

CUB CHATTER

October 2020 / Volume 14 / Issue 4



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

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www.averypta.org



IMPORTANT DATES

Student Holiday: 11/23 – 27



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



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#AveryFit

As you can probably imagine, a popular Google search for 2020 was “how to boost my immune system”. Between COVID-19, strep, the stomach bug, and the upcoming flu season, there are a lot of germs out there! Your body can fight off diseases and sicknesses so much better when your immune system is strong. **#AveryFit** wanted to talk about steps you can take now to help strengthen your immune system so you and your family can stay as healthy as possible this winter.

Most ways to keep your immune system up go hand-in-hand with being healthy in general: maintain a healthy weight; eat well; exercise regularly; get adequate sleep; and manage stress levels. It's easier to know how well we're doing as adults, but it can be harder to tell how your child's internal health is. Did you know that children between the ages of 6-13 need between 9 and 11 hours of sleep a night? Does your child manage his stress well, or does he internalize it? Does your child eat a good variety of fruits and vegetables and get enough exercise each day? These are just some things to think about in regards to your own child's health, which can directly affect his immune system.



Luckily, the most powerful immune boosters can be received through your diet. They include Vitamin C, Vitamin D, Vitamin E, Vitamin B12, Vitamin B6, Zinc, Iron and Selenium. These vitamins are critical to a functional immune system. For children, you can teach them to “Eat the Rainbow”- eating a variety of colorful fruits and vegetables will provide many of these vitamins. If you or your child aren't getting these nutrients in your diet, they can be absorbed into your body with over-the-counter vitamin supplements (just make sure that the supplements are approved for children before giving them to younger kids).

#AveryFit wishes all our wonderful Avery families a very healthy year!

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Congratulations to the top three classes with the highest percentage of memberships:

Ashley West, Mollie Lord, and Tracy Lang!

And a **BIG** congrats to **West and Lord's** classes for reaching 100%!!

Thank you to everyone for supporting Avery PTA!



We are no longer accepting the physical box tops. The program is all-digital now! Find more information about the app here:

[Digital Box Tops For Education](#)



Beat those post-Thanksgiving turkey blues and shop Amazon on Black Friday! Choose Avery ES PTA as your charity and feel good about giving back while you shop!



There are still dates available to paint our celebration rock!

More information can be found here:

[Avery Celebration Rock Info](#)

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Thank You

2020 - 2021 PTA Community Sponsors!

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Stephen Rodes, MD
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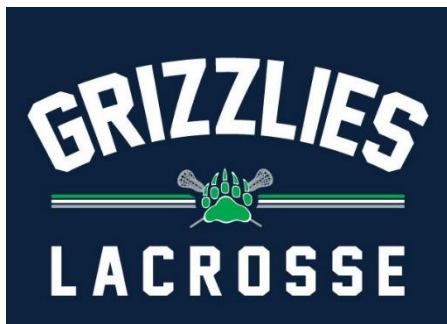


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