



Sustainability Academy's Newsletter

February 2, 2018

Spirit Week

February 19th - 23rd

SA's Student Council has organized a Spirit Week. Show your school spirit by participating in some of the following events.

Monday

Mix Match Day



Tuesday

School Color Day / Sustainability Day
(Blue / Green and Yellow)



Wednesday

Crazy Hair / Crazy Hat Day



Thursday

Favorite Book Character Day / Who do you Admire Day



Friday

Comfy Clothes Day / PJ Day



Curriculum Corner



Catching Up With Physical Education

In Physical Education we have been learning many different ways that we can exercise and keep a healthy body. Our most recent activity we have been learning about and practicing is Tennis. Some of our classes have had the opportunity to work with our long time friend and local tennis mentor, Jake Agna. Jake has been coming in to PE classes on Monday and Wednesday mornings to work on specific tennis skills with our students. Ms. Seitz, Ms. Deirdre and Mr. Gallagher's classes have all had the opportunity to work with Jake during their PE times. I have seen so much improvement over the past couple of weeks and I am very proud of our students' effort and behavior for our wonderful guest teacher.



Every year, Jake makes a tour around different locations in Burlington such as the Boys and Girls Club, King Street Youth Center and all of the Elementary Schools in the Burlington School District. His current stop at SA is a part of his non-profit organization, Kids on the Ball, a nationally acclaimed program that "teaches life skills and lessons disguised as tennis." For more information on his program and locations, check out www.kidsontheball.com.

Another big piece to our Physical Education program that we have completed here at SA in grades 1-5 is the FitnessGram Test. This research backed program created by the Cooper Institute, tests many different components of physical fitness to determine if they are in the "Healthy Fitness Zone". Dr. Cooper's research emphasizes the direct connection between a healthy body and a healthy mind as the importance of fitness testing. Here at SA and in the BSD, we test the following: Aerobic Capacity (15m PACER), Upper Body Strength (Push-ups), Abdominal Strength

Reminder
School Will Be In Session
Tuesday, March 6th



PTO Movie Night



When: Friday, Feb 16th, 6:00pm

Where: SA GYM

What: Movie *Sing* and Popcorn

Ski Cubs!

Ski Cubs is a program sponsored by the Catamount Trail Association. They generously provide students free XC ski lessons, gear rentals, snack and transportation to and from Bolton Valley Resort for 6 consecutive Saturdays each winter. The SA group is geared towards interested 4th and 5th graders and is currently full. For the past two weekends 15 SA students have hit the trails and enjoyed learning a fun and healthy new winter sport. If you have questions or know someone who may be interested in participating next year, ask Nurse Justina.



Go SA Ski Cubs!

Tour Dates for Incoming Kindergarten

Please call the school at **864-8480** to let us know that you are coming.

Tuesday	2/6	8:30am
Thursday	2/15	6:00pm

School Expectations

Be Safe
Be Responsible
Be Respectful
Do Your Best

(Curl-ups), Flexibility (Sit and Reach), Trunk Extensor Strength (Trunk Lifts) and Body Composition (Height and Weight).

As of October 2017, the FitnessGram test is now a requirement statewide through the VT Department of Education and scores will be reported to the State in grades 4, 7 and 10 starting in the 2018-2019 school year. Here at SA, I will be sending home FitnessGram reports that we completed in December to our 3rd, 4th and 5th graders. Be on the lookout for these reports in the upcoming weeks.

And finally, be sure to ask your 1st-5th grade student, "What is a pedometer?" They will be sure to tell you that it is a way to measure our exercise! When combined with our Heart Rate, these two pieces of information can tell us how hard we are exercising! In PE class, we have been exploring the use of these wonderful step measuring tools.

As always, feel free to contact me here at school for more information.

Stay Healthy,
Justin Bissonnette
Physical Education



Author Natalie Kinsey-Warnock

Author Natalie Kinsey-Warnock spent a six-day residency at SA. This residency was part of SA's \$25,000 Children's Literacy Foundation Grant.

Article written by:
Pramudita Kuikel and Penelope deRosset

S.A. Students Learn From Vermont Author

Author Natalie Kinsey-Warnock is at our school this week for a six-day residency. She will teach the kindergarten through Grade 5 students about genealogy, so we can find out about our families and remember their stories. She has written many books and is currently working on more than sixty others.

The first book she ever wrote was a chapter book called *The Canada Geese Quilt*. According to her website, she made

Bee Card Winners



January 24th



KDG - Leena, Justin & Uly
1st- Bella & Peaches
2nd- EhKaw & Malachi
3rd/4th - Srya, Sangita, Curtis & Sawan
5th- Branden & Urken

January 31st



KDG.- Calvin
1st- Louden & Alexis
2nd- Habiba & Pujan
3rd/4th- Owen & Janisha
5th- Sanish

Community Multicultural Dinner

Thank you for a fun evening of song, dance, food and friends.



this book because she always made quilts with her grandmother. We learned in her presentation Monday that her grandmother started quilting in her sixties and made about 250 quilts until she died in her eighties. Here are a few of her other books: *As Long as There are Mountains*, *The Bear that Heard Crying*, *From Dawn till Dusk*, *Nora's Ark*, *A Farm of Her Own*, and *The Fiddler of the Northern Lights*.

On her first day, Natalie Kinsey-Warnock presented to the Grades K-5 students and started a Genealogy and Family Tree Unit. After an introduction to genealogy and discussion about it, she sent Grade 3-5 students home with the task of beginning to fill out their family trees.

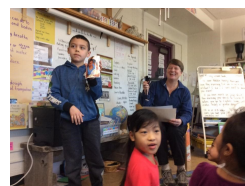
Day 2: Featured her Photography Unit, with students learning what old photographs tell us, and how to be detectives and find clues from photographs.

Day 3: We learned about primary and secondary sources, and artifacts.

Day 4: Was the Census Unit. Students learned about the census, how and why it started, how to discover their ancestors in the census, and what it can tell them about their ancestors.

Day 5: Included learning about other online research tools such as; ancestry.com, [newspaper archives](http://newspaper.archives), chroniclingamerica.loc.gov, findagrave.com, etc. All these sites are on our SA library page.

On her final day, students chose a family member, decided what resources they would use to research that person, and planned their culminating project.



Here are some facts we have about Natalie's life and work:

Natalie writes books about her childhood and family history. She says she does this because she doesn't want them to be forgotten.

According to her book, *Nora's Ark*, "Natalie Kinsey-Warnock grew up on a dairy farm in the Northeast Kingdom of Vermont, where she now lives with her husband."

In almost all of her books she has written about different family members and her childhood.

Upcoming Events:

PTO Meeting

Monday, Feb 5th , 5:45-7:30
SA Cafeteria
With Board Member Liz Curry

Student Council

Tuesday, Feb 6th 8:00am
Thursday, Feb 22nd 8:00am
Staff Room

Treehouse Meeting

Tuesday, Feb 15th 6:00- 7:00pm
Community Room

PTO Movie Night

Friday, Feb 16th 6:00
SA Cafeteria

Reading to End Racism

Thursday, Feb 22nd
All Day

Passions Day

Friday, Feb 23rd
8:30-10:45

Report Cards

Friday, Feb 23rd
Will Go Home

No School

February 26-March 5th
School Resumes Tuesday, March 6th

March Calendar Corrections

March 6 FULL school all day
March 22 FULL school all day
March 23 HALF day of school. Dismissal at 11:30am

Natalie is one of those people who is interested in our community.

Natalie has 21 books published, 40 books finished, and she is currently writing 65 more.

Fall 2018 Kindergarten Registration



Deadline Feb 23rd

Kindergarten Registration for the Burlington School District will open on January 3, 2018 and close on February 23, 2018. Children must be 5 years of age by September 1st, 2018.

Applications must be completed online by going to the BSD web page www.bsdrv.org and clicking on 'Students and Families' then 'School Registration'.

CLiF Family Literacy Celebration

250 to 275 SA family members attended the Children's Literacy Foundation Family Celebration with founder Duncan McDougall. After a wonderful spaghetti dinner and presentation by McDougall, each child – from baby to high schooler -- received two free books. Thank you all for a wonderful program and attendance.



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Lunch Menu.