



# SOAR Newsletter

Monday, January 25, 2010

**Information for Parents**  
**\*Please notify us in writing if your child has food allergies. We will contact you directly if this information is missing from your emergency form.**

A stretch of nice weather gave students a chance to get outside last week, and with several new members at SOAR, the “seasoned veterans” were happy to share all that they learned in the previous week.

Spring may seem far off, but with Kathy Byron of the Communities In Schools FirstSchool Garden program it’s never too early to plant a seed. Students made biodegradable pots out of newspapers printed using soy ink (not every newspaper makes the cut). They then used the pots to plant leafy greens like kale and spinach that will be ready to eat fresh are make yummy recipes with by spring.

Hip-hop dance instructor Dana Preshous returned to help the students with the choreography they learned the previous week. This time, the added bonus of being outdoors gave each person more room to “go with the flow.” They completed the session with a memorization game that required them to remember a chain of dance moves devised by each person in the circle. The last person in line had a difficult task, but luckily it was Ms. Preshous herself!

Yoga moved indoors this week with the added effect of personal yoga mats, soft music and dimmed lights creating a very tranquil environment. Students learned breathing techniques as Ashley Smithson emphasized proper body positions and maintaining focus.



Keshawn uses computer time wisely to work on a science project about the human heart.

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*The mission of Communities In Schools of Moore County is to champion the connection of needed community resources with schools and other sites to help young people successfully learn, stay in school, and prepare for life.*