

<p>Monday February 11 <u>Day 3</u></p>	<p><u>Comfy-Cozy Day-</u> (Wear PJ's or cozy sweats!)</p> <p>7:45-8:25 a.m. Intermediate Band Rehearsal –Cafeteria</p> <p>7:45-8:25 a.m. Advanced Band Rehearsal – Music Suite</p> <p>7:55-8:25 a.m. Grades 3 & 4 Intramurals-Vernon gym</p> <p>8:40- 9:40 a.m. Poetry Alive Assembly for Grades 5 & 6- Vernon Gym</p> <p>1:50-2:15 p.m. High School Counselors visit 6th Grade- Classrooms</p>	
<p>Tuesday February 12 <u>Day 4</u></p>	<p><u>Twin Day-</u>(Dress up just like a teacher, sibling or friend)</p> <p>7:45-8:25 a.m. Grades 5 & 6 Chorus rehearsal - Room 29</p> <p>7:55-8:25 a.m. Grades 5 & 6 Intramurals-Vernon gym</p> <p>7:45-8:20 a.m. Beginner Band Rehearsal-Music Suite</p>	
<p>Wednesday February 13 <u>Day 5</u></p>	<p><u>Decade Day-</u> (Dress up in a style from your favorite decade)</p> <p>7:45-8:25 a.m. Intermediate Band Rehearsal –Cafeteria</p> <p>7:45-8:25 a.m. Advanced Band Rehearsal – Music Suite</p> <p>7:55-8:25 a.m. Grades 3 & 4 Intramurals-Vernon gym</p> <p>11:30 -12:00 p.m. 5th Grade Wind Turbine Celebration- Butler Building</p> <p>2:45-3:45 p.m. Math Team (Grades 5 & 6)- Room 33 A</p> <p>6:45-7:45 p.m. Mindfulness Presentation – Theodore Roosevelt Library</p>	
<p>Thursday February 14 <u>Day 6</u></p> 	<p><u>Valentine's Day-</u>(Wear Red or Pink)</p> <p>7:45-8:25 a.m. Grades 5 & 6 Chorus rehearsal - Room 29</p> <p>7:45-8:20 a.m. Beginner Band Rehearsal-Music Suite</p> <p>11:05- 1:00 p.m. Student Council Fundraiser- Buy a heart for a friend or family member for \$1 and post it on the Tree of Kindness.</p> <p>1:10-1:50 p.m. High School Counselors visit 6th Grade- Classrooms</p>	
<p>Friday February 15 <u>Day 1</u></p>	<p><u>Vernon Pride Day -</u> (Wear school colors)</p> <p>7:45-8:25 a.m. Intermediate Band Rehearsal –Cafeteria</p> <p>7:45-8:25 a.m. Advanced Band Rehearsal – Music Suite</p> <p>7:55-8:25 a.m. Grades 5 & 6 Intramurals-Vernon Gym</p> <p>2:45- 3:55 p.m. Chess Club- Library Annex</p> <p>2:45-4:00 p.m. Newspaper Club (Grades 5 & 6)- Computer Lab</p>	

Parent University hosted by Roosevelt's Site Based Team

To: All Elementary Parents

Topic: MINDFULNESS

Where: Theodore Roosevelt School

Date/Time: Wednesday, February 13th From 6:45-7:45

"Bring your Roseanne or Vernon students to work with Erin Marocco, Career Bar High School Teacher of Mindfulness Based PE and High School Counselor practice Mindful techniques in the Roseanne Gymnasium while you enjoy time with our ..."

Guest Speaker: Dorelle Ahi, Educational Consultant
Trained in Mindfulness Based Stress Reduction



What is Mindfulness?
It means noticing what is happening around you; a heightened awareness that enables you to improve your focus and attention in the moment.

Come learn:
*How to be more present with your children
*How to balance your life, work and activities
*How to structure technology in ways that create more harmony
*Mindful exercises incorporating breathing and tactile tools

When: February 13th 6:45-7:45pm
Where: Theodore Roosevelt Library

Please return the tear off slip below by 2/12 to reserve your spot!
You may also RSVP to the main office at 626-4027274

Parent's Name _____ Teacher _____
Student's Name _____
Circle: Roosevelt/Vernon
I would like to attend the Parent University Mindfulness Workshop on:
--Wednesday, February 13th - 6:45-7:45 pm

YOU CATCH MORE BEES WITH HONEY. OTHERWISE, YOU GET THE STINGER.
~ WENDY L. STEED



School's Closed
February 18-22
for
Winter Recess

