

Koalaty Newsletter

October 2017

Important Dates:

- October 23 - November 3 = One & Done PTA Fundraiser
- October 31 & November 10 = No School
- November 9th = Hero Day & Spirit Night @ Chipotle & YOLO

Fundraising

Our Fall Harvest One & Done Fundraiser is underway! Northwoods doesn't sell coupon books or wrapping paper or any other product. Once a year we just ask folks to donate to fund all the amazing programs that benefit every single student (to see a list of these programs, review the flyer that was sent home with your child in their Friday Folder). Help us reach our goal to continue the many PTA-sponsored programs and events. ANY amount will help! (And is 100% tax-deductible!) Donate online at:

https://northwoods.memberhub.com/payment_requests/226

Member Hub FAQ

Check out the MAIN CALENDAR in MemberHub (at the top of the page) to see all upcoming school and PTA events! Many have links within them for more information:

<https://northwoods.memberhub.com/calendar/>

If you haven't yet joined MemberHub, please sign up at:

<http://tinyurl.com/northwoodsmemberhub> to receive all PTA and school-event communications!

Follow us on Facebook

<https://www.facebook.com/Northwoods-PTA-Wellness-and-Safe-Routes-1217679168336816/>

Mindful Mornings

If you have a student in 3rd - 5th grade, watch for the mindful mornings flyer coming home this week. We will have 7 sessions introducing students grades 3-5 to mindfulness activities. The sessions will run from 8:30 to 8:45 and drop off time will be between in the lobby between 8:15 and 8:25. Due to the short length of time and nature of the subject, any student arriving after 8:25 will not be allowed to participate in the session. If you are interested in signing up your child, please email

northwoodswellness@gmail.com . We will take 15 students for the first session and if there is more interest, we will do a lottery system for entry. Also this will be offered in the winter or spring for K-2 students. Thanks!

AHA, Wake County PTA and the Taylor YMCA are sponsoring a FREE viewing of the movie "Resilience" for parents and community members. Please join us at the Cary Theater on Monday, November 20th at 7:00 pm. Tickets are free but are required. You can reserve yours at <http://bit.ly/2yf7dVd> .

Resilience is a 60-minute film directed by James Redford on Adverse Childhood Experiences (ACEs) and their impact on health, quality of life, economics and education. Research shows ACEs are common, they affect all socioeconomic levels, and their lifelong impact on health and well-being is significant. "The child may not remember, but the body remembers." View this highly acclaimed film with us to learn what ACEs are, how they increase the likelihood of disease and illness, and how together we as a community can mitigate the impact of ACEs for Wake County residents.