



## This Week's Topics:

- February Peace Party
- Valentine's Day at VERITAS
- Carolina Pride Day
- 2016-2017 Re-Enrollment Forms
- Open Enrollment
- Report Cards
- PTO
- Sewing Club
- Coach's Corner
- Recipes from Mrs. Pedersen
- Insight from Mrs. Ellis
- RAZ Kids
- Uniform Reminders
- Upcoming Dates

### **Join us for an Evening Celebrating Peace February 11th, 6:00PM - 7:30PM**

Come learn about world leaders who created peace and learn ways to promote peace wherever you are. Mahatma Ghandi and Caesar Chavez are among the leaders who will be celebrated. Rotate through each classroom to learn about a different peace leader and to complete a small craft or activity. Namaste!

### **Valentine's Day**

We welcome every child to bring in Valentine's to share with classmates. In keeping with our Peaceful Classroom, be sure that your child brings one in for each child if he or she brings in any at all. While we won't stop instruction for a Valentine's party, each teacher will give time for children to exchange Valentine's. If you would like, feel free to add trinkets to your child's Valentine's. Kindly keep our Outside Food Policy in mind, for any candy will be returned home with the sender.

One sweet idea: Since your child can't send in candy, have your child write a sweet note to each of his or her classmates. He could compliment a classmate's reading skills or praise a classmate's caring skills. These notes will last much longer than any square of chocolate. Thank you for your support of our school mission!

## **Carolina Pride Day**

On Friday, February 5th, students and team members alike are invited to show their pride in the Carolina Panthers for their hard work and success in securing a spot in this year's Super Bowl. Students may wear shirts and/or jerseys to show their support of the Panthers on this school day instead of their uniform shirt.

**Keep Pounding, Panthers!**

## **Re-Enrollment for 2016-2017**

On February 15th, we will send out our Re-Enrollment Form to families of all currently enrolled students. Families of all current students are guaranteed a seat for the 2016-2017 school year once we receive your re-enrollment form. The deadline is February 22nd.

## **Open Enrollment for 2016-2017**

On January 4th, we began accepting enrollment applications for K-4th grade students for the 2016-2017 school year, and we are pleased with the tremendous interest in our school! Please continue sharing the VERITAS love with your friends and families to ensure that every child who needs a new school choice has the opportunity to attend VERITAS.

We will host an Open House on February 16th, beginning at 5:30PM and offer school tours every Tuesday at 10am by appointment. Our applications are available online 24-hours a day and in-person every Friday.

If you have any questions, please contact Wakena Colon at [wcolon@veritascommunityschool.org](mailto:wcolon@veritascommunityschool.org) or [\(704\) 648-8428](tel:7046488428).

## **Report Cards**

On Tuesday, February 2nd, your child will come home with his or her report card for second semester. If you have any questions or concerns, please reach out to your child's teacher. Please sign and return the envelope and keep the report card for your records.

Along with the report card, we have also sent an attendance letter for those children with excessive tardies or absences as mandated by the State of North Carolina since we live a compulsory attendance state. School attendance is critical to the continuous development of your child in all areas--academic, social, and emotional. Please ensure that your healthy child is here every school day. If he or she has a fever, keep him or her at home for 24 hours before returning to school.

## PTO

Our PTO is up and running through the stalwart efforts of Kristen and Lawrence Fuller and a group of other dedicated VERITAS parents. They welcome more VERITAS families to join them in developing this essential school partnership. Reach out to them directly at [precise428@yahoo.com](mailto:precise428@yahoo.com) and [lawrence.fuller@arrowlytics.com](mailto:lawrence.fuller@arrowlytics.com) to find out how you can get involved in building our PTO!

## Coach's Corner with Coach Johnson

At VERITAS, we focus on playing for the sake of playing instead focusing on winning or losing, and the goal of PE is for students to understand what a healthy lifestyle looks and feels like. We help them develop the motor skills and understanding to play a variety of games and sports successfully. Below is a game that requires no equipment and can be played indoors or outside. Get the family together and spend some time playing and laughing with one another!

### Cookie Monster

Divide a room, a yard, or a driveway in half. Identify one player as the Cookie Monster. This person stands in the middle of the playing area and tells the others when to run from the side they are on to the other side of the playing area by saying, "Run, Cookies! Run!" The Cookie Monster will attempt to tag (lightly, with fingertips) the runners. If a runner is tagged, he or she becomes the Cookie Monster. For a family with five or more members, you can have 2 or more Cookie Monsters. Have fun!

### Tasty Tacos

#### Ingredients for the Tacos

- Canola oil
- 2 medium onions
- 2 15 oz. cans of black beans (or 4 ½ cups of home cooked beans)
- 2 tbsp of chili powder
- 2 tbsp of cumin
- 2 tbsp of soy sauce
- 1 tbsp of maple syrup
- 12 tortillas
- (Ground chicken or turkey can also be added.)

#### Ingredients for toppings

- 1 ½ cups shredded cheese
- 1 cup Greek yogurt
- Chopped avocado
- Chopped tomatoes
- Chopped lettuce
- Salsa (if desired)

Directions: Heat a pan over medium heat and drizzle with canola oil. Saute' onions (and meat, if desired). Add beans, spices, and maple syrup. Reduce heat to medium low and let cook for 10 minutes

Meanwhile, wrap the tortillas in foil and warm for 10 minutes in a 250 degree oven.

Stuff tortillas with the filling and your favorite toppings! Enjoy a simple, healthy meal!

## **Recipes for Character Development and Staying Warm**

by Mrs. Pedersen

Reading Recipe: Visit this website for book suggestions to teach different life lessons: <http://www.rhythmsofplay.com/kids-books-that-teach-important-life-lessons/>. Whether your child is struggling with sharing or needs a reminder on how to be helpful, this website will give you a title that both you and your child will love. Happy reading!

Easy, Low-Sugar Hot Cocoa Recipe: Combine one cup of unsweetened vanilla almond milk, 1 tablespoon cocoa, and 1 tsp honey in a small pot, heat on the stove, and serve. Enjoy!

## **Two Tips to be Ready for School Every Day**

Insight from our Guidance Counselor, Mrs. Ellis

1. Morning Routine Checklist. Decide what needs to happen each morning and prioritize it with all your family members. Write it down and post it where everyone can see it. Things like: what time to wake up, eat breakfast, get dressed, brush teeth, make bed, get your shoes on, grab your lunch, and get your backpack can all be put on a checklist. Try to do as much as possible the night before, choose your clothes for the next day, including shoes and hair accessories, pack lunches, and have the backpack ready and waiting by the door or in the car.
2. Organizing the backpack. Establish a routine of going through the backpack every day after school by sorting things into three piles: school supplies, papers and folders, and everything that goes back and forth, such as hats, gloves, and lunch bag. Nothing else goes into the backpack. Now let's get organized. Sort all of the school supplies and assign them to a pouch, pocket or carrying case. Decide which pocket the folders, notebooks, and books should go, giving everything an official place. Have your child draw a map of his or her backpack or create a luggage tag checklist that includes everything that your child regularly needs at school. Put your child in charge of working through the checklist each morning before they leave home and each afternoon before they leave school. Working through that checklist will soon become routine and your child will be prepared for the school day!

## RAZ Kids

Reading is an essential life skill, so VERITAS has invested in every child through the purchase of a subscription of RAZ Kids for each of our students.

This program gives your child access to an endless number of books on his or her reading level through the online program RAZ Kids that can be accessed via a smartphone, tablet, or computer.

If you haven't already signed up for this engaging website, please do so today! Your child's teacher can answer any questions you might have. [www.raz-kids.com](http://www.raz-kids.com)

## Uniform Reminders

Students must be in uniform each school day unless a special celebration has been announced by the school. If your child wears a VERITAS hoodie or sweatshirt, he or she must also wear a VERITAS shirt so that he or she is in uniform during Physical Education class. Boys may wear khaki trousers, or they may wear **grey** or **black** sweatpants. Girls may wear khaki trousers or skorts, or they may wear **grey** or **black** sweatpants. Girls may wear leggings under their skorts. **Tennis shoes** must be worn every school day.

## Upcoming Dates

- 2/2: Report Cards go home
- 2/8: 100th Day of School
- 2/15: Re-Enrollment Forms go home
- 2/15: Make-Up Snow Day/Regular School Day
- 2/16: Art Club Gallery Show
- 2/22: Re-Enrollment Forms due
- 2/23: Sewing Club begins
- 2/24: Progress Reports go home

**The VERITAS Identity...**

**I am SMART. I am STRONG. I am PEACEFUL.**