**P.E./ Yoga **

During the 2nd Semester, K-8 students will participate in our yoga class. We have mats, but students may bring their own which will stay here until the end of the school year. Students must dress out Monday, Wednesday, and Friday for yoga. Yoga theory will replace health and classes will be on Tuesday and Thursday. Students may wear the school P.E. uniform, the school P.E. shirt and spandex, or a tank top and spandex. Yoga requires us to move without restrictive clothing. Yoga will be performed barefoot or with yoga shoes. The theory portion of yoga will teach students the history of yoga, breathing techniques, meditation, and other health benefits of yoga.

**2022-2023 Re-Enrollment**

Re-enrollment has begun. Students returning for the 22-23 school, no action need. Information has been mailed to each family.

**Open Enrollment**

Open enrollment for new students for the 22-23 school year begins February 15 – March 31, 2022. We have limited space, and a waitlist will open once we reach capacity. There is currently a waitlist for 9th-12th grade.

**www.carrprep.com | 910.479.1167**

**Carr Preparatory Academy**

**NEWSLETTER**

THE MESSENGER



**It’s a Crows Birthday**

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**Teah – 27**

**Aiden - 27**

**Upcoming Dates**

**January**

**4 Welcome back to school**

**17 MLK Day/No School**

**February**

**21 President’s Day/No School**

