

# Fremont Elementary School

## The Specials'

### 1st Trimester Report

### 2025



CREATE



TECHNOLOGY





## Physical Education with Mrs. Spino and Mr. Bonner

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### Kindergarten, 1st Grade, 2nd Grade, Multiage:

- **Locomotor Skills**

Run, skip (2nd Grade), gallop, hop, jump (2 feet), slide.

- **Fitness Skills**

Basic Exercise Techniques

Stretching

Fitness Activities

Fitness Stations

- **Throwing**

Underhand Throw/Roll

Overhand Throw

- **Kicking-** Step, Stop, and Kick

Stationary Ball

Moving Ball

Punting

Dribbling

Passing

Shooting



# Healthy Minds with Ms. Duffy

(Grades K-2)



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## Communication

Monthly newsletter updates are sent via Teacherease to highlight what we've been learning in class. Each newsletter also includes resources to support healthy living and positive behavior at home.

## About Healthy Minds

Each class period begins with a **Feelings Check-In**, where students share how they are feeling and why. We follow this with a body-and-brain warm-up, including weekly yoga poses, stretching, and deep belly breathing before beginning our daily activity.

Positive behavior is reinforced throughout every class. Students can earn Behavior Stuffies—such as *Listening Lion* or *Kind Koala*—for demonstrating positive choices. Each class also works toward a **free-choice day** by filling our class marble jar.

This trimester, students learned about **outdoor education, healthy habits, nutrition, positive behavior, and agriculture**. Our lessons align with the **Illinois Social Emotional Learning Standards** and the **Illinois Health Performance Descriptors**.

## At-Home Challenges

For grades 1-2, optional At-Home Challenges are posted in SeeSaw. These activities are designed to encourage healthy living and positive behavior, both at home and at school. When students complete a challenge, they earn a spot on our **Healthy Minds Heroes** bulletin board and receive a small prize.

Thank you to all families who have participated—our board is growing, and we love celebrating our Healthy Minds Heroes!

## Thank You

Thank you for raising such wonderful children. It has been a joy getting to know them this trimester and watching them participate with such bright, positive energy!



# Art with Mrs. Karaszewski



Teaching art is the luxury of allowing students to construct and demonstrate understanding through creativity and imagination.

## Kindergarten:

- Introduction to basic tools and use, virtual classroom, rules of art
- Line- vertical, horizontal, diagonal, wavy, etc. ex.- Line Landscape
- Color- mixing colors to create different colors and shading- ex.-Fall Truck
- Form- using different lines to create an object- ex. Self Portrait
- Holidays-  
Halloween- Pumpkin  
Veterans Day- Heart Sticks  
Thanksgiving- Turkey Emoji Drawing

## First Grade/MGP:

- Refresher introduction to supplies and use, virtual classroom, rules of art
- Line- vertical, horizontal, diagonal, wavy, etc. ex- Line Landscape
- Color- mixing colors to create different colors- ex.- Fall Truck
- Form- using different lines to create an object- ex. Self Portrait
- Holidays-  
Halloween- Pumpkin Web  
Veterans Day- Flag Hats  
Thanksgiving- Turkey Emoji Drawing

## Second Grade:

- Refresher introduction to supplies and use, virtual classroom, rules of art
- Line- vertical, horizontal, diagonal, wavy, etc. ex- Farm Landscape
- Color- mixing colors to create different colors- ex.- Fall Truck
- Form- using different lines to create an object- ex. Self Portrait
- Holidays-  
Halloween- Close Up Pumpkin  
Veterans Day- America the Beautiful Illustrations  
Thanksgiving- Turkey Emoji Drawing

Watching the students grow artistically makes my job the most wonderful experience. Exposure to the elements of art and introduction to different techniques has allowed the students to come alive through their artwork. I look forward to seeing the masterpieces that the next trimester produces.

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CREATE



## Makerspace with Mrs. Parmley

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Kindergarten, 1<sup>st</sup> Grade, 2<sup>nd</sup> Grade, Multiage:

A Makerspace is a place where young people have an opportunity to explore their own interests; learn to use tools and materials, both physical and virtual; and develop creative projects.

Students:

- Create
- Design
- Build
- Problem solve
- Play
- Develop
- Collaborate
- Discover
- Imagine
- Explore
- Make
- Learn

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## Music with Mr. Anthony

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### Kindergarten, 1<sup>st</sup> Grade, Multiage, & 2<sup>nd</sup> Grade:

#### Introduced Music Vocabulary

- Tempo/Speed
- Repeats & Repeating Pattern
- Call & Response
- Verse/Chorus
- Loud/Soft/Rest
- Sound Waves & Vibration

#### Introduced/Experienced Various Rhythm Instruments

- Tambourine
- Maracas
- Drums
- Piano
- Xylophone/Bells
- Woodblocks

#### Introduced Basic Rhythms

- Steady Beat as "ta"
- Connected vocabulary of "Syllables" as "Syllable Sounds", which describe how many 'sounds' are in one word = how many sounds are in one beat.
- Used body motion to feel the steady beat
- Introduced 2 sounds in a beat

#### Experienced songs and music within the Fall Season

- Beginning of the year/Welcome/Call & Response
- Fall
- Halloween
- Veterans Day
- Thanksgiving

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# Technology with Ms. Tomaschtik



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## **All Grades:** Basic iPad skills and information

The proper way to hold and store, iPad touch screen, home button, double-pressing the home button to close applications, swiping, and volume button

The proper way to plug-in headphones & the safe way to remove the jack from the iPad

Downloading apps from Self Service (our version of the App Store)

The proper way to transport and charge the iPad (if applicable)

Using the iPad at school or home, not on the bus

Use the iPad for only school projects (not taking pictures at home unless they are for school work)

Being responsible for charging the iPad daily

iPad is only for student use and school work/learning

## **Kindergarten:** Technology as a Tool for Imagination

Vocabulary (keyboard, screen, quit, Internet, online, scroll up, scroll down, across, left, right, space bar, headphone jack, and download)

Internet safety program (Pause for People, My Online Neighborhood, and ESafety get a trusted adult when something doesn't seem right)

Locating letters on the keyboard using the website Typetastic

Utilizing creativity tools (Draw and Tell app)

How to scan a QR code, take a good photo, and delete unwanted photos (camera app)

How to import a photo (Draw and Tell app)

Beginning Coding (Code-a-pillar)

Independently locating and downloading an app from Self-Service

How to resize images within an app

Basic Troubleshooting (no sound, app not loading, app freezing, or keyboard not working)

Allowing the camera and microphone when appropriate

Introduction to Augmented Reality (Go Noodle app)

## **1st Grade:** Technology as a Tool for Integration

Internet safety program (Pause and Think Online, Privacy, and making safe choices while on the internet)

Use of drawing tools and text tool (Draw and Tell app)

Beginning keyboarding utilizing Typetastic and Typing Club  
Closing tabs in Safari  
Coding Challenges (Scratch Jr. app)  
Using an iPad as a tool for discovery-Virtual Field Trips  
Allowing the camera and microphone when appropriate  
Troubleshooting (app not working, keyboard not working, hard restart)

**Multiage:** Combination of 1st & 2nd Grade Theme

Internet safety program (We the Digital Citizens, Privacy, and Device-Free Moments)  
Adding iOS useful tools such as screen recording  
Beginning formal home row keyboarding using Typing Club  
Closing tabs in Safari  
Troubleshooting issues within apps and the Internet  
Coding Challenges (Scratch Jr. app)  
Use of drawing tools and text tool (Draw and Tell app/Seesaw)

**2nd Grade:** Technology as a Tool for Creation

Internet safety program (We the Digital Citizens, Privacy, and Device-Free Moments)  
Charging the iPad each night  
Adding iOS useful tools such as screen recording  
Closing tabs in Safari  
Beginning formal home row keyboarding using Typing Club  
Troubleshooting issues within apps and the Internet  
Coding Challenges (Scratch Jr. app)

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