

## December 2017

### Research

When we return to school in January, we will begin research. The QUEST doctors will be reading informational texts and writing research papers. We will be using books and computers to gather our data. Internet use will be closely monitored. If your child decides to do some research on their own at home, we highly encourage you supervise their searches. We offer optional homework for the kids. We will not accept any optional homework unless it has a parent signature. This ensures us that your child was safe while using the internet to learn about various organs and systems of the body.

### Arm Model

We are close to finishing our muscular system. We learn a new muscle every day. We have learned how muscles are attached to bones. We know muscles work in pairs. We made a model arm in class. The TP rolls were our ulna, radius, and humerus bones. We attached our biceps and triceps (rubber bands) with tendons (paperclips). Our elbow joint (golf ball) allowed us to see what happens to our muscles when we bend our arm. This activity was very beneficial in demonstrating the muscular system.

### Professional Dancer Visits QUEST Classes

I arranged for a professional dancer come and work with the 3rd-5th graders in QUEST. Karen Price has professionally danced ballet, samba, hip-hop, jazz, tap, and African dance. She visited our classes and taught us several dance moves. We isolated and engaged different muscles and identified the muscles we needed for each movement. Ms. Price choreographed a dance for us and taught us how to count out individual dance moves. It felt good to dance around and move our bodies!!

### Muscular Muscles

We spent a couple of days testing our muscles. We used the scientific method to guess how our muscles would respond to various physical activities. Then we put our muscles to the test. We learned about muscle fatigue and what happens when muscles atrophy. I heard from a few students that their quadriceps, deltoids, biceps, abdominals, obliques, and triceps were quite sore after our muscle tests. Ask your child to name the muscles for you. So far we have learned 17 different muscles. We will be tested on the muscles we have learned before we leave for Winter Break!!

### QUEST Novels

The QUEST students in grades 2nd-5th should have read the **entire book** of their second novel by:

Wednesday, December 13. We are extending the deadline by two days!!

1st Grade (optional) / 2nd Grade (mandatory)

“The Year of Billy Miller”

3rd Grade- “The World According to Humphrey”

4th & 5th- “Out of My Mind”

**The QUEST kids will be assessed on their novel**

**Wednesday, December 13.**

**They can begin reading the third novel after Winter Break.**

1st Grade (optional) / 2nd Grade (Mandatory)

A-Z Mysteries The School Skeleton by Ron Roy

3rd Grade - No Talking by Andrew Clements

4th & 5th Grades— Remarkable by Lizzie Foley