

CUB CHATTER

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Avery Elementary Executive Board - 2019 – 2020

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IMPORTANT DATES

Avery Spirit Nights:

Culver's – 02/06

Buffalo's – 02/13

Family Dance: 02/09

Winter Break:

02/17 – 02/21



<https://www.facebook.com/AveryPTA/>



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#AveryFit



Meet Toni Lemeshka, our #AveryFit spotlight for February! Toni Lemeshka is a mom of two active Avery Cubs: Andi, a 3rd grader, and Brooks, a 1st grader. Toni is currently the Georgia Regional Sales & Fitness Manager for Orangetheory Fitness. She joined Orangetheory as a member over five years ago. At that time, she was at a point in her previous career where she was wanting to make a change, and Orangetheory was the path she wanted to venture into! Toni had a huge appreciation and passion for the community, the workout, and the results that Orangetheory provided for its members, and she wanted to be a part of it. Toni enjoys workouts that get her moving and get her heart rate up, especially running and strength training. Through Orangetheory, she has been able to improve not only her cardio endurance, but her speed and strength as well. Their classes are science-backed, technology-tracked and coach inspired that anyone can do. Toni loves that the guesswork is taken out of the workouts for her, and she knows that every time she walks through the doors, she's getting the most out of her one hour workout! Toni also incorporates fitness and healthy eating at home. Both of her children play year-round sports; Andi plays lacrosse and Brooks plays baseball. With their busy sports schedules, along with Toni and her husband both working full-time, the key to their success is in the preparation for the week. Toni's family focuses their Sundays on resting, meal prepping and planning out dinners for the week that are yummy and healthy for everyone. She likes to include Andi and Brooks in the prepping, and they both enjoy helping prepare food for the week ahead! Another key is having healthy snacks and quick grab meals readily available. These are important for those busy nights where dinner could easily become fast food. Toni and her husband take Orangetheory classes, both together and separately, 4-5 times a week. They believe that their children are watching them at all times, and that they will mirror what they do and adopt habits from what they see Toni and her husband pouring into! They limit technology and get outside as much as possible. "A healthy lifestyle is 100% a family affair," Toni said. Toni would love to extend an invitation to all Avery families to come and try a class to see what they have to offer! Orangetheory will be including an Avery discount. She would love to see everyone take a step in leading not just a healthier lifestyle for themselves, but for their families, too! Feel free to reach out to her at 678-994-5002 or tlemeshka@honorsholdingsllc.com, or contact a nearby Orangetheory location.

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MASQUARADE MAGIC

What: Avery Family Dance

When: Sunday, February 9th from 4:00 to 6:00PM

Where: Avery Elementary

Who: All current Avery students and adult family members.

	Cost in Advance	Cost at Door
Entry Tickets (per person)	\$3.00	\$5.00
10 Pack of Drink/Snack Tickets 3-4 tickets per snack 1 ticket per drink	\$3.00	\$5.00
Professional Photo Package Includes two 4x6 printed photos and a digital image via email	\$25.00	\$35.00

Pre-Order On-line at <https://averypta.memberhub.store/>
or use the QR code below



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Celebration Rock Spots Still Available!



There are still spots available to paint our Avery Celebration Rock!

Click here for information and to sign up:
<https://averypta.org/what-is-the-avery-pta-celebration-rock/>



Junior Achievement dates have been set. Training will be Tuesday, April 21st and the event will be Wednesday, May 6th.

If you are interested please email averycubspta@gmail.com.



A shout out to all the amazing volunteers for the media center! They come in weekly to help with check-in and check-out and shelve books and whatever Mrs. Blakey needs help with!

Thank you!

We could use some on-call subs. This would be as needed and only when you are available. Call or text Kristy Drake 901-230-5523.

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Thank You PTA Community Sponsors!

We are so excited to partner with these PTA Community Sponsors for the 2019-2020 school year!

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