



DECEMBER 13TH, 2013

TURTLE TRACKS

A WEEKLY EMAIL NEWSLETTER FOR THE VERMONT COMMONS SCHOOL COMMUNITY

Upcoming Events

December 16-19th

VCS Feed a Family
Food Drive

December 18th

Community Film Series
The Opiate Effect

December 20th

World Language
Celebration

Dec. 21st-Jan. 5th

Winter Vacation
VCS Closed

Feed a Family: Donate to the Vermont Commons School Food Drive Monday, December 16th through Thursday, December 19th

by *Cara Simone, Zelda Ferris, and Nina Mantegna*

Please **join us** as we rally the entire Vermont Commons School community, past and present to participate in our four-day food drive to benefit the Chittenden County Emergency Food Shelf.

When cuts in food stamps and benefits have devastated our most vulnerable neighbors, we have an opportunity to **give back**. It's so easy.

Here's how to help: Next week, **donate food or toiletries** and indicate which team (Green or Gray) you are supporting. The bins will be outside Cara's office. The food shelf **also accepts monetary donations**, although they prefer a single check. Please make your checks out to VCS, indicate the Food Drive and your team in the note area. We'll tally the amount and write a single check to the food drive. Give your checks to Cara, Linda, Steve, or Jill.

Here are the critical items our neighbors need:

- Peanut butter
- Healthy cereals (wheat-based)
- Canned fruits
- Canned tuna or other proteins
- Pasta and pasta sauce
- Baby diapers, formulas, wipes
- Toiletries
 - toothpaste/toothbrushes
 - soap/deodorant
 - laundry detergent
 - feminine products



Christine Cousineau will get by with an \$11 cut in her monthly food stamp allotment, she said, but she'll feel it. Read her story by [clicking here](#).

- Flour, canned meat (beef, pork, chicken, etc)
- Low-sodium canned soups and chili
- Boxed meals (Mac & cheese, Hamburger Helper, etc)
- Rice
- Shelf-stable juice
- Portable ready-to-eat snack foods (kid friendly)
- Shelf-stable milk (non-dairy)

Thank you for all you do to support Vermont Commons School and our local community
Thank you for helping to **Feed a Family!**

Troublemaker

by Emma Dixon

He was prepared to die for his people
He set himself upon a task
One that makes me wonder,
why is freedom so much to ask?
To be prepared to die,
just because in their sick minds,
they were better.

What is so wrong with our world
that you have to sit 27 years away
just to be heard,
just to take a step forward?

We take it for granted that we have rights,
but if we didn't who would be brave?
Who would stand up for us?
Who would stir up trouble in the face of imprisonment
just to set us free?

Nelson Mandela didn't ask for much
all he wanted was a world where all were equal
He was brave enough that he wouldn't give up,
all for his people.



Grateful for You

by Nadine McBride

When outside pressures fight to consume me,
You make them disappear.

When personal stressors invade my mind,
You take them all away.

As if your very energy keeps me going,
even seeing you smile or hearing your laughter
uplifts me.

From less to more complex we have together
stretched our minds.
It is a pleasure to build this relationship with you.

Watching you grow into the person you are,
I am honored to aid your development.

As I see you push yourself and overcome challenges,
You too encourage me to be the best that I can be.

Grateful for you; bright, curious, and insightful,
You shine with new light everyday.

I didn't know you would affect me this way, but I do
this all for you.
Our bond is unlike others.

I am here for you, I respect you, I cherish you.
I am your teacher and you are my students.

THANK YOU, NADINE!



Student Video Surpasses 1,000 Views on YouTube!

A video made last year by Jamie Benson, Tanner Francis & Mikhal Yudien has just surpassed 1,000 Youtube views! The three students made "A Brief History of Smallpox" as part of their NAIS Challenge 20/20 work addressing issues of global infectious diseases. The video has been viewed by lots of other students doing research for their own school projects! [Click here to watch the video!](#)

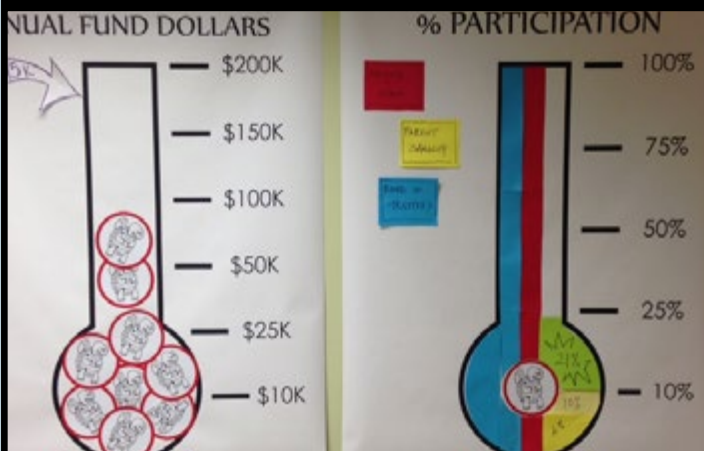


An Update on the Annual Fund

We have passed 50% of our Goal!!!

Thank you to everyone who has made a gift to bring us to this awesome point (and so early in the year!).

Please consider contributing to the Annual Fund with a generous year end gift!



A New Addition to the Flying Turtle Family!

Jay Philip Cline Lucey born Wednesday, December 4th to Susan & Mark Cline Lucey, and proud big brothers Emmett & Zinn. Everyone is healthy and well and enjoying quiet family time!

CONGRATULATIONS, MARK!



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