

# Chesterbrook Academy News

February 2021

## A note from the Principal's desk...

The year is off to a great start so far and we're enjoying spending the winter season with your children. This time of year our students spend extra time participating in our SPARK physical fitness program, ensuring that they are able to work on their gross motor skills no matter the weather. Please ensure your child has proper outerwear at school for outdoor play. If the wind chill is above 19 degrees, we will likely spend time outside!

### **NEW Family Involvement Opportunities!**

Would you like to join your child virtually for lunch, or volunteer to be a Mystery Reader for your child's class? Please reach out to let us know and we will partner with your child's teacher to set a day and time!

### **Love Our School? Review Us!**

Now more than ever, families turn to online reviews to learn more about the reputation of schools. Just a reminder that you can find our school on Facebook, Google, Yelp and other online directories. We'd love more families like yours, so please consider spreading the word about our school on these platforms!

### **Valentine's Day Celebrations**

Our classrooms will celebrate Valentine's day on Friday, February 12th. We will have a school-wide pajama day, and enjoy activities revolving around kindness, friendship and love. We will also have a special surprise snack! We respectfully request no cards from home this year to keep germ sharing to a minimum.

### **Professional Development Day**

We are closed Monday, February 15th for our President's Day Professional Development Day. We can't wait to share all we've learned with you. Have a wonderful month and thank you for sharing a piece of your heart with us!

-Heather Zudycki



## Dates to remember

2/12 Pajama Day!

2/15- CLOSED  
President's Day/  
Professional  
Development Day

## Did you know...

Pre-school-aged children exposed to three household routines of regularly eating dinner as a family, obtaining adequate nighttime sleep, and having limited screen-viewing time had a 40% lower prevalence of obesity than children exposed to none of these routines.

Source: Anderson, S.E., Whitaker, R.C. (2010). Household routines and obesity in US preschoolaged children. *Pediatrics*, 125(3), 420-428.

