Dear Parents,

This month we are starting our World Expedition theme. Some of the fun projects and activities that sound like a lot of fun are: Learning about the Chinese New Year, the Northern Lights, Hawaiian Plumeria Collage, and a really interesting Chopstick Relay.

We have started our Culinary program on Tuesdays. The children seem excited to be participating in making and eating healthy snacks. We will be having a family Culinary workshop February 25th.

Please remember to follow school dress code and send children in close toed shoes to help with safety while playing.

Knowledge will bring you the opportunity to make a difference.
-Claire Fagin

Upcoming Events

Family Culinary Workshop
February 25th 4:00-5:30

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.