



# Hubert Humphrey Weekly News

## September 20<sup>th</sup>- September 24<sup>th</sup> 2021



Monday 9/20	Tuesday 9/21	Wednesday 9/22	Thursday 9/23	Friday 9/24
<b>AM: 500 Football Game with Mr. Ben</b>  <b>PM: Paper Airplane Contest with Ozzi</b>	<b>AM: Plant Club with Mr. Erik</b>  <b>PM: Pop Up Scary Food Art with Prudence, Mikaela and Amelia</b>	<b>AM: Melty Bead Jewelry with Michael</b>  <b>PM: Sewing Club with Lilia and Selah</b>  <b>Nail Painting Club with Izaak</b>	<b>AM: Model Magic Beads with Ms. Shyanne</b>  <b>PM: Rainbow Looms with Sophia</b>	<b>AM: Divas Dance Off with Mr. Erik</b>  <b>PM: Orbital Slingshot with Mr. Ben (3<sup>rd</sup> Grade and Up)</b>

### Meet One Of Our First Graders, Sophia!



**What is something cool about yourself?**

I can run very fast!

**What is your favorite song?**

Diggy Diggy Hole because it's funny.

**What are some of your special talents?**

Swimming, coloring and running.

**What's your favorite part about Children's Choice?**

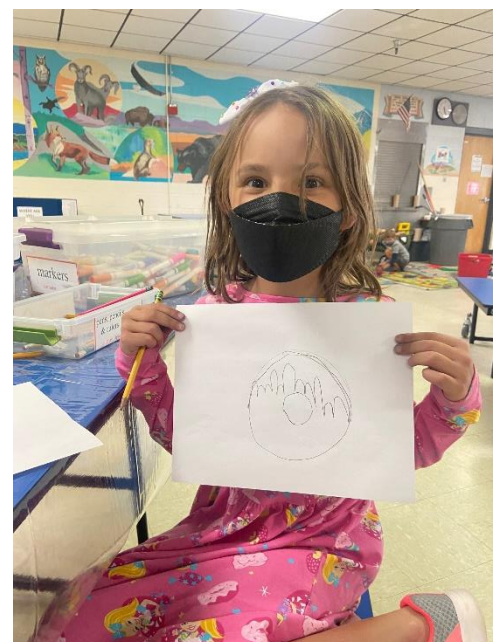
Snack because I like to eat.

**What do you want to learn this year?**

I want to learn to make fortune tellers. Then I can make them at home and show them to my sister.

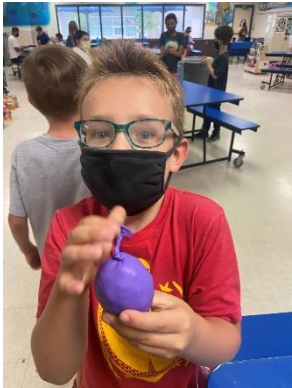
**What is your favorite movie?**

Yes Day because the kids get to do whatever they want!



## Orbee Stress Balls and How to Cope with Stress

During this staff-led activity we used balloons and orbees to make our own stress balls. As we made our stress balls we discussed what kind of things stress us out and what we can do to help ourselves feel better when it happens. The kids had some great advice for each other!



**Gary:** Math helps me relax when I'm stressed because I love math.

**Charles:** When I get stressed in the middle of the day I try to find something I can mess with using my hands.

**Eva A:** When I'm not able to finish my work I get worried. I try to twiddle with my eraser and pencil and it helps to mess with something in my hands.

**Sophia:** When I get stressed out about a mistake I made I just start over and try again.

**Amelia:** I usually am stressed because of my sister so, instead of punching her, I go punch a pillow.

**Mikaela:** When I get upset I go into my mom's room and punch a pillow. I have a red pillow for when I'm mad and a rainbow pillow for when I'm frustrated.

**Selah:** I usually just squish a squishie.



**Sean:** I just let it go and wait until I'm not mad.

**Shrey:** I take three deep breaths when I get mad.

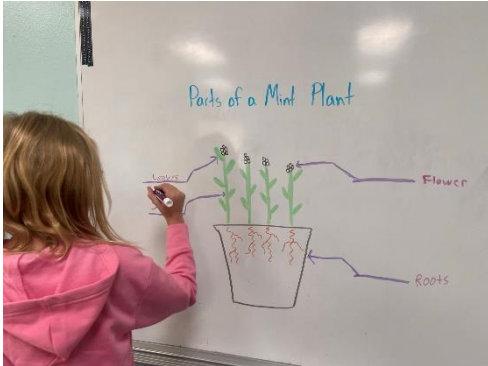
**Layla:** I count to five and that makes me feel better.

**Jacob:** I like to squeeze things when I'm upset. Like balloons and stuff.



## Plant Club with Mr. Erik- Collecting Mint Seeds

During this week's session of plant club we learned about mint plants and the different parts of the plant. We talked about how plants have roots, stems, leaves and flowers. Then we studied a big mint plant that Mr. Erik brought in and were able to smell and eat some of the mint leaves. Then we took dried flowers off the top part of the mint plant and squished them over paper. We collected all the seeds in small glass containers. Then we cut some stems of the mint plant and put them in a glass jar with water. We will be observing the mint cuttings over the next few weeks to see how their roots develop.



**Kellan:** I learned that mint is tasty

**Olivia:** I liked putting the seeds in the bottles because you have to be really careful and I was.

**Lily K:** I liked how both the seeds and plant smell good.

**Amelia M:** I have a mint plant at my house. My dad just grew it because he grows a lot of plants. I think that his parents gave it to him. He didn't really know what to do with the seeds so he just grew a plant. Now we have a mint plant in a giant pot and last year we found a praying mantis in it!

**Amelia B:** I liked cutting the plant and getting the seeds.

**Sydney:** I liked finding the ones without flowers so we could cut them and put them in water

