

STEAM CONNECTION

Monthly Newsletter of Washington Elementary's STEAM Academy
Sacramento, CA

NEWS & FEATURES

Welcome
Message
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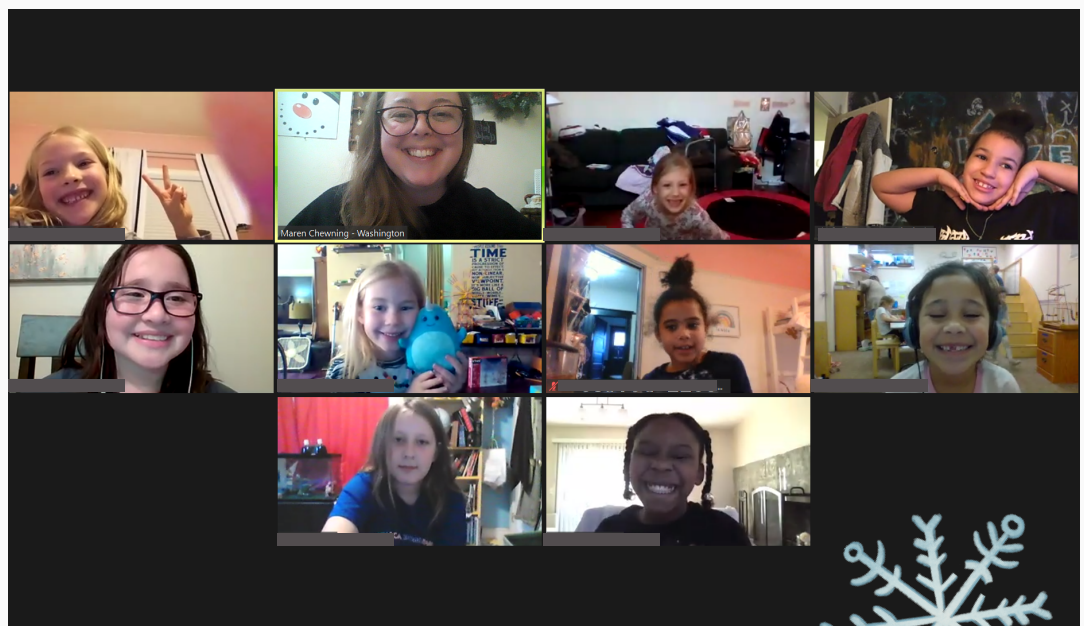
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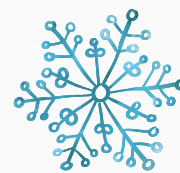
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Happy New Year!



Welcome back, Locomotives! We hope you all had a marvelous Winter Break! As we welcome the year 2021, we are looking forward to new beginnings, innovation, and togetherness. Also, our new official newsletter name has been selected by our community members - "STEAM Connection"! Thank you to all who voted, we appreciate and value your feedback!

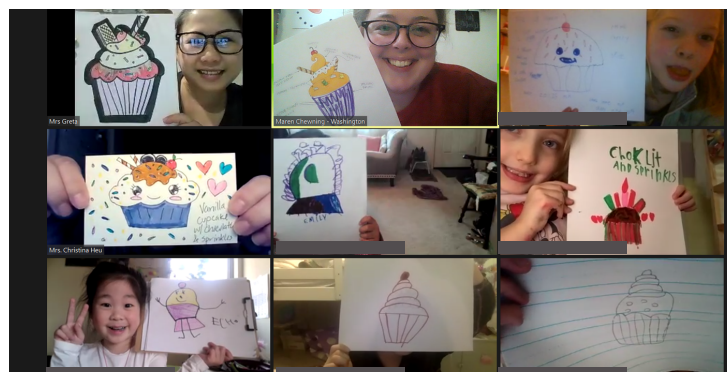
Check out this newsletter for upcoming events, highlights, project ideas, and more!



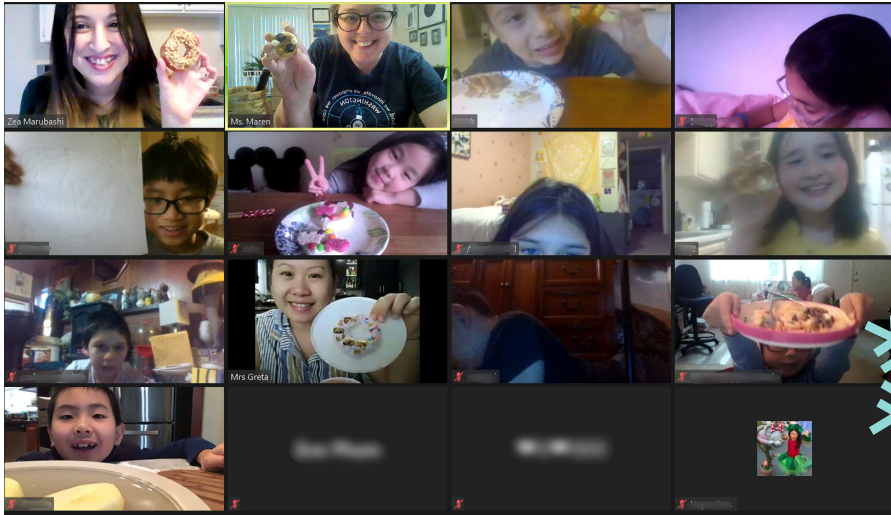
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4 Trivia Day World Braille Day National Spaghetti Day	5 Bird Day Whipped Cream Day Monopoly Game Day	6 National Technology Day National Shortbread Day	7 Harlem Globetrotter's Day National Bobblehead Day National Tempura Day	8 National Show & Tell Day Bubble Bath Day Argyle Day
11 Learn Your Name in Morse Code Day National Vision Board Day	12 National Hot Tea Day National Pharmacist Day	13 Korean American Day National Sticker Day Rubber Ducky Day	14 International Kite Day Organize Your Home Day World Logic Day	15 Humanitarian Day National Bagel Day Thank Your Mentor Day
18 -NO SCHOOL- Martin Luther King Jr. Day Winnie the Pooh Day	19 Popcorn Day Tin Can Day	20 Inauguration Day National Cheese Lovers Day Penguin Awareness Day	21 International Sweatpants Day National Hugging Day	22 Answer Your Cat's Questions Day
25 Bubble Wrap Appreciation Day Opposite Day	26 National Green Juice Day National Peanut Butter Brittle Day	27 Holocaust Memorial Day National Geographic Day National Chocolate Cake Day	28 National Kazoo Day National Pediatrician Day	29 National Puzzle Day Seeing Eye Dog Day Freethinkers Day

IMPORTANT DATES

- **1/12/21: WES Dine-Out, Suzie Burger**
- **1/18/21: Martin Luther King Jr. Day, No School/Afterschool**
- **1/27/21: Girl Scouts Begins**



DECEMBER HIGHLIGHTS

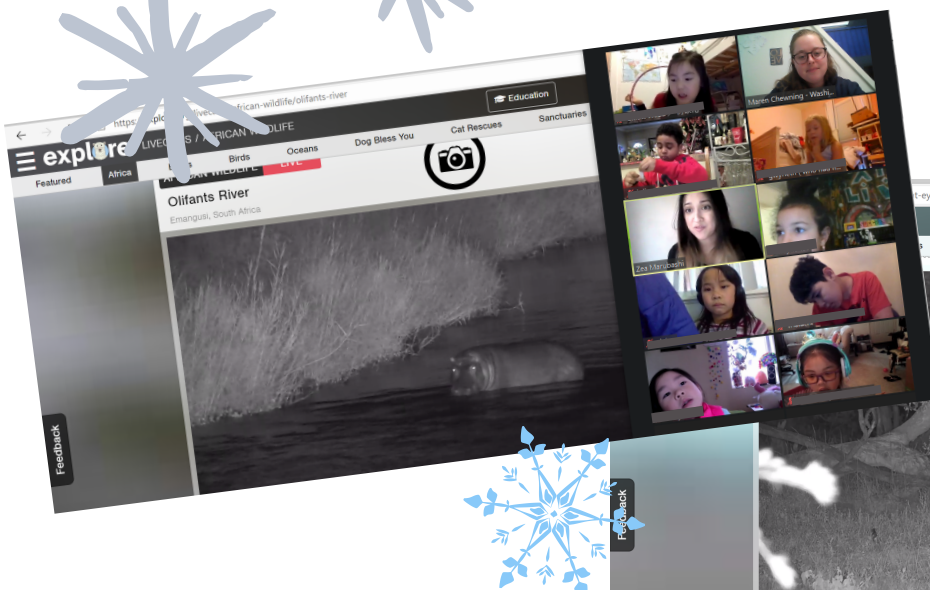


Cooking Demo - Apple Donuts!

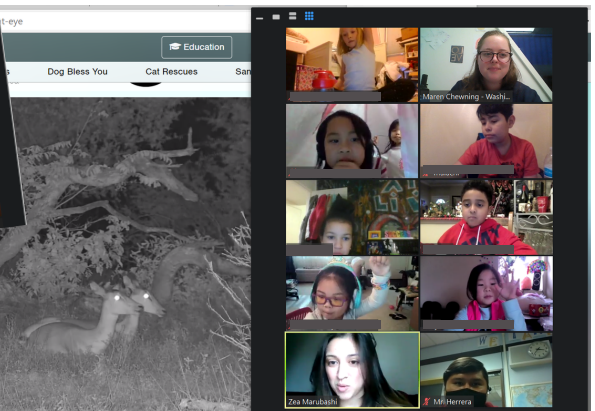
Human
Rights
Day



"A person's a
person, no
matter how
small."
-Dr. Seuss



Virtual Field Trip -
African Safari



JOIN GIRL SCOUTS!



"Make new friends, but
keep the old. One is
silver and the other's
gold. The circle is round,
it has no end. That's
how long I want to be
your friend!"



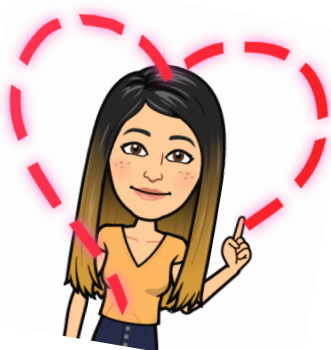
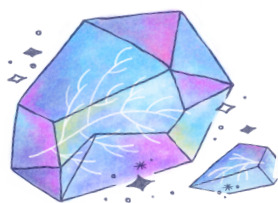
Troop 7064 is back at
STEAM Academy!

Join Girl Scouts to learn
new things, gain life skills,
explore the world, and be a
leader in your community!
Troop 7064 will be led by
Ms. Maren & Ms. Zea on
the second and fourth
Wednesdays of the month.
For the time being, all
meetings will be held
virtually on Zoom during
the program's afterschool
call. Any girls who attend
Washington Elementary
School and are in grades
EK-6th are eligible to
register.

Sign up today through the
link below!

Home Grown Crystals!

BY MS. ZEA



Growing crystals is a fun and easy science project you can do at home! Depending on what materials you use, your crystals will vary in size, shape, and color. If you choose to use borax to make your crystals, they might turn out to be larger and slightly see through like the star below. If you use Salt or Epsom Salt, the crystals become thinner with more jagged edges. If you use sugar, you'll end up with a sweet crystal that you can eat!



Here's what you'll need:

- Hot water (boiling works best if an adult is able to help)
- Pipe cleaner or string
- Jar or cup
- Pencil or pen
- Food coloring (optional)
- Salt, Epsom Salt, Sugar, or Borax



Creating your Crystals:

1. First, you will need hot water as well as the substance you've chosen to make your crystals out of (borax, salt, etc.). Stir your borax or salt into the hot water until it will no longer dissolve. This step is very important for making our crystals. You can also add food coloring during this step for colored crystals.
2. Next, shape your pipe cleaner and wrap your pipe cleaner, or tie your string, around the pencil so that it hangs off. Hang your string into the jar by putting the pencil on the edge of the jar
3. Finally, pour your water solution into the jar and leave it somewhere safe. Over time you can watch your crystals form. The whole process may take overnight but the end result is amazing!

Why it works:

Hot water is able to take on more salt or borax than cold water. When we dissolved more substance than the hot water could handle it became a supersaturated solution. This means that when the water cools down there is too much salt or borax and it crystalizes.

DIY Paper Snowflakes

BY MS. MAREN

Create your very own paper snowflakes for winter time!

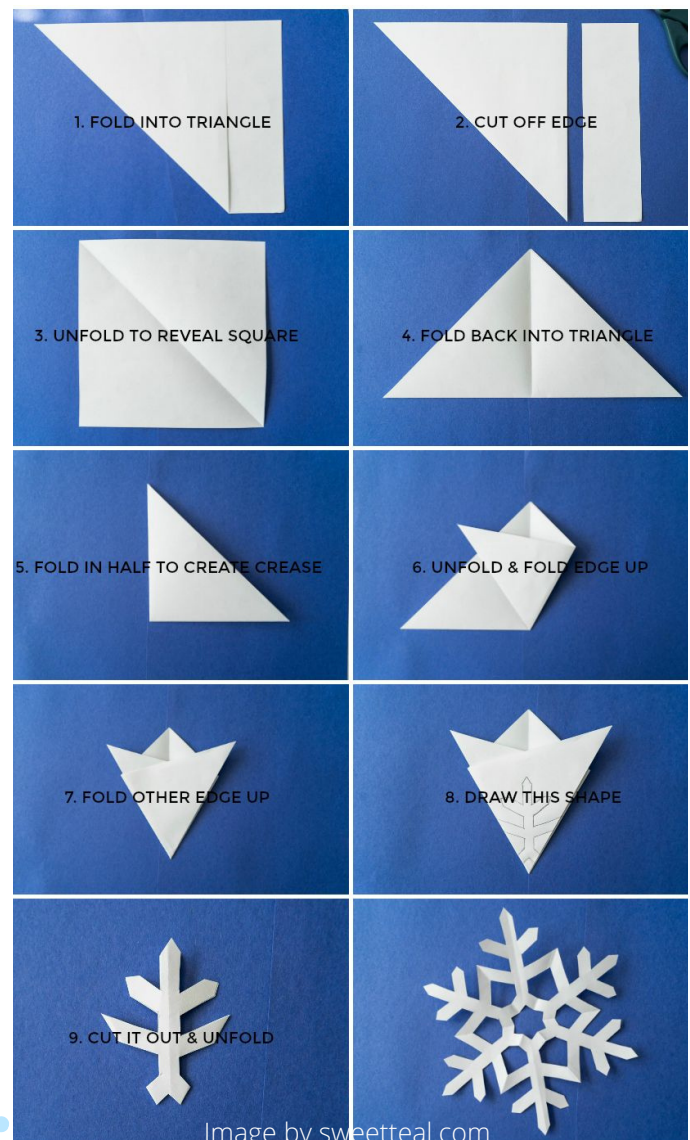
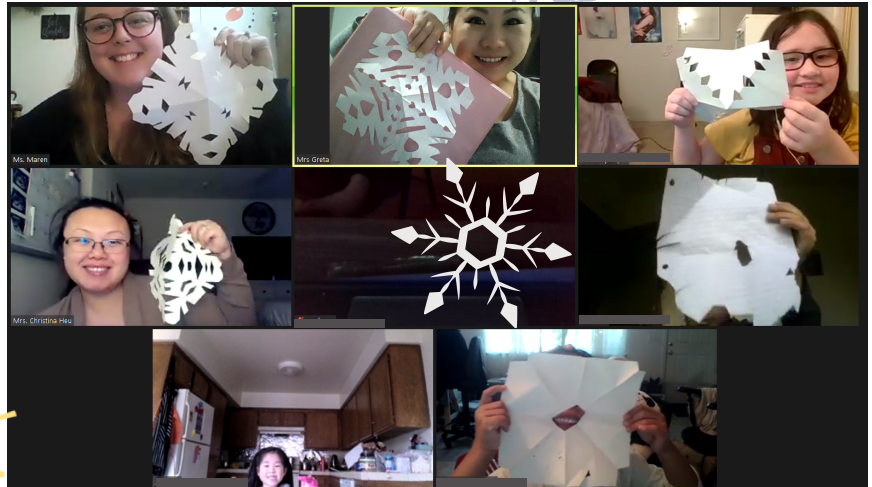
Materials:

- Paper
- Pencil
- Scissors



Process:

1. Start with a square piece of paper, or cut an 8.5"x11" piece of paper by folding the paper into a triangle then cutting off the edge.
2. Unfold the paper to reveal the square.
3. Fold it back in half diagonally to make a triangle.
4. Fold the triangle in half again.
5. Unfold the triangle and fold one of the edges up (see image).
6. Fold other edge up.
7. Draw a design on the front, leaving some spaces along the edges.
8. Cut out your design and unfold.
9. Share your pictures with us to be featured in next month's newsletter!



Harvest of the Month

Network for a Healthy California

The Harvest of the Month featured fruit is **oranges**



Health and Nutrition Go Hand-in-Hand

Make half your plate fruits and vegetables and be active every day. Drink water instead of sugary drinks. (Sugary drinks are the largest single source of added sugar in the American diet.) Doing these things may lower the risk of serious health problems like obesity, type 2 diabetes, heart disease, stroke, and some types of cancer.

A ½ cup of orange segments is an excellent source of vitamin C. A ½ cup of orange segments is about half of one medium orange. Eating oranges also gives you fiber and folate. Folate is a B vitamin that helps make healthy red blood cells and lowers a woman's risk of giving birth to a child with certain birth defects.

*Excellent sources provide at least 20% Daily Value.

Healthy Serving Ideas

Orange wedges make a great, quick snack.



Blend two peeled oranges with two cups of frozen, unsweetened strawberries until smooth. Place the citrus berry mixture in the freezer and stir every 15 minutes until you have a thick, icy treat.



Mix peeled orange slices with raisins and banana slices. Top with a spoonful of lowfat vanilla yogurt for a healthy breakfast.



Shopper's Tips

- Look for firm oranges with shiny skins that feel heavy for their size. It is okay to eat oranges with marks or green spots on the skin.
- Oranges with thin skins tend to be juicier than those with thick skins.
- Keep oranges at room temperature or in the refrigerator for up to two weeks.

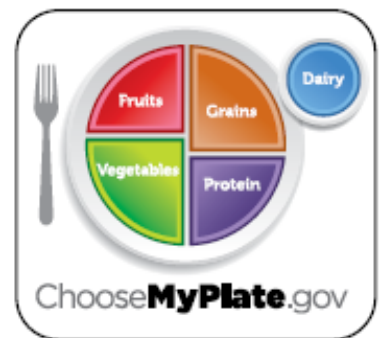
Let's Get Physical!

Staying fit shouldn't be all work and no play. Turn on your favorite music and challenge your family to a dance contest. Learn some new moves from your children and show them how things were done in your day!

How Much Do I Need?

The amount of fruits and vegetables you need depends on your age, gender, and the amount of physical activity you get every day. A good tip to follow is:

- Make half your plate fruits and vegetables to reach your total daily needs!



For more recipes and tips, visit:
www.CaChampionsForChange.net



Student Recipe
"The way I like to eat oranges is put whipped cream on them because it is actually really funny and really fun."
-Tenley (2nd Grade)



For CalFresh information, call 1-877-847-3663. Funded by USDA SNAP-EI, an equal opportunity provider and employer. Visit www.CaChampionsForChange.net for healthy tips. © California Department of Public Health 2013

