



Yorktown PTA

Connecting parents, students, and teachers

Top PTA Goals

- Foster and strengthen ties between students, families, teachers, and staff so they feel connected within our Yorktown community.
- Promote activities that heighten school spirit, encourage family togetherness, and promote safety and wellness.
- Provide educational resources and programs to improve STEAM skills.

Yorktown PTA Board

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- 2nd VP: Millissa Hare
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- Event Chair: Kyra Eatmon
- Wild About Reading:
Ta Tanisha Meadows
- STEM Committee:
Christina Quashie
- Health & Wellness Committee
Renita Gabriel

Stay Connected

Visit us @ [yorktownpta.com](https://www.yorktownpta.com)
or join our [facebook group](#)
for the latest.

We are entering our magical time of the year. During this time, we hope you will enjoy a few days off to start fresh into 2021. From our PTA Family to yours we wish you a wonderful and relaxing time. If you haven't joined the PTA, please take a minute and show your support. It only takes 2 minutes. [Join today!](#)

What's going on with the PTA?

STEM Update – We are happy to announce a Holiday Virtual Science Assembly on December 17th. During the school day, students will watch how jolly ole' Bubba the Balloon uses air pressure to slide down the "chimney", how chemistry can be used to make fake snow, and how ice colder than the North Pole creates exciting bubbling reactions. Then conclude with a finale more colorful than the Northern Lights!

LEGO Challenge – Each week we hosted a different LEGO challenge and students used the engineering design process to imagine, create, design and improve their LEGO masterpiece. Congratulations to our weekly winners: Build a Bridge - Ololade O. (2nd grade) and Mikayla H. (4th grade); Build an Island - Samuel G. (Kindergarten) and Cameron C. (4th grade); Build a Doghouse - Neymar G. (1st grade) and Kelsey W. (3rd grade); 20 Brick Challenge - Ire K. (1st grade) and Alivia B. (5th grade).

Wild about Reading – The Wild about Book Club is back from its break with some new book selections! Find out if your student is interested and register at the link below to get added to our list. The Kindergarten group selects a new book each week and we read the book together on Thursday evenings, 7:00-7:30p. The other groups all meet every Thursday, 3:00-3:45pm. As a reminder, students can access the book titles on Scholastic Literacy Pro through their PGCPs Clever page. bit.ly/wildaboutbookclubs

Grants – We have some exciting news to share! We were awarded two grants from the City of Bowie. These grants will be used to support Family Paint Night and our STEM Family Night event. Thanks City of Bowie!

Volunteers Needed - We are still looking for members for the following committees: Arts in Education, STEM, Grants, and Health & Wellness. Interested in joining a committee or serving as a committee lead for Arts in Education, please email us at yorktownpta@gmail.com.

Spirit Wear arriving soon! The Yorktown Spirit Wear items will be arriving any day now. As soon as the items arrive to the school, we will schedule a pick up date. Stay tuned!

Family Paint Night - Please join the PTA in a fun-filled Family Paint Night on Thursday, December 10 at 6:30pm. Bring your artist skills, we will bring the supplies and something a little extra. We still have 3 spots left. [Click here](#) to register.

Amazon Smile - As you shop for holiday gifts, don't forget to use Amazon Smile and link your account to Yorktown to earn \$ for the school!

Health & Wellness – *We are excited to share with you our first Y.E.S for Health & Wellness newsletter. Read one to page 2....*



Y.E.S. for Health & Wellness

Keeping our Y.E.S. Community Healthy

STUDENT'S CORNER

Did You Know?

- Most people fall asleep in 7 minutes
 - Some lipsticks contain fish scales
 - Wearing headphones for just an hour could increase the bacteria in your ear by 700 times
 - Almonds are a member of the peach family
- [National Institute of Environmental Health Sciences](#)

Recipe of the Month

Do you have a great recipe to share with others? We will feature a recipe each month

[Let us know by clicking here.](#)

Broccoli Wow



~submitted by Aubrey Martin 2nd grade & Avery Martin 1st grade

Activity of the Month



[Click here for more exercises](#)

We are excited for the launch of the **Health and Wellness Committee**. Our goal is to promote and integrate healthy lifestyles into the YORKTOWN community.

"Health is a state of body. Wellness is a state of being"- J. Stanford

Y.E.S. for Healthy Bodies

It's the season.. FLU SEASON. Just in time for the holidays. This flu season is unlike any before as we are in the midst of a pandemic. According to the CDC, these simple steps can help prevent the spread:

- ✓ Practice social distancing
- ✓ Wash your hands frequently
- ✓ Wear a mask
- ✓ Stay home if you get sick

While these measures have a tremendous impact on prevention, Children's Hospital of Pennsylvania has tips to help you stay safe, prevent the spread, and enjoy the holidays. Check out: [COVID 19 and holidays](#) and [COVID 19 and Flu: Feel More in Control](#).

Looking for a new workout? Participate in Zumba with Y.E.S.'s very own *Cindi Martin*. Zumba is a workout that gets the heart pumping while dancing to music. Come out and try a FREE class offered MWF from 10-11 a.m.

URL: <https://bit.ly/36oIPSp> Meeting ID: 369 795 6296 Passcode: 859195

Y.E.S. for Healthy Minds

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act.

[Navigating the Holiday Blues In the Midst of COVID-19](#)

The stress, anxiety and loneliness associated with the holidays is what characterizes "the holiday blues." The stress of a global pandemic added can make things even more difficult. Below are some tips for managing the holiday blues during COVID-19:

- ✓ Acknowledge your feelings
- ✓ Reach out/Stay Connected
- ✓ Set Realistic Expectations
- ✓ Stick to a Budget
- ✓ Plan Ahead
- ✓ Don't Abandon Healthy Habits
- ✓ Get Help

Resources

Adults

- [Keeping the Holidays Happy During COVID-19](#)
- [Find a Therapist](#)
- [Go Noodle for Grownups](#)

Children

- [14 Healthy Holiday Recipes for Kids](#)
- [How to Adapt Meditation for Little Kids?](#)
- [50+ Easy Indoor Activities for Kids](#)

What health and wellness resources are most important to your family? Let us know [here](#).

HAPPY HOLIDAYS!