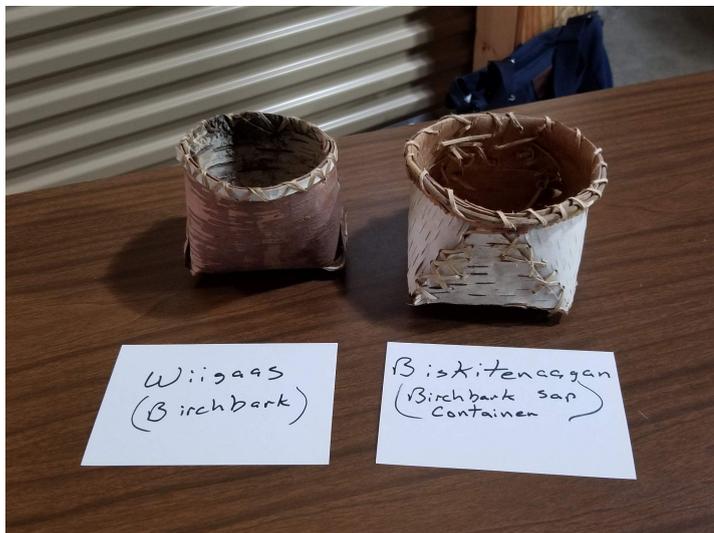




## Making Maple Syrup at School

Baaswewe Fred Maulson, Native American Student Services Mentor at the high school, was kind enough to invite us to visit the syrup production equipment he had set up in the high school garage. Students in Mrs. Thompson's Social Communications class at the Plaza watched Mr. Maulson boil sap and afterwards shared the following comments:



"The boiling process was something new I learned about. The sap turning gold signifies syrup is made!" and "We learned how to say birch bark (Wiigaag) and kettle or pot (M'Kuk) in Ojibwe."



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Mrs. Thompson added: "Students learned that you can also make candy from sap. We even had a chance to try some!" Classroom discussion also uncovered that Hannah's grandpa taps maple trees and that Nathan's grandma makes birch bark baskets like the sap collection baskets that Mr. Maulson had on display.

After watching the sap boil down, learning how the sap temperature is measured, and trying some maple syrup candy, we returned to the classroom and enjoyed vanilla ice cream and pure maple syrup.

# All About the Respiratory System

Mrs. Cull's Biology class is studying human body systems right now. Currently we are learning about the Respiratory System.



We are finding out why our bodies need to constantly breathe, how our lungs work, and the function of our diaphragm. We are also learning where air goes when we inhale, how oxygen gets into our blood, and how and why we exhale carbon dioxide. Plus, we are discovering why it's important to keep our lungs in good working order, and what you should and shouldn't do to keep them healthy.

We had fun making these edible models of the respiratory system!

## Building Skills and Relationships through Cooking



Lakeland Star students and staff are fortunate to have multiple cooking facilities to utilize. The Star building contains a full kitchen set up just like a home kitchen, the Plaza suite includes a kitchenette with microwave and refrigerator, and some students even have the option of accessing the commercial kitchen in the high school for hands-on cooking classes.

Cooking is its own reward both because the results are good to eat and because cooking together tends to bring about positive social feelings. And it's easy to build academic and social skill lessons into the process: measuring ingredients for math, reading recipes for English Language Arts, and practicing polite manners and fair sharing for social communication.

Recent cooking adventures include making homemade pasta in the foods class at the high school and whipping up sugar cookies in the Plaza kitchen.



# Students of The Month

## **Mallory Zimmerman**



Mallory is a senior this year and has continued to exemplify kindness since she began her journey at Star three years ago. Presently, Mallory has a work experience at a local pet store performing cleaning duties, caring for animals, becoming more skilled with her communication, and focusing on grooming skills. As a writer, Mallory takes pride in her ability to create stories and uses her imagination to capture the attention of her audience. Mallory is truly a remarkable student!

Mallory has come a long way with her communication skills. She is willing to give answers when going over work done in the class and participates in discussions. Mallory has even presented several times in front of her peers on the different body systems during Science class and has done an excellent job! She is very kind to her peers, to staff, and to her teachers. It has been a pleasure to have Mallory here at STAR.

## **Jasmine Zimmerman**

Jasmine is a creative, kind, and thoughtful 10th grader. Jasmine has done a wonderful job this year exhibiting responsible behavior. She comes to the plaza determined to work. Jasmine has shown how responsible she can be in completing exercises Ms. Dawn has ready for her. Jasmine can always be trusted to do what is expected of her, and on many occasions she will go above and beyond.

Jasmine's goals this year are to grow in strength, coordination and independence. Jasmine has an interest in parkour. She enjoys watching it and would really like to perform it sometime. Jasmine and Ms. Dawn looked up Youtube videos highlighting strength building exercises at first. It was important to have a foundation of strength before moving into coordination exercises. Jasmine has so fully embraced this time to regulate and strengthen her body that she came up with 10 exercises all on her own and added them to her exercise regimen.



Jasmine's creativity and sensitivity always shines forth when she is asked to create cards. She puts a great deal of thought and effort into making it very special.

Jasmine has also been speaking up more in class and has been verbally advocating for herself.