



# Specialist Spotlight

News and information from your Sangster Specialist



## Counselors Corner

Mrs. Railan and Mrs. Augenstein continue to support students individually through parent, teacher, and student referrals. Please feel free to reach out with concerns and questions as needed.

During the month of November, **K students** continue to learn about expressing and coping with emotions using the Zones of Regulation.

**1st grade and 2nd grade** will complete the unit on empathy and transition to a having one monthly counseling lesson. **3rd grade** will continue to explore skills to help cope with adversity. **5th grade** will complete identifying internal and external strengths. **4th and 6th grades** will finish their unit on personal strengths. We wish everyone a happy and healthy Thanksgiving holiday!

For more information, please visit our Google Site:  
<https://sites.google.com/view/sangster-es-counselors/home>

## Library News

Greetings, readers! Fall is a fabulous time to snuggle up with a good book. Check out our ever-growing digital collection in [MackinVIA](#) today! Looking for a physical book? Stay tuned for regularly scheduled curbside pick-up opportunities at Sangster. Holds will need to be placed in our [Destiny catalog](#) in advance. Visit our [library website](#) for more details. While you're there check out the plethora of library learning opportunities as well. Happy reading!

## Catch up with....

<p>PE/ Health</p>	<p>This month Health and Physical Education will spotlight Healthy Minds and Healthy Body.</p> <p>Please continue to participate in <a href="#">Walking Wednesday</a>. We look forward to seeing you and your family walking through the neighborhoods.</p>
<p>Music</p>	<p>*We had a great first quarter in music! This next month we will continue to reinforce standards covered this past quarter as well as add some new standards. We will expand understanding of simple rhythms and introduce more complex note and rest values. We will work on listening lab activities to strengthen student understanding of music from varied cultures and time periods. We will continue to reinforce strategies for melodic motion, such as solfege.</p>
<p>Art</p>	<p>*Check out the <a href="#">Art Class Website</a> to find information about ongoing art projects, <a href="#">extension activities</a>, and how to turn in artwork. Ask your student to share their awesome <a href="#">Digital Portfolios</a> or FlipGrid videos with you!</p>

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Catch up with....

Spanish	<p>It hard to believe that we are already starting the second quarter! Students have been working very hard on learning vocabulary and creating sentences in Spanish. For the second quarter, we will continue to add new vocabulary to help us describe houses (5th grade) and our planet (6th grade). I can't wait to hear students communicate in the target language :)</p>
Band	<p>*Super excited about all the musical things happening in Band! 6th Grade Advanced Students will be performing their Patriotic Song we have been working on for their families on Veteran's Day! Beginning 5th and 6th Graders are working on their Thanksgiving Family Recital Projects. All assignments are posted in Google Classroom. If you need any extra help please email me, <a href="mailto:kastratil@fcps.edu">kastratil@fcps.edu</a> and we can set up a help session in my Office Hours. I am always happy to help anyone! Let's Go Band!!!</p>
Strings	<p>*We are making lots of progress in our strings class! In November, 4th graders are starting to use their left hand fingers to create different notes on their instruments. They are also learning how to keep their instruments in tune. 5th and 6th graders are learning new notes and scales while working out of the String Basics book which is uploaded to Google Classroom. We have just started our first orchestra piece, in 6th grade which we will be learning throughout Quarter 2. I am available during office hours and by appointment for extra help with music, tuning or simple instrument and string repairs!</p>
STEAM <a href="#"><u>Google Site</u></a> <a href="#"><u>Link</u></a>	<p>We had so much fun in STEAM this quarter. I hope you were able to see the great candy machines students created. Find Sangster_ES on Twitter to see a few of the designs. We are continuing to use materials students have at home to create. Please remember: I do not require students to have specific supplies. Students need to be creative to figure out materials that will work for their project.</p> <p>Kinder and first grade we will continue to work on creating fun Library/STEAM activities. These are sent out by the classroom teacher or can be found on the STEAM site.</p>