

January 9, 2013

TURTLE TRACKS

A WEEKLY EMAIL NEWSLETTER FOR THE VERMONT COMMONS SCHOOL COMMUNITY

UPCOMING EVENTS

January 11

Second Quarter
Ends

January 14-15

Review Days

January 16-18

Exams

January 18

Noon Dismissal

January 21-25

Winter Encounter
Week

Special Alumni Insert –by Mary Hamilton-Homer

First Friday 2013



Our second First Friday alumni visit was a wonderful success. Thirteen alums from the classes of '02 through '12 participated in a "Flying Elmo" green/grey competition; a presentation by Peter Gilmore and Trustee, Craig Heindel, on their future potential at VCS; a fantastic round table discussion with juniors and seniors on what to expect as they move toward college and life outside of VCS; and finally, a tasty lunch with faculty and staff in the Great Room. Many thanks to all who attended.

A couple quotes from alums:

"VCS really helped me talk with professors. Other kids were intimidated by them and for me it was easy to approach them and work with them." - Nate Jaffe

"VCS really prepared me for group work, cooperative projects, and understanding other opinions in college." - Kelsey Rapp



Alumni Annual Fund Participation

The Vermont Commons School Alumni have ALREADY matched and exceeded what they contributed, and how many contributed last year, to the Annual Fund. You are half way to your goal of 25% participation! This is how it plays out:

Class of 2012: 35% participation

Class of 2006: 23% participation

Class of 2011: 21% participation

We also have our FIRST EVER ALUMNI MATCHING GIFT (this is where your employee matches your charitable contribution)!

Please join your fellow alumni in supporting Vermont Commons School, your past and Vermont's future.

The Senior Legacy Gift

Each year the seniors get together to dream up and give a gift to the school in their name. Last year the seniors bought lounging furniture for the Commons Room. Last week on First Friday, some of them got to sit in it! Thank you class of 2012 for creating this cozy and comfortable corner!



PACS News



Coffee Hour: This Thursday 1/10 the 9th grade will be sponsoring the PACs Coffee Hour. VCS Merchandise will also be available for purchase (cash and checks only, please).

Please stop by and connect with teachers and parents from 7:45-8:45 AM.

Teacher Appreciation Luncheon: The luncheon is next Tuesday, January 15th. If you haven't already signed up to bring an item, there are still a couple of openings. Please see the following link:

www.SignUpGenius.com/go/60B044BAAAD23AA8-teacher/7127848

If you have any questions please contact Suzanne Mantegna at sdmantegna@comcast.net. Thank you!

VCS Social Event Series: Trip to Jay Peak



Our new "Class Sponsored Social Series" trip to Jay Peak Pump House Water Park will be this Friday 1/11 from 3:30 to 10:30 pm. Encourage your son or daughter to sign up ASAP with junior Mitchell Leffler. The cost will be \$30 per person which includes two-way transportation and entry ticket. Secure a seat on the bus by paying Liz Peck early! Please bring some spending money for dinner at the park. This event comes compliments of the Junior Class. Other class sponsored social events will be happening each month in the future.

Flying Turtles Came to the Rescue!



Schools often organize Barnes & Noble Bookfairs to fundraise for trips, school events, and supplies. The Barnes & Noble Bookfair that Vermont Commons School ran on Sunday, December 9th was different.



Vermont Commons School students, faculty, parents, and friends contributed their time and energy to raise money for other schools. In the wake of the devastation wrought by Hurricane Sandy, we decided to donate all of the money raised to help teachers and students who lost one of life's greatest gifts—the magic of books and a safe place to read and write. Last Friday, Vermont Commons School sent the money that they raised from their fund-raiser, **\$1,753.42**, to Literacy Lifeboats, an initiative spearheaded by Lucy Calkins and the Teachers College Reading and Writing Project at Columbia University. As a result, schools affected by the hurricane will receive rugs, book collections and bookshelves, as they begin to rebuild.

To learn more about our beneficiary, check out their website:
<http://readingandwritingproject.com/literacy-lifeboats>

A special thanks to the parents, faculty, students, and friends who made this charitable donation possible.

Enrichment Blurb



As Second Quarter is winding down, it is time to think about Enrichment sign-ups for the Third Quarter! Please [click here](#) to find more information on Enrichment and to view the form and fees. Please print out the form and hand it in with payment to Jennifer Cohen. Contact Jennifer with any questions at jcohen@vermontcommons.org.

Helping Our Kids Successfully Cope with Stress



Stress has become such an integral part of our lives that we don't always stop to examine it and explore ways to reduce its harmful effects on our lives. Our wellness efforts at VCS this year have included several activities and discussions related to stress reduction. As our kids get ready for midterm exams, we have a golden opportunity to help them apply what they have learned as we support them in dealing with stress in their lives.

Here are some tips that you may find useful:

1. Talk to your kids about the stress in their lives. Not all kids admit that they are stressed or identify the stressors, but making stress a topic of conversation in your home is a good start. You can volunteer some examples of how you cope with stress in your life.
2. Tell your kid explicitly (in a conversation or a note) that they are special and spell out for them WHY. Kids need to be reminded that grades are only grades and that we care about them and love them no matter how they perform on their exams.
3. Approach your kids and let them know that you want to support them as they prepare for midterm exams. Ask them if they need any help in making a study plan.
4. Nutrition plays a role in both increasing and reducing stress. Plan ahead kids' breakfasts during exam week. Also, prepare some healthy snacks and maybe special dinners.
5. Make sure that kids get enough sleep: 8 hours should be the minimum.
6. Exercise is known to reduce stress. Help kids make sure they get sufficient exercise during exam week.
7. Plan something special to celebrate the end of exam week. Let kids take the lead in suggesting some fun ideas.

Finally, here's a link to a media clip with some useful information on how we can support our kids as they encounter stressful situations: <http://www.youtube.com/watch?v=MlwMidd-VMs>

Please don't hesitate to contact us with any questions or ideas.

Warmly,
Simona Sharoni & Kim Evans
VCS Wellness Committee

Help VCS Get School Supplies!



Do you shop for groceries at Price Chopper? Vermont Commons School can earn points toward school items we need. Simply link your Price Chopper AdvantEdge card to VCS through these steps:

1. Go to www.pricechopper.com
2. Savings—School Savings Program
3. Tools For Schools
4. Sign up (you will need you AdvantEdge Card number)

VCS School Code: **44113**

Thank you for your participation!

This Week In Photos



VERMONT COMMONS SCHOOL - 75 GREEN MOUNTAIN DRIVE, SOUTH BURLINGTON, VT 05403
P: 802-865-8084 F: 802-865-2429 EMAIL: INFO@VERMONTCOMMONS.ORG

WWW.VERMONTCOMMONS.ORG