

Hope Academy of NWA

Strive for progress, not perfection

QUOTES TO REMIND CHILD

Learning is never done without errors and defeat.

REMINDERS

Drop off: 7:30-8:00AM

Pick Up: 2:50-3:15PM

*Please keep your child in the car until we come out at 7:30AM for safety- we want to make sure our staff is able to enter the building so they can prepare for the day before we welcome them inside

*Staff Work Day (no school)- February 17, 2023

*Monthly, we have a fire drill. Make sure your child knows what the plan is at your house if there is a fire and the importance of sticking together

You do not have to attend every argument you are invited to

The Polyvagal Theory: Human beings are wired for safety, and our bodies are designed to keep up safe. Our body has a survival system managed by our autonomic nervous system (ANS).

Autonomic Nervous System has two branches:

Sympathetic: mobilizes us to defend against danger via the fight or flight response

Parasympathetic: believed to help us regulate and regain a state of calm

