



# Renuntio

No nobler training exists but that which cherishes the good, the beautiful, and the true, thus producing disciples of knowledge and lovers of wisdom.

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## I LIKE TO MOVE IT! MOVE IT!

### Energizing Brain Breaks for the Classroom

*I am reminded every year at teacher training how difficult it is to stay seated for long periods of time. It is even more difficult for young students to stay seated, without getting fidgety or losing their focus. Most educators would agree that we need to get our students up and out of their seats and moving periodically to recharge their energy. However, we lack the planning or consistency to make these breaks part of our routine. During the planning of a school day, there needs to be a variety of times that students are out of their seats.*

A brain break is simply a change of state for the students. Change of state is a term used to describe a change in action, from sitting to standing, or standing to walking. It is recommended that students experience a change of state every 30 minutes. Simply standing for the morning meeting is a valuable change of state. We take this a step further by having students march around the room for our morning patriotic song. When standing to recite a poem, we can also incorporate a stretch or yoga pose for each line or stanza. When singing a song, such as My Bonnie Lies over the Ocean (3<sup>rd</sup> grade Core Knowledge), students can squat down when they hear the //b// sound and stand again when they

hear the next //b// sound. Curriculum related songs can also be sung when students are gathering materials around the classroom, such as whiteboards for math.

In addition to singing songs or reciting poems, other movement activities are constantly being developed to provide students with a brain break. There are brain break idea cards available on Teachers Pay Teachers, brain break videos on YouTube, and a brain break blog called: [brainbreaks.blogspot.com](http://brainbreaks.blogspot.com). These are simple 1-2 minute mind and body challenges. They are excellent for regaining focus in a classroom. There is even a website called GoNoodle, devoted to getting kids active. Brain Gym and Kids Yoga books can also be used to connect brain pathways. Building breaks into the day re-energizes students, and gives teachers the opportunity to recharge themselves as well.

~Cynthia Hall, Third Grade

*(Editor's note: Brain Breaks are a tool that all Xavier teachers are encouraged to utilize in their classrooms. To teach and train the entire brain encourages the rest of the body to respond effectively to the learning process.)*

## THE XAVIER PROMISE

*Xavier Classical Charter Schools are dedicated to providing a classical, academically rigorous, content-rich, liberal arts education, preparing students to excel in every duty and guiding them toward wisdom and virtue.*

### UPCOMING EVENTS

- 11/6— Cross Country 6 p.m.
- 11/7-9— Reading Club 3:00-4:00 p.m.
- 11/9— **KIWI LOCO NIGHT**
- 11/10— **FARMER/WESTERN DAY**
- 11/14-16— Reading Club 3:15-4:00 p.m.
- 11/20-24— **THANKSGIVING/FALL BREAK NO SCHOOL (K-12)**
- 11/28-30— Reading Club 3:15-4:00 pm.
- 12/1— Mingle Jingle Craft Show— All Day
- 12/1— Ugly Christmas Sweater Day

## MEET TWO NEW XAVIER MATH TEACHERS

### Mr. Steve Canty

Mr. Canty grew up in the Twin Falls area. He has lived in Central Florida, and in rural Nevada. He graduated Magna Cum Laude from BSU with a Bachelor's Degree in Economics, with a minor in Political Science. He also has a Master's Degree in Public Administration from BSU. His emphasis in his graduate program was on natural resources and the environment. He has expertise in Public Policy, Environmental Law, Mathematics, and Economics.

Steve has a beautiful wife of ten years named Cathy and a son of 7 years named Dylan. He is so excited to be at Xavier Charter Schools helping support the community he grew up in and loves.

### Mr. Trent Siler

Mr. Siler grew up in Southeastern Idaho and is a graduate of Idaho State University. His training was in secondary education with emphasis in mathematics. He has been teaching mathematics since 2007, the majority of that time being in the Magic Valley.

When Mr. Siler is not involved in cub scouting, he enjoys spending time with his family, playing trading card games, and reading Discworld novels. Mr. Siler and his wife, Tina, have one child, Lukas.

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### PILLAR of the Month

**PERSEVERANCE** — We spurn despair and strive to complete tasks to the best of our abilities, regardless of the difficulty. We respond creatively to overcome obstacles and ask for help when necessary.

**Nov. 6** — *"Perseverance is a great element of success. If you only knock long enough and loud enough at the gate, you are sure to wake up somebody."* ~Henry Wadsworth Longfellow (American poet and educator, b.1807-1882)

**Nov. 13**— *"Be master of your petty annoyances and conserve your energies for the big, worthwhile things. It isn't the mountain ahead that wears you out—it's the grain of sand."* ~Robert Service (British-Canadian poet and writer, b. 1874-1958)

**Nov. 27**— *"I ask not for a lighter burden, but for broader shoulders."*  
~Jewish Proverb

### REMINDER!

#### ATTENTION PARENTS:

PLEASE KEEP IN MIND THAT APPROPRIATE SCHOOL PICKUP TIMES ARE 1:55 P.M. ON MONDAY AND 2:55 P.M. ON TUESDAY THROUGH FRIDAY. TEACHING HAPPENS IN EACH CLASSROOM UNTIL THE BELL RINGS. STUDENTS MISS VALUABLE INFORMATION WHEN THEY LEAVE EARLY. BECAUSE OF XAVIER'S DIRECT TEACHING MODEL, EARLY EXITERS ARE QUITE A DISRUPTION. WE THANK YOU FOR YOUR COOPERATION.

### LOST AND FOUND

If your child is missing clothing, lunch pails, or other items, remember to stop by the LOST and FOUND basket in the multipurpose room on a regular basis. Be prepared to rummage. The basket is periodically emptied and given to charity. Lost and found is currently empty, but be assured it won't be for long!

### PARAPROFESSIONAL NEEDED

Would you like a part-time job working as a para-professional in our school? We are now hiring! The position we have open is for part-time 5<sup>th</sup> and 6<sup>th</sup> grade. If you are interested in joining the Xavier team, please fill out the classified online application and bring it in the office. We would love to talk to you!!!