

November

Director's Corner

Thanksgiving...a time when families come together to give thanks for all the blessings in their lives. And let's not forget all the yummy food. Those family dinners are special and create lasting memories. Why wait until holidays to enjoy a family meal? Eating together as a family has so many benefits. Children perform better academically, have higher self-esteem, greater sense of resilience, lower risk of substance abuse, and an overall feeling of being loved, safe, and secure. They may even be willing to try more foods when everyone is eating together! To read more about the benefits and find other tips and suggestions, visit the sites below.

<https://thefamilydinnerproject.org/about-us/benefits-of-family-dinners/>

<https://acpeds.org/position-statements/the-benefits-of-the-family-table>

Upcoming Events & Activities



November 7 - 22 Open Application for **New Students** Only

November 22 - 29 No School Thanksgiving Break

Thanksgiving Feasts November 21st

2s 11:00 - 11:45

3s 11:45 - 12:30



Happy Birthday!



Lainey Morgan 11/5
Josephine Smith 11/8
Charlie Daugherty 11/19

Mrs. Jasmine 11/26



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