

ASU Winter Concert-2011

ASU's MS & HS Winter Concert took place on Friday, December 9th. A large number of parents attended the performance and showed their support for ASU.

It was a long, collaborative process for the students to pull off this annual event. This event provided exciting learning experiences for the students who performed and supported it in many ways. The event was made possible not



only because of all the performers on the stage, but also because of all the hidden efforts and supporting hands responsible for curtains, lighting, sound, and ushers. ASU students have great potential and immense talent. I am pleased that we were able to provide this opportunity for them to display their talents.

Ms. Holtet



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- 1 дүгээр сарын 25 II улирлын Сургалтын төлбөр төлөх эцсийн хугацаа
- 1 дүгээр сарын 25—ны өдрийн 17 цагт Эцэг эхийн зөвлөлийн хуралтай.
- 1 дүгээр сарын 27 Spirit day
- 1 дүгээр сарын 30 Явцын дүн

Grade 2B

"The Grade 2B Class has been enjoying emailing their Grade Two epals in public schools in Kokomo, Indiana and North Carolina, USA in November and December. Ask them about it!" I also have received a class photo of the Kokomo, Indiana class, which is mounted outside our classroom door.

Mr. Ron Tyson

Super Science Projects

There is a lot going on in middle school science right now! The 7th and 8th graders have just presented some incredible projects about ecology and biology, respectively. There were projects on everything from organs systems of plants and animals to issues of pollution and animal extinction. There were also some superb models built. These included alveoli/capillary models, a plant photosynthesis model (with fluids moving inside!), and a model of the water cycle inside an aquarium. They also gave some very informative presentations to help educate their classmates. The 6th graders are just adding the finishing touches to their projects on space and astronomy. There are some interesting ideas being developed: black holes, galaxies, moon/earth models, inner planets, outer planets and much more.

Total Eclipse of the Moon

The universe gave us a nice present for the holidays: a total lunar eclipse. It was one of only two total eclipses this year. The 6th graders had been anticipating this celestial event for some time after we investigated the phases of the moon. Some 7th and 8th graders also had a chance to view this event. The middle school students took pictures and compared stories about what they saw. We were lucky the fog cleared in time since the next total lunar eclipse will not be seen here until 2014.

Mr. Jason Cihlar

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The Little Black Hen



Berryman and Baxter,
Prettiboy and Penn
And old Farmer Middleton
Are five big men . . .
And all of them were after
The little Black Hen .
She ran quickly,
They ran fast:
Baxter was first, and
Berryman was last.
I sat and watched
By the old plum-tee . . .
She squawked through the hedge
And she came to me

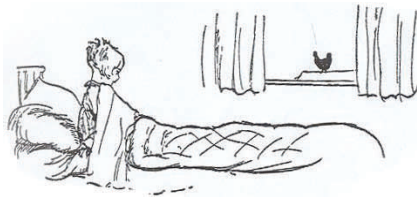


The Little Black Hen
Said 'Oh, it's you !'
I said 'Thank you '
How do you do?
And please will you tell me,
Little black Hen,
What did they want,
Those five big men?'
The Little Black Hen
She said to me;
'they want me to lay them
An egg foe tea.
If they were Kings.
I'm much too busy
To lay them things.'
'I'm not a King
And I haven't a crown
I climb up trees,
And I tumble down.
I can shut one eye,
I can count to ten,
So lay me an egg, please,
Little Black Hen.'



The Little Black Hen said,
'What will you pay,
If I lay you an egg
For Easter Day?'

I'll give you a Please
And a How - do-you-do,
I'll show you the Bear
Who lives in the Zoo,
I'll show you the nettle-place
On my leg,
If you'll lay me a great big
Easter egg,'
The little Black Hen
Said 'I don't care
For a How do you do
Or a Big Brown bear
But I'll lay you a beautiful
Easter egg,
If you'll show me the nettle-place
On your leg.'
I showed her the Place
Where I had my sting.
She touched it gently
With one black wing.
'nettles don't hurt
If you count to ten.
And now for the egg,
Said the Little Black Hen . '



When I woke up
On Easter Day,
I shall see my egg
She's supposed to lay.
If I were Emperors,
If I were Kings,
It couldn't be fuller
Of wonderful things.
Berryman and Baxter,
Prettiboy and Penn
And old Farmer Middleton
Are five big men .
All of them are wanting
An egg for their tea,
But the Little Black Hen is much too busy,
The Little Black hen is *much* too busy,
The Little Black Hen is **MUCH** too
busy...
She's laying my egg for me!

by A.A.Milne

Justin Bieber – Mistletoe

Aye, it's the most beautiful time of the year,
Lights fill the streets spreading so much cheer,
I should be playing in the winter snow,
But I'm gonna be under the mistletoe.
[Note: gonna = going to]
I don't wanna miss out on the holiday,
But I can't stop staring at your face,
I should be playing in the winter snow,
But I'm gonna be under the mistletoe
With you, Shawty, with you,
With you, Shawty, with you,
With you under the mistletoe, yeah.
Everyone's gathering around the fire,
Chestnuts roasting like a hot July,
I should be chilling with my folks, I know,
But I'm gonna be under the mistletoe.
Word on the streets Santa's coming tonight,
Reindeer flying through the sky so high,
I should be making a list, I know,
But I'm gonna be under the mistletoe.
With you, Shawty, with you,
With you, Shawty, with you,
With you under the mistletoe. Yeaaa
With you, Shawty, with you,
With you, Shawty, with you,
With you, under the mistletoe.
Page 2 of 2, Justin Bieber, Mistletoe
Hey love, the Wise Men followed a star,
The way I followed my heart,
And it led me to a miracle.
Aye love, don't you buy me nothing,
'Cause I am feeling one thing,
Your lips on my lips,
That's a Merry, Merry Christmas.
It's the most beautiful time of the year,
Lights fill the streets spreading so much cheer,
I should be playing in the winter snow,
But I'm gonna be under the mistletoe.
I don't want to miss out on the holiday,
But I can't stop staring at your face,
I should be playing in the winter snow,
But I'm gonna be under the mistletoe.
With you, Shawty, with you,
With you, Shawty, with you,
With you, under the mistletoe.
With you, Shawty, with you,
With you, Shawty, with you,
With you, under the mistletoe, yeah.
Kiss me underneath the mistletoe,
Show me baby that you love me so,
Oh, oh, oh, oh, oh, oh.
Kiss me underneath the mistletoe,
Show me baby that you love me so,
I love you Shawty.

"Do not worry about your problems with mathematics; I assure you mine are far greater."

Albert Einstein

Hello, everyone?

It has been a great year so far. I would like to share the following strategies with our high school students. They might be very helpful to be successful in math classes. I found them from Citrus College website which locates in Glendora, California, USA. Just remember, even Albert Einstein had struggles with solving math problems. Thus, give it a try, guys!
Ms. Khaliunaa



How is Math Similar to Other Subjects?

1. Math is like learning a foreign language and may require the same kind of devotion to master its symbols and unusual vocabulary.
2. Like playing an instrument, Math requires practice, usually on a daily basis, to perform well.
3. Like English composition, it is a subject that cannot be avoided if you want to complete an Associate degree or transfer to a university.

Source: www.citruscollege.edu

12 Ways to Improve Math Performance

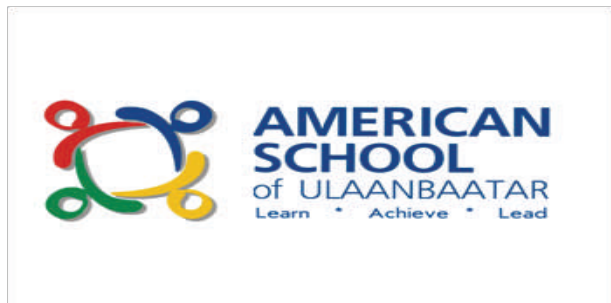
1. **RELAX!** You are not alone! Everybody gets nervous. Even experienced mathematicians! As Einstein said, "Do not worry about your difficulties in mathematics; I assure you that mine are greater." So relax. You'll be able to concentrate better at your homework if you are comfortable and calm! And admit when you have anxiety! Ignoring it will not help you to manage it.
2. **PRACTICE** a little math every day, maybe 15-30 minutes. Just reading the text will not help. Treat math like a foreign language. It uses both words and symbols to communicate. If you don't understand its vocabulary or cannot recognize its symbols, then trying to solve a problem will prove difficult. Use flashcards to help familiarize you with its vocabulary and symbols. Try to incorporate it into your daily life (i.e. out shopping, restaurant bill, etc.) and quiz yourself regularly.
3. **ASK questions.** Even if you think it's silly, chances are your other classmates may be thinking the same thing. Take charge of your education and **SPEAK UP!**
4. **STUDY** smart! "Each mind has its own method." Do math in a way that's in your learning style. But be open to other ways as well. Learning other methods will help you to understand the concepts behind math.
5. **ORGANIZE** yourself. Date and number each page of notes. Keep them neatly in a 3-ring binder. Staying organized will help you feel not so overwhelmed. And **NEATNESS** counts! The more frustrated or angry you get, the sloppier your writing becomes and the biggest pitfall of most student is their inability to read their own writing. If you notice your work is getting sloppy, take a breather and come back to it.
6. **REMEMBER** the basics! Math builds on itself. If it has been awhile since your last math course, pick up a textbook from the thrift store, from the library or go online for a quick refresher. There's plenty of math help out there. If you struggled with the last class, you may want to talk to a counselor about repeating it.
7. **GO TO CLASS!** This cannot be stressed enough. Especially if you take a summer or late start math class. You learn the same material in a shorter amount of time. You miss one class you may fall behind. And as before, math **BUILDS** on itself...once you're lost it will be difficult to catch up.
8. **UNDERSTAND** math, don't just memorize. Nervousness affects your memory so don't rely on it. Also, math is more than just numbers and symbols but concepts and theorems as well.
9. **READ** the text as well as practicing the problems. If your math book gives you trouble, try checking out another one from the library. Or try a self-teaching guide which will explain things in simpler terms.
10. **USE** your resources. Study groups, study buddies, instructor office hours, Tutor Center, private tutors, Math Lab, workshops, library, internet, self-teaching guides, etc. there's plenty of help out there and you're not alone!



11. **RESPONSIBILITY** is the key. This is your education! Some instructors only focus on theorems and ideas in class and expect the student (YOU) to do the problem solving at home. Or the instructor may only go over one problem in class. This means you must make it your responsibility to do homework, **EVEN IF IT IS NOT GOING TO BE COLLECTED!** It is assumed that each student is practicing the application of ideas to problems outside of class. Your successes (and failures) are **YOURS!**

12. **OVERCOME** negativity! You are your own worst enemy, so try to stay positive and establish mantras until you believe them!

Source: www.citruscollege.edu



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MENU FOR JANUARY, 2012

	Monday	Tuesday	Wednesday	Thursday	Friday
	9	10	11	12	13
PreK-3	Meat ball with buck-wheat and French fries	Kotlet with mashed carrot	Chicken nuggets with tasty rice	Beef Burrito	Mixed pizza
Gr 4-12	Chicken curry / Lasagna	Meat ball with rice	Spaghetti / Shepherds Pie	Greenwood mixed vegetables/ Grilled Pork	Shnitseli with tasty rice
	16	17	18	19	20
PreK-3	Sphagetti /Meat ball	Meat rice ball with carrot salad	Khuushuur	Chicken nuggets	Mixed pizza
Gr 4-12	Roulette / Chicken Roll	BBQ chicken /Egg Shanz with Caesar Salad	Teriyaki Pork/Beef Burrito	Fried Lamb	Panda burger
	23	24	25	26	27
PreK-3	Chicken BBQ	Beef Burrito/ Kimbab	Tefteli with Vegetable Salad	Minced beef covered with mashed potato	Mixed Pizza
Gr 4-12	Lasagna	Chinese cuisine	Spaghetti	Tuna Sandwich / Shepherds Pie	Beef burrito

Derek Pugh: Brain Compatible Education--How can educators and children look after their brains?

Adequate and appropriate sleep and nutrition are most important factors in brain functioning.

Breakfast is most important meal of the day.

Low-glycolic foods such as whole grains, whole fruits and vegetables and especially proteins such as eggs, yogurt, milk, cheese, soy products, fish, omega 3 acids, and proteins are important for brain functions because they provide long-lasting glucose to the brain AND provide fats such as amino acids which are critical to brain functions such as memory and ability to make decisions. He went into the processes which affect memory, reasoning, regulation of various body functions, and sensory input and the various sections of the brain and their primary functions. However, I will not detail these here.

Refined sugar and sucrose, of course, are bad for brain function because they give a quick “fix” or too “high” energy to the brain and then quickly deplete.

Fruit juices, even ones which are 100% natural, soft drinks, and caffeinated drinks are bad because they give a fast high glycolic or energy surge followed by a steep let-down after 2-3 hours. High glycolic foods also promote weight gain because of their high sugar content.

Eating breakfast improves memory, decreases anxiety and depression (major deterrents to learning), reduces the likelihood of behavior problems, promotes blood sugar stability, and builds necessary energy for the day.

Brain very active in sleep, particularly the REM stages: reorganizing memories, rearranging them, categorizing them, discarding irrelevant information.

Lost sleep=lost learning time. After 5-6 hours of sleep the REM stages become longer. If a student gets 6 or less hours of sleep a night they are missing out on much or most of the crucial REM sleep. This is why lack of sleep is so destructive to learning. High School students in particular often run a sleep deficit, partly because their natural sleep rhythm often runs counter to the typical school schedule. However, they can counter this tendency.

In a sleep institute study in Australia poor behavior in school was found to be often caused by a serious lack of sleep.

In the western world, students get an average 2 hours less sleep than they did 40 years ago.

Reasons: texting, use of electronic devices, etc.

Violent video games cause disturbed and violent REM (dreaming) sleep later in the night.

Blue light (from screens) disturbs /stops melatonin production which is critical for sleep.

Exercise increases blood flow and oxygenation of the brain. It clears away the waste and poisons which cause headaches.

RECOMMENDATIONS:

Children ages 3-6: 10-12 hours of sleep per night

ages 7-12: 10-11 hours per night

Teenagers have different body sleep rhythm, but they need to get to bed on time anyway and at same time each night.

Stop exposure to media ½ to 1 hr. before bedtime.

Cut down on screen time in general.

Vigorous physical exercise near bedtime needs to be curtailed.

Drink water regularly a needed during the day.

Water, with the exception of milk, should be the only fluid consumed if possible, not sweetened or fruit juices.

Тархины хэвийн үйл ажиллагааны зохистой мэдлэг Оюуны хөдөлмөр эрхлэгч болон хүүхэд багачууд тархиныхаа хэвийн үйл ажиллагааг барихад юуг баримталбал зохих вэ?

Хангалттай сайн унтаж амрах, тэжээллэг хоол хүнс хэрэглэх нь тархины хэвийн үйл ажиллагаанд хамгийн чухал үр нөлөөтэй .

Өглөөд цайгаа уух нь маш чухал байдаг

Бүтэн үр, жимс жимсгэнэ, хүнсний ногоо ялангуяа уургаар баялаг , тараг, сүү, бяслаг, шар буурцагар хийсэн бүтээгдэхүүнүүд, загас, Омега-3 -ын хүчил зэрэг нь сахарын оролцоо багатай учраас тархины хэвийн үйл ажиллагаанд маш чухал үүрэг гүйцэтгэдэг бөгөөд тархийг хэрэгцээт глюкозоор ханган мөн оюун ухааны чадвараар шийдвэр гаргахад амин чухал үүрэг гүйцэтгэж байдаг. Сахар болон сахарын төрлийн чихрийн шижингэ, чихрийн манжин зэрэг нь асар богино хугацаанд хэт өндөр ачааллыг тархинд өгч туйлдуулан тархины хэвийн үйл ажиллагаанд хортой үр нөлөө үзүүлдэг. Хэдийн тийм ч кофейныг зохистой хэрэглэснээр оюутан сурагчид хичээл номондоо идэвхитэй оролцон сурлагын амжилт гаргахад нь сайнаар нөлөөлдөг.

Жимсний шүүс, лаазалсан болон кофейн агуулсан хүнсний төрлийн бүтээгдэхүүнийг ууж хэрэглэснээс хойш 2-3 цагийн дараа хүний мэдрэлийн системийг маш ихээр ядраадаг хортой үр дагавартай. Өглөөний цайгаа ууснаар тархины үйл ажиллагаа тогтворжин уур уцаар багасан, сэтгэл санаа тайвширч, цусан дахь сахарын хэмжээ тогтворжин тухайн өдрийн хэрэгцээт энергээ авдаг байна.

Унтаж байх үедээ хүний тархи хамгийн их идэвхитэйгээр ажилладаг байна. Ялангуяа хүн гүн нойрсож байх үед хүний тархины үйл ажиллагаа идэвхтэй шилжиж болсон үйл явдал процессыг ой санамжиндаа дахин нарийн зохион байгуулалтанд оруулж категорчлохоос гадна хэрэггүй мэдээлэлүүдийг устгадаг байна. Тархины зөөлөн эд эсүүд болох ден дритес нь хүний гүн нойрсолтын үед явагддаг тархины идэвхитэй үйл ажиллагаатай шууд холбоотой байдаг байна.

Нойр алдах нь сурах идэвхийг бууруулдаг 5-6 цаг унтасны дараа хүний гүн нойрсолтын үед явагддаг хүний тархины идэвхитэй үйл ажиллагаа маш эрчимтэйгээр ажилладаг. 6 буюу түүнээс бага цаг унтсан оюутны хувьд гүн бат нойрсон бүтэн нойроо авч чадаагүйн улмаас нойр дутагдаж сурах идэвхи нь буурдаг арван жилийн сурагчид хичээлийн цагийн хувиараас хамааран байнга нойр дутуу явдаг байна. Гэсэн хэдий ч энэ нөхцөл байдалтайгаа дасан зохицдог. Хүчирхийлэлтэй видео тоглоом тоглосноор шөнөдөө хар дарж зүүдлэн гүн бат сайн нойрсож чададгүй байна.

Дэлгэцийн цэнхэр туяа нь гүн нойрсоход ялгардаг мелатонин бодисын ялгаралтыг саармагжуулж зогсоодог байна.

Биеийн тамирын дасгал сургууль нь цусны эргэлтийг сайжруулж тархин дахь хүчнтөрөгчийн хэмжээг нэмэгдүүлдэг. Ингэснээр хортой бодисыг гадагшлуулж толгой өвдөх өвчнөөс ангижирдаг. Тархины хэвийн үйл ажиллагаанд ус голчлох үүрэгтэй. Ус дутагдсанаар тун хааяахан л тархины хэвийн үйл ажиллагаа алдагддаг.

АШИГТАЙ ЗӨВЛӨГӨӨ:

3-6 насны хүүхэд шөнөдөө 10-12 цаг

7-12 насны хүүхэд шөнөдөө 10-11 цаг

Өсвөр насныхны хувьд хэмнэл нь өөр ч яаж ч байсан цагтаа унтах нь чухал

Аль болох өдөрболгон нэг цагт тогтмол унтаж бай

Унтахаасаа цагийн өмнө мэдээллийн гол хэрэгслүүдээ унтраа

Дэлгэц ширтэхээ багасгах

Унтахаасаа өмнө биеийн тамирын дасгал сургууль хийхээс зайлсхий Өдөрт тогтсон хэмжээний ус ууж хэвш, өдрийн туршид хангалттай хэмжээний усаа авч байх нь чухал байдаг

Аль болох ус, сүүг ундандаа түлхүү хэрэглэж жимсний шүүс болон чихэрлэг зүйлсээс зайлсхийж байв

Winter Elementary Concert

The musical opens with the “birth” of a new snowman, built by the children, announced by the doctor and celebrated by the Mama and Papa Snow Parents. So what can the Friends of Melton do? They realize that they must solve the problem of the warm heart or their new creation will not last long at all. Consequently, they call on everyone’s favorite characters to help solve this difficult problem. First they ask Santa’s elves for advice. They suggest that “Tough love” might be the answer. When this doesn’t do it they ask Mr. Scrooge, but no avail. Perhaps, Rudolph and the other reindeer can help. They tried singing happy carols as well, but nothing can turn Melton’s heart to ice.

Worry turns to disaster as Melton finally gives away his warm heart to Bartholomew, the naughtiest cold-hearted kid in town. All are sad as Melton freezes up and becomes like so many other ordinary people of ice. Eventually all begin to realize that the love that Melton shared with Bartholomew and everything else was something to be grateful for and celebrated. Love is what the winter holidays are all about. Then, Santa Claus shows up with a solution to all the problems. A heart with a defrostalator will allow Melton to regulate his feelings and last through the season after all. All are happy and there are no puddles on the stage!



Grade 1-4 worked very hard to learn and perform the musical Melton the warm-hearted snowman. While they learned the songs, they also learned the importance of love, care, and joy and peace that this holiday season brings to people. The cast kids worked very hard to memorize their lines and put together the act. They had given up their recess times and lunch breaks to come and practice for this show.

I am very proud to introduce the Cast for the Melton, the warm-hearted snowman.

- | | |
|---|--|
| 1. Melton, the warm hearted snowman – Kiel 4B | 21. Blitzen – Hulan 4A |
| 2. Mama snowman – Mishelle 4A | 22. Scrooge – Hongor 4A |
| 3. Papa snowman – Badral 4B | 23. Children 1 – Yalguunaa 4A |
| 4. The Doctor – Tae Hoon 4A | 24. Children 2 – Michka 2B |
| 5. Bartholomew – Tieran 4A | 25. Children 3 – Mishelle 2A |
| 6. Molly – Zozka 3B | 26. Child 4 – Ulemj 2A |
| 7. Nellie – Oyuka 3A | 27. Child 5 –Min Hu2B |
| 8. Penny – Anuka 3A | 28. Child 6 – Mina 2A |
| 9. Tommy – Buyanaa 3A | 29. Child 7 – Tengis Z 2A |
| 10. Johnny –Tulga 3A | 30. Child 8 – Jin Seo 2A |
| 11. Susie – Hulan 3B | 31. Child 9 - Munkule 2A |
| 12. Annie – Kristel 3B | 32. Child 10 – Khaliuna 2A |
| 13. Rudolph, the red nose reindeer – Onon 4B | 33. Child 11 – Marla 2B |
| 14. Dasher – Tushig Gr.2 | 34. Elves - Enguun 2B, Jack 2B, Sanchir 2B, Otgonbileg 1B, Zaya 4A |
| 15. Dancer – Dulgoon Gr2 | 35. Santa Claus - Manduka 4B |
| 16. Prancer – Nomuka 3B | |
| 17. Vixen –Maral 3A | |
| 18. Comet –Zaya 3A | |

