

NORTHEAST ACADEMY ARTS MAGNET



The Path to Excellence Begins Here!

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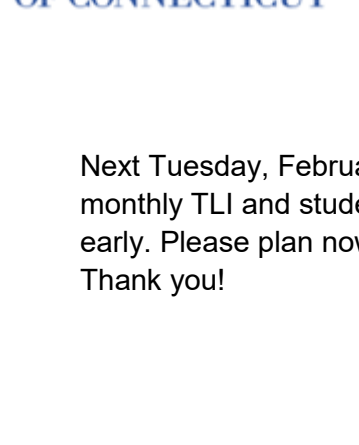
Weekly Update

February 3, 2020



Journey to Success

This month we are focusing on **Fitness and Action** 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.

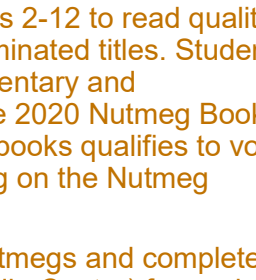


A BIG Thank You for the generous donation to Miracle League field. With your generosity, the Northeast Academy community made a \$525 donation to help the with the construction.

For more information, please visit <http://www.miracleleaguect.org/EAST-LYME>

Next Tuesday, February 11, 2020 will be our monthly TLI and students will be dismissed early. Please plan now for this dismissal.

Thank you!



The Nutmeg Book Award encourages children in grades 2-12 to read quality literature and choose their favorite from a list of ten nominated titles. Students in Grades 2-5 have been invited to read the 2020 Elementary and Intermediate Nutmeg books to prepare for voting for the 2020 Nutmeg Book Award in April. Any student who has read at least two books qualifies to vote. You can get a list of the 2020 Nutmeg Books by clicking on the Nutmeg Emblem above.

The Nutmeg Challenge: Participant who reads 10 Nutmegs and completes the Nutmeg Book Recording Form (available in the Media Center) for each book will be honored at our Nutmeg Celebration in May.



Northeast Academy February Newsletter Calendar

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

February 3—6— Bento Box Choice Cheese & Cracker Plate

February 5—PTO Meeting 6 pm

February 6—Bingo Night 6 –7 pm

February 10—13—Bento Box Choice DIY Pizza

February 11 - TLI Day (early dismissal for students)

February 17 & 18—President's Day Holiday

February 19-20— Bento Box Choice Yogurt Parfait Lunch

February 24—28—Jump Rope For Heart

February 24—27—Bento Box Choice Pasta Salad Box



PTO Meetings

Media Center 6pm-7pm

Meeting Dates

February 5th

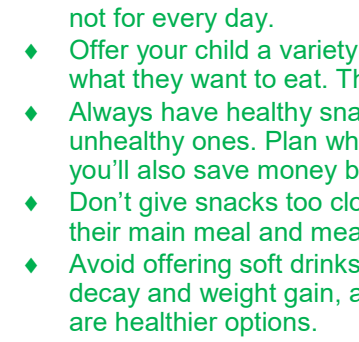
March 10th

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!**



Healthy snacking for your child - Tips for parents!

- ◆ Set limits on the number of sugary snacks allowed – explain that they are treats and not for every day.
- ◆ Offer your child a variety of healthy snacks so they can make their own choice about what they want to eat. This will also get them in the habit of choosing healthy foods.
- ◆ Always have healthy snacks in the home to remove the temptation of choosing unhealthy ones. Plan what you need to buy before you go to the supermarket – you'll also save money by making less impulse purchases.
- ◆ Don't give snacks too close to meal times. This can discourage children from eating their main meal and means they may want to have a snack shortly after.
- ◆ Avoid offering soft drinks and other sugary drinks. They can contribute to tooth decay and weight gain, as well as making children feel full. Water and low fat milk are healthier options.