



## SUSTAINABILITY ACADEMY BUZZ - 05.08.20

Dear SA Families,

This week our community celebrated Teacher & Staff Appreciation. Check out these videos created by the district to celebrate: [Part 1](#) and [Part 2](#). We have an incredible SA team who continues to work hard each day - even in these uncertain times - to provide our students with a quality education. While the week may be ending, there's no reason to end expressing our thanks to the SA staff. Thank you to those of you who took time this week to appreciate the wonderful educators in your life! I also want to send a huge THANK YOU to all of our families, who are also serving as educators during this time. Many of you are balancing caring for your families in addition to your many other day-to-day responsibilities - not to mention processing the extra stresses of this uncertain time. You all are incredible.

We're closing out another busy week at SA. This time of year is always especially busy in schools as we close out this academic year and begin to prepare for the next. This week SA teachers met with teachers across the district to discuss priority standards for the remainder of the academic year. Each grade level identified focus standards in reading, writing, and math. We will use these standards to guide lessons and learning activities over the next few weeks. Additionally, these standards will appear on our final report card of the year. If you'd like to read through each grade level's focus standards, you can access that information [here](#).

In preparing for next year, our class placement process will begin very soon. If your family would like to complete this 5-minute, optional survey to share input with us, we invite you to do. We value your input as partners in your child's education. Please complete the survey by next Friday, May 15. You can access the survey [here](#). If you have any questions, please reach out to Susan Dodd, School Counselor ([sdodd@bsdvt.org](mailto:sdodd@bsdvt.org)).

Thanks for reading through, and as always, if you have any questions, please do not hesitate to reach out to me directly ([noropeza@bsdvt.org](mailto:noropeza@bsdvt.org)).

With gratitude,

Nina Oropeza  
**Principal, Sustainability Academy**  
802.343.6607

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## UPCOMING EVENTS

### Ongoing Events:

- **Free meals for all kids - Monday-Friday, 10:30-11:30am next to the SA playground.** Additional food sites and information here: <https://www.burlingtonschoolfoodproject.org/menus/>
- **SA Morning Announcements Monday-Friday @ 8:30am** on [Instagram](#) and [Facebook](#)

Monday, 5/11	<ul style="list-style-type: none"><li>● <b>Classroom Community Meetings, K-5</b> <i>30 minute classroom meetings take place on Monday mornings, from 9:00-11:30am. If you need the link, please visit Seesaw (K-2), Google Classroom (3-5), or reach out to your child's classroom teacher.</i></li><li>● <b>K Lunch bunch with Mr. David, 12:00pm</b> <i>Kindergartners, bring your lunch (optional) and come hang out with Mr. David, SA teachers, and your friends! If you need the link, please reach out to David (<a href="mailto:dfitzpat@bsdvt.org">dfitzpat@bsdvt.org</a>).</i></li></ul>
Tuesday, 5/12	<ul style="list-style-type: none"><li>● <b><a href="#">Math Challenge #6</a> Submissions Due (Optional)</b></li><li>● <b>1st Grade Lunch bunch with Ms. Oropeza &amp; Ms. Kestrel, 12:00pm</b> <i>1st graders, bring your lunch (optional) and come hang out with Ms. Oropeza, SA teachers, and your friends! If you need the link, please reach out to Nina (<a href="mailto:noropeza@bsdvt.org">noropeza@bsdvt.org</a>).</i></li></ul>
Wednesday , 5/13	<ul style="list-style-type: none"><li>● <b>Wednesday Morning Meeting, 8:30 am</b> <i>We hope many SA families will be able to join us on Wednesday at 8:30am. You can watch Wednesday Morning Meeting on <a href="#">Instagram</a> and <a href="#">Facebook</a>. We are always looking for student and family contributions for our nature notes or morning announcements. If your family has an idea for a Wednesday Morning Meeting segment, please let us know!</i></li><li>● <b>2nd Grade Lunch bunch with Ms. Dodd, 12:00pm</b> <i>2nd graders, bring your lunch (optional) and come hang out with Ms. Dodd, SA teachers, and your friends! If you need the link, please reach out to Susan (<a href="mailto:sdodd@bsdvt.org">sdodd@bsdvt.org</a>).</i></li></ul>
Thursday, 5/14	<ul style="list-style-type: none"><li>● <b>3rd/4th Grade Lunch bunch with Nurse Justina and Ms. Lizzie, 12:00pm</b> <i>3rd and 4th graders, bring your lunch (optional) and come hang out with Nurse Justina, Ms. Lizzie, SA teachers, and your friends! If you need the link, please reach out to Justina (<a href="mailto:jstarr@bsdvt.org">jstarr@bsdvt.org</a>).</i></li></ul>
Friday, 5/15	<ul style="list-style-type: none"><li>● <b>5th Grade Lunch bunch with Ms. Kestrel, 12:00pm</b> <i>5th graders, bring your lunch (optional) and come hang out with Ms. Kestrel, SA teachers, and your friends! If you need the link, email Kestrel (<a href="mailto:kplump@bsdvt.org">kplump@bsdvt.org</a>).</i></li><li>● <b>Next Family Newsletter will be emailed</b></li><li>● <b><a href="#">Classroom Placement Survey</a> (Optional) Due</b></li></ul>



## UPDATES, REMINDERS, & TO-DO'S

### **Burlington City Arts Virtual Show (New!)**

Burlington School District (BSD) partners with Burlington City Arts (BCA) each year to host an art show that features student work. This year's show was cancelled due to social distancing regulations, but that didn't stop BCA from finding a way to share and celebrate our young artists. You can access all school artwork and hear a message from Mayor Weinberger [here](#), and check out Sustainability Academy Student artwork [here](#). Enjoy the virtual art show! A special thank you to Joanne Kalisz (SA Art Teacher) and Leah Barranco (Building-Based Substitute) for all of their work in guiding our students to create these pieces.

### **Free Toys for Kids**

As part of Burlington School District's (BSD) effort to provide for essential needs during the coronavirus pandemic, the Burlington School Food Project serves about 1,600 meals a day to children at 11 different food pickup sites throughout the city. Now, thanks to the generosity of WowToyz in Vergennes and a strong partnership with Burlington's King Street Center, those sites are also being utilized to distribute free toys for children. You can read more and find the weekly schedule of where toys will be distributed [here](#).

### **Free Books for Kids - Fletcher Free Library & Burlington School District Partnership**

Extra, extra, read all about it! Burlington School District and Fletcher Free Library have teamed up to offer free books to children during the coronavirus pandemic. Books can be picked up by parents at BSD food pick-up sites around Burlington. The books appeal to a variety of ages of students and are being provided free by Fletcher Free library. The books will be available at SA on Tuesdays from 10:30-11:30am. You can find more information [here](#).

### **Call for Wednesday Morning Meeting & Morning Announcements Contributions**

SA families, we need you! **We'd like to highlight more student and family voices during Wednesday Morning Meetings and daily morning announcements.** We're open to a variety of contributions - here are some ideas to get the brain juices flowing:

- Have you been observing as spring arrives in Vermont, and do you have a nature note you'd like to share?
- Do you have an idea for a math challenge you'd like to share?
- Do you have a joke to get us all laughing on a Wednesday morning?
- Is there a topic you've been learning about, or a project you've been working on that you want to teach other SA students about?
- Do you have a mindfulness practice that you think others might benefit from?

If your family has something to share, please email Kestrel ([kplump@bsdvt.org](mailto:kplump@bsdvt.org)) with your idea for a contribution. We want to see you (yes, you!) in Wednesday Morning Meeting!

### **District Plan for Continuity of Learning**

The Vermont Agency of Education has approved Burlington School District's plan for remote learning. If you would like to read the plan, you can access it [here](#).



## **Coaches Corner**

### **Call out for Garden Crew**

Like many of you, once May hits there is really nowhere else I'd rather be than in the garden. While garden planning discussions have been happening for a while, it is finally time to get hands in the soil and seeds in the ground! But with covid-19, garden planting and management is going to look very different this year. For me, growing food locally feels more important than ever. We are setting up a system to plant and tend the garden through the spring and summer while prioritizing keeping everyone safe and maintaining social distancing. My hope is that we can find a core group of folks to help plant and sustain the gardens throughout the spring and summer. If you would like to sign up to be on the garden team, please click [here](#) to sign up for a time to have an initial meeting with me. We will go over the precautions we are taking and get a sense of what work you would be willing to help with. If you have any questions at all, please email me at [kplump@bsdvt.org](mailto:kplump@bsdvt.org).

### **Getting Outside**

This past Wednesday, Gov. Scott announced the new "Play Smart and Play Safe" plan. As Seven Days states, "Vermonters can now socialize in small groups and participate in outdoor activities with 'low or no physical contact' as the state's number of coronavirus cases continues to decline." Click [here](#) to read the whole article.

*-Kestrel Plump, Education for Sustainability Coach*

## **Counselor Corner**

Wow! I've felt a lot of big feelings lately, and I'll bet many of you have, too.

When things and experiences do not go as we had hoped or expected it can be hard, and our feelings may become BIG. Remember, there are things that we can do to help ourselves manage our feelings. These are called coping skills. If you go to my school counseling website at <https://saschoolcounseling.weebly.com/the-7-cs.html> you will find some pictures of coping skills for you to practice when those big feelings start to come up. For example, you can practice your favorite breath (belly breathing, figure eight, star breath, rollercoaster breath etc), or find another example you can try from the attached pages. Which works best for you? One idea is to read a book. I have just added a whole page on my website that links you to some great books that are read to you online. You will also find some yoga and mindfulness/relaxation videos just for kids on the "Fun Activities" section of my webpage. Please feel free to contact me to let me know how things are going for you and your family! Have a great weekend!

*-Susan Dodd, School Counselor*

## **Nurse Corner**

Earlier this week, the England based anonymous street artist and activist Banksy donated the picture below to the Southampton hospital to thank the healthcare workers for everything they do. To me it's an excellent example of how sometimes actions can speak louder than words and makes me feel proud to be a healthcare worker myself. I'm so grateful to work with all the children, families, staff and community members of the SA community. I'm here for you.

*- Justina Starr, School Nurse*



**“Asking for help is a sign of strength and resourcefulness”**

### **Additional Community Resources:**

#### **Has your family lost pay, have you been laid off or have you had your hours reduced?**

You may now be eligible for nutrition programs that are designed to help your family and our local economy quickly in unexpected and emergency situations like this one. If you've never used any of these food resources before, please know they are there for you too.

**Feeding Chittenden** - located at 228 North Winooski Ave is the primary food shelf for the Burlington area and dedicated to serving our community in times of need. Currently they are open for food distribution M-W-F from 9-4. Breakfast is served in to-go containers from 6:30am - 8:30am Mon - Fri. See their excellent Facebook page for updates and most current schedule.

**WIC:** WIC gives you access to healthy foods, nutrition education and counseling, and breastfeeding support. If you're pregnant, a caregiver, or a parent with a child under five, WIC is right for you! To find out more and apply visit <https://www.healthvermont.gov/family/wic> or text 'VTWIC' to 855-1

**3SquaresVT:** Has your household lost pay? Have your childcare expenses increased? 3SquaresVT is here for you and your family to help put food on the table! You could be eligible to receive a 3SquareVT benefit or increase the benefit you already receive. To get help applying visit [www.vtfoodbank.org/nurture-people/3squaresvt](http://www.vtfoodbank.org/nurture-people/3squaresvt), call 855-855-6181 or text **VFBSNAP** to 85511. You can also visit <https://dcf.vermont.gov/benefits/3SquaresVT>



**SUSTAINABILITY  
ACADEMY**

BURLINGTON, VERMONT

**Vermont 211** - Resource assistance [Vermont 2-1-1 - Find Resources](#)

**CVOEO** - [cvoeo.org/covid19-ca-faq](https://cvoeo.org/covid19-ca-faq)

**City of Burlington Resource and Recovery Website** - [Resource and Recovery Center \(RRC\)](#)

**First Call** - Mental health services - [First Call For Chittenden County](#)

**Steps to End Domestic Violence** - [Steps to End Domestic Violence](#)

**Join Urban Ministry Project ( JUMP)** - [www.jumpvt.org](http://www.jumpvt.org)

**Skinny Pancake** - <https://skinnypancake.com/shiftmeals/>