

Wellness Watch

December
2024

Sylvan Heights Science Charter School

Here at SHSCS, we are looking forward to a new marking period, new month, and new season!

Here are a few important notes for December:



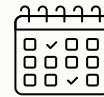
Clothing: Please send your learner to school in school uniform that is appropriate for the weather! Please send an extra sweater on the colder days.



Recess: Per our handbook, students will go outside daily for recess as long as the weather remains above 25 degrees. Please provide a coat, hat, and/or gloves for your student to wear outside. Remember to LABEL all items to avoid any mix-ups with other items.

NAME: _____

Upcoming Events



December 2- No School



December 5- Picture Retakes



December 12- Toys for Tots



December 17- School Board Meeting

December 19- No FAC Meeting



December 20- Early Dismissal



December 23-January 1-
Winter Recess (No School)



Fundraisers

Thank you to everyone who supported our school by participating in our fundraisers! If you sold Joe Corbi's pizza/cookies, please be aware that the pick up is the week of December 16!

IMPORTANT!

Consistency is Key!

Keep a Routine Over the Holidays....

- Predictability- gives security, stability, and builds trust
- Keeping order in an environment- reduces frustration and helps the child feel in control
- Setting & enforcing rules- helps with self-control and decision making

Upcoming Health & Wellness Team Meeting Dates:

DECEMBER **NO MEETING**

January 28th at 4pm



December 1: SoMa Christmas Market

December 4-8: PA Farmshow
Complex Christmas & Gift Show

December 7: Whitaker Center
Breakfast with Santa

December 14: The Santa Shuffle 5k

December 31: NYE Activities &
Strawberry Drop Downtown

DID
YOU
KNOW

- * The word "Decum" is Latin for ten because this month was originally the tenth month in a year
- * December 4th is National Cookie Day
- * December Zodiac signs are Capricorn or Sagittarius
- * December is the busiest & most expensive month for travel

EXERCISE

WINTER WEATHER KEEPING YOU
INSIDE? TRY SOME OF THESE AT
HOME EXERCISES!

7 minute Encanto fitness Run

TaeBo Workout

10 minute Dance Workout

15 Minute Kid-Friendly HIIT Workout

16 minute Cardio workout

CLICK HERE

