

TFS NEWS



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TFS STUDENTS ARE RISK-TAKERS!

Save the Date for Fete du Livre!

The book fair will give students an opportunity to celebrate the joy of reading and parents a great one-stop shop for French language books.

The fair kicks off with a costume day on Thursday, February 16. Students are encouraged to come to school dressed as a character from a book. The book fair sale opens for parents after school from 4:00 p.m. -7:00 p.m..

Fete du Livre activities include crafts, stories, games, and face painting.

The book fair will be open during the day on Friday, in the gym while conferences are held. There will be a reading corner for children while parents shop for books.

While most of the books will need to be ordered, there will be a limited amount of "cash and carry" books. More than 175 French titles are

available to order by cash, check or credit card.

You can also support your child's classroom and our library by buying books. Wish lists will be available at the sale to help with your selection. Questions? Contact Carol Wilmes at catholiccampus@yahoo.com.

Parents, we're asking that you donate one hour of volunteer time to help with TFS Literacy efforts. To sign up, please use the following website: <http://www.volunteerspot.com/login/entry/442345634309820013>.

Donations for a TFS Family

A family in our TFS community has experienced a house fire. They are accepting the following donation items: gas cards, uniform pieces in sizes 5-7, girls' shoes (size 12), boys' shoes (size 8), boys' clothes size 3T, coats, gift cards, books and toys. Please bring donations

to the front desk. Contact emilie@slis.org with questions.

Lost & Found Overflowing

The Lost & Found will be emptied on February 1. Please claim lost hats, gloves, coats, and uniform items. Uniform pieces will be cleaned and put out for resale on conference days. The rest will be donated to Goodwill.

Late Pick-up Fee

Beginning this week there will be a \$5 late fee for any child picked up after 4:00p.m. As always, please call the front office before 2:00 p.m. for any changes in your schedule that might cause you to be late.

For Amigos y Amis students, parents arriving after 5:05 pm will be asked to pay the \$5.00 late fee. The same fee applies for after-school activity pick-ups more than 5 minutes late.

Fighting the Winter Blues

Despite the unseasonably warm winter weather this year, it is still not uncommon for people to feel “blue” during the winter months. There is less sunlight and, typically, less time spent active and outside, all of which contribute to feeling “down.”

Some variations in mood triggered by certain situations or events are normal. It is reasonable that having to stay indoors day after day because of the cold and dreary weather can cause irritability or crankiness. If you find that you or your children are dealing with the winter blues, here are some suggestions to help elevate everyone's mood and cope with the winter.

- As snow piles up, temperatures drop, or chilly wind and rain beat down, it's not surprising that we find ourselves being more sedentary, staying indoors under cozy blankets. However, research shows that **exercise increases the amount of serotonin in the brain and can help to improve mood.** You may not be able to get outside to the local park, but there are plenty of ways to get active indoors and raise your heart rate. Pick a fun exercise video to do with your kids or challenge the family to a tournament on Wii Sports. Turn

on the radio or play your favorite iPod playlist and throw a dance party in your living room.

- After getting active, **designate a time for rest and relaxation.** Listen to calming music or read a good book.
- Research also shows that engaging in pleasurable activities can boost our moods. **Create a list of fun things your family can do together,** such as playing board games, doing arts-and-crafts projects, or baking. Watch a funny movie or take turns telling jokes. Let each member of the family choose an item from the list to do on the next rainy or snowy day.
- Fun activities can be enjoyable by ourselves, but are often **even more pleasurable when done with other people.** Plan a lunch or dinner party with your neighbors or your children's friends.
- **Being productive and accomplishing goals** can also elevate our mood. Take advantage of having to stay indoors by tackling projects you never have time for. Make sure to find a way to make chores fun for your family, such as adding

rewards at the end for participation.

- Finally, when the snowplow comes or there is a break in the weather, take full advantage and **get out of the house while you can.** Bundle up and take a brisk walk around the block to get some fresh air and maybe even a little sunlight. Find indoor activities outside your home that you can get to safely. For example, go to a movie, the library, or a museum. Get a day pass to a local gym where your children can go swimming or play basketball. Not only will it be fun, it will give you a taste of spring and warm weather activities to keep you going during the final days of winter!

From “Seasonal Affective Disorder (SAD): Help Kids Beat the Winter Blues” by Dr. Carrie Spindel of the NYU School of Medicine and the NYU Child Study Center.

With questions regarding the winter “blues,” contact Emilie Lytton at emilie@slis.org.

Enjoy the winter sun!

IMPORTANT INFO

- Mondays are formal days at The French School.
- School begins at 8:40. The doors open at 8:15.
- Parents must make changes in the dismissal plans of their students prior to 2:00.
- Each student has been issued a student ID. This should go to school with your student.
- Please do NOT park on Papin St. during arrival or dismissal.
- Amigos y Amis ends on Friday, June 8th.

IMPORTANT DATES

- 1/9-2/10 NWEA Testing
- 2/1 PA-SAC Transition Meeting, 4p.m.
- 2/1 Love & Logic with Conrad, 5p.m.
- 2/9-2/10 Free vision & hearing screenings
- 2/16 Fete du Livre book sale and party, 4-7pm
- 2/17 TFS Book Fair