

YORKVILLE EAST NEWS

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

Upcoming Events

Monday

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

Tuesday

- P.E. Breakfast @ 8am
- M.Y. After-School

Wednesday

- Open Gym @ 8am
- 603 Field Trip to MET
- Cultural Potluck during 7th & 8th Period
- M.Y. After-School
- Sotheby's Art Show from 5:30-7:30pm

Thursday

- Open Gym @ 8am
- SLT Meeting @ 8am
- PTA Bake Sale
- M.Y. After-School

Friday

- Open Gym @ 8am
- Track Meet from 10-1:30pm
- M.Y. After-School



“Won’t You Be My Neighbor?”

Thank you to all who attended last night’s PTA-Sponsored screening of “Won’t You Be My Neighbor?”! It was so great to share this event with our “neighbors” from PS 158 and Wagner Middle School. A big thank you to Stacy Herman for arranging the viewing and bringing Producer Nicholas Ma to our school.

PTA Announcements

Thursday, 2/14 Valentine’s Day Bake Sale - If you would like to contribute individually wrapped, nut-free baked goods for next week’s bake sale that would be great! We have plenty of delicious store bought goods for sale - everything is \$1!

Wednesday, 2/27 @ 8:45am General PTA meeting. Please join us!

As always, please go to the school website to donate at www.msi77.org/giving and to learn more about the PTA at



www.msi77.org/pta.

Weekly Reminders

P.E. Breakfast - Please join us for a breakfast hosted by Mr. Hoffman on Tuesday, February 12th at 8am.

Sotheby's Art Show - The UES Public School Art Show at Sotheby's will be taking place on Wednesday, February 13th with a reception from 5:30-7:30pm. Sotheby's is located at 1334 York Avenue. Awards will be given to students by Council Member Ben Kallos. Congratulations to the students who have artwork exhibited in the show!

Getting to Know Your Adolescent

The Kindness Effect

"There are three ways to ultimate success: The first way is to be kind. The second way is to be kind. The third way is to be kind." -Mr. Rogers

A simple act of kindness positively affects the brain of everyone who shares in the experience. This in turn encourages people to 'pay it forward' and be kind to others on a regular basis. Kindness is contagious! Following are a few ways in which spreading a little kindness can improve your overall health and well being:

Kindness Increases:

Energy - Many people report a boost in energy and higher self-worth after helping others.

Oxytocin - Frequently known as the 'love hormone', oxytocin can be raised by simply witnessing an act of kindness often resulting in feeling more optimistic.

Pleasure - 'Helper's high' sends a signal to your brain's reward and pleasure center which ignites positive thoughts and feelings.

Lifespan - Studies show that people over 55 have a longer lifespan

Serotonin - Kindness releases this 'feel good' chemical which aids in relaxation and increases your level of happiness

Kindness Decreases:

Stress - Kindness aids in the reduction of the stress hormone, cortisol.

Anxiety - According to a University of British Columbia study, after a month of performing at least six acts of kindness each week, socially anxious individuals had a significant decrease in negative feelings and emotions.

Pain - Engaging in an act of kindness releases endorphins which are the body's natural painkillers.



Blood Pressure - The aforementioned oxytocin is also known as the 'cardioprotective' hormone which helps to lower blood pressure.

Sources: randomactsofkindness.org and twentytwowords.com

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: This week in ELA we are revising and editing our literary essays. We are also continuing to analyze group-related issues in our book club books.

Social Studies: In 6th grade Social Studies, students wrapped up their unit on Ancient Egypt and took a tour of the Arts of Ancient Egypt at the Metropolitan Museum of Art.

Math: 6th graders are starting ratios. We've made lemonade, mixed paint, and analyzed pound cake!

Science: This week, we researched owls to build background knowledge and we also dissected an owl pellet to collect empirical evidence so that we can learn more about their role in an ecosystem!

Spanish: In Spanish, students are learning to describe clothing and conjugate verbs.

Physical Education: Students are completing the FITNESSGRAM.

Art: 6th grade artists are drawing objects from observation using contour lines.

7th Grade:

ELA: This week in ELA, students began their social issues book clubs. They learned new ways to analyze their characters in order to deepen their thinking when reading. They studied character relationships, and the power imbalances that exist in those relationships. They wrote about these relationships in a reading entry, and backed up their ideas with evidence from the text.

Social Studies: In 7th grade Social Studies, students learned about the powers of the president and began to study the Electoral College system.

Math: In 7th grade math, students are learning to solve equations.

Science: 7th grade has researched and taught their peers about different types of Electromagnetic Waves i.e Radio, Micro, Infrared, UV, X-ray, & Gamma.



Spanish: In Spanish, students are learning to describe clothing and conjugate verbs.

Physical Education: Students are completing the FITNESSGRAM.

Art: 7th grade artists are learning that one point perspective is a technique to show space and depth.

8th Grade:

ELA: In ELA, 8th graders began studying policies they want to change and researching to prepare to write a letter to a policy maker.

Social Studies: In 8th grade Social Studies, students completed their study of United States imperialism and will begin studying World War I next week.

Math: In 8th grade Algebra I, students finished up their Unit 4 assessment, about Systems of Equations. Grades for this assessment should be posted over the weekend. If a student would like a retake opportunity, they should make corrections and return corrections to me by Thursday next week. At the end of this week, we began Unit 5, which is our first deep study of Quadratic Functions. Please have your student let me know if they own a TI-84 Calculator at home!

Science: 8th grade has begun their unit on Genetics and is exploring the discoveries that scientists uncovered to lead to our modern understanding of the field.

Spanish: In Spanish, students are learning to describe clothing and conjugate verbs.

Physical Education: Students are completing the FITNESSGRAM.

Art: 8th grade artists are finishing their Spirit Animal project, focusing on the principles of emphasis and contrast.

Health: Students are learning about the different forms of violence and understanding how it can happen and how you can help prevent it.

