

# Parent Link

Connecting You and Your Child to Information on Our Journey to Greatness

*If parents want to give their children a gift, the best thing they can do is to teach their children to love challenges, be intrigued by mistakes, enjoy effort, and keep on learning. - Carol Dweck -*



**April 2015**

**SPRING!!**

**To Family Health & Wellness**



Over 30 Links to Online Resources  
Go to the New

[Parent Wellness Resources](#)

**A Healthy Sampling of What You'll Find:**

**Healthy Body & Healthy Mind:** Learn about immunizations, the importance of sleep, and links to Anne Arundel County services and agencies.

**Recipes and Tips for Healthy Eating:** Explore the topics Meals on a Budget, Healthy Snacks, and Packing Healthy Lunches.

**Get Active & Moving!** Links for active lifestyles in Anne Arundel County such as sports leagues and community places and programs to stretch and play.

**Engaging in Your Community:** Find more activities through links for Recreation & Parks, community gardening, boating and volunteering.

Visit [AACPS Health & Wellness](#) for more information and resources.



**AACPS Health  
& Wellness**

*A Huge  
Thank You!!  
to all #---  
AACPS Volunteers*

during this  
Volunteer Appreciation Month of April  
and ALL year 'round!!

*The more we  
read, the  
more we know.*

Dr. Seuss



◆ ◆ ◆  
*Volunteer of the Month  
March 2015  
Lee Derrick  
Southern High School*

*... for inspiring local business partners to develop a dynamic college and career resource program.*

To nominate outstanding volunteers for the AACPS Volunteer of the Month Award, email [ttudor@aacps.org](mailto:ttudor@aacps.org)



**Office of School &  
Family Partnerships**

**AACPS TV Programs:**

**Comcast and Broadstripe Channel 96, & Verizon Channel 36**

**Parent Connection, Parents' Corner, World View  
Nuestra Comunidad (Our Community), and  
¡Charlemos Juntos! (Let's Chat)**

Published by:  
The Office of School & Family Partnerships  
410-222-5414; [ttudor@aacps.org](mailto:ttudor@aacps.org)