

Message From the Principal

Parents, Guardians and Hawks,

We are well underway of the 4th quarter and it seems that the pace of life and school gets quicker by the day. Summer is on the horizon and you can feel the energy of the season in the air. Students and teachers continue to work hard and I am happy to see their continued focus on rigorous instruction as we make the final push for the end of the year. It is during this time of year that we will have a multitude of events and activities throughout the school. With a school the size of VRA, conflicts and overlaps between grade levels are unfortunately unavoidable and we do apologize in advance. If you are planning to attend any school based function, either on campus or during a field study, please make sure that you have completed the volunteer registration process. The link for the completing this form can be found on the VRA homepage.

Please join us for the VRA Drama Club's presentation of Disney's Beauty and the Beast Jr. Performances on Thursday, May 10th and Friday, May 11th from 6:00pm – 7:15pm in the VRA cafeteria. Tickets are \$5.00 and will be available at the door.

I am excited to announce the first annual PBIS Presents: Ties and Tiaras Dance on May 4th from 6:30pm – 8:30pm. Come and enjoy an evening of dancing and entertainment with your son and/or daughter. We will have a photo booth, snacks and entertainment. Parents and children in grades K-8 are invited to attend. Tickets are \$5 per ticket with all proceeds going to benefit the VRA PBIS program. A big thank you to our event sponsor, The Heather Loveland Dance Academy. If you are interested in attending, please RSVP by April 27th. RSVP information can be found on the VRA homepage. Hope to see you there!

Congratulations to all of the 4th and 5th grade students who competed in the 2017-2018 Stem Fair. The scope and depth of the projects were extremely impressive. I would like to recognize the following students for being selected to represent VRA at the upcoming District STEM Fair!

4th grade: Harrison Hackett (Mrs. Murphy)-Gas from Garbage

4th grade: Lucy Krum (Mrs. Beaulieu)-Reading vs Gaming

5th grade: Abiel Bismi (Mrs. Gangi)-Caffeine-Boon or Bane

5th grade: Katie Townsend (Mrs. Southworth)-Sassy Grass

5th grade: Jack and Sam McConnell (Mrs. Bostic)-Trials of Erosion

It is my privilege to recognize 5th grader Katie Townsend (Ms. Southworth) for representing VRA at the District Tropicana Speech Contest. Watching her in the competition with students throughout the District, I came away so impressed with her poise and confidence. She represented herself and VRA extremely well and everyone at VRA is proud of you!

As the 2017-2018 school year comes to a close, I would like to express my gratitude to each one of you for your support and assistance in making this year one of VRA's best. We continue to grow both as a school and a community and each year we build together upon the foundation of years past. This school year was no exception as we continue to establish our own traditions and a further our reputation for academic excellence.

I would like to extend my sincerest thanks to all of the teachers at Valley Ridge for their hard work and dedication. Their commitment to their students is visible each and every day in all they do. It is truly a privilege to work with such a wonderful group educators. I would also like to recognize my Administration team and all of the school support staff. These individuals work tirelessly, often behind the scenes, to make sure that our teachers are able to put all of their focus into the classroom. A school the size and scope of Valley Ridge requires a great deal of management just to keep the doors open and without such a hardworking and dedicated team, it would not be possible.

I would like to congratulate all of the students of Valley Ridge Academy for your hard work throughout the year. However, more important to me than our students' academic success is the stellar examples of character that I see on display each and every day from the student body. I have always said that given the choice between academic high achievers or students with great character, I will take students with great character 10 out of 10 times. Students are the heart, soul and purpose for any school, and that is especially true here. I could not be more thankful to have the opportunity to watch our students grow throughout the year into such upstanding and accomplished young people.

Finally, I would be remiss not to acknowledge those students who will be leaving Valley Ridge Academy this year either by way of moving on to high school or as a result of rezoning. While I know you will all continue to grow and prosper at your new schools, just know that you always have a place in the hearts of everyone at VRA. You will always be Hawks and we will miss you!

Please see below for important upcoming dates

- May 1st: 5:30pm: 5th and 8th Gifted Transition Meeting in the Media Center
 - May 1st: 6:00pm: 1st Grade Play Performance (Goodwin, Lockwood, Curtis)
 - May 1st: 7:00pm: PTO Meeting
 - May 2nd: 6:00pm: 1st Grade Play Performance (Markle, Xanders, Painter)
 - May 2nd: 6th – 8th Math FSA and EOC
 - May 3rd: 6th – 8th Math FSA and EOC
 - May 3rd: 6:00pm – 7:00pm: 1st Grade Play Performance (Williams, Barrs, Eagleson)
 - May 4th: 6:30pm: Ties and Tiaras' Dance
 - May 8th: 6:30pm: VRA Symphonic Band Concert
 - May 8th: 3:30pm: SAC Meeting in Media Center
 - May 8th: 8:45 am: National Spanish Honor Society Induction Ceremony
 - May 10th: 7th Grade Civics EOC
 - May 10th: Goodwill Bag-it-up Drop-off
 - May 10th: 6:00pm: Beauty and the Beast Jr. Drama Club Performance
 - May 11th: 6:00pm: Beauty and the Beast Jr. Drama Club Performance
 - May 16th: 9:00am: Rising 6th Graders Palm Valley Academy Students Trip to Ocean Palms
 - May 16th: 1st Grade STEM Day
 - May 17th: 6:30pm: Beginning Band Concert
 - May 18th: 5th Grade Kickball Tournament
 - May 18th: 7th Grade Sock Hop
 - May 18th: 1:00pm: 8th Grade Gradventure Trip
 - May 21st: 4th Grade Field Study to Kennedy Space Center
 - May 22nd: 5th Grade End of Year Celebration
 - May 22nd: 2nd Grade End of Year Rotations
 - May 23rd: 5th Grade Field Study to Wild Adventures
 - May 23rd: 8th Grade End of Year Celebration
 - May 23rd: 7:00pm: 8th Grade Dance (Off Campus)
 - May 23rd: 4th Grade End of Year Picnic and Rotations
 - May 23rd: 3rd Grade End of Year Celebration
 - May 24th: 6th Grade Dodgeball Tournament
 - May 24th: Last Day of School for Students!!!!
- Have a great summer!

Thank you to our Diamond Members

HOLBROOK LAW



RDC RAINBOW PEDIATRIC CENTER



1st Grade Liveschool Quarterly Rewards

PBIS is our awesome team of teachers, staff, parents, and students that put together our behavior system at VRA-Liveschool!



First graders earn liveschool points throughout each quarter. The first grade teachers came up with free items that students could shop for to spend their liveschool points throughout the school year. Each teacher created a shopping menu in their own classroom with items like, rent a chair, desk swap, treasure box, rent a wobbly stool, lunch with the teacher, etc. Each quarter



there was an additional \$100 activity for the entire 1st grade to have the opportunity to purchase. The rewards were created by the teachers and were all cost free rewards.



First grade had a camp and read with flashlights in the library hour, dance party outside, lunch under the pavilion with the first grade teachers, and our final incentive will be Choose Your Activity. First graders who purchase the reward can visit another first grade classroom for



a make your own craft, dance it out time, technology time, outdoor activity, or board game free time. The kids really enjoyed having these extra incentives throughout the year and the first grade teachers worked very hard to implement the liveschool reward system this school year.



Camp Highlights

- Free Throw Contest
- Hot Shot Contest
- Knock-out Contest
- A fun and educational experience
- Air-conditioned gym
- Competitive games played daily

RAIDERS

Switzerland Point Middle School
Summer Basketball Camp



June 4 - 8, 2018

June 11 - 15, 2018

June 25- June 29, 2018

777 Greenbriar Road

Saint Johns, FL 32259

Telephone Number

(904) 547-8650

Or

Fax Number

(904) 547-8646

Coach Terrance Singleton's

Resume

*Has over 25 years experience coaching basketball

*Coach at Switzerland Point Middle School since 1993

*Coached at St. Augustine High School

*Have many years working at basketball camps

*Currently the head coach of the boy's middle school basketball team at Switzerland Point.

*Graduate of Bethune Cookman University (formerly Bethune Cookman College)

Cost:

\$75.00 per camper for one session

\$140.00 per camper for two sessions

\$210.00 per camper for three sessions

\$250.00 per camper for four sessions

\$300.00 per camper for five sessions

How to Pre-Register:

Send a \$75.00 non-refundable deposit or full payment to:

Switzerland Point Middle School

777 Greenbriar Road

Saint Johns, FL 32259

Attn: Coach Singleton

Pre-register today as space is limited to 60

Switzerland Point Middle School
Summer Basketball Camp

Dates: Boys and Girls, ages 6 - 14

Week One

June 4 - 8, 2018

Session 1A - 8:30 am to 11:30 am

Session 1B - 12:30 pm to 3:30 pm

June 11 - 15, 2018

Week Two

Session 2A - 8:30 am to 11:30 am

Session 2B - 12:30 pm to 3:30 pm

Week Three

June 25 - June 29, 2018

Team Camp

(30 BOYS ONLY)

Grades 6th-8th

Session 3A - 8:30am to 11:30am.

Session 3B - 12:30pm to 3:30pm

"2nd Annual" Girls Team Camp

(25 GIRL'S ONLY)

Grades 5th-8th

Session 3B - 12:30pm to 3:30pm

For additional information call or contact Coach Singleton at

Terrance.Singleton@johns.k12.fl.us

Name _____

Age _____ (As of camp start date, for your child)

Circle T-shirt size: YM YL AS M L XL

Please check sizes carefully!!

Address _____

City, State, Zip _____

Home Number _____

Work or Cell Number _____

Email Address _____

I hereby authorize the staff of the Switzerland Point Middle School to act for me according to their best judgment in any emergency requiring medical attention.

I hereby consent and release Switzerland Point Middle School and the Switzerland Point Middle School Camp staff from any and all liability for any injuries or illness sustained while at the camp. I warrant knowledge of any physical impairment that would be affected by the above campers participation in the camp.

Please check which session(s) the camper will attend:

Session 1A _____ Session 1B _____

Session 2A _____ Session 2B _____

Session 3A _____ Session 3B _____

Parent or Guardian Signature _____

Healthy Sleep Habits: How Many Hours Does Your Child Need?

Recommended Amount of Sleep for Pediatric Populations*

Age	Recommended Sleep Hours per 24 Hour Period
Infants: 4 to 12 months	12 to 16 hours (including naps)
Toddlers: 1 to 2 years	11 to 14 hours (including naps)
Preschoolers: 3 to 5 years	10 to 13 hours (including naps)
Gradeschoolers: 6 to 12 years	9 to 12 hours
Teens: 13 to 18 years	8 to 10 hours

*The American Academy of Pediatrics (AAP) has issued a Statement of Endorsement supporting these guidelines from the American Academy of Sleep Medicine (AASM).

Source: Paruthi S, Brooks LJ, D'Ambrósio C, Hall W, Kotagal S, Lloyd RM, Malow B, Maski K, Nichols C, Quan SF, Rosen CL, Troester MM, Wise MS. Recommended Amount of Sleep for Pediatric Populations: A Statement of the American Academy of Sleep Medicine. *J Clin Sleep Med.* 2016 May 25. pii: jc-00158-16. PubMed PMID: 27250809.

Do those numbers surprise you?

So, are you sending your child off to bed early enough? If those numbers are surprising to you, you're not alone. Working and single parents, especially, are often forced to get by on 5, 6, or even fewer hours of sleep each night. This is likely impacting your own social and mental functioning, as well as increasing your risk for other health problems. It might be tempting to think that your children can also get by with less sleep than they need, or that they should be able to cope fairly well with a few skipped hours here and there. However, all children thrive on a regular bedtime routine. Regular sleep deprivation often leads to some pretty difficult behaviors and health problems—irritability, difficulty concentrating, hypertension, obesity, headaches, and depression. Children who get enough sleep have a healthier immune system, and better school performance, behavior, memory, and mental health.

As we near the end of the school year, I would like to remind you that your child's medication needs to be picked up from the clinic by **MAY 24th, 2018**. School policy does not allow for medication to remain in the school over the summer. It will be important for you to make arrangements to pick up your child's medication since medications may not go home with the student. Any medication left in the clinic after **MAY 24th, 2018** will be discarded according to district policy.



VRA School Tours

- June 12 10 a.m.
- June 26 2 p.m.
- July 10 10 a.m.
- July 20 3:00 p.m.
- July 24 2 p.m.



Please join us for VRA Drama Club's Presentation of



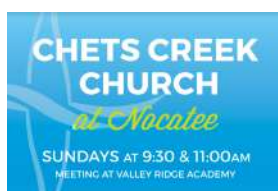
Music by Alan Menken
Lyrics by Howard Ashman and Tim Rice
Book by Linda Woolverton

Thursday, May 10th & Friday, May 11th

6:00-7:15 PM

VRA Cafeteria

Tickets will be available at the door for \$5.00



Early Act Club wants to thank grades 3-8 for participating in the Penny War to raise money for Make a Wish. We raised over \$600. The top classes who win a donut party are Mrs. Rice for 3rd grade, Mrs. Murphy for 4th grade, Mrs. Bates for 5th grade and for middle school are the homerooms of Mrs. Shirley, Mrs. Doyle, and Mrs. Jardine. Thanks to everyone for their support!

Rachel Sandler



4th/5th grade 4H/Tropicana Speaking Contest Winners

1st-Katie Townsend "How Electronics Interrupt and Interfere"

2nd-Sebastian Kiss "Sushi"

3rd-Olivia Samilian "The 3 L's of Life"



STEM Fair Winners

4th grade: Harrison Hackett (Mrs. Murphy)-Gas from Garbage

4th grade: Lucy Krum (Mrs. Beaulieu)-Reading vs Gaming

5th grade: Abiel Bismi (Mrs. Gangi)-Caffeine-Boon or Bane

5th grade: Katie Townsend (Mrs. Southworth)-Sassy Grass

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GIRLS ON THE RUN

We are so proud of our Girls On The Run running club this year at VRA! Coach Eagleson, Coach Xanders, and Coach Kovacs want to wish the spring season GOTR girls luck for their first 5K race as a team. The girls will participate in a 5K race at UNF on April 28th to end their season. They have been working very hard and making new friends throughout the season. Each girl has a buddy runner parent or family member that will run with them or hold signs of encouragement. The buddy runners as well as our VRA extended day kids attended our practice 5K at VRA earlier this season. Thank you for cheering us on.

GOOD LUCK LADIES!!!



Order Your Yearbook



\$40 – Access Code C420640

Dismissal/Transportation Changes

All changes will now be e-mailed.
Please use this link:

<https://surveys.stjohns.k12.fl.us/TakeSurvey.aspx?SurveyID=74L19525>

This link will lead you to the dismissal change form.
It is also available on our school website.

Changes over the phone will not be accepted.

2:00 PM is the deadline every day except Wednesdays.
1:00 PM is the deadline on Wednesdays.



Address Change Requirements

In order to update your child's record, SJCS D now requires you to complete a "Student Change of Address Form". <http://www.stjohns.k12.fl.us/student/wp-content/uploads/sites/21/2018/01/SJCS D-Change-of-Address-Form.pdf>

Along with the completed and signed form, you must submit the following:

1.) Mortgage Statement/Property Deed/Settlement Statement/Closing Documents

OR

Lease/Rental Agreement with expiration date (student names must be listed)

(And, if applicable, a Homeowners Acknowledgement Form & Affidavit of Residency Form)

2.) Any Utility Bill dated within 30 days:

3.) You must also provide ONE of the following documents dated within 30 days:

Property Tax Record, Telephone/Cell phone Statement, Homeowners/Renters Insurance Documents, Bank Statement/Paycheck Stub, Vehicle Registration, Credit Card Statement, Medical Insurance Statement—all showing the new address.

