

THE SOULARD SCHOOL

COMMUNITY NEWS

Notes from the Leadership: Amy Cross, SEC Program Dir.

Seeing Yourself in The Soulard School

How do you see yourself in The Soulard School? Do you see parts of your family's values, beliefs and goals reflected in the work happening at our school? **Our four core pillars of Diversity and Inclusion, Child Well-Being, Integrated Studies, and Community Engagement, are the foundation** of how we connect, partner, grow, and ultimately how we know we belong! These pillars are the "why" of what we do at our school.

The Soulard School was built upon a foundation of **community-building** as parents and founders came together to develop the school, as a physical space and as a learning model, making this an intimate and personal endeavor. As a school, we are privileged to share this time in both children and their parents' lives and our intention is to continue to facilitate healthy growth of both the individual and the community.

Education is something that we do with our students and families, not for them. It is for this reason that **we want you to see yourself in The Soulard School**. As we celebrate the diversity in each of us we can appreciate individual experiences and stories that bring unique ways to contribute and engage within our community. As you look through this issue of The Soulard School Community News, **I hope that you see our pillars reflected in our long-held school traditions, classroom experiences, how our students see themselves**, and in the new ways we are using our pillars to make The Soulard School a place where you can belong and see yourself!

"Belonging doesn't require us to change who we are, it requires us to BE who we are."

Brené Brown, *Braving the Wilderness*

elementary

THE
SOULARD SCHOOL
OPEN
HOUSE

saturday
MARCH 12th

**SAY
CHEESE!**

CALLING ALL CURD NERDS FOR A
NIGHT OF FUN, FACTS AND FROMAGE

MARCH 5 Doors at 6 p.m.
Trivia at 7 p.m.

Tables
of 10
for \$250

Includes
adult
beverages

BYO
snacks

The Franklin Room soulardschool.org/trivia-night
816 Allen Ave. St. Louis, MO 63104 314-865-2799
development@soulardschool.org

Must show proof of COVID-19 vaccination or a negative COVID-19 test within 48 hours of the event to attend.

TSS/SEC Calendar

- 02/05 Early Childhood Virtual Open House 10AM
- 02/10 Parent Association Mtg. 7PM
- 02/11 2nd Trimester Ends
- 02/11 **School CLOSED:** Records Day
- 02/21 **School CLOSED:** Presidents' Day
- 02/24 Board Meeting 1PM
- 02/24 Parent Conferences PM
- 02/25 **School CLOSED:** Parent Conferences
- 03/02 Prospective Student Tour 5PM
- 03/05 Trivia Night Event
- 03/10 Parent Association Mtg. 7PM
- 03/12 Elementary Open House
- 03/15 Application (1st round) Deadline – Elementary
- 03/21-25 **School CLOSED:** Spring Break
- 03/24 Board Meeting 1PM
- 04/14 Parent Association Mtg. 7PM
- 04/15 **School CLOSED:** Prof. Development
- 04/21 Teaching Peace Parade
- 04/21 State of Learning Community Meeting
- 04/28 Board Meeting 1PM
- 05/06 **School CLOSED:** Records Day
- 05/24 LAST DAY OF SCHOOL

SAVE THE DATE

State of Learning Community Meeting

The State of Learning meeting is an opportunity for parents, staff and school leadership to come together to learn about philosophy and share accomplishments and school goals.

This year our conversation will be focused on the Equity Audit conducted in partnership with The Education Equity Center. At the meeting we will share the inquiry feedback, as well as action items.

Keep an eye on Friday Notes for more details.

Thursday, April 21, 2022

Fall Clothing Swap

We had such a fun time at the first Soulard School Swap. Thanks to everyone who donated their too-small clothes, coats and boots to bring joy to new families this winter. Families were able to trade-in and trade up a size - all for free! Stay tuned for information about the upcoming Spring/Summer Soulard Swap.

PARENT ASSOCIATION UPCOMING EVENTS TO WATCH FOR...

Pasta Fundraiser with Midwest Pasta Co.
Feb 7, 2022

T-Shirt/Sweatshirt Sales

Parent Association Meetings
second Thursday of the month at 7 p.m. by Zoom,
see Friday Notes for details

Spring/Summer Clothing Swap



Sarah Moore scored at the Soulard Swap with some great finds to keep her kiddo, Bruce, cozy this winter.

Mums Map Study

In the beginning of the year, identity and culture were the focus of our kindergarten Mums class's group discussions. We read *Same, Same But Different* by Jenny Sue Kostecki-Shaw, which sparked noticings and important conversations regarding students' own culture, as well as other cultures.

As we discussed different cultures around the world, we began looking at maps to help students understand their physical place in the world.

This naturally led to more conversations surrounding geography and the purpose of maps. Mums students spent time exploring different types of maps and learned about different components of maps.

We started with a broad view of global maps and from there narrowed our focus on state and city maps. Students were given a map of the Soulard neighborhood, and using the knowledge we acquired through learning about map features, were able to navigate the way to a Soulard staple, Vincent's Market.

Mums friends were excited to use the compass rose, the street signs, and the map legend in a practical and meaningful way.

Once we arrived at Vincent's, we picked up a few special snacks to celebrate successfully putting our map reading skills to use. We are always so grateful and appreciative of the way the Soulard community supports our school!



RECIPE CORNER with Chef Sarah Kate

Dairy-Free Banana Muffins

One of the goals of our Nutrition Program is to offer 3 to 5 servings of fresh fruits and vegetables to our students each day. Morning snack consists of fresh fruit and a carbohydrate, we often have salad and fruit as side dishes at lunch time, and most of our recipes are plant-based.

In December, students across the grade levels practiced following a recipe by making these simple Banana Muffins and serving them with apples for a morning snack. We made them dairy-free so everyone could partake, but if you prefer to use butter and milk, the recipe will work just fine.

- ½ cup melted Earth Balance butter substitute
- 1 ¾ cups flour
- ½ cup granulated sugar
- 1 tsp baking soda
- 1 tsp cinnamon
- ½ tsp salt
- ¼ tsp nutmeg
- 2 large eggs
- ¼ cup oat milk
- ½ cup brown sugar
- 1 tsp vanilla extract
- 4 mashed bananas



- Preheat the oven to 350. Line muffin tins with muffin papers.
- Whisk together the flour, granulated sugar, baking soda, cinnamon, salt and nutmeg in a large bowl. Set aside.
- Whisk together the eggs, melted "butter," oat milk, brown sugar and vanilla in a medium bowl; stir in the mashed bananas.
- Fold the banana mixture into the flour mixture until just combined (it's OK if there are some lumps).
- Scoop the batter into the muffin cups and lightly tap the pan on the counter to evenly distribute the batter.
- Bake until browned and a toothpick inserted into the center comes out completely clean, 25-30 minutes.
- Let cool for 10 minutes in the pan, then turn out onto a rack to cool completely.



Why I Use Yoga in the Classroom

By Maury Browning, Jr. Pro-K Sprouts Teacher

When I was about two or three years old, my mom would come in and I would be trying to stand on my head while watching 'Yoga with Liliias!' on Channel 9.

Later, at around nineteen years old, I attended my first yoga class.

There was a sort of familiarity and comfort despite the intensity of the class.

I found that over time, with consistent practice, my yoga really supported me in finding some calm during the natural ups and downs of life.

While living in New York City in my early 20s, I decided to take a kid's yoga teacher training. I have always loved working with children and love teaching and practicing yoga, so I was thrilled to find that I could potentially turn these passions into a play-filled career!

In our Sprouts Jr. Pre-K classroom, we often use different breathing practices that allow the child to focus on the way their body feels and how they might cultivate calm in the face of big feelings! We heal faster when we have less stress, and many de-escalating techniques we use in the classroom help to support our healing abilities. Yoga helps to develop a mindful pause between when we might be inclined to "react" instead of "act," increasing their overall capacity for compassion, kindness and patience. An opportunity to play yoga as children creates a safe and loving environment for kiddos to learn and grow with their peers and teachers. This more structured practice provides a perfect foundation for their own young practice of love, healing and relaxation. I love integrating yoga into my classroom because kid's yoga combines the joyful, natural movements of children and the mindfulness of yoga in an awesome practice built for a lifetime of grounding calm and joyful expression!



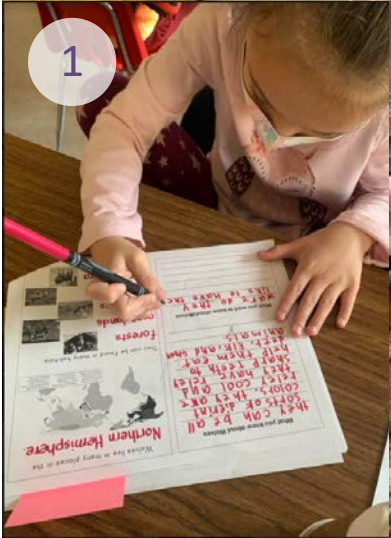
We want to say **THANK YOU** to Kelly Von Plonski and her amazing staff at Subterranean Books for **making the Book Fair such a success** for the school. In addition to the books bought for the classrooms and Elementary Library, the Book Fair generated over **\$1500 in store credit** that we will be able to use to buy even **MORE books!** We are fortunate to have such a wonderful partner.

Explorers Wolf Workshop



Since the beginning of the school year the students in the Explorer 3rd grade class have expressed a strong interest in learning about wolves. In November we had the opportunity to visit the Endangered Wolf Sanctuary in Eureka to participate in a workshop that incorporated observational learning and creative writing. This field experience was the capstone to our interdisciplinary unit that included wolf research, habit dioramas, wolf art and wolf poetry.

1. Allene completes her wolf research.
2. The Explorers class visits the Endangered Wolf Center in Eureka, Missouri.
3. Eli shows off some original wolf artwork.



Mom's Night Out

The Parent Association Social Events Committee hosted a fun Mom's Night Out on December 15 at ITAP in Soulard.

We're looking forward to more meetups this spring!



Krewe of The Soulard School

Laissez Les Bons Temps Rouler

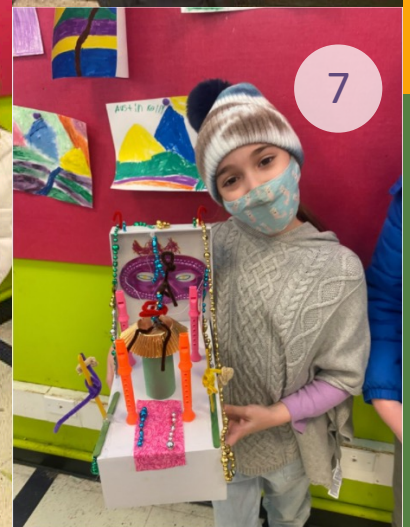
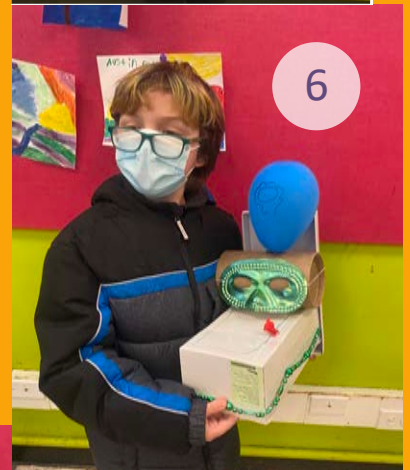
Translation – Let the Good Times Roll!

It's Mardi Gras season, folks and you know what that means. Celebrations and parades!

A little background information. Literally "Fat Tuesday" in French, Mardi Gras is intertwined with the Lenten season traditions of the Roman Catholic Church and with the cities of New Orleans and Rio de Janeiro. Much like New Orleans, St. Louis has a rich French heritage. Pierre Laclède founded the city in 1763. The neighborhood of Soulard began as part of the estate of Antoine and Julia Soulard. Antoine, a loyalist to King Louis XVI, left France to save his head and ended up in St. Louis by way of New Orleans, marrying into the prominent Cerre family.

But enough about history. Let's get to the parade! As a Studio Arts/STEAM collaboration, our 3rd grade Explorer friends dove into all things Mardi Gras as they learned about the traditions and events that make the festival so special. The students were then tasked with creating shoebox floats that represent both the Mardi Gras spirit as well as their individual personalities. Students worked to incorporate the core Mardi Gras colors—Purple for Justice, Green for Faith, and Gold for Power—into their unique designs. Pictures of our floats will be submitted to the Soulard Family Winter Carnival Shoebox Parade Contest with the hopes of being showcased on stlmardigras.org and winning great local prizes.

May the best float win!



1. *Mid-construction, Monica lays the decoration foundation.*
2. *Let them eat King Cake! Rylan and Victoria's float captures both the spirit of royalty and sugary indulgence!*
3. & 4. *Myla and Katie's float showcases their love for wolves!*
5. *Holland B's float is paws-ively purr-fect!*
6. *Orion pays homage to the baby in the King Cake.*
7. *Honoré, Max T, and Eli's musical float will make you want to get up and dance the Mardi Gras Mambo*

Mosaic Mold Study

The Mosaic 4th grade class has been involved in a unit on the adaptations of living things.

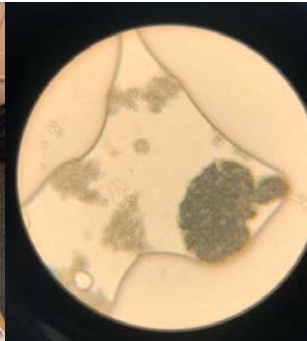
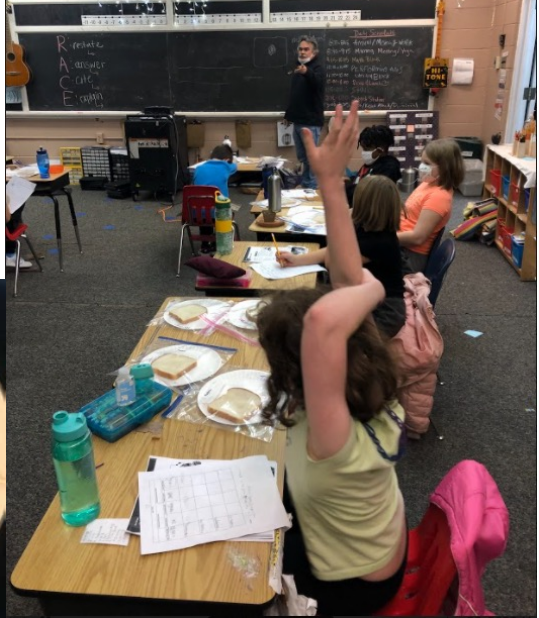
First, we took a look at the characteristics of living things. What do living things have in common? We learned that living things reproduce, respond to stimuli, grow, metabolize, and are made of cells. Living things also have basic needs which involve air, water, food and shelter.

So...as a class, the Mosaics grew mold as an experiment to see if it was alive.

We took pieces of bread, put some water on the pieces, placed them into plastic bags, and then placed them into a warm and dark environment. We waited.

Each day we made observations until we saw mold growing on our bread. We discussed why we thought the mold was alive.

Then we threw them away because they were DISGUSTING!
Fun for all!



Caroling at Soulard Market

Soulard Education Center joined the St. Louis Christmas Caroling Association to bring some extra holiday cheer to the Soulard Farmers Market in December.

It was a festive opportunity to collaborate with Alex-Anne and students from her Performing Arts classes.

During the second trimester of the school year, students studied music through a cultural perspective and learned about different winter holidays celebrated throughout the world.

The St. Louis Christmas Carols Association seeks to spread cheer and raise money for children's organizations in St. Louis by providing live music locally throughout the holiday season.

In the past, our school has received grants through the Carols Association to support our social-emotional programs, so we appreciated the chance to show our gratitude and give back!



Thrive Digestive System Exploration



Thrive 5th graders explored organ systems in vertebrate animals, with a focus on human body systems. They worked in small groups to research different systems: excretory; endocrine; circulatory; muscular-skeletal; respiratory; nervous; and immune systems.

Thrivers became experts on their topics and created presentations to teach the rest of the class about the structures and functions of their chosen systems. Student lessons involved slideshows, videos, posters, and song and dance routines. We love to see our students become the teachers, and we learned so much from one another!

We also had the opportunity to work with pre-service teachers from Webster University. They visited the class on three different mornings and led us through many hands-on and digital activities to learn about the digestive system!

Thrivers used everyday objects to create 3D models of the digestive system and conducted a simulation with crackers, bananas, and recyclable items to "see" and "feel" digestion at work in the esophagus and stomach.

1. Hand mixing food coloring into mashed banana and crackers to represent stomach acid at work
2. Discussion and compromise at the heart of our group projects
3. One group's model of the digestive system, using cardboard, plastic, and other "trash" items
4. Researching together to build a presentation about the excretory system
5. Putting the finishing touches on a 3D model of the digestive system



ANNUAL APPEAL

MORE THAN 16 YEARS AGO, 14 students began their first day of school with us. At that time, we had big dreams for what the school would become. This year we have 155 students enrolled. WE ARE SO PROUD OF HOW FAR WE'VE COME and all the possibilities that lie ahead.

With every major shift, from early childhood to elementary school, from independent to charter, we have been FLEXIBLE AND RESOURCEFUL so that we can continue to support our students and their families.

This spring we will embark on our Annual Appeal fundraiser. Before we ask you again to contribute, we want to say

THANK YOU.

We have tremendous gratitude for your ongoing commitment to The Soulard School. YOUR SUPPORT MAKES IT POSSIBLE to continue with our signature programs of **STRINGS, CULINARY ARTS** and **STEAM** and also helps us **MAINTAIN OUR SCHOOL BUILDINGS** as safe, warm and welcoming environments.

We are inspired and touched by this community! YOU ARE THE REASON for our mission to be a school that reflects the rich diversity of our neighborhood and surrounding communities; a school that actively involves families in their children's educational life; a school committed to developing physical, social-emotional, and intellectual competencies.

As part of this unique community, you know that it truly takes ALL OF US to support The Soulard School. There are SEVERAL OPTIONS for how you can give when you receive your Annual Appeal letter in the next weeks:

1

Donate via our website
www.soulardschool.org/giving

2

Leave your contribution by cash or check with Eleanor in the Main Office

3

Make a pledge

Questions about any gift can be directed to our office at (314) 449-1337 or by emailing our Director of Development, Samantha Fisher, at Samantha.Fisher@soulardschool.org.

Your support of the Annual Fund touches every student, every faculty member, every day.
So please, give generously.

THANK YOU FOR CELEBRATING WITH US!

The 9th Annual Clovers & Stars Irish Music and Dance Festival, presented by John D. McGurk's Irish Pub & Garden took place on November 5 at the Sheldon.

CLOVERS & STARS

This is our biggest fundraising event of the year and we are happy to report that it was a huge success!

This could not have been possible without the generosity of our community. Through sponsorships, donations, raffle tickets & auction item purchases we raised nearly \$100,000!

Every year this event grows and changes, this year with the addition of an outdoor pre-party for families.