



April 8, 2020

Dear Parents and Guardians,

Hoping you all are safe, hopeful, and confident that we will make it through this unbelievable time in our lives. Our teachers continue to work hard every day to design and connect educational opportunities between school and home. I am humbled and inspired by the comments and examples of learning that parents and teachers have shared with me.

We have another resource to share with you and it is designed for our **K – 5<sup>th</sup>** grade students. It comes from our friends of the American Heart Association ... they help coordinate our Jump for Heart event each year and also came up with the idea to offer students the chance to slime Mr. Cullen this year. Please see the following message from them. This opportunity is 100% voluntary:

“We are thrilled to share that the American Heart Association is providing SAS with a two-week virtual experience that pairs with the Kids Heart Challenge and encourages families to engage in 30 minutes of heart-healthy activity or learning from home. It’s called **“Kick Cabin Fever to the Curb”**.

It can keep the students connected and help reduce stress and anxiety while staying physically active.

Daily emails will offer home activities, kid-friendly recipes and tips for parents to keep mental health and physical activity a priority. We are focused on the overall health of your child. At the same time, keeping kids on the move and eating nutritious foods is extremely important to our students’ heart health.”

So, if you are interested in trying these activities sponsored by the American Heart Association, then check out the link below. Again, this is completely voluntary and is geared for our elementary students.

**Please join us at 1:00pm on Monday, April 13<sup>th</sup> for our official Zoom Party to kick off our 10 Day “Kick Cabin Fever to The Curb” Challenge! Follow this link to Join: <https://heart.zoom.us/j/336743243>**

Blessings to each of you as we finish our Lenten Journey this week and celebrate the greatest victory of all time on Easter Sunday!

As always, God Bless

Tim Cullen, Head of School & Principal