

# The Sustainability Academy Newsletter

## February 5th, 2016



### Important Dates:

February 6th - Penguin Plunge

February 12th - Community Dinner 6:00pm - 8:00pm

February 18th - Reading to End Racism

February 19th - 2nd trimester report cards go home

February 22nd - March 1st - Winter Break / No school

March 11th- Parent Teacher Conference sign up opens

March 13th - Daylight Savings time

March 24th - Half -Day for students / Parent Teacher Conferences

March 25th - Parent Teacher Conferences - no school for students

### Cafeteria Menu

#### Week of

#### February 8th-12th



**Monday:** Chicken Nuggets and Sweet Potato Fries

**Tuesday:** Pizza Day!

**Wednesday:** Chicken or Bean Fajita

**Thursday:** Meatball Sub

**Friday:** Baked Ziti with Cheese and Mediterranean Vegetables

## Morning Move It !



Hooray...we are moving right along with our fitness program and we are proud to announce that we have a new member of our 10 mile mover club!! Congratulations to Sanjeeta for completing more than 100 laps around our back track! She is the 3rd kindergartner to reach this milestone! We are all very impressed with her focus and determination!

Even though the weather did not have a very winter-like feel...thank you for everyone who moved it as part of our Winter Walk Day celebration on February 3rd! Special thanks to Arbin and Micah for leading us around the track and Mrs. Pariseau for making awards for all of our participants!

Please join us on Monday, February 8th for our Monday Morning Meeting where we will celebrate the accomplishments of all of the movers. Two of our movers, Arbin and Emmett will be honored with a Morning Move It! Gold Medal for passing the 100 mile mark!

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## Nurses Corner



## School Based Health Center (SBHC) News!

The great news is the SBHC program in the Burlington School District has expanded. Staffed by doctors and nurse practitioners from University Pediatrics, there are now SBHC clinics in four different schools in our district. The SA, IAA, and BHS already had established clinics and the newest SBHC recently opened at Edmunds Elementary. This is wonderful news for the families and students of our community who now have convenient access to quality medical care, in their school. Due to these changes, we have had a change in schedule for our SBHC at the SA. The SBHC will no longer be open alternating Tuesdays, but we are very pleased to announce that **Elizabeth Robinson, NP** will be joining us and splitting her Fridays between the SA and the IAA.

### The SA SBHC schedule is:

Mary Lee Ritter, FNP - Thursdays 7:30 - 10am

Elizabeth Robinson, NP - Select Fridays 1-3pm (2/12,3/4,4/15,5/6,5/20,6/3)

If you would like to sign your child up for the SBHC or have any questions at all - please contact your School Nurses, Justina Starr or Jessica Valin

## **2016 Penguin Plunge for Special Olympics Vermont**

The Penguin Plunge is a fun event to help people who have disabilities to compete in the olympics. The event takes place on **February 6th at 11:00** the lake. It is a lot of fun! If you are interested in jumping then talk to your teacher or parents and they can help you sign up online.

**Step one:** Go to Cool Schools-2016 Penguin Plunge and find the SA Polar Bears.

**Step Two:** Click to join the team or donate to the team.

**Step Three:** Raise as much money as you can online or by talking to your friends and family. (You need to raise \$150 to jump.)

*Submission by Emmett and Sophie  
For more info contact Emmett or Sophie in Ms. Smith's room.  
Hope to see you there!*

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PTO  
Corner

Free Community Dinner



COME JOIN US !  
for  
Community Dinner  
on  
Friday, February 12th from 6-8