

WINTER 2022



# THE ACADEMY POST

OFFICIAL QUARTERLY NEWSLETTER

“Give your children a holiday season filled with moments to remember, not toys they'll forget.”

-Rebecca Cooper

## A Holiday Message

by Lesley Walsh, Chief Executive Director

With the hustle and bustle of the holidays underway, it is easy to get caught up in the frenzy of the season. Remember to take time to slow down, so you can focus on the things that are important, and less on things that are not. Practice gratitude...time is precious, so make the most of it by appreciating the people, things, moments, skills, or gifts that bring you joy, peace, and comfort to your life.

When we slow down, and are fully present, we are able to take the time to be grateful, which has a positive impact on our health, both mentally and physically. Gratitude can change chaos into contentment, stress into joy, and help us live our very best lives just by being thankful for what we have instead of what we're desiring. Be sure to create time and space to connect with those you love during the holidays.

Plan something fun, learn something new, help someone, or simply pay it forward. These things are priceless, and will be memories that you will remember and cherish for years to come.

We hope you all are able to take some time to relax and rejuvenate with family and friends both near and far. From all of us at Academy, we wish you and yours a safe, healthy, happy holiday season, and a wonderful new year!

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## UPCOMING IMPORTANT DATES & INFO!

Dec. 23- Academy open for child care

Dec. 26- Academy closed

Dec. 27-30- Academy open for child care (at select locations with prepayment)

Jan. 2- Academy closed

Jan. 16- Academy closed

February is Parent-Teacher Conference Month!

Feb. 20- Academy closed

## Academy Spreads Holiday Cheer!

by Megan McHale, Public Relations Manager

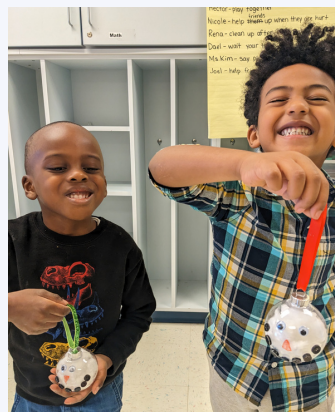
All through the year Academy celebrates diversity and teaches our children the joys of giving back to the community. Our teachers and staff educate both themselves and our children about the many different holidays, customs and traditions celebrated around the world by reading books, watching short educational videos, doing crafts and participating in cooking projects. The month of December presents many diverse learning opportunities for our children and staff to celebrate and honor various holidays and traditions. Additionally, many of Academy's programs participate in community outreach this time of year to help those around us who may be in need and to teach our children the best way to spread holiday cheer, by giving!



Ms. Dori at Academy's DuFief campus reading a book about Hanukkah and sharing a menorah craft with the Preschool and Pre-K class (above).



Academy Preschool children at Stone Mill's campus enjoyed a fun pajama party and learned about Hanukkah while the Pre-K children wrapped gifts for their families and hosted a Toy Drive for Children's National Hospital (above)!



Academy's PS/PK class at the Galway campus donated to the MANNA Food Center (right) and made winter ornaments (above).

