



Tuesday, November 22, 2016

## To All LPS Families

The first flurries have fallen, the supermarket aisles are packed with turkey & trimmings, and many of our students look forward to time at home this week.

However you choose to celebrate this Thanksgiving, I hope you might take a brief moment to reflect on the difference Learning Prep has made in the life of your child. Because of our faculty's skill and commitment, Learning Prep students continue to thrive and grow throughout the years, both academically and personally. If you may be so inclined, I would encourage you to reach out to any of our excellent staff members with a thankful word in the next few weeks. The changes they continue to bring forward in our students are remarkable. Surely our world becomes a slightly better place, thanks to their very good work.

On behalf of all my colleagues, please accept my warmest wishes for an enjoyable and meaningful Thanksgiving Recess.

*David*

## Learning Prep School Greenhouse

Visit the LPS Greenhouse for unique holiday plants and gifts. Support students and buy local!

## Save the Date

---

### November 23

All School Early Release Day

---

### November 24

No School - Happy Thanksgiving!

---

### November 25

No School

---

### December 2

HS Winter Snow Ball

---

## Detailed Calendar of Events

---

**November 28th - December 21st**

**Hours: Weekdays 8:00 A.M. - 2:30 P.M.**

## Meditation Mondays

The wellness committee is committed to helping the LPS community be as healthy as they can be. One way to be and stay healthy is through meditation.

Throughout the school year, we encourage all staff and students to participate in what we call Meditation Mondays. At 8:00 A.M., there is an announcement and a meditation script read which lasts about five minutes. Our hope is that everyone gives it a try because meditation can reduce stress, improve focus, improve concentration, relax your mind and promote happiness. The script can be found under the wellness tab on our website.

## Watch out for the "poison" apple! Minimize your middle to reduce your risk of heart disease.

You know what they say about an apple a day, but there is a big difference between eating an apple and being one. In the metaphor of body shapes, "apples" are people who carry excess fat in their abdomens, while "pears" carry theirs in the hips and thighs. And, as it turns out, "location, location, location" applies to more than just real estate! Where you carry your body fat makes a big difference for your health. Excess belly fat is a known risk factor for metabolic syndrome and may increase your risk of other conditions, including breast and colon cancer. In a new study of people with both Type 1 and Type 2 Diabetes, an apple-shaped body put people at risk for serious heart disease regardless of their weight and body mass index.

To whittle your middle, get your whole body moving. Both aerobic exercise and strength training can reduce belly fat; so incorporate both into your routine.

Since stress can fuel the buildup of belly fat, get serious about regular relaxation, even if that sounds like an oxymoron!

Replace those processed, refined items with fiber-rich plant foods like vegetables, legumes, and whole, intact grains. And make sure the fat in your diet comes from nutritious sources like avocados, olive oil, nuts, and salmon.

Worried about your sweet tooth? Replace sugary desserts with fruit! Unless

<http://www.learningprep.org/Calendar>

**Visit the new and improved Learning Prep Website!**

[www.learningprep.org](http://www.learningprep.org)

## Contact Us

To submit news, comments, and events, please email [lpnewsletter@learningprep.org](mailto:lpnewsletter@learningprep.org)



Follow LPS on Twitter at @LearningPrep

you're diabetic, you probably don't need to worry about the sugar in your fruit — bananas, apples, pears, and grapes are not what are fueling the obesity epidemic in this country. All whole fruits are welcome!

## A Healthy Recipe from the Wellness Committee

### Zucchini Chips & Salsa

#### **Chip Ingredients:**

1 or more large zucchini and/or yellow squash

1 dehydrator (or your kitchen oven)

salt (optional)

onion powder (optional)

#### **Instructions:**

Cut squashes into 1/2 inch slices. Season lightly with salt, onion powder or any other spices you like. Dehydrate in the dehydrator. If you're using an oven, set oven to low, place squash directly on the racks and let them dry. It may happen over night, or may take a couple of days.

*Serve with homemade "roasted" salsa.*

#### **Salsa Ingredients:**

6 Roma tomatoes

2 bell peppers

3 jalapenos (more or less for hotness)

1/2 onion

#### **Instructions:**

Chop veggies into medium to large chunks, coat with olive oil and roast in oven at 400 degrees until lightly roasted.

**Add:**

4 cloves garlic

1 tbsp olive oil

1 lime, juiced

cayenne pepper sauce to taste

Lightly pulse in food processor until chopped.

**OR:** Chop veggies into small pieces by hand, mince garlic, place in a bowl and mix in olive oil, lime juice and cayenne pepper sauce.

*Serve and enjoy!*

## Please Don't Forget ...

A reminder for all parents/guardians: please call the absence line and leave a message when your child is out for any reason: **(617) 965-0764 (ext. 111 for HS and ext. 411 for E/MS)**. Thank you!

## High School Yearbooks Are Now On Sale

The 2016-2017 High School *full color* yearbooks are on sale. Order forms have been sent home with the students. The basic cost is \$40, add-ons and personalization can be ordered for additional costs. If you would like to order a yearbook with add-ons, the orders *must* be submitted to **Karen Makanui** in the media center by **December 18, 2016**.

## Stay Connected with LPS!

We continue to update the website with new information about upcoming events, the parent newsletter, and our family and teacher directories. The directories are useful communication tools to reach other parents, a teacher or a staff member at Learning Prep. These directories are accessible by parent login only. The current LPS newsletter and archives are also accessible on the site in the password-protected area.

To login, use the primary parent e-mail address you submitted to LPS during the summer registration process. If you did not provide one, or are not sure which e-mail you provided as the primary, please don't hesitate to call **Peggy at 617-965-0764** or e-mail **Debby Worcester** at [dworcester@learningprep.org](mailto:dworcester@learningprep.org).

Directions for login:

1. Visit [www.learningprep.org](http://www.learningprep.org)
2. Click the blue box in the upper right.
3. If you have never logged in or have forgotten your password, click the "Forgot Password" link under the login and follow the directions.
4. Login with the primary e-mail address sent to LPS during registration, along with your password.
5. Once you are logged in, click "Parents" in the blue navigation bar and then "Parent Resources." When you are logged in you will see the directories and the newsletters listed here.

Family Directory:

The directory is a tool to support communication among families. The information published in the directory includes the general address and contact information. Our policy is to obtain expressed approval to publish your contact information in the directory. If your family is not visible in the directory and you would like it be visible only to other LPS parents, please send us your approval by email.

Any questions about the web site can be directed to **Barry Burlingham** at [bburlingham@learningprep.org](mailto:bburlingham@learningprep.org).

## Beyond the Spectrum: Adventures in Art for Children with Autism

The Artful Healing Program at The Museum of Fine Arts, Boston invites children between the ages of 8 - 12 years on the Autism Spectrum to explore art and art-making with their parent and caregiver.

Beyond the Spectrum meets one Saturday per month from 10:30 A.M. - 12 P.M. During this 90-minute program children explore the MFA collection with a trained Museum instructor, then go to a classroom and create their own masterpiece to take home.

**Pricing:** \$9.00 per child (includes materials and Museum admission).

**Chaperones:** One adult is admitted free with each child ticket purchased. The ticket and also includes a discount on parking in Museum facilities.

**Admission:** Tickets must be purchased in advance and are only available online. Tickets for the current week's class will only be available for sale until noon on Wednesday.

**For more information and tickets:**

<http://www.mfa.org/programs/community-programs/beyond-the-spectrum>



Learning Prep School is an innovative school for students with language and learning challenges. Understanding that language skills are the basis for all learning, LPS's unique curriculum integrates the teaching of language skills in all subjects.

1507 Washington Street | West Newton, MA 02465 | (617) 965-0764 | [info@learningprep.org](mailto:info@learningprep.org)

