



T.H.E Newsletter

Eagles

Greetings-

We honor God who has been so good to us in this unprecedented season of civic unrest, pandemic, unemployment, sickness, and disease. A mess! BUT, we have been blessed. God has really been good to us and I think it is so important for us to continue an attitude of gratitude. We have plenty to complain about, yes, but God gets no glory when we complain. Psalm 100:4 reminds us to “enter his gates with thanksgiving and his courts with praise”. The truth of the matter is, God knows all, sees all, has all power, He knows what we are facing, He is aware of what is going on in this world...it is our responsibility to find something to be grateful for. I’ve found that peace lives in gratitude. I just want to encourage you to make gratitude a way of life.

I am grateful for our T.H.E family. Every teacher, every family, and our Board of Directors.

I hope that you all have a safe and restful Thanksgiving with your families.

I love you all. Thank you for your sacrifice of love!

Stacie L. Taylor - Head of School

Announcements:

- **Parent/Teacher Conferences**
Friday, November 6th
Half a day. School will end at 12:00p
Please call to schedule a conference time.
440-836-2333. Report cards will be given at conference.
- **Thanksgiving Break**
November 25-27th



*** We still have space for one 6th grader and one 7th grader. If you know of anyone looking to place their child in a caring environment for this school year.

We are also directing families to our website and encouraging them to enroll early for next school year. Reminder - We are a family. We are also a working to build a collaborative. Teachers and parents working together to ensure our children are reaching their potential and that our teachers are supported to assist the children in reaching their academic as well as social and emotional goals. We are all working together to care for, support and educating T.H.E children. Thank you for keeping those lines of communication open and being receptive to working together.



Cookie Dough – Now – 12/2. Cookies will be delivered on December 17th.

Cash prize of \$100 to top seller! Contact the office for an order form.

Chipotle -

November 21st. 4pm – 8pm
6717 Eastgate Drive, Mayfield Heights, Ohio 44124
Fliers to be sent home and electronically next week.



TIPS FOR STAYING HEALTHY IN THE WINTER

The winter season is a time filled with fun festivities and gatherings. It is also time when people tend to get sick. Here are a few tips you can follow to help to stay healthy during the winter season.

1 WASH HANDS FREQUENTLY

Washing hands can help prevent those pesky germs from spreading. Wash your hands with warm water for at least 20 seconds to kill all germs.

2 ENJOY SEASONAL VEGGIES

Try sticking to seasonal vegetables when cooking throughout the winter. A healthy diet strengthens your immune system.

3 STAY ACTIVE INDOORS

Instead of taking a run outside in the cold, switch it up using a workout from online. There are plenty of free resources and videos online on YouTube or Pinterest.

4 GET FLU SHOT

Get your annual flu shot from local clinics or your local pharmacy. Many locations allow for walk-ins, or set an appointment with your physician.

5 STAY HYDRATED

Drinking the recommended eight 8-ounce glasses of water can benefit your body. Staying hydrated can help regulate body temperature and keep your skin looking refreshing all winter long.

6 STAY WARM

Don't forget to bundle up and dress warm when heading outdoors.

7 SLEEP WELL

Make sure you get at least 8-10 hours of sleep each night to prevent your immune system from weakening.

8 MOISTURIZE

The winter weather can cause skin to dry and crack. Make sure you moisturize your skin to keep it feeling smooth all winter long.

9 RELAX

Take some time off to relax. Stress can affect your immune system; your body needs to regroup through relaxation.

10 GET A HEALTH CHECK

If you haven't done so already, take the time out of your busy holiday plans and try to get an annual check up.



Study Skills

- Pay **attention** in class.
- Take **good** notes.
- Keep an **organized** notebook for each subject.
- Know the purpose of each assignment.
- Ask questions **in** class.
- **Review! Review! Review!** It can help you retain 80% of the information.
- Plan a **definite** time and place for studying each day.
- Study for awhile and take short breaks.
- **Don't cram** for hours the night before a test.
- **Study a little bit each day.**

Think Positive...Do your best!

Phone:

440-836-2333

Website:

<https://theacademyschoolcl.wixsite.com/website>

Email:

theacademyschoolcl@gmail.com



Note: We are accepting applications for student enrollment for the 2021-2022 school year. We are also accepting applications for staff. We will be K-8 next year!!! Look for more exciting news regarding enrollment and staffing.

T.M.T.H MARKETING-WINEDOWNTOGETHER-T.H.E ACADEMY-THE LION CHURCH

1486 E 55TH ST CLEVELAND OHIO 44103 216-587-5413

OPEN ARMS

THANKSGIVINGDAY DRIVE

HOT MEALS TO GO AS WELL AS SNACK BAG

SATURDAY, NOVEMBER 28, 2020

2:00-5:00 PM

FOR DONATION INFO: Contact Jodie 216-203-0894

Accepting: Women's, Men, and Children Clothing All Sizes
Diapers, Wipes, Milk (cans only) , Non-Perishables & Feminine Hygiene Products
Monetary Gifts Accepted