Dear Parents,

The kids have been very busy getting back into the routine after Christmas break. We have also added to our busy afternoon schedules, Girl Scout’s and ASP that some of the kids attend along with our tutoring. The children are getting lots of tutoring after school. There are some busy days so always check with your children to make sure they have gotten their homework done. We give them plenty of chances to have time to complete this, but some days are busier than others.

Please remember that our pickup time is 5:47. Early pick ups and excessive absences cannot be allowed due to the Grant’s agreements. There are no day’s off in February as we are having a Hurricane make up day.

Upcoming Events

Feb. 7th, 14th, 21st, 28th Early release
Fe. 5th, 12th, 19th Karate
Feb. 6th, 13th, Girl’s Scouts
Feb. 12th, 26th Boy Scout’s
Feb. 14th Valentine’s Day

5 Stress-Busters

1. Take a walk. Physical activity releases chemicals in the brain that help people feel better. Great conversations can happen when it’s you and your kids walking together.

2. Sit down and share a healthy meal together with no distractions. Turn off the television and cell phones. Talk about the day’s events without judgment.

3. Arts and crafts projects are a great way to relieve stress. Try coloring, using modeling compound or clay, painting, or knitting.

4. Listen to music or watch a family show together.

5. Take a brain break and try deep breathing, stretching, or yoga.