



# Sustainability Academy's Newsletter

May 5, 2017

## Dear SA Community,

In May students in grades 4, 8 and 11 will participate in the administration of the NECAP Science Assessment. Specifically, NECAP results are intended to show how well students are achieving learning targets within Grade Level Expectations (GLE). The science assessment measures what students know and are able to do in the areas of Earth & Space Science, Physical Science, Life Science, and Inquiry. NECAP is a collaborative partnership involving three states: New Hampshire, Vermont, and Rhode Island. This partnership was established in response to the federal No Child Left Behind Act (NCLB), which requires that states annually measure the achievement of all students in science not less than one time during grades 3-5, 6-9 and 10-12.

While no single test provides a complete picture of achievement, annual state assessments coupled with district and classroom results can provide important information about student progress and areas for improvement. Parents and teachers can use this comprehensive information from all assessments to make sure students get the support they need to succeed.

The results from this assessment will be included in student report cards in fall. These results may be discussed with your student's teacher along with other results from district and classroom assessments.

More specifically, students at Sustainability Academy will take NECAP on the following dates:

**4th Grade Only**  
**Monday, May 8th - Wednesday, May 10**

Thank you once again for supporting your child and our school during the annual assessments. If you have further questions please do not hesitate to contact Lashawn Whitmore- Sells at 802 864 -8480.

## Curriculum Corner



### School Psychologist

#### Got Sleep?

Is your son or daughter having difficulty with learning or managing their behavior? The culprit could be not getting enough sleep. In a recent study, researchers found that poor sleepers (kids who had trouble falling asleep or woke up at least once in the night) were significantly more likely to have academic difficulty in school. In fact, they found that one of the best predictors of school failure was children's fatigue.

Children who seem excessively sleepy or tired during the day are more likely to experience problems with learning, attention, and hyperactivity, than other kids. Lack of sleep can contribute to crankiness and even health problems such as obesity.

Here are 7 tips to improve your kid's sleep at home.

1. Encourage physical activity instead of screen time after school. Multiple studies have shown that increasing physical activity during the day can lead to better sleep.
2. Keep TVs out of the bedroom. The connection between bedroom TV and poor sleep is well established. Kids don't sleep as well or as long with a TV present in their bedrooms
3. Make the bedroom a "no-connection" zone. Computers and tablets can be over engaging and make it harder for kids to fall asleep. In addition, recent research has shown the blue light emitted from laptops, tablets, and smartphones can disrupt people's sleeping patterns (including adults!). Confine online activity to common areas such as the dining room or living room and have kids charge their phones in another room at night.



Staff Appreciation Week was May 2-6. This week is set aside to show our appreciation for our staff members who do so much to encourage, support and teach our children. Thank you for all the delicious food we have been treated to during the week.  
We Feel Appreciated!

**Morning Move It! (MMI!) Update**



MMI! has continued all year on Monday and Thursday mornings on the back track from 7:50-8:10. Thank you once again to Kelly K. for co-leading this program this year! Congratulations goes out to Ezra, one of our youngest super movers, for reaching the 10 mile mark! He is an inspiration to us all! How did he motivate himself to move more than 100 times around the back track? Be sure to ask him after you congratulate him! Remember, you can do it, too! We provide the music and all you need to do is go, go, go for your goal!

**Upcoming Events:**

**PTO Meeting**

**May 8th**

5:45 - 7:30 PTO meeting  
Location: Community Room  
Childcare and Dinner Provided

**Parent Coffee**

**Monday, May 15th**

8:15 - 9:00  
Location: Library

**5th Grade Parents Only**

**May 18th**

Parent Info Night at Hunt 6:00 - 7:00

**May 23rd**

Parent Info Night at EMS 6:00 - 7:00

4. Warn your child that bedtime is in five minutes, or give him or her a choice -- "Do you want to go to bed now or in five minutes?" -- but do this only once.
5. Establish a consistent and relaxing bedtime routine that lasts between 20 and 30 minutes and ends in your child's bedroom. Avoid scary stories or TV shows. Parenting experts recommend reading a favorite book every night than frequently choosing new books. The novelty of the new story can be enough for some children to stay awake thinking about the plot.
6. Make sure your child is comfortable. Clothes and blankets should not restrict movement, and the bedroom temperature shouldn't be too warm or too cold.
7. Avoid singing or rocking your child to sleep, because if she wakes in the middle of the night she may need you to sing or rock her back to sleep -- a condition known as sleep-onset association disorder. (If you have already been doing this, try to phase this behavior out gradually.) Instead, have her get used to falling asleep with a transitional object, like a favorite blanket or stuffed animal.

**Bee Card Winners!**

These students were picked for following our school expectations.

- Be Safe**
- Be Responsible**
- Be Respectful**
- Do your best**

**May3rd**



- 1st- Dalib and Dalib**
- 2 /3 - Zoe and Osman**
- 4 /5 - Khamis and Ashlyn**



Library is open to parents who wish to check out books for their children from 3 to 5 Mondays and Thursdays. Staff and I are encouraging parents to sign up for library accounts.

## After school Corner

### No School

**May 29th**

Observance of Memorial Day

### School Snow Make Up Days

June 16 & 19

Dismissal both days at 11:30

Bag lunches will be provided

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### **WE ARE STILL ENROLLING!**



**Adolescent Brain Cognitive Development**  
*Teen Brains. Today's Science. Brighter Future.*

**BE PART OF THE LARGEST STUDY OF BRAIN DEVELOPMENT AND CHILD HEALTH!**

#### WHAT IS THE ABCD STUDY?

ABCD stands for Adolescent Brain Cognitive Development, and it is a landmark study supported by the National Institutes of Health (NIH). Across the country we will enroll 10,000 families and follow children into early adulthood. The goal is to understand how children's experiences affect brain development and other aspects of their life - including school, friendships, behavior and health.

- If you are the parent or legal guardian of a child ages 8 - 10 your family may be eligible.
- We are currently scheduling for both spring and summer.
- Study visits are available on Saturdays and after school hours.

We look forward to meeting your family!

You can sign up for the study by following this link:

<https://abcdcontact.me/school/500282000069>

For more information:

Call the UVM team at (802) 847 – 4562

Email us at [ABCD@uvm.edu](mailto:ABCD@uvm.edu)

Visit the ABCD website: [www.ABCDStudy.org](http://www.ABCDStudy.org).

The time has come to register for after school for the upcoming school year. If you'd like your child to attend the Burlington Kids program in 2017-18, please fill out a registration packet, available at the main school office. We will hire/re-hire staff based on how many registrations we receive, so please submit your registration early! The priority deadline is May 5th. Call Cece at [802-324-6723](tel:802-324-6723) or email her at [cwatkins@bsdvt.org](mailto:cwatkins@bsdvt.org) if you have any questions or concerns.

We're also just starting our second set of spring activities, and are thrilled to have Kate Hudspeth joining us again for regular Yoga with all ages, as well as restarting our Bicycling Club. Our beloved Maggie Standley will also be back to lead Garden Clubs for students of all ages. We're also excited to send our students on field trips to North Beach in May before we end the year with a final Theme Week and then a Field Day on 6/15, the last day of afterschool!

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