



## May 2016 Newsletter

### This Month's Topics:

- Preparing for EOG Testing
- Summer Safety Event
- Earth Day
- Pedometers
- Fast ForWord Update
- Health Update
- Restorative Justice
- Assessment Dates for New Students
- Open House for New Families
- Upcoming Dates

### **Preparing for EOG Testing** by Mrs. Dawkins

Parents, it is that time of year! Our 3<sup>rd</sup> grade students are taking exams called the NC EOG's (North Carolina End of Grade tests). In order for them to do their best, please consider the following:

1. If you haven't done so already, set aside a quiet place and time for your child to complete and review her/his homework on a daily basis.
2. Ask her/him to teach you what s/he learned in school. If s/he's having problems with certain subjects, get help from a teacher, tutor, or an older student.
3. Throughout the entire month of May, have your child go to bed early or on time. Reduce the late night activities, television and video games during the week, and prioritize rest.
4. Eat healthy well-balanced meals, especially for breakfast. Pop-tarts and donuts are quick and easy to serve first thing in the morning, but they are not nutritious. Limit sweets and soft drinks on weekdays.
5. Manage stress and anxiety. Take a "walk and talk" to reduce stress and open lines of communication. Give your child the opportunity to talk about her/his expectations, fears and hopes. Reassure that her/his job is to do their personal best. Whether s/he is an 'A' or 'C' student, everyone should be proud of self when s/he is giving his best effort.

One of our strategies for literacy is to read the questions before reading the passage. We are practicing reading for information. This is done by reading all the questions first. As we are reading the passage, we are looking for answers to the questions that were previously read. This is highly effective tool that reduces "guessing" answers.

One of our strategies for math is to continually sharpen our fluency in solving addition, subtraction, multiplication, and division equations. We are also reviewing regrouping and place value. Keep those skills super sharp!

Please help your 3<sup>rd</sup> grade child perform his or her very best by practicing these skills and by talking about the importance of doing his or her personal best. We know they will make themselves proud!

### **Summer Safety Event**

Mark your calendars and plan on joining us on June 3<sup>rd</sup> from 4:30pm-6:00pm to get ready for some safe fun in the summer sun!

### **Earth Day**

Thank you to everyone for coming out for our Earth Day Event. We enjoyed the performances by our Dance Club, the update from PTO President Kristen Fuller, and activities in each of the classrooms to help us see how we can all do our part to make the planet a healthier, happier place.

### **Pedometers**

Our partners at UNCC have loaned us some pedometers so that we can get an idea of how our second and third students are putting their education to practice. We have set the goal of 10,000 steps per day with both moderate and vigorous activity, and these pedometers measure both! Coach Johnson is collecting this data and sharing it and our MAP scores data with our UNCC partners so that we can understand how a high level of health and wellness supports academic achievement. We will share the results once the data has been compiled.

### **Fast ForWord Update**

We were very fortunate to have grant money to pay for 25 of our students to participate in Fast ForWord, a computer-based program that builds new neural pathways to improve attention, organization and auditory processing. The results are in!

On average, participants were in the 27<sup>th</sup> percentile for reading before the program began, and most were in the 50<sup>th</sup> percentile when the program ended. Students grew an average of 9 months in reading skills over the course of 30 school days in the program. This is an impressive amount of growth that will continue to make learning easy for these students for the rest of this year and in the years to come.

Thank you to Mrs. Vullo for serving as our Fast ForWord Facilitator. Your hard work is making a difference in our students' lives!

### **Health Update**

With Coach Johnson's guidance, our students are stronger and even more skilled. In fact, 88% of students are in the Healthy Fitness Zone for push ups, which is an increase of 38% since the beginning of the year. 90% of students are in the Healthy Fitness Zone for curl ups, which is an increase of 30% since the beginning of the year. Well done, students and Coach Johnson!

### **Restorative Justice**

We are piloting a Restorative Justice program to get the feel for how we can use this in Morning Meetings and as a part of our discipline practices.

## **Assessments for New Students**

To help us understand the strengths and challenges of our new students, we will be hosting two assessment opportunities for our incoming students. The first one will be on June 29<sup>th</sup>, and the second one will be on July 27<sup>th</sup>. An invitation to sign-up will be forthcoming.

## **Open House for New Families**

**May 3rd, 5:30PM - 6:30PM**

Families of students who will begin attending VERITAS for the 2016-2017 school year are invited to an information session with our Head of School and our teaching team followed by a visit with to the classrooms.

## **Upcoming Dates**

6/3: Summer Break Safety Awareness Event

6/9: Last Day of School

6/29: Summer Testing for New Students

7/27: Summer Testing for New Students

8/23: Meet the Teacher Night for the 2016-2017 School Year, 5:00PM-6:30PM

8/29: First Day of School for the 2016-2017 School Year