

## SUSTAINABILITY ACADEMY BUZZ - 05.22.20

Dear SA Families,

I hope you've enjoyed the sunshine this week. SA staff remains hard at work keeping the learning going while also preparing for the end of the school year. Two quick updates for our community this week:

- **Chromebook Return & Student Belongings Pick-Up**

Burlington School District (BSD) is working to coordinate chromebook return and provide an opportunity for students to pick up any belongings left at school across our 6 elementary schools. This will tentatively take place the last week of school (June 8-12), but we will confirm details as soon as we are able.

- **5th Grade Promotion**

5th grade families, we're excited to celebrate your student's time at SA and their transition to middle school! Please save the date for Thursday, June 11 for our celebration (rain date: Friday, June 12). Families will make an appointment to visit SA between the hours of 9am-3:30pm. I'll be sending a letter out to families early next week with many more details about our socially-distant 5th grade promotion plans.

Please read through the rest of our updates and information included in the rest of this newsletter. As always, please don't hesitate to reach out with questions or other needs ([noropeza@bsdvt.org](mailto:noropeza@bsdvt.org)).

With gratitude,

Nina Oropeza  
**Principal, Sustainability Academy**  
802.343.6607

 [@sustainabilityacademybsd](https://www.instagram.com/sustainabilityacademybsd)

 [@ninaOropeza](https://twitter.com/ninaOropeza)

## UPCOMING EVENTS

### Ongoing Events:

- **Free meals for all kids, now including lunch and DINNER! - 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, 5/25	<ul style="list-style-type: none"> <li>● <b>Memorial Day - No School</b> <ul style="list-style-type: none"> <li>○ Food distribution sites are closed. Please pick up extra meals on Friday, 5/22.</li> </ul> </li> </ul>
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# SUSTAINABILITY ACADEMY

BURLINGTON, VERMONT

	<ul style="list-style-type: none"><li>○ Classroom Classroom Community Meetings, K-5 - Rescheduled for Tuesday, 5/26</li><li>○ K Lunch bunch with Mr. David, Rescheduled for Tuesday, 5/26</li></ul>
<b>Tuesday, 5/26</b>	<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><li>● <b>1st Grade Lunch bunch with Ms. Oropeza, 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><li>● <b><a href="#">Math Challenge #8</a> Submissions Due (Optional)</b></li></ul>
<b>Wednesday , 5/27</b>	<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>
<b>Thursday, 5/28</b>	<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>
<b>Friday, 5/29</b>	<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></ul>

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

### Free Dinner for Kids at SA

Burlington School District is excited to announce that we will begin to offer FREE dinner options beginning

Monday, May 18. Picking up dinner will be the same process as picking up lunches, except now you'll grab an additional, separate meal for supper. Dinner options will be available at Sustainability Academy and the Boys and Girls Club. Please also note that in order to give our staff a much-needed (and deserved!) break, our food distribution sites will be closed on Memorial Day, May 25.

### **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](#).

### **Coach Corner**

There is a tremendous amount of research showing that being outside is good for you - your body, your mind and your mood. Here is a [link](#) to a whole research library about children outdoors. [Here](#) is an article from Harvard Health. Read them if you want. But really, go for a walk outside if you can. Find some flowers blooming or a cloud with an interesting shape. Follow your joy (safely). That is all.

The annual Audubon Vermont Birdathon begins Saturday May 16th and goes through to Monday May 25th. It will look a little bit different this year, but still centers around getting outside, birding and raising money for a great organization. Find out more info [here](#).

*-Kestrel Plump, Education for Sustainability Coach*

### **Counselor Corner**

I want to share with you the importance of competence, which is the ability to handle situations effectively and it's also one of the 7 C's of Resilience. It reflects an attitude of, "I can do this!" and we develop it by challenging ourselves. It's a bit like having a Growth Mindset, which means that you can grow and change your mind and body through hard work. We all have different skills but we also have the ability to improve.

So the next time you feel that you're not good at something, you can remind yourself, "I'm not good at it yet." You may not be an expert at that particular skill yet, but you are excellent at trying and someday you will be good at it; just not yet.

If you go to my school counseling website at <https://saschoolcounseling.weebly.com/the-7-cs.html> you will find some ideas for building your sense of self-competence. What other ideas do you have? 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**

Due in part to the number of homes built before 1978 in the Burlington area, there is a high risk of lead contamination in the soil. Because lead is a heavy metal and doesn't change form it can persist in soil until removed. This is important to be aware of when considering where to place your garden beds. If you grow plants to eat in lead contaminated soil, you run the risk of consuming lead which is a known neurotoxin and especially toxic for children. Areas near roadways or near the drip lines of buildings are at particularly high risk for lead contamination. If you are unsure about the quality of your soil, always use a planter box or container when gardening.

UVM researchers have done a promising study about how plants can help draw lead out of the soil. The process is called phytoremediation. I've attached a write up below from Laura Hill who was part of the research team, it seems like one more really good reason to love sunflowers! See the links below for more information on lead and local resources that are available to help. Please reach out to me if you have any questions or would like more information about lead in general or the effects it can have on children.

*- Justina Starr, School Nurse*

## **REMOVING LEAD FROM SOIL WITH SUNFLOWERS**

### **WHAT'S UP WITH LEAD?**

According to the Burlington Lead Program, more than 80% of homes in Burlington and Winooski have lead-based paint hazards. If your house was built before 1978 there is a good chance you may have lead-based hazards in your yard. Lead accumulates in the body, and there are no safe levels of lead exposure. The effects of lead exposure can be especially harmful to children's brain development.

### **WHAT CAN WE DO ABOUT IT?**

Plants can remove lead from the soil cheaply and effectively. A recent UVM study showed that sunflowers can remove 70% of lead from soil in one growing season. Wow!

### **HOW CAN I GROW SUNFLOWERS IN MY YARD?**

The sunflowers can be planted directly into the contaminated soil and cared for with weekly watering and fertilization. More watering may be necessary during hot weeks when the soil gets very dry. We recommend adding an equal mix of fresh soil, compost and mulch to cover 2" of the original soil. You can buy sunflower seeds or seedlings online or from local companies, such as at Gardener's Supply Company or sometimes your local hardware store. After being taken up by the roots, the lead is now stored in the plants, rather than in the soil. **The plants should not be composted or left in the ground at the end of the season, because the lead would go right back into the soil.** A waste facility, such as the Chittenden Solid Waste District drop-off center, is where the harvested plants should go at the end of the season!

**For Further Information about the Study:**



**Laura Hill**, UVM Plant Biology Senior Lecturer - [laura.hill@uvm.edu](mailto:laura.hill@uvm.edu)

**Mariah Cronin**, Lead Researcher - [mariahcronin@gmail.com](mailto:mariahcronin@gmail.com)

**For Local Resources and More Information about Lead:**

Here is a link to important information from the **Vermont Department of Health** about lead.

<https://www.healthvermont.gov/environment/home/lead>

Contact **The Burlington Lead Program**, they have free HEPA vacuum loans, can do site visits and soil testing, do FREE lead abatement work on eligible properties and offer technical assistance.

<http://www.burlingtonleadprogram.org>

**“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>

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

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



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

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