

Mangrove Messenger

May 2016
http://www.mangrovesarasota.com

A Class Newsletter from the students of the Mangrove School of Sarasota

Inaugural Edition

Third/Fourth Grade Verse

The far-sighted eagle glides high in the air;
The roar of the lion tells all to beware;
The might of the oxen. Patient and strong,
Pulls for the farmer the bright plough along.
With the wings of the eagle my clear thoughts can fly,
With the heart of the lion my fears I'll defy;
With the strength of the plough-ox my deeds I'll fulfill –
And love too, I'll bring to thought , heart and will.



~ From the head, heart, and hands of our 3rd/4th graders - runic stones from our Norse Myths block and river otters from our zoology block. Norse tree illustration by Moonlight ~



Forest Fridays at Philippi Park
by Stella and Cute Puppy

Almost every Friday we walk to a local park to enjoy a day in nature. It is fun and different every time. Sometimes we hike through the mangroves, or play fun games. One time we saw a black vulture feasting on a dead raccoon. We have studied plants that grow there, like the wild yam. There are many islands there to explore – one is called Bone Island, where we found natural clay. We heard that a plane had crashed there. One time we found a geo-cache, another time local animal skulls. We love these adventures.



~ Students had a tasty treat while learning about fractions. Thank you to our parents for helping! ~



~ Students performed the Norse myth play, "Sif's Golden Hair". Description of scene by Moonlight. ~

Mischievous Loki sneakily cut off Sif's beautiful, golden hair and Thor was furious. Loki tried to make amends with the Aesir by cunningly asking the sons of Ivaldi to forge new hair for Sif, made of real gold, as well as a spear that would never miss its goal, and a magical ship. The Aesir marveled at these creations. Brokk believes his brother Sindri is the better smith, so he bets his head on it with Loki, and Sindri makes the best gift of all: Mjolnir - Thor's hammer, the golden bracelet, and a golden pig for Frey, even though Loki as a fly tried to spoil it. But Loki got to keep his head, because he didn't bet his neck. So Brokk had to settle for sewing his mouth shut.

Rye Preserve by Tricky Trickster and Progo

Rye Preserve is a peaceful place with big hills, and a refreshing stream leading to a big pool of water that we can dive and swim in. Since there could be alligators at the bottom, we don't swim in there. Instead we run through the streams, splashing and jumping from the logs that run across it. We have found bones, shells, animal tracks and sticks while exploring, and have even seen deer and turtles. We dig in the sandy cliffs, creating our own forts and hideaways. Rye is a great place to go for Forest Friday.



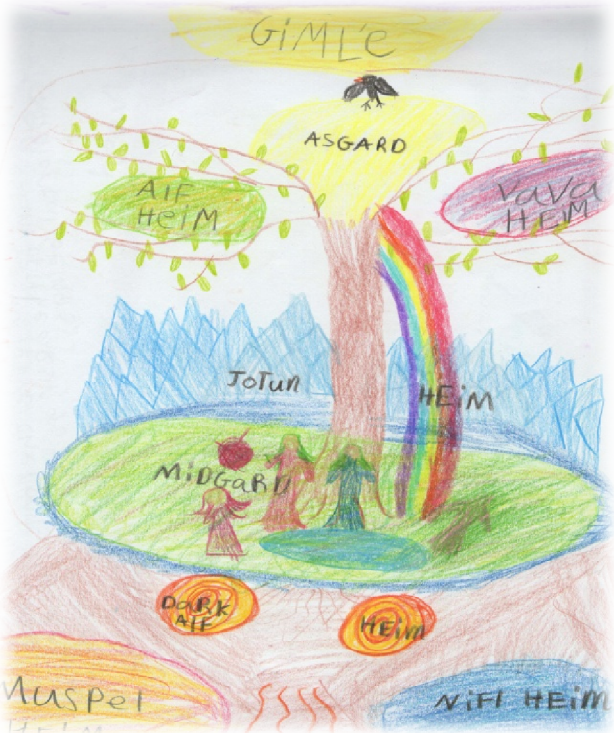
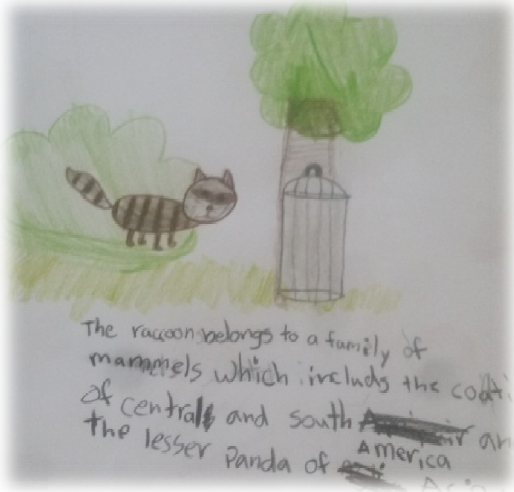
Riddle by Shadow and Moonlight

I am always here, but
you can never see me.
What am I?

Answer: Air

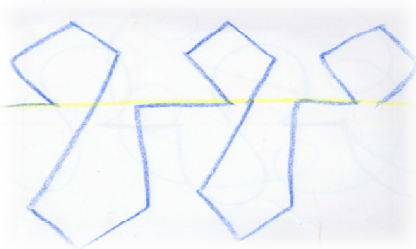


~ An original drawing of a proud lion from Progo and a descriptive study of a raccoon by Clover. ~





~ A game called 1/2, from our "word basket" to retell the fable "The Lion and the Mouse". A form drawing by Tricky Trickster. This type of drawing develops sense, perception and movement. ~



Talula's Adventures
(Part 1 of series)
by Tricky Trickster and Progo

"Mom, Talula is in a mail truck!!!!", said Tricky Trickster.

"No, she is NOT, she is with me!" said his mom, then suddenly VROOOOM

"NOOOOO!!!!", yells Tricky.

"Tricky Trickster, are you coming down with something?! She is right here! Hmm, you should get a glass of water, and I will check your temperature.", said his mom.

"But she's in the truck!", shouted Progo.

"Both of you boys need some serious help..." said Tricky's mom as she walked into the kitchen.

"Ok Mom, I'm going on a bike ride" said Tricky, and off he goes with Progo, flying on their bikes, chasing after the mail truck. "Hey, get back here!" shouted Tricky. He swerved, nearly missing his neighbor, Fisher. "Fisher – get out of the road!!!" "Go down to Paloverdes Street, we can catch her there, Tricky", said Progo. A car comes from out of nowhere "Look out!!!" says Tricky. Whew that was a close call....To Be Continued.

~ Follow more of Talula's adventures next year, in the Mangrove Messenger. Drawing by Progo. ~



Trip to Mote
by Shadow and Moonlight

On our trip to Mote Marine we went dip netting and caught many things, including sea urchins, seahorses, starfish, and even a cow fish. Next, we went inside the aquarium and saw an octopus, which we had studied in class, and many other types of fish. After that we had lunch by the bay and played on the playground and in the bay and explored the mangroves nearby. Last, we saw the river otters in the mammal center. River otters love to play and slide down on their stomachs, so they were fun to watch. It was a great trip – we had a lot of fun seeing cool things.



Food Bank Trip
by Secret

This year we went to All-Faith's Food Bank two times. There we saw a lot of food that had been collected. They get food from farms, extras from stores, and from generous people. First we went on a tour of the food bank, and even went in a giant freezer called "Alaska". We saw these machines that move giant boxes and crates of food. One machine gave us a huge box of oranges to sort, which we put into bags of six oranges each. We sorted tons and tons of oranges. The next time we went, we also sorted kale and herbs. It was fun to help others.



Lion Poem
by Stella

Lioness, laying in the grass
Inhaling lightly, then in the right
time, she jumps, and the prey is
gone.
Only the bones are left,
Now she finds a place to rest.

COCONUT & AVOCADO
GRASSHOPPER BARS

Free of grain, gluten, eggs, dairy & refined sugar.
By Cloak and Diamondback

- MINT LAYER INGREDIENTS
- 1 Hass avocado
 - 1/4 c. honey
 - 6 T. coconut oil, melted
 - 1 1/2 c. shredded unsweetened coconut
 - 3/8 t. mint extract, or a drop or two of food-grade peppermint essential oil
 - dash of salt
- CHOCOLATE LAYER INGREDIENTS
- 1/4 c. coconut oil
 - 2 T. honey
 - 1/4 c. cocoa powder
 - 1/4 t. vanilla extract (I like to make my own)
 - dash of salt
- MINT LAYER INSTRUCTIONS

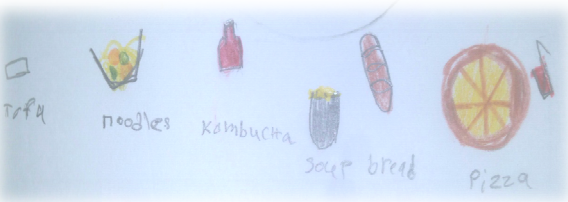
Line a 9×9 inch baking dish with foil. Place all ingredients in high powered blender (such as a Blendtec or Vitamix) or a food processor. Blend until smooth. (You can puree it if you want, but I like mine to have little flecks of coconut still.) Smooth mixture into prepared dish and stick in the freezer.

CHOCOLATE LAYER INSTRUCTIONS

In small saucepan, melt coconut oil and honey over low heat. Remove from heat and stir in remaining ingredients. Pour over chilled bottom layer and return to the freezer for about 15 minutes, or until the chocolate layer is hardened. Remove from foil and cut into bars. Store covered in the freezer.



~ "Here is the kitchen where we make the food and wash the dishes. We serve the food from the cart, and eat the food at the picnic tables in the courtyard." Cloak and Diamondback ~



~ Community! Our 3/4th graders finishing a table for our Early Childhood students. ~



Mangrove Scribes....

Stella, Progo, Tricky Trickster, Shadow, Cute Puppy, Moonlight, Secret, Clover, Cloak and Diamondback.