

THE SOULARD SCHOOL

COMMUNITY NEWS

looking closely at our values

A message from Sarah Christman, School Co-Founder & Executive Director

At the start of the school year, when our staff gathered for the first time, we spent our first moments looking closely at each other. I mean that literally - I asked them to create contour (continuous line) portraits of one another. They had one minute to create their drawings, and were not allowed to look at their papers as they drew, focusing instead on their coworker. That minute for some was awkward, others calm and mostly silly. (The results are displayed on the board right by the front door of the school.) When we came back together as a group we talked about the experience and results. A teacher shared, "I didn't think I'd be good at this." They had tried something new and, "it turned out better than I thought it would." "It wasn't as hard as I thought it would be." "It felt very personal." We took those statements and reflected on how those might translate to starting a new year, building relationships and how it might represent a student's perspective.



That small experience was a momentary insight into the large happenings around a school day, week, year or couple of years. During the past two pandemic-filled years, the phrase "it turned out better than I thought," has definitely crossed my lips. With a more predictable and philosophically-centered year now underway, we are also in the midst of building a strategic plan that will guide us for the next 3-5 years. This process requires the same close, slightly intense, in-depth look as the contour drawings, but we are looking at ourselves as a school.

The first step in creating a strategic plan is to revisit our mission, vision, purpose and values. To do this, our partners at Gladiator Consulting have met with stakeholders as individuals and groups, and helped us reflect on what is important to us as students, alumni, parents, teachers, board members and leaders.

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Alchemy students partaking in the Toothpaste Conversation.

and more. Recently, classrooms did an activity in which they were challenged to put toothpaste back into the tube after it had been poured out. Once the students tried and realized it was a challenging and messy task to do, we were able to talk about the experience as a metaphor for friends being unable to take back the “messy” or “sticky” words that they say to others.

sticky words

This year has been full of opportunities to invest in our social emotional learning (SEL) experiences for our students here at TSS. Classroom teachers work to incorporate social emotional lessons into their everyday interactions and lessons in creative ways. Additionally, I am able to come into classrooms each week for a dedicated SEL time block. During these times, students engage in discussions and projects about kindness, friendships, coping strategies, navigating peer conflicts,

Cooper Snuggles

Another exciting opportunity the students recently had was to have a visit from an emotional support dog, Cooper and his human, Cathy. Over the past few years our students have had the opportunity to get to have visits from Cooper in each classroom to learn about how he has been trained to support people in many ways. The students also enjoy time just getting to show him some love as a class.



Sprout student receiving a Cooper kiss.



Enigma students showering Cooper with love.



Notes from Kristin Hood, Student Support Coordinator

Make a Continuous Line Drawing

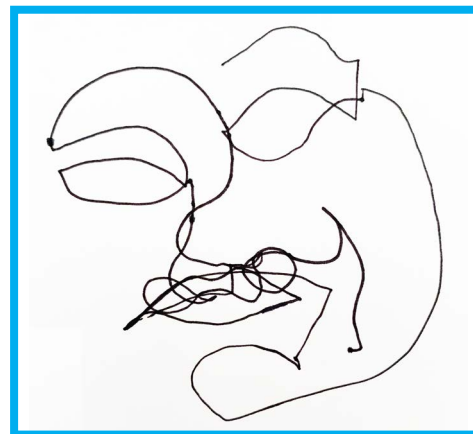
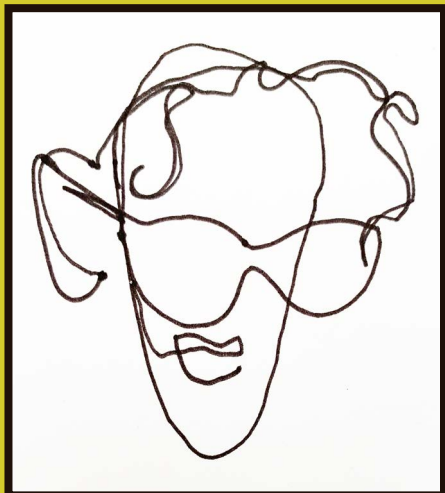
Tate Kids uses artist Donald Rodney's work to teach about the style and how he used it to bring issues around racial injustice and identity to light.

Visit: www.tate.org.uk/kids/make/paint-draw/make-continuous-line-drawing

Items you'll need:

- Paper to draw on, small is best
- Something to draw with (pen, pencil, crayon - anything will work)
- Something to draw (try your hand, someone's face, or an object from around the house)

Gather your materials. Find a space to work. When you are ready to begin, the trick is to not take your pen off the paper. If you want to add other rules as you draw you can make it a timed drawing. You can also add that you can't look at your paper while drawing, just focus on the object and draw the outline. Repeat as many times as you like and try out different objects!



looking closely at our values

Message continued from the Cover

Our teachers took some time to reflect on a list of values that had been developed from conversations with various stakeholders. What stood out? What was missing? They broke into groups to answer a few questions:

- What does it look like if x value is happening?
- What does it look like if x value is not happening?

This layer of detail is helping us move our values into our priorities and actions. As we wrapped up that conversation each teacher wrote a value that they connected with the most. These words are added to the documentation board at the front door alongside each person's contour portrait.

Our teachers are the number one reason we see a value happening and know what it looks like. They are embodying it, they are sharing it and they are modeling it.

The next time you are in the building, look at this display board and see what values our teachers have shared. What values brought you to The Soulard School? Our values draw us together and will drive the next stage of growth for our school.

If you'd like to try the continuous line drawing activity with your child(ren) at home I included the steps we used as a resource.

Sprouting in Dramatic Play

One of Jr. Pre-k's favorite centers in our Sprouts classroom is Dramatic Play. Dramatic play can look like trying on costumes, opening restaurants, selling ice cream, having birthday parties, and most recently taking care of babies. Sometimes we would hear our Sprouts friends imitating their teachers and parents in their language during play. Other times the babies were part of complete fantasy play and had superpowers. Not only are the Sprouts building creativity, imaginative play also helps with critical thinking skills, builds expressive and receptive language, increases social skills, allows them to execute self help skills, and work through emotions.

JR PRE-K

SPROUTS



Sprouts students engrossed in dramatic play.



Mums students observing their caterpillars.

inquiries

In the Mums Kindergarten class, students' noticings of the environment during their outdoor time led us into an Insect Study in the fall. They had many inquiries about caterpillars and butterflies, such as "How do their wings get their color?", "What is the difference between butterflies and moths?" & "How do caterpillars grow wings?". Together, we researched answers to their questions and discovered new findings through observations of live caterpillars in our classroom. We engaged in a voting process to decide on names for them, and we settled on Pancake, Jeff, Rainbow, Crystal and Dandelion. Students spent time each day investigating them, making predictions, noticing changes, and became deeply engrossed in the happenings within the habitat. Our butterflies finally emerged from their chrysalides, and as a culminating activity, students wrote wishes for our butterflies on their journey ahead.

Mum-rific Quotes

"I hope they have lots of rotten fruit to eat." Lillian

"I hope they have a safe flight and they don't get eaten by other animals." Zeppelin

"I hope they find a warm, cozy place to live." Maeve

"I hope they find all the flowers to keep them healthy." Emmeline

"I hope a wizard finds them and turns them into people so they can have a longer life." Green



Alchemy's World Holiday Travels

For the past few months, the Alchemy 2nd grade class has traveled around the world in their imagination and learned about the various Holidays that different people celebrate. Our main goal with this study was to celebrate diversity, as well as encourage our class to see the holiday season from a different perspective. After a long study, the Alchemy class engaged in a variety of crafts from the different holidays we learned about. We made crowns for Saint Lucia's Day, gingerbread houses for German Christmas, Yule logs for Winter Solstice and played dreidel for Hanukkah. Students enjoyed the opportunity to create items from different cultures and share what they learned from this study. The Alchemy students continually demonstrate their ability to have an open mind, and enjoy learning about those who experience life in a different way from them.

Sweden

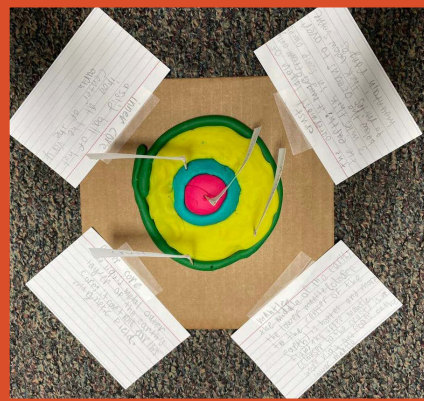
Germany

France

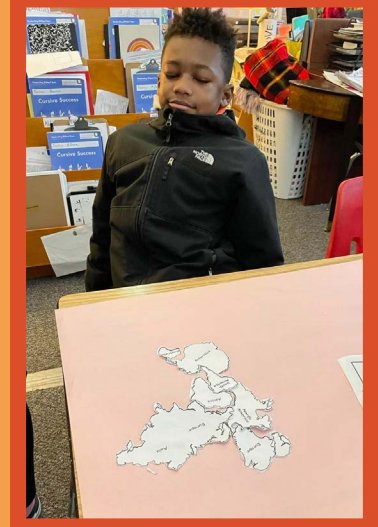


Alchemy students making St. Lucia Crowns Gingerbread Houses and Yule Logs.

In science, the Mosaic 4th grade class has been studying the Earth. We discussed the formation and the age of the Earth by creating a timeline that stretched down the hallway from the front office to the kitchen to visualize the length of time it has been around in comparison to ourselves. Students made several different models of the layers of the Earth and continental drift to help us understand how the planet has been developing over billions of years. They created clay models that show the layers of the Earth: the core, the mantle, and the crust. Paper models show their understanding of continental drift and our interpretation of Pangea, the supercontinent that existed long ago.



Earth's layers modeled by a Mosaic Student.



Mosaic student's continental drift example.

EARTH TO MOSAIC



Mosaic students creating a net.

**N E T
S E T
V O L
L E Y !**



Mosaic students practicing their volley.

In December, we began our Volleying/Striking Unit in all PE classes. Students practiced volleying and striking balloons and soft rubber balls while participating in various activities that focused on consecutive hits and accuracy. Students had the opportunity to work independently and also with their peers as they developed their skills over the course of several weeks. While working with their peers, students were encouraged to be a buddy by exhibiting respectful and kind words and actions. Students in the Mosaic (4th grade) class worked with their station partner to design and create their own "net" to practice their volleying and striking. They had a variety of equipment available for their use in this project, and they were able to use as much or as little equipment as they wanted. Since we do not currently have a volleyball net, it was an awesome way to show students that although the equipment may not always be available, these skills can still be practiced and developed with the resources that we do have.

We are growing together -- in our skills, our creative thinking, and as teammates!

SWITCHBACK

in Performing Arts

For many years, The Soulard School community looked forward to Switchback, a Celtic and bluegrass duo, performing at our annual Clovers and Stars benefit concert. This year, we were excited to take our partnership a step further, and invite the band into the Strings and Performing Arts classroom for a residency in December.

All elementary students had a chance to work with the musicians: while the primary grades enjoyed Irish jig classes with Marty, other classes got the opportunity to learn basic mandolin skills with Brian. The band members also coached the students on vocal technique as well as tips for stage presence, and answered many questions about their music and life as touring musicians.

We are excited to show off some of the skills we gleaned from the Switchback residency at our upcoming Winter Concert!



Enigma student helps Switchback lead his peers in a steady beat exercise.

20  23
Great Together
Wine Dinner
at The Leona


Saturday
FEB. 18th

**RUSTIC
FRENCH CUISINE
EXPERTLY PAIRED
WITH CLASSIC
FRENCH WINES**

A food and wine pairing
that brings out the best
of flavors and friends

BENEFITING

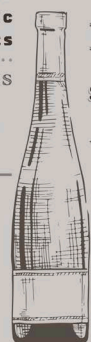
THE
SOULARD SCHOOL
&

 Soulard Education Center

CHEF SCOTT DAVIS
with sommelier
Jason Main
of The Wine Merchant

7:00 PM

5700 LEONA
STREET SAINT
LOUIS, MO 63116
\$125/PERSON



RESERVATIONS &
MORE INFO
soulardschool.org/events



*When celebrated local chefs
& an expert sommelier
send their kids to
The Soulard School
& Soulard Education Center
something magical happens.*

Join us for a night of rustic French cuisine matched perfectly with classic French wines from around the world.

This is the much anticipated return of a Soulard School favorite event, formerly known as Foodie Feast.

It will be an intimate evening with limited seating.

This evening would not be possible without the generosity of Soulard School families and businesses: Chef Scott Davis, The Leona, and The Wine Merchant, LTD.

When Saturday, February 18

Where The Leona

RSVP www.soulardschool.org/events

Tickets \$125 per person

Vegan, vegetarian, gluten-free & non-alcoholic options available upon request.

 *Recipe Corner*
with *Chef Sarah Kate* 

One of the most popular lunches at the Soulard School is Mac & Cheese. We usually serve it with a green vegetable, fresh fruit, and salad on the side. The key to making a smooth cheese sauce is the roux: the mixture of butter and flour that is lightly browned before adding milk to thicken it up. Every Culinary Arts Instructor has had their own spin on this basic recipe.

Here's how Sarah Kate makes hers!

Ingredients:

- 16oz box of Elbow Macaroni
- ¼ cup (½ stick) of butter
- ¼ cup flour
- 2 cups whole milk
- 4oz (½ package) cream cheese
- 2 cups shredded cheddar jack cheese
- ¼ teaspoon of turmeric powder
- ½ teaspoon of garlic powder
- ½ teaspoon of smoked paprika
- ¼ teaspoon of salt
- Ground black pepper to taste



Directions:

- Cook the elbow macaroni according to the instructions on the box. Drain, cover and set aside.
- In a large sauce pan or skillet melt the butter over low heat. Add in the flour and stir with a whisk until it turns the color of a cashew and thickens to a paste.
- Slowly add ½ cup milk, whisking constantly. When it thickens, add more milk and continue stirring until all milk is incorporated and mixture is smooth and bubbling.
- Fold in the cream cheese, stir with a rubber spatula until completely smooth.
- Fold in the cheddar jack cheese, stir with a rubber spatula until completely smooth.
- Stir in turmeric, garlic powder, smoked paprika, salt and pepper.
- Combine with pasta and stir until coated.

Variations: 16oz box of any pasta can be substituted.

Let's go Clubbing!

Afterschool clubs have returned in full for the first time since the start of the pandemic! Clubs offer a variety of ways for students to interact with each other and our community while building skills or developing interests.

For fall, we offered an acting club in partnership with COCA and Repertory Theatre of St. Louis, as well as Earn-a-Bike Club through BWorks, and Chess Club, taught by parent volunteers. Caroling Club raised money for local nonprofits by singing at Soulard Market. Looking ahead to spring, we are planning more partnerships with BWorks, as well as Girls on the Run, more chess, and a few other surprises as well.

These Clubs are in addition to our sports teams through the YMCA. Our parent volunteers made possible a great fall soccer season, and winter basketball teams are just getting started.

EARN-A-BIKE



Students earned a bike of their own through Earn-A-Bike Club sponsored by BWorks.

theater club



The Theater Club visited the Repertory Theater to see A Christmas Carol after working in groups to create their own plays.



Our Caroling Club performed at The Soulard Market, made possible by the Caroling club.

Caroling at Soulard Farmers Market

We were excited for our students to be invited by the St. Louis Christmas Carols Association to sing at The Soulard Market again this year!

Even though it was a very cold morning, the kiddos were able to spread some holiday cheer for their audience of dedicated parents & market shoppers on December 17. Special thanks to Strings/Performing Arts teacher Alex-Anne for organizing the Caroling Club and to the students and their families for participating.

The St. Louis Christmas Carols Association provides grants for organizations across St. Louis and they have helped fund our Handwriting Without Tears program.

PA MEETINGS

--- UPCOMING DATES ---

FEBRUARY 9

MARCH 9

APRIL 13

MAY 11

watch Friday Notes for locations

--- STARTING AT 7PM ---

COME JOIN US FOR
FOR A MEETING!

MEET OTHER SOULARD SCHOOL
FAMILIES AND DISCUSS
TOPICS LIKE BUILDING OUR
COMMUNITY, UPCOMING EVENTS
AND FUNDRAISERS. SCHOOL
LEADERSHIP WILL BE AT EACH
MEETING TO ANSWER YOUR
QUESTIONS.

PA EVENTS

--- WATCH FOR DETAILS ---



Morning Mingle

8:15-9:15 AM, LUNCHROOM

FEB 17

hosted by Alchemy

MAR 10

hosted by Engima

APR 7

hosted by Mums

MAY 12

hosted by Quietude & Sprouts

*Morning Mingles are a time for
parents & caregivers to enjoy
conversations over coffee, tea, and
potluck breakfast treats.*



Pasta Sale

This year's fundraiser will be
taking place **FEB 3 -17**
with orders available for
pick up on FEB 24.

The pasta is from Midwest Pasta,
owned by
Soulard School alumni family
the Burmeister-Kryahs.
Varieties of fresh pasta
will include spaghetti,
linguini, fettuccine, ravioli
and lasagna.

online sale coming soon

DEI+B & Wakanda Forever

PAST PA EVENTS
--- UPDATES ---

In December, the Diversity, Equity, Inclusion + Belonging Parent Committee and the Parent Association sponsored a Soulard School family viewing of Wakanda Forever! We had a great learning experience and community social activity. The Parent Association sponsored the free event for our families, allowing us to have the whole theater at 24:1 Cinema to ourselves.

Black Panther: Wakanda Forever was a great way to celebrate excellence in film that puts African American and Hispanic / Indigenous culture front and center, all while exploring grief, family, perseverance and adventure. We hope to continue to offer events like this in the future!

The committee is also offering a Parent Buddy Circle - Post Pandemic Overwhelm, which is meeting weekly to create a network of parent peer support.

If you are interested in joining the DEI+B parent committee,
contact Liz at efrymire14@gmail.com

Thank you
for your
support

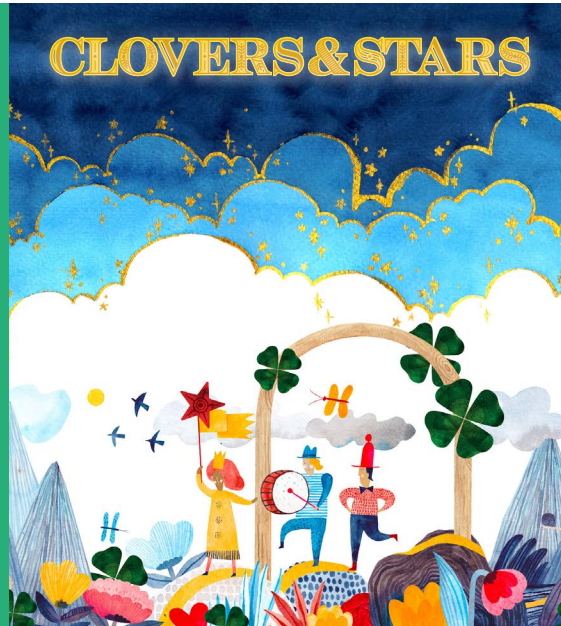
**BOOK FAIR
NOV. 19-20**

The utmost heartfelt
Thank You

to Kelly Von Plonski
and her amazing staff
at Subterranean Books
for making our
annual book fair such a
wonderful success.

In addition to the books
purchased for our school
library, the Book Fair
generated over **\$1,457**
in store credit for our
Teachers + Staff to use
towards stocking the
school library.

We're so fortunate to have
such a great partner in
**subterranean
BOOKS**



FRIDAY, OCTOBER 28TH, 2022
10TH ANNUAL MUSIC & DANCE FUNDRAISER

presented by **McGurk's** THE SOULARD   **Soulard Education Center**
benefiting = SCHOOL & =

The 10th annual Clovers & Stars Music and Dance Fundraiser, presented by McGurk's, was held on October 28, 2022 at The Sheldon Concert Hall. Thanks to our community the event was a great success.

Our generous sponsors, fund-the-need donors and silent auction bidders helped us achieve our goal of raising more than \$100,000 for The Soulard School and Soulard Education Center.

Many thanks to The Soulard School Strings Ensemble, McGurk's House Band, St. Louis Irish Dance Company and Diesel Island for a great show!

*Our
Community is
generous and
kind!*



On Giving Tuesday in November, our friends and supporters helped The Soulard School reach our goal of raising \$6,000 to complete updates to the playground!

We are looking forward to a new climbing structure, replacement balls, renewed spiderweb and more.



our calendar

JAN

- 26 TSS Board Meeting
- 28 **OPEN HOUSE**

FEB

- 2 Safe Zone Training
- 7 First Tuesday Tours
- 9 PA Meeting
- 10 End of 2nd Trimester
- 10 **RECORDS DAY, NO SCHOOL**
- 15 **PRE-K APPLICATIONS DUE**
- 16 **TSS Winter Concert**
- 17 Morning Mingle
- 18 Wine Dinner
- 20 **PRESIDENT'S DAY, NO SCHOOL**
- 23 Parent Teacher Conferences
- 23 TSS Board Meeting
- 24 **NO SCHOOL**
- 24 Parent Teacher Conferences

MAR

- 7 First Tuesday Tours
- 9 SEC Board Meeting
- 9 PA Meeting
- 11 Trivia Night
- 10 Morning Mingle
- 15 **Elementary Lottery Deadline**
- 20-24 **SPRING BREAK**
- 27 Classes Resume

SOULARD STARS

Our school is part of the YMCA sports recreational leagues. Our school teams compete against other schools and general Y teams from the South City Y and Carondelet Y. We had a great fall soccer season with co-ed teams at each grade level. Winter basketball season kicks off at the end of January.

Thank you to all the parent volunteer coaches who make this program possible!



Soccer Stars from the 1st/2nd grade team.



Basketball Stars from the 5/6th grade team.

SOULARD SCHOOL **TRIVIA NIGHT** 2023

BENEFITING:

THE SOULARD  SCHOOL



&

Soulard Education Center

EASY AS

ABC

BYO RANDOM FACTS, SNACKS & SMARTY PANTS

MARCH 11

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

Tables of 10
for \$250

Includes adult
beverage

Games, Prizes
& More!

The Franklin Room
816 Allen Ave. St. Louis, MO 63104

soulardschool.org/trivia-night
314-865-2799
amber.nelson@soulardschool.org

Featuring pre-recorded guest appearances by TSS kids in *Are You Smarter than a Soulard School Student*