



Bright Futures Preschool

“Working with students and their families to build a solid foundation for life-long success.”

AM - 9:00 – 11:30 & PM 1:00 – 3:30




October 21, 2015

A Message from the Principal!

Up to one out of every five children in the U. S. is overweight or obese, and this number is continuing to rise. Overweight children are at high risk of becoming overweight adolescents and adults, placing them at risk of developing chronic diseases such as heart disease and diabetes later in life. They are also more prone to low self-esteem. The most common cause of obesity is lack of physical activity, unhealthy eating patterns.

A child's total diet and activity level play an important role in determining a child's weight. Today, many children spend a lot of time being inactive. For example, the average child spends approximately four hours each day watching television. It is very important for your child's mental and physical wellbeing that you maintain:

Healthful Family Habits

-  **Go to the park and play or a school playground**
-  **Take family walks or bike rides**
-  **Do exercises together each night before bed**

Exercise helps the Mind & Body

Parents + Teachers = Success



Coming up...

October

- 16 No School
Collaboration Day
- 22 3:45-7:15
Parent/Teacher Conf.
- 23 No School

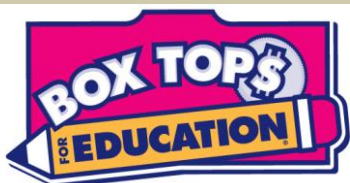
- 30 No School –
Teacher Institute

November

- 7 ABC Conference at GHS
- 11 Veteran's Day
- 25 55 Min. – PM Early
Dismissal
- 26-27 Thanksgiving Break

December

- 9 55 Min. PM Early
Dismissal
- 10 Family Night Activity
- 21 No School Teacher
Institute
- 22 No School – Winter
Break!



Tools for Triumph

If you bump into someone, say, “Excuse me!”

Bright Futures Staff:

Tammie Bolden – Principal
Dawn Hand – Coordinator
Nicholette Fox – Parent Specialist
Brandee Malcolm – Parent Specialist
Roberta Gore – Nurse
Sara Carr – Speech Pathologist
Alissa Warren – Speech Pathologist
Renee Burton – ELL
Kathy Doney – School Secretary
Mike Malmrose – Custodian

Black Room – Ms. Mings, Ms. Barton, Ms. Klein
Blue Room – Ms. Uddin, Ms. Triplett, Ms. Dale
Brown Room – Ms. Sexton, Ms. Eiker, Ms. Spinks,
Green Rm – Ms. Holder, Ms. Alvarado,
Orange Room – Ms. Heidt, Ms. Campbell,
Purple Room – Ms. Liepitz, Ms. Pickrel, Ms. Wong
Red Room – Ms. Buonavolanto, Ms. Klossing, Ms. Llave
Yellow Room – Ms. Barshinger, Ms. Scott, Ms. Bowers