



Panther Press

A publication of the Georgia Academy for the Blind

Friday, January 31, 2025

This institution is an equal opportunity provider.

2895 Vineville Ave.

Macon, GA



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Mark your Calendars

2/5 - 100th Day of School Celebration,
dress old or in 100's

2/7 - School Council Meeting at 1:00pm

2/12 - Valentine's Dance 6 to 8pm

2/17 - Presidents' Day Holiday, Monday

2/21 - Black History Program in the Auditorium

2/27 - Braille Challenge at GAB

3/31 through 4/4 - Spring Break Week

4/10 through 4/13 - Track & Field SCASB at

**Alabama School for the
Blind.**



Get ready for the American Heart Association's Heart Challenge!
We will get moving with fun activities, February Fitness
Challenge and raise funds for the health of all hearts. Remember
to send colors for your child to wear on Wellness Wednesdays:

Feb. 5th-Orange

Feb. 12th-Red

Feb. 19th-Yellow

Feb. 26th-Purple



GAB Physical Fitness Challenge February 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
						Do something Fun
2	3	4	5	6	7	8
Do something that makes you laugh	Arm circles 20x 10 forward / 10 backwards	10-20 sit-ups/ crunches or knee lifts from chair	Plank whole body or from knees 5-10x hold 5-10 sec.	Trunk Twists left and right 20x sitting or standing	10 min dance party	Do something Fun
9	10	11	12	13	14	15
Do something that makes you laugh	20 standing squats or chair sits	Tiptoe around the room for 20 sec.	10 cat-cow stretches	Run in place, high knees 30 sec.	10 min dance party	Do something Fun
16	17	18	19	20	21	22
Do something that makes you laugh	20x Elbow to opposite knee 10x left / 10x right	Wall sits 20- 30 sec	T pose (arms out) right- hand touch left foot al- ternate 10x	Leg Lifts lay on your back, legs straight, lift 10 - 20x	10 min dance party	Do something Fun
23	24	25	26	27	28	
Do something that makes you laugh	10 lunges 5 left / 5 right	5-10 push- ups or knee push-ups	Superman's 5-10x Hold each for 3 sec.	10x jumping jacks	Heart Challenge	



Black History Month

The poster features a vibrant, multi-colored border with a repeating geometric pattern. The background is divided into yellow, red, and green sections. Silhouettes of African people are placed around the text: a woman on the top left, a man on the top right, and a woman at the bottom center. The title 'Black History Month' is in a stylized, bubbly font within a black oval with a dashed border. The event schedule is listed in white text on black rounded rectangular boxes.

Friday February 14th-Spread
the Love

Wear red and pink clothing

Tuesday February 18th-HBCU
Gear Day Or wear All Black

Wednesday February 19th- Pan African
Pride Day
Wear African print or Black History Shirts

Thursday February 20th-Dress in honor of an
African American Figure who inspired You.

Friday February- 21st Dress in
Afros and bell bottom or Hip-Hop Attire

SNOW DAY!



**Nik outside his
house enjoying
the snow!**



**Left: Ame trying to catch
a snowflake on her
tongue.**



**Right: Mason
attempting to climb
in the snow.**



Princess and Blind
Snowgirl



Dear GAB families,

As our school's Box Tops for Education Coordinator, I want to thank you for all your support so far this year with Box Tops! Our goal is to earn \$100.00. We have \$90.00 so far. We are doing a great job with scanning the receipts in the app for Box Tops. Maybe we can reach the goal before our next break.

If you need help with the Box Tops app, please let me know.

Thanks for all your support,

Miss Layson : slayson@doe.k12.ga.us

NO MORE CLIPPING



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BUY



SCAN



EARN

Transition Planning for Autistic Students

Come learn about ITAP, Emory Autism Center's Transition Planning project, and how you can bring resources and our expertise to your families, teachers, and students



**Friday, February 14, 2025
11AM-12PM
via Zoom**

Register Here



**Presented by Matt,
Segall, Ph.D.
Emory Autism
Center**

February

2025

Birthdays

Jayden	2/2	Arianna	2/11
Ryder	2/2	Ambria	2/18
Elisha	2/3	Roni	2/22
Kailyn	2/4	Dorrian	2/24

