

### **Dates to Remember**

# Tuesday, December 5th: 6:30 - 8:00 p.m.

PAG: Life Hacks for the Holidays with David Peters

Please RSVP here.

Childcare is available for children 3 years and older.

### **Tuesday, December 12th:**

Teacher Luncheon: Hosted by CH2

12:00 - 1:00

### Friday, December 15th:

Yule Log Celebration NOON DISMISSAL

Monday, December 18th - Tuesday, January 2nd:

Winter Break: NO SCHOOL

### Wendesday, January 3rd:

Classes Resume

## **Gratitude Abounds**

We don't often have to look far to find something to be grateful for, but during November we find that sentiment to be especially true.

This year, one of our Lower Elementary classrooms was inspired to capture some of the things our staff, students and families are thankful for.

The Gratitude Graffiti Board is located just outside of Ms. Ruthie and Ms. Ranny's classroom. If you have the opportunity, take a moment



to read some of the messages of thanks our community has shared. Teachers, students and staff members from nearly every grade level have contributed!



# **Many Heartfelt Thanks**

We couldn't have pulled off our feast without the hard work of our dedicated parent volunteers and talented classroom cooks. You brought smiles to our faces and great food to our plates. This can be a hectic time of year and we appreciated everyone taking time out of their schedules for our community. We appreciate you. Many, many thanks!



## **PAG: Life Hacks for the Holidays with David Peters**

Tuesday, December 5th 6:30 - 8:00 p.m

Join us for an evening of learning, sharing and the potential for profound transformation! David Peters, co-founder of Long Life Wellness Center (down the road from Heartwood), will present a short talk on conscious development practices. He is a local leader in Integrative Medicine that practices Traditional Chinese Medicine and teaches Meditation, TaiJi and QiGong.

He is going to lead us on a journey of experiential practices we can take with us and use through the Holidays and beyond. We will learn easy techniques to de-stress, be more mindful, heartfelt and fully connected to each other and universal consciousness. This is a class you will not want to miss!

Please RSVP if you plan on joining us. Childcare will be available for children ages 3 and older.









# The Yule Log Celebration

Friday, December 15th 11 a.m.

Our annual Yule log celebration will be held on Friday, December 15th at 11 a.m. Please plan on arriving early. This is a popular event and parking will be tight. Overflow parking will be in Isabel's backyard.

Everyone will gather on the large playground for the bonfire and sing-along. Each class will bring their decorated log for the fire along with their wishes for the New Year. We hope you can join us for this heartwarming event! The best part, the magnificent Ms. Sue will be joining us! She wouldn't miss it for the world!

### **GO Club is Back!**

Go Club has been great at Heartwood this fall, so we're offering it this Spring too! You can find more information about the game of GO and the club itself on <u>our website</u>.

How do I sign up? You can sign up for GO Club here.

When: Wednesdays from 3:10 - 4:10 p.m.

January 10 - March 7

Who: Ages Five and Up.

### **Questions?**

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