



VIKING PRIDE Newsletter

VERITAS Community School · 2600 Grimes Street, Charlotte, NC 28206

Office Phone – 980-677-0101 · January 2020

(We are Smart, Strong, Peaceful, Safe and Loved!)

MISSION: VERITAS Community School EMPOWERS the scholar and athlete in every child to excel ACADEMICALLY through HEALTH AND WELLNESS practices within a PEACEFUL ENVIRONMENT.

Leadership Message

Can you believe we are more than half-way through the school year? Where has the time gone? It is important that we work together to ensure every student experiences success at VERITAS. Research shows that students tend to achieve higher grades, better attendance, increased motivation, and are less likely to drop out of high school, when their families are involved in their education.

Here are four tips for what parents can do outside the classroom to help their child succeed:

- Create a home environment that encourages learning and schoolwork.
- Establish a daily routine of mealtimes with time for homework, chores and bedtime.
- Reinforce learning at home and show your child that the skills they're learning are applicable to everyday life. For example, if your child is learning about measurements, solicit help with a recipe.
- Model the habits of a lifelong learner. Let your child see you reading, writing and using technology.

Let's make this year one of a stronger partnership between school and family. Please be sure that we have your up-to-date email address and phone numbers. Thank you for your commitment to your child's education, and to our community.

VERITAS teaches MINDFULNESS



There is growing interest among researchers and educators in teaching mindfulness to children in school settings. Reasons for teaching this skill include increased motivation and attention, self-regulation, and a willingness to take risks, as well as responsibility for one's own learning.



We are VERITAS!

VERITAS Student Council is on the Move!

Student Council is a group of students elected by peers to participate in designated areas of school government. Any student is generally welcome to attend the council meetings.

Generally, the council participates in the planning of school events such as prom and spirit rallies. Members also assist school administration with events for the local community, such as blood drives or donation collections, and work with school administration, parent organizations, student body, and local community to determine and approve projects and initiatives for the school, students, and community.



Student Council members bring ideas, requests, and feedback to the meetings, and a democratic process is used to give students a voice to make decisions and create a year-long calendar. Students who participate in student councils, under the supervision of Mrs. Joal Duffin (Teacher Assistant/Special Projects Liaison) and Corey Smoot (Dean of Culture), learn about the democratic process, civic responsibility, leadership, problem solving, and teamwork.

We congratulate the 2019-2020 Student Council:

Brielle Boyce, President

“Since this is our last year here, I want to make it memorable”

Alana Bullock, Vice President

“I want everyone to use their act of kindness because it could spread onto one another”

Jaylene Contreras, Secretary

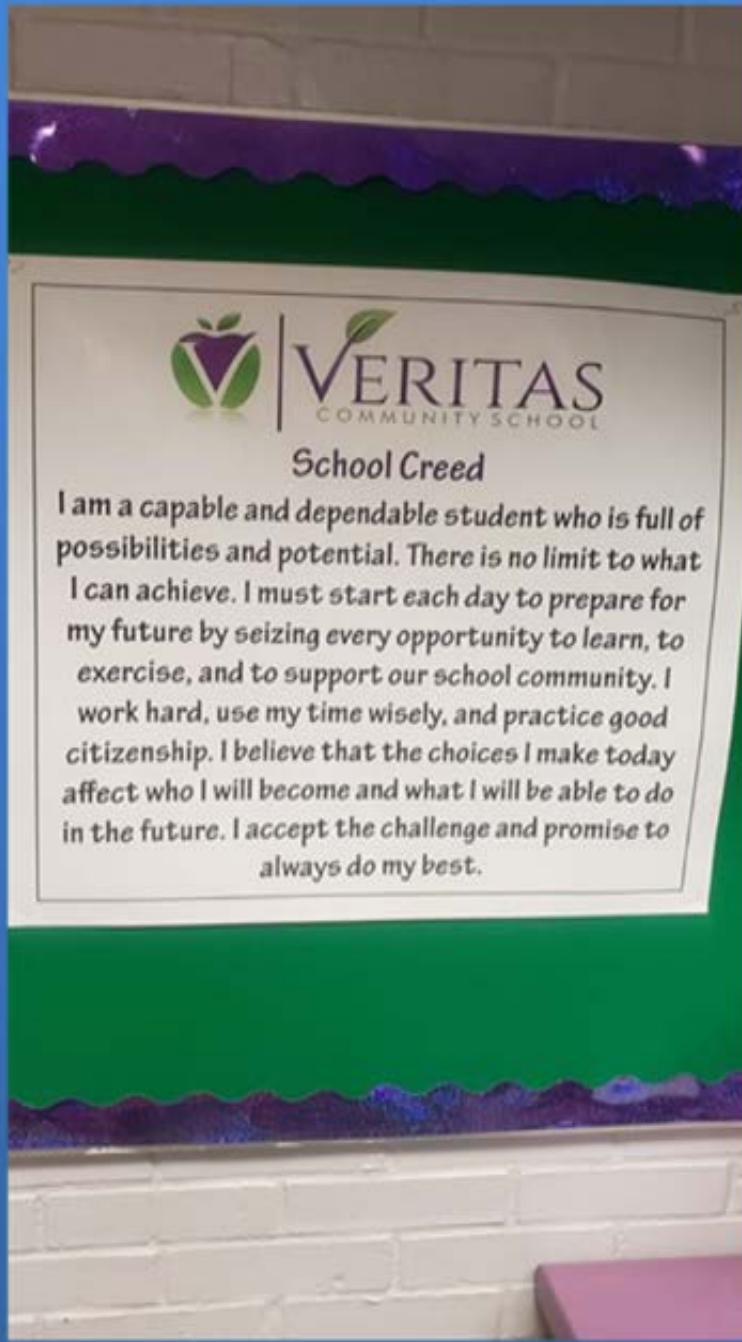
“I want to listen to both students and teachers so I can help everyone”

Alexandra Diaz, Treasurer

“My vision is for our school to be great”

We look to these young leaders to show classmates and younger students, by word and example, to how to live the values we profess and the characteristics that make us “Better Together!”

The VERITAS CREED



We are excited about our newest partnerships!



and



Each of our partners have donated time to serve as board members, volunteers and to raise funds for VERITAS.

VERITAS Welcomes New Team Members

Mr. Howard Alford, Office Manager

Mr. Corey Smoot, Dean of Culture

Ms. Amy Vandeventer, Art Teacher

Ms. Stephanie Ledbetter, Director of Student Services (EC)





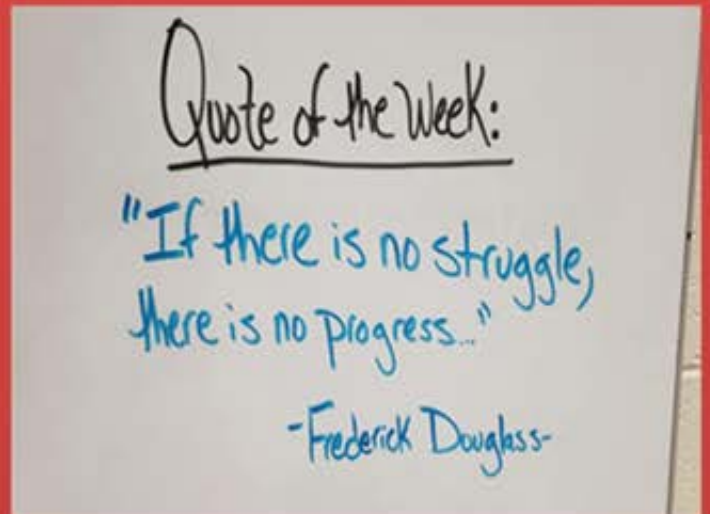
Physical Education Department

Parents,

Testing and assessment for physical fitness have taken place. Student fitness was measured in the following areas:

- Max Hand Release Push-ups
- Max Butterfly Sit-ups
- 25-yard Sprint
- Max Pull-ups/Bar Hanging

I am proud to say that our students have exceeded our goals and are becoming healthier every day. Within the next few weeks (after Christmas Break), the introduction of Handball will be introduced into the curriculum.



Healthy Nutrition tips for school-aged children

Suggestions include:

- Children need a variety of different foods each day.
- Snacks are an important part of a healthy diet for active children.
- Make snacks nutritious, not just high in energy.
- Plan to share meals as a family.
- Enjoy talking and sharing the day's happenings at mealtimes.
- Let children tell you when they're full.
- Give your child lunch to take from home.
- Let children help with food preparation and meal planning.
- Encourage physical activities for the whole family.
- Encourage children to drink plain water.

VIKING
Strong





Studies show that children who get adequate exercise and are active every day tend to have the following characteristics when compared to less-active children:

- More focused attention
- Better memory retention
- Better problem-solving skills
- Better performance on standardized academic tests
- Immediate and long-term improvement in academic performance
- Better reaction time and creative thinking
- Increased positive moods

We Are VERITAS!

Modeling Expectations in the Classroom



Modeling gives children, at every age and grade level, the opportunity to know what is expected, and develop the competence and confidence to be successful -- at least most of the time.

A Look Ahead!

- Clubs (January 2020)
- MAP Testing / easyCBM (January 2020)
- New VERITAS Website up and running (January 2020)
- Fundraising Campaign – Headed by Regions Bank and Wells Fargo - \$100,000
- Challenge Foundation property Grant \$200,000
- Vision to Learn (January 2020) – Free Eye Exams and Glasses for Students
- Student Council Projects/Fundraisers
- Girls on the Run
- Fun Run (March 2020)
- Health Fair (March 2020)
- Coding Night (March 2020)
- Non-traditional sports (Corn hole; Lacrosse, Fencing, Chess)
- Adding 7th Grade 2020-2021
- 20/20 Student Recruitment

Be sure to VIEW/LIKE
VERITAS COMMUNITY SCHOOL
on



Education is the key to
unlocking the world,
a passport to freedom.

Now Enrolling 20-21

Admission Season is in Full Swing

www.veritas.teamcfa.school

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