### NORTHEAST ACADEMY ARTS MAGNET The Path to Excellence Begins Here!

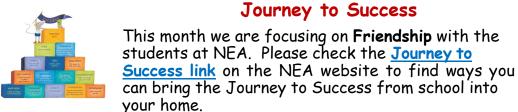


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Journey to Success





We are continuing to collect non-perishable food items until Friday, December 14th for distribution before our holiday recess. Your continued generosity allows us to reach out to a number of our very own NEA families who need a helping hand. Thank you.

**Holiday Food Drive** 

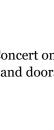


# **Holiday Chorus Concert**

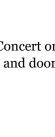
4th and 5th grade families are invited to attend our Holiday Chorus Concert on December, 19th at Fitch High School. The concert is from 6:30-7:00, and doors open at 6:00.



## **Cold Weather**



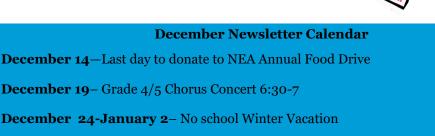
Cold temperatures have arrived. It is important your child dress appropriately for the weather. Please check



### If you have boots or snow pants that no longer fit your children, and you would like to donate them to others, please send them in to school and we will give them to someone who needs them. Thank you!

Special Request

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.



**December 19**– Grade 4/5 Chorus Concert 6:30-7 **December 24-January 2**– No school Winter Vacation January 9-PTO Meeting 6-7 pm



**PTO Meetings** 

February 12th March 13th **April 10th** May 14th June 4th Childcare is provided at meetings



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Be Healthy, Be Fit!







spreading germs to others. Wash your hands with

together for at least 20 seconds. Cover your mouth and nose with a tissue when you cough or sneeze. If you don't have tissue, cough or sneeze into your

soap and clean running water, and rub them

upper sleeve or elbow, not your hands.

Cold temperatures can cause serious health

The holidays don't need to take a toll on your

health and pocketbook. Keep your commitments

relaxed and positive outlook. Make sure to get

problems, especially in infants and older adults. Stay dry, and dress warmly in several layers.

The holidays are a great opportunity to enjoy time with family and friends, celebrate life, to be grateful,

and reflect on what's important. They are also a

time to appreciate the gift of health. Here are some

holiday tips to support your efforts for health and



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and spending in check. Balance work, home, and play. Get support from family and friends. Keep a

proper sleep.

Manage stress



