

# ***ASIS January Newsletter***

bulletin de janvier



## **Happy New Year Adam Scott Intermediate Families!**

We hope that you were all able to enjoy a quiet, yet joyful break and are now enjoying getting back to learning and daily routines. The biggest thank you goes out to all of you, the parents and guardians, who have supported the students in their transition to distance learning. We know it is a lot of pressure and a lot of work to help your child focus and engage and meet the daily expectations. We really want to try our best to take the pressure off you and we look forward to hearing your feedback, suggestions and questions as we aim to continually enhance our programming to better serve our students. We will be sharing a parent feedback survey this week. Thank you again and please reinforce for your children how impressed we are with their continual hard work, responsibility and punctuality as they meet the daily attendance routines each morning and afternoon. Thank you all and happy new year again!

Sincerely,

Jennifer Murphy  
Principal, Adam Scott Intermediate  
[jennifer\\_murphy@kprdsb.ca](mailto:jennifer_murphy@kprdsb.ca)



## Times Tables Rock Stars Battle Continues!

### TT Update

Our Times Tables Rockstars momentum continues, with the coveted trophy changing hands as homerooms, grades and language sections battle for wins. 8D took a commanding lead, ruling the school for many weeks. Then, 8E upset their streak by taking the trophy from their grasp in November and flattening any who dared for a number of weeks. In December, 7F snuck in from out of nowhere to take the trophy while many of the Grade 8 classes were not able to participate. Who knows what kind of upset there might be in 2021, but 7F is holding strong at over 3000 questions in 15 mins. as of Jan. 15th!

### TT Top Ten

1. Wade B. -This rocker, Iggy Twizzlesticks, can destroy a question in 0.52 of a second!
2. Brayden B. - Not far behind, Ziggy Blowers smashes one answer in 0.53 !



## ASIS Talent Show is Coming!

Staff and Students! Do you have a talent, big or small that you think would be fun to share with our ASIS members? Join in the ASIS Virtual Talent Show! There will be lots of categories of prizes including a newly acquired talent! Ms. Murphy is in the process of learning to juggle for her entry! Submissions are due by the end of January. Please share this link with your parents/guardians to sign up

<https://forms.gle/GPfn4SrTSFzYzM1y8>



## Join the ASIS Book Club and Read-a-thon!

Did you hear the big News! It is time for the Adam Scott read-a-thon! What better time to log some reading hours then when we are stuck at home. Please join Ms. Stencell's google class room code yvw7jnj. You can log your hours, talk about books and maybe win some prizes! First 30 students to enroll in the read-a-thon have a chance to win a \$25 Chapters Gift Card!

3. Daniel S. - Chomping at their heels is The Fivelegs, at 0.59!
4. Egan N. - No one can keep Sly Twizzlesticks down with 0.61!
5. Adam S. - Alias Jim Cooper gets the job done in 0.80!
6. Sam D. - Otis Pollak brings his A game with 0.81!
7. Rowan SD- Bluebell Lightspeed lives up to her rock name at 0.91!
8. Sebastian K.- Johnny Van Dorf slides an answer down in just 0.98!
9. Easton G.- The only Grade 7 in the Top Ten, Milkshake Palace answers a question per second!
10. Sam G.- Finally, Sly Cappo answers in a blinding 1.02 per question!

These are truly mind-blowing times! Even more impressive are the stats that show the majority of ASIS students have improved dramatically in, not only their speed, but in their multiplication accuracy. Way to go Rock Star Lions; keep calm and multiply on!!!

ROGUE FLORES (aka. Mme T)



## **"With All Our Hearts Campaign" Coming Soon!**

Want to develop leadership skills? Do you like helping others?! With All Our Hearts campaign of care coming soon! All ASIS lions are encouraged to create a valentine message/card/letter or art of any kind which we can deliver to Fairhaven to help support our elderly neighbours. Please start creating and we will devise a delivery plan at the start of February. Let's aim for 280 Valentines Lions, that is one per student. We can do it! Taking care of others and lifting up the spirits of others is a leadership quality. Let's shine bright and help others along the way!



## **Our ASIS Storytelling Initiative Is Going Great!**

Each week, the very talented teller, Leslie Ogilvie, recounts tales and legends from various countries in real time for our students. We were very excited to host 40 families in December who participated in the family evening event and this past week, we had 115 students log in and listen on Monday, January 12. Let's go for 100% participation this week, Lions! Log in on Monday at 1:15 so we are ready for a punctual start at 1:20 p.m. Visit your homeroom google class for the link.

Ultimately, all students and staff will be invited to recount via video or written form on google drive a story from their own lives. We all have a story to tell. What is yours?! We will look forward to our ASIS Virtual Book Launch of our stories in the spring.

If your family has a story from your culture or heritage that you think others would enjoy, please share with Ms. Murphy! We welcome all perspectives and want to widen our horizons, so don't be shy!



## **ASIS Mindful Movement and Mindfulness Club Wednesdays at 3:15 p.m.**

Thanks so much to the group of students who have been participating in our informal sessions on Wednesdays at 3:15 p.m. to explore strategies to breath, relax, unwind and focus on the positive. Parents and guardians are asked to complete the quick permission form if your child would like to join our group each week. The permission link is shared in morning announcements each week. Here is this weeks' permission link: <https://forms.gle/UbaNsC1jHnDmPaTS6>



## **ASIS Virtual History Fair Takes Place Soon!**

Thank you to the students who have contributed to the ASIS Virtual History Fair. We will be meeting on Monday, January 18th in our google classroom meet at 4 p.m. to plan how we want to present the projects to one another and then to the school possibly. Well done, Historian Lions! Getting involved and taking risks is an effective leadership quality!



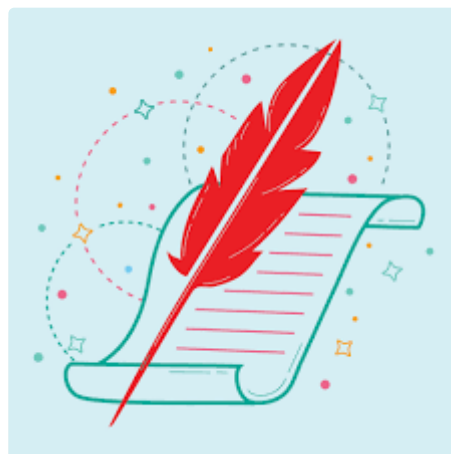
## **Congratulations to our own Addy McCully for winning the Peterborough Legion Literacy Contest!**

We are wishing Addy good luck as her poem is taken to the next level of the contest, but we are proud of her contribution already! Well done! Getting involved in all that the community has to offer and developing one's communication skills and creativity are major assets and character traits of leaders.

Remembrance Day Poem - For Peterborough Legion Literacy Contest

By: Adeline McCully

I awoke to a thunderous buzzing sound  
Swelling with fear, my heart started to pound  
We had almost arrived at Juno Beach  
Suddenly chatter and happiness was sucked from everyone like a leech  
Soon we would be jumping out of this plane  
And into the depths of the ocean, anxiety flowing through our veins  
For in a few hours bombs will explode and guns will be fired  
Soldiers will fight until they are excessively tired  
Many lives will be taken away  
But we must be courageous if we want to see another peaceful day  
Men and women begin to take their leap of faith into the vast unknown,  
Despite the dangers within this war zone  
Already aching with hunger, I fall into the numbing water  
My seized muscles propel me to the shore, so I won't squander  
We will fight for the rights and freedom of our country  
In order to make everyday put forth joyous and sunny



# **Thank you ASIS parent Maggie Savage for a fun and funky recipe to lift our spirits and energy this January!**

## **Funky Monkey Protein Shake**

This recipe is perfect for the post-holiday sugar recovery.

The natural sweetness of the dates and bananas will satisfy your overworked sweet tooth, and the protein will fuel you for a few hours.

Our family uses an ingredient called cacao powder. It's just like cocoa powder only it hasn't been processed to remove all the nutrients. It's a little stronger in flavour than cocoa powder.

Enjoy!

Yield: 2-3 milkshakes

6 soaked and pitted medjool dates

2 cups milk of choice (we use dairy-free milk)

1 cup washed organic greens (spinach works best)

5 tablespoons raw cacao powder or cocoa powder

2 teaspoons vanilla

1 frozen banana cut into chunks

1 scoop unsweetened protein powder (optional)

1 tablespoon chia seeds 4 ice cubes

Remove the pits from 6 medjool dates and soak for 5 minutes in warm water (to soften). Add soaked dates, milk, greens, cacao powder, vanilla, banana, protein powder, chia seeds, and ice cubes to your blender and blend until the mixture reaches milkshake consistency.

Note: It's best to use ingredients fresh out of the fridge so they're chilled. No one likes a warm milkshake.

Find more healthy gluten-free recipes at [www.sheletthemeatcake.com](http://www.sheletthemeatcake.com)

