

YINGHUA ACADEMY

英 華 学 校

Healthy Eating Habits During MCA Testing
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Sue's News

Sue Berg | Executive Director

Dear parents,

We did it! We navigated a successful site visit this week, and initial feedback is very complimentary! I wanted to share this feedback from Mr. Allen Hoffman, the representative from Friends of Education, Yinghua's authorizer, who conducted the review. He is currently a faculty member in the College of Education at Minnesota State University-Mankato. His educational background is extensive and broad in scope; it includes experience as a high school teacher of Spanish, a charter school director, a K-12 principal, district superintendent and director of a state education agency.

Mr. Hoffman arrived promptly at 8:30 AM and didn't leave until 1:30 PM, although he had planned to spend just 4 hours with us. As you will read, he was very impressed with Yinghua! Thank you for creating that impression! What is most rewarding is that we did not attempt to create anything other than a typical day at Yinghua! It was business as usual and our "business" is obviously thriving thanks to the hard work of the Board of Education and staff, our collective dedication to excellence, the expertise of each team member, and phenomenal support from you!

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Curriculum Corner

Luyi Lien, Ph. D. | Academic Director

Dear parents,

As you read this newsletter, Mrs. Berg, two teachers, and I are in Atlanta at the National Chinese Language Conference, representing Yinghua to co-conduct a workshop and make a presentation. I also consider this conference a great professional development opportunity for us to learn from other field experts.

The workshop Mrs. Berg and I are a part of is a group effort to support interested schools/organizations to start a language immersion program. We, along with other practitioners, will share our successful experiences with the emphasis on how we balance language learning and content learning. I will also mention an important piece of advice I was given years ago that if the focus is placed on the students and solid work is being done every step of the way, a great educational experience will be created.

The presentation we prepared is entitled: "Chinese Language and Leadership Development: Motivate Deeper Learning for Our Future Lead-

ers". We will share with the audience how we help students realize their great potential of becoming future leaders, with two languages at their command. We will provide examples of how we create opportunities for our Middle School students to use their language skills both during the school year and in summer: while the school is in session, our MS students regularly lead the younger students during morning assemblies, initiate school-wide programs to support community efforts (recycling, disaster relief, and a pet food drive), and demonstrate their abilities to be the role models for our younger students by being the prefects and assuming leadership roles in school events; we've also designed a summer camp

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Upcoming Events and Announcements

04

23-24

15

Parent-Teacher Conferences: 1/2 Day on the 23rd; NO SCHOOL on the 24th

04

28

15

Spring Class Photos (in uniform)



Brewer's Blog

Hello Parents!

Last Friday night was our Middle School Spring Dance. We had 95 current and former YA students attend. The theme was "Spring Formal". You wouldn't think that 6-8th graders would be that interested in dressing up, but wow! The vast majority of them took it very seriously and looked amazing! There were three piece suits, ties, and formal dresses all over the place. The kids looked great! They had a blast hanging out and dancing with their friends.

The highlight of the night was when 7th grader Nick Lozinski led a small group of his friends in a pre-planned and choreographed dance that they made up themselves. They had the song ready and it was very impressive! They danced with full confidence as the rest of the students gathered around, watched and cheered. Such an awesome group of kids we have! It's unusual to see MS students feel so comfortable with each other and have the confidence to dance like that, let alone be encouraged and cheered on by their peers. It was a special

moment on many levels and a testament to your children and the community we have at YA. It was a great evening! I'd like to give a special thank you to prefects Mia Erickson, Claire Burns, and Clare Murphy for helping to plan the dance, and many others who came early and stayed late to help set-up, decorate, and take down. I'd also like to thank Jan Kleinman, Andy Scheid, Brad Byykkonen, Bo Liu, Desheng Qiu, and Kath Kuo for helping chaperone the event. I could never do these events without such awesome support from the teachers and student leaders. Many thanks to you all!

Next up we have the 4th & 5th Grade Activity Night on Friday, May 1st. We will be going to the Shoreview Community Center for a swim party in the Tropics Indoor Water Park. In case you missed it, I have attached the flyer and registration form. Registrations are due on Friday, April 24th. Be sure to check it out and sign your kids up before the deadline!

With that, I'll wish you all a wonderful weekend!



Sue's News (continued)

Of course, no assessment of Yinghua would be complete without mentioning our students, our "product"; they are the living proof of our success!

In the words of Mr. Hoffman:

"Thank you to all of the Yinghua community. I had a wonderful opportunity to visit your site as a representative of Friends of Education on the annual site visit this week. I found teachers, staff members and students engaged in incredible work as they all went about the business of learning Chinese and other content areas in an immersion setting. You have created an incredible experience for students and I applaud you for your hard work. Thank you to Mrs. Berg, who orchestrated a comprehensive visit for me and supplied me with thorough documentation and explanations that allowed me to see the inner workings of your school. Thanks to the parents with whom I met and for all of the teachers who met with me and so graciously opened their classrooms as I wandered through the school. You are doing great work."

Like taxes, it is one of those yearly obligations that we are always glad to have behind us!

From the National Chinese Language Conference in Atlanta, have a great weekend!

Sue Berg

Summer Soccer in St. Anthony Village

By Larina DeWalt

St. Anthony Sports Boosters is looking for current 3rd & 4th Grade girls who are interested in playing U10 Soccer this summer! Registration has officially closed, but we have a few open spots to fill! Practices start mid to late-May and games are in June & July. Prior experience is not necessary. For information, please visit the St. Anthony Soccer page at <http://www.saboosters.org/page/show/642608-in-house-summer-soccer>

If you are interested in registering your daughter, please contact the U10 coordinator no later than Sunday 4/19 at larinadewalt@comcast.net or 651-428-8337.

Curriculum Corner (continued)

with internship jobs for the MS students to lead activities and work directly with younger students.

These opportunities have engaged our MS students – I've witnessed them become motivated and work hard to prepare themselves to take on the challenges and assume leadership roles. Take the recent Kindergarten Round-up, for example. Our 17 eighth-graders were involved in this event in different capacities: some helped the incoming Kindergarteners in the classrooms; some led the current Kindergarteners as they visited the library and the first grade classrooms. These eighth-graders used only Chinese when interacting with the young students. The feedback I received from the teachers and incoming parents was nothing but excellent!

As we work hard to create more authentic opportunities for our students to apply their language skills, we are also preparing them to be our future leaders who are not only proficient in Chinese and English, able to think critically and take charge, but also culturally and socially competent. With these qualities, our future leaders will be powerful!

With regards,
Luyi Lien, Ph.D.

News from Middle School Chinese Class

By Lu Yang

The Chinese Academic Performance activity for 8th graders this May is debate. This week, students had a warm-up debate in Chinese class. Some topics they discussed were:

- Should middle school students use phones at school?
- Should smoking be banned in public places?

All 5th-8th graders will have The Dictionary Contest this Friday. Stay tuned on their performance next week!



Physical Education Update

By Sarah Totall

Pacer Test: Many students in Grades 3-8 set a new personal record; some school records were broken and others moved up a level. After running to our max, the students played a fun game with some big balls. Second graders were introduced to the Pacer Test to prepare them for next year.

Earth Day - April 22: "Trash, Treasure or Recycle?" Some classes helped pick up the park this week so we can "Play in the Park" next week. Many clean-up activities are scheduled for this weekend in your local park or neighborhood nature area.

Popsicle Run - Grades KG-8, May 12 & 13: Mark your calendars. All classes will conduct their Popsicle Run during their regular PE day and time (except 4A, 4B, 5A, & 5B--we are working out a time for them). Parents are welcome to run, cheer, or help with recording. Distance: KG & 1 is a 1/2 mile. Grade 2 is 3/4 mile. Grade 3 is 1 mile. Grades 4-8 will choose between one mile, 1.5 miles or 2 miles. All participants receive a Popsicle when they finish. Start training!

Wheels Week - Grades 1-8, May 18-29: We are excited to be offering two weeks for Wheels Week this year. Everyone needs a helmet. Grade 1 will be using scooters only. Grade 2 can use scooters, *skate boards, *in-line skates and *roller skates. Grades 3-8 can use scooters, *skate boards, *in-line skates, *roller skates, *rip-sticks, and bicycles. Many stores are currently have a sale on many of these items.

*Wrist guards required.

It's Book Fair Time!

By Becky Hoffmann

The Spring Book Fair will open for business at 8AM on Thursday, April 23rd. Stop by during conferences to stock your summer reading shelves! We'll feature books from Usborne and Scholastic, as well as a selection of Chinese books from China Sprout. You'll also have an opportunity to purchase books from teachers' wish lists and donate them to homeroom and specialist teachers. What a great way to say thanks to our teachers for all their hard work this year!

Volunteers are needed to help set up and staff the fair. Sign up for a shift via VolunteerSpot at <http://vols.pt/91scbg>

Shop the Book Fair online between Friday, April 17th and Friday, May 1st for an expanded list of titles from Scholastic, including popular books that sold out at the regular fair. Books purchased online will be delivered to the school--no shipping fees! <http://bookfairs.scholastic.com/homepage/yinghua>

All Book Fair purchases earn more books for Yinghua's expanding library. Thanks for your support, and happy reading!



Social Studies Update

By Jan Kleinman

Grade 5 completed their study of Ancient Rome and Ancient Greece. Every student created a poster.

Grade 6 has just completed their study of Minnesota's flour industry. Ask your son/daughter where wheat grows in Minnesota. Also, ask them what good ideas improved the flour industry.

Grade 7 visited the Northeast Library (branch of Hennepin County Libraries) last Friday. Despite the snowfall that morning, luck was with Grade 7 because the afternoon sun shone as we walked the 9 blocks there and back. Not only did students manage themselves well, they learned about library databases. Ask your son/daughter why databases are such reliable sources. Students are researching influential individuals from the Civil War era, such as Clara Barton and Frederick Douglass.

Grade 8 completed their study of war in China.

Honors Convocation and Graduation Ceremony Note

- This year's Honors Convocation and Graduation Ceremony will be held on Tuesday, April 9th from 1:30-3:30 PM.



Healthy Habits to Support Your Child's Learning

By Ginger Hao (adapted from "10 Healthy Habits Parents Should Teach Their Kids" at www.healthline.com)

As MCA testing continues, I thought this would be the perfect time to share some helpful tips on how to keep your child feeling their best, whether at home or at school. Today I will share the first three habits, all related to helping your child make healthy eating choices.

Habit 1: Make Eating Colorful with Fruits and Vegetables!

Eating foods of different colors isn't just fun—it has health benefits too. Help your kids understand the nutritional value of including a rainbow of colorful fruits and vegetables in their regular diet. If your child doesn't like vegetables, don't force them to eat large quantities. Instead, encourage them to try at least 1-2 bites each meal (my son likes to eat his veggies with a bite of meat to help mask the flavor). Over time your children may find they actually like veggies!

Fruits also have tons of important vitamins and minerals, but go for whole fruits instead of fruit juices. Although 100% juice does not have extra additives, it still has the fiber removed, which makes the juice act like sugar drinks in your child's body. It will give them a sugar rush and subsequent sugar crash, contributing to mood swings and low energy. Emphasize water or milk for drinks and whole fruits for snacks!

Habit 2: Don't Skip Breakfast

Teach your children that a healthy breakfast not only kick-starts their brain and their energy, but helps with weight maintenance and keeps chronic diseases at bay. Go for foods with high protein, fiber, and healthy fats to keep kids from getting hungry or having energy crashes soon after their arrival at school. Protein and fiber (cheeses, eggs, meats, nuts, milk) are digested more slowly than starches and carbohydrates (breads, dry cereals, pancakes) so these foods will keep your children feeling fuller longer and give them more energy. If your child likes dry cereals, try adding a fried egg, meat, or cheese as well. Oatmeal is also great and nutritious nuts and fruit can be added in. Remember, the thicker the oatmeal (old-fashioned versus quick) the longer your children will feel full!

Habit 3: Enjoy a Family Dinner

Instilling a routine of regular mealtimes in childhood can help make it more likely that your kids will continue this good habit when they're older. With hectic family schedules, it's hard to find time to sit down and enjoy a meal together, but it's worth it to try. Research has shown sharing a family meal means that:

- family bonds get stronger
- kids are more well-adjusted
- everyone eats more nutritious meals
- kids are less likely to be obese or overweight
- kids are less likely to abuse drugs or alcohol

Even if you can't pull everyone together every day to sit around the table, a few times a week still has benefits!

After-School News

By Libby Pomroy

- NO Enrichment classes the week of April 20 EXCEPT Spring Adventures 1st and 2nd-4th, Lacrosse and Tennis. Those students marked for Aftercare that week will be charged for Aftercare (not part of the Enrichment Aftercare fee) EXCEPT for those four classes. If you need to change your dismissal plan for next week, please notify the office.
- NO Conservatory of Music lessons except for a few that instructors scheduled as make-ups. If you're not sure, contact your teacher. Very few lessons are scheduled. Those students marked as Aftercare next week will be charged for Aftercare (unless in a make-up lesson); Aftercare next week is not part of the Music Conservatory Aftercare fee. If you need to change your dismissal plan for next week, please notify the office.
- SUMMER ENRICHMENT and SUMMERCARE registration opens Wednesday, April 22! Lots of new classes. Please check your dates and select classes carefully -- we cannot issue refunds if you need to cancel a class.

SEAC Meeting Notice

By Kenny Chan

Dr. Luyi Lien will be presenting Hands on Learning Strategies with Singapore Math during the next SEAC Meeting on May 5th.

Dr. Lien will go over practical techniques to create positive math learning strategies for all learners. Attend this workshop to learn tips and tools to help your student succeed.

Stay Active Next Week When Yinghua Has Conferences

By John Richardson

April 23rd (Yinghua ½ day of school): RevSports Staff will meet kids after school and bring kids to camp location only 8 blocks away. Afternoon activities include archery contest, art project and multiple sports to play. Pick-up is at camp Twin Cities Indoor Sports 900, 6th Ave SE.

April 24th: Camp olympics - Kids participate on teams and play games all day.

Register at Pla-IT.com

4TH & 5TH GRADE ACTIVITY NIGHT!

Friday, May 1st, 2015

6:00-9:30pm

Tropics Indoor Water Park Shoreview Community Center



COST:
\$15 Per Student
*Includes—Admission
& Transportation to the
Water Park, Pizza &
Beverage, Chaperones,
and FUN!*

Chaperoned By:
Mr. Brewer, Your
Teachers, & your
Student Life
Prefects



Come and join your classmates for a night of fun filled with pizza & swimming! We need at least 80 students to make this awesome night happen so get all of your friends to sign up! **To register, fill out the back side of this form and return it with payment to the Main Office by Friday, April 24th.**



*Contact Mr. Brewer with questions @ 612-788-9095/jeremy.brewer@yinghuaacademy.org