



## This Month's Topics:

- **Reading Challenge!**
- **Boosterthon: Fun Run!**
- **Enrollment for 2017-2018**
- **Nutrition, ADHD, and Impulse Control**
- **Food is Fuel**
- **Mission Support: 3<sup>rd</sup> Pillar**
- **Eat Pasta, Read Faster Dinner and**
- **Book Fair Night**
- **Pick Up and Drop Off Map: A Reminder**
- **2017-2018 School Schedule and Calendar**
- **New House Shirts**
- **Important Upcoming Dates**

### Reading Challenge!

We started our school-wide reading challenge on February 17<sup>th</sup>, and the students are diving right in! Each night, students are to log their reading time and have their parent sign their reading log. We will track the weekly progress, and as we reach 100,000 hour milestones, we'll stop and celebrate.

Help Us Celebrate by Read, Read, Reading!

First 100,000 Hours: Hat Day

Second 100,00 Hours: Super Hero Dress-Up Day

Third 100,000 Hours: Read in the Dark Day (flashlights!)

Fourth 100,000 Hours: Duct Tape a House Leader to the Wall Day!

Raz-Kids reading time counts! Do not forget about this great resource! Our Reading Challenge will run until May 25<sup>th</sup>, so help us reach 400,000 hours by starting today!

### Boosterthon: Fun Run on March 2<sup>nd</sup>—Join Us!

We are so excited for our upcoming community-building, money-raising, excuse-for-exercising event on March 2<sup>nd</sup>. Please plan on joining us!

#### Schedule of Events:

- 2nd grade - 4th grade Fun Run: 9:00am - 11:00am
- Family Picnic Lunch and Reading Time: 11:30am - 12:30pm
- Kindergarten - 1st grade Fun Run: 12:30pm - 2:30pm

#### Read and Lunch:

- Families are invited to bring a packed lunch that is within our food policy, a blanket to sit on, and some books to read.
- Lunch ends at 12:30, and students will join their class at this time.

## **Enrollment for 2017-2018**

Open Enrollment for the 2017-2018 school year began on January 4<sup>th</sup>, 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.

Our Open Houses have been successful, and we have one more scheduled for March 7<sup>th</sup> (6pm-7pm). We can't wait to meet our new families! If you know someone who would like to attend, but isn't able to attend on March 7<sup>th</sup>, please encourage them to call the front office for an appointment.

For our current families, please return your Commitment Letter no later than March 3<sup>rd</sup>. Thank you in advance!

## **Nutrition, ADHD, and Impulse Control**

A big thank you to Dr. Sheila Kilbane and to all of the VERITAS families and members of the larger community who joined us for a lively discussion about how changing your child's nutrition can impact his or her ability to attend and control his or her impulses. Dr. Kilbane addressed how to begin changing a child's diet to optimize the child's health, school performance, and overall well-being. It's easier than you think!

For more vital information, please visit her website at <http://www.sheilakilbane.com/>. Also, we have an overview from Dr. Kilbane in our front office. Feel free to come get one.

## **Food is Fuel**

Thank you to everyone who has started sending in fruits and vegetables with their children for snack time. This is the perfect fuel for their growing bodies. Please be sure that packed lunches are a balanced meal that includes the following from VERITAS's Outside Food Policy:

- 2 servings (2 oz.) of whole grains: Examples: whole wheat bread, brown rice, and whole grain tortilla.
- 1 serving (2oz.) protein. Examples: lean deli meat, tofu, beans, and lentils.
- 1 serving (1/2 c., 4oz.) fruit. Examples: apple, banana, grapes, and berries.
- 1 serving (3/4 c., 6 oz. vegetables. Examples: carrot sticks, cucumber slices, broccoli florets, tomato slices, and red or green peppers.
- Water to drink. Please send water every day in a refillable water bottle.

Thank you for nourishing your child to optimize his or her learning time at VERITAS!

## **Mission Support: 3<sup>rd</sup> Pillar**

Our 3<sup>rd</sup> Pillar is the Peaceful Classroom, and our students will best implement what we are teaching them during their classroom meetings when they hear the same support at home.

If they come home talking about someone bothering him or her, ask your child to name the skill used to address the problem. You could also ask, "Did you tell the person to stop?" "Did you ignore it?" "Did you walk away?" We teach the children, "Try three before me" with the teacher being the "me."

Our goal is to empower them to resolve conflicts in a peaceful manner. If the conflict remains after three efforts or if the conflict has gotten physical, students are to seek assistance from their teacher or teacher assistant. Please ask your child's teacher for additional responses that you can practice at home. The more skills they have, the more empowered our students will be as children and when they are adults.

## Eat Pasta, Read Faster Dinner and Book Fair Night

Our Spring Scholastic Book Fair runs from March 13<sup>th</sup>-16<sup>th</sup>, and we will have a Pasta Dinner and Book Fair Shopping Night on March 15<sup>th</sup>. Parents will reserve their dinner time for either 5:30pm, 6:00pm, or 6:30pm.

Our pasta will be from local pasta purveyor and friend of our Head of School, Tommy George. He's been serving pasta in Charlotte for over 20 years and has two locations: One at 1528 Providence Road and the other at 4700 Park Road.

Adult meals will cost \$5.00 and Child meals will cost \$3.00. Come eat and read with us!

## Pick Up and Drop Off Map: A Reminder

Please find our Pick Up and Drop off Map below and share it with anyone new to the school. Thank you for making our mornings and afternoons as peaceful, safe, and fair as possible.



## 2017-2018 School Schedule Calendar

Reminder: Due to our second snow day last month, March 31<sup>st</sup> is a now regular school day.

The VERITAS Board of Directors approved the 2017-2018 school calendar. We will follow the CMS calendar, and our school hours will be as follows:

Monday-Thursday: 8:00am-3:30pm

Friday: 8:00am-12:00pm

Over half of our families voted, and of those who voted, 63% of them voted for this calendar and schedule. 100% of our school team voted for this calendar and schedule. Thank you to everyone for helping the Board of Directors reach this decision!

## **New House Shirts**

If you placed an order for a new House shirt, you will be hearing from Ms. Colon as soon as it comes in. We placed the order a few weeks ago, so it won't be long!

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

- 3/1: Spring Photos
- 3/2: Boosterthon Fun Run
- 3/7: Open House for Prospective Families at 6:00-7:00pm
- 3/9: March PTO Meeting from 6:00-7:30pm
- 3/13-3/17: Scholastic Book Fair
- 3/15: Eat Pasta, Read Faster Dinner and Book Fair Night
- 3/21: Parent Workshop with Guidance Counselor, Mrs. Ellis, from 8:00-9:00am.
- 3/21: March Board Meeting and 2017-2018 School Lottery
- 3/22: Coffee with Katy from 9:00-10:00am.
- 3/24: Parent University: Grateful for grandparents, godparents, and guardians.

The VERITAS Identity...

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

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