



The Pegasus:

The Weekly Francis Scott Key Newsletter

“Nobody realizes that some people expend tremendous energy merely to be normal.”

**Albert Camus*

This Week: May 26-29, 2020

Ahh, Quarantina, the Italian quarantine...it sounds like a holiday where everyone gets dressed up, wears a mask and gloves, and has a party. Wow, so not the case at all. Instead we are wearing masks and gloves when we go shopping and sporting “lounge wear.” There does seem to be copious amounts of drinking like a party, but not really. We at our house have also invested in some very fine cheese according to the dog. He also thinks we’re pretty stingy passing out samples. We’ve informed him we are not Costco, but he doesn’t seem to care. What do you expect from someone who tells time by his stomach? Supposedly, at some point this will eventually come to a close, but not before school ends in a few days.

I want to thank all the wonderful volunteers who participated in the 4000 reported hours! That’s just incredible. And for all those who forgot to report your hours a big thank you to you as well. This community would be nothing without our volunteers. So many of our wonderful programs and activities could not happen without your support and willingness to participate! All the school events, field trips, Science Sack, Art in Action, Garden Committee, and classroom support has all made us a better community. Speaking of community, I also want to thank everyone who came to our virtual PTA general meeting last Saturday. Many of you were in your gardens; they looked very lovely and skunk free [*sigh, so jealous*]. It was nice to see the community together one more time.

Two things need to be mentioned. **Monday is Memorial Day, there is no school on Monday.** Also, please be wrry going outside. The whole city will no doubt be in the park or at the beach. Our neighborhood will be crawling with people, most of whom will probably *not* be wearing masks. Also if you are looking for something fun for you and kids to do this weekend you can still enter the **Virtual Art Show**. The details are mentioned below, but it is a project that will probably entertain your kids for up to 40 minutes. I convinced mine that her first attempt was not “art show quality” and needed to be more “dynamic” and while her attempt had “artistic merit” it needed to be more “aesthetically pleasing.” I was met with much groaning, but I did get a good 40 minutes of free time.

This week in my Angry Mothers in Isolation Society I channeled my anger into MacGyver-ing. I had to use some florist wire instead of searching the carpet for the teeny tiny screw that holds my child’s glasses together. Two days later and the florist wire is still holding strong! I also had to hunt for a missing retainer today that someone pulled out in her sleep last night. It was imperative we found it before it got stepped on...again. These are the moments I darkly mutter about in my meetings with myself and my glass of wine...or without, it depends on the time of day...

And as always, please visit our website for the school calendar, event information, and updates :
<https://myfsk.org/>; <https://www.facebook.com/FSKschool>.

Upcoming Events at FSK for May

- 5/25 *Memorial Day* No School
- 5/15-25 *Virtual Art Show* submissions due
- 5/26 *Virtual Art Show* live on MYFSK.ORG
- 5/29 *Kindergarten Promotion* 10 am zoom link and information to be sent by class teacher

Upcoming Events for June

- 6/1 5th *Grade Graduation* 10 am zoom link and information to be sent by class teacher
- 6/2 *Last Day of School*

Virtual School-Wide Art Show

<https://myfsk.org/spring-virtual-art-show-students-invited-to-submit-art-by-may-25th/>

All FSK Students are invited to create and submit an art piece with the theme of *"Heroes Around Us and What/Who Brings us Happiness."* We will have a Virtual Art Show on MYFSK.ORG on May 26th including all K-5 Students' submissions. Details about submissions to the art show are below, on the flier.

ART SUBMISSIONS SHOULD INCLUDE:

1. **Art** (any drawing/sketch on any medium, such as paper, wood, floor, cement, fence, and use any materials you have at home: crayons, pencils, pens, color markers, chalk, paint, pastels, etc.)
 2. **Student's First Name**, Grade level, and Teacher's Name
 3. **Write-up** (few sentences, one paragraph) explaining what is drawn and what it represents to the student.
- Please email art work to Eliza at: art_in_action@fskey.org by May 25th.
 - Please take a high-resolution photo or scan your child's art piece and email it in a PDF or JPG file format to Eliza at the email above.
 - See the flier below for details and some samples.

QUESTIONS?

Email Eliza Conroy, AiA School Coordinator at art_in_action@fskey.org OR Paige Schultz, Art Show Exhibit Lead, at pmschultz@gmail.com

Support Our School

- **Donation Website:** <http://bit.ly/fskdonate>
* Please include a note about who your donation is in honor of in the 'Notes' section on the PayPal page. Thank you.
- Set your **Amazon account to AmazonSmile** and select **FSK PTA** to make sure part of your purchases goes back to our school.
- **Direct Donations to FSK PTA:** Please support our PTA with a direct donation. You may donate online at <https://myfsk.org/get-involved/donate/>
- **Fundraising Web Page** for more information about helping out the school: <https://myfsk.org/get-involved/pta/fundraising/>

Thank you for your generous support!

Support Our Community

- **SFUSD Free Meals:**
<https://www.sfusd.edu/services/health-wellness/nutrition-school-meals> Free grab and go meals are available to pick up on Monday and Wednesday at various sites listed on the site above. AP Giannini is the closest site to FSK; pick-ups are 11a-Noon.
- **SF Marin Food Bank:** Fridays between 9am-1pm, you can pick up a pre-packed bag of nutritious groceries at the food pantry pop-up at either AP Giannini Middle School *or* Lincoln High School.
- **Sunset Strong:** Support local businesses open during this challenging time; list of open businesses and map at <https://sunsetstrong.com/>
- **Sunset Neighborhood Help Group**
contact@sunsethelpers.org
415.212.8770
<https://www.facebook.com/groups/2615983561845218/>

Recipe Round-Up

California Italian Wedding Soup

*So at most Italian weddings there are never enough meatballs for everyone in this soup. I recommend making the meatballs smaller than in the picture so everyone gets a taste.

<https://www.allrecipes.com/recipe/35781/california-italian-wedding-soup/?internalSource=staff%20pick&referringId=1630&referringContentType=Recipe%20Hub>

Pretzel Turtles

*Yes, I know this is the world's simplest recipe and yet it is so addictive! All you need is a bag of pretzels, some Rolo candies and maybe some pecans or another pretzel on top like a sandwich. Use your imagination you're going to love it, bar any gluten, dairy, or chocolate allergies...

<https://www.allrecipes.com/recipe/96749/pretzel-turtles/?internalSource=hub%20recipe&referringContentType=Search>

Creativity Corner

*So this craft can double as a science experiment if you are desperate OR YOU CAN ENTER THE VIRTUAL ARTSHOW!!! (That was not meant to be subtle!)

Homemade Microwave Puffy Paint

<https://www.happinessishomemade.net/homemade-microwave-puffy-paint/>

FSK ART PROJECT ~ SPRING 2020

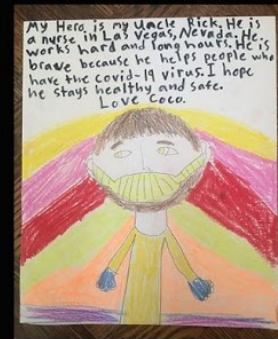
HEROES AROUND US and WHAT/WHO BRINGS US HAPPINESS

This Spring, we will have a Virtual School-wide Art Show to display our K-5 Students' Art Work. All FSK Students are invited to create an art piece with the theme of "Heroes Around Us" and "What/Who Brings us Happiness".

Art Work Submissions welcome from May 15th-25th by email to art_in_action@fskey.org

PLEASE INCLUDE:

- ♦ Art (any drawing/sketch on any medium, such as paper, wood, floor, cement, fence, and use any materials you have at home: crayons, pencil, pens, color markers, chalk, paint, pastels, etc.)
- ♦ Student's First Name, Grade level, and Teacher's Name
- ♦ Write-up explaining what is drawn and what it represents to the student.



Coco, 2nd G, Ms. Lai



Toni, 1st G, Ms. Farshchi



**THE VIRTUAL ART SHOW WILL BE DISPLAYED
AT MYFSK.ORG ON MAY 26TH!**

Heartfelt 
THANKS

TO OUR VOLUNTEERS!



SUPPORT FSK

[HTTP://BIT.LY/FSKDONATE](http://bit.ly/fskdonate)



Thank You from our Students, Teachers & Staff

*The Pegasus Weekly Newsletter is brought to you by:
Samantha Cairo-Toby
PTA Executive Vice President
And
Founding member of the
Angry Mothers in Isolation Society
(AMIIS)
And
Mom to Madeleine (5th Grade)*

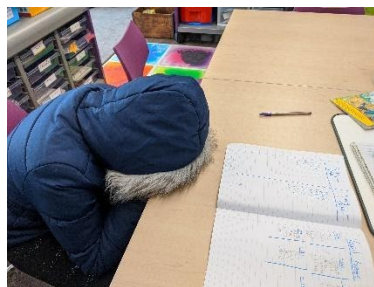
We would also like to thank our sponsors:



*The Lavender Inn
A Secluded Refuge
In San Francisco
Exclusively
For
Skunks*

**Happy Hour is from 9-11pm daily
Dachshunds are not allowed in the Lobby after 9pm

And



AMIIS
*The
Angry Mothers in Isolation Society
We exist, because they exist!*

*Sensus auditus est selectivam
Sanity means selective hearing