

CHESTERBROOK ACADEMY

December Family Newsletter

Dates to Remember:

12/4: The Giving Tree is decorated
(For all the community service projects)

12/7-12/11: Winter Book Fair (Page3)

12/1-12/23: Operation Hunger

12/1-12/17: Toys & Pajama Drive

12/18: Pajama Day

12/17: Pre-K 2 Field Trip to CBA Kids Campus

12/22: Mrs. Claus Reading Time 10-11am

12/21-12/24: Parent Voting for Door Decorating Contest

12/23: Afternoon Holiday Party 3-4pm

12/23: Door Contest Winner Announced

12/21-1/01: Winter GAP CAMP for School Age

12/24: Early Close Day at 3:00pm

12/25: Christmas Day School Closed

1/1/16: New Year's Day School Closed

HAPPY NEW YEAR

Community Outreach:

Charity Drives

What a wonderful year we had at Chesterbrook Academy! 2015 has been full of memorable teaching moments, special projects, big smiles, special hugs, and wonderful families. This year, as always, we are ending the year with helping hands to the community and express our gratitude to people in need.

There are 2 community service projects this December for our families and students to share charity with others less fortunate Operation Hunger, and Toys & Pajama Drive. Let's show the great impact our little children can have by helping others... (Details on Page 2)

Winter Wonderland Door Decorating Contest:

We want the parents and teachers to get in the holiday spirit by the Winter Wonderland Door Decorating Contest. Students will decorate their classroom doors with process based learning activities pertaining to the book each class picked!!

Parents will be in-charge of voting for the best child-created door from December 14th-18th!!!



Toys & Pajama Drive



Everyone loves to curl up and dream in a warm pair of pajamas and a cuddly toy during the winter months, but some children don't have any. Please help donate a pair of **NEW** pajamas or **New** toys to a child at the **Kathleen K. Henley Home** in Fairfax.

Please drop off donations under the Giving Tree:

Monday, December 1st–Friday, December 17th.



We are joining our efforts with other Chesterbrook Academies, local business, news agencies, pro football players, and DC shelters to help feed the homeless in the DC metro area. With the help of committed volunteers and local homeless shelters, Operation Hunger DC provides a sustentative meal for 200 homeless persons; 7 days a week, 365 days a year.

Fairlakes Chesterbrook Academy raised over 200 dried food cans/packets for this amazing philanthropic organization, and this year we are doing the same! This is the season to highlight our efforts and help mold our children into successful caring generation of individuals who are wonderful community helpers!

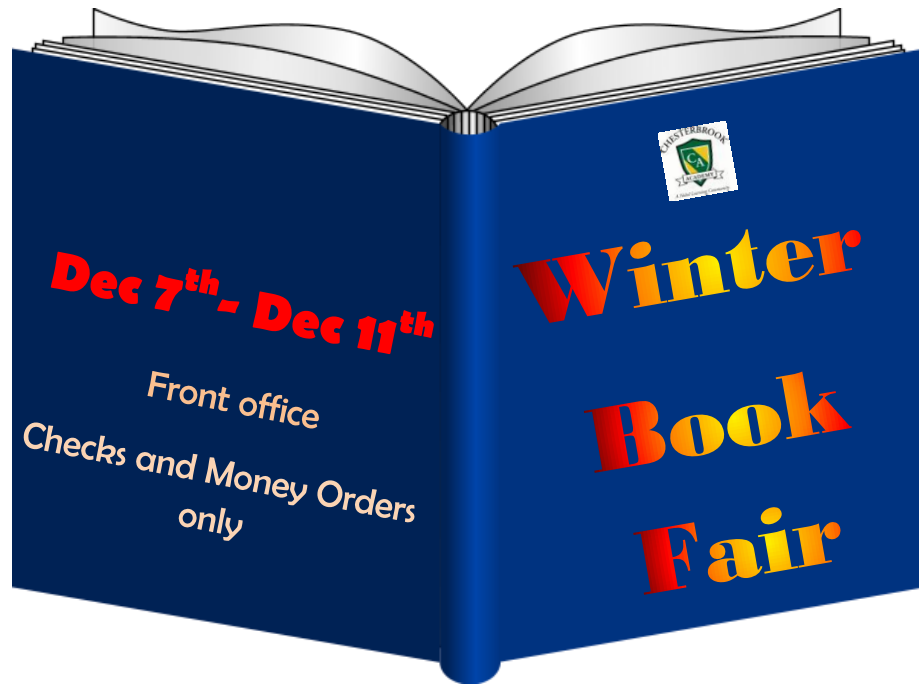
Each classroom will have a decorated box for the non-perishable food donations (cans, dry cereals, juices etc). Please help in this effort and share to joy of caring and giving with our students!

December 1st- December 23rd

For more information:

<https://www.linkedin.com/company/operation-hunger-dc>

<http://www.operationhungerdc.org>



Winter GAP Camp for School Age:

December 21, 2015 - January 1, 2016

Winter GAP Camp is all about sharing our experiences around the holiday season and creating lasting memories with friends while participating in creative projects.

Our campers will develop new skills while participating in exciting GAP Camp activities. The Winter GAP Camp offers top-notch instructions, leadership development and fun.

Winter GAP camp provides your child with character development, valuable life skills, new friends, and new interests.

More details to follow...

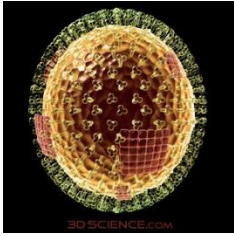
Please sign up as soon as possible to reserve your child's place in class! Come to the office for the GAP Enrollment form!

Health and Safety Reminders

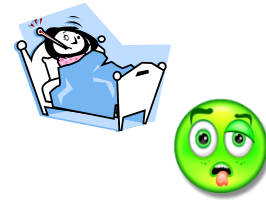
***Tis the season to defend ourselves and our children from the two most common seasonal sicknesses. Please understand the differences between the two viruses to better shield us.**

Influenza Symptoms

The flu is different from a cold. The flu usually comes on suddenly. People who have the flu often feel some or all of these symptoms:



Fever or feeling feverish/chills
Cough
Sore throat
Runny or stuffy nose
Muscle or body aches
Headaches
Fatigue (tiredness)



Some people may have vomiting and diarrhea, though this is more common in children than adults.

How long can influenza viruses live on hard surfaces (such as books or doorknobs)?

Studies have shown that human influenza viruses generally can survive on surfaces between 2 and 8 hours

What kills influenza viruses?

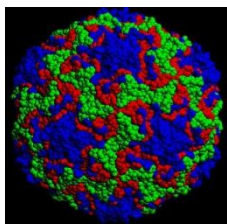
Influenza viruses can be destroyed by heat, several chemical germicides, including chlorine, hydrogen peroxide, detergents (soap), and iodine antiseptics. Alcohol-based hand rubs can be used in the absence of soap and water for hand washing.

Can herbal, homeopathic or other folk remedies protect against the flu?

There is no scientific evidence that any herbal, homeopathic or other folk remedies have any benefit against influenza but they do seem to bring soothing and comfort to those infected.

Common Cold Symptoms

Symptoms of the common cold usually begin 2 to 3 days after infection and often include:



Sore throat
Mucus buildup in your nose
Difficulty breathing through your nose
Swelling of your sinuses
Sneezing
Cough
Headache
Tiredness



How long can Rhinoviruses live on hard surfaces (such as books or doorknobs)?

Rhinoviruses can live up to 3 hours on your skin. They also can survive for up to 3 hours on objects such as telephones and stair railings.

Prevention

Because cold viruses on your hands can easily enter through your eyes and nose, wash your hands often and keep your hands away from those areas of your body.

- Hand washing with soap and water is the simplest and one of the most effective ways to keep from getting colds or giving them to others.
- Disinfecting environmental surfaces in your home or place of work with a virus-killing disinfectant when people have colds might help prevent the spread of infection.