



# LIFE'S AN ADVENTURE

## Hubert Humphrey May 2017

### Awesome Events in May!

Our theme for curriculum in May is "Life's An Adventure." On Wednesday May 17<sup>th</sup> we will have our last field trip of the school year to Academy Hills Park. The Vice President of our Older Kid's Club will help lead our 5<sup>th</sup> Grade graduation ceremony at 2pm. We will be celebrating all of the awesome times we have had with our 5<sup>th</sup> graders and take turns sharing all the ways we are grateful that they have been a part of our community. Then we will celebrate with gift bags and cake! All families are welcome to attend as we celebrate our 5<sup>th</sup> graders!

### The Last Week of Enrichment Classes is May 8<sup>th</sup>-12<sup>th</sup>!

Enrichment classes will resume in September of next year. To sign up for enrichment classes in the fall, respond to the email you will be receiving or contact Erik for more information in August.

### The Last Day of School is May 25<sup>th</sup>!

On May 25<sup>th</sup> school will dismiss at 12pm and CC will be open as usual immediately after dismissal. School lunch will not be served that day so please send your child with a lunch. On Friday, May 26<sup>th</sup> school is closed and CC will be open at Osuna Elementary from 7am-6pm. Please send your child with a lunch.



Our April Field Trip To The ABQ Botanical Gardens and Bugarium!

### CC Tips for Helping Your Child Manage Stress and Frustrations

When your child is stressed or frustrated, try having them take deep breaths. Visualize "Balloon Breaths" and have them breathe in then breathe out as if they are blowing up a big balloon. You can also teach them to pretend they are tracing their hands on paper with their fingers as the pencil. They breathe in as they trace up the fingers and out as they trace down the fingers.

**Try This:** "Balloon Breaths" or "Hand Tracing"

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### Reminders:

-We run **Homework Club** every Monday, Tuesday, Wednesday and Thursday. All children are welcome and encouraged to attend. If you would like your child to get individualized reminders please see a staff member for a homework contract.

-CC will be closed for **Memorial Day on Monday, May 29<sup>th</sup>**! **Summer Camp will begin Tuesday, May 30<sup>th</sup>**!

### Helpful Information

Site Phone: 974-8069

Office Phone: 296-2880

Site Email:  
huberthumphrey@  
childrens-choice.org



**Financial Assistance**  
**Available: 841-4800**

### Pictures from "Here Comes the Sun Month!"



Older Kids Club Noodle Ball



Our Field Trip to Holiday Bowl



Pollination Activity with Patrick



Pulling Weeds by the Kinder Building

### Bug Club with Erik- Red Hook Worms and Praying Mantis

This April, Erik ran a Bug Club where the kids studied worms and praying mantis. On the first two days of the club, the kids had a chance to get hands on with some red hook worms! We learned that worms breathe through their skin so we washed our hands before and after playing with them to keep them healthy. We talked about how worms eat dirt and when they tunnel they aerate the soil and when they poop they fertilize our gardens. One of our children, Maaliyah, had never held a worm and described it as "ticklish."



We learned that worms have to stay wet to breathe and if they dry out they will die. Worms can also swim! While looking at the worms, we learned that they carry eggs in cocoons that they form around their bodies. The cocoons are a slightly different color and stick slightly out from their skin. Josh and Abigail named a worm "Bob" and upon closer inspection realized that "Bob" had an egg cocoon around her!

Throughout the month we watched two praying mantis egg sacks. We had to wait three and a half weeks but eventually our egg sacks hatched! We were able to observe hundreds of baby praying mantis in their jar for a day before releasing them into nature in the evening. We learned that praying mantis are carnivorous and eat bugs, worms, and even other praying mantis! Praying mantis are the only insect that can turn its head 180 degrees and they have specialized front legs for hunting.



On Wednesday we took a field trip to the Bugarium at the Albuquerque Botanical Gardens. We observed many different species of bugs and arachnids. We looked at the praying mantis there and spotted egg sacks that they had laid inside of their tanks! We were able to see the differences between species of praying mantis and even play with a praying mantis puppet. It was great to link our learning at the school to our field trip at the Bugarium!