



Tuesday, December 6, 2016

Amazing World Traveler Day!

All Elementary and Middle School students participated in World Traveler Day on the half-day before Thanksgiving. Students were divided in to groups and were supported by multiple staff members to work collaboratively together for a little socialization. Using our classroom iPads, students were able to research one of 6 countries: Australia, Canada, Brazil, Japan, Italy or Botswana. They worked in small groups and explored the app EDpuzzle© and made a Google slideshow of all the amazing facts they learned. Each student then had an opportunity to see each other's presentations so they all learned a little more about each country! Students had a great job learning a new educational app, and it was wonderful to see some of the middle school students taking on more leadership when helping out and teaching some of our elementary students.

<https://drive.google.com/open?id=0B6oLAfuF2jRuekh5VGNQOG9ncHc>

Learning Prep School Greenhouse

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

November 28th - December 21st

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

Save the Date

December 1 - 16

HS Student Council Gift Drive

December 5 - 9

HS Student Council Candy Cane Sale

December 15

Session 1 After School Programs End

December 20

All School Blue, White, Red, Green Day

E/MS Blue Slip/Raffle Ticket Assembly & Ice Cream Party



High School Student Council Gift Drive

It's that time of year again for the annual gift drive. We are accepting gifts for children of all ages. Students can bring donated gifts to their homeroom. Any donations would be greatly appreciated. The gift drive runs from **December 1st to December 16th**.

Attention All Senior Families!

Please take note of the calendar for the beginning of January. During the week of **January 2nd** and the week of **January 9th**, the Week 1 seniors will be in school. This means that the Week 2 seniors will be at work for these consecutive weeks. Please be sure your transportation companies are aware to avoid any confusion in pickups.

Box Tops for Education

Detailed Calendar of Events

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

Visit the new and improved Learning Prep Website!

www.learningprep.org

Contact Us

To submit news, comments, and events, please email lpnewsletter@learningprep.org



Follow LPS on Twitter at @LearningPrep

LPS is collecting Box Tops! Students in the high school were provided with Box Tops collection sheets. Box Tops can be collected and taped or glued on to this sheet. Once the collection sheet is full, it can be returned to school.

Box Tops are an easy, quick, and free way to help the LPS community. Since the Box Tops program began at LPS, the program has raised \$5,897.48 for the school. All the money raised from Box Tops can help create new opportunities for our students. Thank you for your support!



Recipe Contest!

The LPS Food Service Department is holding a recipe contest to incorporate family favorites into school lunches. By **January 6th**, interested families should send in their favorite healthy side dish or snack recipe to **Seth Bernier** at sbernier@learningprep.org. Students in the food service elective will choose which recipes to pilot during school lunch. The entire school will then taste test and vote on a winner! Please note, recipes should only require a maximum of 90 minutes to prepare and should not include nuts or fish as ingredients. We are looking forward to trying out some family favorites!

Tips for a Healthier Holiday Season

The holiday season is a time that fills us with warmth, gratefulness, and stress. We want to buy the perfect gifts, take time away from work to spend with family, and "Wow!" relatives with show-stopping feasts. Keeping everyone happy should not mean neglecting ourselves. Make this holiday season more

enjoyable by relishing foods that nourish you and by indulging in activities that help you relax and reduce stress.

Get up and Move

Don't let the busy holiday season sidetrack your regular exercise routine. Working out can boost your energy and mood; squeezing in a workout may actually help you be more productive and keep you in the holiday spirit. Mood-boosting benefits of exercise can occur in as little as 10 to 15 minutes. Any kind of heart-pumping aerobic activity, like climbing the stairs, will give you a burst of bliss. If you want to make the most of the 10 to 15 minutes, try interval training. For every three minutes of moderate-intensity exercise you do, add 30 seconds of high-intensity activity. For example, If you're taking a brisk walk you can either increase your speed or climb a hill for your high-intensity bursts. Not only will it keep things interesting, research shows that interval training can get you fit faster too.

Improve Your Mood with Food

With a batch of sweets everywhere it is easy to eat poorly during the holiday season. And when we overindulge on treats, our waistlines aren't the only things that suffer. Sweets can also create havoc on our mood. When stressed, we are more likely to choose sugary snacks that provide a quick shot of energy to our bodies. Unfortunately, these same foods can cause us to become irritable and exhausted. Instead of sweet snacks choose whole grain foods that are filled with protein.

Avoid Winter Weight Gain

Most of the weight that we gain each year happens during the weeks between Thanksgiving and New Year's, and, unfortunately, the holiday pounds do not go away after the New Year. Many of us gain a few pounds, but those who are overweight tend to gain more. Go easy over the next few weeks. We do not have to deprive ourselves of our favorite foods during the holiday season, but remember to relish them in moderation.

Use a Small Plate

It does not hurt to trick ourselves into eating sensibly. Smaller plates encourage smaller portions, which means you eat less, but only if you don't go back for

seconds. Research shows that we eat almost 60 percent less when we use smaller dishes.

Eat Regular Meals

Skipping meals before a party or big feast might seem like a smart idea, but it is not. By not eating regular meals you will be hungry by the time you arrive, causing you to eat whatever is in front of you. Begin the day with a healthy breakfast, one that combines complex carbohydrates and protein. A piece of whole-wheat toast and an egg is a good option, packing just 200 calories.

Stay Hydrated

Drink water. Research shows that when we drink two glasses of water before mealtime we consume nearly 100 fewer calories per meal. Over the course of 12 weeks, that resulted in an extra five pounds of weight loss. People often mistake hunger for thirst, so if you're craving food, drink a glass of water before reaching for just anything.

Stay Strong All Season Long

The holidays, which fall during cold and flu season, are the most important time to stay active and healthy. Stress weakens your immune system, and a prolonged period of stress, like the holiday season, is the worst time to sacrifice healthy choices. Working out can help relieve stress, strengthen the immune system, and give you the extra energy you need to breeze through your holiday checklist.

Be a Stairs Master

Do not waste time waiting for the elevator. Save a few minutes and burn seven times the amount of calories by climbing the stairs. Climbing stairs burns about 10 calories a minute. According to Yale University obesity expert Kelly Brownell, walking up and down two flights of stairs a day is enough to keep off five or six pounds of yearly weight gain. That may be enough to prevent a holiday bulge.

Count Your Steps

Indulge yourself to an early holiday gift: a pedometer. Keeping track of our every move can be a real motivator that can even result in weight loss. Clip it

on and aim to walk 10,000 steps every day. Research shows that setting goals and logging your daily steps can increase how much you walk by 1.25 miles a day. Motivate co-workers and family members involved, and turn it into a healthy competition.

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 Library 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/Staff 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 website 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.

Directions for login:

1. Visit 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 to **Barry Burlingham** at bburlingham@learningprep.org.



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