

# Woodland Newsletter

April 2018

## Message from Principal

Hello Families,

With warmer Spring weather approaching and the running of the Boston Marathon, we get more excited and inspired to exercise! At our last principal coffee, a few of our BOKS (Build Our Kids Success) parent leaders ran a BOKS session so that parents could have the same student BOKS experience. BOKS, a program supported by the Reebox Foundation, is a free before school physical activity program to improve student achievement and behavior. Did you know that a recent Harvard University and MGH research study shows that the students who participated in before school exercise programs improved their B.M.I.s and "reported feeling deeper social connections to their friends, school and a greater happiness/satisfaction with life?"

BOKS is completely organized and run by parent volunteers. Last year, we successfully ran the program consistently during the Fall and Spring seasons. We are hoping to run another BOKS session but we are in need of parent volunteers! It is a shared volunteer opportunity so find a friend, lace up your sneakers and make an impact on the students' day. If you are interested, please contact our PTO co-chairs, Deb Boshart or Karen Rietze for more information.

Below are links to two articles on the benefits of before school exercise programs...

New York Times: <https://www.nytimes.com/2018/02/14/well/move/a-before-school-exercise-program-may-help-children-thrive.html>

Harvard Gazette: <https://news.harvard.edu/gazette/story/2018/03/harvard-study-tests-impact-of-k-8-exercise-program/>

Sincerely,  
Jennifer G. Faber

## School Happenings



Some events to highlight and ask your child about...

Grade 1 and 3 students worked with master of the art of Origami, Michael LaFosse.



## Dates to Remember

- Early Release on **Wednesday, April 4th at 11:30am.**
- Kindergarten Registration on **Thursday, April 5th from 8:00am-12:00pm** at the Case House.
- Family Bingo Night on **Thursday, April 5th at 5:30pm.** Please join us!
- Grade 2 People Who Make A Difference and Continents Presentations on **Friday, April 6th from 9:00am-10:30am.**
- Art Day on **Friday, April 13th from 8:30am-11:00am.**
- Spring Recess from **Monday, April 16th-Friday, April 20th.**
- Incoming Kindergarten Screening on **Wednesday, April 25th.**
- Grade 3 MCAS ELA testing on **Thursday, April 26th and Friday, April 27th.**