



## This Week's Topics:

- BE SIGNIFICANT
- House Update
- Morning Arrival and Afternoon Pick Up
- Attendance
- First Quarter Parent Conferences
- An Easy, Breezy Fundraiser!
- Spread the VERITAS Love!
- Middle School for the 2018-2019 School Year!
- Volunteer
- Join the PTO!
- Reminder: Meals
- Important Upcoming Dates

### BE SIGNIFICANT

To promote an engaging and focused school environment, we set high expectations around behavior for our students, and we've developed the acronym, BE SIGNIFICANT, to help students remember the expectations. Promote these at home whenever you can to help these become second nature:

- Be Your Best Self: Make sure you are always being the person you want to be and someone who other people want to be around.
- Eye Contact: Respectful eyes are always on the speaker. If someone new begins speaking, we turn and face them. When the class is looking at a book or the board, our eyes must be there.
- Silent Halls: We get in line quickly, and we never cut in line. We will walk in a straight line with voices off and eyes facing forward. This is showing our school and classmates respect.
- If it Becomes a Toy, it is Mine: If something becomes more interesting than my teaching, then it will be removed.
- Grandma's Manners: We answer adults by saying, "Yes, ma'am," or "No, sir." When given something, we say, "Thank you" or it goes away. We always cover our mouth when we sneeze or cough and say, "Excuse me" immediately after.
- No Negativity: Some things aren't worth getting upset over. Be positive. Enjoy your day. If it is a small problem, let it go and move on.
- I am the Teacher: If I am handling a problem, do not get involved or watch. Come to me only after you've tried to solve the problem first, and I will support you. Once it has been solved, we will all move on.
- Follow Directions Quickly: In order to enjoy every second of the day, we have to work efficiently. When a direction is given, please move quickly the first time, so our day is not interrupted.
- Integrity at all Times: Always make good choices and do things for the right reasons. Be honest with yourself and honest with others.
- Congratulate and Uplift Others: When someone wins or does something well, we will congratulate them. If

someone is struggling, we will encourage them.

Accept Mistakes:

Every single person in this room will make mistakes. We do not make fun of others. If a mistake requires a consequence, accept it and move on. You can either learn from your mistakes and grow, or let them defeat you.

Never Ask for a Reward:

If you ask for a reward, it will not be given. We do our best because we are trying to better ourselves.

Treat others with Respect:

Our words and bodies will show respect. We may not always agree, but there is an appropriate way to disagree. This includes proper body language. If you win, do not brag. If you lose, do not show anger.

## House Update

Each Friday, the entire school meets for a House meeting, which gives us the opportunity to get to know each other in a family-friendly manner. Houses have developed a cheer, have completed fun activities together, and have started a Reading Buddy program. Our 2<sup>nd</sup>, 3<sup>rd</sup>, and 4<sup>th</sup> grade students are really stepping up as leaders by partnering with a Kindergarten or 1<sup>st</sup> grade student and working with her or him on projects and reading with them on Reading Buddy Friday. Ask your child about House meetings to hear more about the lessons learned there.

## Morning Arrival and Afternoon Pick-Up

Thank you to everyone who delivers and picks up their child on time! Children may be dropped off as early as 7:30am and must be picked up by 3:20pm M-Tr and 12:20pm on Fridays. If your child absolutely must leave early (please limit this to doctors' appointments and true emergencies) or is departing in a different way, send in a note in the morning to his teacher in his or her communication folder. Calling the office is only for absolute emergencies. If children are leaving early, they must be picked up before 2:30pm M-Tr and before 11:30 on Fridays.

**Moving forward, if you are late to pick up your child, you will be charged a childcare fee of \$1 per minute up to \$15.**

## Attendance

School attendance is absolutely vital. Students with perfect attendance will be given a Perfect Attendance Certificate this coming Friday. This is an award we'd love to give every child next quarter. The only way we are able to teach your child is if he or she is here. Regular school attendance also builds motivation, work ethic, and character—vital traits for every person!

Be sure to have your child to school on time each school day so that he or she has the chance to settle into the school day in a comfortable way. Coming in late disrupts the office, the classroom, and the child's day. Traffic is tricky, but the earlier you leave, the more likely it is that you will arrive on time. Model good planning for your child, and you'll both start the day off right!

## First Quarter Parent Conferences

During this past week and tomorrow, October 31<sup>st</sup>, teachers are meeting with parents to discuss student progress. They've sent an invitation to sign-up for a conference to each parent, so check your email inbox for your invitation. Don't miss this opportunity to partner with your child's teacher!

## **An Easy, Breezy Fundraiser!**

Our House shirts will be arriving soon, and once they arrive, students will wear them each Friday. To make the day extra special, students may pay one dollar for the privilege of wearing jeans to school. What an easy way to raise money for VERITAS! We will send out a flyer when this begins.

## **Spread the VERITAS Love!**

We have ordered yard signs with our upcoming Open House dates and would love to have them in yards throughout the city. Please email Wakena at [wcolon@veritascommunityschool.org](mailto:wcolon@veritascommunityschool.org) if you would love to spread the VERITAS love by having a sign for your yard.

Word of mouth is the best way to advertise our innovative school program. To encourage VERITAS families to invite friends and family members to enroll in VERITAS, we are offering a VERITAS uniform shirt for referrals. Refer one student, we will give you one VERITAS shirt. Refer two students, we will give you two VERITAS shirts. Refer three students, and we will give you a VERITAS hoodie. Be sure that your friend or family member tells us who referred them, and once their child is fully enrolled, we will give you a new uniform shirt!

## **Middle School for the 2018-2019 School Year!**

In the September Board meeting, the VERITAS Board of Directors unanimously voted to move forward with plans to offer middle school beginning in the 2018-2019 school year. This is an exciting endeavor that will require planning on our part and insight from families and the larger community. Look for a survey coming soon to get your input on building a middle school that is consistent with VERITAS's mission and vision and reflects your hopes and dreams for your child.

## **Volunteer**

We need volunteers each school day to work shifts in the office and in the cafeteria. Please consider picking a timeslot to fill each week or each month. [Please sign up with this link](#). Thank you for serving our school community.

## **News from the VERITAS PTO**

The mission of the PTO is to provide parent support to the students and teachers at VERITAS Community School, CFA.

Join the VERITAS PTO for an easy way to impact your child's school! The PTO meets the **second Thursday of every month** in the school library. These are some of the topics for the current agenda:

- Fundraiser development:
  - How to get the Wind in our Sails and support the school community by funding school meals.
- Planning community building events:
  - Playdates and family meals.
- Room Parents
  - Coordinating assistance to the classroom and for events.

## **Reminder: We follow our Outside Food Policy for all Meals and Events**

Lunch fuels academic and socio-emotional success in children; therefore, lunches brought from home must reflect a balanced diet. We have devised these portions from the National School Lunch Program guidelines, and we thank you for guiding your child in creating healthy eating habits! We encourage a balanced meal for every child with the following items:

- 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.
- Plain water to drink.
  - Please send water every day in a refillable water bottle.

Many children claim to “not like” vegetables, but if we continue to present them to children and expect them to eat vegetables, they will learn to like vegetables. Start with carrots. Who doesn’t like a good crunch?

Please be sure that your child brings in a reusable water bottle each school day with his/her name written on it in permanent marker.

We have a link to the policy on our website. Please read that for details on recommended foods and foods that we do not allow. Thank you for encouraging a diet that boosts brain power!

Ms. Colon sends out an email each time the order window opens for meals. We have a timeline that we follow because we have to give our caterer the numbers so that she can purchase the necessary food items. In our effort to reduce food waste, we give her the number that reflects the number of meals that our parents and team members have ordered. If a student arrives at school without a packed lunch and is not on our lunch list, we will provide an emergency lunch at the cost of \$1. This lunch consists of a cheese sandwich, a piece of fruit, and water.

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

- 10/31: Teacher Workday (School Closed for Students).
- 11/1-11/4: Scholastic Book Fair: See below for details.
- 11/9: Fall Photo Make-up/Retake Day
- 11/10: November PTO Meeting from 6:00-7:00 I the school library.
- 11/11: Veterans Day (School Closed)
- 11/ 15: Parent Workshop with our Guidance Counselor, Mrs. Ellis from 8:00-9:00am. Topic: Self-Calming Techniques for Families. Childcare provided for ages two and up.

- 11/17: Open House for Prospective Families for the 2017-2018 school year. 6:00-7:00pm. Invite a friend to come learn about VERITAS!
- 11/23 at 9am: Coffee with Katy: Hear from our Head of School about school updates, new programming, and upcoming activities
- 11/24 & 11/25: Thanksgiving Holiday (School Closed)
- 11/30 from 6:15-7:45pm: Making Meals with Moms: Create a meal and moments with your child!

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

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