

Archer Almanac

October 1st, 2011
Volume 1, Issue 2

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A Message from the Director

The month of October is upon us and it seems that so much has been accomplished by our KIPPsters, teachers, staff and families so far this new school year. Hundreds of pages have been read, math fundamentals to algebraic equations have been drilled, countless grammar exercises repeated, scientific investigations and endless journeys travelled through our social studies classes have been explored in our first 6 weeks of school.

On the hardwood and fields our student athletes have excelled in their volleyball and soccer games, regardless of victory or defeat, always showing pride in their school and themselves through sportsmanship and Team and Family. So far the new school year has presented numerous challenges but as true KIPPsters, our students have lived up to our motto:

If there is a better way, we find it.
If there is a problem, we solve it.
If we need help, we ask for it.
If a teammate needs help, we give it.

Thank you for choosing the path! The path to college through Hard Work! Mr. Feliciano

Archer Athletics

In order to better serve KIPP San Antonio athletes we have entered 5th and 6th grade Soccer and Volleyball teams in the San Antonio Christian Athletic League. All of the 5th and 6th grade teams are led by a combination of KIPP Staff Coaches and Volunteer coaches, and all three teams are currently undefeated.

On Tuesday, September 27th, Our Lady Archer volleyball team rallied back in the third game to defeat FEAST (Family Educators Alliance of South Texas). With strong serves from Victoria Gonzales and Jackie Serna, and great teamwork throughout the 2nd and 3rd games, the Lady Archers proved that grit and determination are valuable on and off the court.

Our 7th & 8th grade soccer team qualified for the Warrior Shootout Championship game that will be held on October 8th at 7:30pm at Cornerstone Christian School. You can find times, dates, locations and maps at the www.kippsa.org main page.

Remember to follow our team's league standings at www.isalsports.com.

Upcoming Games:

- Volleyball, October 3rd, 5:30pm at KIPP
- Soccer, October 8th, 7:30 at Cornerstone Christian School
- Volleyball, October 14th, 5:30 at Shepherd of the Hills
- Volleyball Tournament, October 27th-29th, time/location TBD

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Upcoming Events

- ◆ Parent Meeting, Thursday, October 6th
- ◆ 5th Grade Report Card Night, October 27
- ◆ 6th Grade Report Night, October 28
- ◆ 7th/8th Grade Report Card Night, November 1st

5th Grade Student of the Month: Arturo Martinez



Arturo is becoming well known for his stellar organization. He has helped two classmates get their binders under control - and gave up his time after morning work in advisory to help others do this. He has impressed his classmates with his generosity and willingness to help his team and family. He also works hard to have perfect lifework on his markcard from week to week. Arturo is working hard to be a KIPPster through and through!

Meet a 5th Grade Teacher

Teacher: Ms. Gibbons

Favorite Twilight Character: Team EDWARD!

In my free time I Love to: Watch American football and soccer (all countries)

Why I Love KIPP: I am part of something bigger than myself- Team and Family!



6th Grade Student of the Month: Jazmin Teran

Jazmin is a student who personifies our slogan, "Work hard. Be nice." Throughout the day, she works hard to participate in class and complete her assignments with careful accuracy. In addition to cheerful demeanor and consistent dedication to her own academics, Jazmin shows a true devotion to her peers. Whether is it helping her shoulder partner figure out a math problem on the morning work, or assisting a peer pack up his stuff at the end of the period, Jazmin is never satisfied unless her team and family members are taken care of. We are so proud of Jazmin and her leadership in the sixth grade. She is teaching us all how to do a better job of working hard and being nice!

Meet a 6th Grade Teacher

Teacher: Mr. Lynch

Subject: Physical Education

Favorite Sport: Hockey

Athlete I Admire: Fernando Torres

Why I Love KIPP: Because of a culture which shows that "Good enough" is far from acceptable.



7th Grade Student of the Month: Daniel Montez

Daniel is a very helpful students and exhibits the core values of KIPP daily. He strives for perfection with his lifework and is a wonderful self-advocate. Daniel is always smiling and spreads his joy among all the students and teachers he encounters each day. We are proud to have Daniel in the seventh grade and are even more proud of the way he positively represents KIPP Aspire Academy on a daily basis!

Meet a 7th Grade Teacher

Teacher: Ms. Ulrich

Subject: Reading

Favorite Spell in Harry Potter:

Tarantallegra (Forces an opponent's legs to dance uncontrollably!)

Favorite Snack: trail mix or raspberries

Why I Love KIPP: The 7th grade students!



8th Grade Student of the Month: Hugo Luna

Hugo has amazing grades in all his classes and continues to ask how he can improve.

He demonstrates team and family by helping students and teachers when needed.

Hugo shines in all that is KIPP!

Meet an 8th Grade Teacher

Teacher: Mr. Goforth

Subject: Reading

What I Miss About Michigan: Summers on the lakes, the break wall, going to Redwings games, my family, my friends, and living on the CMU campus

Favorite Place in San Antonio: Chris Madrids

Why I love KIPP: What's not to love?



Running/Walking Events in and around San Antonio

- ❖ San Antonio Roadrunners Weekly Zoo 2 Mile Run, October 5th, 6:30pm, Brackenridge Park
- ❖ Run for Compassion 5k/10k Run/Walk, October 8th, 7:15am, McAllister Park
- ❖ Frankenthon Monster Marathon, October 22nd, 7:00am, Cedar Park
- ❖ San Antonio Roadrunners Monthly Fun Runs (free and open to the public), November 5th, 8:30am, McAllister Park

For more information and other run/walk opportunities visit www.saroadrunners.com.

Spicy Fresh Pineapple Salsa

Adapted from Roberto Santibañez's *Truly Mexican* (Wiley, 2011)

Ingredients:

- 1 cup diced fresh pineapple
- 1/3 cup finely chopped jalapeno chilies, including seed, or more to taste
- ¼ cup chopped cilantro
- ¼ cup finely chopped red onion
- 3 tbsp freshly squeezed lime juice, or more to taste
- 2 tbsp freshly squeezed orange juice
- 1 ½ tsp sugar, or more to taste
- ½ tsp fine salt

Preparation:

Mix all the ingredients together in a bowl.

Season to taste with additional chile, lime juice, sugar and salt.

Serve with fish, seafood, steak, chicken, tacos, quesadillas or chips.

This salsa keeps in the refrigerator for up to one day. Before you serve it, drain any excess liquid that has accumulated in the bowl.



Sweet, sour, spicy and tart. Perfection in a fresh salsa is about balance. This bright, flavor-packed recipe can be made year round.

8 Reasons to Start Walking NOW!

The temperature is finally starting to drop in the mornings and evenings. Take advantage of the cooler temperatures and begin a walking routine that will improve your health and kick-start weight loss. Walking 30 to 60 minutes each day is one of the best things you can do for your body, mind, and spirit. If you need more motivation, here are some reasons to start walking NOW!

- **You can walk off weight!** Walking is an important part of any weight loss program. You must still watch how much you eat in order to lose weight, but walking helps you build healthy lean muscle, lose inches of fat, and pump up your metabolism.
- **Walking reduces diabetes risk.** Get out and walk for 30 minutes a day as your minimum requirement for health and to help prevent Type 2 diabetes. A study at the University of Pittsburgh discovered walking for 30 minutes a day cut diabetes risks for overweight and non-overweight men and women. Walking also helps maintain blood sugar balance for those with diabetes.
- **Walking boosts your brain power.** A study of people over 60 funded by the National Council on Aging found that walking 45 minutes a day at 16-minute mile pace increased thinking skills.
- **Walking helps you live longer.** A study of 8000 men from Honolulu found that walking just 2 miles a day cut the risk of death almost in half.
- **Walking helps prevent weight gain.** With just 2000 more steps added each day to your regular activities, you may never gain another pound according to the University of Colorado Health Sciences Center. To lose weight, just add more steps!
- **Walking reduces the risk of cancer.** Study after study has shown that walking and exercise reduces the risk of breast and colon cancer.
- **Walking reduces the risk of heart disease and stroke.** Heart disease and stroke are among the top killers of both men and women. You can cut your risk of both in half by walking 30-60 minutes a day.
- **Walking improves mood and relieves stress.** Walking and other exercise leads to the release of the body's natural happy drugs- endorphins. Most people notice an improvement in mood after their first walk!

