

Parent Link

Connecting You and Your Child to Information on Our Journey to Greatness

December 2011



To be the truly great school system we want to be, we need to continue to develop partnerships with our parents. Children need to see that parents value education and are willing and able to be involved in helping them realize their potential - Dr. Kevin M. Maxwell

The Office of School & Family Partnerships

PARENT INVOLVEMENT NEWS

Healthy Lifestyles: Promote It Every Day!

Studies now link physical fitness with academic success! So, families everywhere are trying to get back into shape. National PTA chose November as their Healthy Lifestyles Month. PTAs nationwide participated with a wide variety of programs and events to promote health education and physical activity. But, this program cannot be limited to one month. We must all work together to make healthy living a true lifestyle. Here are a few of the suggestions from National PTA to get your family started:

- Be sure to set realistic goals when setting up your family's fitness program.
- Schedule regular family times for activities that get all of you active.
- Remember to use the stairs whenever possible.
- Host a party where you play games that have a high level of physical activity.

For more information, visit www.PTA.org.

December is Write to a Friend Month!

December is the perfect month to practice writing letters to friends and family. No matter what holiday your family celebrates, take the time to have your child write a letter or a card with a short note. Take the time to talk about the year and things that have happened. Discuss what friends and family might want to hear. Review the structures for letters, notes, and cards. And, for even more fun – add arts and crafts. Take the time to make your own stationery first.

Other Dates to Remember in December.

- December is Read a New Book month. Books make great gifts!
- December 20th is National Games Day. Take time to get together as a family and play a game or two. Remember to include games that are not only fun but educational.

AACPS VOLUNTEER OF THE MONTH RECOGNITION

November 2011 Volunteer of the Month
Laurie Dietrich – Richard Henry Lee Elementary

Don't forget that you can nominate outstanding volunteers for the AACPS Volunteer of the Month award. For more information or nomination forms, please email ttudor@aacps.org.

What's Going On

All-County Middle School/High School Orchestra Concert

Saturday, December 10, 2011
7:00 PM
Southern High School

More than 200 talented Anne Arundel County middle school and high school musicians will perform a variety of music, from contemporary, classical, and holiday styles.

Admission is \$5. Tickets may be purchased at the door.



National Stress Free Family Holiday Month!

With so many holidays, December can be a very stressful month. Continue the theme of Healthy Lifestyles by working to make this month less stressful. Take charge of the holidays this year. Make lists. Talk to friends. Have everyone in the family pitch in and help. Most importantly - don't forget to exercise!



Be sure to watch the Office of School & Family Partnerships AACPS TV Programs on Comcast and Broadstripe Channel 96, and Verizon Channel 36-

Parent Connection, Parents' Corner, World View, Nuestra Comunidad (Our Community), and ¡Charlemos Juntos! (Let's Chat)

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