

FROM THE PRINCIPALS

Marian Humphries, principal & Lorie Belski, assistant principal

The first nine weeks at Central School have been a very exciting, productive time for our teachers and students. Our fifth graders have completed their memorable trips to McDowell Environmental Camp. Curriculum-related learning activities will continue to support this worthwhile event. A big “THANK YOU” to Cindy Cherry who did an excellent job in chairing our McDowell Committee. With the help of our supportive PTO, McDowell is a great experience for our 5th graders!

We thank all of you for your generous support of the Central Games fundraiser! Profits from Central Games will be used to purchase materials to support our school and instructional programs. A special thank you to Ruth Bean and Libby Crumpton for a job well done!

Working together, we can strengthen our educational community ensuring success at Central school. We encourage you to communicate with your child’s teacher. We welcome notes, phone calls or conferences when needed.

Our Veteran’s Day Program is November 10th and we will be out of school on November 11th to honor our wonderful Veterans. November 23rd – 25th will be Thanksgiving holidays. We hope this will allow your family valuable time together! As always, thank you for your continued support. Have a safe and happy holiday.

Sincerely,

Marian Humphries
Principal

Lorie Belski
Assistant Principal



“DO THE RIGHT THING, BECAUSE
IT’S THE RIGHT THING TO DO!”

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NOVEMBER

- 1 Fall Book Fair Family Night, 3:00-6:00 pm
- 2 Grandparents’ Day, 12:00-1:00 pm
- 3 Fall Book Fair Ends, 8:00 am-2:30 pm
- 4 Character Club, 7:20 am
- 7 PTO Board Meeting, 9:30 am
- 9 Parent Awareness Meeting, 12:00 pm @BOE
- 10 Veteran’s Day Program, 9:00 am
- 11 Veteran’s Day- NO SCHOOL
- 17 PTO Legislative Forum, 8:30-11:00 am
- 23-25 Thanksgiving Holidays- NO SCHOOL

DECEMBER

- 8 4th Grade Musical, 9:30 am & 1:30 pm
- 9 PTO Faculty Breakfast, 7:30 am
- 16 End of First 9 Weeks
Last Day of Semester for Students
- 19-31 NO SCHOOL

January

- 4 Students Return

FROM THE PTO PRESIDENT

Summer Zulas, PTO President

Happy Fall! It has been quite a busy start to the school year at Central. It's hard to believe that November is already here and that the first nine weeks of school are complete! A big thank you to all of you – parents, students and Central staff – who supported the inaugural Central Games this year! We raised over \$70,000 for Central! We will be using the funds raised as soon as possible so that our current students will benefit. I would like to give a great BIG thank you to Ruth Bean and Libby Crumpton for chairing this event. I would also like to thank the Central Games committee. They worked tirelessly and devoted many, many hours of their time to ensure that our fundraiser was a success! Well done everyone!

Our 5th grade Camp McDowell trips are now complete and were a great success!! Thank you to our dedicated group of parents, led by Cindy Cherry, who organized MANY details to make it happen. Special appreciation also goes to the parents who served as chaperones and to our camp medical personnel. Camp McDowell provides priceless memories for our 5th graders that will last a lifetime!

Central directories went home (for those who purchased them during registration) a few weeks ago. Many thanks to Robyn Kown for her work in preparing those!

Be on the lookout for information coming home with your student about a cool new free app called "Planet Fundraiser." You can help benefit Central while you shop! Details coming soon!

Central celebrated Red Ribbon Week October 24-28 to remind our kids to stand firm against drugs and bullying. Thank you to Amy Duffey and our school counselors, Alexis Sapp and Kellie Knight, for organizing this fun and important week for the school.

Our special events continue in November. The Book Fair will be held October 27-November 4 and will offer new books for our amazing readers. Many thanks to Allison Maners and Rachel Harwell for helping our media specialist, Elizabeth Hester, organize this week. We greatly appreciate all of the parents who volunteered to work during the Book Fair. All proceeds benefit the media center, so stop by and purchase a book or two! And remember, books make great holiday or birthday gifts!!

Central's GrandPals enjoyed a reception to thank them for volunteering their time in our classrooms. Thank you to Brandi Vickers for coordinating GrandPals this year, and to Brandi and Jane Bochnak for the lovely reception.

Ashley Goetz and Lissa Shultz are working with Kate Donaldson to prepare a very special Veterans' Day program and reception to honor the Central family's veterans for their service to our country.

Anne Sparks is coordinating volunteers from each classroom to share the Junior Achievement program with our students.

The Vestavia Hills School Board will be hosting facilities meetings on the following dates:

- November 1, 6 pm in the Vestavia Hills Elementary Cahaba Heights media center
- November 3, 12 pm in the Liberty Park Middle School media center

A Legislative Round Table will be held Thursday, November 17, 8:30-11:00 a.m. at Vestavia City Hall. Everyone is welcomed and encouraged to attend.

As the Thanksgiving season approaches, I am reminded of how fortunate we are at Central. I am thankful for the faculty and staff at Central and for all of our wonderful families.

As always, please contact me if you have any questions or concerns (thezucrow@gmail.com).

The advertisement for the Planet Fundraiser app features the app's logo at the top left, which includes a globe and the text "Planet FUNDRAISER". To the right, it says "DOWNLOAD THE FREE APP" with icons for the App Store and Google Play. Below this, a blue banner states: "Planet Fundraiser enables parents to raise funds for classrooms through everyday purchases." The main body of the ad is dark grey and contains the text: "Download the app and select our school to start giving back today!". Below this text are three smartphone icons illustrating the app's features: "SHOP" (Shop at supporting merchants), "SNAP" (Snap a picture of your receipt), and "GIVE" (A percentage will be given to your school). To the right of these icons is a graphic of a blue UFO with a white beam of light shining down on a cow, with the text "SOME OF OUR MERCHANTS" above logos for Chick-fil-A, Piggly Wiggly, Icantina, and Donatos. At the bottom of the ad, the website "PLANETFUNDRAISER.COM" is displayed in white text on a blue background.

MUSIC NOTES

We have gotten off to a great start this quarter in the music room. I have been thrilled listening to the 4th graders singing! Their early elementary music teachers have done a great job getting them ready for 4th grade. We are beginning our work on our musical, "The Nutcracker", which will be presented on December 8th at 9:30 AM and 1:30 PM. We split the 4th grade performances because we have run out of room to have the whole grade performing at the same time.

If your child is in **Luccasen, Deneke, Sleeper, Johnston, McDonald, Beene, Sullivan, Williams, or Knain's** class they will be performing on the 8th at **9:30 am**. If your child is in **Calagaz, Kellogg, Vickers, Jacobs, Graham, Smith, Meeks or Grammas'** class they will be performing on the 8th at **1:30 pm**. The performances will be held in the gym. Please watch the website for updates and reminders.

Fifth graders have already improved so much playing their recorders! You can probably start letting them practice indoors now! We have been discussing phrasing and tonguing techniques that make our music sound more musical. Remind them to practice at least thirty minutes a week and to keep their recorders and books with them at all times so they will be prepared for class. You won't believe the growth you will hear this next quarter!

The **Honor Choir** is a non-auditioned 5th grade group that meets after school. They will be performing for the first time at our Veterans' Day Program on November 10th at 9:00 am.

Every VHEC student brought home a Veterans' Day form to fill out. Please help them find the name of a veteran they can honor and/ or memorialize. It can be a relative or just someone you know. Complete the form that was sent home and return it to their homeroom teacher by Nov 4th. We would like to honor our veterans with a pictorial presentation that will be playing when you enter the gym. If you have a digital picture that you could email me, I would love to include pictures of Veterans from your family. Please have these emailed to me by November 4th. Thank you so much for helping us honor our veterans!

This is a very special program for our school and you are welcome to attend and bring a veteran with you. Please visit my website for more updates. <http://teachers.vestavia.k12.al.us/donaldsonka/VHEC/Welcome.html>

Please feel free to contact me if you have questions or concerns.

Mrs. Kate Donaldson, VHEC Music
donaldsonka@vestavia.k12.al.us

SAVE THE DATES:

- **November 10th @9am -Veterans Day Assembly**
- **November 29th @6pm - Honor Choir performing at the Vestavia Hills Tree Lighting**
- **December 8th - 4th Graders presenting "The Nutcracker"**

CHARACTER CLUB

Please join us **Friday, November 4 at 7:20 am** in the gym for Character Club. We will be hearing about **HONOR** from Captain Christopher Frost who was on active duty for 8 years in the Army flying the AH-64 Apache attack helicopter.

Please make plans for your child to join us. A small breakfast snack will be served.

Thank you for sharing your children with us!

Amy Pattillo, amy.pattillo@gmail.com
Jamey Vincent, jameycv@aol.com

Camp McDowell 2016

We are back from camp!!

Camp McDowell was a huge success. The camp was a unique opportunity for our children to learn and grow in an exciting outdoor environment. It took a team effort to prepare our children for the camp. A big "thank you" to our teachers and chaperones who gave up three days to spend with our campers. A big "thank you" to my committee for their long hours of work. Thank you Emily Phillips, Monica Carroll, Marti Register, Alissa Padgett, Brandy Mollison and Amy Hurst. And thank you to the staff who I had to bug often, but provided so much assistance to get everything perfect: Marian Humphries, Ginger Golden, LaTonya Wilkerson, Shannon Fulton, Kim Matchen and Stephanie Rell.

Cindy Cherry, Camp Chair
gcgg51599@bellsouth.net

RED RIBBON WEEK

October 24th-28th

All throughout the week students were seen wearing boots to "stomp out drugs" and wearing neon to remind us "we are too bright to do drugs." The week ended with Mr. Cow from the Vestavia Hills Chick-fil-A making everyone aware that "even Cows say NO to drugs."

A big "thank you" to Western Supermarket in Vestavia Hills and Continental Florist in Vestavia Hills for donating Red Ribbons to decorate the school and remind everyone of such an important week.



Bookaneer Fall Book Fair!

Ahoy Mateys! Book Fair is coming!

Friday, October 28 – Thursday, November 3rd
8:00-2:30

All classes will get to preview books Thursday, October 27th.

Grandparents Day to shop is Wednesday, November 2nd
4th graders 11:00-12:00
5th graders 12:00-1:00

Tell your parents about this special time they can have with their Grandkids.

We will provide a special snack for them and door prizes for our grandparents!

Feel free to send in an envelope marked 'book fair' with your child's name on it OR a check made out to VHEC OR come shop with them!

Extra after school shop time Tuesday 3:00-5:30

You can also help your classroom grow their library by purchasing a book off your teacher's wish list OR you could donate \$ towards their wish list.

If you can volunteer or have questions, contact -

Allison Maners allisonmaners@charter.net
Rachel Harwell R98flowers@yahoo.com

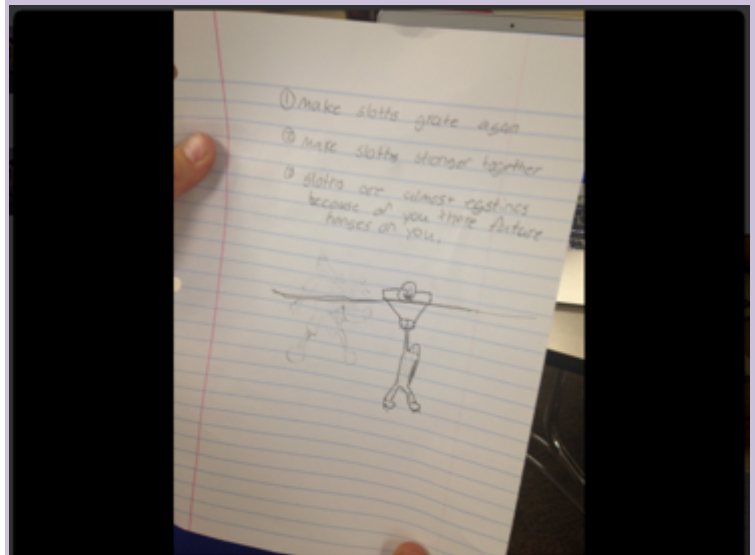
VHEC Students and Sloths



Students at VHEC have been participating for weeks in the Elementary Sloth Challenge sponsored by The Sloth Institute in Costa Rica. In the process of trying to win a sloth Skyping session they have done tons of research learning about these animals and the rain forest. Not only is it educational to participate in a contest like this, it is a lot of fun when the people you are working with across the world give a shoutout:

#slothloveatschool post of the week!

Thank you to Vestavia Hills Elementary School in Alabama for sharing their students projects this week on Twitter!



Don't forget to post pictures on social media using #slothloveatschool, or [email us](mailto:) - we would love see all of the activities your classes have completed so far.

VESTAVIA HILLS CITY SCHOOLS FOUNDATION

Woodlawn: One Hope, One Dream, One Way with Todd Gerelds

The 3rd Annual PNC & VHCSF Luncheon was a huge success raising just under \$25,000 for the endowment. Over 200 guests were inspired by Gerelds' amazing story of redemption that happened at Woodlawn High School and changed countless lives forever.



SPECIAL THANKS TO OUR EVENT SPONSORS

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VESTAVIA HILLS CITY SCHOOLS FOUNDATION
A commitment to our students, our teachers, and our community.

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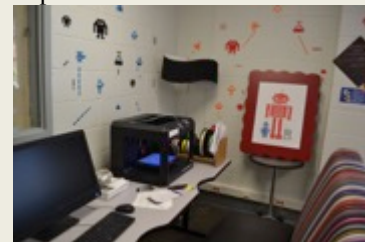
#GivingTuesday *Giving Tuesday*
on **razoo**
November 29, 2016

On November 29th, our community will come together for #GivingTuesday and we need you to join us! It's 24 hours of unprecedented nonprofit giving – and it's your chance to make a real difference right here in our community. When you support the Vestavia Hills City Schools Foundation you are making an investment in our schools, our children and our future. Together, #weFUNDtheFuture.

To contribute visit
<https://givingtuesday.razoo.com/us/story/Zq001g> or www.vestaviafoundation.org

Vestavia Hills Elementary Central's Maker Space

The Vestavia Hills City Schools Foundation, a 501(c)3 non-profit organization, provides funds each year to Vestavia Hills educators for technology improvements, classroom enhancement projects, and professional development training for teachers. In 2015-16 the Foundation awarded more than \$55,000 in grants including a grant to Vestavia Hills Elementary Central to fund a Maker Space.



Vestavia Hills Elementary Central transformed its computer lab into an innovative 21st century learning space, Central PARK (Positive Atmosphere Reaches Kids). VHEC integrated a Maker Space area which provided a setting where the Next Generation Science Standards can be implemented with greater ease.

The objective was to develop scientifically literate students who understand and who can apply core ideas in each of the major science disciplines. Because of the VHCSF grant, students have could incorporate science, technology, engineering and math (STEM) concepts while exploring hands-on, creative problem solving in our Maker Spaces.

Since providing its first grants in 1999, the VHCSF has awarded \$784,000 to Vestavia Hills City Schools and the Board of Education. The Foundation's endowment is funded by contributions from parents, grandparents, and other community-minded residents and companies who want to ensure Vestavia schools have access to funds for educational improvements. For more information on how you can support VHCSF visit www.vestaviafoundation.org.

Newk's EATERY

Tuesday nights are VHCSF nights at the Vestavia Newk's! Beginning October 13th, 10% of all proceeds on Tuesday nights from 4pm-8pm will benefit the foundation!



PARTNERS IN EDUCATION

We love our community partners at VHEC.

If you would like to be a partner, through donations or in kind services, please contact Cindy Cherry @ gcgg51599@bellsouth.net to find out the donation needs for this school year. We welcome donations such as prizes for our fundraisers, snacks and drinks for school events, and door prizes for our teacher luncheons.

Following are the wonderful businesses who have donated for this year.

Platinum Level:

Big Color; Bruster's Ice Cream; Chick Fil A; Dr. Dominique V. Backus, Orthodontist; The Dermatology & Skin Care Center of Birmingham; McDonalds; Moe's BBQ; Petro Facial Plastic Surgery & Medspa; Yanosky Orthodontics

Gold Level:

Kidz Closet and More; Lowe-Go Sportswear

Silver Level:

Friedman, Dazzio, Zulanis & Bowling, P.C.; SOCA Clothing; Vestavia Hills Soccer Club

Bronze Level:

The Booker Family; D1 Sports; ellen sheumaker design; Evan Wright Photography + Design; Gifts From A to Zebra; Iron Tribe Fitness; Stephanie Steinmetz Pediatric Dentistry; Tiger Rock Martial Arts; U.S. Tae Kwon Do Academy

PARENT AWARENESS MEETING:

What is the Jason Flatt Act? Legislation Update 2016

(Organized by VHCS Board of Education and the VHHS PTO)

When: Wednesday, November 9th, 12:00 p.m.
(Meetings typically last one hour.)

Where: Board of Education Building, Room 202

Who: All parents of students in the Vestavia Hills School System (Grades K - 12 plus preschool)

Come hear Kandace VanWanderham, VHCS Director of Student Services, discuss a new law passed this year - the Jason Flatt Act. This law is geared toward the education of students, parents and educators on the "Silent Epidemic" of youth suicide. Abby Litovsky, Suicide Prevention Coordinator at the Crisis Center, will be our guest speaker. She will help us identify warning signs, give us prevention techniques and let us know where to go for help. What if we could make a difference in a child's life by being a little more informed on this subject???

Please note that this meeting is open to parents of ALL students in our school system due to the significance of this newly passed law. Bring your lunch and a friend!

Questions:

Debbie Castleberry (debbiecastleberry@mac.com) or

Leigh Ann Bridges (lamb422@yahoo.com)
VHHS PTO Parent Awareness Co-Chairs

THE 12TH ANNUAL MOUNTAIN BROOK AND VESTAVIA HILLS PTO LEGISLATIVE FORUM

Join us as our State Senators and Legislators discuss legislation affecting our schools:

Thursday, November 17th, 8:30am-11am at
The Vestavia Hills City Hall Council Chamber.

Contact Katherine Taylor if you have any questions.
Vestavia Hills PTO Council Legislative Rep
mctaylor01@bellsouth.net, 979.3625



Dining Hall

VHEC offers breakfast between 7:15 and 7:45 in our dining hall. Also, we invite you to join your child for lunch. You will find VHEC provides tasty and healthy meals. Fast food is not allowed in our dining hall. If you are having lunch with your child and bring fast food, please eat outside at our picnic area.

November Central

Monday	Tuesday	Wednesday	Thursday	Friday
31 HALLOWEEN Candy Corn Yogurt Cup Chili Grilled Cheese Hotdog Steamed Broccoli Baked Potato	1 Chicken Biscuit Baked Ziti Pep Calzone / Cheese Calzone Baby Bakers Italian Veggies Spinach Salad	2 Mini French Toast Sticks Chicken Fingers Mashed Potatoes w/ Gravy Green Peas Glazed Carrots Roll	3** Bacon, Egg & Cheese Croissant Sliders Chicken Flatbread (variety) Baked Fries Baked Beans Coleslaw	4** Mini Bagels w/ Cream Cheese Pep & Cheese Pizza Steamed Corn Green Beans Veggies w/ Hummus *Carnival Cookies*
7 Sausage Biscuit Scrambled Eggs Sausage Link Tater Tots Cinnamon Apples Grape Tomato Cup Pancakes	8 Waffle Sticks BBQ Chicken Sandwich Hotdogs Green Beans Corn on Cob Marinated Coleslaw Peach Cobbler	9 Cheese Omelet Chicken Poppers Chicken Wings Baked Beans Onion Rings Tossed Salad Veggies w/ Dip	10 Assorted Donuts Thanksgiving Meal Sliced Turkey & Ham Cornbread Dressing / Gravy Sweet Potato Soufflé Green Bean Casserole Ambrosia Rolls	11 Veterans Day
14 Pancake Covered Sausage Tacos w/ Fixings Chicken Fajitas Steamed Corn Refried Beans Spanish Rice Spicy Guacamole	15 Yogurt Parfait w/ Cinnamon Roll Lasagna Roll Italian Dunkers w/ Marinara Zesty Lemon Broccoli Tuscan Veggies Caesar Salad	16 Mini Waffles Pork Chops Breaded Chicken Sandwich Scalloped Potatoes Black-eyed Peas Collard Greens Cornbread	17 Breakfast Pizza Chicken Noodle Soup Grilled Cheese Corndog Baked Fries Glazed Carrots Spring Mix	18 Bacon Egg & Cheese Croissant Pep & Cheese Pizza Seasoned New Potatoes California Veggies Tossed Salad Birthday Cake
21 Assorted Donuts Chicken Fingers Mashed Potatoes w/ Gravy Green Peas Rolls	22 Fruit Frudel Hotdogs Baked Fries Baked Beans	23 	24 	25 
28 French Toast Sticks Scrambled Eggs Sausage Patties Tater Tots Cinnamon Apples Grape Tomato Cup French Toast Sticks	29 Smoked Sausage Biscuit Crisпитos Chicken Fajitas Steamed Corn Black Beans Cilantro Lime Rice	30 Eggs, Grits and Sausage Patties Spaghetti Chicken Alfredo Parmesan Broccoli Seasoned New Potatoes Spinach Salad	1 Pumpkin Chocolate Chip Muffins Beef Tips Hotdogs Rice w/ Gravy Spinach Supreme Carrot Soufflé Tossed Salad	2 Ham, Egg & Cheese Croissant Chicken Poppers Baked Potato Halves Roasted Squash & Zucchini Baked Tomato Oregano Rolls

VHEC Bumper Stickers

Available in the Office

Cost is \$3



Central Courier is published monthly for students, parents and faculty of Vestavia Hills Elementary Central. Editor: Tara Thomas, vhecnewsletter@gmail.com

Vestavia Hills City Schools (VHCS) does not discriminate on the basis of race, color, national origin, sex, disability, or age in its programs and activities and provides equal access to the Boy Scouts and other designated youth groups. The following person has been designated to handle inquiries regarding the non-discrimination policies: Debbie Hargrave, Section 504/Title IX coordinator, at 1204 Montgomery Highway, 205-402-5100. For further information on notice of non-discrimination, visit <http://wdcrocolp01.ed.gov/CFAPPS/OCR/contactus.cfm> for the address and phone number of the office that serves your area, or call 800-421-3481.