



## SPECIALS 2022-2023

*Specials* are included as part of the school day. Instructors spend 20-30 minutes with each class. Classroom teachers remain with the children during this time. This year, our *Specials* will take place outdoors whenever possible.

<b>Monday</b>	GYM with Jerry: Jerry Brunson-Hollinger gets the children moving with his fun and exciting fitness activities. Jerry introduces the children to a variety of sports and games that will help your child channel their boundless energy and reach developmental milestones in a structured environment.
<b>Tuesday</b>	GYMNASASTICS: Anatoli Vartuso teaches the children basic physical skills that enhance gross motor ability and keep everyone active. Key gymnastic skills include balance, agility, coordination and body awareness.
<b>Wednesday</b>	YOGA: Corey Esannason brings a sense of fun and relaxation to children by introducing them to basic Yoga poses. It is an opportunity for children to connect with their breath, build strength and flexibility, and develop a better understanding of their bodies.
<b>Thursday</b>	GARDENING: Morah Nicole introduces the children to the many rewards of gardening through hands on activities in our own school garden. School gardens are shown to help increase a child's consumption of fruits and vegetables, improve environmental attitudes and instill a respect for nature.
<b>Friday</b>	MUSIC and SHABBAT CELEBRATION: Elana Stelzer engages with the children through music each week, enhancing the joy-filled Shabbat celebrations through song and stories. The Shabbat celebration continues in the classroom with a Shabbat party.