EAGLE NEST ELEMENTARY / MIDDLE SCHOOL

MARCH NEWSLETTER
IMPORTANT DATES TO REMEMBER

March 17th - MS Band Concert, CHS Gym

March 21st-25th - Spring Break

March 28th - Track Meet Cimarron, NM

April 18th - Last day to order 2021-2022 yearbook
March is here! That brings Spring snows, Spring forward time change, and Spring Break.

We have already had a few exciting things happen! Linda Harkey, a local author, came to work with our 3rd and 4th grade students. They wrote their own stories and will soon be published authors. This is so exciting for our students and a great big - Thank You! - goes out to Linda for working with our students.

We have a sledding hill! Thank you to Nate Kite and Kite Construction for bringing all his big equipment to create our massive sledding hill. The students are having a blast sledding and playing on it during recess time.

Construction is going very well! They are making good progress and we should be able to move into the new area by Fall.

Report Cards will be going out soon, so be sure to check those backpacks. It is crazy that this is the last quarter and soon it will be summer! Don’t forget Spring Break is coming up as well - March 19th - March 28th.
Mrs. Bond’s Pre-K Class

This month, we have been busy learning more sight words to begin reading. We have also learned more about each letter’s sound that they make. We have been busy nurturing and watching our class garden grow. We got a new student this week - our class fish! We will be taking a vote soon to name the little guy. Stay tuned for updates!
The weather tends to tease us this time of the year. We are enjoying the plants in our classroom and are amazed at how rapidly they are growing.

In math we have been working on measurement. We used several math tools to measure our height, build a City-Scape, played measurement tag and we measured unusual paths.

This school year needs to slow down. We blinked and it’s already March! We are looking forward to Spring Break.
We celebrated the 100th day of school this month. It was a fun and exciting day. We wrote about 5 things we have learned in the last 100 days and had many stations where we could build and create with 100 items. This month we also planted our seeds for our part in the Community Garden. They have all sprouted and we are enjoying watering them and watching them grow! We are continuing to perfect addition and subtraction with two and three digits. We are also working with data to create graphs and interpret them. In Science we are exploring matter. We are looking forward to spring break.
Mrs. Carr’s 3rd grade

Tuesday, February 22, 2022 will go down in history. It was “Twosday, and the date was 2/22/22! We celebrated in style with tutus, crowns and glasses. This will not happen for 11 years when it will be 3/3/33. Did you know that all of the dates that week were palindromes? The dates were the same read forward and backward.

We finally got our seeds to plant! We planted them on a Friday, and we had many sprouts by Tuesday. We planted all different kinds of greens and some herbs.

In science we have been learning about inherited traits and environmental traits. We noticed that our plants were growing toward the window (environmental traits) then when we added the grow lights, all the plants started growing straight up! Science in action!!!!!!

We are also finishing up our book project. Author, Linda Harkey, is walking us through the process of writing and illustrating a book. We will have a book signing event soon!

In Social Studies, each of us is researching a New Mexico county. We will create a brochure for our county.
This past month we have been learning about all about New Mexico. We researched native New Mexican animals. We are writing narrative stories about the animals. We are learning about counties in New Mexico for our New Mexico research project. We learned about landforms, erosion, and floodplains. We conducted an experiment on erosion and landforms.

We compared the landforms and habitats of Denali National Park in Alaska to our Eagle Nest/Angel Fire community. Through Zoom, we chatted with a park ranger from Denali National Park and learned about the dinosaurs in Alaska.

We are learning about the life cycles of a painted lady monarch and plants.
Happy March!

ELA - We continuing with our weekly spelling and grammar, and we are about to start our new novel study. We have also been doing nonfiction reading about the different types of animal skeletons.

Science - We are studying the human body, and we are creating a models of our bodies.

Math - We are working on our math fluency in multiplication and division, and shoring up our four math operations to use for multi-step problem solving. On top of all of this, we are learning about area and perimeter and fractions.

Social Studies- We are researching and making Google Slides presentations on leaders in Black history.

Student of the Month - Titus Stillwell
In math, we’re learning how adding, subtracting, multiplying, and dividing decimals and fractions helps us understand our favorite subject: MONEY.

In Science, we’ve continuing to study the observable and measurable properties of matter.

In reading and writing, we’ve been focused on learning how to write nonfiction effectively by studying nonfiction books about famous citizens.

Kindergarten and fifth grade had a great visit with Mayor Carr to discuss, “What can a citizen do?”
This month, our middle school students continue to hone in on their grammar skills. We are also working on writing both short and extended constructed responses.

Congratulations to our district’s Scripps Spelling Bee winner, Bear Lindsey! Bear represented Eagle Nest Middle School and Colfax County in the State Spelling Bee on March 10th. Way to go, Bear!!!
Middle School Science Corner

8th Grade - The 8th graders are working on their Review Countdown. Each week we have a different theme as we work our way down to the NM-ASR.

6th Grade - The 6th graders are working on Minerals and the Rock Cycle.

7th Grade - The 7th graders are starting their journey into cells and the human body.
6th Grade is continuing with the number system and are learning about graphing ordered pairs on the coordinate plane.

7th Grade has completed our unit on Equations and Expressions and completed their unit review and test. Next up, Geometry!

8th Grade is completing our review of Equations and Expressions, we incorporated a fun game of Jeopardy to help in our review.
6th Grade World History - Sixth grade has finally made it to the Americas. We have just begun background learning on the societies of the Anasazi, Mayas, Inca and Aztec and are beginning work on a simulation relating to these societies.

7th Grade New Mexico History - Because of our online learning weeks, our schedule got off and we ended up working from the textbook on the government and economy of New Mexico and are finally getting to the movie, “Wind Talker”, which deals with the contributions of the Navajo People to World War Two. In late February we will begin a unit on economics, which is always a favorite of 7th graders.

8th Grade US History - The 8th grade class finally finished up the Revolutionary Period of history and have moved on to the years of growth and change in the early to mid 1800’s. We are ready to jump into the Civil War Period and then into Vietnam and the modern United States happenings. In all of our classes, we regularly watch videos to support all of our classes with information and artifacts of our various periods of history.
Middle School Teacher Contact Information

Mrs. Elliott- Science, Advanced Science
Mr. Waggoner- Social Studies, Life Skills
Mrs. Sutliff- Math, Science in the News
Ms. Schkade- ELA, Science in the News
Ms. Eberhardt- Band
Ms. Fleming- Art and Yearbook

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We are learning about Alma Thomas and her importance in art history. We are also learning about how we can talk about our emotions using colors. We are always having fun and making messes!

Please email any remote learning pictures you have to tfleming@cimarronschools.org. I would love to include them in the yearbook so the students can remember every part of this school year.
ART CLASS FUN!
Eagle Nest Band News!

It’s been a great month of learning in the two band classes! It’s been awesome to see the students faces and for them to play without band masks and bell covers. It’s been LOUD!

See the details below for the March concert. The students have made a lot of progress on their instruments and are excited to show off!

**Combined Eagle Nest and CEMS Band Concert**

**Date:** Thursday March 17th

**Report Time:** 5:30 pm

**Performance time:** 6:00 pm to 6:30 pm

**Location:** Cimarron HS Gym

**Dress code:** White dress shirt, black pants and black shoes

*You can wear something green if you have it!*

**Please join us for cookies and punch after the performance!**

If you have any questions, please feel free to contact Ms. Eberhardt at Leberhardt@cimarronschools.org or 505-730-0470 (text is better for quick replies).
This week we have been working on our hockey unit. All grade levels are learning the basics of hockey. The middle schoolers are learning game strategies and skills. After hockey we will start tennis.

Our 3-5 and family is working on dribbling, shoot, and passing.

Our Pre-k - 2 family is learning the importance of safety and control of the "hockey sticks" while we play noodle ball!
Middle School Track - Be a part of the Running Rams

It’s that time of year again!!! Practice starts March 1st. Our first track meet will be Monday, March 28th in Cimarron. We are looking forward to another great season and hoping to add some new ribbons and trophies to our collection.

Please contact Coach Elliott (melliott@cimarronschools.org) if you have a 6th, 7th, or 8th grader that is interested in running. We practice daily in Cimarron. Transportation is provided.
Are you worried that your student may be depressed? Here are some common symptoms.

Where to find resources for Mental Health:
- Your insurance carrier
- Google search for your area
- Reach out to the school for a list
- Ask a friend or co worker
- Some workplaces have Employee Assistance Programs (EAP)

Types of Therapy

- **Cognitive-behavior therapy (CBT):** CBT is a helping approach that focuses on teaching people to identify and change unhelpful, negative thought patterns.

- **Acceptance and commitment therapy (ACT):** In ACT, the emphasis is on attitudes and behaviors toward value-driven goals.

- **Dialectical behavior therapy (DBT):** DBT is useful for managing emotions and distress and involves skills training for effective problem-solving and actions.

- **Person-centered therapy:** In person-centered or client-centered therapy, the therapist's primary role isn’t to teach skills but instead is to listen to the client and engage in discussion that helps the client discover how to move forward.

- **Play Therapy:** Play therapy is a form of therapy used primarily for children. That’s because children may not be able to process their own emotions or articulate problems to parents or other adults. While it may look like an ordinary playtime, play therapy is much more than that.
Every classroom now has a portable planter as part of our greenhouse program. Some classes have seedlings on the rise. Grow lights will be added in the near future.

For more information about how you can be a part of Eagle Nest Community School contact Pat Adams at Padams@cimarronschools.org