



Village School

Middle School for Girls

NEWSLETTER

October 12, 2018

EVENTS

Open House: Saturday, October 13, 10:00am-2:00pm.

Please spread the word to any friends who may be interested in touring and learning more about Village School.

Dads' Lunch:

Dads bring a special lunch for your daughter. Village School will provide dessert for students and their parent. We ask that students stay at school over the lunch hour. Substitutes for parents (grandparents, friends, etc.) are welcome.

7th & 8th Grade: Tuesday, October 16, 12:00pm-12:30pm

5th & 6th Grade: Friday, October 19, 12:30pm-1:15pm

OTHER NEWS



The 7th Grade canoe trip was canceled today. Instead, they hiked up to Carters Mountain, had a picnic, and picked apples.

Now Yoga is offering yoga classes for middle and high school students. For more information click [HERE](#)

HAPPY BIRTHDAY!!!

Amelia Lynch: 10/20 Lily Allen: 10/16 Mr. Heartwell (and Ms. Heartwell): 10/18

Village School Calendar

- October 13: Open House, 10:00am-2:00pm
- October 16: 7th and 8th Grade Dads' Lunch, 12:00 pm
- October 19: 5th and 6th Grade Dads' Lunch, 12:30 pm
- October 22: School Picture Day
- October 24: Birthday Celebration for October
- October 24: 7th Grade to Writers Eye
- October 29: Teacher Workday (No School)
- October 31: Halloween Celebration
- November 5: 6th Grade to Writers Eye
- November 6: 8th Grade to Writers Eye
- November 6: Alumnae Lunch, 12:00 pm
- November 7-8: 5th Grade Trip to Jamestown
- November 9: 6th Grade to Wild Rock
- November 13: 7th & 8th Grade Moms' Lunch
- November 15: Math Olympiad
- November 16: 5th & 6th Grade Moms' Lunch
- November 17: GEM Fun Day
- November 21-23: Thanksgiving Break
- November 28: Birthday Celebration for November
- December 1: Holiday Craft Fair, 10:00am-2:00pm

we are passionate about the power of yoga to heal body, mind and soul



YOGA FOR TEENS

Wednesdays, 4:15 - 5:15 pm

October 10 - November 14

\$65/Six sessions

This six-week series is geared specifically to the teen population. (Recommended for middle school and high school students) Classes are designed to provide all teens the tools to improve physical fitness, manage stress and anxiety, and enhance body awareness in a fun environment. Student athletes can benefit from added flexibility which can help to reduce the chances of sports related injuries. Nora Brookfield is passionate about sharing yoga with teens. She has taught all of her children and has lead programs at Ashtanga Yoga Charlottesville and Brooks Family YMCA.



Nora Brookfield

Though she spent her college years tightening her already-tight hamstrings playing rugby and various other sports, Nora began loosening up and practicing yoga more than twenty years ago when she entered graduate school for Counselor Education at UVA. Nora finds teenagers the most fun to work and play with: she has worked for years with teenagers at Region Ten, in private practice, and in youth groups. She taught yoga to the CHS boys lacrosse team, the Black Knights field hockey team, and to middle and high school students in various studios for many years. Nora seeks to help teenagers gain strength and flexibility in body and mind through yoga, and to find tools to relieve stress and anxiety. More importantly, she loves to pass on how much fun it can be to move on a mat.