

School News

November 2014



VALLEY

ACADEMY



From the Principal's Desk

Dear Parents,

In the season of fall, I often reflect on the year and the many blessings it has brought. For our campus, I am grateful for so much.

I would like to thank the VAPO Council and all of our parents who continue to support our school. Valley Academy is committed to excellence and is proud to have just been awarded with the National Blue Ribbon Award. Mrs. Mettes and I look forward to accepting the award on all of our behalf and will proudly display it once we receive it in mid-November. I believe that Valley Academy is so

successful because we have all committed to support the school's mission and values that were established many years ago. I am proud to be an administrator here and work with such a caring, quality staff, dedicated parents, and a super group of students.

Thank you again for your commitment to our school. I am truly thankful for the team we have here and the role we all play in it. May you have a restful Thanksgiving break. I hope you all have a happy Thanksgiving and enjoy the extra time with your friends and families.

Warm Wishes,

Mrs. Victoria Wilber, M. Ed.

Upcoming Events

Morning Assembly

Monday, November 3rd & 17th 8:15 a.m. Outdoor Courts. Students in grades 1-6 are honored for classroom achievements.

VAPO Meeting

Tuesday, November 5th 8:15 a.m. Monthly Governing Council Meeting. Parents are encouraged to attend.

Make Up Picture Day

Wednesday, November 5th 8:15 a.m. Pictures are taken for students who were absent, or would like a retake.

No School & Staff Development

Monday, November 10th Veterans' Day. Tuesday, November 11th Teachers will participate in continuing education.

6th Annual Talent Show

Saturday, November 15th at 10:00 a.m. M.P.R. Students showcase their talents to the applause of parents, families, and our school.

Chipotle Fundraiser (Norterra)

Tuesday, November 18th Come on out and support our 8th grade fundraiser.

Turkey Trot

Monday and Tuesday, November 24th & 25th

All students K-8 will be participating with a parade, and outdoor events, culminating with a real *turkey trot*!

School Board Meeting

Thursday, December 4th District Office (14841 N. Black Canyon Freeway) School Board meetings are open to the public, and parents are welcome to attend.

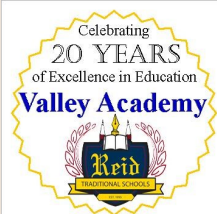
For more information please log on to our website: www.valleyacademy.com.

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From the Assistant Principal's Desk

Happy Fall Everyone!

This is a wonderful time of the year. The heat has finally let up and it has started to cool off. School is in full swing and the first quarter is behind us. We all have settled into the school year.

As I wander through the lunchroom and again after school in Coyote Club I notice what our students are eating and snacking on. For the most part our students are bringing healthy choices in their lunches and snacks, but there are others that include soda, candy, and chips as a complete lunch. We want our students to have energy and mental acuity. What you provide them to eat will determine how they perform both physically and academically. A diet of soda and candy will provide instant energy only to be followed with fatigue and mental foginess.

So, please be mindful of the food choices you provide your children. Lunches and snacks with some kind of protein, fruits and vegetables are always good choices. Send drinks of milk, juice or water. Discourage packing soda or energy drinks in lunches, especially ones that have red dye. Soda provides no nutritional value and drinks with red dye are not allowed on campus.

While I'm talking about healthy habits, we are heading into cold and flu season. It has been proven that frequent hand washing is the best deterrent to spreading those germs that cause these illnesses. A simple rule to help children do a good job is to sing the "Alphabet" song while they wash their hands. A good 30 seconds with warm water and soap is the way to go to prevent the spread of the viruses that cause cold and flu.

Enjoy fall and stay healthy.

Mrs. Browne, M. Ed.

What's Happening at Valley Academy?

Academics, Sports and Clubs are what contribute to our students' well rounded experience here at Reid Traditional Schools. Students throughout the grades are learning the fundamentals of language arts, reading, exploring math reasoning, using higher level thinking skills and applying their knowledge across the curriculums.

Our first grade classes are learning the parts of a plant and the culminating activity was actually growing bean plants.

In 8th grade, our students recently finished debating on whether or not the original colonies should become independent from England. There were some very good arguments for both sides. This is a wonderful way to make history come alive.

Learn more about some of our classroom projects, student learning, and explorations right [here](#) on our teacher webpages. Science Buddies and Science Club are in full swing after school on Thursdays offering scientific exploration through different experiments.

In sports, our football and volleyball teams have had a tremendous season. Both teams are undefeated! Tournament play begins next week. Please visit our website to learn more about those games and times.

These are just a few things happening here at Valley Academy. To find out more, be sure to ask your child "What's new at school?" Also, stay connected though volunteering on campus and supporting [VAPO](#) and their many great activities.