

Chesterbrook Academy

November Family Newsletter

Important Calendar Dates

11/1: Daylight Savings Time (Fall back an hour)

11/2-11/5: Operation Gratitude- Donate leftover candy for Troops overseas

11/5: NFL Day- come to school dressed in favorite football gear

11/11: Veterans Day. Chesterbrook Academy CLOSED

11/13: World Kindness Day

11/16: Progress Reports Go Home

11/17-11/20: Parent Teacher Conferences (See calendar for details)

11/23: Thanksgiving Luncheon 11:30-12:30

11/26: Thanksgiving Day. Chesterbrook Academy CLOSED

11/27: Pajama Day

11/27: Chesterbrook Academy Open Limited Hours (Details to follow)

Operation Gratitude

October 30 - November 5

We are collecting extra Halloween candy to send overseas to our troops. United States soldiers will distribute the candy to young children in nearby villages and towns!

Our Pre-K 2 students will help sort all the donations from all the Chesterbrook Academy schools and send it to the US troops.

We ask all the families to help with the wonderful community service project, and guide our children in showing the importance of sharing and giving 😊



Health and Safety Reminder

Did you know?

October is the start of Flu season and as many as 38,000 people can be infected by the Influenza virus as early as by November?

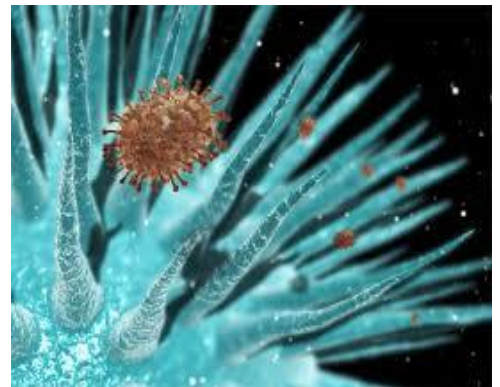
Thus, as per the CDC, we recommend keeping a vigilant supervision on ourselves and children and prepare early to fight the virus.

Flu Symptoms

- A 100°F or higher fever or feeling feverish (not everyone with the flu has a fever)
- A cough and/or sore throat
- A runny or stuffy nose
- Headaches and/or body aches
- Chills
- Fatigue
- Nausea, vomiting, and/or diarrhea (most common in children)

Everyday steps to stop the spread of Flu

- Wash your hands often with soap and water.
- Avoid touching your eyes, nose, or mouth. Germs spread this way.
- Try to avoid close contact with sick people.
- Practice good health habits. Get plenty of sleep and exercise, manage your stress, drink plenty of fluids, and eat healthy food.
- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- If you are sick with flu-like illness, stay home for at least 24 hours after your fever is gone without the use of fever-reducing medicine.



Further Information can be easily accessed at:

Center of Disease Control: <http://www.cdc.gov/flu/about/disease/index.htm>

Virginia State Public Health: <http://www.publichealth.va.gov/flu/>

Ancillaries at Chesterbrook Academy

Each class has specialized coaches and instructors visit the school and teach specific course of choice throughout the week. Please see below for the various classes, and sign-up sheets are available in the school's front lobby.



Happy Feet Soccer

Ages 2yrs-5 yrs

Mondays 9:00 am

\$55/month



Music for Life



Piano Lesson: Ages 3yr-5yrs

Music and Movement: Ages Toddlers-2yrs

Wednesdays 3:00pm-4:30pm

Jr Yogis and Jr Tumblers

Ages Toddlers-5yrs

Tuesdays Starting at 9:30 am

\$55/month

Thanksgiving Luncheon

Monday November 23rd, 2015

11:30am-12:30pm

Join our students in sharing a great thank
you! Parents bring Desserts for their
Classroom (Nut Free)

