

NORTHEAST ACADEMY ARTS MAGNET



The Path to Excellence Begins Here!
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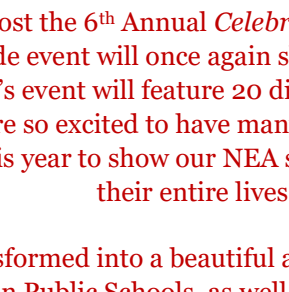


January 21, 2019

Journey to Success



This month we are focusing on **Alertness and Skill** 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.



6th Annual Celebrate The Arts!

Northeast Academy will host the 6th Annual *Celebrate the Arts* event on January 30th-February 1st! This town-wide event will once again showcase the Arts in our schools and community. This year's event will feature 20 different community and student performing groups. We are so excited to have many new professional and community musicians participating this year to show our NEA students how music can be a part of their entire lives!

The main foyer will be transformed into a beautiful art gallery featuring the many talents of our students in the Groton Public Schools, as well as a very talented, local professional artist! This is sure to be an event you will not want to miss! Performances will occur at the following times:

Wednesday, January 30th: 5:30-8:30

Thursday, January 31st: 9:30-11:30, 1:00-2:00; 6:00-8:00

Friday, February 1st: 9:30-11:30; 1:15-3:00

Please visit the Northeast Academy webpage for more detailed performance information listed under "student life". We hope you can join us for this very exciting event to celebrate the importance of the arts in the lives of our children and community!

Spirit Wear

Coming this week....Show your NEA spirit and pride! NEA spirit wear will be available for purchase. Several items will be for sale including tee shirts, hats, sweatshirts and dri fit tees all available in adult and youth sizes. Look for the order forms to go home with your child this week. Additional order forms and size charts are available on our [website](#). Order forms are due by 2/8/19.



Cold Weather

Cold temperatures have arrived. It is important your child dress appropriately for the weather. Please check your child each morning to be sure they are wearing warm clothes, including hat and gloves during cold weather.

We love to go outside every day!

Thank you.



January /February Newsletter Calendar

January 30-Feb 1– Celebrate the Arts

February 5– Early dismissal for students

February 11-15– Jump Rope for Heart

February 18-19– **No school** President's Day Observed

February 25– March 1– Read Across America Week



PTO Meetings

Media Center 6pm-7pm

Meeting Dates

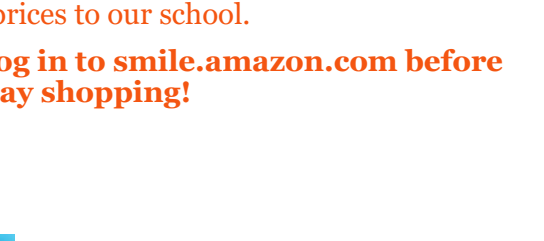
March 13th

April 10th

May 14th

June 4th

Childcare is provided at meetings



It's time to order your Yearbook! Yearbooks are \$17 can be purchased online at jostensyearbooks.com or by sending in cash or a check made out to NEA PTO. The deadline to order is 2/22/19 but yearbooks won't be delivered until June. If you have questions, email Jenn at jennerardy@gmail.com.

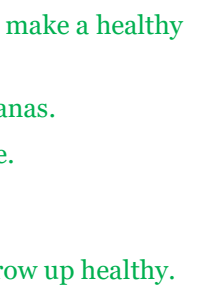
Silent Auction Item Request

We are looking for items for the Silent Auction which is part of our annual Spaghetti Supper. If you own a business and would like to donate something or can get something from a friend or family member, please contact Jenn Ermler at jennerardy@gmail.com

You Shop. Northeast Academy Wins.

[Amazon Sign In](#)

Visit the URL above to sign up with NEA's Amazon Smile program. It's free. And Amazon will donate .5% of your eligible purchase prices to our school.
Just be sure to log in to smile.amazon.com before doing your holiday shopping!



Be Healthy, Be Fit!

Last week we shared Tip #1 to keep kids healthy-- Move Everyday! Here is Tip 2!

Tip #2: Try New Fruits and Veggies

Bodies need nutrients – like vitamins, minerals, proteins and carbohydrates – to grow up healthy. These nutrients mainly come from the food you eat. Just as cars need gasoline to run, your body needs food to keep going. But not just *any food*. To be your healthiest, you need to give your body the right kinds and amounts of food.

Have Fun with Fruit

Fruits have important nutrients to keep your body healthy. Here are a few ideas of how to enjoy more fruit, more often:

- Grab an apple for a quick snack. Try different types like red delicious, gala, Fuji or granny smith – there are over 7,500 varieties of apples worldwide!
- Join your parents on food shopping trips. Ask to try new fruits like peaches, cantaloupe, pears and kiwi – there are a lot of sweet and delicious fruits that you can have fun tasting.
- Make a fruit salad with a mix of strawberries, oranges, grapes and pineapple – or whatever else you have in the house.
- Mix it up! Blend frozen fruit, juice and low-fat or fat-free yogurt to make a healthy shake that tastes great.
- Top cereal, oatmeal, or toast with strawberries, blueberries or bananas.

Drink 100% juice without added sugar – try fresh orange or apple juice.

Vary your Veggies

Vegetables have the vitamins, minerals and fiber your body needs to grow up healthy.

Here are some simple ideas to eat more veggies everyday:

- Snack on veggies like baby carrots, cucumber slices, and celery sticks.
- Keep it colorful – make a salad with a variety of veggies, like corn, carrots, and spinach!
- Join your parents on food shopping trips and choose new veggies like sweet potatoes, beets, red pepper or sugar snap peas – have fun exploring colorful varieties, learning about what's in season and tasting new foods.

Try mixing vegetables into your favorite foods. For instance, order a veggie pizza with toppings like mushrooms, green peppers, and onions – ask for extra veggies.