

Welcome To September

"The future belongs to those who believe in the beauty of their own dreams." Eleanor Roosevelt

Many are going back to school and will have new experiences. In the beginning it will be many changes to get used to but the opportunity of growth will be present in every moment of the day. It is important to believe in yourself even if no one else does. Do not be the same, be better. Open your mind to receive new messages and learn new things.

September Important Dates

(School Closed) Labor Day 3rd

(School Closed) Day of Caring 14th

Ample Words of the Month:

Flutter & Gracefully

We update with news, fun crafts and ideas, as well as educational resources for parents & children.

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September Tips for Kids:

1. Get moving & go for walks

Exercise regularly to maintain a healthy body, lungs, heart and brain.

2. Stay social

Take a class, volunteer, play games, see friends, and make new ones.

3. Bulk up

Eat beans and other high-fiber foods for digestive and heart health.

4. Stay balanced

Practice yoga or tai chi to improve agility and prevent falls.

5. Sleep well

Talk to a sleep specialist if you don't sleep soundly through the night.

Suggested Books of the Month:

1. Mouse's First Fall

By: Lauren Thompson

2. Apple's and Pumpkins

By: Anne Rockwell

3. The Colors of Us

By: Karen Katz

4. When Grandmama Sings

By: Margaree King Mitchell

HAPPY BIRTHDAYS



Beatrix 10th

Oliver 25th



HELLO, PETITE ACADEMY FAMILIES!

PLEASE SUPPORT YOUR CHILD'S LOVE FOR READING BY ALLOWING THEM TO CHOOSE BOOKS THEY ARE INTERESTED IN READING. SCHOLASTIC.COM

YOU CAN PURCHASE ONLINE OR BRING IN THE ARTICLE SENT HOME WITH CHECK OR MONEY ORDER FOR YOUR SELECTIONS.

OUR CLASS CODE IS: PKH9M

The **Aster** is September's Birth Month Flower!

September



SYMBOLIZES	Patience Daintiness Remembrance
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FUN FACTS	Asters are oftentimes prime targets for birds, bees and butterflies due to their fragrance and colorfulness.
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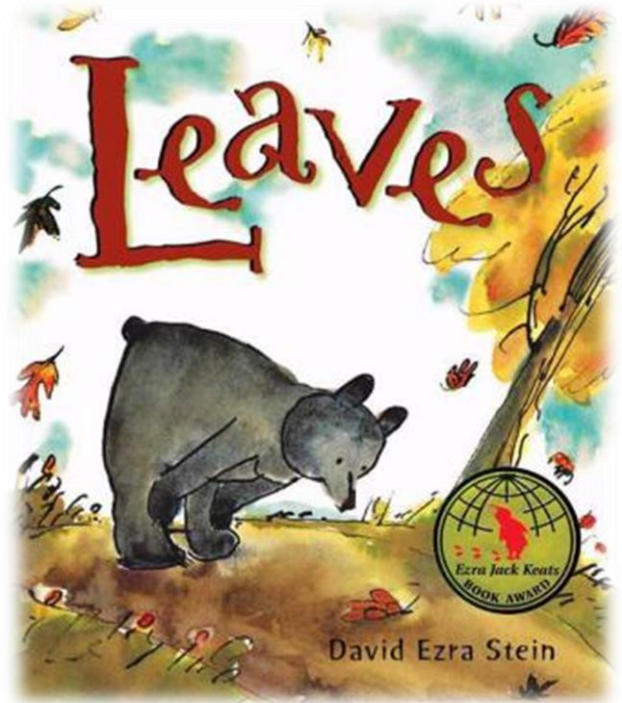
September Birthstone
• Blue Sapphire •



In ancient Greece, royals were convinced that **blue sapphires** protected their owners from envy and harm. During the Middle Ages, people thought the gem attracted heavenly blessings. Others instilled sapphires with the power to guard chastity, make peace between enemies, influence spirits, and reveal the secrets of oracles.

Email all responses, questions, request, notifications, concerns & suggestions to petite1810@gmail.com

“True friendship is seen through the heart not through the eyes.”



Volunteer & Family Participation

We are looking for families that are interested in volunteering, sharing a talent with the children or joining us in the classroom for an activity. Please schedule a time and sign up today. Please bring in your something from your ethnic background such as pillows, music, pictures or anything that represents your child so they can share with their friends.