

# LEOPARD INC.

A Charter School for Global Citizens



## WHAT'S INSIDE THIS ISSUE:

- PARENT TIP
- PAINT & SIP
- SCIENCE CLASS
- UP COMING DATES

### PARENT TIP: GROW KINDNESS AT HOME AND SCHOOL

KINDNESS is more than being nice, it's a skill children can learn, practice, and strengthen over time. Modeling and encouraging kindness builds empathy, improves relationships, and supports emotional well-being from TK through 8th grade.



### Try These at Home

- *Model Kindness Daily:* Let your child see you showing kindness: thank the cashier, check on a neighbor, or speak gently when frustrated. Kids learn empathy by watching you.
- *Use "Kindness Talk":* At dinner or bedtime, ask: "How were you kind today?" or "Who showed you kindness?" This builds awareness and reflection.
- *Create a Kindness Jar:* Each time someone in the family does something thoughtful, write it down and place it in a jar. Read them together at the end of the week.
- *Praise the Effort, Not Just the Act:* Instead of "That was nice," say "I noticed how you shared your toy when your friend was upset, that was thoughtful." This teaches emotional awareness.
- *Give Back Together:* Volunteer, donate gently used items, or make thank-you cards for teachers and community helpers.

**WHY IT MATTERS:** Research shows that acts of kindness are linked to increased happiness, stronger peer connections, and higher self-esteem in children (Layous, Lee, Choi, & Lyubomirsky, 2013, *Developmental Psychology*). Teaching kindness and empathy also promotes positive school climates, reduces bullying, and improves overall academic engagement (Schonert-Reichl et al., 2015, *Journal of Educational Psychology*).

# Paint & Sip @ Valley Village

Our Paint and Sip Night brought parents and staff together for an evening of creativity, connection, and relaxation. With a wonderful turnout of 50 participants, the event offered a welcoming space for everyone to mingle and explore their artistic side.

From vibrant palettes to playful interpretations, it became our very own "50 Shades of Pumpkins," filled with laughter, color, and community spirit. A truly memorable night of art and togetherness.

***Art is not what  
you see, but what  
you make others  
see."***  
***– Edgar Degas***

## Did you Know?

- **Boosts Mood and Lowers Stress:** Studies show that engaging in creative activities like painting can significantly reduce cortisol levels, the hormone linked to stress by up to 25% after just 45 minutes of artmaking (Kaimal, Ray, & Muniz, Art Therapy Journal, 2016).
- **Encourages Mindfulness and Flow:** Painting helps individuals enter a state of "flow," similar to meditation, where the brain produces alpha waves linked to calm focus and creativity (Csikszentmihalyi, Flow: The Psychology of Optimal Experience, 1990).
- **Increases Overall Well-Being:** People who engage in arts-based social activities report higher life satisfaction and a stronger sense of purpose compared to non-participants (American Journal of Public Health, 2010).





## *What Happens When an Elementary School Opens a Science Lab?* *by Jonathan Abelson*

When elementary students step into a real science lab, curiosity takes center stage. They learn, practice, and experience science in ways that spark their ability to think like scientists.

This past month, the Lashon Science Lab officially opened its doors to elementary classes, giving students the opportunity to explore science in a functional, hands-on environment. Our fifth graders have enjoyed this privilege since the start of the year, visiting the lab four times a week to deepen their scientific knowledge and skills as they prepare for middle school. They have observed states of matter in action, changes they could never fully see in a classroom, though of course, “dancing like a hot molecule” can happen anywhere.

The rest of our elementary grades visit the lab several times each trimester, diving into exciting experiments of their own. Fourth graders discovered how energy flows by building human circuits, using an “energy rod” to explore how different connections close a circuit and even how electricity can travel through air and water. When the circuit was complete, the rod lit up, proof that teamwork can really spark results.

Students also witnessed chemical reactions firsthand, including demonstrations that released oxygen and carbon dioxide. They saw how heating sugar produces water vapor and leaves behind carbon, bringing textbook lessons to life. Soon, our third graders will dissect owl pellets to learn about food chains, while second graders found out that “elephant toothpaste” is not for brushing tusks. It is a thrilling reaction between hydrogen peroxide and yeast that shows just how fun and fascinating science can be.

At Lashon, our Science Lab is more than a classroom. It is a space where imagination, inquiry, and discovery ignite every young scientist’s mind.

***"Children must be taught how to think, not what to think."  
– Margaret Mead***





mention, bring or show this flyer

Menchie's Sherman Oaks will donate 20% Every Sunday to help support The Lashon School!

menchie's sherman oaks

13369 Ventura Blvd  
Sherman Oaks, 91423  
Open from Noon-10pm

Cannot be combined with any other offers, discount does not apply to cakes, merchandise or gift cards. Flyer cannot be distributed near the Menchie's location on the day of the fundraiser.



menchies.com

## SHOW YOUR SUPPORT!

Craving something sweet on Sundays? Menchie's has you covered! Treat your family and support our school at the same time!



## MARK YOUR CALENDARS!

### Minimum Days

Nov. 5<sup>th</sup>, 10<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup>

### No School

Nov. 11<sup>th</sup>, 24<sup>th</sup>, 25<sup>th</sup>

### Parent Conferences

Nov. 10<sup>th</sup>, 12<sup>th</sup>, 13<sup>th</sup>, 14<sup>th</sup>

### Make-up Picture Day

(Van Nuys and Valley Village)

Nov. 14<sup>th</sup>

### Thanksgiving Break/No School

Nov. 26<sup>th</sup>-28<sup>th</sup>

This Veterans Day, Tuesday, November 11<sup>th</sup>, we proudly honor the brave men and women who have served our country with courage and dedication. We invite our Lashon families to join us in celebrating their service and sacrifice.

If you have a veteran in your family, we'd love to recognize them on our social media! Please send a photo, their name, and title to [fnoguera@lashonacademy.org](mailto:fnoguera@lashonacademy.org) so we can feature them in our Veterans Day tribute and show our appreciation as a community.

## FOOD FOR THE SOUL

"Coming together is a beginning, staying together is progress, and working together is success." – Henry Ford

"The family is the heart of the people. Without it, the tribe has no strength."  
– Lakota Proverb