

# BOW ELEMENTARY SCHOOL & THE ARTS

## MUSIC APPRECIATION

*JoAnn Willemsen & Allison Campbell*

The music program at BES is busy with its annual concert performances!

December Holiday Showcase –This year the faculty tone chime ensemble as well as a 4<sup>th</sup> grade tone chime ensemble played at the holiday showcase. 4<sup>th</sup> grade African drummers accompanied a Kwanzaa song, 3<sup>rd</sup> grade xylophone players accompanied a winter solstice song, and 4<sup>th</sup> grade sign language leaders lead the school in signing and singing a Christmas song.

2<sup>nd</sup> Grade Country Dance – February 15<sup>th</sup> and 16<sup>th</sup>- Students are in the process of learning 4-5 country dances that they will perform for their parents. After the students dance, they will ask one of their parents to dance with them. This is when the fun really begins! Dudley and Jacqueline Laufman from Canterbury provide the music and the calls and the snacks are donated by the parents.

1<sup>st</sup> Grade Concert – March 9<sup>th</sup> – The first graders are busy learning songs and stories from around the world to share with their families. We will all gather at the Bow High School where students and their teachers will be onstage. We all look forward to the performance which includes a special surprise by the 1<sup>st</sup> grade teachers!

3<sup>rd</sup> Grade Spring Concert – April 13<sup>th</sup> and 14<sup>th</sup> – All 3<sup>rd</sup> grade students are introduced to the recorder in January. They all work hard to prepare several songs to play at the spring concert after which they present a short musical.

4<sup>th</sup> Grade Spring Concert – May 19<sup>th</sup> and 20<sup>th</sup> – The 4<sup>th</sup> grade students continue their study of the recorder. They expand on the notes they learned in 3<sup>rd</sup> grade and work on more difficult pieces for their concert. They also present a longer musical that involves the use of costumes and props. This year the 4<sup>th</sup> graders will present the musical *Dig It* which is a musical tale of ancient civilizations.

## PHYSICAL FITNESS

*Regan Dowe & Joan Tinker*

The focus of the physical education curriculum at Bow Elementary School is on motor skills, movement concepts, and health related fitness. Intertwined throughout the curriculum is the development of desirable social skills, experiences that help children have positive self concepts, and physical skills that allow students to participate in and enjoy physical activity throughout their lifetime.

Students in the 1st and 2nd grades are introduced and begin to develop fundamental motor skills. These include locomotor skills like skipping and running, non-locomotor skills such as bending and twisting and manipulative skills such as striking and rolling. Students in grades 3 and 4 further their development and application of fundamental motor skills in practicing specialized motor skills that are used in sports such as basketball and soccer.

Movement concepts are introduced to bring out the movement potential of children and develop their movement vocabulary. Health related fitness concepts are incorporated into each lesson for all grade levels. The physical education classroom also offers an environment of effective social learning. Lifetime participation is the ultimate goal of our program. Our programs offer activities in the lessons that engage the child's interest and enjoyment, so that they will seek further participation. Preparation in, and orientation to, many different activities provides a background to help students make choices for a lifetime of recreational enjoyment.

This year we look to incorporate The First Tee of NH Golf and Life Skills Program. The program seeks to foster character education practices through the life-long activity of golf. Students in grades 1-4 will be participating in the program.

Students in grades 1 and 2 participated in a new Wellness unit this year. Physical Education teachers Regan Dowe and Joan Tinker collaborated to introduce the 5-2-1-0 Program (5 fruits & vegetables per day, no more than 2 hours of television per day, 1 hour of physical activity per day, increasing water and low fat milk intake while limited sugar sweetened beverages). We delivered instruction and designed activities to reinforce healthy practices.

## ART APRECIATION

*Kim Bryant & Sarah Bragg*

The Bow Elementary School art program introduces students to a wide variety of art materials and techniques so that children can explore and find their own artistic interests and strengths. By allowing students to explore all of these media and techniques they will have more opportunities to find their own interests and outlets for expression.

Our art curriculum is based on the State Curriculum Frameworks for the arts. We also integrate Art History and Grade Level Units of Study. Some of the integrated lessons that we have done are NH animal sculptures, Totem Poles of Alaska, Community Buildings, and Clay Reptiles and Amphibians.

Our art department also incorporates technology into the curriculum. This year fourth grade students are learning how to use a digital camera and edit the photos in IPhoto. First grade students are using a Voicethread program to respond to students artwork.

The art, music and PE departments rotate having a visiting artist come and share their area of expertise with our students. The art department also works with other specialists creating artwork for music performances, literacy bulletin boards, visiting authors and artists.

Student artwork is also displayed at the Baker Free Library in the spring and a spring art show in downtown Concord. This allows students to see their work exhibited in the community. Our art program also submits artwork to Artsonia, the largest student's art museum on the internet. It's a great way for students to share what they create and to see what other children are creating all over the world.

### UPCOMING DATES:

- FEB. 4<sup>TH</sup>– SCHOOL BOARD MEETING 7PM
- FEB. 9<sup>TH</sup>– GRADE 1 CAPITOL CENTER FIELD TRIP 11:30
- FEB. 10<sup>TH</sup>– PTO MEETING 7PM
- FEB. 12<sup>TH</sup>– ANNUAL SENIOR LUNCHEON 11:30 AM
- FEB. 15<sup>TH</sup> & 16<sup>TH</sup>-GR. 2 COUNTRY DANCING
- FEB. 22<sup>ND</sup>– FEB 26<sup>TH</sup>– WINTER BREAK
- MAR. 1<sup>ST</sup>– MAR. 5<sup>TH</sup>– READ ACROSS AMERICA WEEK