

# CUB CHATTER

August 2020 / Volume 14 / Issue 1



# September



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

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Vice President 1:	Desiree Jacobs
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[averycubspta@gmail.com](mailto:averycubspta@gmail.com)  
[www.averypta.org](http://www.averypta.org)



## IMPORTANT DATES

**Fall Break**  
9/21 – 9/25



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



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# CUB CHATTER

## I Matter Because...

2020-2021



Learn more and get involved! [PTA.ORG/REFLECTIONS](https://pta.org/reflections)

National  
**PTA**  
everychild.one voice.®

National PTA's Reflections program provides opportunities for recognition and access to the arts which boost student confidence and success in the arts and in life.

Each year, over 300,000 students in Pre-K through Grade 12 create original works of art in response to a student-selected theme. This 50+ year-old program helps them explore their own thoughts, feelings and ideas, develop artistic literacy, increase confidence and find a love for learning that will help them become more successful in school and in life.

The theme for the 2020-2021 program year is *I Matter Because...* Students submit their completed works of art in one or all of the available arts categories: Dance Choreography, Film Production, Literature, Music Composition, Photography, Visual Arts.

For additional information, please email [averycubspta@gmail.com](mailto:averycubspta@gmail.com)

# CUB CHATTER

## #AveryFit

Fall is almost here! With fall normally comes pumpkin spice EVERYTHING, a change in leaves, cooler temps, and lots of 5K/10K races. This year, the only things that may look a little different are the races. Because of COVID-19, many organizations aren't holding their annual races in person. However, many race organizers are thinking on their feet and opting for virtual races!

What does a virtual race look like? A virtual race is similar to any traditional running event, but you are "racing" on your own time and in your own way! You still register for your race, pay the race fee, get the race bib and the t-shirt (or whatever reward they are offering), and you are given a time frame to run the race on your own. When you're done tracking your run, you upload your race results to the race website.

You're probably wondering: What's the benefit to a virtual race when I could just run outside or on a treadmill like normal? Well, there are a few reasons to consider racing virtually:

1. It's fun to switch up your workout routine and do something new. A change in routine, mindset or environment can have a big impact on your workout.
2. Most races support a charity, so you can know that every step you take on your virtual run is going towards something good.
3. You can go at your own pace. You are the only competitor that matters!
4. Signing up for a race is a great motivator to start training. Knowing you have a deadline helps get you up and moving!
5. You can participate in a virtual race anywhere! Hawaii? California? New York? Why not!

Last year, our #AveryFit family had a team in the Hickory Flatout 5K, and we were hoping to make this an annual #AveryFit event. This year, the race is being held virtually. They aren't offering teams this year since it's a virtual event, but let's see how many of our Avery Cubs can run it! If you decide to run it, please use #AveryFit to show off your feat when you post about it. You can go here to sign up: [www.hickoryflatout.com](http://www.hickoryflatout.com). There are also many other virtual races coming up this fall that you can easily check out online!

# CUB CHATTER



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information here:

[Digital Box Tops For Education](#)



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Avery with your Amazon Purchases!  
Go to your AmazonSmile and  
search for "Avery ES PTA" and  
designate Avery as your charity.



Sign up to paint Avery's celebration rock!

<https://averypta.org/introducing-avery-cubs-celebration-rock/>



# CUB CHATTER

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2020 - 2021 PTA Community Sponsors!

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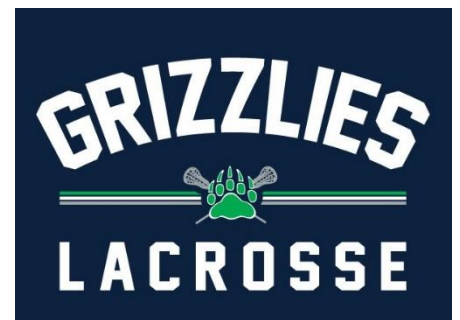


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The logo graphic for MasterPro Services consists of a stylized diamond shape divided into four quadrants. The top-left quadrant is blue, the top-right is green, the bottom-left is white, and the bottom-right is red. A white swoosh underline is positioned below the diamond.

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The logo for Northside Pharmacy & Medical Supply features a stylized white "N" and "P" intertwined within a white square frame.

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& Medical Supply**  
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