



Cheetah Family News

(615) 472-4300

January 11th, 2019

1000 Secluded Lane

Happy New Year, Parents!

We are very fortunate at Chapman's Retreat to have the ongoing support of our families and community. We want to thank Wellspring Church and an anonymous donor, for contributing the money to pay off all our cafeteria charges from last semester. Their generosity is greatly appreciated and a true example of helping those in need.

It is that time of year when we must be prepared for inclement weather and possible school closings and/or delays. Please sign up for WCS InFocus <https://www.wcs.edu/infocus/>, WCS Twitter @WCSedu or follow the WCS website <https://www.wcs.edu/> or local news stations regarding announcements of school closings or delays. In the event of an early dismissal a call-out and email will be sent to all parents notifying them of our early dismissal time. Please make sure to update your child's emergency card listing the current mode of transportation in the event of an early departure. Thank you and stay warm out there.

Dr. Garrett



IMPORTANT DATES

- January 11th- Report Cards go home
- January 15th- 2nd Grade Parent Meeting
- January 16th- PTO Spirit Night at Marco's Pizza
- January 17th- Kindergarten Parent Meeting
- January 21st- MLK Day: No School



PTO Update

Marco's Spirit Night is coming up on January 16th! 10% of your in-store order and 15% of your online order will be donated to the PTO all day long!

Also, keep an eye out for information on how to help with CheetahFest baskets!



A Note on Nutrition

What does "nutritious" really mean? Foods like cereal can be marked as "nutritious" when they're actually high in sugar or sodium. Encourage your child to read the Nutrition Facts box to figure out just how nutritious a product really is. For example, 4 grams of sugar equals 1 teaspoon—so for a cereal with 12 grams per serving, that's 3 teaspoons of sugar in one bowl!





Buzz from the Art Room



We are busy creating in the art room this year! All classes will be learning about Edgar Degas and his statue of the Little Dancer in preparation for the Nashville Ballet's visit on February 12th. Degas is considered to be an impressionist as he painted scenes from everyday life. He claimed he was not because he did not paint "en plein air" (outside in the elements) as the others did to capture the natural light. Degas is best known today for his paintings of dancers to show their grace and power. In 1880, Degas began experimenting with sculpture as he was losing his sight and found painting difficult. This little bronze sculpture of a dancer is a copy of a wax figure made by Degas. This sculpture is of a little girl who was a ballet student at the Paris Opéra. Her skirt is made of cloth. Her hair is made of bronze (but in the original sculpture she had real hair) tied back with a ribbon. The Ballet will be performing "Degas and the Little Dancer" for CRES students courtesy of our wonderful PTO!!!!

In addition...

Kindergarten is working on creating depth in their pictures.

1st grade is exploring the principle of design, patterns in art.

2nd grade is adventuring into abstraction.

3rd graders are creating depth using a variety of shading techniques.

4th graders are learning one point perspective.

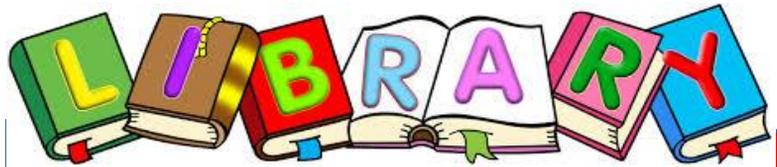
5th graders are playing with positive and negative space in snow scenes.



Finally, the art room is in need of Clorox wipes. If you are willing to send some in, we would greatly appreciate it! - Miss B

Harry Potter

Harry Potter Book Club will start up again on January 17th. There will not be a meeting on January 31st.



We had 9,758 books checked out in the first semester. As a school, we earned 10,739 AR points, with over half of those coming from 5th grade!



Calling all Cheerleaders!

Come cheer with the Summit Varsity Basketball Cheerleaders!

When: Saturday, January 12th, 2019

Where: Summit High School Auxiliary Gym

Time: 9:00AM-3:00PM (Check In will begin at 8:30AM)

Who: Ages 4-13 - Individual instruction per age group

Fees: \$65.00 for first participant, additional siblings are \$25 each (Price includes t-shirt and pizza lunch)

Camp Attire: t-shirt, socks, athletic shoes, hair up in pony tail, NO jewelry.

**Bring own water bottle, snack, and separate lunch if your child does not like pizza

Contact information: breanna.hankins@wcs.edu



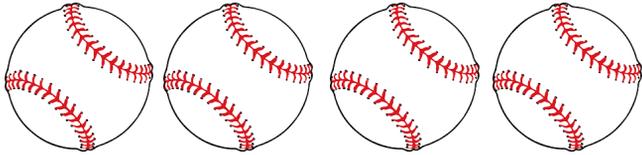
Check out the attachment for more information!



Car Rider Procedures

- School doors open at 8:25 a.m.
- Students will go directly to the gym and be dismissed to their classrooms at 8:35 a.m.
- All students must be in their classrooms by 8:45 a.m. or they will be considered tardy.
- Students arriving after 8:43 a.m must check in through the front office and be accompanied by an adult.
- The car rider line will close at 8:43 a.m.
- Pre-K students do not arrive until 8:40 or after. They will be the only students allowed in the back door after 8:43 a.m.

*All car riders must be dropped off in back. No cars should be parked in the front circle on Secluded Lane. Students who are dropped off in the front parking lot and cross through bus and car traffic, pose a safety risk. Please note that no car riders will be released from the gym doors, as our first priority is the safety of our students.



Calling all Softball Players!

Summit High School is offering a softball clinic on Sunday, January 20th. Check out the attached flyer for registration information.

TIME: 1:00-4:00pm

COST: \$40

WHO: Kindergarten - 8th grade

TO BRING: *tennis shoes *glove
*bat *helmet

Attention Baseball Players!

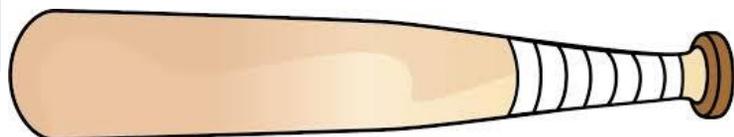
Summit High School is offering a baseball clinic on Sunday, January 27th. Check out the attached flyer for registration information.

AGES: Kindergarten - 8th Grade

WHAT TO BRING: Glove, Bat, Tennis shoes

WHEN: Sunday, January 27th 1:00-4:00

COST: \$40



Parents,

Here are a few things to think about as we approach the second half of the year:

- If you have a child who will be starting Kindergarten this fall, now would be a great time to make sure your child has all their immunizations for school entry and their physical.
- Remember this is Flu season. Flu is spread by droplets. When someone coughs, sneezes or talks droplets are let out. You then inhale the droplets and you have the possibility of getting sick. The flu virus can live on surfaces up to 24 hours. If you were to touch that surface and then touch your mouth you may contract the Flu. One way to keep from spreading germs is to cover your mouth when you sneeze or cough. The best prevention against the Flu is handwashing. If your child exhibits any Flu symptoms, please keep them home. If they develop a fever they must be fever free for 24 hours without medication. When you're not sure about sending your child to school, please refer to the WCS Illness Policy.
- Please remember during the winter months children still need to stay hydrated. Please consider sending in a water bottle with them.
- To keep your child healthy:
 - Make sure they get adequate sleep. They should get at least 8 hours.
 - Choose healthier meals and snacks. Healthy snacks at school would include, vegetables, fruit fresh or dried, yogurt, whole grain crackers with cheese or turkey and string cheese. Try to limit sugary snacks. Remember when you consume sugar your glycemic levels go up quick but then you begin to crash. When that happens it's harder for your child to concentrate on their school work. By picking healthy snacks this will raise your blood sugar slowly and this will stop that effect.
 - Drink plenty of water.
 - Take a multivitamin to boost up your immune system this time of year.

If you have any questions please feel free to contact me at 615-472-4316 or gloriap@wcs.edu.

Thank you,
Nurse Gloria

