, whoops, I mean plants!

Thank you to everyone for turning in your TIPS homework via email. You are doing a great job! The Sea Lions enjoy being rewarded with sand dollars because of you! Keep it up!



There are no Birthday "Shell"-ebrations this week!!

"Deck Swabbin' Spelling List"

("y" and "igh" as long i)

delight

night

bright

hydrate

July

knight

bypass

fright

skydive

frying