

DISTRICT 75- PARENT MEETING

Get Ready To Learn

“Get Ready to Learn Program”

Last year, District 75 introduced an exciting daily classroom program “Get Ready To Learn”. This program offers daily exercises that help students achieve and maintain improved attention, task performance and behavior.

Families of participating students reported many improvements at home including:

- *Sleep
- *Communication
- *Mood
- *Behavior (improved transitions, reduced stress levels)

This program will show parents how to recharge their own batteries with a short routine designed just for caregivers. Participating parents will receive a DVD of this gentle routine, which includes breathing exercises, gentle stretches and deep relaxation. Parents will return home refreshed and restored! We will explain the “how and why” these exercises work.

DATE: Friday November 19th, 2010

TIME: 10:00 am -12:30 noon

**LOCATION: District 75 – 400 1st Avenue, New York NY 10010
(On the corner of 23rd Street and 1st Avenue)**

RSVP: 212-802-1685

Please join us for this exciting and informative morning.