



The Mustang Chronicle

Volume 1, Issue 4

December 2019

Happy Holidays from
Bexar County Academy
Charter School!

Keeping your Child well for the Holidays

Up-coming Events

- Dec. 6 A-Honor Roll Breakfast at 8:30am
- Dec. 6 A/B- Honor Roll Hot Dog Social at 2:30pm
- Dec. 6 Spirit Shirt/Jeans Day
- Dec. 13 Pictures with Santa
- Dec. 19 Progress Reports go Home
- Dec. 20 Holiday Programs See page 3 Schedule
- Dec.23- Winter Break
- Jan. 3 Return on Jan, 6th

From the Desk of the Health Coordinator:

During the first week of December, the Health Coordinator will be conducting Vision Screening for grades PK4, Kinder, 1st grade, 3rd grade, 5th grade and 7th grade.

Please make sure your student's shots are up to date.

Flu Season is still here! Don't forget to get a flu shot and wash your hands often!!

10 Ways to Keep Your Family Healthy During the Holidays

During the holiday season, it's likely you and your family will be attending numerous holiday parties and possibly even hosting one. Follow these tips to help keep your family healthy during the holidays.

1. Bring healthier snacks. Try a recipe that incorporates fruits and vegetables with a low-fat dip, make homemade pizzas on whole wheat, or bring a fruit salad with a yogurt dip.

2. Incorporate healthier substitutes. Find

ways to swap out ingredients in holiday recipes for healthier alternatives to lower the amounts of fat, added sugar and calories children consume.

3. Make healthy drinks easy to grab. Make water easy to grab for children. To make the healthier options a little more appealing to kids, make some fun ice cubes out of 100 percent fruit juice or offer seltzer water.

4. Don't bring ravenous children. Never take children to a holiday party on an empty stomach because it leads to less self-control and more overeating on empty calories. Parents should aim to keep kids on a regular schedule with three meals a day and healthy snacks.

5. Involve kids in the preparation. Parents can involve children in the holiday food preparation as early as their toddler years.

6. Be a healthy role model. Show your children that you eat a variety of foods and monitor your own portion sizes at holiday celebrations.

7. Shift the festivities' focus. Make the holiday festivities more about enjoying family, traditions and activities, rather than the food.

8. Remember to exercise. Exercise is even more important during the holiday season. Aim for an hour a day, every day.

9. Keep sleep schedules consistent. With all the holiday excitement, it can be



difficult for children to unwind from the festivities and get a good night's rest. Parents can help by sticking to their child's regular bedtime schedule as often as possible.

10. Reinforce regular hand washing. To help keep children from spreading germs or contracting an illness at holiday celebrations, children should regularly wash their hands. Teach kids to wash their hands for 30 seconds or sing happy birthday twice while washing and then dry with a clean towel..

(www.riseandshine.childrensnational.org)



Leader of the Month

Congratulations to Ms. Smith for being November's Leader of the Month.

All of your hard work has not gone unnoticed! Thank you for all that you do for your students and BCA!



Ms. Smith

Leader of the Month for November

The Smart Parent's Holiday Survival Guide

Don't feel obligated to attend every event. Even if you do have the time and energy, there's still the matter of wrangling a babysitter, which can be tricky this time of year. Most moms agree it's best to limit your RSVPs to a handful, if possible. "There are certain parties, like the family gathering we have every Christmas Eve, that I count on no matter what," says Alisa Fitzgerald, a mom of two from Boxford, Massachusetts. "Others take a backseat. Also, I hate to admit this, but I put off RSVPing until close to the deadline, so I can make an informed decision about which events are more important to attend -- or which ones we'd simply enjoy more."

Have an exit strategy. "Setting expectations ahead of time, such as how long you plan to stay at the party, is a good thing," says Ann Glackin, a mom of two from Clifton Park, New York. "My husband and I try to map things out. If it's something like an office or family event, this includes who we need to chat with before leaving. This way, we're both on the same page and one of us doesn't end up tired, bored, or annoyed because the other isn't ready to leave. And if we're planning a quick visit, we'll let the host know. 'We can't stay long, but we didn't want to miss your party!' we say on arrival, and then she doesn't feel offended when we slip out."

Divide and conquer. "Often I will go to a party and take one of our kids, and my husband will stay home, or vice versa," says Bridget Pelosi, a mom of two from Berkeley Heights, New Jersey. "It's not ideal -- but it works."

Streamline and Simplify the Gift-Exchange Process

Keep a running wish list. Last year, my husband and I filled a folder with pages torn from catalogs, toy circulars, and things our son, now 5, saw on TV and begged us to buy for him. When our relatives asked what the kids would like, we weeded through the folder and had them choose their favorite things.

Swap lists of ideas. "My family has always exchanged gift lists," says mom of two Catherine Cartwright Holecko, of Neenah, Wisconsin. It saves you loads of time, everyone gets just what they want, and it spares you from having to stand in return lines for ages after the holidays.

Pare down your shopping list for your child. "Santa brings my kids only a few gifts each -- because their grandparents get them so much stuff it's insane!" says Kate Clow, a mom of three from Chatham, New Jersey. "Rather than

argue with their present overload, I decided to let it go. I just keep the number of gifts I buy to a minimum. And I can't tell you how much it's decreased stress in my life. There's less shopping, wrapping, and clutter in our house! Plus, it saves us so much money."

Do a gift swap -- especially if you're from a big family. This is another genius holiday sanity saver Clow's family has adopted: "Around Thanksgiving we throw everyone's name into a hat. Then we each draw a name, and that's who we buy for. So rather than getting presents for my sisters, parents, aunts, cousins, and so on, we have a one-person, one-gift limit."

Suggest kiddie gifts that don't come from a toy store. "I tell family members to buy books for my two girls," says Glackin. "That way, we have a variety of things to read to them -- we aren't stuck with Goodnight Moon every night! Plus, books don't take up much space."

Do the Actual Shopping Without Dropping

Go for one-stop online shopping. The Internet is a miracle when it comes to holiday shopping. That, you know! But you can take it one step further: Instead of ordering from multiple places, consolidate and order from a single site. "I get fruit baskets or wreaths for all of my husband's aunts," says Cartwright Holecko. It's a simplifying move that also works well for buying presents such as books and music and for shopping from department stores or websites that sell a range of stuff. And you'll save on shipping when you order from one place.

Get the girls together and make a day of it. Any daunting task is easier and way more fun if you do it as a group. So schedule a shopping date with a bunch of friends. It's also a great way to slip in some girl time -- which tends to be nonexistent, yet much needed, during the holidays. And you're bound to end up swapping hilarious stories about some of the crazy relatives you're shopping for. My mom and two sisters and I head out every November to Christmas shop for each other. Sometimes we buy gifts then and there (the sweater I see my sister admiring, for example) or we'll have a blast just browsing together -- but pick up ideas for things we can buy later online.

Next year, start really, really early. "I begin shopping right after Christmas and am usually done by July," says Jennifer LaFond, a mother of two from Glens Falls, New York. "I know that sounds insane, but everything is about 70 per-

cent off then, so you can save a boatload of money. And if you do it little by little, it's no big stress once the holidays actually roll around. I also pick up gift tags, ribbon, and wrapping paper after Christmas and wrap everything right after I buy it. You don't get to enjoy Christmas if you're rushing around like a madwoman or wrapping presents until 2 a.m."

Avoid Christmas-Card Anxiety

Skip the personalized cards. Yes, cards with handwritten notes of cheer and goodwill are lovely, but no one faults a busy mom for sending a family photo with a generic message. And this is the age of online everything, so why not take advantage of it? "Subscribe to a service like Shutterfly that allows you to put your address book online, then upload the photo you want to use, and they'll send the cards for you," Fitzgerald says. Initially, it takes time getting all the info in there, but next year will be a breeze.

Morph your Christmas cards into Happy New Year greetings. One year, Cartwright Holecko got so crazed that she didn't get her greetings out on time. "Rather than stress about it, I decided to wait until the madness passed and send them out with New Year's wishes. My friends and family loved it! There's something nice and unexpected about receiving a card after the holiday rush." Host a Stress-Free Holiday

Forget Martha Stewarting your house. "It's just too much time and stress!" says LaFond. "And trust me, no one misses it if you decide not to construct homemade wreaths or if you skip putting candles and fake snow in all your windows. My advice: Pick one area to doll up, and let the rest go. The only real decorations we do aside from the Christmas tree are the outdoor ones. We've made putting up the inflatable snowman and stringing the lights a tradition. Our 5-year-old son, Aidan, loves to help." Think about it: Filling the house with happiness and holiday spirit is much more important than filling it with knickknacks.

Spend hours cooking a turkey? Uh-uh. LaFond forgoes the bird for Christmas dinner. "I'll make lasagna that I can put together in advance or London broil that I can throw on the grill, served with mashed potatoes and veggies," she says. "And for dessert I just put out the cookies that my son and I baked. Easy, but still festive and really yummy."

For more about this article please go to www.parent.com



BCA Basketball Schedule

4th-6th Grade Boys Basketball

Jan. 8 @ 6pm SST Discovery Gym

Dec. 4 @ 6pm School of Science & Technology Discovery Gym

Jan. 13 @ 5pm Southwest preparatory School : Northwest Campus Gym

Dec. 6 @ 6 pm Jubilee Highland Hills Gym

Dec. 9 @ 6pm IDEA Eastside Gym

Dec. 12 @ 5 pm SST Discovery Gym



Holiday Class Parties/ Holiday Program

Holiday class parties will be on Friday, December 20, 2019 around 2:30pm.

As a reminder, no parties and/or food items consumed before lunch. Every student must receive a lunch tray before party foods. Holiday programs will take place before class parties.

Holiday Program will be on December 20th as follows:

PK3 and PK4 at 9- 9:45 am

Student Lunch from 10 –11 am (sack lunches for all grades) Lunch will be in the classrooms.

Kinder - 2nd at 11 am - 12pm

3rd - 8th grades at 12:30– 2:30

Drama will perform in between class performances.





From all of us from Bexar County Academy Charter School, We wish you and your family a wonderful and rewarding New Year!
