

CAMPUS CONNECTIONS

THE OFFICIAL NEWSLETTER OF CEDAR CREST ACADEMY



WELCOME BACK EVERYONE!

A note from the Founders, Gail Domingos & Geeta Vyas

Hello Cedar Crest Families, and welcome to the 2021-2022 school year! We are incredibly excited to see all the teachers and children back in the classrooms once again. As we planned for September, we knew this school year would be different as many of our children have spent the past year isolated at home, and we are only just starting to transition back to some level of “normalcy.” Regardless, our return to school has reminded us how much we truly miss and need one another. The teachers are delighted to see their classrooms full of happy voices and energy again. Our children are also ecstatic to be interacting with other children in an environment where they can learn, socialize and thrive.

As we traverse through the uncertainties of the pandemic, we continue to be amazed and proud of our students for their flexibility and willingness to learn in any format presented. We also continue to feel immense gratitude and happiness towards our Cedar Crest Families for entrusting us with the health and growth of your child. Let’s continue to have a fantastic year and move forward with positivity, trust, and hope!

NEWS & EVENTS:

Redmond — 2

"All About Me": Learning About Ourselves & Meeting New Friends

Bellewood — 3 & 4

Bringing Social-Emotional Awareness into the Classroom & The 6+1 Writing Process

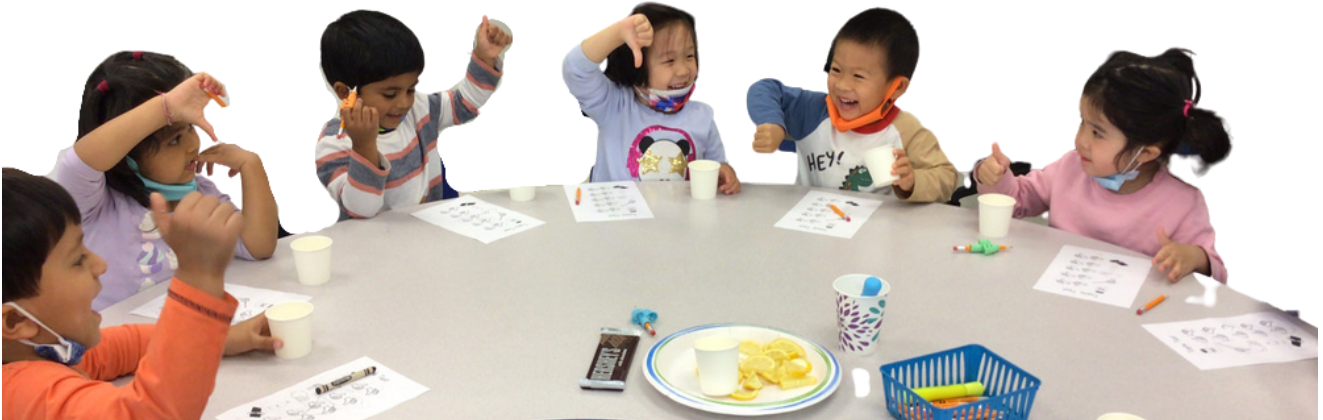
Kirkland — 5

Character Education: What does Citizenship Look Like at School?

Park Highland — 6

Exploring the School Environment: Adjusting to Routines & Transitions

Building Resilience in Children & 8 Amazing Fall Hikes in the Area — 7



REDMOND

Preschool

By Ms. Linda

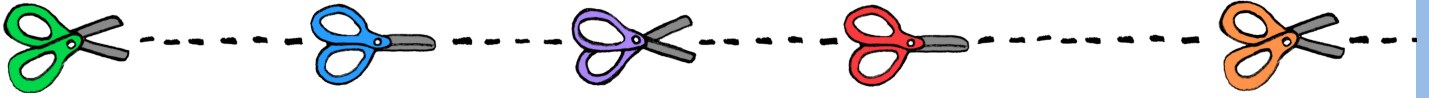
For many of our new preschool friends, last year was spent at home with limited exposure to other people because of the pandemic. So socializing, learning social-emotional skills, and making new friends are more critical than ever.

This month the children in Preschool have been focusing on "All About Me." They have been learning each other's names, playing getting-to-know-you games, and exploring the classroom and playground together. We have been amazed at how easily they have adapted to school life after so long at home.

The students are learning all about their bodies, their emotions, and their senses. They have enjoyed taste and smell tests, explored their fingerprints, and made personalized self-portraits. In these lessons, they learn to appreciate themselves and grow in confidence.

By appreciating themselves, they learn that everyone is special and deserves to be treated with respect and kindness. These lessons are just the beginning, but they form the foundation of creating a great classroom community that the children can enjoy and learn in all year.





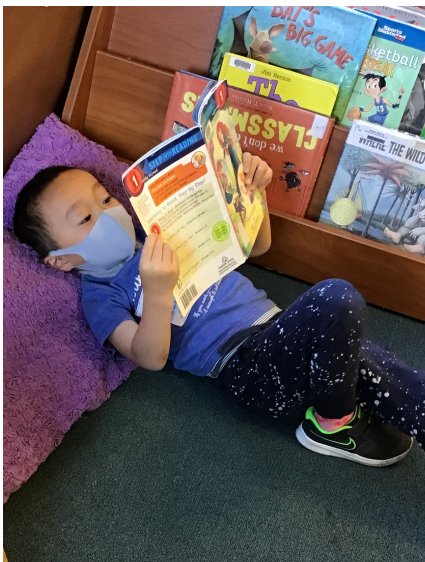
BELLEWOOD PRE-PRIMARY

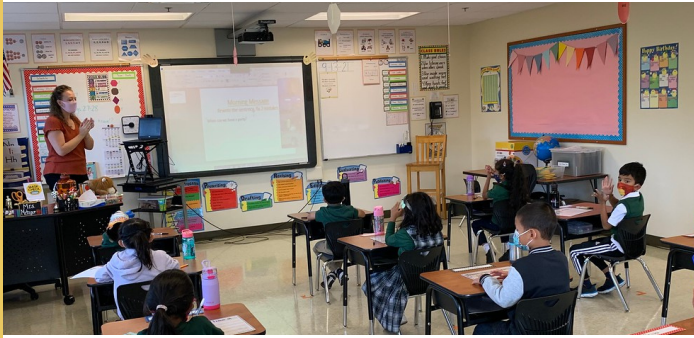
Preschool & Pre-Kindergarten
By Ms. Ashely

This year, we have implemented a Calm Down Corner in all of our Preprimary classrooms. This area is designed to provide a safe, comfortable, and warm place for children to identify and explore their emotions. They can use this space and the tools provided to find healthy options to identify how they feel and why. These spaces include a variety of materials that may vary from class to class depending on the age and personalities of the students. Soft and cozy rugs, pillows, and stuffed animals provide a sense of soothing comfort while students look through social and emotional books, play with fidget-style toys, or put together puzzles. Some may even include photos books of families, emotional wellness books, and tools to help children regulate their breathing and heart rate.

Social-emotional wellbeing is the foundation of learning. Students capable of using self-awareness and self-management can better control emotional impulses that lead to disruptions and meltdowns. At Cedar Crest, our goal is to provide a space where students feel safe and comfortable enough to practice a mindful understanding of their environment and themselves.

At times, being in a classroom with many new friends and teachers can be overwhelming. In such cases, our Calm Down Corners have made the transition from a home environment to a school environment easier and more peaceful for even our youngest learners. These skills will be useful throughout their time in school and for the rest of their lives.





BELLEWOOD ELEMENTARY

By Ms. Vijay

It has been such a wonderful start to our year. The students, teachers, and staff have all settled into their learning environments, virtual or in person, and continue to grow every day.

This year, with the understanding that many of our students have experienced too many uncertainties in the last year and a half, we have decided to focus on two attributes of their learning: the writing process and their social and emotional growth. These two parts of learning, along with their daily implementation, allow for academic growth and an increase in confidence, self-regulation, and success.

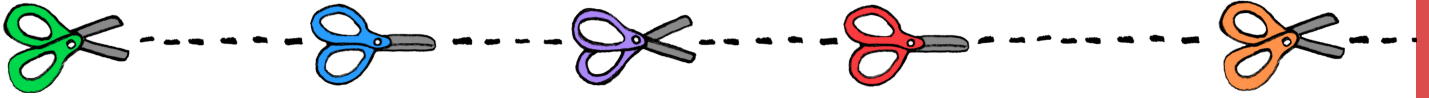
The 6+1 writing process has the following stages of learning traits: ideas, organization, voice, word choice, fluency, conventions, and presentation. With the initial training of the 6+1 traits last year, the teachers have restructured their writing topics to help students focus on a few of the traits at a time. We started the year off by focusing on 1 or 2 traits a week, allowing students to properly understand the intention behind every trait. As we move through the new writing topics, the students will be encouraged and taught to use a few

traits every class, eventually mastering some of the 7 skills in every writing task.

This writing process also teaches the foundation on how to view the content they read every day, no matter the subject content. Breaking up other explanations and questions using these traits allows students to understand what was intended with the exact sentences in front of them.

This year, the elementary teachers are also completing a book study to help students manage who they are as people. The book *Social-Emotional Learning and the Brain: Strategies to Help Your Students Thrive* is an excellent tool for teachers to guide children to where they are emotionally. At large, the book gives various strategies that can be implemented within the classroom. Additionally, it encourages partnership with families, so the home and school worlds are always connected in this important stage of life.

We look forward to implementing these strategies and continuing to grow with our students throughout the year.



KIRKLAND

Pre-Kindergarten
By Ms. Heather

Character Education is an essential part of Cedar Crest Academy's curriculum from young preschool to fifth grade. Our students learn to be responsible, compassionate, and kind individuals through our Ten Pillars of Character Education. Each month, we focus on a different pillar. The purpose of these pillars is to instill these character traits in our students at a young age.

September's focus was on citizenship. Citizenship means that students are making their home, school, and communities a better place. Through discussions, stories, songs, and activities, students understand what it means to display citizenship. Students learned about classroom rules, how to clean up after themselves, and being kind to the other students in their classroom community. Each month, teachers encourage students to exemplify the character education trait of the month throughout their classroom and campus. Students exhibiting these traits are rewarded with praise and recognition at a Character Assembly at the end of the month.

Each month, our students will continue to explore our ten pillars while being encouraged to display these traits in class.

citizenship

cooperation

responsibility

COMPASSION

respect

friendship

perseverance

kindness

self-discipline

HONESTY





PARK HIGHLAND

Young Preschool & Preschool

By Ms. Brunetta

We are so excited to have our students back in school for the 2021-2022 school year. A large part of the return to school is establishing routines and teaching expectations. We are happy to say that our staff and students have been doing a fantastic job as they settle into their new learning environment.

Our teachers have put effective routines and transitions in place to ensure that our young preschoolers and preschoolers are off to a great start. Since effective routines help reduce challenging behaviors and impact the classroom learning environment, we strive to provide caring, nurturing, positive, and safe environments for all our children. We do this by ensuring that our young learners know what is expected of them during transition time.

Our young learners are provided with one-step directions at a time and are given lots of encouragement and verbal praise throughout the day. We also use the redirection and modeling approach when teaching them the skills we would like them to learn.

Transitions and changes are unavoidable; however, our young learners learn to anticipate changes in their daily routines over time. New environments can sometimes be quite scary, and that is why our students' needs are also met with hugs and hand-holding to help comfort them during times of change.





BUILDING RESILIENCE IN CHILDREN

In today's environment, children and teens need to develop strengths, acquire skills to cope, recover from hardships, and be prepared for future challenges. They need to be resilient in order to succeed in life. Dr. Ginsburg, child pediatrician and human development expert has identified seven "C"s of resilience, recognizing that "resilience isn't a simple, one-part entity." Parents can use these guidelines to help their children recognize their abilities and inner resources.

Click [here](#) to read the full article.



FALL IS HERE: 8 STUNNING KID-FRIENDLY HIKES

Get out of the city this weekend and enjoy the hiking trails and national and state parks that are just a stone's throw away. Nature is why we love living here, isn't it?

- Swamp Monster Trail: Tiger Mountain
- Grand Ridge Trail Park: Issaquah
- Coal Creek Falls Trail: Cougar Mountain
- Evans Creek Preserve: Sammamish
- Denny Creek Waterslide: Snoqualmie Pass
- St. Edwards State Park: Kenmore
- Carkeek Park: Northwest Seattle
- Redmond Watershed Preserve



POST-PUMPKIN PATCH BREAKFAST COOKIES

These whole grain Oatmeal-Pumpkin Breakfast Cookies from *Back to Her Roots* will make your kids think they are having cookies for breakfast! Cooking with your young ones can help them learn and practice some basic math concepts and build language skills. Also, the experience of creating meals as a family can help develop your child's self-confidence and lay the foundation for healthy eating habits.

Click [here](#) to view the recipe for these delicious cookies! P.S. they are packed with whole grains and healthy fat!



EASY LEAF LANTERNS

Transform your daily walk into family arts and crafts time! Making lanterns is a lovely activity to do at this time of year, especially as the evenings are drawing in and children are experiencing being up when it's dark again.

- Autumn leaves
- Greaseproof paper
- Glue
- Thin wire
- Tea lights or electric tea lights,
- Round cheese boxes or cardboard

Click [here](#) to view the full instructions.