



This Week's Topics:

Thank YOU! - Open Enrollment and You - After School
Fitness Tips and a Recipe from Coach Johnson - Our New Guidance Counselor
RAZ Kids - February Peace Party

**Thank YOU for Making Our Holidays Around the World
Family Event a Success!**

What a fun, engaging night we had together during our Holidays Around the World Event. A big thank you goes to our Dance Club, our PTO leaders, our Room Parent Coordinators, our teachers and staff, and all the parents who made this event such a success.

Thank you for doing your part to help our children experience holiday traditions from around the world and celebrating this special time of year with us!

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

Open Enrollment for 2016-2017

On January 4th, we will begin accepting enrollment applications for K-4th grade students for the 2016-2017 school year. Please share the VERITAS love with your friends and families. Current students and their siblings have a guaranteed seat for next year, and we will be sending you a confirmation form in February to get an accurate count for next year's enrollment.

We will be sending home copies of our enrollment flyer with your children next week and sharing the flyer on our Facebook; please share these with people you know who are looking for an innovative school choice for their child.

We will host an Open House on January 19th, beginning at 5:30PM and will be offering school tours every Tuesday at 10am by appointment. Our applications will be available online 24-hours a day and in-person every Friday.

Together, we will continue to serve Charlotte's children with our health and wellness model that empowers the scholar and athlete in every child!

If you have any questions, please contact Wakena Colon at wcolon@veritascommunityschool.org or (704) 648-8428.

PTO

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

Upcoming Family Event: Peace Party

Join our school family for a Peace Party on February 11th from 6pm-7:30pm

- Each class will select an influential world citizen that has been influential in promoting peace and civil rights for all. This could include the Dalai Lama, Gandhi, Mother Teresa, Dr. Martin Luther King, Jr., Caesar Chavez, and Malala Yousafzai.
- There will be fact sheet and a small peace activity to promote peace wherever we go.

After School

The Johnston YMCA continues to provide excellent care after each school day, and there are spaces available.

If you find yourself in need for after school care, please reach out to Danielle Rader at Danielle.Rader@YMCACharlotte.org or 704-716-6314. She will share program details, pricing, and available discounts. Visit our own website for more details: <http://veritas.teamcfa.school/afterschool-programs/>

Coach's Corner

Exercise is great for students and parents alike as it reduces stress levels, raises the levels of self-esteem, sharpens focus, and improves sleep quality and weight maintenance. The winter months are often more difficult to find ways to get daily exercise, so being creative at home will insure that you and your family achieve the recommended 60 minutes of exercise every day.

Begin with a family walk, a bike ride, or a few laps around the home. Playing movement based video games like Dance Dance Revolution or Wii Dance can be fun and increase your heart rate.

If you are a family that spends time in front of a TV, then use the commercial breaks to challenge each other in push ups, sit ups, or other exercises your child can share with you. The key to making activity a habit is making time for it daily and doing activities that everyone enjoys. Don't forget that VERITAS offers after school activities that improve fitness, such as Tae Kwan Do and Dance Club.

Recipe of the Month

Balance your family's health with healthy meals. This month's recipe is Bok Choy Wrappers: Fun finger food that is easy to make and involves fewer dishes for easy clean-up!

1 1/2 cups of Brown rice
1 3/4 cups fresh Bok Choy, sliced
1 3/4 cups canned pineapple tidbits
(in 100% juice)

3 cups cooked chicken (chunked)
3/4 cup Sweet and Sour sauce
1 tsp low sodium soy sauce
Romaine lettuce leaves

Preheat oven to 350. Combine brown rice and 3 1/2 cups of water in a large pot and bring to a rolling boil. Turn heat down to low. Cover and cook until water is absorbed, about 30-40 minutes. Fluff with a fork. In a medium bowl, combine brown rice, bok choy, pineapple, chicken, sweet and sour sauce, and soy sauce. Transfer mixture to an 8x8 nonstick baking pan coated with nonstick cooking spray. Bake at 350 for 30 minutes. Place mixture on romaine lettuce leaves and roll like a burrito.

Welcome our New Guidance Counselor!

This month, we are proud to announce that we will have a Guidance Counselor on staff to meet the emotional needs of our students. Robin Ellis is a licensed guidance counselor who many of our children already know because she has served with VERITAS as a Teacher Assistant and a Substitute Teacher. She can't wait to serve VERITAS students and partner with teachers to ensure that each child's needs are being met.

VERITAS will request and secure permission from parents before Guidance Counselor sessions would begin on a regular basis.

**The VERITAS Identity: I am Strong. I am Smart. I am Peaceful.
Let's live it everyday.**