

1/22/24 | Issue 9



'Artist in Residency' Program at Frostig School West

Frostig School West has implemented an elective schedule where students are able to explore different interests within the, "Artist in Residency" Program. During the first semester, the electives offered included the Digital Dragon Technology Class, Dance Class, Zooga Yoga Class and Self-Defense Class.

The Digital Dragon Technology Class, taught by Dylan Coats, was held on Mondays/Fridays. For elementary students, the class focuses on typing by playing various typing games and also plays Minecraft. Middle and high school students learn skills on different creative platforms like Piskel and Canva.

Dance class, taught by Ethan Santos-Cruz, was held on Tuesdays/Thursdays where all students stretch at the beginning of class and then focus on beat, rhythm, and dance moves accompanied by age-appropriate music.

Zooga Yoga Class, taught by Nelly Dallakyann, was held on Wednesday where students focus on mindfulness and meditation. Elementary students learned basic yoga poses through creative songs and storytelling while middle/high school are taking the "yoga challenge" where they are focusing on mastering a different pose each week.

Self-Defense Class, taught by Janet Goliger, was held on Fridays. All classes learn self-defense strategies to protect themselves as well as when it is appropriate to use those strategies. Classes focus on learning strategies to identify people who may cause them harm (ie remembering license plates, learning to describe someone's height, etc).

After a semester long of learning new skills, Frostig West Students had the opportunity to share what they learned at the Winter Showcase held on December 12th. Pictured above is a student demonstrating his self-defense skills!

Currently, in the second semester, most of the same classes are being held with a change to music now being offered by Zooga instead of yoga!



Family Movie Night at Frostig Pasadena!

On Saturday, December 2nd, Frostig Pasadena's Parents' Association put on a family movie night on the school yard! Families gathered to watch the classic holiday movie, Home Alone. Popcorn, pizza and beverages were served while enjoying the movie. Families had the opportunity to mingle and connect with one another in a fun, relaxed environment. Parent, Jesse Wilson, is a super fan of Home Alone and brought props from the movie for everyone to check out. Some of the props included a Lego set of the house as well as homemade ornaments (seen in some of the photos to the left)! The event was an overall huge success and the Parents' Association is excited for all that is to come in the new year!



Winter Musical Theater Performances

This year at Frostig Pasadena, two incredible musicals were put on by drama director, Christina Harris. Elementary students created magic with "Grease"! They captured the summer nights of the 50's perfectly as they sang their way

through classic songs such as "Greased Lightning," "Hopelessly Devoted to You," "Summer Nights," etc. The performance highlighted our students' incredible talent, once again!

The middle and high school students took on "High School Musical" the musical based on the Disney Channel Original Film. This musical follows the romance of Troy Bolton and Gabrielle Montez as they navigate high school stereotypes, friendships and balancing their passions. The cast performed all of the iconic songs including, "Get'cha Head in the Game," "Breaking Free," "Bop to the Top," "We're All in this Together," and more!

It is such a special occasion to see our students perform and we are so grateful to everyone who worked to put these performances together!



New Mural on Frostig Pasadena Campus Painted by Students

Frostig's new mural project was in partnership with a company called Muralism (muralism.org). Muralism is a company that employs individuals with special needs as artists who help create murals all over Southern California. They came to our campus to work on a two week mural project starting on November 27th, 2023. For a majority of the project, the Muralism crew worked independently but on November 30th, the students were able to paint the mural with guidance from the Muralism crew. Each class had the opportunity to sign up for a time that worked for them! The mural is complete now and is located in the yard on the wall next to the art court. It is inspired by our students and reflects the inclusivity and individuality of Frostig School.



Casino Night 2024 is Postponed!

Hello, Frostig Community! I hope you're having a great start to the new year! We have decided to postpone Casino Night due to exciting developments on the horizon. Please be on the lookout for a new date and other upcoming events this spring! We appreciate all of your continuous support!

Sincerely,
Carly Basile and the Frostig Team



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