

ACCLAIM Academy

Newsletter

Auto Disciplina

Self Discipline

Autodisciplina significa tener control sobre nosotros mismos. Significa que hacemos lo que realmente queremos hacer, no lo que nuestras emociones nos ordenan hacer, moviéndonos de acá para allá, como hojas al viento. No perdemos el control cuando estamos enojados o nos sentimos heridos. Más bien, decidimos cómo vamos a hablar y qué vamos a hacer.

**Tengo autodisciplina.
Aprovecho bien el tiempo y
logro bastante.
Escojo actuar con
imparcialidad.**

Self-discipline is self-control. It means we take charge of our emotions; not letting them “carry us away”. It means we set healthy rules or goals for ourselves, and do what is necessary to accomplish them. It also means we choose to follow the rules of society so that we become responsible members of our community. When we are **self-disciplined** we know how we feel, what we want for ourselves and what we want to see in the world around us.

Chita Rivera

Chita Rivera is regarded as an “American national treasure” and Broadway’s most accomplished dancer, actress, and singer. Rivera became a star with her thrilling performance in the 1957 Broadway premiere of *West Side Story*. Given America’s highest civilian honor, the Presidential Medal of Freedom, in 2009, Chita was recognized as an “agent of change” who wasn’t afraid to break ground as a Hispanic woman. Even today, she refuses to limit herself.



Comida para paseos

Padres de familia, por favor, manden con su hijo el día del paseo, un **lonche saludable**, una botella de **agua**, y una **cachucha** para protegerlos de los rayos del sol. Seguido, se pueden encontrar unas comidas saludables que se puede incluir en sus loncheras.

- fruta entera o enlatada con jugo natural
- verduras frescas
- pretzels o chips sin sabor bajos en sal
- 100% jugo o leche puro
- galletas de avena sin betún o barras de fruta natural
- tortas o tortillas con carne o queso bajo en sal, frijol o verdura.

Paseos esta semana

5to grado, miércoles 9/11
1er grado, jueves 9/12

**Día de llevar cachucha o
camiseta deportiva**

Estudiantes quienes llevan una Noticia de “Sports Day” a casa el miércoles pueden llevar una cachucha o camiseta de un equipo deportivo este jueves.

- la camiseta tiene que cubrir los hombros
- Asegúrese que los patrocinadores que aparecen en las camisetas reflejan el espíritu de las virtudes y son apropiados para llevar en la escuela.
- El resto de la ropa tiene que ser uniforme.

Lunches for Field Trips

Parents, please send your child to school with a **healthy lunch**, a bottle of **water**, and a baseball **cap** or other hat to protect them from the sun. Following are some healthful foods that are appropriate for their lunches:

- whole fruit or canned fruit in natural juices
- fresh vegetables
- low salt pretzels or plain tortilla chips
- 100% juice or plain milk
- oatmeal cookies without icing or real fruit bars
- sandwiches or wraps with low salt meats or cheeses, beans or vegetables.

Field Trips This Week

5th grade, Wednesday 9/11
1s grade, Thursday 9/12

Sports Day

Thursday, September 12th

Students who take home a Sports Day Notice may wear a sports cap or sports jersey this Thursday.

- The shirt must cover the shoulders
- Assure that the logos of sponsors reflect the spirit of the Virtues and are school appropriate.
- All other clothing must conform to the uniform.