

# Related Arts News

October 2018



## Physical Education and Health Dept.

**Mr. Piro & Mr. Tobler**

It is that time of year again! We will be performing our annual Connecticut Physical Fitness Assessments beginning October 15th. The test consists of four fitness components; the mile run, the right angle push up test, the curl up test, and the sit and reach test for flexibility. Our students in grades three through eight will be participating. They have already performed their pre-tests and created a goal for themselves for each component. We are stressing each student perform their “personal best”, and their goals, which are challenging but achievable, are based on their pre-test performance, and where they would like to improve.

Parents can help by keeping our students active, and finding time to practice the exercises. While watching television, encourage students to do two push-ups and curl ups per commercial. You’ll be surprised at how many this can add up to! Even though they are only doing two at a time, they could be doing fifty or more of each per one hour of programming!

Keep an eye out for our annual “Turkey Trot”! It will be November 6th. Parents are encouraged to come and run with their children! We are asking for a non-perishable food item as a voluntary entry fee. The Columbia Leo’s will help us again by delivering the items to a local food pantry to help those less fortunate during the holidays.



## Life Skills

**Mrs. Jardim**

We are in our second week of a short ten day unit on early childhood education (ECE). During this unit, students learn the basics of an ECE program and have opportunities to visit the elementary classrooms at Porter to observe and interact with our younger students. This unit gives students an introduction to teaching and other roles in education such as speech & language and physical therapy, should they be thinking about this career choice. By next week, we will be in our last unit of this quarter, 8th Grade Stove-top Cooking, which I am sure every 8th grader is looking forward to!

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## Middle School Music

### Ms. Stolarun

Students in the 6th grade choir & general music classes have started singing a new piece of music titled "Best day of my life" and are continuing to work on "Believer." Students are also learning how to perform hands together songs on the piano keyboards. Students in the 6th grade choir & general music classes will be performing at the Porter Pride assembly on **November 2nd**.

Students in the 5th-8th grade concert band will begin learning a new piece of music, "Hard Rock Fanfare" within the next week and the students are continuing to work on "Star Wars" and "Join the Parade." Ask your child to perform for you at home to see how they are doing with the music!

The Panther Jazz band started this week and students are working on a new piece titled "Drama for your Mama." The Panther Choir started last week and the students are excited to begin singing "A Million Dreams" from the popular movie The Greatest Showman.

Save the date for our **winter band concert** on **Tuesday December 18th**, which will feature the middle school concert band, Panther jazz band and Panther choir! The concert will begin at 6pm, and student performers will be asked to arrive by 5:30pm.

Please complete the following form to let Ms. Stolarun know if you would like for your child to receive small group music lessons for their band instrument during the school day.

<https://docs.google.com/document/d/1nRB2A6H1cHtejCZA1cS2rfKozlQznVI2mEcqugA35cQ/edit?usp=sharing>

Middle school band, panther jazz band and panther choir families, please use this link to sign up for the REMIND application to receive important reminders.

<https://docs.google.com/document/d/12jT0xlvLmWdfq1-TMf4pNrn4lpxSlgorZ-tN6tCAs64/edit?usp=sharing>

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