

Namaste News

Dear Namaste Families,

Ready, Set, Go! Namaste's First Annual Health Week starts Monday! We've got a week full of movement, wellness, and nutrition! Be sure to lace up your shoes and meet up for Walk to School Day on Wednesday at either Murphy Park or McKinley Park. Namaste staff will be ready to walk with you from either park to Namaste at 7:30 am!

Parents, if you haven't already signed up, we hope you'll participate in our Head of School Candidate Finalist days next week Tuesday and Wednesday. Be sure to check out the attached letter from our Board President on how to sign up!

Next week Thursday, we'll gather for our Bilingual Advisory Committee meeting. Join us for a light dinner and meeting focused on dual language in middle school. Teachers and leaders will be present to share their practice and join in the conversation.

A very special thank you to all our families and teachers for an outstanding literacy night! We are thrilled that so many attended. Parents in attendance were also able to participate in the My Voice My School Survey. If you were not present, the survey link is available below. Your feedback will drive our school rating and impact our future work.

As always, our family voice is ESSENTIAL to all we do at Namaste.

Wish
ing you a wonderful spring weekend,
Stephanie Bloom

Namaste At a Glance

April 24 - 28 - First Annual Health Week!

April 25 & 26 - Meet Head of School Candidates

April 27 - Bac Meeting

April 28 - 3rd & 4th Grade Family Breakfast

My Voice My School Parent Survey

The annual My Voice My School Parent Survey is an incredible opportunity for parents' important perspective to be heard.

We appreciate all parents who take a few moments to participate in the My Voice My School Parent Survey.

The survey will be available until April 30th. Parents can pick up a paper copy of the survey at their school, or use the links below to access the survey online.

2017 My Voice, My School Parent Survey: DUE SUNDAY, APRIL 30TH

[CLICK HERE: PARENT SURVEY](#)

PUBLIC NOTICE

Board of Directors Meeting

The regularly scheduled meeting of the Board of Directors of
Namaste Charter School, Inc. for April 25th, 2017

has moved to

May 8th, 2017 at 5:30 pm

Namaste Charter School (NCS)

3737 South Paulina Street

Chicago, IL 60609

Events

April 24th - 28th: Namaste's First Annual Health Week!

Namaste is proud to organize its first ever Health Week! Join us for a week of fun activities and events! See more information below in our Healthy Corner section!

April 25th & April 26th: Meet Head of School Candidates

We would like to invite you to get involved in the process as we search for the new Head of School for Namaste. Please see the attached letter from our Board President, Cathy Calhoun, for more details regarding schedule and sign up.

April 27th: BAC Meeting

Bilingual Advisory Committee- the committee will meet for the 4th time this year! **Please join them next week on Thursday, April 27th from 4:45 pm - 6:30 pm in the cafeteria.** The focus of the meeting will be Dual Language instruction in the Middle School. **Food and childcare will be provided.** We hope to see you there! Please reach out to Mrs. Tovar if you have any questions at rtovar@namastecharterschool.org

April 28th: 3rd & 4th Grade Family Breakfast

Everybody needs breakfast to feel energized, so why not come and have breakfast with your family here at Namaste! Parents of 3rd and 4th grade students, please stop by and join us on Friday, April 28th.

May 2nd: Hopes and Dreams Part 2 For Families

Before spring break, families joined together to share their hopes and dreams for the future of Namaste. We gained four priorities from our families:

- 1) Greater support and focus on dual language - Support in classrooms, for teachers and through strengthened scope and sequences of curriculum
- 2) A PTO (Parent Teacher Organization) - To bring parents and teachers together to collaborate in planning events, creating volunteer opportunities, etc.
- 3) Increased/Stronger Communication and Transparency - Improved website, stronger knowledge for parents of who to contact for various questions, and possibly a better messaging system (text messaging)
- 4) Strengthening our Peaceful School Culture - By having clear consequences alongside restoration for school discipline K-8

We will join together again May 2nd from 4:15 pm - 5:30 pm for a chance to revisit these priorities and chat further. Childcare will be provided for all who attend.

May 5th: 1st and 2nd Grade Family Breakfast

Parents save the date! We will be having our 1st and 2nd grade family breakfast May 5th. We hope you all can join us and enjoy a healthy breakfast alongside your kids.

May 12th: Loteria Night

Save the date! Help support the 8th grade class in our final fundraising event for their trip to Washington D.C.

Free Fitness Classes!

Tri 3 Community Fitness Classes will resume the week of May 1st!

Take a look at the schedule and mark your calendars! All classes are FREE to Namaste families and community members!

Tri 3 Family Exercise Schedule

Monday

4:15-5:15PM: Fitness Center
open with MS. Michelle



Wednesday

4:15-5:15PM: Yoga Flow
with Ms. Acuna in Fitness Center



Tri 3 Horario de ejercicio para familiares

lunes

4:15-5:15PM: Fitness center
abierto con Ms. Michelle

miércoles

4:15-5:15PM: Yoga de
comunidad con Ms. Acuna

Readers are Leaders

Kitten's First Full Moon by *Kevin Henkes* Grades K-3

From one of the most celebrated and beloved picture book creators working in the field today comes a memorable new character and a suspenseful adventure just right for reading and sharing at home and in the classroom. It is Kitten's first full moon, and when she sees it she thinks it is a bowl of milk in the sky. And she wants it. Does she get it? Well, no . . . and yes. What a night!



Super Sniffers: Dog Detectives on the Job by *Dorothy Hinshaw Patent* Grades 1-4

A dog's nose is 300 times more powerful than a human nose, so it's no wonder that dogs use their incredibly advanced sense of smell to do some very important jobs. Dorothy Hinshaw Patent explores the various ways specific dogs have put their super sniffing ability to use: from bedbug sniffers to explosive detectors to life-saving allergy detectors . . . and more. This dynamic photo-essay includes first-hand accounts from the people who work closely with these amazing dogs.

In The Community

Canaryville Library Branch

The Chicago Public Library in Canaryville will be having a variety of events this month in honor of Asian American Pacific Islander History Month. The first event will be May 6th from 11 am - 12 pm. Children will learn how to create Chinese Cultural Knots for decoration and expression with Virginia Lai.

Please call or visit to pre-register.

642 W 43rd St, Chicago, IL 60609 [Phone: \(312\) 747-0644](tel:3127470644)

Earth Day

Saturday, April 22nd | 10 am - 2 pm

Davis Square Park, 4430 South Marshfield Avenue

Park clean up, family games and food

Farmers Market

Saturday, May 6th | 11 am - 3 pm

The Plant, 1400 West 46th Street

Last market of the indoor winter season



**PLANT
CHICAGO**

Namaste's 1st Annual Health Week

We will be celebrating by hosting a week filled with fun event and activities targeted towards our physical, mental, and social/emotional health!

Families are welcome to attend the following activities:

-Monday: Family with Mr. Reggie 4:15-5:30

-Tuesday: Family Zumba 4:15-5:15

-Wednesday: Walk to School at 7:30AM

(See flyer for more details)

-Thursday: Community Yoga 10AM-11AM



Please use the link below to practice the "Move Your Body" dance with your child:

[Video](#)

Brooklyn Boulders

Looking for a fun, new way to be active?! Brooklyn Boulders is an indoor rock climbing facility that is not only for adults, but kids too! Brooklyn Boulders seeks to change the game when it comes to physical and mental education for youth. They create holistic curricula, that is experiential and interactive, on and off the walls. Children will walk away with new friends, strong self-confidence and the will to try, fail and try again. Learning problem solving, concentration, movement and spatial awareness are just the beginning.

[More Information Click Here](#)

[Click Here](#)



THIS WEEK'S RECIPE

Salsa-Black Bean Burgers

Salsa and some pantry staples give this vegetarian bean burger recipe tons of flavor. We use crushed tortilla chips to bind the burgers together, making this recipe a great way to up those crumbs that inevitably fall to the bottom of the bag.

Ingredients:

- 8 servings
- ½ cup prepared salsa
- 2 (15 ounce) cans low-sodium black beans, rinsed
- 1 cup well-crushed tortilla chips
- ½ cup grated white onion
- 1 large egg, beaten
- 3 tablespoons mayonnaise
- 4 teaspoons chili powder
- 2 teaspoons ground cumin
- ¾ teaspoon salt
- 3 tablespoons avocado oil or canola oil, divided
- 8 whole-grain burger buns, toasted
- ½ cup prepared guacamole
- 8 slices tomato slices
- 1 cup sprouts
- ½ cup thinly sliced red onion



Preparation: Prep 20 m Ready In 30 min

1. Place salsa in a fine-mesh sieve and stir a few times to drain excess liquid.
2. Mash beans with a potato masher in a large bowl until no whole ones remain.
3. Stir in the drained salsa, tortilla chips, grated onion, egg, mayonnaise, chili powder, cumin and salt. Let stand 10 minutes.
4. Form the bean mixture into 8 burgers about 3 inches wide (⅓ cup each).
5. Heat 1½ tablespoons oil in a large nonstick skillet over medium-high heat.
6. Reduce heat to medium, add 4 burgers and cook until browned and heated through, 3 to 4 minutes per side. Repeat with the remaining oil and burgers.
7. Serve the burgers on buns with guacamole, tomato slices, sprouts and red onion.

To make ahead: Individually wrap cooked burgers and refrigerate for up to 5 days or freeze for up to 3 months. Microwave to reheat.