

EXTRA EFFORT

When: Monday - Thursday (3:20-4:20)
Where: Neesho School Library
Why: Students needing help, a quiet place to work, any other great reason
Who: Mr. Pohland will be there to help

Students can be signed up for any or all days each week. Please turn in this form to your teacher.

Parents: Please be prompt in picking up your child at 4:20 P.M.! I look forward to working with many of our children this year.

_____ Monday, October 4
_____ Tuesday, October 5
_____ Wednesday, October 6
_____ Thursday, October 7

Students Name _____ Grade _____ has my permission to attend Extra Effort. I understand that I must pick my child up at 4:20 P.M.

Parents

Signature _____



Attention



Neosho Community!

Do you have old band instruments that you don't play anymore?

PLEASE CONSIDER DONATING YOUR OLD INSTRUMENT TO NEOSHO SCHOOL!

Neosho School's Music Department is looking for band instruments that community members are willing to donate in order to help support our growing band program.

The donation of an instrument can be an excellent write off! In addition, the Neosho School Band Parent Organization is willing to discuss the purchase of instruments.

If you have an instrument that you are willing to donate or sell to our school please contact Miss Haselwander at your earliest convenience.

Thank you in advance for your donation!

Robin Haselwander, Music Director

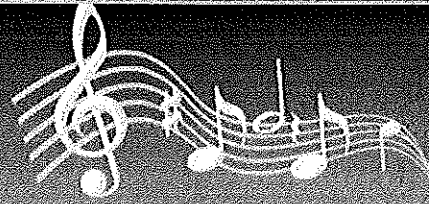
920-625-3531 (School Number)

920-342-7774 (School Cell)

rhaselwander@neoshoschool.com

Music Notes

newsletter



Neosho School District Jt. 3
Miss Haselwander
September 30, 2010

What's Happening

- 4K** We are learning how to keep a beat.
- 5K** We are learning how elements in nature (like rain) can also make music.
- 1** We are learning how music can make patterns.
- 2** We are learning about Patriotic Songs.
- 3** We are learning about musical games and dance from different cultures.
- 4** We are learning about songs and performances on Broadway.
- 5** We are learning how to play the recorder as well as different percussion families.
- 6** We are studying the art of "Recorder Karate"
- 7** We are studying the importance of music in movies using "Music Makes the Scene"
- 8** We are conducting a research project. Each student has a different instrument that they are responsible for.

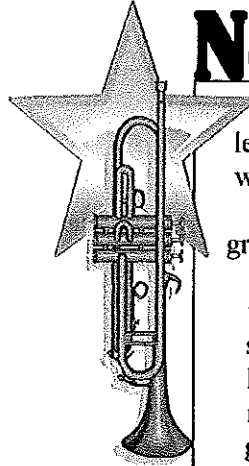
Middle School Each week, middle school students are responsible for submitting journal entries. They are posted in class and can be found on my webpage and on Engrade.

Musical Dates To Remember

October 15th - Recorder money, or a recorder is due for Grade 4!

October 14th - 2nd Band Parent Meeting at 6:30pm in the Library.

The 2010 Christmas Program will be on **Thursday December 16th**. There will be two performances, 2pm and 6:30pm



Neosho Bands

We have started band rehearsals and lessons. The 4th grade band meets twice a week, once as a class and then another as an ensemble with the 5th grade. The 5th grade band also meets once as a class. The Middle School band (grade 6-8) meets twice a week as an ensemble. All band students are responsible for attending a lesson that happens once a week for 20 minutes during school. The lessons are grouped by grade and experience level.

We are off to a great start.

****Special Note to Band Parents, please contact me ASAP to obtain this year's handbook and student contract. ****

Neosho Chorus

The Middle School Chorus has started rehearsals. This year students will have two rehearsal options to attend:

- ♪ Mondays before school from 7:30-8:00am
- ♪ Tuesdays after school from 3:15-3:45pm

Interested students should register in the office by paying the \$20 student activity fee by **October 27th**!

**** Since most after school rehearsals that are after school fall on game days, it would be most helpful for students to attend rehearsal before school (on Mondays) during the month of October. ****

Music Website of the Month

Check Out My Webpage

<http://www.neoshoschool.com/faculty/rhaselwander/>
My Webpage has other information regarding all classes as well as Band Parent updates.



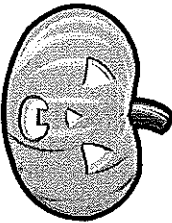

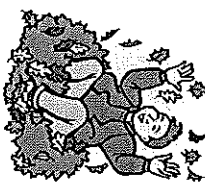







"The earth has music for those who will listen"
~ George Santayana

Questions! Feel free to call or email anytime!
rhaselwander@neoshoschool.com or (920) 342-7774



October 2010 Elementary Physical Activity Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>31 Celebrate Halloween-go to a pumpkin patch for a walk, or try out a corn maze with family. See who can get through first!</p>	<p>Eat Better, Eat Together Month http://nutrition.wsu.edu/ulebel/</p>				<p>1 Let's try sumo squats-stand with your legs as far apart as you can and slowly lower down until you are almost sitting in a chair. Can you do 25 of these through the day?</p>	<p>2 Have a water basketball shoot off contest with a group of friends.</p>
<p>3 Take a 5 minute fast walk. Now alternate walking and jogging at your own pace for 25 more min. Bring a growup!</p>	<p>4 Hershey Kiss pushups-make a small triangle with your hands and try to touch your nose into the triangle. Do this 10 times before and after each meal.</p>	<p>5 Go skating around your neighborhood. No skates? Put your feet on Frisbees® or paper plates in the grass.</p> 	<p>6 Superman holds. Lie face down, lift arms and legs. Hold for 60 sec. Do this 5 times after each meal.</p>	<p>7 Do 5 + 5 pushups before school, during recess, after school, and after supper.</p>	<p>8 Practice throwing a football at a target. How many times can you hit the target?</p>	<p>9 Play Kickball today with a bouncy ball. Use paper plates as base markers.</p> 
<p>10 Play "Capture the Flag" with some friends-have an adult hide a t shirt and have both teams race to see who can find the "flag" first!</p>	<p>11 3 sets/15 toe touches.</p> 	<p>12 Lie on your back and raise your arms and legs at the same time 25 times. Meet at the top! Try 3 more times during the day today!</p>	<p>13 Play some hacky sack with a friend.</p> 	<p>14 Hold a push-up position for 30 seconds. Do ten times today.</p>	<p>15 Dribble a soccer ball with your feet for five minutes. Do this as many times as you can today.</p>	<p>16 Take a bike ride in the neighborhood or a local park. No bike? Lie on your back and pedal your legs in the air while you count to 100!</p>
<p>17 Play freeze tag with family and friends. Try to balance on one leg when frozen!</p>	<p>18 Try pushups today with your arms as wide as you can!</p> 	<p>19 Lie on floor and lift shoulders. Draw knee in towards chest and lift other leg off floor and hold for 5 seconds. Switch legs and repeat hold. Repeat 25 times.</p>	<p>20 Lie on your back and lift one leg in the air and draw the alphabet with your leg. Repeat on the other leg.</p>	<p>21 Balance on your bottom with legs in the air. Twist your body side to side and pretend to be picking cherries.</p>	<p>22 Jumping squats.</p> 	<p>23 Get a football and go outside with mom or dad to toss the football around! Can you catch and throw 100 passes?</p>
<p>24 Set up some hula hoops as targets and see who can throw their Frisbee® closest to the hoops.</p>	<p>25 Try dips with your hands on the edge of a stair today.</p>	<p>26 Lie on your back and do ten scissor kicks. Try this whenever you can today.</p> 	<p>27 Flexed arm hang hold for as long as you can. Try this five times when you have time.</p>	<p>28 Sit in a chair and bring your knees in to your chest. Do ten of these before and after each meal today.</p>	<p>29 Do some walking lunges across the playground. When you get home, do walking lunges across your yard.</p>	<p>30 Take a walk outside with a parent and find some stairs to run up and down for 3 minutes on during your walk.</p>

The Neosho Parent-Teacher Group

1) The PTG would like to **serve concessions** at all of the home sports games. We will supply all of the food and drink we just need volunteers to serve the concessions, take the money and clean up after. The football and volleyball teams only have 3 home games in October. They are on October 6th, 12th, and the 18th from about 3:30 to 5:30pm. Please contact Jennifer Spudich at 625-3819 or jspudich@charter.net if you or your middle school child would be willing to help out!

2) On **Friday, October 22nd**, we are hosting the **Neosho School and Community Bonfire!!** We will be having a bonfire up at the shelter from 6-8pm and then a middle school dance at the school from 8-10pm. We will be selling hot dogs, brats, hot and cold drinks, popcorn, carmel apples, slices of pumpkin pie and much more!!! Come and throw a pie at some Neosho School staff! We are raising money to fund field trips for all of the classes. Invite your family, friends and neighbors. We hope to see you there!!!!