



## **Taking the Time to Take Care**

Dear Parents,

What a great start to our year! Thank you for your support in helping your children transition and for your patience and flexibility with our phase-in and car line. Some of our newer students are still adapting to their environments, and we know in time they will find their comfort level. Every day we see new steps forward and with this new found liberation comes greater independence and engagement. We are all in awe of our seasoned students who have hit the ground running, soaking up familiar and new work, as well as being excellent role models for our younger students.

During this busy time for families, your strong attendance at Back to School Nights, New Parent Orientation, and our Back to School Social, Room Parent meetings, Class Teas and our first WPO meeting is much appreciated. Our parent partnership is extremely important to us, and is what creates a healthy home/school relationship.

On that note, we have some exciting events planned for you in the months to come. Our school wide goals this year revolve around healthy living. We hope to incorporate the idea of promoting healthy minds and healthy bodies through presentations, coffees, recommended articles, books, and blogs. This may translate to nutrition, getting adequate sleep, taking time for self, peaceful moments, role modeling desired behaviors, positive discipline techniques, tips on parenting, and more. We aim to strengthen our partnership by providing expert advice and best practices whenever possible.

We will kick off our Parent Education Series with an evening event on October 25. Please put the date on your calendar and join our own alum parent and expert in her field, Jennifer Macaluso Gilmore, for an invigorating presentation on ***Genuine Health vs. Health Trends***. For my first scheduled coffee and conversation on November 18, we will host Somerset Pediatrics who will address "***Your Child's Health***." We are looking forward to a healthier year for all of us!

Colette