

CUB CHATTER

May 2020 / Volume 13 / Issue 9



New Slate

Avery Elementary PTA is pleased to announce
your 2020 – 2021 PTA Board!

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CUB CHATTER

#AveryFit

It's been about a month and a half of living the "quarantined" life, and all of our daily normals look a little different. Even in the next few months, as we may have more freedom to be out and about, we probably still won't be back to our norm. The good thing about being off schedule, along with having warmer weather, is that you have time AND options to stay fit... or should I say, "quaranTONED"? ;)

We all know the typical ways of staying active- running, walking, biking, swimming, etc. But did you know that there are many ways to take advantage of apps and websites during the quarantine... for FREE? Here are some resources for you to check out if you're wanting to change it up a bit.

-Planet Fitness offers free 20-minute in-home workouts daily on Facebook Live at 7 PM ET. You don't have to be a member- just like them on Facebook so you can see the video!

-The free Peloton app offers several classes and workouts that you can view without having to have the Peloton bike.

-The Daily Burn (dailyburn.com) is currently offering a 30-day free trial. Through their site, you can view thousands of different workout videos.

-Nike Training Club has waived the \$14.99/month fee for its premium service indefinitely. By downloading the app, you'll have access to over 185 free workouts, plus nutrition guidance.

-Barry's Bootcamp is posting 3 workouts a day of 20-minute bootcamp sessions. You can find these at @Barrys on Instagram.

-305 Fitness is offering free cardio routines and November classes everyday at 6 PM ET. Check out the 305 Fitness YouTube page!

-Live fitness classes are being offered through @bandier on Instagram every weekday at 4 PM ET. They offer a lineup that won't let you ever get bored!

-Women's Health Magazine (@womenshealthmag) is offering free Instagram Live workouts every week day, twice a day! They focus on full-body training, legs and core, HIIT, and arms.

-FitBit is offering a 90-day free trial of their Premium subscription to new users through the FitBit app. You'll get personalized health tips, sleep tools, customized programs, and workouts.

-Reebok is offering free classes on their YouTube channel. They take place daily at 6:30 AM, 9 AM, 12 PM, and 4:30 PM.

Hopefully these sites will help offer some variety in your fitness routine!

CUB CHATTER



"The Influence of a Good Teacher Can Never Be Erased"

Last August many of us made our last first day of schools at Avery Elementary. Our final meet and greets, our final first day pictures with teachers, and our final excitement as we proudly walked the halls. It is the faces, the voices, and the support that leave a lasting impression of the children built at Avery Elementary. It is the strength, encouragement, and love that is felt in the hearts that allow them to become the impressive humans we watch grow up.

We witnessed an event happen this year that as a nation we have never seen. On March 13th, we were told to take what we thought we needed for a few weeks and we were going to go live on our digital learning platform.

Our students, teachers, and administrators showed the most amazing grace as we navigated this uncertainty. The poise and patience from our teachers was amazing! Our students were able to find success due to the commitment from teachers who were having re-plan everything in an ongoing basis with hurdles popping up everywhere. The children never knew it. We went from preparing for Milestones to cancelling Milestones, preparing for club competitions to cancelling club competitions, we went from looking forward to field-trips to cancelling field-trips, and every was sad on April 1st when the news was shared that we would not be returning to school.

It was in that moment that we all realized that March 13th was the day that we left Avery Elementary for this school year, and for some the very last time we walked out those doors. In reflection, if we had known then what we know today that exit would have been different. We would have found ourselves weepy eyed in hallways, squeezing these babies with hugs, creating more memories, and sending everyone home with courage.

In those moments we all "knew" this was just a short stint and we would be back soon, but alas we weren't able to get those hugs, tell everyone bye, or sign yearbooks with notes of encouragement. I return to the word grace. With so many different meanings, I want to thank the administration, the teachers, and all support staff for showing grace during the extremely difficult time. You have demonstrated first hand to our children compassion, strength, and love.

As one of the parents that will not be returning next year, as my daughter is in the 5th grade- I personally want to thank Avery Elementary School for building her #averystrong. We are all blessed to have traveled this journey with this school, this staff, and these teachers. From the bottom of my heart and the rest of the parents, you are a treasured chapter in all of our lives.

Thank you for all you do and will continue to do-
Sincerely,

All Parents of Avery Elementary

CUB CHATTER

TEACHER APPRECIATION WEEK MAY 4-8

Monday - What did you enjoy most in class?

Tuesday - What is your favorite memory of your teacher / class?

Wednesday - Send a picture of you and your teacher to her.

Thursday - What do you miss most about your teacher?

Friday - Send a E card to your teacher with a sweet surprise!

Let's shower our teachers with all the virtual love we can next week!

Our teacher appreciation week was cancelled when school closed, but we want to thank our awesome Avery teachers as best we can! National Teacher Appreciation Day is May 5th. Please consider sending an e-card that day (or any other time!) from their favorite store/restaurant/boutique to their school email (you can find the emails here: <https://www.cherokeek12.net/averyes/Content2/averyes-faculty-staff>)

Be sure to send a separate email letting them know you sent something, in case the e-card goes to their spam folder.

Reading gives us
somewhere to go
when we have to
stay where we are

Mason Cooley



Media Center Update

Hello Avery Cubs! We miss you terribly! Hope you have been reading books and enjoying all the read-alouds on social media while social distancing! We will let you know ASAP how and when you can return the books you have checked out.

Thank you so much for all of our AWESOME Avery Media Center Volunteers! We appreciate all your help this year! If you want to be in the know when the school does open, please join our Avery Media Center Group on Facebook at:

<https://www.facebook.com/groups/525992111496206/?ref=share>

Mrs. Blakey posts lots of fun and interesting links in the Facebook group, and that will be a great way for you to know when and where to return all your Avery Elementary Books that you have checked out! Also, any media center volunteer information will be posted there.

A special shout out to Mrs. Linda Fulton who is Avery's Volunteer of the Year! Mrs. Fulton has volunteered in the media center for 5 years. We appreciate her dedication, love for the books, book recommendations, and attention to detail. Her daily before school shift will be hard to fill! She will be missed, and we wish her well!

Again, thank you for being amazing volunteers! We love the way you help all the Avery Cubs!

And to our Avery Cubs- keep reading!

CUB CHATTER

Support Every Year-Round!

Did you know you can support Avery with purchases made online and in stores? Here's a few ways:

Kroger: Link your account with Avery

- <https://www.kroger.com/i/community/community-rewards>

AmazonSmile: Search for "Avery Es PTA" in the charities

Shoparoo: <https://www.shoparoo.com/howitworks.html>



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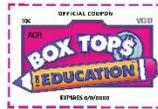


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