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PTA Events in January

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Friday, January 19
Principal's Coffee 8:45 a.m.
PTA Meeting 9:30 a.m.

Wellness Week

January 16 through 19

The end of the first semester can be a stressful time for everyone, kids and teachers alike. Wellness Week activities will be ongoing for students during the week of January 16th and we need your help in making sure teachers are able to enjoy this time as well. [Please sign up here](#) to donate food to the Student Services Wellness Week teacher snack cart for a day of healthy eating. As you know, healthy snacking has a number of benefits that include:

- **Reducing stress, improving focus and productivity:** Healthy snacks can give anyone a boost of energy. In fact, studies show that [what employees eat](#) during the workday has an impact on mental acuity, energy, and overall performance.

- **Increasing nutrient levels:** Studies show that employees who participate in wellness programs at work reported improved physical health and fewer hospital stays because they maintained a more balanced nutritional diet.
- **Overcoming the afternoon slump:** Maintaining energy levels throughout the day by fueling your body right will help to prevent the afternoon slump.
- **Maintaining your metabolism:** This is beneficial for anyone trying to lose a few pounds.

All donations will be collected in the LMS main office on Tuesday, January 16th for distribution throughout the school day.

[Please sign up here](#)

Let's Go Skating!

**Friday, February 9, 7:30 to 9:30 p.m.
at Skate Quest in Reston**

Tickets are \$10 per person at the door and include skate rental. Food will be available for purchase, so be sure to bring extra money! Siblings and friends are welcome! For questions, please [email Tina Davis](#).



Curriculum Night for Rising 7th Grade Parents

**Thursday, February 1, 6 to 8 p.m.
(snow date Thursday, February 8)**

Curriculum Night is an opportunity for rising 7th grade parents to learn about Longfellow Middle School courses. The evening's highlights include introductions by our principal, administrators, counselors, and PTA president, as well as curriculum overviews from core subject and math teachers, and a student-produced video on the elective classes. PTA members will be available at the front entrance to help answer parent questions.

Pizza, drinks, and baked goods provided by the PTA, as well as LMS Spirit Wear, will be available for purchase throughout the evening. Please be on the lookout for a sign-up-genius coming home soon for anyone who would like to donate baked goods for the event. Students can also earn 1 hour of community service for bringing in their homemade baked good.

Important Dates

January 19 – Principal's Coffee and PTA Meeting

January 25 – Second Quarter Ends - Students Released Two Hours Early

January 26 – Student Holiday

January 29 – Student Holiday

February 1 – LMS Curriculum Night for Parents of Rising 7th Graders

February 9 – Skate Night

Longfellow Middle School PTA: Web | PTA Contacts

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