



The Monthly Newsletter of the Vanguard Preparatory School
September 2018

A Note from the Principal and Counselors

What a wonderful beginning of the year it has been. We want to welcome our new families! Mark Arias, Francisco Buendia, Louis Davis, Jr., Nicholas Dean, Jack Dougan, David Greene, Michael Guyton, Logan Havener, Lauren Hunter, Dylan Kittay, Nico Kooijmans-Drage, Samuel Martinez, Connor Neal, Fatima Saeed, Charlie Sprague, Amy Watson, David Watson, and Justin Wright.

On another note, we are talking with students about *pillars*, defined as “upright structures used as a building support.” The Vanguard School has Five Pillars that support who we are and what we do as a community:

- Compassion – showing kindness
- Resilience – keep trying
- Integrity – doing the right thing
- Service – helping others
- Independence – being responsible for yourself

These concepts will be a centerpiece in your child’s experience at Vanguard this year. We encourage you to use these words with your students and let them know when you see them engaging in these positive behaviors.

Clinical Coordination Program

As a reminder, we have clinical coordination services. This service provides clinicians outside of Vanguard with a brief update of how your student is doing socially, emotionally, behaviorally and academically at school. If you would like to participate in our clinical coordination program, **please email Janette Warne** (jwarne@vanguardprepschool.com).

Vanguard Coffee Shop is Officially Open for Business!

After a successful trial run this summer, the Vanguard Coffee Shop is official. Our ultimate goal is for the coffee shop to be free-standing store serving the public and operated by Vanguard students and alumni! We are starting small and laying the ground work for our dream to come true. The coffee shop serves a freshly roasted and ground fair trade, organic coffee from Bolivia. Most days, the coffee has been roasted and ground within the past week by Addison Coffee Roasters.

When you buy coffee, you help our students:

- learn and practice customer service skills
- count money and make change
- follow a sequence of steps to make coffee
- learn proper cleaning techniques
- acquire basic job skills needed in the real world
- AND most of all, you make them REALLY HAPPY!

Can Starbucks do that for you? Coffee is \$1.00 for a small and \$1.50 for a large. Bring your own cup for a discount.

Best Buddies

Students who are 18 or older and have been diagnosed with IDD (Intellectual or Developmental Disability) have the opportunity to partner with Best Buddies. They have a job training program that provides 1:1 assistance in vocational training and placement and are affiliated with the Texas Workforce Commission. Best of all, the service is free! Best Buddies just helped one of our students get a job at Pet Smart and another student was hired at the Dallas Zoo. If you are interested and your student meets the criteria, please email Becky at bhodnett@vanguardprepschool.com

Book Fair

Book Fair is coming October 15-19. Come visit and purchase before school, during lunch, and 2:45-3:30 each day! (Please note that Friday will end at 1:00.) There is something for all ages and each purchase benefits the school.

Viking Soccer

Come out and support our new indoor soccer team! All games will be held at the Real Soccer Center, 1000 W Crosby Rd #120 in Carrollton, Texas 75006.

9/20 - 5:20pm Vanguard vs. Great Lakes Academy

9/27 - 4:30pm Vanguard vs. Oak Hill

10/4 - 4:30pm Vanguard vs. St. Anthony

10/18 - 5:20pm Vanguard vs. Great Lakes Academy

10/25 - 4:30pm Vanguard vs. Oak Hill

11/1 - 4:30pm Vanguard vs. St. Anthony

Robotics

Robotics is off to a great start. Congratulations to Team Captain-Toly Rhoads, Kit Officer-Oliver Batura, and Communications Lead-Michael Riley! The team will be working diligently over the next 5 weeks to be ready for the competition on October 20th at Newman Smith High School in Carrollton. The exact time will be announced. All are welcome to come and cheer on our Vikings on the big day!

Vanguard Annual GALA, Saturday, April 13 at the Dallas World Aquarium

Please mark your calendar! The VPA is already hard at work planning for another fun and successful gala. Friends and family members are welcome to join us!

PSAT

The PSAT will be administered to sophomores and juniors on Wednesday, October 24 beginning at 9:00 a.m. Please contact Julie Dyer at jdyer@vanguardprepschool.com if you want to confirm your student for the PSAT.

House News

Houses have been assigned, shirts have been ordered, and house points are being earned with hard work and kind acts from our students!

Grandparents & Special Friends Day

Thursday, October 18 at 1:30 our students will honor their Grandparents and Special Friends. There will be student led tours, displays of student work, visits to the Book Fair, and refreshments for all. Please join us and help make this a special celebration.

Trunk or Treat

The VPA sponsored Trunk or Treat is October 27, 5-7 pm in our parking lot. A sign up genius will be sent closer to the event to register your trunk and ask for your support. Remember, House Points are earned for you and your child's participation. This year will include a cake walk and bounce houses. It is a fun opportunity for all!

Remember...Wednesday Folders

Each Wednesday expect your student to arrive home with a folder. The Wednesday folders contain important information, work, and news. Please read, sign, and return the folders on Thursdays. If you are not receiving the folder, please reach out to your student's homeroom teacher.

SAMA Training

SAMA (Satori Aggression Management Alternatives) is the program our staff was certified in last year "to create a physically and psychologically safe environment." A member of our staff, Frank Farino, has been trained as a trainer and is offering a class for parents and family members! The class is 16 hours and will be offered over December 8th. Please email Frank at outofbox-therapy@aol.com if you are interested or would like more information.

NAMI

The fall session of the NAMI (National Alliance on Mental Illness) Basics will begin on September 27. Those that expressed interest at our August 31 meeting will have first opportunity to sign up and should expect an email soon. If there are any additional openings for this session, an email will come from Janette Warne. We will of-

fer another session during the Spring semester. Feedback from parents involved has been very positive! A big thanks to Janette Warne and Herb Cotner for facilitating the program for us!

Counselor Corner

We are excited to be back in the classroom with students! In the lower school, students are learning and practicing how to socialize and play in appropriate ways. For example, how to ask another child to play and how to share toys and games. They are also reviewing concepts from the previous school year including expected and unexpected behaviors, size of the problem, and appropriate ways to ask for what you want or need. In middle school, students are discussing and practicing conflict resolution and appropriate ways to ask for they want or need as well as being introduced to Vanguard's 5 Pillars (integrity, compassion service, independence, resilience). In high school, students are practicing appropriate conflict resolution and social interactions and getting to know each other by sharing individual strengths and needs. They are also discussing Vanguard's 5 Pillars and how to put those values into practice.

In lower and middle school language groups, students are learning how to use whole body listening in the classroom. Whole body listening means our bodies are still, there is eye contact* with the speaker, our voices are at zero, our ears are listening, our brains are thinking about what is being said, and our hearts consider our listeners' feelings. We have also been talking about appropriate times and places for using different voice levels. Voice levels range from 0-4. Zero mean voices are off, 1 is whispering, 2 is conversational level, 3 is presentational, and 4 is an outdoor voice. Your students should bring home a chart with these voice levels this week. Please feel free to use the vocabulary we are using at school to describe voice volume and whole body listening at home. It can be beneficial to use the same words with children as they learn and practice these concepts and behaviors.

* For some students, eye contact with the speaker may make it more difficult to attend to what is being said/taught; therefore, "eye contact" is

taught as turning our bodies toward the speaker and looking at what the speaker is discussing (joint attention) to the extent that is comfortable and functional for the student.

North Texas Giving Day

Please mark your calendars for September 20th to give to our VPA through North Texas Giving Day. We have a generous donor who has agreed to match donations up to \$12,500! All funds are donated to our VPA and used for the enrichment of our children and school. Remember... any student who donates \$50 or more will get to throw a pie at the staff member of their choice!

Days Off

September 28	Fair Day
October 8-12	Fall Break
October 22	Staff Development Day
November 1	Noon Dismissal
November 2	Conference day
November 19-23	Thanksgiving Break

Special Events

October 15-19	Book fair
October 18	Grandparents Day
October 24	PSAT
October 27	Trunk or Treat