Dear Parents,

Hope all our students and parents enjoyed Creels Science fair!

We are excited for the schools family fun night on Feb 20th! We hope to see you all join in the fun!

We have one of our final Family Workshops this month Feb. 24th is our second to last Family Workshop! Please parents check the list I have hanging on the side of our kiosk to see how many Workshops you need to complete 😊

Have a Fabulous February!

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.