


Frederick News – February 3, 2023

Falcons of the Week

These students were nominated by their homeroom teachers for doing what it takes to SOAR everyday!



The Falcons of the Week (Pictured left to right):
Bryn Hubbard (Mrs. Roeder), Marylyn Mata (Ms. Batson), Agustin Lagunas (Mrs. Johnston),
Benton Sulzener (Mrs. Ciaccio), Eliana Leicht (Mrs. Hoffman), & Andrea Cervantes (Mrs. Muszynski)

Chromebook Cases – 6th Grade

In order to avoid any unnecessary charges, do not attempt to remove the case from your child's Chromebook. The cases are designed to remain on the Chromebook at all times. Removing the case can result in damage to the Chromebook.

Fundas para Chromebooks

Para evitar cargos innecesarios, no intente quitar la funda del Chromebook de su hijo(a). Las fundas están diseñadas para permanecer en el Chromebook en todo momento. Quitar la funda puede dañar el Chromebook.

Scott Clay
Interim Director of Technology

Yearbooks

Last week, yearbook order forms were sent home with all students who had not yet ordered a yearbook for this school year. If your child did not get a form, that means that they have already ordered one. If your child wants a yearbook, please make sure to follow the instructions on the order form they were given.

Important Dates

FEB 8 – Late Start 10:05 AM

FEB 17 – Early Dismissal 11:45 AM

FEB 20 – No School – Presidents Day

Frederick is still looking for some parents to join in on this important planning meeting.

COMMUNITY CAFÉ

Are you interested in talking about how dynamic outdoor learning spaces might enhance school environments for our students, staff, and community? Please consider attending the Community Cafe, a structured dialogue about this topic, which will be held at Park Campus from 6:30 - 8:30 pm on Tuesday, February 21st.

To join the conversation, please register here. Please note that registration is limited, so please sign up soon!

**

¿Está interesado en hablar sobre cómo los espacios dinámicos de aprendizaje al aire libre podrían mejorar el ambiente escolar para nuestros estudiantes, el personal y la comunidad? Considere la posibilidad de asistir al Community Café, un diálogo estructurado sobre este tema, que se llevará a cabo en Park Campus de 6:30 a 8:30 pm el martes 21 de febrero.

[Community Cafe Registration - Frederick School](#)

Lost and Found

Please see pictures below for some water bottles and lunch boxes that have been in our lost and found for some time. If your child is missing anything, please have them check our lost & found





Make Kindness the NORM

@Frederick School

Random Acts of Kindness Week

February 12-18, 2023

Dear Parents and Guardians,

Did you know that kindness is good for your health? Studies show that kindness can decrease depression, lower your stress, and increase your lifespan. Performing a Random Act of Kindness (RAK) does not only help the recipient but also everyone who witnessed the act! Imagine how many people can be positively impacted by one person, doing one good deed?

We are preparing for our 6th annual Random Acts of Kindness Week at Frederick School. There will be kindness missions each day to challenge everyone at Frederick to be kind to themselves, the school or others. We will also be hosting kindness activities during recess. Please help spread kindness by talking with your child about this special week. Share stories about how someone was kind to you and how it made you feel. We have attached a variety of resources to celebrate kindness from the safety of your own home. Remember, one person CAN make a difference.

MONDAY 2/13 Team Up for Kindness	TUESDAY 2/14 Love & Kindness Day	WEDNESDAY 2/15 I Dream of Kindness	THURSDAY 2/16 Friendly Flannel	FRIDAY 2/17 Make Kindness the Norm at Frederick
Wear your favorite team jersey	Wear red or pink to help spread the love	Pajama Day	Wear your flannel	Wear Frederick spiritwear or Frederick colors
Recess Activity: Kindness Community Posters	Recess Activity: Kindness Community Posters	Recess Activity: Blankets for Project Linus	Recess Activity: Cards for Kids in hospitals	

Thank you!

The Frederick Kindness Koordinators

Mrs. Golden and Ms. Payleitner

Hacer de que la amabilidad sea normal

@Frederick School



Semana de actos aleatorios de amabilidad Febrero 12-18, 2023

Estimados padres y tutores

¿Sabían que la amabilidad es buena para la salud? Los estudios demuestran que la amabilidad puede disminuir la depresión, reducir el estrés y aumentar la esperanza de vida. Realizar un acto de amabilidad al azar no sólo ayuda a quien lo recibe, ¡sino también a todos los que presencian el acto! Imagínate cuánta gente puede verse afectada positivamente por una sola persona que realiza una buena acción.

Nos estamos preparando para nuestra 6ta Semana anual de actos de amabilidad al azar en la escuela Frederick. Habrá misiones de amabilidad cada día para desafiar a todos en Frederick a ser amables con ellos mismos, la escuela y otros. También tendremos actividades de amabilidad durante el recreo. Por favor ayude a difundir la amabilidad hablando con su hijo (a) sobre esta semana especial. Comparta historias sobre cómo alguien fue amable con usted y cómo le hizo sentir. Hemos adjuntado una variedad de recursos para celebrar la amabilidad desde la seguridad de su propia casa. Recuerda, una persona PUEDE hacer la diferencia.

LUNES 2/13 Únete por la amabilidad	MARTES 2/14 Dia del amor y la amabilidad	MIÉRCOLES 2/15 Yo sueño con la amabilidad	JUEVES 2/16 Franela amistosa	VIERNES 2/17 Haz que al amabilidad se lo normal en frederick
Ponte la camiseta de tu equipo favorito	Vístete de todo o rosa para ayudar a compartir el amor	Día de pijama	Ponte tu franela	Ponte la ropa de frederick o los colores de frederick
Actividad de recreo: Carteles comunitarios sobre la amabilidad	Actividad de recreo: Carteles comunitarios sobre la amabilidad	Actividad de recreo: Cobijas para el proyecto Linus	Actividad de recreo: Tarjetas para niños hospitalizados	

¡Gracias!

Los coordinadores de amabilidad de Frederick





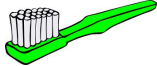




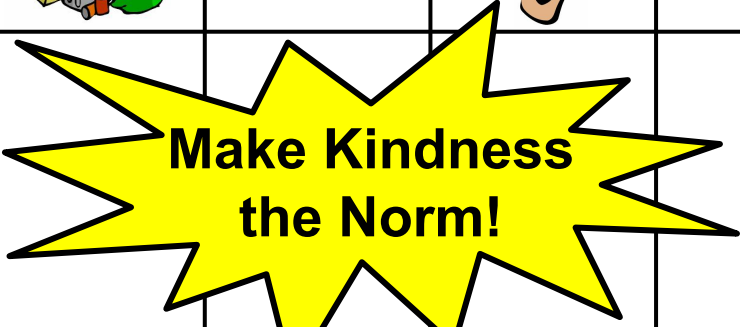
Sra. Golden y Sra. Payleitner



Random Acts of Kindness Week

February 12-18







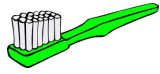



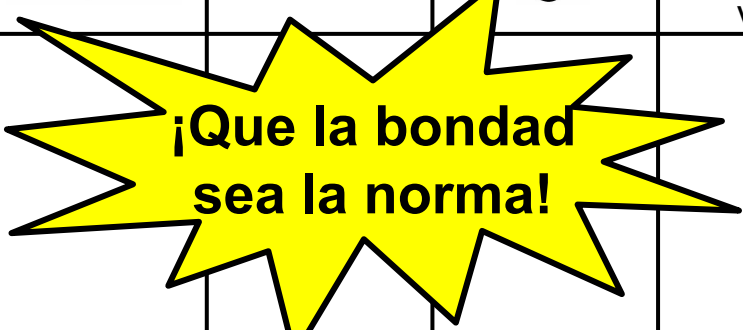
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Start saving for a cause. 	2 Leave a nice surprise for your postal carrier.	3 Be Positive! 	4 Thank a special person in your life.
5 Buy a treat for the person behind you in line.	6 Reduce your paper usage.	7 Write down five things you like about yourself.	8 Have a judgement free day.	9 Donate used books, clothing, etc.	10 Tell five people what you like about them.	11 Go outside and enjoy nature! 
12 Find a way to make someone smile today!	13 Tell someone you love them. 	14 Call a relative you haven't spoken to in a while.	15 Help out someone you don't know well.	16 Wave at people you see in the hallways.	17 Turn off the water while you brush your teeth. 	18 Clean up a public area near your house. Invite your friends!
19 Leave a positive review of a local business online.	20 Learn something new & tell someone about it.	21 Apologize to or forgive someone.	22 Pick up trash that isn't yours. 	23 Do your absolute best today!	24 Listen more and talk less. 	25 Try to see things from multiple points of view.
26 Donate to your local food pantry 	27 Help around the house. 	28 Send a note to a friend.	 <p>Make Kindness the Norm!</p>			



Random Acts of Kindness Week

February 12-18



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Ahorra para una causa noble. 	2 Deja una sorpresa agradable para el cartero.	3 ¡Sé positivo! 	4 Agradece a alguien especial en tu vida.
5 Cómprale algo a la persona que está detrás tuyo en la línea.	6 Reduce la cantidad de papel que usas.	7 Escribe cinco cosas que te gustan de ti.	8 Ten un día sin críticas.	9 Dona libros, ropa, usados.	10 Dile a cinco personas lo que aprecias de ellos.	11 Sal y disfruta de la naturaleza 
12 Encuentra la manera de hacer sonreír a alguien hoy	13 Dile a alguien que lo/la quieres 	14 Llama a un familiar con quien no has hablado en mucho tiempo.	15 Ayuda a alguien a quien no conoces muy bien.	16 Saluda a las personas que ves en el pasillo.	17 Cierra el agua cuando te estés cepillando los dientes. 	18 Limpia un área cerca de tu casa. ¡Invita a tus amigos!
19 Deja un comentario positivo en línea sobre un negocio local.	20 Aprende algo nuevo y cuéntaselo a alguien.	21 Discúlpate con alguien o disculpa a alguien.	22 Recoge basura que no es tuya. 	23 ¡Hoy, haz lo mejor que puedas!	24 Escucha más y habla menos. 	25 Intenta ver las cosas desde varios puntos de vista.
26 Haz una donación a la despensa de alimentos de tu comunidad.	27 Ayuda en la casa. 	28 Envía una nota a un amigo.	 <p>¡Que la bondad sea la norma!</p>			



Kindness Activities

Here is a collection of kindness activities you can do while still maintaining recommended health guidelines.

- Write a positive note and leave it in your neighbor's mailbox or on their front door.
- Make a digital kindness poster and send it to Ms. Payleitner (payleitner.rebecca@d46.org) so we can cover Frederick with kindness.
- Write down 5 things you are grateful for.
- Let your friends know that you appreciate them.
- Mail a handwritten card to a friend or family member. www.careforthree.com
- Send a letter of gratitude to the hospitals, police department, or fire department.
- Help with chores around the house.
- Go through your home and find things you aren't using anymore. Set them aside until you can donate them.
- Meditate for at least 15 minutes.
- Reduce your carbon footprint! Walk or bike.
- Send letters to a nursing home to be passed out to residents.
- Make a Kindness Jar. Every time you witness or perform an act of kindness, write it down and place the memory in the jar.
- Be positive!
- Take a nature walk or hike. Pick up any trash you find.
- Write down five things you love about yourself.
- Ask a family member about an important moment in their life and *listen* to their story.
- Reach out to someone in your past who made a positive impression on you and thank them.
- Play a game and raise funds to send rice to those in need: <https://freerice.com/categories/english-vocabulary>

Don't forget to share your kind deeds with us on social media or by emailing Ms. Payleitner (payleitner.rebecca@d46.org)



@fsmediacenter

#RAKWeek2023



Actividades bondadosas

Aquí ofrecemos una recopilación de actividades bondadosas que puede realizar sin dejar de mantener las pautas de salud recomendadas.

- Escribe una nota positiva y déjala en el buzón de tu vecino o en la puerta de su casa.
- Haz un afiche digital sobre la bondad y envíalo a la Sra. Payleitner (payleitner.rebecca@d46.org) para cubrir Frederick con bondad.
- Escribe 5 cosas por las que estás agradecido.
- Asegúrate de que tus amigos sepan que los aprecias.
- Envía una tarjeta escrita a mano a un amigo o familiar. www.careforthree.com
- Envía una carta de agradecimiento a los hospitales, al departamento de policía o a los bomberos.
- Ayuda en los quehaceres del hogar.
- Revisa tu casa y encuentra cosas que ya no uses. Sepáralas hasta que puedas donarlas.
- Medita durante al menos 15 minutos.
- Reduce tu huella de carbono. Camina o monta en bicicleta.
- Envía cartas a una residencia de ancianos para que las repartan entre los residentes.
- Haz una jarra de bondad. Cada vez que presencias o realices un acto de bondad, escríbelo y coloca el recuerdo en el tarro.
- ¡Sé positivo!
- Da un paseo por la naturaleza o haz una excursión. Recoge la basura que encuentres.
- Escribe cinco cosas que te gusten de ti mismo.
- Pregunta a un familiar por un momento importante de su vida y *escucha* su historia.
- Acércate a alguien de tu pasado que te haya causado una impresión positiva y dale las gracias.
- Juega a un juego y recauda fondos para enviar arroz a los necesitados: <https://freerice.com/categories/english-vocabulary>

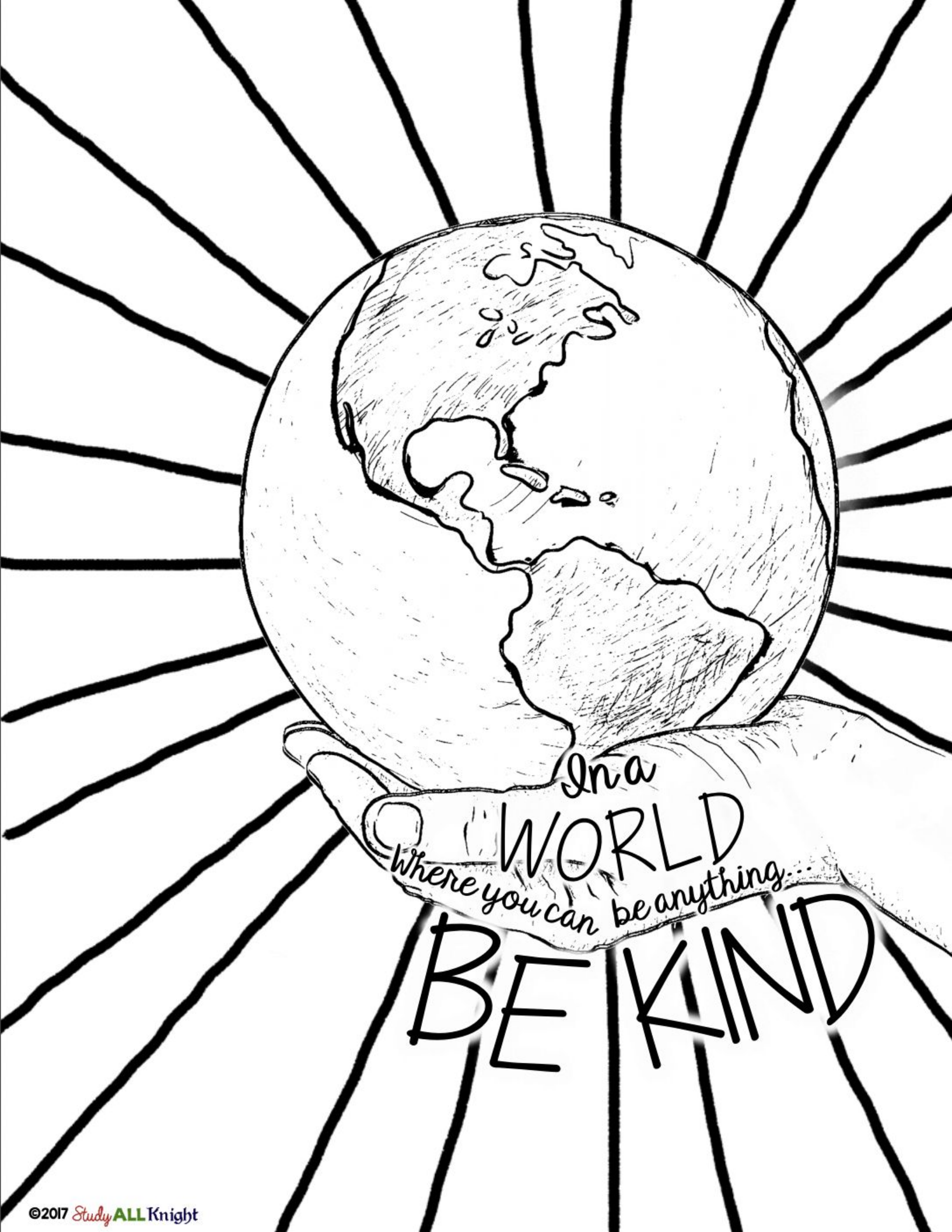
No olvides compartir tus actos bondadosos con nosotros en las redes sociales enviando un correo a Ms. Payleitner (payleitner.rebecca@d46.org)



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#RAKWeek2023

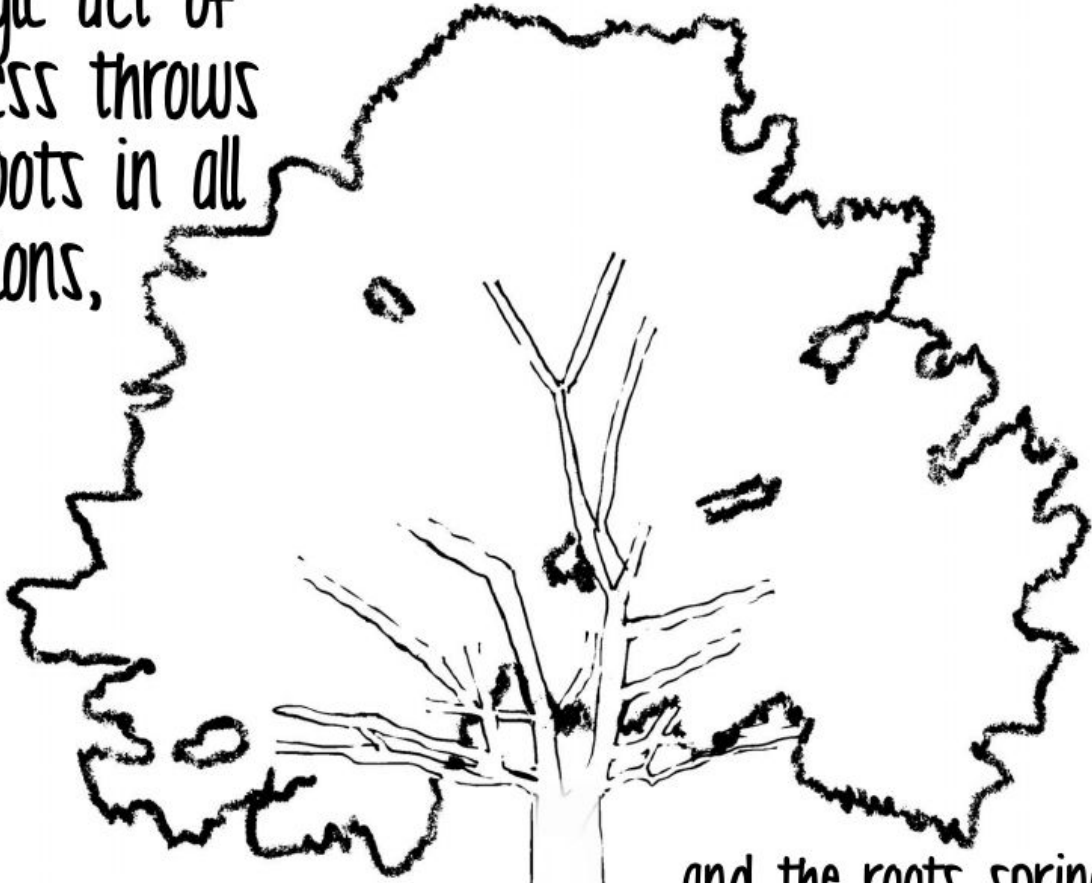




In a
WORLD
Where you can be anything...


BE KIND

A single act of
kindness throws
out roots in all
directions,



and the roots spring
up and make new
trees.”

-Amelia Earhart

A black and white line drawing of a sun. The sun is represented by a large central circle with a thick black outline. Inside this circle, the text "KINDNESS IS THE SUNSHINE IN WHICH VIRTUE GROWS." is written in a bold, sans-serif font. The sun has several thick, wavy rays extending outwards to the right. The rays are drawn with thick black lines. The sun also has some thinner, more delicate rays or petals extending outwards to the left and bottom. The background is plain white.

"KINDNESS
IS THE
SUNSHINE
IN WHICH
VIRTUE
GROWS."

INSTRUCTIONS:

1. WRITE MESSAGE
2. CUT OUT HEART SHAPE
3. DECORATE
4. SHARE
5. REPEAT

**WRITE
THIS MESSAGE
ON YOUR NOTE:**

Dear stranger, this is a note to remind you how amazing you are. This is a note to remind you how beautiful you are. This is a note to remind you how unique and talented you are. Life can be difficult sometimes, but it is important to keep in mind you are so **BRAVE!** You are so **STRONG!** With this note, I hope to inspire you to make a difference in this world we live in! Pay this kindness forward and pass it on! Make someone feel the way you feel right now! Give this gift of kindness to a friend, family member, or even a complete stranger! May the rest of your day week **LIFE** is filled with happiness and success. XOXO

Share your experience with the world @careforthree

Be a part of the movement. Find out more at careforthree.com

MISSION:

By handwriting this message and putting it out into the world, you are helping spread love, creating encouragement and connection to people around the world. Write three notes for maximum effect, or more for faster results! Also, please share online with pictures and your thoughts about the experience. Tag us @careforthree to share so others may find out and join the movement. Visit careforthree.com for more information and hear our story at goo.gl/Yzp14a **THANK YOU**

make kindness the norm.

Use the following worksheet to list five normal day-to-day activities on the left. Then in the next column, write how you can accomplish the same activity, but with an added element of kindness. For example, "floss & brush teeth" might be upgraded to "Think of five things I'm grateful for today while brushing & flossing." This is an excellent way to think of opportunities to thoughtfully include more kindness in our daily lives while still getting our normal tasks done.

List five normal day-to-day activities in this column...

Now list the same activity, but with an added element of kindness...

1	
2	
3	
4	
5	

Please post your ideas to social media to inspire others.

#explorethegood #makekindnessthenorm

RANDOM ACTS OF KINDNESS
FOUNDATION

www.randomactsofkindness.org



FUN FLUENCY

SPANISH CLASSES

AT FREDERICK

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Students learn naturally through immersion, movement, games, songs, rhythm, reading and acting out stories. Students will quickly see how fun and easy it is to understand, read, and write in a new language while being immersed in language, play, and laughter. This opportunity introduces your student to the many advantages of becoming bilingual and culturally aware at a young age.

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Check out all the fun we're having at funfluency.com!

For additional information or questions, please contact us at 847-986-6442 or funfluency@gmail.com.

REGISTRATION IS OPEN NOW!

- * Register at funfluency.com
- * Register early, class sizes are limited!

FREDERICK SCHOOL

LOCATION FREDERICK

- ✓ We welcome all 5th and 6th grade students!

TIME 3:15-4:15

- ✓ Tuesdays
- ✓ February 7th to May 23rd

TUITION \$200

- ✓ Register today to reserve your spot!

JOIN THE FUN!

TUITION INCLUDES WORKBOOK AND ONLINE RESOURCES