



CHRONICLES

NEW

JAN 2023



JANUARY IS ALL ABOUT HEALTH & WELLNESS!



IMPORTANT DATES

FEB 14 | Lunch with a Loved One!

FEB 15 | St. Vartanants Day Assembly (Live Stream only)

FEB 16 | St. Vartanants Day SCHOOL CLOSED

FEB 17 | Staff Development Day SCHOOL CLOSED

FEB 20 | Presidents' Day SCHOOL CLOSED

FEB 23 | Makeup Picture Day

This month's theme was about promoting healthy habits and maintaining a healthy lifestyle. Our students learned new ways to stay fit like kickboxing and aerobics dance class. They were also enriched through a yoga class to promote their mind and body's wellness. They learned how to have a healthier diet with a visit from a nutritionist and even made their own fresh smoothie with ingredients that surprised them!



JAN 2023

The preschool Post



Exploring our senses with shaving cream!



Visit from the Reptile Zoo



Coloring activity



Say պանիիիիրրր!

Preschool pals at play



Bring your favorite stuffed animal to school day!



Ice cold animal slide



A MESSAGE FROM STUDENT COUNCIL

Student council is back and ready to take on the new year! We want to kick off the month of love by hosting a lunch with a loved one on February 14 where each elementary student can invite one person near and dear to their heart to come and enjoy lunch with them at school. (Details to follow.) We look forward to planning many more fun events for you guys this year!

22-23 Student Council



7 THINGS I WOULD TELL MY YOUNGER SELF

FROM MS. BALLEW



1. As long as you do your best and try hard that is all that matters! You are doing great.
2. Nobody thinks about you as much as you think they do. Relax and don't worry!
3. School is important but make sure you find things you love outside of the classroom. Find hobbies and do them often!
4. Don't be afraid to ask for help or to be bad at things. It's not embarrassing.
5. Everyone is entitled to their opinion...just don't let it change how you think about yourself.
6. When it comes to friends, go with quality over quantity.
7. Just remember—"There was never a day so gloomy and grey that the blue was not somewhere above it."



WHAT'S UP WITH THE EAGLES?



Starting biweekly Armenian language immersion workshops with Ort. Karine. This month's theme: The Regions of Armenia & Artsakh.

Field trip to the Apple store with 5th & 6th grade to learn coding through different games and apps.



2nd, 3rd, 4th grade watched «Սպիտակ Զինիկը» the play, produced by the Hamazkayin Theater company.



**A PAGE FROM
THE RECIPE
BOOK**



**PORT. ASTRID'S
CHEESE BREAD**

- 1 lb. of grated cheddar cheese
- 1 medium onion (chopped)
- 1 tbsp. oregano (soak & drain in hot water)
- 1 tbsp. tomato paste
- 1 tbsp. red pepper paste
- 1 tbsp. olive oil
- Salt & pepper to taste

Add water to the mixture until it has a pudding texture
Use pizza dough or make your own.

Makes about 3-4 pizza trays depending on the size of the tray

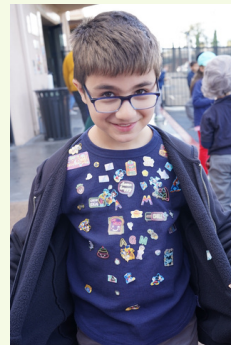
Serve and enjoy!



**WHAT'S UP WITH THE
EAGLES? (CONTD.)**



AGM track stars competing in the KAHAM games...
Go Eagles!



100 Days of School!!



