



LMES

PTA

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Dear Parents and Laurel Meadow Staff,

Welcome 2020!!! I hope everyone had a wonderful and relaxing winter break. We have a few events planned for January!

- Join us on Thursday, January 16th for our next general PTA meeting at 5:30 p.m.
- Donuts with Dad on Friday, January 17th from 7:30 a.m. to 8:00 a.m.
- A new spirit night at The Salty Pig Smokehouse on Tuesday, January 21st from 4:00 p.m. to close.
- Be on the look out for information to come home about the Family Dinner and Dance on February 7th from 6-8 p.m.

We are hoping to have another Box Tops competition, so continue to save those box tops using the app or clipping them!

Sincerely,
Kristin Konopka
PTA President



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Inclement Weather: The new calendar year and the season of lower temperatures brings the possibility of more inclement weather. Due to the unpredictable nature of the weather, please remain aware of possible late openings or early closings by listening to the radio/local news and checking the Hanover County Public Schools website (www.hanover.k12.va.us), HCPS Twitter, HCPS Facebook Page, and Channel 99. (School closings are usually shared with the local media by 6:00 a.m.) If schools close early due to changing weather conditions during the day, your child's classroom teacher will follow the directions you specified on the Emergency Early Dismissal Plan at the beginning of the school year. You should update this information as soon as possible if your child's inclement weather plan has changed. Hopefully, it will be a mild winter and school closures will not be needed this winter.



One School One Book is coming to Laurel Meadow again this school year in the month of January! OSOB is a wonderful opportunity for the entire school community to take part in a shared reading experience. Each LMES household, through the generosity of our PTA and the Hanover Education Foundation, will receive a copy of our One School One Book novel. Families will also receive a reading calendar and some optional, fun activities that tie in with the book. Stay tuned to find out our mystery title on January 23.

One School, One Book

MindUp

What is mindful breathing? The MindUp Curriculum defines mindful breathing as a “short listening and breathing exercise...that helps students quiet their minds and get ready to learn.” To develop these skills, kids concentrate on the sensations of resonant sound, then their breathing. They are then better able to calm their minds and get ready for the next part of their day.

How can you help your child with mindful breathing at home?

- 📖 Have your child sit in a comfortable position. They should close their eyes or look down. Have them pay attention to their breathing, feeling the air come in through their nose and filling their belly. They can then calmly and slowly let the breath leave their belly, then their chest, then their nose.
- 📖 Students can do one minute of mindful breathing or listen to a piece of calming music just before a task that requires focus.
- 📖 Children can draw a before and after cartoon showing how they might look before and after their mindful breathing.
- 📖 Choose a quiet place at home to breathe mindfully. Describe where that place is and what makes it a great place to practice.
- 📖 Make a schedule for mindful breathing during the day.



LMES Art Night

Mark your calendars for the LMES Art Night on February 27, 2020 from 6:30 p.m. to 7:30 p.m. There will be 10 arts and crafts stations, make and take art, the SJMS Student Art Show and your chance to win a gift card. Come out on Thursday, February 27, 2020 at 6:30 p.m. If you are interested in volunteering for Art Night please contact Ms. Hairston at jhairston@hcps.us.



In other LMES Art News...40 works of art by LMES students will be on display at the School Board Office for the month of January 2020 (January 7-31). You can view LMES student art at the School Board Office, Monday through Friday from 8:00 a.m. to 4:30 p.m. (except on holidays: January 20). Thank you for supporting art education at LMES!





Coming Up...

Below is the link to the Family Dinner Dance to be held on Feb 7th from 6-8pm. We are looking for volunteers to help us make this an event to remember. We are currently having the 5th grade class come up with the theme and are excited to bring it to life!



<https://www.signupgenius.com/go/20F0E4FADA829A2F85-family>

JANUARY 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 	2 	3 	4
5	6 School Reopens	7	8	9	10 Reading Olympics Meeting 7:50-8:20am	11
12	13	14	15	16 PTA Meeting 5:30pm	17 Donuts with Dad	18
19	20  School Holiday	21 Spirit Night @ The Salty Pig Smokehouse 4pm to close	22	23 OSOB Kick-Off Chapter 1	24 Early School Closing/End of Semester	25
26	27 Chapter 2	28 Chapter 3	29 Chapter 4	30 Chapter 5	31 Report Cards GT Referrals Due	

NEWS AND NOTES

- Reading Olympics Meeting-January 10th 7:50 am-8:20 am.
- One School One Book Reading Program will kick off January 23rd. Each family will receive a book to read aloud, information letter, and a bookmark with the reading schedule. Look for the materials coming home January 23rd. Can you guess the title?
- Thank you to everyone making the Staff Appreciation Breakfast a huge success! We appreciated all the donations.

