

# December Newsletter

Field 2016

## “A Day in the Life” RELAXATION CLUB



Relaxation Club is a place where kids can chill with friends, de-stress from the school day and learn habits for good health.

In one of the Relaxation Club days, we designed our own Tea. Ms. Karalyn provided several types of herbs to select from such as ginger, chamomile, rose, peppermint, etc.



## PARENT ADVISORY COUNCIL

Our Parent Rep for Field is Mary Cmiel, mom of Kendall Cmiel. You can email her with any comments at [snix1988@yahoo.com](mailto:snix1988@yahoo.com) to share at the Minneapolis Kids Citywide Meetings.



We learned how each of the herbs were beneficial to our health (i.e. helped boost immune system, de-stressor, provided energy or aided in falling asleep) and mixed them to create our own individual tea bags to sample and take home!

**Minneapolis Kids**  
Minneapolis Community Education



FIELD \* [HTTP://MPLSKIDS.MPLS.K12.MN.US](http://MPLSKIDS.MPLS.K12.MN.US)

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## RELEASE DAYS @ HALE SCHOOL



### WEEK 1

- 19 **“Pocahontas”** Painting Day
- 20 **“American Frontier”**  
MN History Center  
(9:30—3:30 PM) Bag Lunch
- 21 **“Annie Oakley”**  
Cold Stone Creamery Expo
- 22 **“Louis & Clark”**  
MOA Scavenger Hunt Adventure!  
(10—3 PM) Bag Lunch Needed

### WEEK 2:

- 27 **“Davy Crockett”** Campout!  
Bring PJs, sleeping gear  
& Toy from Home
- 28 **“Buffalo Bill”**  
AMF Southtown Bowling Lanes  
and Arcade (10:30—1:30 PM)  
Up to \$5 Allowed
- 29 **“Calamity Jane”**  
Wild West Day!  
Come dressed in western attire!

## COMMUNITY BOARD



## YOUTH CLASSES at FIELD Winter Semester

**COMING IN  
JANUARY!**