

# CAPE FEAR CENTER FOR INQUIRY

## DECEMBER/JANUARY NEWSLETTER

### MUSIC MAKES THE WORLD GO ROUND

If you haven't heard, CFCI has a new performing arts teacher who is passionate about teaching students to play music! Ms. Camille Hartley has been teaching students for the past 5 years. One of her requests when preparing to teach at CFCI was that the school acquire ukeleles and keyboards so that she could instill a passion for playing, listening and understanding music in her students. Ms. Camille let us know that ukes are a great way to teach concepts like melody, rhythm, harmony, form, and style. They're also a great way to actively engage students in music making. As for the keyboards, studies show learning to play the keyboard, develops rhythm skills that allow children to perform better academically. Children who make music have better verbal memory skills than others and may find it easier to learn in school .



### DIRECTOR'S VIEW

Dear Dolphin Family,

I love when the newsletter goes out because it pulls all the recent community and learning events together and helps each of us remember that CFCI creates amazing learning experiences for kids both in and out of school. I hope you have enjoyed hearing about what students are learning across grade levels and in particular your student's class.

**Danielle View**, Director

### WONDERFUL WORLD OF WHIRLIGIGS

This past trimester, students in Ms. Baldwin's 7th grade class read the story Whirligig by Paul Fleischman. After reading the novel, students created their own whirligigs. Students presented the whirligigs in a fair, like a science fair. They invited their parents and community members to view the wonderful whirligigs that they created.



# MIDDLE GRADES ACADEMIES ARE AMAZING!!!



You don't have to be Misty May-Treanor or Kerry Walsh Jennings to enjoy the game of volleyball, as demonstrated by CFCI's own Ms. Baldwin, Ms. R and Ms. Kelly. The volleyball academy gave middle grades students the opportunity to experience what a great sport it is and how it can be enjoyed by everyone, year round indoors and outdoors. Volleyball is a great sport that improves muscle strength and tone. It also improves hand-eye coordination, reflexes, and balance. Our middle grades students also learned that volleyball requires teamwork and communication and is a great social activity.



As part of Middle Grade Academies, Mrs. Mintz hosted a Service Learning Academy focused on animal rescues. Over the two day academy, students learned about various animal rescue organizations. Paws 4 People visited with an adorable friend named "Clark". They also had a visit from Skywatch Bird Rescue and learned about the challenges faced by nonprofits. Students also made dog toys to donate to Paws Place Dog Rescue. The second day, students put their learning into action and volunteered to clean up and repair at H.O.O.F, a local farm animal sanctuary. It was a wonderful academy full of hard work and learning. We all had a blast.



# COUNSELOR CORNER

Parents: Is your child stuck in negative thoughts? Some children have trouble escaping the spiral of negative thoughts. Our children can get stuck in problematic thinking patterns such as catastrophizing, hyper-focusing on the negative, perseverating on unfairness, and feeling helpless. According to psychologist Dr. Mary Alvord, (link to article here) parents often try to squelch the negative thought. But research suggests "thought stopping" can actually make the idea stickier. Instead, help your child face the thought, thoroughly examine it, and replace it with a more realistic and helpful perspective. "More realistic and balanced thinking leads to positive action, which, in turn, tends to bolster confidence, enhance self-esteem and result in greater happiness."

For any questions or concerns, please reach out to the school counselor, Olivia Horne at [ohorne@cfci.net](mailto:ohorne@cfci.net)

# UPDATE FROM THE PARTNERSHIP:



CFCI's tradition of Winterfest lived on in December and was a huge success with many families, teachers and staff participating.

As you can see Anna, Olaf and Elsa (also known as Miss Julie, Ms. Kristen and Ms. Madi) enjoyed frolicking in the snow and sunshine and bringing joy to our students.

Keep your eyes open for the BOOK FAIR the week of March 14-!!!

# FIRST GRADE CELEBRATES CULTURALLY DIVERSE WINTER HOLIDAYS

In December, Ms. Deprisco and Ms. Jordan's 1st grade classes kicked off their studies in diversity and winter holidays around the world. Many of the students were eager to share their own traditions with their peers.

## REFRAME THOSE THOUGHTS

I can't believe I missed that goal. I always mess everything up. My team lost because of me.



I'm disappointed that I missed that goal. But I tried really hard and can't wait until our team gets to play again.

What if no one wants to hang out with me during recess?



I am a good friend and can invite someone to hang out with me during recess.

I'm so nervous I can't stand it. How can I get out of doing this?



I'm really nervous right now. Which means I am about to do something really brave, too.

You make me so angry! It's all your fault!



I feel really angry right now. I am going to cool down. And then I can figure out what to do.

This is too hard. Why do we have to do this anyway? I hate school.



This is really hard. I'm not sure why we have to learn this, but I am still going to give it my best.



# 5TH GRADE NATIVE AMERICAN MUSEUM

This year, 5th grade is piloting an inquiry based social studies curriculum called InquireED.

Our first unit was an investigation into Native Americans THEN AND NOW. At the end of the unit, students had to design an inquiry challenge statement and artifact that helped to answer the unit's INQUIRY QUESTION. The question that guided the entire unit was; How can we better honor the cultural heritage of this land? They had to create a product that they thought would honor the heritage of our native people.

Some products focused on changing stereotypes, informing others about misconceptions we have, and others were educating peers about their way of life then and now. Their projects came out great and it was awesome to have visitors come check them out!



## 5TH GRADE JANUARY RESET WITH STEM CHALLENGE



Like all of us, when returning from winter break a reset is necessary in order to get back into the routine of our day. We spent time reviewing our rules, routines, and expectations. Nothing like a STEM challenge to review teamwork! During our first week back after break, 5th graders were asked to take on THE MARSHMALLOW SNOWMAN CHALLENGE! After Thoroughly washing their hands, each team was given the same amount of marshmallows, both big and small, and toothpicks. The challenge was to build the tallest and strongest marshmallow snowman they build. This was a fun and yummy way to get back into school and teamwork!

# GET TO KNOW GLOBAL STUDIES!!! WITH MS. BRUST

## What is Global Studies???



Ms. Amanda Brust is teaching our K-8 students - Global Studies. It is envisioned as an interdisciplinary program providing

students the opportunity to develop their knowledge of the world and the major contemporary issues confronting humanity. Students in grades K-5 are learning about different countries and cultures through basic introductions to foreign languages, art, story telling, customs, history, music and games! Middle school students are taking these connections a step further by obtaining a deeper understanding of global issues as outlined by the United Nations 17 Sustainable Development Goals. Not only are middle school students gaining a clearer picture of global issues that affect our world, but also learning ways to positively enact change!

## Why should students learn Global Studies???

To better understand and value different cultures around the world!

To improve critical thinking skills!

It encourages students to work together to create a better tomorrow!

It can teach empathy (care about each other) and reduce apathy (woe is me!) !

To be better prepared for the jobs of the future...many employers deeply value broader world views in their employees!

It's fun!

# THAT'S RIGHT! IT'S TIME FOR ART BY ME!!!

ART BY ME - Our annual art fundraiser in which each student creates an artwork, we mail it to a company (called Art By Me), and they will scan the artwork onto a variety of different products for sale, from tote bags and lunchboxes, to water bottles and mugs. Our theme this year is SUNSHINE! But students have free reign to take that in any direction or go a completely different direction - after all, it is called "Art By ME"! Even when we all have the same starting place, we end up with such varied solutions! (Photo: a display of Art By Me Drawings & Paintings from Ms Shannon's class.)



On another note, Ms Happy is looking for volunteers. Come help out in the art room during classes, or lend a hand with the planning for the upcoming silent auction items created by each class. NO experience necessary. Please email [hjones@cfc.net](mailto:hjones@cfc.net) if you are interested!

## Haiku and Lantern Poems from Mr. Donley's Global Studies

### "Little Blade of Grass"

By Nilin Pavate

*Little blade of grass even  
though the world is hard  
you have found a way*

### "Dogs"

By Nathalie Gambrell

*Dogs cute and cuddly  
They are amazing to some  
They are fluffy too*

## WELCOME TO OUR NEW PERFORMING ARTS TEACHER



Hello CFC! My name is Camille Hartley and I am your new Performing Arts Teacher! I have already been making music with our amazing Dolphins on our new pianos and ukuleles. This year kindergarteners will be learning music theory and basic musical knowledge through games, singing, and dancing. First, second, and third graders will be learning and playing the keyboards. Fourth and fifth graders will be playing the ukuleles, and middle schoolers will be exploring the world of drama and musical theater! Thank you for making me feel so welcome, and I look forward to meeting all of you!

## OUR COMMUNITY THRIVES WHEN OTHERS LEND A HAND...

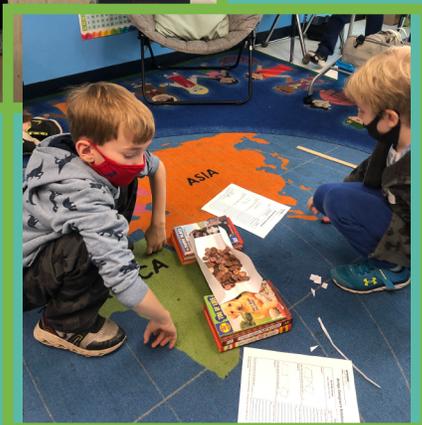


The ladies of the Loblolly Garden Club of Wilmington volunteered to help some of our students make holiday crafts for their families. They will be returning in the spring to assist with some planting and are planning another craft session for our students to enjoy. Arranged by Kristen Donley

## 3RD GRADE FORCES AND MOTION AT CARDINAL LANES!



Could you build a bridge strong enough to hold 30 pennies with just 2 pieces of paper?! If you dropped a baseball and a bowling ball from a tall tower, do you know which would hit the ground first? We do! Third grade spent the month of December exploring concepts involving forces and motion. At the end of our unit we went to Cardinal Lanes to get a behind the scenes tour of the bowling alley and see some key concepts (friction, force, speed, etc) in action! We had a blast!



# THE CONSTITUTIONAL CONVENTION

## A CFCI TRADITION OF COMMON UNDERSTANDING



The Constitutional Convention at CFCI is a ceremony where the entire K-8 school community gathers together and unveils that year's schoolwide rules/expectations. During the first few weeks of school, individual classrooms talk about "Hopes and Dreams" (what their goals are for the year), and the rules and expectations that will help them accomplish them. Soon after, the teachers select two representatives from each grade level that are sent to a separate location to work together on a set of schoolwide rules. When this process is complete, the school gets together for the Constitutional Convention as a celebration and to remind us of the importance of working together with mutual respect.

