

November Newsletter

Autumn is here! The days are getting colder and shorter, but the colors are just beautiful. Your children should spend as much time outside as possible, exercising and soaking up the natural light. There will be outdoor recess all year, weather permitting, so remember to dress your child for the temperature; coat, hat and gloves when appropriate.

During November we observe the Great American Smoke-Out and the Anti-Drug Campaigns. It is important to teach children life long healthy habits from an early age. According to the CDC, research shows that early prevention pays huge dividends later. Because healthy behaviors are often established in childhood, positive choices need to be promoted early in life.

I have nearly completed the yearly vision screenings on your children. You will receive a referral for an eye doctor exam if your child **fails** the screening. Please schedule the eye exam and return the completed form to me as quickly as possible. Also, please continue to return your completed physical and dental exam forms. Thank you for your cooperation.

In this month of giving thanks, I try to take extra time to reflect on my many blessings. Working with an awesome faculty and staff, and having the opportunity to be with your children, are among the things I am thankful for.

Happy Thanksgiving,

Maria Farley