

November 20, 2012

Farm Yard Concert

Dear Parents, You are invited to our "Farm Yard Concert" on **Wednesday, November 21st at 8:00am** in the **Auditorium**. KG 2-4, KG 2-5 and Gr. 1 will be presenting their songs. The **dress code for concert** is black shorts/trousers and a bright colored t-shirts.

GAAPA International Thanksgiving Celebration

This celebration will be on Wednesday, November 21st at 5:00-8:00pm on the GAA Field.

KG2.4 Sports Day will be on Tuesday 27th November from 8:00-9:30am on the sports field. (Details to follow).

Fun Ideas for Healthy Lunches!

Check out our new FUN LUNCHES page on Weebly! Please note that the school is very dedicated to its **GAA Policy of Healthy Lunches** for Children. Please ensure that your child brings a fruit and vegetable portions with them each day. The school does not allow candy at school, as it ensures that 'sugar high' behaviour challenges are avoided, and classmates are able to happily learn together with ease.

- Fun lunch ideas from **GEMS World Academy**
- Fun lunch ideas & recipes at **TheProvince.com**
- Fun lunch ideas & recipes at **TheLunchBox.com**

Sleepy Time for busy Kinders

"Time spent talking about and developing healthy sleep habits will stay with a child and lead to healthy lifestyle, work habits and brain function." - GAA Parental Engagement. The National Sleep Foundation insists that **3-5 year olds need 11-13 hours of sleep each night**.

- Article: **The best things parents can do to support healthy sleep and brain function**
- Article: **How many hours of sleep students need and why**
- Article: **A Good Night's Sleep**

Literacy:

The Letters of the week are "Kk" and "Cc". Please have your child bring in one thing, (or a picture of a thing), that begins with these letters. Please also send 3 clues about this item for them to read aloud to the class. The children love this activity, which strongly supports their development of public speaking skills, self-confidence, sense of community, and sight/sound letter recognition.