

Issue #7: June 8, 2020



CS 154 Community School Newsletter

Greetings CS154 Community!

Welcome community!

This week's update has activities and resources for the family to enjoy together.

In this newsletter, please find:

- A reminder of some upcoming school dates
- Science Experiments
- Mindfulness and Yoga activities
- Video Read Alouds
- Resources for Talking to Kids and Teens about Racial Justice & Activism
- Shopping for Books at Community Book Stores
- Art Project Activities
- How to Connect with C.S. 154 via social media

Please email our Community School Director, [Mr. De La Rosa](#), with suggestions of what else you might want to see in next week's update.

Visit our school's website for more information.

School Updates

Save the Dates:

- 3K/PK Ceremony will be Friday, June 19th, 2020 at 10:00AM
- Kindergarten ceremony will be Friday, June 19th, 2020 at 11:30AM
- 5th grade ceremony will be Thursday, June 25th at 11:00AM

Science Experiments

Sugar Rainbow

Understanding density has never been easier or more colorful! The Sugar Rainbow is a creative and engaging way to see how liquids of different densities stack on top each other. A simple combination of some sugar and water with vivid colors leads to

an awesome science experience about density. [Instructions & Video](#)



Hidden Colors in Black Markers

Use water to learn about black magic...markers. By using color chromatography—a technique that uses capillary action to separate different types of ink at different rates—you can discover the secret colors hidden in black ink. [Instructions](#)



Mindfulness and Yoga

Try some animal yoga poses:

- [Flamingo Pose](#)
- [Butterfly Pose](#)
- [Cobra Pose](#)



Take a moment to breathe and relax:

- [Guided Breathing to Relax](#)
- [Guided Visualizing - Imagine You're in Nature](#)

Video Read Alouds

[Giraffe Problems and The Bear Ate Your Sandwich](#) Read by Michelle and Barack Obama

[Pecan Pie Baby](#) by Jacqueline Woodson

[¡Los Zombis No Comen Verduras!](#) by Megan and Jorge Lacera

[Frederick's Journey: The Life of Frederick Douglass](#) by Doreen Rappaport

Talking About Racial Justice & Activism

[This article](#) from CNN highlights strategies for parents to speak with pre-school/elementary age children and teens about racism and protests.

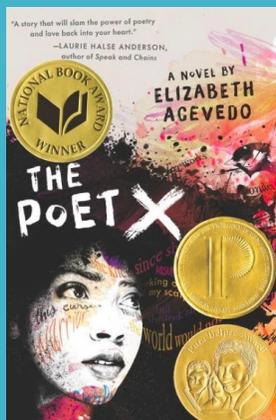
Suggestions for multicultural books: [The Brown Bookshelf](#)

List of movies from [Common Sense Media](#) that can inspire children to become activists

[Shop for Books at Community Book Stores](#)

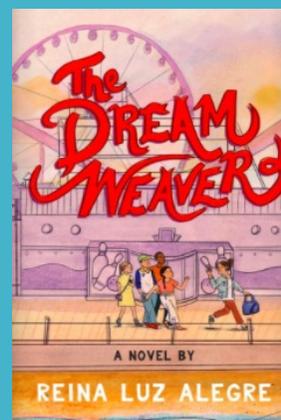
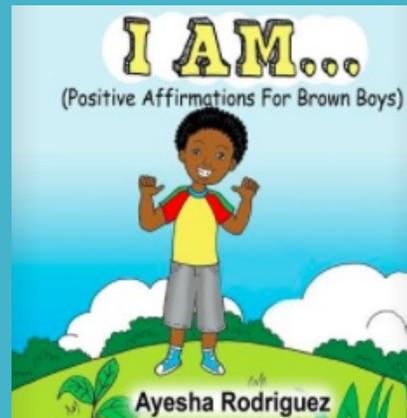
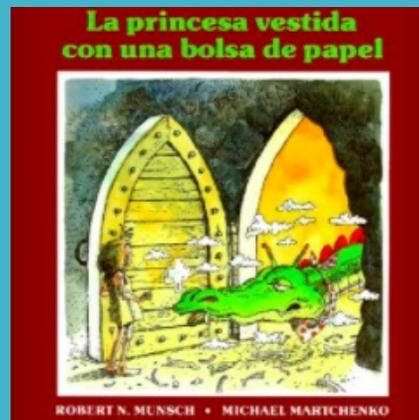
[Sister's Uptown Bookstore](#) is presently the oldest black and family-owned bookstore and community cultural center in Washington Heights/Harlem dedicated to nourishing the minds, hearts and souls of the community with present and past works of gifted African American, Latinx, and other great authors and intellectuals.

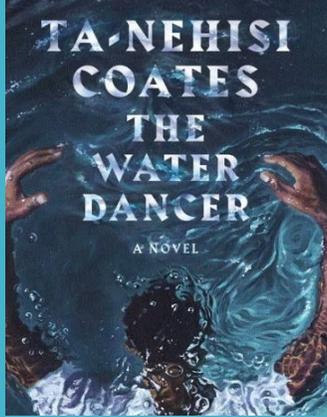
Click on a book below to go to their website.



[The Lit. Bar](#) opened its doors on April 27, 2019 and is currently the only bookstore serving the 1.5 million people of the Boogie Down Bronx. While stores are closed, you can still order books online through their website.

Click on a book below to go to their website.





Art Projects

Make a collage box. Use an old shoebox. Color the box with markers. Glue on some favorite things. Collect items that can be used in art projects: paper scraps, meat trays, packing stuff, pictures, etc.

Make A Timed line wonder. Turn on your kitchen timer to one minute. Using a marker, begin drawing but don't pick up your marker. Make one long continuous line going up, down, across and around. When the timer goes off, color in the spaces.

Printable coloring pages for teens and adults.

America's Test Kitchen has a number of recipes for all ages to try. Recipes are pantry friendly, and include instructions and photographs.



Social Media Presence

Follow us on Twitter for updates and send us pictures of your remote learning experience so we can shout you out! [@htlc154](https://twitter.com/htlc154)

Download the C.S. 154 app to access the most important information regarding the school, such as grades, schedules, or contact information. For iPhone users download [here](#). For Android users download [here](#).

Don't forget to share writing, pictures or videos of your work or creative projects to be featured in an upcoming newsletter: reach-elo@tc.columbia.edu.

This newsletter was supported by our lead CBO partner, Teachers College REACH. Raising Educational Achievement Coalition of Harlem (REACH) is dedicated to providing community school supports to our students and families, including high-quality academic and extracurricular programming.

