

P.S. 205 Bugle News

January 2015

Volume 1, Issue 2

Learning At PS 205Q

The time is always right to do what is right. - Martin Luther King, Jr.

Dear Parents and Guardians,

Happy New Year! Hope the year has gotten off to a great start.

I'd like to highlight one of the wonderful parent support services that began this November, *Stop, Drop and Roll Morning Drop Off Program*. Due to the increasing traffic patterns we've seen in the last few years, the PTA in collaboration with school personnel, have instituted this program to ensure proper safety precautions are used for families to drop off their children safely in the morning. Parent volunteers begin their day at 8am, wear orange vests and remain until 8:20am. Volunteers put traffic cones in the street used to designate the area where cars may drive up slowly and stop and drop off their children. If interested in volunteering, please contact our school's PTA or Lilly Chu, our parent coordinator.

Also, I have spoken with some parents

and school community members in regards to drop off and pick-up procedures. One of the most important things we need to remember is to work together and maintain respect by being courteous with each other and understand that ultimately everyone wants the same thing—for our children to be dropped off and picked up in a safe manner. Please remember to refrain from making u-turns on bell blvd. and 217th street. I understand that we have many working parents and we all want to arrive at our destination safely and on time. Let's make it a new year's resolution to leave the house a few minutes early to provide time for safety! As always thank you for your continued support and cooperation!

Sincerely,

Karen Scott-Piazza, Principal

**SAFETY
IS EVERYBODY'S
RESPONSIBILITY!**

Little Flower Yoga Program Comes to PS 205Q



Beginning this January, students in grades 1, 3, and 4 will be participating in a grant funded program called The Little Flower Yoga Program.

The grant comes from Senator Avella's Project Boost monies that are awarded to schools to enhance well-being. The School Yoga Project offers a unique program combining yoga and mindfulness practices in a straightforward and intentional way. The approach incorporates five key elements in each session: Connect, Breathe, Move, Focus and Relax. Within these elements students are taught fundamental life skills that are immediately available for daily use. Students will be working with a trained yoga professional for one period a week on

Monday afternoons for 15 sessions. As an added bonus, the program comes with an adult after school yoga class that will take place from 3:00—4:00. A notice was sent home last week with the intent of surveying parent interest. We do have some parents attending! If you would like to participate please reach out to our parent coordinator, Ms. Lilly Chu, or call the school. Break out the yoga pants...it's time to breathe deeply! Enjoy!

Upcoming Student Activities: Movie Night

Jan 23rd @ 7PM

Tickets will be sold at the door.

