This week we learned about Tapping as a way to calm our minds and body. The Tapping Solution describes it as “a combination of Ancient Chinese Acupressure and Modern Psychology that works to physically alter your brain, energy system and body all at once. The practice consists of tapping with your fingertips on specific meridian points while reciting positive affirmations.” It’s wonderful to see our students embracing different ways to practice mindfulness.

One of the lessons that the students do each week is called “Mugshots”. It stands for mechanics, usage, and grammar. It is an editing activity. This week was science themed. Students correct sentences that have errors in subject verb agreement, punctuation, right word usage, possessives, pronouns, and clauses.

Important Dates

- Sept. 27: No School
- Oct. 1: L3 Potluck & Meeting
- Oct. 14: No School
- Oct. 22: Camping Trip
- Oct. 25: FELT
- Oct. 31: Haunted/Fun House
- Nov. 9: Fall Art Festival
- Nov. 11: Veteran’s Day No School

International Day of Peace September 21

The theme this year is “Climate Action For Peace” We celebrated by going to the Land Lab and planting trees. The students worked in their mentor groups to dig the holes, plant the trees, mulch, and water the trees and bamboo.

Thank you to Carrie Whaley for driving to the Land Lab. We need some help picking up groceries from Publix and Whole Foods occasionally. Please let me know if you are interested in earning some volunteer hours this way.