



Monday (Friday)'s Letter

December 26, 2008

Dear Members of the ACCS Community,

Congratulations to all of students and staff for an amazing show of student work. From the artwork to the writing to the singing and dancing, Everything thing you did was of the highest quality. What a wonderful community we have built together.

I wonder if Ms, Mary Theresa can tell it's me...

It is hard to believe that we have just finished four good months of school. As we go into the New Year, we have many good things to look forward to and experience together. We expect to hear the good news about our charter renewal in January. What a long haul that has been for us. We have come through some very hard times together and we are a much stronger school.



On behalf of the ACCS Board of Trustees and all of the staff, I wish each and every one of you a very restful winter holiday and a very happy New Year.

Wednesday's Celebration of Student Work was wonderful! Thank you to all the parents who were able to come!

Mary Theresa

ACCS Calendar

**Monday, Dec. 22—Friday, Jan 2
NO SCHOOL—HOLIDAY BREAK**

**Happy Holidays!!!
Stay warm, play with your
family, read a good book!**

**See you next year!
Monday, January 5, 2009 at 7:45am**



Ms. Augustine's Ideas for Staying Healthy & Having Fun over the School Vacation

In Movement class we are doing the 12 Days of Fitness. Using the melody for the *12 Days of Christmas*, we sing the song and do exercises. My hope is that students will do these activities during our holiday break. These exercises can be done in the house and it's a great way to remain active when on a school vacation and/or stuck in the house on a cold winter day. Check it out below! Try it with your child; I'm sure they would love to teach it to you.

Dear Students: During the next 12 days, many exciting things will be happening around your homes! In an attempt to keep Movement on your minds and to promote family fitness, this activity was developed for you and your family. Please take the time each day to go through the song and its activities each day of your vacation!

The Twelve Days of Holiday Break.

On the first day of Holiday break, Miss Augustine gave to me, one minute (10seconds) of jogging in place.

On the second day of Holiday break, Miss Augustine gave to me, two push-ups.

On the third day of Holiday break, Miss Augustine gave to me, three toe touches.

On the fourth day of Holiday break, Miss Augustine gave to me, four jumping jacks.

On the fifth day of Holiday break, Miss Augustine gave to me, five trunk-twisters.

On the sixth day of Holiday break, Miss Augustine gave to me, six sit-ups.

On the seventh day of Holiday break, Miss Augustine gave to me, seven rocket ships.

On the eighth day of Holiday break, Miss Augustine gave to me, eight arm circles.

On the ninth day of Holiday break, Miss Augustine gave to me, nine hearty laughs.

On the tenth day of Holiday break, Miss Augustine gave to me, ten kick and claps.

On the eleventh day of Holiday break, Miss Augustine gave to me, eleven ski jumps.

On the twelfth day of Holiday break, Miss Augustine gave to me, twelve squat thrusts..

