

# Fairlakes Chesterbrook Academy

Family Newsletter

November 2016

## Important Calendar Dates

11/1-11/4: Operation Gratitude- Donate leftover candy for Troops overseas

**11/6: Daylight Savings Time (Fall back an hour)**

11/4: Cookie Friday

11/7-11/18: Canned Food Drive

11/8: Silly Hair Day

**11/11: Veterans Day. Chesterbrook Academy CLOSED**

11/17: Pajama Day

11/21-11/25: Give Thanks Week (Write and post what you are thankful for in the front lobby)

11/21: Thanksgiving Luncheon 11:30-12:30

**11/24: Thanksgiving Day. Chesterbrook Academy CLOSED**

11/25: Chesterbrook Academy Open Limited Hours (Details to follow)

Letter from the Principal,

This time of the year is special for all parents and children. It is the official beginning of the holiday season with special planned family time, shopping frenzies, presents, and spending time with the people most important to us.

With the spirit of the holiday season, Chesterbrook Academy, every year highlights community service to share the importance of giving back to the people who sometimes need it more than us!

As part of the learning curriculum, our young community helpers will work with parents and teachers to give back to our community. And this year is going to be grand, as we are having 2 different community projects just in November– Food Drive and Project Gratitude. Please read on page 2 for more details.

We are excited to see the parent involvement this year and share the joy of philanthropy with the next generation of young leaders!

With best wishes,

Prachi Patel

# Operation Gratitude



***October 31 - November 4***

**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!**

## Food Drive

***November 7– November 18***

Please donate non-perishable items to our class box for the food drive. ALL items go to the Alternative House in Dunn Loring, VA.

Alternative House – The Abused and Homeless Children's Refuge. The Alternative House programs work to keep young people safe and provide them with the opportunity to grow and achieve their full potential. As adults, we see young people facing challenges that they shouldn't have to face. At the Alternative House, children find help to overcome those challenges and gaining in strength and self-sufficiency.

**Please help our young learners and Chesterbrook Academy see the true meaning of community service and support them by donating food for a great cause that positively impacts their surroundings.**

***Our Pk-2 class will be delivering the donations during their November field trip.***

More information at: <http://thealternativehouse.org/>



**Alternative House**

## Did you know?

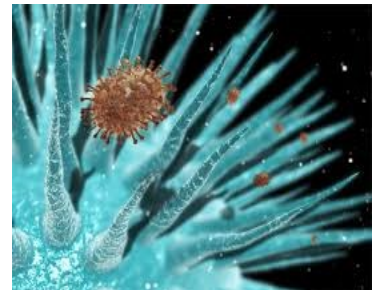
It is the start of Flu season and as many as 38,000 people can be infected by the Influenza virus as early as by November?

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

At Chesterbrook Academy, our goal is to provide the most quality driven programs in and outside the class. Ancillary classes allows children to participate in focused programs with specialists coming into the school and teaching focus programs such as sports, cooking, dance, and musical instruments etc...

**Sign up sheets are available at the front office**

## Tutus for Twos

**2 yrs old**

**Dates:** September 13th - May

**Meets on:** Tuesdays

**Time/Duration:** 9:30 - 10:00 AM (30 Minutes)



## Pre-Preliminary Ballet

**3-5 yrs old**

**Dates:** September 13th - May

**Meets on:** Tuesdays

**Time/Duration:** 10:00 - 10:30 AM (30 Minutes)

This year, the program will showcase "The Nutcracker" by Tchaikovsky, and children will perform their

## Kyle's Karate

**3+ yrs**

**Dates:** September 27th

**Meets on:** Wednesdays

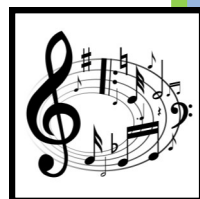
**Time/Duration:** 11:00-11:30 AM (30 Minutes)



## Music for Life

**Ages 2yrs-5 yrs**

Thursdays 11:00 am



# Thanksgiving Luncheon

Monday November 21st, 2016

11:30am-12:30pm

*Parents may sign up to bring Desserts or Drinks  
for their Classroom (Nut Free)*

