

The Sustainability Academy Newsletter

December 18th , 2015



Important Dates:

December 18 - After School Family Night 5:30-7:00pm

December 21st - No Monday Morning Meeting

December 22nd - All school assembly at 2:00 p.m.

December 23rd - January 4th - Holiday Break

January 11th - Parent Coffee 4:00-5:00 pm

January 11th - PTO meeting 5:45 - 7:30 pm

January 18th - No School in observance of Dr. Martin Luther King Jr.

January 19th - No School for SA and IAA students / Professional Development Day for Teachers

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### Cafeteria News



**Monday:** Chicken Nuggets and Sweet Potatoes

**Tuesday:** Pizza



The Candlelight Vigil scheduled for Monday, December 21st at 5:30 has been canceled.

## GIRLS ON THE RUN



Girls on the Run is returning to Sustainability Academy and we need **COACHES!**

Over a period of 12 weeks, girls in the 3rd through 5th grade participate in an after-school program like no other. Designed to allow every girl to recognize her inner strength, the Girls on the Run (GOTR) curriculum inspires girls to define their lives on their own terms. Throughout the season, the girls make new friends, build their confidence and celebrate all that makes them unique.

The Girls on the Run lessons encourage positive emotional, social, mental and physical development. Participants explore and discuss their own beliefs around experiences and challenges girls face at this age. They also develop important strategies and skills to help them navigate life experiences. We start with helping the girls get a better understanding of who they are and what's important to them. Then, we look at the importance of teamwork and healthy relationships. And, finally, the girls explore how they can positively connect with and shape the world.

Physical activity is woven into our program to inspire an appreciation of fitness and to build habits that lead to a lifetime of health. At the end of each three month session, the girls participate in a Girls on the Run 5k event. This celebratory, non-competitive event is the culminating experience of the curriculum. Completing the 5k gives the girls a tangible understanding of the confidence that comes through accomplishment as well as a framework for setting and achieving life goals. Crossing the finish line is a defining moment when the girls realize that even the seemingly impossible IS possible.

GOTR is a spring program that starts at the end of March and runs through the first week of June. Sessions meet twice a week for 90 minutes each. You do not need to have running experience to coach!

REGISTER HERE:

<http://girlsontherunvermont.org/coach-registration/>

We appreciate our GOTR coaches for their time, energy and dedication to this program!

Contact Rachel Desautels, Program Coordinator, at [Rachel@girlsontherunvermont.org](mailto:Rachel@girlsontherunvermont.org) or 802.503.7097 for more information.

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Have a fun and safe Holiday Break.
We will see you in the New Year on Monday, January 4th