



# EAGLE FLYER

PTA NEWLETTER  
JANUARY 2019

## PTA News

### Parents Night Out

During December's PNO, a group of parents participated in a Paint & Snack, painting a beautiful winter sunset forest scene led by Abe Wing's art teacher Mrs. Murphy while enjoying some delicious snacks.



### Holiday Events

December was full of exciting events for our kids! They enjoyed a delicious breakfast with their Grandparents, showed off some amazing talent during their Holiday Concert led by Mr. Schneider, and danced the night away during the Winter Wonderland Dance. Topping it all off, students in grades K-2 had a night full of magic during the Polar Express night - making some beautiful decorations in the art room, enjoying the book read by Mrs. Williams in the library, snacking on some pizza in the lunch room, and ending the night watching *The Polar Express* while sipping on some hot chocolate.

### January PNO : Yoga

You've set your intentions for the New Year. Now it's time to keep them. That's where January's Parents Night Out comes in handy. Led by certified Yoga instructor, Lisa Frawley, prepare your body and mind for the upcoming year during a 45-minute BodyFlow session (a fusion of tai chi, vinyasa yoga and pilates set to music), followed by 10 minutes of relaxation and meditation. Be sure to wear some comfortable clothes, have bare feet and bring a yoga mat (if you have one) and some water. You may also want to bring a sweatshirt and socks for the meditation part, since the body tends to cool down quickly.

## Upcoming Events

### Bowling Night

1/11 | 6 - 7:30pm  
Fundraising for playground  
Suggested donation of \$2/adult. (Free childcare available)

### January PNO : Yoga

1/16 | 6:00 - 7:30pm  
(Free childcare available)

### February PNO : Paint & Snack

2/4 | 6:00 - 7:30pm  
Birds on a branch  
Fundraising for playground -  
Suggested donation of \$1  
(Free childcare available)

### Spirit Week

Week of 2/11-15

### Father-Daughter Dance

2/27 | 6:00 - 7:30pm  
Theme: Candyland

### Pancake Breakfast

3/16 | 8:30am  
In advance:  
\$4/adult | \$2/kid (under 12)  
At the door: \$5

## Events Being Planned

### Cabin Fever

3/26 | 6 - 7:30pm  
(Grades 3+)

### Mother-Son Game Night

4/10 | 6 - 7:30pm