



This Week's Topics:

- **Second Quarter Awards**
- **Wellness, Attention, and Impulse Control Workshop with Dr. Sheila Kilbane**
- **Open Enrollment**
- **An Important Update: Notifying the School about Transportation**
- **Boosterthon**
- **Wind in our Sails Fundraiser: Thank You and Purchases Made**
- **Food is Fuel**
- **Arrival and Dismissal**
- **National Random Act of Kindness Week**
- **New Days Added to Calendar**
- **Important Upcoming Dates**

Second Quarter Awards

On Friday, January 27th, VERITAS recognized our students who demonstrated superior achievement in three areas: Attendance, Academic Achievement, and Character.

Attendance: These students had perfect attendance in second quarter, which is key to school success. Our goal is to emphasize the importance of regular school attendance because we can't teach children if they are not in school. Attendance in school is critical for all children, so please don't allow your child to miss school unless he or she is truly sick or there is a true family emergency. These absences require a written note with the reason explained in order for the school to deem these absences as excused. If a child misses more than twenty days of school, he or she is at risk of being retained.

Meeting or Exceeding Reading and Math Goals on MAP Testing: These students are demonstrating the necessary academic progress that they need to be successful. We highlight them as models of what each student is capable of and to remind them of why we are in school: To learn!

The Viking Award: These students are the ones who come to school each and every day and model the characteristics found in VERITAS's Three Pillars: They achieve in every subject. They are healthy eaters and work hard in PE. They put conflict resolution skills into practice and are peacemakers. This is our highest award, and our goal is that each student will earn this award during their elementary or middle school years at VERITAS.

Report Cards, MAP Testing Reports, and Reading Levels

On Thursday, January 26th, each child brought home a report card, Winter MAP testing results, and current reading levels. Please review these with your child and create goals for their achievement. Be realistic but challenge your child at the same time. We talk to the children about reading before playing games or watching TV. Every child should be reading between 20 and 30 minutes each and every day to become proficient readers. Reach out to your child's teacher with specific questions on how you can help your child achieve even more at school. If you have a serious concern, please request a conference with your child's teacher. We're halfway through the year, and by working together, we can ensure that each child finishes the school year successfully.

Wellness, Attention, and Impulse Control with Dr. Sheila Kilbane

Join us for an evening, parent-only discussion about diet and its connection to attention and impulse control. We'll be joined by Dr. Sheila Kilbane, a local integrative pediatrician and author who approaches children's health by treating the whole child.

All parents will benefit from her experience and wisdom, and parents of children with ADHD and impulse control issues will especially benefit from Dr. Kilbane's perspective on how to look at these diagnoses through a different lense.

Plan on joining us on Thursday, February 23rd from 6:00pm-7:30pm. Interested friends and family are welcome too.

Open Enrollment for 2017-2018

Open Enrollment for the 2017-2018 school year began on January 4th, and the interest in VERITAS is immense. Thank you for spreading the word about VERITAS to your friends and family! Word of mouth is the best way to advertise our innovative school program. Please continue to direct your friends and family members to the Open Enrollment tab on our website.

We have Open Houses scheduled for February 3rd (10am-11am) and March 7th (6pm-7pm). We can't wait to meet our new families!

We are offering a VERITAS uniform shirt for referrals. Be sure that your friends and family members tell us who referred them, and we will give you a new uniform shirt!

For current families, we will send out a Commitment Letter for you to fill out in February, so that you can let us know your enrollment intentions for the 2017-2018 school year.

An Important Update: Notifying the School about Transportation

If your child's transportation changes from the typical mode, we ask that you send in a note to your teacher in your child's communication folder before or on the day that this change will occur. Alternatively, you may send in an email before 8am on the day of the change. After that time, your teacher will be teaching and will not be able to check messages.

As a courtesy, we have been relaying transportation changes to teachers during the school day when we receive last minute phone calls from parents. We have found that this practice disrupts the classroom unnecessarily. To ensure that instruction is our primary focus each and every school day, we will no longer accept transportation change requests through the office.

Also, when parents drop off lunch boxes, water bottles, homework, and other items, VERITAS staff then delivers them to the classroom, unnecessarily disrupting instruction; therefore, we will no longer be delivering these items to the classroom and will not accept them in the office.

Allow your child to eat an emergency lunch if he or she forgets his or her lunchbox at home, and he or she will have an easier time remembering it. Let him or her suffer the repercussions of forgetting homework, and he or she will learn to remember. This is the time in our students' lives when failure is fairly painless, but it is very instructive. We're all in the child development business, and this is how you can help your child sharpen his or her responsibility saw.

Thank you for working with us on these practices that make learning the #1 focus at VERITAS!

Boosterthon

To give your child the best educational experience possible, we're hosting a Fun Run on Thursday, March 2nd, to raise funds to build our school library! Students will get pledges from friends and family for each lap they run. Fun Run sign-ups kicks off on Tuesday, February 21st.

Leading up to the Fun Run, students will learn how to make a difference in the world through the Backyard Box Office, a movie theme all about making a difference by getting into character. Students will take a step-by-step journey to make a difference in their world.

Signing up is easy:

1. On February 21st, register on FUNRUN.COM.
2. Connect to sponsors—friends and family who can donate to help our school.
3. Cheer on your child during the Fun Run on Thursday, March 2nd!
4. Collect! Pledge money is due one week after the run. Checks are payable to VERITAS Community School, CFA.

Wind in Our Sails Fundraiser: Thank You and Purchases Made

Our Wind in Our Sails Fundraiser raised \$12,475.43, and this money will go a long way in funding our meals program. Thank you to everyone who gave so generously!

So far, we have purchased the following:

- Junior Great Book Program for our students reading above grade level to give them an extra challenge and building skills in discourse through the Socratic method.
- Over \$1,500 in Singapore Math manipulatives to help our teachers make math concrete and relatable for each of our students.
- Desk cycles, active learning stools, wobble cushions that help students focus on schoolwork by incorporating more movement while they are learning.
- Recess equipment: 4-Square balls, Double Dutch jump ropes, single jump ropes, and hackey sacks.
- An additional 48 folding chairs for our family events.

Food is Fuel

Our most common snacks at VERITAS are pretzels, goldfish, and granola bars; however, the preferred snacks are single servings of fruits and vegetables. Many of our students are filling up on the carbohydrate-rich snack, not eating their lunch, and then becoming grumpy in the afternoon.

A snack of fruits or vegetables provides fuel that will burn off slowly, ensuring that they are hungry at lunch time, and help them to develop the habit of reaching for fruits and vegetables in between meals.

Coach Johnson has shared some ideas for fruits and veggies that are equivalent (or very close) in cost to the common carbohydrates that some children are choosing to bring for snack.

Pretzels 13 cents/oz Or Less	Goldfish 38 cents/oz Or Less	Granola Bars 44 cents/oz Or Less
Strawberries, cantaloupe, pineapple, cucumbers, zucchini, carrots, celery, cauliflower, cuties/halos, hard boiled eggs, green beans, unsweetened applesauce, grapes, radishes,	Kiwi, cherry tomatoes, apples, peppers, avocados, edamame, mango, hummus, bananas, pears, grapefruit, plums, broccoli, nectarines, blackberries, snap peas, honeydew	Peaches, blueberries, raspberries, cherries, naval oranges, star fruit, apricot, watermelon, papaya, asparagus

To be child-friendly, also think color and presentation for your student. Packing a snack that they are unfamiliar with may get them to try something new. Variety is great for children and adults and makes planning meals much easier.

Thank you for helping us meet our Mission through our 2nd Pillar of Health and Wellness!

Arrival and Dismissal

Instruction begins at 8:00 with the morning announcements. Be sure that your child arrives each morning before 7:50 so that he or she has the necessary time to walk up to his or her classroom and not miss a single minute of instruction. If your child eats breakfast at school, be sure he or she arrives no later than 7:40am so that he or she can eat in the cafeteria. Eating in the classrooms is intended for emergencies only.

Also, the back gate closes at 8:00am everyday and at 3:20pm M-Tr and 12:20 on Fridays. Please keep our teachers safe. They stand out there everyday to ensure the safety of your child, so drive carefully and respect the pick-up and drop-off procedures.

If you arrive after those times, drive around to the front, park, and walk into the front office. In the afternoons, we charge a \$1/minute late fee. Thank you for dropping off and picking up your child according to this schedule.

National Random Acts of Kindness Week

National Random Acts of Kindness Week is celebrated this year from February 12th – 18th. We challenge all VERITAS students and families to practice a Random Act of Kindness during this week. To get started, please visit <http://www.randomactsofkindness.org/> for ideas that individuals and families can do throughout the week. There will be a basket with blank post-it notes outside Mrs. Ellis' office that week to record your act of kindness and stick on the wall. Let's fill the wall and the world with kindness all week!

Kindness has the ability to change how we see and experience the world. It also teaches our children the importance of helpfulness, compassion, respect, caring, integrity, self-discipline, and gratitude.

New Days Added to the Calendar

Due to the two recent snow days, we've added two days to our 2016-2017 school calendar. These days are February 17th and March 31st. Please ensure that your child is in attendance on these days and on every school day when he or she is well.

Important Upcoming Dates — Mark Your Calendars, and Join Us:

- 2/3: Open House from 10:00-11:00am for prospective families.
- 2/9: Peace Night from 6:15-7:45. Join us to enjoy class presentations and to view class artifacts about peace.
- 2/21: Parent Workshop with Guidance Counselor, Mrs. Ellis, at 8:00am: Parenting Styles.
- 2/22: Coffee with Katy from 9:00-10:00
- 2/23: Join us for a Wellness Conversation with Dr. Sheila Kilbane: Nutrition and its impact on Attention and Impulse Control in your Child from 6:00-7:30pm.

The VERITAS Identity...
I am SMART. I am STRONG. I am PEACEFUL.

This is who we are. Let's live it everyday.