

Namaste News

Dear Namaste Families,

This week we celebrated our first annual Health Week! From Walk to School Day, to Beyonce's Let's Move whole school dance, to Master Chef, this week strengthened our commitment to health and wellness!

This week we also saw tremendous work together as teachers, parents and board members engaged in thoughtful discussions with Head of School finalist candidates. Please be sure to read the attached letter with an update to the search from our Board President, Cathy Calhoun.

Our Bilingual Advisory Committee came together as well to learn more about our dual language model in the middle school, and partaking in an important discussion on how to continue investing and growing this essential part of Namaste. I'd like to extend a large thank you to Mrs. Tovar for her leadership, our teachers, and most importantly our parents!! Together we are able to strengthen our programming for our children!

Next week, I hope you will join me at our follow up Hopes and Dreams Session on Tuesday from 4:15 to 5:30 pm! We'll have childcare available at no cost and some light snacks. I am very much looking forward to our work together.

Have a wonderful end to your week!
Namaste!
Stephanie

Namaste At a Glance

May 2- Hopes and Dreams Pt.2

May 5- 1st & 2nd Grade Family Breakfast

May 5- Sabor de Namaste

May 12- Loteria Night

Events

A Umi&bX. <cdYg'UbX'8fYUa g'DUfhi&: cf': Ua J]Yg'

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.

A Umi) H . %ghiUbX'&bX'; fUXY: Ua J'mi6 fYU Zlgh

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

A Umi) H . GUVcf'XYBUa UghY'

Come support Namaste Charter School at our annual spring event, Sabor de Namaste! This cocktail style event on Friday, May 5th will feature Chicago's great chefs partnered with Namaste students presenting delicious Latin-inspired bites they co-created in some of the hottest kitchens around the city. Guests can mingle with other civic-minded Chicagoans and food lovers all while interacting with Namaste students and learning more about this impactful school. Chefs include Michael Kornick (MK), Bill Kim (BellyQ), Chris Pandel (Swift & Sons) and more!

Tickets to the event are \$125 and can be purchased using this link:<http://bit.ly/2nZHnOd>

A Umi%&H . @hY]UB][\ h

Join the 8th grade class for a fun night of loteria and delicious snacks. Make sure to mark your calendars and support the 8th grade class of 2017. Tickets are now available! (Attached Flyer) **Friday, May 12th, 2017 5 pm - 6 pm in the Big Gym**

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

*Hl Ya cfYH Uinci fYUXZH Ya cfYH]b[g'nci 'k]'`_bck "Hl Ya cfYH Uinci "YUfž
Hl Ya cfYd'UWg'nci fi' [c" '8f"GYi gg'*

Last Summer With Maizon by *R&~ ^|đ ^Á [[á•[}* Grades 5-7

Margaret loves her parents and hanging out with her best friend, Maizon. Then it happens, like a one-two punch, during the summer she turns eleven: first, Margaret's father dies of a heart attack, and then Maizon is accepted at an expensive boarding school, far away from the city they call home. For the first time in her life, Margaret has to turn to someone who isn't Maizon, who doesn't know her heart and her dreams. . . .



Theodore Boone: El Fugitivo (Spanish) by *R @/ã @* Grades 5-7

On a field trip to Washington, DC, Theo spots a familiar face on the Metro: Duffy, who jumped bail and was never seen again. Theo's quick thinking helps bring Duffy back to Strattenburg to stand trial. But now that Duffy knows who he is, Theo is in greater danger than he's ever been in before. Even when everything is on the line, Theodore Boone will stop at nothing to make sure a killer is brought to justice. This smart, fast-paced legal thriller for young readers is the newest adventure for clever and determined kid lawyer Theo Boone.

In The Community



< YUH mi? JXg'8 Uhi

Saturday, April 29 from 10 a.m. to noon, the Rauner Family YMCA is hosting a variety of family-friendly activities for the YMCA's 26th annual Healthy Kids Day. Activities include a Jumping Jack Challenge, Family Zumba, Sports Activities, Relay Races, and Day Camp Activities.

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. [CLICK HERE: PARENT SURVEY](#)

&\$%&'A miJc]WZÅ miGW cc`DUfYbhGi fj Ym DUE SUNDAY, APRIL 30TH



PLANT CHICAGO

: Ufa Yfg'AUf Yhi

Saturday, May 6th | 11 am - 3 pm

The Plant, 1400 West 46th Street

Sæ oí æ\^oí Á@Å å[[IÁ ã c'Á^æ[]



Healthy Corner

H U_ 'mci 'tc 'U' 'H YZUa J]Yg'H Uh\ YdYX'gi ddcfhUbX'dUfhjVjdUhY'Xi f]b['BUa UghYfg'%gh
< YUH 'K YY_ 'H Yk YY_ 'k Ug'Z' 'YX'k jH 'UWj j]Yg'fUb[]b['Zca 'd\ ng]WUža YbHUžUbX'
gcWJU#Ya ch]cbU\ YUH "H YfY'k YfY'gc 'a Ubmiga J]Yg'UbX''U [\ g'H Uh'Wci 'X'cb`m\ Uj Y'VYYb'
VYUUi gY'cZH Y'ghi XYbfg'UbX'H Yf'XYX]WUjcb'tc \ YUH 'UbX'k Y`bYgg''



Upright Backbend

“Creating a calm, present mind and body is needed in order to face new back-to-school schedules, homework and other unexpected changes.”



Hf m=hi

Sit down with the left or right side of your body as close as possible to a wall. Begin to lower your back, shoulders and head to the floor and sweep your legs up to the wall, flexing your feet as if you were holding up the ceiling above you. Get your bottom as close to the wall as you can. Stretch your arms out like a “T” or place one hand on your heart and one hand on your belly. Close your eyes and begin to listen to the sound of your breath. Challenge yourself to stay here for 3–5 minutes. To come out of this pose, sweep the legs down to the left or the right and slowly sit up.

Ó

Ó

Ó

