

ASASA

Newsletter

Ambition Diligence Knowledge

ASASA Academy

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February 2015

Heart Month

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Principal's Message

We have many exciting events happening at the Academy this month as we reach 100 days in school, fundraise for heart research, and collect empty beverage containers. Additional big events will occur in the coming months. The Scholastic Book Fair will be just before Spring Break in March. When we come back from the break we will have Asasa's Science Fair.

We also wish to extend a warm welcome to two teachers who joined our staff in January: Ms Niki Warford in Grade 2 and Ms Lindsey McCrae in Junior Kindergarten.

General Reminders

Lost and Found: Please have a look at our blog for items that you may be missing: academylostandfound.wordpress.com.

January Events

Monthly Assembly

Ms Kruiper and Ms Warford's classes organized our assembly this month. Here they are singing a song about our value: Optimism.







Jump Rope for Heart

Students from Grades 3 to 5 showed off some amazing skipping skills at our Jump Rope for Heart assembly for . The students are excited to eat healthy foods and improve their skipping skills as work towards their goal to raise $2,500 for heart research.

Asasa Announcements

Students in grades 4 and 5 have started recording morning announcements in connection with the Jump Rope for Heart campaign. Everyone loves to see these when they come to class in the morning.



Health Matters

Children are naturally energetic, but without encouragement they can become inactive. These days, children spend more and more time sitting – in class, on a school bus, using the computer, playing video games, or watching TV. As a result, more than half of Canadian children aren't active enough for optimal health and development.

Skipping is a quick, low-cost and effective way to get a great workout in just 15-20 minutes.

Here are a few of the benefits of skipping:
- helps to improve heart rate and blood pressure.
- a good full body workout for all fitness levels.
- improves flexibility, coordination and balance – great for athletes
- improves muscle tone in both the lower and upper body
- It's low cost and can be done anywhere
- And, it's FUN!

Heart&Stroke JUMP ROPE FOR HEART



Monthly Value: Kindness

As we explore the value of Kindness during the month of February, students will learn about Mother Theresa.

Mother Theresa is a wonderful example of showing kindness to others, particularly the uncared for, the unwanted, and the unloved.

Save the Date!

100 Days
Feb 10

We will be celebrating 100 days in school for the year.

No Classes
Feb 12-13

The Academy will be closed for Teachers' Convention.

Family Day
Feb 16

The Academy will be closed.

Report Cards
Mar 6

Term 2 report cards will be ready this day.

Hot Lunch
Mar 11

The Parent Council will be hosting a hot lunch for students.

P/T Interviews
Mar 12/13

Parent teacher interviews and no classes on Mar 13th.

Contacts

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Parent Council

We are excited to participate in the Every Empty Counts School Program for the month of February. We are asking parents to help our students fundraise for activities and other benefits for the school by bringing your empty beverage containers to the school to be recycled.

If you have ideas for events, suggestions or concerns that you would like to take to the council, you may send an email to PAC@asasa.ca.

Casual For Charity

Students may dress in casual clothing if they bring a donation for charity on these days:

Feb 6	Mar 6
Feb 20	Apr 10