



Panther Press

A publication of the Georgia Academy for the Blind

Friday, September 25th, 2020

This institution is an equal opportunity provider

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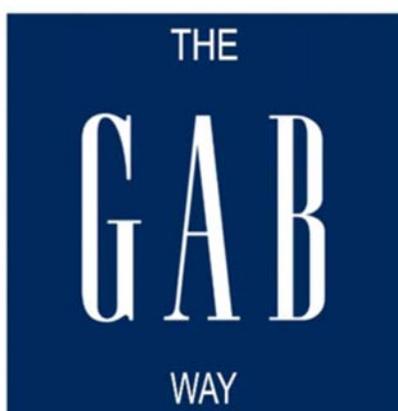
Georgia Academy for
the Blind - GAB



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Mission Statement: The Georgia Academy for the Blind provides quality education services to Georgia's students with visual impairments and/or visual impairments in conjunction with other disabilities to prepare them to achieve their highest level of independence in transition to college and career readiness. *Check out this student produced video featuring this Mission Statement:* <https://www.youtube.com/watch?v=IRrbhkGSe98>



Give it your best
Achieve your goals
Be respectful

September:

*It is the summer's
great last heat,*

*It is the fall's first
chill: They meet.*

-Sarah Morgan Bryan Piatt

Mark your Calendar :

9/22— *First Day of Fall*

The autumnal equinox—also called the September or fall equinox— is the astronomical start of the fall season in the Northern Hemisphere & of the spring season in the Southern Hemisphere.

11/23 through 11/27 -

Thanksgiving Break

This newsletter is published by our Parent Mentor/Family Engagement Specialist, Jennifer Minter. Please send your ideas, news and resources in your community to her: JMinter@doe.k12.ga.us or call **478-262-3303**. **Please remember to contact her if you've had a change in address, phone number and/or email!**

A message from our Superintendent

Dear GAB Families,

It has been another beautiful week at GAB, and there is much to share in this letter. First, let me be sure you are looking at the revised calendar that was changed because we started later in August than usual. Students will be in session online and onsite next week. There will be no fall break this year. We have reminded district LEAs and bus drivers.

Next, we have a huge brag on our *School Nutrition Department*. Due to being short-staffed, we are making temporary changes to ensure quality nutrition service for our students. The Bibb County Public School District is providing the breakfast and lunch meals for GAB for the next several weeks. Our evening meal consisting of meat, 2 vegetables, bread and sometimes dessert is being catered by a local farm to table restaurant, Grow, for 3 nights each week, and students will enjoy what we may call “fast food” for Sunday and Wednesday nights. Variety is the spice of life!

The #1 question on your minds is probably: What are the online/onsite teaching and learning plans following Friday, October 23, 2020? The answer to that is that we are monitoring data and watching CDC guidelines to know when it is safe to require that all students attend school in person, onsite. We are also conferring with area school districts who are also watching the numbers!

Speaking of Numbers! Have you picked up a pound or two or maybe your dryer shrank your clothes? No problem. GAB has the cure! We are on the move taking advantage of all the amenities and facilities that GAB has to offer. Have you ever seen such? We are modeling and teaching Wellness in the workplace and wellness for life! We all benefit. Think about this: When you feel like you cannot move is probably when you need to move the most. You may be a little dehydrated or you may need the endorphin boost. Know your body and love yourself enough to embrace wellness.

Check out this link shared by our Occupational Therapist, Allison Hawkins. The link below includes some quick and easy guided breathing and chair yoga poses. Beside each exercise, there is a list of benefits, instructions, as well as, an instructional video. Happy Breathing and Stretching!

https://yogaed.com/resource/digital-wellness-breaks-volume-2?utm_source=Yoga+Ed.&utm_campaign=e31e148afa-EMAIL_CAMPAIGN_2020_09_23_07_46&utm_medium=email&utm_term=0_85e9c865f1-e31e148afa-382010465&mc_cid=e31e148afa&mc_eid=7e93383fa8

Thank you again for your privilege of serving your families and caring for your children. Radio host John Tesh talks about the “Etch A Sketch Life.” 2020 is proving to be the shakeup of the century, and we are grateful to cling to the strength of our family.

Always,
Cindy

