

YORKVILLE EAST NEWS

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

Upcoming Events

Monday

- Open Gym @ 8am
- Progress Reports Distributed
- M.Y. After-School

Tuesday

- Ribbon Cutting Ceremony @ 8am
- M.Y. After-School

Wednesday

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

Thursday

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

Friday

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



Happy New Year!

We would like to wish everyone in the Yorkville East community a Happy New Year! 2018 started off with a bang, as students acclimated to being back in school, despite yesterday's snow day. We're looking forward to seeing our students continue to grow in the new year!

PTA Announcements

General Meeting: Wednesday, January 24th at 6:30 PM in the library. We will have a guest speaker, Rhetta Baron, who will be conducting a Restorative Justice Circle. Our students are currently learning restorative justice which is an approach to resolve conflicts with a focus on repairing harm through inclusive processes that engage the community.

MS177 Comedy Night: Come laugh and support our school! MS 177 Comedy Night will be held on Friday, February 9th at 7:00PM at the Broadway Comedy Club, [318 West 53rd Street](#).



Manhattan Youth

Happy New Year! A couple of quick announcements:

- Congratulations to the Yorkville Youth Community Service Club whose efforts for the canned food drive helped provide over 100 cans and non perishable foods that were donated to Jan Hus Presbyterian Church and Neighborhood House. The class with the most canned food was donated by class 703, and they will be rewarded with a pizza party today! Thank you to all those who helped contribute to help our community be a better place!
- All basketball games will begin again starting next week. If you have any questions surrounding game schedules and locations, please speak with either Coach Hoffman, Coach Thomas, or Coach Hill.
- The Events Committee will have its next session on Friday, 1/12 at 3:30pm. If your student is interested in organizing school events and raising school spirit, please have them join the committee.

If you have any questions, please let me know.

Please note: this is an adult's ONLY event! Tickets are \$25 each or two for \$40 (with 2 drink minimum).

Getting to Know Your Adolescent: Parenting Tips

Researchers recommend that children sleep for 9-11 hours each night (10 hours per night in 8th grade). Yet most teenagers sleep less than 7. In order to have a conversation with your child about how digital technology interferes with sleep, focus on the behavioral and biological importance of sleep that apply to everyone, regardless of age. One Harvard Study notes 6 reasons to ensure your child gets enough sleep.

Learning and memory: Sleep helps the brain commit new information to memory through a process called memory consolidation. In studies, people who'd slept after learning a task did better on tests later.

Metabolism and weight: Chronic sleep deprivation may cause weight gain by affecting the way our bodies process and store carbohydrates, and by altering levels of hormones that affect our appetite.

Safety: Sleep debt contributes to a greater tendency to fall asleep during the daytime. These lapses may cause falls and mistakes.

Mood: Sleep loss may result in irritability, impatience, inability to concentrate, and moodiness. Too little sleep can also leave you too tired to do the things you like to do.

Cardiovascular health: Serious sleep disorders have been linked to hypertension, increased stress hormone levels, and irregular heartbeat.

Disease: Sleep deprivation alters immune function, including the activity of the body's killer cells. Keeping up with sleep may also help fight cancer.

Source: *Untangled* by Lisa Damour, Ph.D

Source: https://www.health.harvard.edu/press_releases/importance_of_sleep_and_health

Next Week: Sleep Phase Delay



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: In 6th grade ELA, students are setting mid year reading goals and preparing for book clubs.

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 graders are beginning to explore ratios in cooking related activities.

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: In Mandarin, students reviewed Unit 2 by the information gap activity. 602 started Unit 3 and learned 7 days of the week. Students kept working on their Chengyu performances 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 finished their abstract watercolor compositions and wrote artist's statements.

7th Grade:

ELA: In 7th grade ELA, students studied new strategies to approach nonfiction texts, and read their nonfiction book club books.

Social Studies: In 7th grade social studies, students began to research their assigned historic site for their American Revolution Walking Tour projects.

Math: 7th grade is finishing up the percent unit. We're learning about percent error and simple interest this week.

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

Mandarin: In Mandarin, students reviewed Unit 2 by the information gap activity. Students kept working on their Chengyu 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 practiced drawing shapes in one point perspective.

8th Grade:

ELA: After much hard work revising for content and style, students finished their Book Reviews to round out our second unit.

Social Studies: In 8th grade social studies, students began their study of the Progressive Era, focusing on the overall goals of the movement.

Math: In 8th grade math, students have been studying linear equations, and are experts in finding slope in all sorts of formats, including graphs, tables and equations.

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 kept working on their Chengyu performances 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 are working on their Snapchat self portraits using the grid drawing technique.

