



January 29, 2021

A Message From Kathy:

February is Healthy Heart Month at the Academy

According to the Harvard Medical School Health Blog, community service is good for your heart. "There's a growing body of research showing that volunteering is associated with better physical and mental outcomes," says Eric S. Kim, a research fellow at Harvard T.H. Chan School of Public Health. Research supports that stress, depression, and anger all have negative effects on the body, especially with regards to heart disease. The opposite emotions and mindsets- satisfaction and optimism- are closely linked to a sense of purpose. Studies find that people with a high sense of purpose have a lower risk of heart problems.

Couple the research with our commitment to service learning and February's "Healthy Heart Month" at the Academy- this presented the perfect opportunity to launch "The Power of Pasta".

Through his charity, Caterina's Club, Chef Bruno Serato, owner of the White House Restaurant in Anaheim, provides 5,005 meals EVERY night at 89 sites throughout Orange County and LA to vulnerable children and families.

To support this amazing charity throughout the month of February we will be collecting pasta and learning about Caterina's Club. Additionally, we will be using the donations across our math curriculums to measure, weigh, estimate, add and subtract.

The first class to reach 100% participation of all scholars bringing in a pasta donation will get a pizza lunch on me.

Let's go Academy - let's make a difference in our community and practice healthy heart maintenance while we do it!

Blessings,

Kathy | 949-698-3350

kathy@activ8learning.com

Weekly wrap-up



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Heart Healthy Spirit Week! February 8 - 12



Monday, Feb 8: Heart Hero Day

Get creative and make a Heart Hero costume or come as your favorite Superhero

Tuesday, Feb 9: Healthy Choice Heart Day

Dress as your favorite fruit or veggie and bring in your favorite to share at lunch.

Wednesday, Feb 10: Kind Heart Day

Wear your favorite pajamas to relax in our "Writer's Workshop" where we will write letters to fill buckets.

Thursday, Feb 11: I Like to Move it, Move it!

Dress in athletic gear and sneakers and get ready to exercise your Heart muscle.

Friday, Feb 12: Spirit of Valentine's Day

Dress in your favorite Valentine's Day attire to celebrate and exchange cards with your classmates at school.

Activ8 Academy is Open for Enrollment for the 2021-2022 School Year!

Current families will receive priority registration through February 28th. New family registration opens March 1st.

Mark Your Calendars:

- Feb 15-19th: Ski Week- No School
- Mar 12th- Progress Reports
- Apr 12-16: Spring Break- No School
- May 31st: Memorial Day- No School
- June 4th: End of year conferences
- June 11th- Last Day of School

Coffee Chat with Kathy:



Kathy will be hosting our next coffee chat on **February 2nd and February 9th from 8:45am-9:30am.**

Simply come in through the back gate at Randolph. We look forward to answering all your questions.

Table Talk:

If you had to live in a movie for the rest of your life, what would it be?

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Corn Hole and Building Block Fun!

Thank you 1st grade families for these great additions to our playground- we love them!



4th grade completely absorbed in their science lesson



Music enrichment with Miss Meekhof



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