

# YORKVILLE EAST NEWS

Academic Rigor | Student Voice | Collaboration | Self-Direction | Empathy

## Upcoming Events

### Monday

- No School - MLK Day

### Tuesday

- M.Y. After-School

### Wednesday

- Open Gym @ 8am
- M.Y. After-School

### Thursday

- Open Gym @ 8am
- Open School Day from 9:05am-10:10am
- M.Y. After-School

### Friday

- Open Gym @ 8am
- M.Y. After-School



## Ribbon Cutting Ceremony

We had a great morning on Tuesday, when we had the official ribbon cutting ceremony to signify the end of construction on our building! It was wonderful to share such a special moment with all members of the YEMS community. Thank you to everyone who came out to show support!

## Weekly Announcements

**Open School Day:** We are inviting families to come and spend a morning at Yorkville East on Thursday, 1/18. Please arrive at 9:05am to sit in on your student's advisory and 1st period class. When you arrive, please make your way directly to your child's advisory classroom.



## Manhattan Youth

I hope everyone has had a great start to the new year! A couple of quick announcements:

- Our Basketball Teams kicked off the new year with some hard fought games. Although we have yet to secure a win, our players continue to practice and play hard. If you have any questions surrounding game schedules and locations, please speak with either Coach Hoffman, Coach Thomas, or Coach Hill.
  - Our Fencing Team will have their first match this upcoming Tuesday (1/16) vs LMC! If you have a student in fencing and would like to attend the meet, please arrive to Yorkville by 3:45pm Tuesday.
  - I am proud to announce our December After-School Students of the Month! Those students are: **Isabella H., Unai C., and Lital S.**! On behalf of the Manhattan Youth Staff, we thank you for your continued excellence in program. Keep up the great work!
- If you have any questions, please let me know. Have a great holiday weekend!

## PTA Announcements

**1/24 6:30-8:30:** General meeting in the library followed by a Restorative Justice workshop with Rhetta Baron. Our students are currently learning this practice of resolving conflicts and building community.

**2/9 7:00:** Comedy Night at Broadway Comedy Club featuring YEMS parent, Kyle Ocasio. All profits benefit the school. Please note: this is an adults ONLY event.

**2/28 8:45am:** General Meeting

**3/23** - MS177 Auction. Please email [auction@ms177.org](mailto:auction@ms177.org) for more information and donation forms.

## Getting to Know Your Adolescent: Sleep Phase Delay

Puberty is a time when your body begins to go through many changes. It is the stage of life when you become physically able to reproduce sexually. There are many signs that show when this process is underway. Girls see their breasts develop and have their first menstrual period. Boys start to grow facial hair and hear their voices begin to deepen. Girls have always begun to enter the stage of puberty earlier than boys. Typically, this is between the ages of 10 and 11. Boys usually enter puberty a couple years later. Today, some girls begin to show signs of puberty as early as 7 or 8 years old.

One change in the body during puberty is closely related to how you sleep. There is a shift in the timing of your circadian rhythms. Before puberty, your body makes you sleepy around 8:00 or 9:00 pm. When puberty begins, this rhythm shifts a couple hours later. Now, your body tells you to go to sleep around 10:00 or 11:00 pm.

The natural shift in a teen's circadian rhythms is called "sleep phase delay." The need to sleep is delayed for about two hours. At first, teens may appear to be suffering from insomnia. They will have a hard time falling asleep at the usual time. While they begin going to sleep later, they still need an average of nine hours of sleep at night. Because most teens have to wake up early for school, it is important for them to go to bed on time. If they go to



bed late, they will be unable to get the sleep that they need. This change is a normal part of growing up. With some extra care, teens will quickly adjust to the new sleep schedule of their bodies.

If teens resist or ignore this change, they will make this time of transition very hard on their bodies. They will only hurt themselves by staying up too late at night doing homework or talking with friends. Using a lot of caffeine or nicotine will also make it hard for a teen to get quality rest. At the end of the school week, many teens are worn out from all the sleep they missed. They think that sleeping in much later on the weekend will help them catch up. This only throws their body clocks off even more. It will be even harder for them to fall asleep and wake up on time when the new school week begins.

**Source:** <http://sleepcenter.ucla.edu/sleep-and-teens>

**Next Week:** Sleep vs. Technology

## **Class Corner**

*Students at Yorkville East accomplished a lot this week! Over dinner or while walking to the subway, be sure to ask your child about what they are learning in school!*

### **6th Grade:**

**ELA:** Sixth grade ELA is finishing our mid-year reading assessments and preparing for social issues book clubs paired with literary essay a couple of weeks later.

**Social Studies:** Sixth graders presented their small group inquiry projects about a world religion to their classmates. They created stories, slide shows, poems, and skits to teach their classmates about the history, key beliefs, and origin of a specific religion.

**Math:** 6th grade math has investigated comparing ratios by using equivalent fractions, decimals, scaling up, and scaling down.

**Science:** This week, we wrapped up unit 2: Energy and matter with a visit to the school's boiler room. Thank you Phil for showing us how we stay warm during the cold winter months!

**Mandarin:** Students learned 7 days of the week in Mandarin, and practiced by asking about what day was/is yesterday, today and tomorrow. Students performed their Chengyu stories in Theater class.

**Physical Education:** Students are working on the inside and outside parts of the left foot while controlling their dribble.

**Art:** 6th grade artists have been practicing the ABC's of drawing using both abstract and representational subject matter.



**7th Grade:**

**ELA:** In 7th grade ELA, students continued their study of nonfiction texts, and learned new strategies to use in their reading.

**Social Studies:** In 7th grade social studies, students worked on the rough draft of their American Revolution Walking Tour News Article.

**Math:** 7th grade is finishing up their unit on percents.

**Science:** This week we studied the patterns of movement of the Earth and Moon.

**Mandarin:** Students kept working on the Chengyu story performances in Theater class.

**Physical Education:** Students are working on the inside and outside parts of the left foot while controlling their dribble.

**Art:** 7th grade artists have been designing their dream rooms using 1 point perspective.

**8th Grade:**

**ELA:** 8th graders began their third unit this week in ELA. They started reading nonfiction books and began researching and planning for an argument speech on what is missing from their school day.

**Social Studies:** In 8th grade social studies, students continued their study of the Progressive Era, analyzing primary source documents and political cartoons about muckrakers and political machines.

**Math:** In 8th grade, students are learning about linear functions. Students should be able to describe what a function is, and how to find out if it is linear or not.

In Algebra I, this week we are wrapping up the statistics unit, and will be completing a survey project. Next up are exponential functions!

**Science:** This week, we wrapped up unit 2: body systems with a reflection on how all of the body systems function to maintain homeostasis.

**Mandarin:** Students reviewed Unit 2 by the information gap activity. In Theater class, students did an interest survey and talked about the questions they have about China, stories they like, and activities they are interested in doing in Theater class.

**Physical Education:** Students are working on the inside and outside parts of the left foot while controlling their dribble.



**Health:** Students are currently learning about the statistics on 8th graders regarding cigarettes, e-cigarettes and hookah's.

**Art:** 8th grade artists have been finishing their self portrait projects using the grid drawing technique.

