

THE HERZOG H.E.N.

Herzog Everyday News, Herzog Pilot Academy

December 2012



How Does It Feel To Be a Tiger?



Herzog staff at Tiger Boot Camp.

What an amazing start to the school year! We have had so much fun and we're

getting smarter by the day! Let's see, so far we've had the Tiger Boot Camp, the Red Ribbon Week activities and traveling play, the Drug Free Celebration Parade, the Trunk or Treat, Kids Voting, the Parent and Staff Appreciation Dinner (thanks Neighborhood Houses), the St. Louis Rams Healthy Choices Extravaganza and shopping spree (thanks Rocky McIntosh and the Little Bit Foundation), the Family Literacy Festival, the Winter Music Festival, the Santa Claus Visit, and the 8th Annual Staff vs. Student Volleyball Game! We absolutely love our new principal, Mrs. Bell so if you'd ask me how does it feel to be a tiger, I would tell you it feels grrrrreat! -F.Fields



The Principal's Corner

The first semester is drawing to a close, and I'm wondering where the time has gone! The staff and students at Herzog Pilot Academy have been extremely busy trying to increase academic performance, increase school safety and trying to establish a positive school culture while decreasing problem behaviors. Ultimately, we have begun training in the SW-PBS initiative aimed to prevent inappropriate behaviors while teaching and reinforcing appropriate behaviors.

At Herzog Pilot Academy we have adopted three school-wide expectations by which we operate and they are: Be Respectful, Be Responsible and Be Safe. These school-wide expectations apply to all students, all the time, in all locations. We began the school year with the "Tiger Boot Camp" to teach and reinforce how these

expectations look and sound in all school locations. We plan to revisit them with more training after Winter Break.

As we continue to train and work with our students on establishing a more positive school culture, we need your assistance by encouraging your child to demonstrate positive behavioral skills such as following directions, listening attentively, staying on task and showing respect for others. Help us to create a more stable, predictable, successful learning environment.

Happy Holidays to you and your family,

Principal Bell

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Third Graders Speak: What is Kwanzaa?

Background Information: Kwanzaa

- ◆ December 26th - January 1st
- ◆ Originated in Africa
- ◆ Created in 1966 by Maulana Kerenga
- ◆ Swahili is the African language.
- ◆ Nguzo Saba or 7 Principles: Umoja, Kujichagulia, Ujima, Ujamaa, Nia, Kuumba, Imani
- ◆ Flag is called bendera ya talifa.
- ◆ Mkeka is a straw placemat.
- ◆ Muhindi is corn. One for each child in the family.

Third Graders Speak:

“Kwanzaa [was] created by Maulana Ron Kerenga. The celebration is on December 26 ‘til January 1. The flag is read, black, and green.” -Angela Fluker

“Kwanzaa is a holiday. Some people make toys and give instead of buy[ing] it. Kwanzaa is on December 26 and tat’s my Kwanzaa Story.” - Sanyla Rhodes

“Kwanzaa is a time for African Americans. I had learned that for Kwanzaa, don’t buy toys. They make toys and give.” -Lavender Singleton



Coloring by 3rd Grade Class, Room 323

Working Out the “Regular” Way: Getting Fit for the New Year

Follow this format for 4 minutes:

-20 seconds of high intensity exercise

-10 seconds of rest

-8 total 30 second “rounds

CARDIO

Burpees
Jumping jacks
Squat Jumps
Tuck jumps
Speed skaters
High knees
Jumping Lunges
Jump rope

STRENGTH

Pushups
Pullups
Plank row
Competition sit ups
Full body crunches
Plank with knee tucks
Bicycle crunches
Dead lifts

Taken from *Tabata Training Ideas*, www.youmefit.com

Courtesy of Coach Regular



Herzog students working out with the St. Louis Rams.



Bringing Out the Best in Kids

- ◆ Talk with your child’s teacher(s) and other adults at the school—in private, when no other students are around. Get the facts on your child’s behavior. Let them know about your efforts at home. Ask them to keep you informed.
- ◆ Help your child learn and practice positive ways to handle anger, frustration, and disappointment. (How do you handle those feelings at home? Remember: you’re an important role model for your child.) Try role-playing new behaviors with your child.
- ◆ Praise your child’s efforts to change. Praise your child for following home and school rules. The more positives you can give your child, the better. Tip: Try giving your child five positive comments for every negative comment.

Excerpts from The Bully Free Classroom by Allan L. Beane, Ph.d (2005). Courtesy of Counselor Bryant

THE TIGER CUB FUN SECTION



Holiday Seek and Find

A T S N O W F L A K E S V C J
 W F A D R G O H J R H I A S I
 O R N A M E N T K O E Z I L N
 C X T U N H Y P B M G Q J H G
 S S A X M B E O U K G R I M L
 Q A C C A N D Y C A N E P A E
 V A L R H D W D U L O I X N B
 M Z A P E O L L K J G N O E E
 F N U L Y F A N T H E D D E L
 P A S C A N D L E R W E R R L
 N W V F T S S P R E S E N T S
 K K O O C O O K I E S R O S A

Words to Find

Santa Claus
 sled
 star
 candle
 cookies

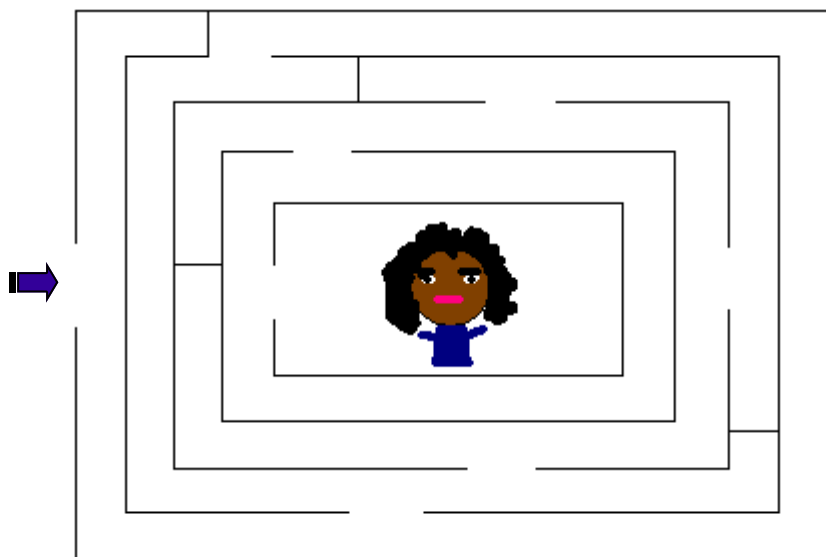
snowflakes
 reindeer
 tree
 Kwanzaa
 eggnog

jingle bells
 ornament
 candy cane
 presents

Check out our school website!
<http://www.slps.org/Domain/809>



Find Your Teacher



JOIN THE HERZOG PTO!

Be part of the discussion as we work together to:

- ~Prepare our students for success
- ~Develop a closer connection between the home and school
- ~Improve our overall school environment

If you are interested in joining, contact Ms. Fields, Family & Community Specialist at 385-2212 .



Winter Music Festival

On December 20, 2012 we got the chance to see Herzog students perform holiday favorites and they definitely rocked the house. If you weren't there here is what you missed:

Pre-K: Santa Claus is Coming to Town

KG: Jingle Bells

1st Grade: Sleigh Bells Jangling

2nd Grade: Jingle Bell Rock

3rd Grade: Frosty the Snowman

4th Grade: Winter Wonderland

5th Grade: It's Beginning to Look a Lot Like Christmas

6th Grade: Let It Snow

Thank you to all the parents who came.



Mrs. Beasley found DJ Mistletoe hiding in her chimney.



Healthy Tips for Holiday Eating

We all tend to overindulge during the holidays. Well it is the holiday season isn't it? Fortunately there are ways to indulge, have great fun, eat lots of good and use some healthy guidelines to trim holiday fat.

Remember to always eat a healthy breakfast. This will help you with appetite control throughout the day. Try whole grain cereal with milk. Hot or cold cereal is fine. Try yogurt and fruit, Nutella or peanut butter spread on a tortilla shell or peanut butter and bananas on whole wheat toast.

Perhaps you will be serving a large dinner or attending a big party or several parties during the day. Eat some nutritious snacks before going out. That way you will not be ravenously hungry when you get to the affair. Keep on hand:

Veggies and cream cheese or hummus dips, fresh fruits and nuts. Nuts are a great source of unsaturated fats, they are nutritious and filling.

If you are eating out, look over the menu for the healthier selections such as entrees that are grilled or broiled instead of fried. Look for low calorie salads and choose red sauces instead of white sauces if you are having pasta.

Keep healthy eating in mind. You will have a great holiday season and possibly avoid the 3-5 pounds that most people gain during time.

Contributed by Alice Harris, RN, Herzog School Nurse

We Salute Our Community Partners!

Neighborhood Houses
Little Bit Foundation

Greater Pentecostal Church of God
Greater St. Paul Missionary Baptist Church

Fifth Graders Honor Hanukkah

In honor of the Hanukkah holiday, fifth graders in Mrs. Bailey's class made dreidels.

"The classic *dreidel* is a four sided spinning top made of wood, plastic, or the proverbial clay. On the four sides of the *dreidel* appear four letters from the Hebrew alphabet. These four letters are an acronym for "*nes gadol hayah sham*"—"a great miracle happened there."

Taken from www.chabad.org



The letters that appear on four sides of the dreidel.



Fifth graders show off their dreidels.

Page Turners: What to Read Over Winter Break

Spenser Goes to St. Louis, By Spenser + Mom (Grades 1-4)

Barack Obama Of Thee I Sing, A Letter to My Daughters, By Loren Long (Grades 3-4)

Twister, By Darleen Bailey Beard (Grades 4-5)

Julia Gillian (and the Dream of the Dog), By Alison McGhee (Grades 4-6)

Contributed by Ms. Cole