

CHESTERBROOK ACADEMY

December 2016

Family Newsletter

Dates to Remember:

12/5: The Giving Tree is decorated (For all the community service projects)

12/5-12/9: Holiday Cookies Drive (Pg 4)

12/5-12/29: Baby Finn Ronald McDonald House Project (Pg 3)

12/6: Twin Tuesday– Dress like your friends

12//14: Wacky Socks Wednesday

12/19-12/23: Parent Voting for Door Decorating Contest

12/19-12/30- Winter GAP CAMP for School Age

12/20: Afternoon Holiday Party 3-4pm

12/21: Pre-K 2 Field Trip to Alternative House

12/23: Pajama and Hot Chocolate Day

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

12/27: Door Contest Winner Announced

12/26: Christmas Observance School Closed

12/30: Wear Black and White Day

1/2/16: New Year's Observance School Closed

Community Outreach:

Charity Drives

What a wonderful year we had at Chesterbrook Academy! 2016 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 [Baby Finn's Ronald McDonald Soda Tab Collection](#), and [Holiday Cookies Drive](#). Let's show the great impact our little children can have by helping others... (Details on Page 2-3)

Helping Children Develop the Spirit of Giving

The holidays are a busy time for all of us, filled with family traditions, get-togethers, shopping and traveling. With the hustle and bustle of it all, it's important to pause and reflect on our many blessings and invite our children to do so as well. It's a great time to instill a spirit of charity and kindness, and teach the true meaning of the holiday season. It's amazing how much joy simple acts of kindness can bring!

Below are some ways you and your family can spread holiday cheer to others in need.

- Make cards and deliver them to your local police or fire station.
- Bring flowers to a neighbor who might need some cheering up.
- Collect canned goods and deliver them to a nearby food bank.
- Bake cookies for residents at a local senior living center.
- Draw or paint a picture for a friend.
- Take your child shopping and encourage him to pick out toys or clothes for a local family in need.
- Host a hot chocolate stand and donate the proceeds to a charity of your child's choosing.
- Ask a local animal shelter what they need this winter (i.e., blankets, food, etc.). Then, shop for those items with your child and deliver them to the organization.
- Collect clothing or personal care items, and deliver them to a local homeless shelter.



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In the classroom, we build the foundation of kindness, generosity and compassion starting with our toddler and Beginner students. Children learn about sharing and respecting each other's feelings by reading books such as, "I Can Share" by Karen Katz and "Spot Helps Out" by Eric Hill. They practice these skills by being kind with one another, sharing their toys and saying "please" and "thank you."

Teachers involve our older preschoolers in the giving process from start to finish. In order to gauge their interests, teachers ask open-ended questions such as, "Who do you think might need help during the holidays?" and "How can you help that person?" Children suggest a cause such as helping animals in a local shelter or donating toys for needy children. Teachers encourage the students to collect donations, sort and pack them into boxes, and then deliver them to the organization in need.

By providing these opportunities, children are able to develop appreciation for what they have, show gratitude towards others, and see the positive impact of their actions even at a young age. They'll feel good about giving back to others and want to continue spreading joy time and time again.

– Lauren Starnes, PhD, Director of Early Childhood Education



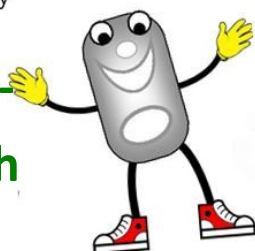
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Let's Pull Together for Finn!

December 5th-
December 30th



Finn's Story:

Finley Noah has been hospitalized pretty much his entire life. In 2015, he was diagnosed with Heterotaxy, TAPVR, DORV, Complete AV Canal Defect, Pulmonary Stenosis and Mal Rotation. He has now had 10 surgeries including: 2 heart catheters, 4 chest tubes, 1 g tube, 2 PICC lines and 1 open heart surgery.

His parents, Kelly & Michael, tried for years to conceive and were blessed with two boys only 14 months apart. Finn was quite the surprise for them both. They braved their way through a scary pregnancy with the first diagnoses on his heart at only 19 weeks.



How You Can Help:

Our principal, Jenn Kume, at our Chesterbrook Preschool in Manassas has been working closely with this family to bring support and awareness to childhood illnesses.

In an effort to raise funds to help support the Ronald McDonald House, where Finn and his family received so much support, we are asking you to please join us in collecting aluminum soda tabs.

The aluminum tabs are sold to a local recycling company; proceeds help with daily operating expenses at the House. The generous amount of tabs collected has been very beneficial to the House and the families they serve.



Holiday Cookies Drive

December 5th-9th

We are partnering with the Community Bible Church for the Christmas time on Saturday, December 10th, 6-8 pm for the "Merry Christmas Fair Lakes" event.

How can you help?

Please help donate store bought or home made baked items such as cookies, pastries, cakes, and muffins at the school.

In order to help our community event, Chesterbrook Academy staff will also be volunteering to distribute the goodies at the event!

What a great way to bring the whole family together by donating food as well as participating with the local community!

For more information:

<http://www.cbcweb.org/merry-christmas-fair-lakes/>

MERRY CHRISTMAS FAIR LAKES

You're invited to our open house
Inspirational Nativity Festival

Saturday, December 10th, 6-8 pm

- 100+ Nativity Displays from Around the World
- Special Live Music & Christmas Caroling
- Hot Chocolate & Goodies along with Kids Craft
- Enjoy Decorated Christmas Trees
- Christmas Craft Items for Sale



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Tuition Policies Reminders for the new year

Please carefully read and understand this important information to avoid further surprises when requesting dates for students. There have been no changes to these policies since the year 2012, and will be continually adhered with firm standards.

Tuition Due dates/Fees:

Weekly tuition is due every Friday for the upcoming week. Fees are considered delinquent at 12:00 noon on the day following the due date (Monday). Late charge is assessed in the amount of \$25 for each week the full tuition that is not paid on time. If tuition and any other outstanding charges are not paid within seven days of the due date, attendance at the school is not permitted until the full past tuition and for the current period is paid.

Registration Fees:

Our registration fee amounts are \$100 for the first child and \$70 for each sibling. All families pay registration fees when they originally enroll as well as annually on July 1 for the next school year.

Exception: participate in Early Bird enrollment in March and receive a registration discount for the upcoming school year.

Vacation Credits:

A vacation credit allows a family to take a week-long vacation without owing tuition. The credit may only be used in lieu of attendance and must be a whole calendar week, ie. Monday-Friday

Moving forward, we will be adhering to the following policies regarding vacation credits: a family becomes eligible for their vacation credit after *6 months* of enrollment. Two week advance notification in writing is required (ask the office for a Vacation Credit Form) or the request will be denied. In addition, each family will only receive one vacation credit per fiscal year (July 1 - June 30); all other weeks' tuition is due based on your enrolled schedule, regardless of your student's attendance.

Extended Vacations:

If a family chooses to withdraw their student while away on an extended vacation (2 weeks or more), the following rules apply:

1. We require a 4 week notice. We will not be able to accommodate your withdrawal until the 4 week mark.
2. A new registration fee is due *before* your last day to re-register your student upon your return.
3. We cannot pro-rate partial weeks if you withdraw mid-week or return mid-week, school tuition is billed based on the schedule you are enrolled for.
4. Your tenure with us is forfeit and for all policy purposes, your "first day" will be counted as your return date. Thus, you will have to wait 6 months from your return date to be eligible for a vacation credit.

Withdrawal/ Change in Schedule Policy:

We ask for 4 weeks' notice to withdraw your student. If you chose to withdraw, tuition will be due as usual up until the 4 week mark regardless of your child's attendance. We can use your deposit for the last week of attendance upon parental request.

Sincerely,

Prachi Patel, Principal

Stacey Payne, Assistant Principal

Shea Blackwell, Office Administrator



Health and safety reminders



In these cold winter months, here are a few health and safety tips to keep our families and loved ones warm and safe.

Prevent the spread of illnesses, in a nutshell:

- Cover your mouth and nose while coughing or sneezing.
- Wash or sanitize your hands often with warm water and soap.
- Help our children wash hands and practice healthy habits, too.
- Sanitize and disinfect toys and other daily items by spraying disinfectant such as diluted bleach water and Lysol products, . Washing and drying in hot soap water also works effectively.

Play it safe in the snow and ice:

Here are some tips for snow shoveling and safety from an article written by Peter J Schubbe, DC, a contributor at spine-health.com:

- **Pick the right snow shovel** - A shovel with a curved handle or an adjustable handle length will minimize painful bending.
- **Warm up thoroughly** - Do your back a favor by warming up for five to ten minutes before shoveling.
- **Pace yourself** - Removing small amounts of snow frequently is less strenuous than removing a large pile at once. When shoveling, take a break for a minute or two every 10-15 minutes.
- **Use ergonomic lifting techniques** - Whenever possible, push the snow to one side rather than lifting it. When lifting the snow shovel is necessary, make sure to use ergonomic lifting techniques:

Always face towards the object you intend to lift. Bend at the hips, not the low back, and push the chest out, pointing forward. Then, bend your knees and lift with your leg muscles, keeping your back straight

Keep your loads light and do not lift an object that is too heavy for you

Avoid twisting the back to move your object to its new location – always pivot your whole body to face the new direction

Keep your feet on the ground. Slippery conditions while shoveling can lead to slipping and/or falls and strains that can injure your back.

“One is not exposed to danger who, even when in safety, is always on their guard.”- Publilius Syrus