

# LEOPARD INC.



## Finish Strong, Together

We're almost there! What a journey it's been. This time of year calls for a little extra patience, a little extra kindness, and a lot of pride in how far our students have come. Let's finish strong, support one another, and carry this momentum across the finish line together.



## Teacher Appreciation Week

May 4th-May 8th!

Info will be sent out  
Saturday on ParentSquare.  
Sunday on Instagram  
Stay Tune!

[@LASHONACADEMY.ORG](https://www.lashonacademy.org)



*"Great things are done by a series of small things brought together."*  
— Vincent van Gogh

**Follow Us on Instagram for all Pictures and Videos!**



## Presence Matters Most Staying Strong Until The End

**1.** Transitions are one of the most stressful parts of a child's day. Transitions (like leaving for school) are linked to increased stress and behavioral challenges in young children.

*Rimm-Kaufman, S. E., & Pianta, R. C. (2000). An ecological perspective on the transition to kindergarten. Journal of Applied Developmental Psychology, 21(5), 491-511.*

**2.** Co-regulation starts with you. Children rely on caregivers to regulate emotions, especially during stressful moments like separation.

*John Bowlby (1988). A secure base: Parent-child attachment and healthy human development. Basic Books.*

**3.** Rushed mornings increase behavioral challenges. Chaotic or inconsistent routines are associated with increased behavioral problems and emotional dysregulation.

*Evans, G. W., & Wachs, T. D. (2010). Chaos and its influence on children's development: An ecological perspective. American Psychological Association.*

**4.** Predictable routines build emotional security. Consistent daily routines support emotional regulation, independence, and overall well-being.

*American Academy of Pediatrics (2018). The importance of family routines. HealthyChildren.org.*

**5.** Even 5-10 minutes of focused attention matters. Brief, high-quality parent-child interactions improve cooperation and emotional outcomes.

*Milkie, M. A., Nomaguchi, K. M., & Denny, K. E. (2015). Does the amount of time mothers spend with children matter? Journal of Marriage and Family, 77(2), 355-372.*

**6.** Positive send-offs impact school readiness. Warm, supportive parent-child interactions during separation are linked to better classroom engagement.

*Pianta, R. C., Nimetz, S. L., & Bennett, E. (1997). Mother-child relationships, teacher-child relationships, and school outcomes. Child Development, 68(4), 908-923.*

**7.** Children mirror adult stress levels. Children are highly sensitive to adult stress and can mirror physiological stress responses.

*Gunnar, M. R., & Quevedo, K. (2007). The neurobiology of stress and development. Annual Review of Psychology, 58, 145-173.*

**8.** Verbal preparation reduces resistance. Advance warnings help children transition more smoothly and support executive functioning.

*Diamond, A. (2013). Executive functions. Annual Review of Psychology, 64, 135-168.*

**9.** Connection before direction improves cooperation. Children are more compliant when they feel emotionally connected to caregivers.

*Siegel, D. J., & Bryson, T. P. (2011). The whole-brain child. Delacorte Press.*

**10.** These moments shape long-term habits and relationships. Daily routines contribute to long-term emotional development and social competence.

*Spagnola, M., & Fiese, B. H. (2007). Family routines and rituals: A context for development in the lives of young children. Infants & Young Children, 20(4), 284-299.*



**“Children are likely to live up to what you believe of them.”**

**— Lady Bird Johnson**

# Science in Action: Measuring What Matters

Our eighth grade students are currently taking the California Science Test (CAST), a key milestone in their academic journey. This assessment is administered just three times in a student's career, once in fifth grade, eighth grade, and again in eleventh grade, capturing learning at the culmination of each major stage in science education.

Unlike English language arts and math assessments, which measure progress year to year, the CAST evaluates a student's full understanding of science at the end of elementary, middle, and high school. It is a comprehensive, untimed assessment made up of six sections covering physical, life, and earth and space sciences. More than memorization, it challenges students to think critically, analyze data, and explain real world phenomena.

Since California began tracking CAST performance in 2022, Lashon Academy has demonstrated consistent growth, with an average proficiency increase of 5 percent and results that continue to surpass the state average.

We wish our eighth grade students and our current fifth graders the very best as they take on this meaningful assessment. We are confident they will reflect the curiosity, perseverance, and academic excellence that define Lashon Academy.



## *Confidence Begins at Home*

Support starts with creating a calm, steady environment at home. Encourage your child to get a good night's sleep, eat a balanced breakfast, and arrive on time feeling prepared. Keep your words simple and positive, remind them to do their best, trust their thinking, and take their time. Most importantly, celebrate their effort, not the outcome. Confidence grows when children feel supported, not pressured.

***“Curiosity is the engine of achievement.”***  
— Ken Robinson

## Did you know?

- Your brain uses about 20% of your body's energy, even though it's only about 2% of your body weight.
- Lightning is five times hotter than the surface of the sun.
- There are more stars in the universe than grains of sand on all the beaches on Earth.
- Water can exist in three states at once (solid, liquid, gas) at a specific point called the triple point.
- The human body has about 37 trillion cells, all working together at the same time.
- Earth is the only known planet that supports life, making it incredibly unique in our solar system.
- Sound travels faster in water than in air, which is why whales can communicate across miles in the ocean.
- Plants “communicate” with each other through underground root systems and chemical signals.
- The speed of light is so fast that it can travel around the Earth 7.5 times in just one second.
- Every time you take a breath, you are inhaling molecules that have been around since the time of dinosaurs.

# Setting the Tone Together

As we enter this busy end of year season, we appreciate the strong presence of our families and volunteers on campus. With so many people together, how we show up matters. Staying focused, respectful, and mindful of our staff helps create a positive environment for everyone. Together, we set the tone for our community.



**1. Keep communication purposeful and focused.** The school office is a high-traffic, high-need space. When communication stays centered on student needs, logistics, and school-related matters, it allows staff to support families more efficiently and with care.

**2. Represent the school community with professionalism.** As parents, you are an extension of the school community. The way we speak about the school, staff, and one another matters. Maintaining a respectful, balanced approach free of assumptions or visible bias, helps preserve a positive and unified environment for all students.

**3. Lead with trust and partnership.** Staff are working with intention, experience, and care. Approaching situations with trust and a collaborative mindset creates stronger relationships and leads to more productive outcomes for students.

**4. Be mindful of timing and capacity.** The end of the year is a particularly demanding season. Being concise, patient, and intentional with requests allows staff to prioritize effectively and respond thoughtfully.

**5. Model the environment we want for our children.** Children notice how adults interact. When families demonstrate respect, grace, and composure in shared spaces, it reinforces the values we strive to build within our school community.

**6. Respect the purpose of the office space.** The school office is an active working environment where sensitive and time-sensitive matters are handled throughout the day. When entering the space, you are often stepping into staff members' individual work areas, so helping keep the environment clear, focused, and respectful allows them to work efficiently while supporting all families with care and confidentiality.



*“The way we treat people we strongly disagree with is a report card on what we’ve learned about kindness and respect.”*  
— Tim Keller

# MARK YOUR CALENDARS



*We want to send a BIG thank you to our incredible parents, volunteers, donors, and vendors who made our 78th Israeli Independence Day celebration such a success. Truly, none of this happens without you.*

*From the behind the scenes planning to the front line energy, you showed up, stepped in, and made it all come together in a way that reflects the heart of Lashon Academy. It takes time, effort, and a whole lot of commitment to create something this meaningful, and it does not go unnoticed.*

*With so much happening all at once, we are especially grateful for your grace and understanding. If a thank you is ever missed in the moment, please know it is never a reflection of a lack of appreciation. Sometimes things move quickly, but the gratitude is always there.*

*To those who gave, supported, created, and showed up, thank you for helping us continue to grow, build, and bring our community together.*



## Teacher Appreciate Week

Monday, May 4th  
thru  
Friday, May 8th

## Minimum Days

Friday, May 8th  
Friday, May 15th  
**THURSDAY**, May 21st  
Friday, May 29th

## NO SCHOOL

Friday, May 22nd  
&  
Monday, May 25th