



THE CENTER FOR
Homeschool Excellence

Boxtops due next Tuesday! Please make a special effort to turn in all your Boxtops next week at school. It is greatly appreciated.

Apple Valley Orchard Field Trip THIS Thursday, Oct. 22nd, 12pm to 2pm Cost: \$5 per person with a \$15 max. per family. Three and under free
Meet at Bilo Parking Lot in Ooltewah at 11:15. We will leave the parking lot at 11:30 on the dot. If you want to follow the caravan to the Orchard, please be there by 11:15 or you are on your own. We will pay the fee at the Orchard so remember to bring cash.

We will have a story about Johnny Appleseed and then go under the apple trees to learn even more about apples. After that, we will pile on the tractor ride and tour the orchards. Last stop is apple processing, cider making area, store and bakery. (My favorite part!) Each participant will receive an apple and a cup of apple cider. Apples, cider, bakery items and gifts will be available if you want to take home some goodies.

Slim Goodbody Presentation, Oct. 29th - [Soldiers and Sailors Memorial Auditorium](#), 11:50 AM - Price is \$6.50 for adults and kids. Bodyology is a 1 hour theatrical show that explores the inner workings of the human body along with the health practices required to care for it. The National Bodyology Tour is an exciting new musical show starring PBS's Slim Goodbody.

Students learn about:

Cells * The Brain and Nervous System * The Senses
The Heart and Circulatory System * The Lungs and Respiratory System * The Digestive System * The Muscular / Skeletal System * Good Nutrition
Hygiene * Fitness * Obesity Prevention * Drug and Smoking Prevention * Self-respect

To purchase tickets, go to
http://www.slimgoodbody.com/tour_dates/822/

CHE Dress-up Day – Nov. 3rd will be our dress-up day. Please remember to wear appropriate attire. No scary costumes, masks, offensive or inappropriate outfits. We will be taking pictures and have a costume contest. If students don't want to wear a complete outfit they could wear a silly hat or weird hairstyle. Have fun!

Here is the rest of the 50 Ways to Simplify your Life list - I have been working on several of these myself and working on simplifying things in my life. Try some of them yourself!

19. Spend time alone.
20. Eat slowly.
21. Drive slowly.
22. Be present. These two words can make a huge difference in simplifying your life. Living here and now, in the moment, keeps you aware of life, of what is going on around you and within you.
23. Streamline your life. Focus on one system at a time (your laundry system, your errands system, your paperwork system, your email system, etc.) and try to make it simplified and efficient. Then stick to it.
24. Clear your desk.
25. Keep your email inbox empty.
26. Learn to live frugally. Living frugally means buying less, wanting less, and leaving less of a footprint on the earth. It's directly related to simplicity.
27. Make your house minimalist.
28. Downsize your home.
30. Learn what "enough" is. Our materialistic society today is about getting more and more, with no end in sight. Get off the cycle by figuring out how much is enough. And then stop when you get there.
31. Create a simple weekly dinner menu.
32. Eat healthy.
33. Exercise.
34. Declutter before organizing.
35. Have a place for everything.
36. Find inner simplicity.
37. Learn to decompress. Every life is filled with stress - no matter how much you simplify your life, you'll still have stress. So after you go through stress, find ways to decompress.
38. Find a creative outlet.
39. Simplify your goals.
40. Single-task. Multi-tasking is more complicated, more stressful, and generally less productive. Instead, do one task at a time.
41. Develop equanimity. If every little thing that happens to you sends you into anger or stress, your life might never be simple. Learn to detach yourself, and be more at peace.
42. Live life more deliberately. Do every task slowly, with ease, paying full attention to what you're doing.
43. Visit Walden Pond.
44. Go for quality, not quantity.
45. Fill your day with simple pleasures.
46. Create an easy-to-maintain yard. |
47. Carry less stuff.
48. Add some air in your schedule.
49. Live closer to work. T
50. Always ask: Will this simplify my life? If the answer is no, reconsider.