

Cape Fear Center for Inquiry

April Newsletter

THIRD GRADE BONES, BONES, BONES

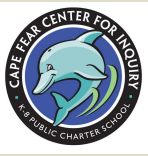
Understanding the human body systems and how they are essential for life: protection, movement and support is an essential science study for third grade. Our 3rd graders have been learning all about our skeletal system. We've examined x-rays, owl pellets, and made life size models of our own skeletons.



FIFTH GRADERS: NEWTON'S LAWS COME ALIVE

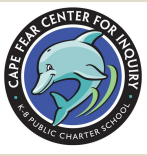


Coming back from break, 5th grade jumped right into learning and exploring with our Forces and Motion unit! To help make sense of Newton's laws of motion, we used hands-on challenges and experiments. For Newton's Third Law, Students worked together building Balloon Cars. In this experiment they discovered the force of air leaving the balloon would propel their car forward! In another experiment students worked with Newton's 2nd law of motion when they tested acceleration of toy cars on inclined planes! As the incline of the plank increased so did acceleration.

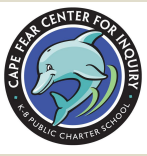


MORE 5TH GRADE EXPLORATIONS...





FIRST GRADE TWINNING DAY DURING EARTH SPIRIT WEEK



FOURTH GRADERS: BE KIND TO THE EARTH



To celebrate Earth Day, the fourth graders helped clean up our outdoor learning spaces and playground. Taking care of our school and keeping it clean is so important. We were happy to do our part in this!

8TH GRADE COLLABORATION WITH UNCW



Our 8th Grade Art Classes collaborated with an awesome artist, Maya Freelon, through a grant with UNCW! Maya is a NC artist who favors tissue paper as her media. They've collaborated with several schools and other facilities around Wilmington to each make group tissue paper "quilts". See the photo here of our collaborative 8th grade "Streamer Quilt" artwork. The unveiling of all the fabulousness was May 1st at UNCW.

COUNSELOR'S CORNER: TIPS FOR HANDLING STANDARDIZED TESTS

Olivia Horne, School Counselor ohorne@cfc.net

For many students, standardized tests can cause feelings of anxiety. Because these types of tests are not given as often, they can seem scary to some kids. Helping students come up with a plan to handle feelings of stress or anxiety can help them to settle down and stay focused. Here's some tips students can use during the test. Practice them at home, so they'll be ready to use them in the moment!



Stretch one hand out like a star. Use your pointer finger on your other hand to slide your fingers up and down.

1. Breathe in through your nose, trace up finger slowly;
2. Breathe out through your mouth, trace up your finger

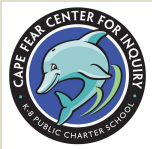
- Muscle relaxation. Squeeze your hands into a fist and hold it tight for 5 seconds, then release. Notice how it feels once the muscle relaxes. Then curl your toes and squeeze them tight for 5 seconds, then release. Notice how it feels in your body.
- Remembering joy. Take a moment to remember a happy memory. Travel back to when this memory took place. Visualize yourself there. What did it look like? Take a moment to look around your mind and think of what it felt like during that happy time.
- 5 finger breathing. Trace your finger along your hand, slowly breathing in and out as you go.

KINDERGARTEN LOVES THE OUTDOORS!



Mrs. Brinkley's kindergarteners have spent a lot of time outside this month, gardening, journaling, doing nature scavenger hunts, using monoculars and building ramps and roads. Students are enjoying learning through play and nature.





ARTISTS AND THE AZALEAS

17 of our artists were recognized in the Azalea Festival Youth Art Contest & Art Show!

Audrey Sammons, Kindergarten

Eliza Friberg, 1st grade

Evee Schmidt, 1st grade

Annelise Henderson, 1st grade

Kade Nichols, 2nd grade



Sadie Sarvis, 2nd grade

Stella Allen, 4th grade

Harper Brets, 4th grade

Josie Cina, 4th grade

Leia Durand, 4th grade

Josephine Hudson, 4th grade

TJ McNeilly, 4th grade

Nathan Barber, 7th grade

Griffin Cooper, 7th grade

Hudson Cummings, 7th grade

Annabelle Miller, 7th grade

Finn Still, 7th grade

Stella Allen was awarded 3rd place in her age group, and two of our cuties (Audrey & Annelise) got to ride on the Azalea Festival Parade Float!