## The Auburn School:

## **OWL** Post

Fall 2016



Volume 6, Issue 1

#### A NOTE FROM THE HEAD OF SCHOOL

Auburn's 6th year is truly an amazing accomplishment. As teachers and students filled each classroom, I reflected upon the many ways we have grown. This year Auburn was able to provide opportunities for more students to benefit from its academic and social program. As we look toward progress and making our 6th year a success, I ask that the Auburn community work collaboratively to provide the most rewarding school experience for our students. With the help of each parent, student, and teacher, we can truly make a difference. I believe as one team, one body, and one community, we will have a positive and productive school year. I look forward to working with you and welcome drop-ins, emails, phone calls, and feedback. This newsletter highlights classroom activities and Auburn community events. I hope you enjoy reading! Happy 2017!

#### EDUCATIONAL PHILOSOPHY

believe that educating children is an entrusted act of leadership that prepares future leaders and equips society with minds that will enhance the well-being of those who follow them. Educators are charged with the responsibility of providing a safe environment for students to learn and explore. As a leader in education, it is my desire to support and advocate for all children. A child will thrive in an environment that is sensitive to their academic and social needs and encourages them to develop a passion for learning.



Towanda Cofield, Head of School

"Education is the most powerful weapon which you can use to change the world." Nelson Mandela

eveloping a curriculum that enhances student interest will motivate students to further investigate subjects and continuously foster their intellectual

curiosity. My belief is that educators should facilitate instruction that reflects all learning styles while differentiating instruction with new technology and innovative strategies.

ducators are also leaders in guiding the community and parents to serve as advocates for students. Guiding the community in taking an active role in the social and academic development of students is an essential component to raising student achievement. Every child can reach their full potential when they are surrounded by individuals who are motivators of learning and team-oriented in promoting progress. My desire is to nourish the minds of children and aid in developing them into lifelong learners and critical thinkers. As they continue to develop, they will intrinsically seek what they do not know and further

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The Owl Post is Written and Edited by: Towanda Cofield, Head of School

### STAY CONNECTED .....

There are many ways to stay connected with The Auburn School. When there are school closing and delays, we post information on our website, Facebook page, television media sources, and send messages via email.

This year we are providing families with an opportunity to receive text message alerts on their phones.

If you would like to receive text message alerts from The Auburn School, please use the following link to subscribe to Remind, our text alert source. https://www.remind.com/join/theaub

The Auburn School also has a private Facebook Group that allows us to safely share photos and videos with parents who join the group. An invitation to join was sent to your email. Please join the group to stay connected with Auburn.

#### WAYS TO STAY CONNECTED.....

#### During the school day....

Coffee with Head Chats

Volunteer to Read to a Class

Present at a Student Speaker Series

Drive Students During a Field Trip

#### Become Socially Savvy...

Parent Speaker Series

Parent Academy

#### **Make A Virtual Connection...**

The Auburn School Facebook Page

The Auburn School Parent Group Facebook Page

**Remind-Text Alerts** 

Parents Web (on your laptop/ computer or download the Renweb app to your smartphone)

Email the Head of School

**Share Success Stories** 

The Head of School
BYOM
(bring your own mug)
COFFEE WITH THE HEAD
EVERY 3rd FRIDAY OF THE

MONTH @ 8:30am

Chat with



Career Day during American Education Week.
(below) Auburn parents volunteer to read to the Screech Owl class.





#### PARENT ACADEMY

BECOME SOCIALLY SAVVY!

Joins us for this year's Parent Academy to learn what our students are doing in the classroom. Take home helpful tips and stay connected with social progress. In addition to our Parent Speaker Series events, the Parent Academy provides an opportunity for you to use concepts to facilitate progress at home or in multiple settings.

#### December

Working Together: Using Strategies to Support Self-Regulation

January

Working Together: Problem Solving; Flexibility and Group

Work **February** 

Attending to the Thoughts, Feelings, and Perspectives of Others

March

Hidden Rules, Clues, and Intentions

April

**Developing Conversation Skills** 

May

Dealing with Conflict

June

Building and Maintaining Positive Relationships

## SOCIAL SAVVY...with

#### **MINDFULNESS**

Students are consistently practicing mindfulness in their classrooms to help calm their minds and focus their attention. Mindfulness practice involves focusing attention on the present



moment in a nonjudgmental way. Using singing bowls, teachers are leading students to practice directing their attention to a familiar tone, while also attending to their breathing. Our students know that that when their

minds wander, the goal is to simply notice and gently return their attention to the sound. It has been wonderful to hear daily ringing of singing bowls throughout our hallways, as classrooms take a moment to pause and be present.—

Caitlin Gosnell



Screech Owls K-1 Class, take a mindfulness break before class.

#### Mindful Life and your Child:

#### Life for most kids today presents:

- A schedule that is too busy
- · Pressure to perform
- · Too much media
- · Lack of face to face relationships
- · Increasing anxiety & depression
- A brain that is in a constant state of Fight or Flight



#### The Result:

- Decreased academic performance
- Problems with attention
- Impulsive behaviors
- Increased depression and anxiety
- Sleep difficulties
- Social struggles

#### Mindfulness helps children develop:

- Increased stimulation in the prefrontal cortex of the brain
- · Better focus and concentration
- Compassion
- · Increased sense of calm
- An understanding of how their brain works



#### The Result:

- · Increased self-awareness
- · Skillful response to difficult emotions
- Increased empathy and understanding of others
- Natural conflict resolution skills
- Happier, healthier kids who are ready to learn

#### STUDENT SPOTLIGHT

## Sportsmanship Award 1st Quarter

The Sportsmanship award goes to the student who maintains respect, responsibility, and safety during physical education classes. Students demonstrate good sportsmanship by working hard to accomplish gym goals, participating in games using social learning language, and not giving up when faced with challenging situations. Sportsmanship winners are also model expected behavior, win with humility, and praise classmates when they do well. An award will be given to students from each class every quarter.



**Great Horned Owls** 





Wear New

T-shirt Friday

**SNOWY OWLS** 



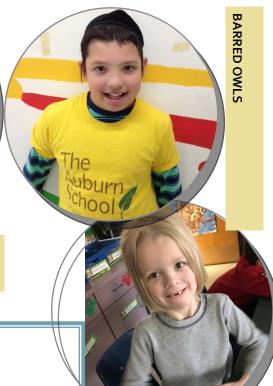
I WILL PUT FORTH MY BEST EFFORT

WIN OR LOSE

I WILL ENCOURAGE OTHERS AND HAVE FUN I WILL FOLLOW THE RULES AND PLAY FAIR I WILL CONGRATULATE THE OTHER TEAM WHEN THEY WIN I LOVE TO WIN, BUT I WILL NOT BRAG

AFTER ALL . . . IT'S JUST A GAME

(Students recite the code before and after each gym class)



SCREECH OWLS

#### STUDENT SPOTLIGHT

## If I were President of the United States

Compiled from poems written by The Barred Owls Class Inspired by "If I Were In Charge of the World" By Judith Viorst

If I were President of the United States I'd cancel dentist appointments, bees, spicy food and war.

If I were president of the United States There'd by Laffy Taffy, chocolate sundaes with banana bread, mac and cheese, and super double caffeinated chocolatecovered sugar bombs.

If I were president of the United States

You wouldn't have paper work. You wouldn't have guns. You wouldn't have driver's licenses.

You wouldn't have "No candy before breakfast!" You wouldn't even have breakfast.

If I were president, a Cutie orange and cake would be dinner. All teeth would be clean, And a person who sometimes forgot to clean up, And sometimes forgot to go to bed

Would still be allowed to be President of the United States.



Auburn students visited the Maryland State House as they learned about local government representatives and prepared for the 2016 Election.



Students participated in the 2016 Presidential Election by learning about candidates and casting their votes.



## **GROWTH MINDSET**

#### CHALLENGES HELP ME TO GROW

"Failure is an opportunity to grow"

## GROWTH MINDSET

"I can learn to do anything I want"

"Challenges help me to grow"

"My effort and attitude determine my abilities"

"Feedback is constructive"

"I am inspired by the success of others"

"I like to try new things" "Failure is the limit of my abilities"

## FIXED MINDSET

"I'm either good at it or I'm not"

"My abilities are unchanging"

"I don't like "I can either do it to be challenged" or I can't

"My potential is predetermined"

"When I'm frustrated, I give up"

> "Feedback and criticism are personal

"I stick to what I know"



An 8th grade student wrote that he wanted to

"work on getting things done quickly."

Th grade student: "I want to get straight A's on my next report card. I will need to work hard in class. I will also need to turn in my homework on time."

A 7th grade student, reflecting on what he's already accomplished in Social Studies, said, "I want to learn more about Ancient China because it has lots of cool history."

rs. Fish, middle school teacher, introduced her classes to the Growth Mindset, developed by psychologist Carol Dweck. The theory encourages students to adjust their thinking in order to be more productive and embrace their natural abilities.

In December, the Eagle Owl students were asked the question, "What will you do with your 3 Week Window?" The 3 Week Window (3WW) is what we've coined the 15 academic days between the last day in November and the first day of Winter Break (12/21). Students were asked to think about these crucial days from four different viewpoints, like the four panes of a window. In the first pane, students shared a recent family memory from the Thanksgiving holiday, and in the second pane, students shared something they look forward to doing during the Winter Break holiday. Together, these two window panes are intended to remind students of the wonderful memories and events they have to look forward to! The two bottom window panes asked students to focus on which academic goal and personal goal they hope to accomplish during the 3 Week Window. Students went above and beyond to thoughtfully respond to the prompts in the window panes.





## OWL BE THERE FOR YOU

#### **Community Service Projects**





Receiving a donation from Colgate

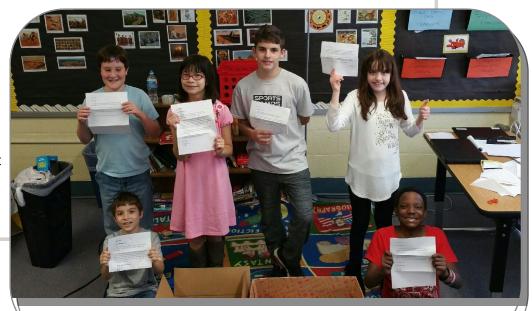
Priceless reaction after putting the sock bundles together and realizing how many people they will help.

#### **SNOWY OWLS** (above)

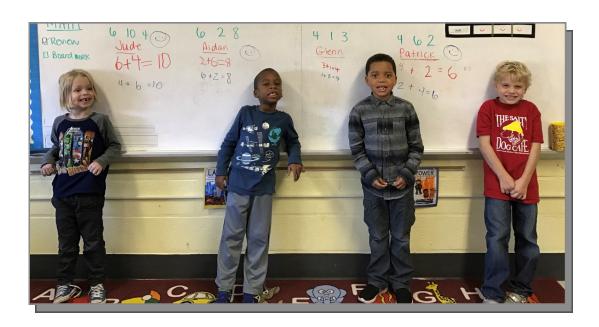
ach Auburn class will complete community service for different groups throughout this school year. The Snowy Class is aiming to help the homeless. The students wrote letters to Colgate, Under Armor, and Hanes in hopes of collecting basic need items to donate to a local shelter. After receiving donations from Colgate and the Auburn community, the students were able to make 196 sock bundles that included, toothpaste, toothbrushes, and socks. The class researched what item the homeless need the most. Socks were at the top of the list. Way to Sock it to 'em Snow OWLS!

#### **GREAT HORNED OWLS** (below)

he Great Horned Owls wrote letters to veterans and collected candy for active duty troops. For the remainder of the school year, the class will participate in community service projects to recognize the military past and present in appreciation of their hard work.



#### **SCREECH OWLS**

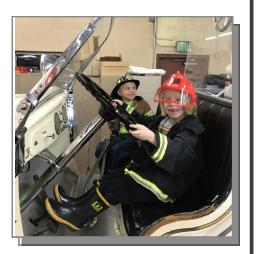




uring the first quarter, the Screech Owl class focused on community helpers and showed their appreciation to firefighters, policeman, and those who make our country great. The students traveled to the Fire Museum, made flags for veterans, and met several community workers during Truck Day. They closed the semester by welcoming a new student in December.









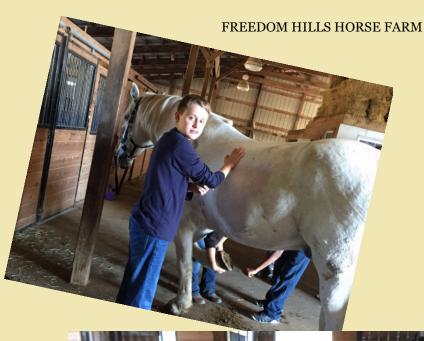
## FIELD TRIPPIN'



## **Upcoming Field Trips**

JANUARY	•	Field Trip Factory				
	•	College Park Aviation Museum				
	•	Maryland Historical Society				
	•	KARMA Dogs (in school)				
FEBRUARY	•	Food Systems Lab				
	•	Baltimore Symphony Orchestra				
	•	KARMA Dogs (in school)				
MARCH	•	Irvine Nature Center				
	•	Barnes and Noble				
	•	National Museum of Health and Medicine				
	•	KARMA Dogs (in school)				
APRIL	•	Baltimore Symphony Orchestra				
	•	Food Systems Lab				
	•	KARMA Dogs (in school)				
MAY	•	Port Discovery				
	•	Washington D.C.				
	•	B&O Railroad				

KARMA Dogs (in school)

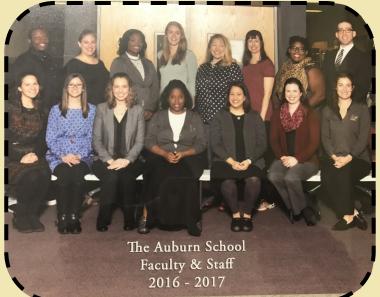






## The Owl Team

2016-2017



Part of the founding team celebrate with 7th grade student who started his 5th year at Auburn in September 2016.



Administrative staff ready to celebrate.



hrived in 5! The Auburn School has a strong team of educators who support the mission and growth of Auburn students.

After completing 5 successful years, the founding team, along with new staff and the Auburn community, celebrated this accomplishment with a Ribbon Cutting Ceremony. Auburn received an Executive Citation from the office of Kevin Kamenetz for this outstanding achievement. This year staff will also celebrate professional accomplishments as many of the teachers are continuing their education with degrees in leadership and special education.



Head of School cutting the symbolic ribbon.



Mrs. Gosnell, Social Learning Specialist, received a Pat on the Back Award from the Baltimore-Chesapeake branch of the Autism Society after being nominated by an Auburn parent.

## January 2017

Wed

Tue

Mon

Sun

Thu

Fri

1	2	3 CLASSES RESUME	4	5	6 Email Updates Distributed Dismissal 1pm	7
8	9	10 KARMA Therapy Dogs Robotics Club	11 Field Trip-Screech Owls  Coffee Chat and Tour  Drama Club	12	13 Dismissal 1pm	14
15	School and Offices Closed for MLK DAY	17  Robotics Club	18 Drama Club	19 Field Trip-Great Horned and Eagle Owls	20 Coffee with the Head/ Parent Academy 8:30am Dismissal 1pm	21
22	23	24 Robotics Club	25  Maryland Historical Society– Barred/ Snowy Owls  Drama Club	26 MSDE Visit	27 Prospective Family Open House Dismissal 1pm	28
29	30	31 Parent Speaker Series @ 9am Financial Planning			February 3rd Second Quarter Ends Parent/Teacher Conferences	