

Allendale Columbia

School

Join us in for our AC Parent Education Lunchtime Learning Series

January 13th @12:00 PM: Supporting Picky Eaters at Home with Melanie Chalachan OTR/L and Dr. Kimberley Brown, *practical tips and strategies to encourage healthy eating habits. Discover ways to make mealtime less stressful and more enjoyable for the whole family!*

January 27th @12:00 PM: Screen Time Skirmishes w/ Meredith Trotter from the Child Care Council, *practical tips and strategies to help your child develop healthy habits, balance technology use and foster meaningful connections off-line.*

Save the date:

February 11th @12:00 PM: Social Emotional Regulation w/Child Health Council

All community members are welcome, registration is required. [Click here for more information & to sign up!](#)

ABOUT: Now well into its second century, Allendale Columbia is a leading independent coed school for students 18 months old through grade 12. Here, learning goes far beyond books and tests. We have the freedom to dig deeper so students can question more, discuss, debate and question again. As a result, our students develop critical thinking skills and become effective problem solvers. Our faculty members use their independence and experience to connect knowledge to real life so our students can make more sense of the world—and their place in it. It all adds up to a different school of thought: high expectations and relevant experiences that prepare students to succeed in a global community. Visit the school's 33-acre campus at 519 Allens Creek Road in Pittsford or online at AllendaleColumbia.org. For more information about Allendale Columbia's tradition of excellence, contact 585-381-4560. **Allendale Columbia School.**

First here, then anywhere.