

NORTHEAST ACADEMY ARTS MAGNET



The Path to Excellence Begins Here!
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Weekly Update

March 2, 2020



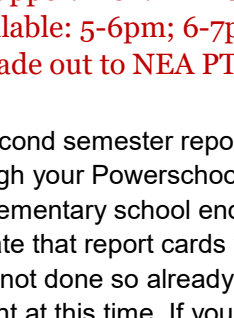
Journey to Success

This month we are focusing on **Determination** with the students at NEA. Please check the [Journey to Success link](#) on the NEA website to find ways you can bring the Journey to Success from school into your home.

Spaghetti Supper & Basket Raffle

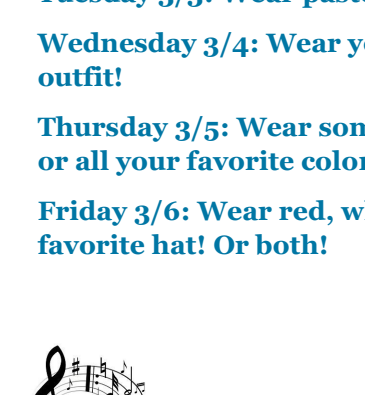
Wednesday

March 4th



IT'S NOT TOO LATE!!

You can still purchase tickets for the Spaghetti Supper! **DON'T MISS OUT** on this fun event! Three dinner seatings are available: 5-6pm; 6-7pm; and 7-8pm. Tickets are \$8 each and checks can be made out to NEA PTO.



Just a reminder , as of second semester report cards will be accessed online through your Powerschool account. The marking period for elementary school ends on March 11 and we anticipate that report cards will go live on March 27. If you have not done so already, you should set up your account at this time. If you need your child's access ID or password, please contact the office. Remember, **we will not** be sending home paper copies of the report card and the only way to view it is through the PowerSchool Parent Portal.

READ ACROSS AMERICA WEEK (click for info)

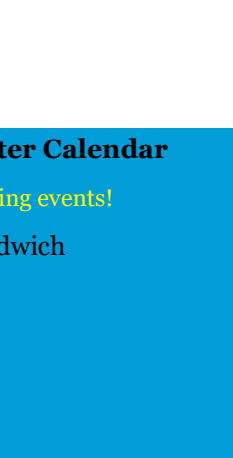
Monday 3/2: Wear blue in honor of our favorite pigeon!

Tuesday 3/3: Wear pastel and/or floral print!

Wednesday 3/4: Wear your best tropical "cruise" outfit!

Thursday 3/5: Wear something with an animal theme, or all your favorite colors!

Friday 3/6: Wear red, white and black! Or your favorite hat! Or both!

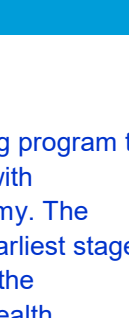


Join us

March 11th and 12th

For our 7th Annual

Celebrate the Arts Event



Click [here](#) for a list of this year's performers and schedule of performances.



Northeast Academy February & March Newsletter Calendar

**Always check for changes or adjustments to the upcoming events!*

March 2—5—Bento Box Choice Wow Butter & Banana Sandwich

March 2—6—Read Across America Week

March 4—Spaghetti Super and Basket Raffle

March 9—12—Bento Box Choice Pinwheel Wraps

March 10—PTO Meeting 6 pm

March 11—12—Celebrate the Arts

March 13—No School for Students (Regional Professional Development)

March 16—19—Bento Box Choice Cheese Plate

March 23—26—Bento Box Choice DIY Pizza

March 26 & 27—5th Grade Drama Performance 7 pm

Postural Screenings

Attention 5th grade parents: During the next few weeks a postural screening program to detect a possible curvature of the spine will be conducted for compliance with Connecticut General Statutes Sec.10-206 and 10-214 at Northeast Academy. The purpose of this program is to recognize the sign of spinal curvature at its earliest stages so the need for treatment can be determined. Early treatment can prevent the development of a deformity which can affect a person's appearance and health.

The school nurse will be doing the screenings. The procedure for examination is a simple one, requiring less than one minute. If a spinal problem is suspected, the parent/guardian will be contacted for follow up with their doctor.

If you have any questions concerning the screening, please contact the school nurse at 860-572-5867. Thank you.



PTO Meetings

Media Center 6pm-7pm

Meeting Dates

March 10th

April 6th

May 19th

June 4th

Childcare is provided at meetings



Northeast Academy Arts Magnet School collects Box Tops and redeems them for cash. Box Tops clips can still be found on many products so, clip them like you always have and send them to school for our next submission! And don't forget to download the new Box Top app so you can scan your receipt and our school will automatically earn Box Tops for any participating products purchased!

Be Healthy, Be Fit!



This week we will wrap up our flu and cold season fight series. Over the past 2 weeks we have gone over a few tips and tricks to help you and your family fight illness this winter. Here are just a few more for you!

- ◆ **Eat fermented foods:** Foods such as Kombucha, Kimchi, Sauerkraut, and Kefir contain beneficial probiotics (gut bacteria). 70% of our immune system is found in the gut. Furthermore, we have about 3.3 trillion bacteria in our guts. Depending on your lifestyle and medical conditions, the bacteria present in your gut can help you or hurt you. Thus, eat more fermented foods (aim for one serving daily) to build up the immune system in your gut with the good guys.
- ◆ **Get out and Exercise:** Numerous studies have shown that moderate exercise improves immune system function and leads to less cold and flu symptoms. Movement as a family is not only healthy, but it is fun and allows for great bonding! MOVE together!!!
- ◆ **Make Sleep a Priority:** Research shows that getting less than 6hrs of sleep at night QUADRUPLES your chances of getting a cold. Studies shows that sleep deprivation decreases your body's response to immunization. Adult subjects were given a set of immunizations, half slept as usual and half were kept up most of the night. Levels of antibodies to the vaccines were drawn. Subjects in the sleep deprivation group had 50% less antibodies than those who slept.