
Namaste News, Volume 13, Edition 1

Dear Namaste Family,

We hope your children have had a wonderful start to the school year! Each day, kids are enjoying healthy breakfast and lunch, getting outside to play games or go to the park, and preparing to start a successful year in their classrooms. Ask your child what their favorite thing about school is so far!

Welcome to the 2016-17 school year! We are so excited to see your children and spend another year learning and growing together! Whether your child is a returning student or a new addition to our family, we are sure that there will be fun and exciting things happening to make for a great start to the year! This summer, our staff and volunteers spent many hours working on creating a clean and welcoming space, adding new resources to the school and learning interesting and innovative ways to teach and engage your children. We also welcomed new teachers and staff members and expanded existing school programs; it has been a busy few weeks! We hope that you visit us and see what the excitement is all about! Please look to this weekly newsletter to learn about information and events at Namaste, as well as to find out about events happening in our neighborhood. It is a great way to stay connected to your child's school and be a part of the Namaste family! From the teachers and staff of Namaste, welcome back! We look forward to a wonderful year together!

The light in me sees the light in you, Namaste!



Important Dates:

September 5 - No school

September 21 - Peace Day

September 25 - Chicago Half Marathon/5K

Trimester 1 Parent Exercise Schedule:

MONDAY - CARDIO CIRCUIT TRAINING WITH MS VANESSA at 6:45-7:45 AM - FITNESS CENTER

FITNESS CENTER OPEN 4:15-5:30 PM WITH MS MICHELLE

TUESDAY – COMMUNITY YOGA WITH MS MICHELLE at 4:15-5:15 PM – GMR

Bring your friends and get fit!

Important News

Join Team Namaste!

On your marks, get set, GO! For the **5th year in a row**, we are fielding a Team Namaste to run the Chicago Half Marathon and 5K! On Sunday, **September 25**, please join dozens of Namaste parents, staff members and friends as we collect pledges to support our healthy school. Just click [here](#) to sign up for the Team, then register for the race [here](#). Use discount code NCS2016 and save \$10! Then **share your unique fundraising page** with friends and family. But don't delay - race fees go up **September 2**.

All participants will get a race shirt, Namaste running shirt, water bottle and a pre-race dinner. Even better, we will pick up your race packet for you! Any questions, contact Kathy in the Development office at [773\) 715-9558 x301](tel:7737159558) or at kargentar@namastecharterschool.org

Community handbook forms

Please remember to turn in your signed Community Handbook Forms. Your child's teacher will be collecting them in each classroom.

Emergency Contact Form

Please complete a new Emergency Contact Form at any time of the year if you change your current emergency contact information on file. Attached please find a blank copy for your convenience.

Multiple Student Pick-Up: Trimester 1

Multiple Student Pick-up will begin Tuesday, September 6, 2016 based on the forms received during orientation up to Friday, September 2, 2016. You will have one final opportunity to sign-up this week for multiple student pick-up please submit your form no later than Thursday, September 8, 2016 by 4:00 pm. All forms received after Tuesday, September 6, 2016 will be effective Monday, September 12, 2016. If you do not submit your request by Thursday, September 8, 2016 by 4:00 pm your request will not be processed until the second trimester.

School Meals/Free/Reduced Meal Applications & Determinations

If you have not submitted your Free/Reduced Meal Application please do so as soon as possible. If you are not applying please write not applying, sign, and return to the office. We must have a signed form on file for every family. Letters of determination are being processed daily please check with your child for correspondence from the main office. Meal prices are as follows:

- **Breakfast**
 - Reduced Price: .30 cents
 - Full Price: \$1.50

- **Lunch**
 - Reduced Price: .40 cents
 - Full Price: \$2.50

Early bird morning care will begin next Tuesday, Sept 6

After school programming will begin next Wednesday, Sept 7



Healthy Corner

This week's recipe is a quick after school snack idea!

Cucumber Blueberry Smoothie

This smoothie of cucumber and blueberries is full of health benefits and great taste! It makes a for an energizing start to any day or a mid afternoon snack.

INGREDIENTS:

- 1 medium cucumber, peeled, seeded, and cut into 1-inch pieces
- 1 cup frozen blueberries
- 1 cup white grape juice or pear juice
- 1/2 cup low-fat plain yogurt

DIRECTIONS:

Blend cucumber, blueberries, juice and yogurt. Enjoy!