



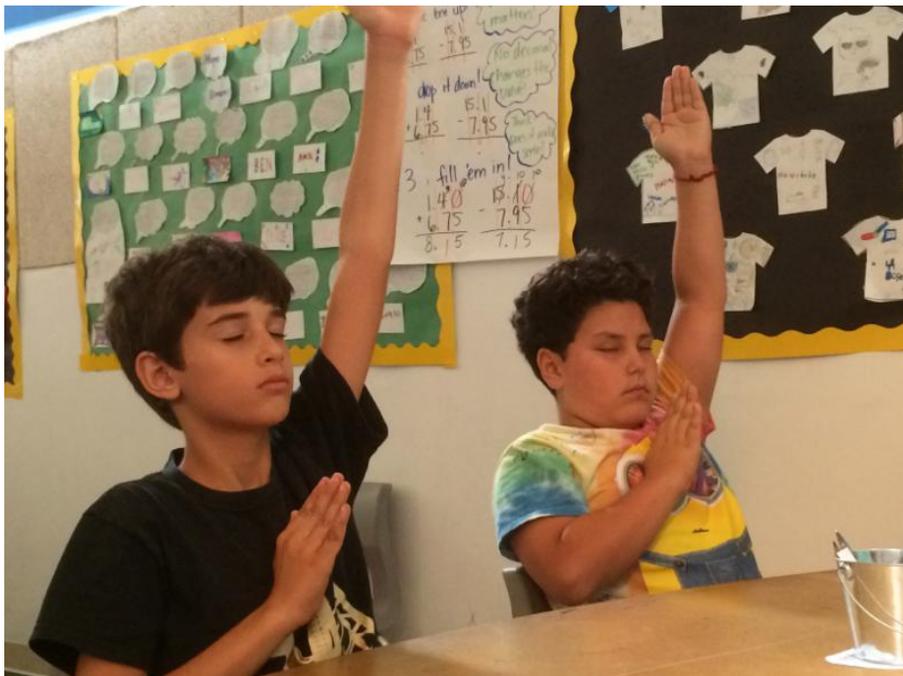
*We engage children in an inspiring, challenging, and civically active educational experience that embraces learning through the arts.*

### **LFCSA's Weekly E-blast**

Our Calm Classrooms  
School Site Council Elections  
Artist in Residence  
Family Movie Night  
Robotics Class  
Safe School Committee  
Ruth Beaglehole Non-Violent Parenting Workshops  
Politics and Our Kids

*Si necesita traducción en español, llámenos a 323-539-2810*

### **Our Calm Classrooms**



During our Summer Institute this year our teachers spent some time learning about Calm Classroom and how to implement it into their daily routine. This teaching tool is

used to help students develop self awareness, mental focus and inner calm.

All our teachers are using Calm Classroom at least once a day, usually after recess or lunch. Both the students and teachers are excited by the results.

In the photo below one of Mr. Hess' students is guiding their classmates in a 3 minute stretching exercise before they begin their afternoon Math lesson.



Ms. Chen's class spends 5 minutes each day doing guided breathing and meditating after lunch.



Teachers also learned during their Calm Classroom Professional Development class how to design their classrooms to create calm, and inspiring learning spaces where students can feel safe and confident.

Ask your child what their favorite calm classroom exercise is. Here is one to try at home.

## Belly breathing (Lying down)

*Choose your favorite toy.*

*Lie down on your back.*

*Get comfortable.*

*Now, put your toy on your belly.*

*Look at the toy on your belly.*

*Let's slowly breathe in.*

*Let's slowly breathe out.*

*Watch your toy go up and down.*

*Slowly breathe in again.*

*Slowly breathe out again.*

*Watch your toy go up and down.*

*Now, let's try belly breathing with our eyes closed.*

*Close your eyes.*

*Slowly breathe in and feel your belly go up.*

*Slowly breathe out and feel your belly go down.*

*Now, slowly open your eyes.*

*Who felt their belly go up and down?*

*How do you feel after that?*

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## **School Site Council Elections September 19th - 21st**

Thank you to all the parents who have shown interest in being part of our School's Site Council this year.

Please click [here](#) to learn more about the nominees and come in and vote for your parent representative!

Ballot box and ballots will be available at the front office between September, 19th - 21st.

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## Welcome our New Artist and Residence Jasser Membrano

Jasser is a 2-D and 3-D illustrator, painter, and sculptor with some previous teaching experience. He graduated from CalArts' School of Film's Character Animation Department. He has worked on video games, music, videos commercials and live action shorts.



During his residency at LFCSA Jasser will be working on the illustrations for a new book titled "You Are Lovable." Jasser's residence will start in October and will last 6 weeks.

Founded in 2010, our residency program is open to artists and culture makers. Artists apply as individuals or with their collective. The program's mission is to provide free art studio space and a stipend for talented local artists for the creation of original work, while exposing our students to a wide variety of creative practices and processes. The program is supported by our school's PTA.



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**PTA: Family Movie Night at LFCSA  
September 23rd**

Doors Open at 6:30 p.m.



Movie Night is coming up! The PTA is sponsoring this free event, so bring the whole family for some fun.

Doors open at 6:30 p.m. and My Neighbor Totoro starts at 7:30 p.m.

We'll be outside on the playground, so bring blankets, jackets, a picnic dinner or anything else to make it a cozy experience.

We'll have cheese pizza slices and juice boxes for sale, plus t-shirts and a fun raffle, so bring some dollars if you'd like to participate. And speaking of participating, we need your help! Sign up here for just a short shift on set-up, sales or clean-up: <http://www.signupgenius.com/go/10c044fa5a62caaf94-fall>. Thanks!

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**After-School Robotics Class is Back**

kids exploring technology.

# roboQ

- FALL After School

## Tinkering and Robotics

\$160 for 10 weeks (extended session)  
Thursdays: Grades K-2 (Sept. 29th)  
Fridays: Grades 3-5 (Sept. 23rd)

**CLASSES  
FILL FAST.**

Sign up online at  
**roboq.org/LFCSA** or at  
front desk CAP.

info@roboQ.org  
**www.roboQ.org**  
626.714.1002



For more information and to register please contact the CAP Office. 323-539-2810 x306 or CAP@losfelizarts.org

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## Welcoming Back Ruth Beaglehole!

Thanks to the generous support of LFCSA's PTA, we are please to announce that Ruth Beaglehole will be joining us again this year. She will be visiting us on a monthly basis to dialogue with parents around issues of supporting themselves as parents, and supporting children's cognitive, physical and emotional development.

Possible topics can include:

- Handling "Big" Feelings
- Understanding our Children's Brain
- Sculpting Our Children's Brain
- Being an Emotional Coach to our Children
- Supporting Children with Loss

Our first Parent Workshop is **September 27th, at 8:30 a.m.**



*Ruth Beaglehole MA, Consultant and Trainer, is the Founder of Echo Parenting and Education, a nonprofit organization dedicated to supporting parents, training teachers and professional to break the cycle of early family violence by teaching early brain development, attachment theory, emotional competency, connecting communication within framework of trauma and diversity informed care. For the last fifty years, she has been a preschool teacher, parent educator, and trainer. She is the author of has been "Mama Listen , Raising a Child Without Violence: a Handbook for Teen Parents". She is the co author of the Nonviolent Parenting Curriculum and the "It Takes A Community." Curriculum, an empathy, practice based model for organizational change and is presently a consultant and trainer in the above work.*

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## Safe School Committee

Parents are invited to join this multi-stakeholder committee. The focus is to continue our safe school mythology. Meetings are once a month generally after school. Please contact Nick Zanoria at [nick@loshfelizarts.org](mailto:nick@loshfelizarts.org) if you would like to join.

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## Politics and Our Kids



In every election season, we see signs, bumper stickers, and ads for political candidates everywhere. At home you may be discussing your feelings about each candidate and their proposed policies. Please be aware that your child is being influenced by these things and may be bringing the conversation to school. In this specific election both candidates are using particularly negative rhetoric that when taken out of context and repeated by a student can be very hurtful to others.

When discussing politics at home, please keep the conversations about the candidates positive. Instead of focusing on the negative aspects of the candidate you do not support, talk to your child about what you hope for the future of our country

and the importance of having choice.

Here at LFCSA we believe that our students should be civically engaged and we promote discussing issues that effect our community as this will help promote awareness and develop critical thinking skills. Election time is an opportunity to teach our students how to engage constructively in conversations with others who may have different opinions.

## *Upcoming Events*

Please refer to our [school calendar](#) for updates to upcoming events

### September 19th - 21st

School Site Council Elections - vote in the front office

### September 21st

All K/1 Field Trip - 8 a.m.

### September 23rd

PTA Family Movie Night - 6:30 p.m.

### September 27th

Parent Meeting: Ruth Beaglehole - 8:30 a.m.

### October 3rd

Pupil Free Day - Teacher Professional Development

## Contact

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2709 Media Center Drive, Los Angeles, CA 90065  
(323) 539-2810

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## Stay Connected



"Instruction ends in the school-room, but education ends only with life."

- Frederick W. Robertson