

CUB CHATTER

August 2020 / Volume 14 / Issue 1



New Slate

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

Co-Presidents:	Beth Holt & Jordan Waddington
Vice President 1:	Desiree Jacobs
Vice President 2:	Keri Rodes
Vice President 3:	Jennifer Bennis
Secretary:	Kelly Shapiro
Treasurer:	Kristina Goss

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



<https://twitter.com/AveryPta>

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Why Join Avery PTA?

Your annual membership dues of \$10 supports your child by funding essential educational and curriculum needs, such as: Reading Bowl, Science Olympiad, Technology Team, Academic Bowl, Communication Folders, and various classroom improvements overall. **And this year, because our events are on pause, we will focus on helping Avery families in need.**

The **only** requirement to be a member of the Avery PTA is paying the dues. However, you can choose to be as involved as you want! Being a member **DOES NOT** mean you have to volunteer. We appreciate your support by paying your dues, but if you would like to be more involved, please get in touch with us!

Because of the restrictions of volunteers inside the school, we are asking for memberships to be purchased online instead of with checks or cash. Thank you for understanding.

We sincerely appreciate your support! Choose the **2020-2021** school year. If you have multiple students, pay for a Parent/Guardian first, then any others can be a Student membership. <https://averypta.new.memberhub.store/store?category=Memberships>

Hello Avery Cub families!
We have missed your smiling faces!

Welcome back to school! We are still looking for some awesome Avery Community Sponsors! If you or someone you know would like to help by sponsoring, then please call/text Kristy Drake at 901-230-5523 or email at KristyDrakeSells@gmail.com

Sponsorship monies go toward classroom enrichment, teacher and staff support, and things needed at school that might not get otherwise be paid for by county funds. Thank you for your support! Avery has the best parenting and community support!

<https://averypta.org/wp-content/uploads/Avery-Corporate-Sponsor-Tier-Sheet.pdf>



EARN CASH FOR OUR SCHOOL

NO MORE CLIPPING. ALL YOU NEED IS YOUR SMARTPHONE.

The NEW and improved Box Tops mobile app uses state-of-the-art technology to scan your store receipt, find participating products and instantly add Box Tops to our school's earnings online.

LOOK FOR THE NEW LABEL:

HERE'S HOW IT WORKS:



BUY
BOX TOPS PRODUCTS
You can find Box Tops on hundreds of products throughout the store.



SCAN
YOUR RECEIPT
Use the app to snap a photo of your receipt within 14 days of purchase.



EARN
CASH FOR OUR SCHOOL
Box Tops earnings are identified and automatically updated at BTFE.com.

You do not need to clip or send Box Tops labels to school.

We are no longer able to accept the physical box tops because the program is going totally digital! Please download the app and select Avery as the recipient. More information here: <https://www.boxtops4education.com/>

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#AveryFit

Back to School, Back to Fit!

Whether your child is doing Digital Learning or returning face to face, our lives are now going to be following the routine of school. There's no denying that this year is going to be different, and there will most likely be obstacles and changes we will all face as the year goes on. For me, when things feel out of my control, I try to find a routine to help keep things as "normal" as possible. One of the best routines to get into is a fitness one!

Since many parents work full time, work part time, or will be at home, taking care of the house or teaching children, there is no set routine that will work for each person. Here are some ideas for you, to hopefully help find a routine that would work in your life!

1. Put your scheduled workout in the calendar, just like you would your child's baseball practice. Plan around it. Don't cancel it! This is "you" time.
2. Start your day earlier. Now that the longest summer ever is over, alarms will naturally be set earlier. Get your workout in early and get it over with!
3. If/when your child is participating in an activity, don't just sit and look at your phone. Do laps around the parking lot! Get those steps in!
4. Don't worry if you can't (or don't want to) go to the gym. There are so many You Tube videos out there that will keep you doing a different workout a day for a year!
5. Have a food prep day. Take the time to think out meals and cook them. You will be so glad you did after that long day of school/work/sports!

In this unprecedented time, hopefully you can find normalcy in your fitness routine!

DON'T FORGET!



Sign up to paint Avery's celebration rock! Find all the information here: <https://averypta.org/what-is-the-avery-pta-celebration-rock/>