Dear Parents,

We are now starting our final Overarching Theme World Expedition. This theme will run through the end of the school year. We are all excited to learn and share about the different Cultures of the World.

Overarching Theme: World Expedition

2/3/20-3/6/20 Lesson 1 World Cultures

Ask your children about all the great activities and lessons they had thus far. For those children who have been in our program since the beginning of the year. Their passport Badge books should be filled.

Please be aware that February 17th will be a Hurricane Make Up Day. Plan on your child attending school on that day.

*** Important Reminder!!

Our Program hours run from 2:30-6:00PM. Your child’s attendance in our ACADEMIC AFTER-SCHOOL PROGRAM is very important to us. Be advised that early Pick-up and absences will affect Our Programs Funding.

February 17th

Hurricane Make up Day school will be in session

Family Night February 21st
5:00-5:30PM

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.

Knowledge will bring you the opportunity to make a difference.

-Claire Fagin