



AVALON ACADEMY **reliant**[®]

an NRG company

Dear Avalon Academy Parents & Families

Fall is just around the corner and it's that time of year again for buckling down and getting work done. :) We have switched gears from laid back fun summertime to arriving to class by 8:15 am, getting a good night's sleep during the week and... of course homework! It is important for all of our students to get a good night's rest and eat nutritious meals. We ask that you pack healthy choices for lunch and snacks as this will help us reinforce the importance of taking good care of our bodies and minds! We will be discussing with our students that we need to fuel our bodies with nutritious food so that our minds can learn and grow!

We ask that you refrain from sending sugar filled drinks such as flavored milk, Gatorade, Kool-Aid or anything other than 100% juice, water or milk.

If your child is in the Grasshoppers, Bumble Bees, Leap Frogs, Caterpillars, or Lighting Bug classes please remember to take their folder home on the designated days and this is our way of communicating with you. Please discuss the work in the

September Dates to Remember

- 1 Tuition Due
- 3 **CLOSED**
- 9 Grandparent's Day
- 10 Bring a teddy bear to school day
- 11 Ms. LaTrivia's B Day
- 14 Crazy Socks Day
- 15 Tuition Due
- 19 Dress like a pirate day
- 21 Good Neighbor Day
- 22 Ms. Dawajeane's B Day
- 25 Board Meeting
- 27 Ms. Asia's B Day
- 28 **PNO**
Ms. Maribel's B Day

LICE TREATMENTS

As a good rule of thumb check your child's head for Nits (lice eggs) or live Lice Bugs every 3 days or so.

If you should find Nits or Lice Bugs PLEASE let the office know and treat your child as soon as possible. There are also a few local companies that will treat your child's head for you. With their services you are able to go back for check ups.

Please DO NOT send your child to school until they have been properly treated!

LATE PICK UP FEE

Please remember that Avalon does close at 6:00 pm. If you are running late please call the front office. A late pick up fee will be applied to your account and must be paid at

HEALTHY KIDS ARE SWEET ENOUGH

Heart Healthy Tip: **NO MORE THAN 1** *Sugary Drink a Week*

How many teaspoons of sugar in just one **SMALL 8 OUNCE** serving?



Learn more at heart.org/sugar

Source: USDA National Nutrient Database for Standard Reference Release 28





Avalon Academy Board Notes

Believe it or not our annual meeting of the Board of Directors will be upon us in October 2018 and we have open positions available for parents and non-parents. If you or someone you know might have an interest in joining the board and/or Learning more about the commitment and the process, please let us know.

If you definitely have an interest we invite you to email a short bio of yourself to the Board at avalonacademyboard@live.com.

We look forward to hearing from you

The Board of Directors