

September 6, 2012

TURTLE TRACKS

A WEEKLY EMAIL NEWSLETTER FOR THE VERMONT COMMONS SCHOOL COMMUNITY

UPCOMING EVENTS

| September 5 | September 7 | September 11 | September 24-28 | September 27 |
|---|-------------|-------------------------|-----------------|------------------------------|
| All School Hike 8:25-4 PM Picnic 4-5:30 | Picture Day | Parents Night 6-9 PM | Spirit Week | Homecoming Bonfire 6-8 PM |

Greetings from the Development Office & Mary Hamilton-Homer



Hello! My name is Mary Hamilton-Homer, and I have the distinct pleasure (and challenge) of filling the role of Interim Director of Development at VCS due to Sarah Judd's departure for another development position (good luck Sarah!). I have had a long and very rich relationship with Vermont Commons, as a parent of 3 students (the last, but not least of which is my daughter Maggie in 11th grade), Chair of the Annual Fund, Chair of the Board of Trustees and Chair of the Development Committee, as well as avid fan of the Ultimate and Volleyball Teams. In my various roles on the Board of Trustees and with the Development Office, I spent a great deal of time with Directors of Development Jordan Romm and Sarah Judd becoming familiar with how development/fundraising works here at VCS. I am happy to be able to keep the Development Office open for business as we conduct a search for a new and permanent Director. Please be looking for information from my office inviting you to participate in the continued growth of our favorite school!

School Directory Available on ParentsWeb



The Vermont Commons School Directory—formerly known as 'Names and Faces' is now available as an electronic version. Simply log on to ParentsWeb to see names, addresses, phone numbers and email for students and parents. If you wish to have a paper copy, you may print it from ParentsWeb.

Please update your demographic information at any time via webforms. This form will always be present on ParentsWeb for changes. Once you save the changes, they will be imported by an administrator at school into the directory. Please contact Liz with any questions.

WANTED: Gym Equipment



This summer, Vermont Commons School was lucky enough to receive a donation of exercise equipment. We would love to expand the start of this gym! Please let us know of any exercise equipment you may want to donate to VCS. Please contact Liz in the main office. Thank you!

Picture Day—Friday, September 7th



Picture Day will be held on Friday, September 7th.

We are working with Ambient Photography this year. Please read the brochure carefully to understand the different ordering options by [clicking here](#). [Please click here](#) to view the order form, which you may mail to Ambient Photography directly or bring the form to school with a check on Friday.

Please contact Ambient Photography at 802-872-0905 with any questions. You may also visit their website at www.AmbientPhotography.com.

College Corner –by Sarah Soule

On Wednesday evening, September 12th, at 6:30 p.m., all VCS juniors and seniors are invited to attend the college fair at St. Michael's College in Colchester. Over 200 colleges and universities from across the country will attend! Sophomores are encouraged to go as well if they are interested.



We're looking forward to welcoming 24 colleges to our school during the week of the college fair (check out the College Guidance Calendar that is linked to our website for specific institutions and times and dates). Interested students and parents are invited to meet with the visiting representatives in Sarah's office to learn more and ask questions about the admission process. If a visit occurs during class time, students are asked to get the permission of their teacher in order to sit participate. Please check in with Sarah regarding the college fair and the college visits if you have questions.

Also, VSAC (Vermont Student Assistance Corporation) is hosting several evening sessions regarding financial aid and covering the cost of higher education. They will be held at area high schools in coming weeks. Please mark your calendars and plan to attend! For further information and specific details as to time and exact location, please call VSAC directly: [802-655-9602](tel:802-655-9602). VSAC will also be available at the college fair on the evening of September 12th to address your questions about the financial aid process.

Thursday, October 4: Champlain Valley Union HS, Hinesburg

Thursday, October 18: Milton HS, Milton

Monday, October 29, BFA, Fairfax

Thursday, November 1, Colchester HS, Colchester

Thursday, November 1, Mt. Mansfield UHS, Jericho

Wednesday, November 14, Burlington HS, Burlington

Thursday, November 15, South Burlington HS, South Burlington

Need More Study Time?



After school study hall will happen in the computer lab every Monday, Wednesday, and Thursday from 3:25-4:25 p.m. Students are welcome to attend to work on their homework in a quiet and supportive environment with a teacher present. Please contact Jessica Redmond (jredmond@vermontcommons.org) with questions.

Wellness Corner –by Kim Evans



Healthy foods in healthy schools is key part of our wellness initiative at Vermont Commons School. This means that at school functions, and as part of our school trip fundraising efforts, we will work toward providing and promoting healthy foods. As Columbia professor Charles Basch reminds us, in his landmark paper [*Healthier Students are Better Learners: A Missing Link in School Reforms to Close the Achievement Gap*](#), there is a self-evident premise that kids brains don't work if they don't eat well and they don't move their bodies. These are key concepts we will work on this year as a part of our wellness initiative. We are asking parents and students to exercise mindful practices in coming to school well fed, bring

lunches that will fuel brain and body, and by having proper snacks for fueling after school activities. One of our Research & Service units this year will focus on farm to school, encouraging student to be mindful of where their foods are grown and come from.

Take back message for home:

1. Eat a protein rich breakfast every morning. Some ideas: a smoothie, an egg sandwich, yogurt and granola, toast with peanut butter or a Lara Bar.
2. Make your kitchen the heart of your home. Think of it as a healing center upon which to base the foundation of your family's health.

Take home school message:

1. Healthy foods in health schools means schools are safe zones where access is only to foods that promote health and optimal brain functioning.
2. We will work this year to integrate self-care and nutrition curriculum into Vermont Commons through our common hour wellness presentations.
3. Through our partnership with Healthy Living Market, we will integrate basic cooking and shopping skills as part of a curriculum. We will announce up coming grocery store tours and possible cooking demos.

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