



## Hot Lunch in the Lower El

Pizza, salad, and dessert... always a huge hit!

### Announcements

Thanks to all the Upper El parents for attending this week's education classes. Simcha will be back this week to meet further with the 5th and 6th years. 4th years will be going on botany outings during this time. Attached below is the letter from Simcha that went out earlier this week...just in case you missed it.

4th years will also be going to the **Humboldt Bay Bird Observatory** on Monday. Students will have the opportunity to visit the facility in the Arcata Bottoms with Adam Brown and Rachel Weiss to observe bird banding. [Students](#)

need to arrive at school by 8:30, and dress in layers.

Recently we have noticed an increase in conversations related to screen time, particularly video games, in both the Lower and Upper El classrooms. It is becoming a distraction to all the children; enough so that we thought sending out the link to the videos regarding media and brain development would be a good idea. If you missed these when we sent them out in the fall, please take a look at them. And please remind your student that talking about video games at school is inappropriate. Thank you.

***Brain Development in the Media Age provides tips to support parents.  
Explains influence of screen time on child development:***

<https://www.youtube.com/watch?v=cdKgdtHHAnI>

***Wonderful explanation of executive functions and supporting human potential:***

[https://www.youtube.com/watch?v=MQ\\_j1mjGLow](https://www.youtube.com/watch?v=MQ_j1mjGLow)

***Powerful talk about unprecedented changes in the brain:***

[https://www.youtube.com/watch?v=ri4\\_CW9P41s](https://www.youtube.com/watch?v=ri4_CW9P41s)

We are looking for a volunteer/s to help rebuild our **garden boxes**. You may have noticed that they have really fallen apart this winter, and with spring here it's time to start our planting. You can either rebuild them after school hours, or, if you have time, work on them during school hours with the help of students. We would also need our volunteer to pick up the wood and soil and bring it to the school for assembly. If you are able to help out with this project please let Debora know.

**Lower El parents:** please take a look around your house for some missing spoons this weekend. The class spoons are getting very low, and it's most likely students are accidentally putting them in their lunch boxes after eating and bringing them home. Bridget is missing a particular one: a floral patterned soup spoon. Thanks so much for looking for them.

Those of you who are curious about the **Lower El fundraiser** for Four Paws International and the plight of the animals of Mosul, here is a link to the story: <https://www.youtube.com/watch?v=WufVY37wg6M>

**Track** will meet on Wednesday from 3:10-4:00 at the school. I should have a track meet schedule for parents next week.

On Saturday, April 8 from 10-1, we have the opportunity to team up with **Food For People** and help out in their warehouse! We will get to help create food boxes for home bound seniors in our area and help sort food donations. This is an awesome opportunity for us to come alongside an organization that provides incredible services to so many in our community. Younger siblings are invited to join as well, so bring your whole family! They have asked us to let them know a few days ahead of time how many in our community will be coming so they can do necessary prep, so please send an email to Anne Christensen [if you plan to attend](#). The warehouse is in the back of their main building which is in Eureka at 307 14th St. Thanks and see you there!

**Lower El** have a **field trip** coming up on Thursday, April 6th at 1:00. They will head over to the Arcata Playhouse to see: "Grammy nominated storyteller **Diane Ferlatte**. A multi-award winning performer who has captivated audiences across six continents and throughout the U.S. Diane draws from a deep well of folktales, myths, legends, & fables to inform, entertain, & inspire. While many of her stories & songs have African and African American roots, she loves to tell any story that holds truths touching upon our common humanity, our history & our culture. Through stories, songs, sign language, humor and audience participation, she brings her tales to life while accompanied by her musical sidekick Erik Pearson on banjo & guitar." Drivers are still needed for this performance: 12:30-2:15 approximately. Please let Debora know if you can drive.

**Spring Break** is coming up. There will be no school April 17-20.

## Upper El Letter from Simcha

---

---

MailChimp.