

# King Academy Cougar News

May 7, 2010

*The mission of King Academy of Extended Learning and Technology is to provide a secure, nurturing environment that embraces individuality, promotes high academic achievement and develops life-long learners who will become contributing members of a global society.*

## *Vision*

*Everyone learns: Whatever it takes!*

Dear Families,

This week we celebrated Teacher Appreciation Week. No matter who you are, how successful you are, you were taught by a teacher.

***"One looks back with appreciation to the brilliant teachers, but with gratitude to those who touched our human feelings. The curriculum is so much necessary raw material, but warmth is the vital element for the growing plant and for the soul of the child. ~Carl Jung***

Don't forget to thank your child's teacher for being such a warm and nurturing person working with you to insure that your child is successful.

Have a great week,

Mrs. Sharon Gryzenia Ed.S.  
Principal

## **Registrations for 2010-2011**

We are still taking registrations for the 2010-2011 school year for all grade levels. If you have family or friends who would like to join the King Academy family, have them call or stop in to our office and pick up an enrollment packet. We have

limited openings in some grade levels for the 2010-2011 school year.

## **Shoes! Shoes! Shoes!**

We have had a problem with students wearing flip flops and sandals to school. They are not appropriate for the playground, gym, or anywhere in the school. Help your child be safe by making sure they wear tennis shoes/gym shoes daily. Thanks!

## **ACES: All Children Exercising Simultaneously!**

Each year, we celebrate ACES day, along with many other schools across this country. This year, Blue Cross Blue Shield of Michigan partnered with M.L. King Jr. Academy to provide a special activity. On **Wednesday, May 5<sup>th</sup>**, our event began with students entering the cafetorium and being introduced to Mr. Ken Dallafior, former offensive lineman for the Detroit Lions and now Senior Vice President of Blue Cross Blue Shield of Michigan. He encouraged our students to get plenty of exercise and eat a healthy diet. Our students viewed a highlight film of our very special guest: Detroit Lions Quarterback, Matthew Stafford. Matthew spoke to our students about his favorite foods, favorite exercises and even his new puppy. He participated in HOPSPORTS with selected fifth and sixth grade students – showing how it's done. He presented our school with a signed football, then led us on a walk around the building and stopped at four locations to exercise with students. Our students were thrilled with our special guest – and all the media that accompanied it. We had a great day – and a wonderful presentation which encouraged all of our students to get physically fit and lead a healthy lifestyle.

## Family Fun Run

To celebrate our healthy year, M.L. King Jr. Academy will be hosting a Family Fun Run on Saturday, June 5, 2010. Pre-registration forms were sent out last week, and are available on our website: [www.mtcps.org](http://www.mtcps.org). – And on the last page of this newsletter. We will be walking and running from M.L. King Jr. Academy to Shadyside Park, down the bicycle path to Harper and then back to school. We encourage all students and their parents to take part in this fun event. Pre-registration is due by May 20<sup>th</sup> to allow us time to get t-shirts and certificates ordered. You can also register the day of the event, but will not receive a t-shirt. After the event, we'll have awards for age groups and refreshments. All students must be accompanied by a parent, and walk or run: no bicycles, skates or scooters. Come join with us as we celebrate our year of health and fitness.

## Golden Apple Awards

Our 2nd Annual Golden Apple Awards will be held May 20, 2010 in the Large Auditorium on the Secondary Campus. Volunteers throughout the district will be honored for their dedication to our school. Our nominations have been entered, and we await the decisions on the volunteers being honored this year.

## Michigan Humanities Council Grant

The Michigan Humanities Council sponsors grants so that schools can provide wonderful learning experiences for our students. They have helped fund the return of the “**Brainstormers**” on **May 19<sup>th</sup>** with a \$250 contribution. This wonderful acting troupe educates and entertains our students with live-action portrayals of stories that our students have written. We thank the Michigan Humanities Council for their generous donation to the students of M.L. King Jr. Academy. We invite parents to join us. The “Brainstormers” will be here on May 19<sup>th</sup> at 8:30 a.m. in our gymnasium.

## Safe Routes to School

The next meeting of the Safe Routes to School committee will be on Tuesday, **May 11<sup>th</sup> at 3:30 p.m.** in the LGI room. As part of the Blue Cross

Blue Shield of Michigan Building Healthy Communities grant, M.L. King Jr. Academy has developed a committee of parents, community members and teachers to assess our surroundings and develop a plan to encourage students to walk and bike to school. At this meeting, we will be walking the neighborhood and identifying barriers to our students walking and biking to school. Join us at our next meeting and help us address these issues and make it easier for our students to walk and bike to school.

## Parent Breakfast Club

*The last meeting of our Parent Breakfast Club is on **Thursday, May 20<sup>th</sup>**.* It will be a celebration of completing the series of workshops. For every workshop you attended, you will have received a raffle ticket for an array of wonderful gifts. Meet us in the Media Center at 7:35 a.m. and enjoy a healthy breakfast. It's been wonderful having these parents with us throughout this year learning how to help their families lead healthy lifestyles.

## M.L. King, Jr. Academy Spring Concert

Our first, Second and Third grade students will be participating in the Spring Concert on **Tuesday, May 13** at 6:30 p.m. here at King Academy. It's always exciting for our students to perform before their classmates, staff and families. So, come and support our students as they welcome the spring season.

## ABC Awards

The following students have been acknowledged for A = Academics, B = Behavior and C = Creativity for the month of April. They received their awards at the ABC Awards assembly on Friday, May 7<sup>th</sup>.

### Academics

Andrew Bojda	DaKaree Bryant
Tyrese Eli	Alexis Gaines
Alanah Heard	Jamon Owens
Joshua Thompson	Cahria Williams
Nazerath Williams	Tobias Williams
Aja Yates	Torriyun York

## Behavior

Destiny Antoine	Nakia Ballard
Keianna Banks	Jordan Bullis
Regina Dixon	Areoni Greer
Victoria Hunt	A'Niya Porritt
Ryan Rogan	Davion Thompson
DeIndya Wyatt	

## Creativity

Jaion Barnes	Jaylen Braxton
Xavier Braxton	Kaliyah Bursey
Siniya Davis	Jayla Downs
Antonia Griffin	Ranasajh Hughes
Nickles Terrell	Michael Washington

## Start with a strong, active family

Unfortunately, less than 60 percent of adults are physically active on a regular basis. And 25 percent aren't active at all. Inactive people have a higher risk of heart disease, diabetes, high blood pressure and obesity. So, to build a family based on healthy habits, it's up to you to set the tone at home.

How? Do something. Do anything. Do less "nothing". There are countless ways that families can have fun and get physically active. And your kids' 60 minutes of physical activity each day don't need to be completed all at once. Just help them get moderate and vigorous activity for 10 or 15 minutes several times throughout the day.

## Fit as a Family

- Walk the Walk: Eat dinner as a family, and then go for a walk together.
- Game of the Week: Spend a Saturday or Sunday afternoon skating or playing touch football.
- Form a Team: Sign up for a family fun run, fun walk or car wash.

- Sign Up: Buy a family membership at the neighborhood recreation center, YMCA or health club.
- Lesson Up: Check your neighborhood park for free tennis or golf lessons, and sign up as a family.
- Tackle Chores: Do housework or yard work together.

## Calendar

May 7	ABC Awards
May 11	Safe Routes to School meeting 3:30 p.m. in the LGI room – King Academy – Evaluation of neighborhood.
May 13	Spring Concert 6:30 p.m.
May 20	Last Meeting of the Parent Breakfast Club 7:30 a.m. King Academy Media Center
May 26-28	Fifth Grade Camp – Camp Tamarack. 5 <sup>th</sup> grade students must be picked up at 11:30 a.m. on May 28 <sup>th</sup>
May 31	No School – Memorial Day
June 2	Kindergarten field trip – Wolcott Farm and Stoney Creek Nature Center
June 4	Sixth Grade trip to Michigan State University. 6 <sup>th</sup> grade students must be picked up at 4:30 p.m.
June 5	5K Fun Run/Walk at King Academy
June 7	Fun, Food and Fitness Day - All Day, King Academy
June 8	Half Day, 10:48 dismissal
June 9	Half Day, 10:48 dismissal Kindergarten Graduation 8:30 a.m., King Cafeteria
June 9	Sixth Grade "Moving On Up", 6:00 p.m. King Cafeteria
June 10	Half day, 10:48 dismissal Last Day of School

This run/walk is a celebration of our year of healthy living, sponsored by Blue Cross Blue Shield of Michigan. We will be running/walking from the school to Shadyside Park, down the bicycle path to Harper, and then back to the school: 5K or 3.1 miles.

Pre-Registration is from April 22 until May 20<sup>th</sup>, 2010.

All pre-registered school age students and parents will receive a pin-on number, T-shirt and certificate of participation on the day of the event. You may register the day of the Fun Run from 8:30 - 9:30 a.m., but will not receive a t-shirt or certificate.

**M.L. King Jr. Academy, Family Fun Run Registration form**

Last Name	First Name	age	shirt size
Street Address		City	Telephone number

Additional members of the family:

Last Name	First Name	age	shirt size
Last Name	First Name	age	shirt size
Last Name	First Name	age	shirt size
Last Name	First Name	age	shirt size
Last Name	First Name	age	shirt size

**Release of Liability**

I/we will participate in the M.L. King Jr. Academy's Family Fun Run on Saturday, June 5<sup>th</sup>, 2010. I/we hereby release and discharge M.L. King Jr. Academy, Mount Clemens Community School District and Blue Cross Blue Shield of Michigan, including their administration, employees, agents and servants (herein collectively referred to as "Agencies") from all liability arising out of or in connection to the M.L. King Jr. Academy Family Fun Run. For the purposes of this agreement, liability means all claims, demands, losses, causes of action, suits or judgments of any and every kind that I/we, my/our heirs, executors, administrators or assignees may have against the Agencies because of any death, personal injury or illness, or because of any loss or damage to property that occurs during the above-described community event and that results from any cause other than the negligence of the Agencies. In the event of any illness or injury, I/we hereby consent to whatever X-ray, examination, anesthetic, medical, dental or surgical diagnosis or treatment and hospital care from a licensed physician and /or surgeon as deemed necessary for the safety and welfare of the participant. It is understood that the resulting expenses will be the responsibility of the individual adult participant or the parent/guardian of any minor child participating in the event.

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Signature of Participant (if under 18, Signature of Parent/Guardian) \_\_\_\_\_ Date \_\_\_\_\_