



# News October 2017

**Important dates:** Oct. 16 - Staff Learning Day  
Nov 20-22 – Thanksgiving Camp

Studies show, that:

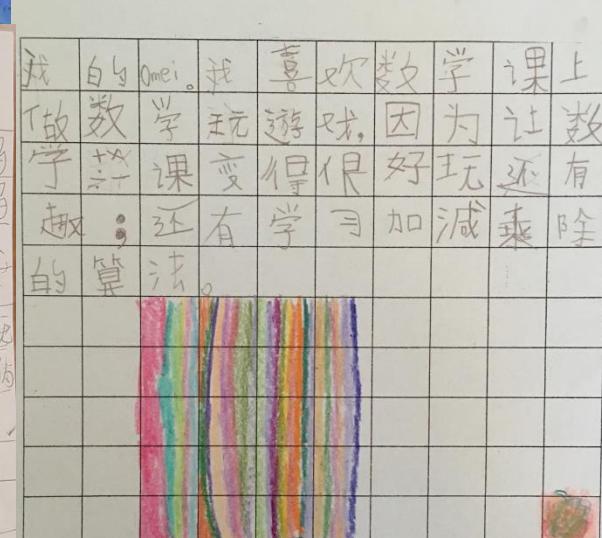
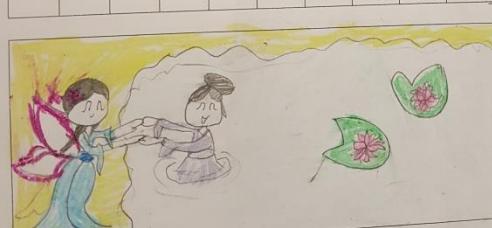
1. Students, who participate in extracurricular activities have better grades, feel greater attachment to school, and reach higher levels of achievement in college
2. Teens who don't participate in after school programs are nearly three times more likely to skip classes than teens who do participate. They are also three times more likely to use marijuana or other drugs and they are more likely to drink alcohol and smoke cigarettes.
3. Students, who participate in after school programs are half as likely to drop out of high school and two and one half times more likely to go on to further education after high school than other students.
4. Developing leadership skills is another important result of children participating in after-school programs. The Boys and Girls Club study revealed that 82% of teens in the program took part in leadership roles such as student council, being in charge of different activities
5. After school programs help children stay physically active and learn healthy habits

How do we help our students to achieve their goals, grow up healthy, successful and happy?

1. We encourage their creativity through different projects, puppet theater and music
2. We give our students once a week fruits and plan to increase it, providing them with a healthy snack in the afternoon
3. We motivate them to learn – the more new concepts they are exposed to, the more confident and independent they grow up
4. We remind them of the importance of being physically active and ask them to practice martial arts twice a week in the short recess.
5. We teach them to be nice, kind and positive



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Every Thursday all students practice Taichi

## What is Taichi?

Allison: Taichi is slow Kung Fu

Dayoon: Taichi is a slow excersize

Calvin: Taichi is a slow peaceful martial art

Yimo: It's a type of Kung Fu, but it's in slow motion and some parts are faster

Jason Wang: Taichi is a slow peaceful sport and it's relaxing

Tai Chi is an ancient Chinese type of exercise program with its roots coming from martial arts. It emphasizes a mind body connection using slow, gentle movements, meditation and deep breathing.

Tai chi requires all the major muscle groups and joints to complete the slow, gentle movements. It has been shown to improve balance, agility, strength, flexibility, stamina, muscle tone, and coordination.

→ Tai chi focuses on **correct posture and balance**. Our children are spending increasing periods of time sitting down. From classrooms to computer rooms, the seated position dominates and postural problems in young children are on the rise.

→ Tai chi can improve a child's ability to focus. **Concentration** has become a casualty of busy lifestyles with the ability to 'stay in the moment' becoming increasingly difficult. A child's ability to focus and remember is a powerful learning tool. As the movements in Tai chi have to be memorized it plays a pivotal role in improving memory and focus.

→ Our children are surrounded by noise: TV, videos, Ipads, music, cell phones - often occurring simultaneously. **Relaxation** is constantly compromised. Tai chi offers a mental break from extraneous influences because in order to participate successfully you have to shut out the external in order to master the moves.

→ Tai chi is gentle. It is a combination of movement and meditation that has a calming effect. Tai chi promotes **inner harmony** and relaxation.

→ Screens are part of everyday life, however they demand very little input from the child who then becomes a passive learner. An increase in movement based activities is one way of addressing the balance between passive and active activities.



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## Pick up Policy

If you come to pick up your child before 5.30pm please wait at the front desk area until we notify the teacher. In case you pick up early on regular basis let us know so the teachers can get your child prepared in time without to disturb the class.

After 6.30pm students will be lined up with their backpacks in the hallway and a late pick up fee will be applied to your next invoice. Omei teachers leave school at 6.30pm and your child will be left without supervision. In case you can not make it at 6.30pm please sign up for our extended program until 7pm.



Ask us how your child is doing at Omei! We are happy to make an appointment for you to talk to our teachers!



Please sign in your child if he/she doesn't take the Omei bus and make sure you sign him/her the same way out.

Tests in Math, Chinese and English are coming up this month.  
Test results and students evaluations will follow.

## Friday Folders

Please make sure to take students folders and projects back home on Friday and bring the empty folder to Omei on Monday.

Halloween Parade will take place on Tuesday, October 31<sup>st</sup>. Encourage your child to bring a costume!