



Stallion News

Carbon Valley Academy's Online Newsletter

August 2010

Start the School Year on the Right Foot!

Carbon Valley Academy classes start in just a couple of weeks! There are some things you can do now to start your child off on the right foot so that the 2010/2011 will be a success and so that your life as a parent will be a bit less stressful.

Children need a good night's sleep in order to get the most out of their school day. Sleep schedules may have gotten a bit off track over the summer. Because our bodies need time to adjust to new sleep patterns, many experts recommend that you start adjusting your child's sleep schedule a couple of weeks before the start of school. Your children will probably be getting up earlier for school than they have over the summer so start now to adjust their bedtimes and wake-up times and that first day of school will be a snap!

If you will be sending your child to school with their lunch, now is the time to think about what you will send with them. You may even want to start baking items now and freezing them so that the first couple of lunches will be a breeze. And remember, breakfast is also important to your child's ability to concentrate and learn at school so make sure they have time to eat a healthy breakfast.

Does your child forget to give you important information from school or forget to take their homework back to school with them when it is complete? Think about ways you can improve the flow of information and homework and set up a system now. Maybe you need to have a basket at the door so that your child can place all important information from the school in the basket as soon as they come home. Or maybe you need to sit down with your child each evening to review everything in their backpack. Pack your child's backpack the night before school rather than in the morning so that you and your child aren't rushed.



Make sure your child has a space to do their homework that is quiet and free of distractions (phone, TV, etc.). The space should have adequate lighting and a comfortable chair. Developing good study habits early pays off huge dividends later as your child prepares for college.

And remember that parents who are involved help ensure their child's success at school. Get to know your child's teacher and the CVA staff – they are all here to help your child succeed and want to hear from parents. Volunteering at the school and/or at special school events is a great way to get to know the CVA staff, other CVA parents, and your child's friends.

Supply lists for all grades are now available on the three CVA websites and have been attached to the end of this email for your convenience.

In order to save time and money and expedite the communication process, Carbon Valley Academy prefers to communicate with parents via electronic email newsletters. If you have not yet signed up to receive CVA's electronic emails, or if your email address has changed, please consider signing up now. Just visit our website at <http://carbonvalleyacademy.org/newssignup.html> to sign up today.

See you in a couple of weeks!

From CVA Principal Percy's Desk

It's BACK TO SCHOOL time!! This is an exciting time of year full of anticipation and excitement. It is always fun getting brand new school supplies and of course new uniforms for the year. Amongst this anticipation can also be hidden anxiety on the part of children of all ages. After all, for the students they are heading into unfamiliar territory with a new teacher and different expectations plus the unknown as to what classmates will join them in their classrooms. For students who are new to the school, there is even more trepidation. What can parents do to ease this uncertainty for their kids? First, recognize that this is a reality for your child(ren) and that they may react in different ways. Many children become moody and angry for what appears to be no reason. Others completely withdraw or shut down and don't respond when asked, "What's wrong?" (Often they aren't aware of how they're acting.) It's important that parents take the time to talk with their child(ren) about what they are feeling and reassure them that they aren't alone.

For me, I must take a backdoor approach with my girls. Rather than trying to get them to talk, I always recount how I felt when I was their age (even though that was just a few years ago) and what I was afraid would happen, like having to sit in the front of the classroom, or dropping my lunch in the lunchroom. I discuss the minor, as well as the major, things so they can begin to feel some normalcy in what they are experiencing.

Now is also a good time to set goals for the school year no matter what the age. The goals need to be generated by the child rather than parents. Help your child set realistic goals that can be measured in small increments such as quarterly. For example, the child might decide to read each day for 15-20 minutes. This is much more sensible than setting a goal of getting straight A's. It's also important to write the goals down and put them in a place where they can be viewed often by the child.

If you take the time to set goals and talk with your child about the upcoming year, it will be off to a great start! We look forward to seeing all of you very soon!! Please look for more information about the first day of school and assessment days next week and of course on the school's website.

Jere Percy
CVA Principal

Important Dates

August 12th – 13th – CVSA will be testing all students in Reading

August 12th – 6:30 – 8:30 pm – CVSA Back to School Night

August 16th – Kindergarten Camp and CVA Back to School Night

August 17th – First Day of School in 2010/2011 School Year

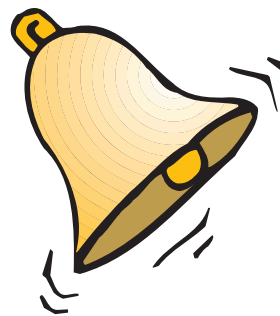
August 19th – Board of Directors Work Session – 6:00 pm; Board of Directors Regular Meeting 7:00 pm – CVA's Harvard Room

August 20th – CVA Free Dress Day

September 3rd – CVSA Fall Pictures

September 6th – Labor Day Holiday – No school

New School Hours at CVA



Carbon Valley Academy has new school hours for the 2010/2011 school year. The new hours are 8:00 am until 3:15 pm. An additional 15 minutes per day was added to the schedule

in order to increase our academic offerings. CVA is excited that we will be adding a Technology class this year.

Please note that the hours at CVSA remain unchanged from last year.

From CVSA Principal Walsh's Desk

We hope you have all had a great summer, and are as excited about coming back to CVSA as we are. Summer sure went by fast, but the school year should go by even faster, since we all know time flies when you are having fun.

Here are a few dates you need to mark on your calendar:

- **Monday, August 9th:** teachers return to CVSA
- **Thursday & Friday, August 12th & 13th:** testing all students in Reading. Individual students will be assigned a time and you will be called to let you know your time.
- **Thursday, August 12th:** CVSA Back to School Night from 6:30 to 8:30 p.m. After a short meeting in the multi-purpose room, you will go through your student's schedule for ten minutes in each class. This will give us a chance to talk to you in groups about what we will be doing this year. (CVA Back to School Night is Monday, August 16th, so you can attend both if you have students in both schools.) This will be a late start day for teachers, so testing will start in early afternoon.
- **Tuesday, August 17th:** First day of class for all students. Welcome back. Work hard, be nice!!

Some other information about the start of the 2010-2011 school year:

A group of middle school students is hoping to form a girls' Volleyball team. We have one parent who is willing to Co-Coach a team, but we need a second volunteer and more team members. If your student is interested in playing on the first CVSA team, or if you are willing to help the team yourself, email Mr. Walsh at walsht@cvamail.com so we can see if we have interest in starting a team!

If your student(s) are interested in having a different sport or after school activity, email Mr. Walsh about what you would like to see us get started!

I will be back at school starting Wednesday, August 4th. If you need to contact me before then, email me, since I am not checking the school voice mail every day.

A list of supplies that students should have the first day of school is attached on page 6 of this newsletter.

Check on the CVSA website, <http://www.carbonvalleysecondaryacademy.org>, if you are interested in donating supplies that all students will be able to use (tissues, markers, and lots more!)

We could use volunteers for a number of things:

- Paint the picnic tables (a couple were painted in May, but the paint peeled). They probably need to be sanded, painted, and then sealed with polyurethane to prevent peeling and to discourage students from writing on them
- We are looking for 2 or 3 volunteers to help during lunch time. A teacher is assigned to each lunch, but students would like to be outside. At CVA, students can purchase lunches. We can not offer this at CVSA without volunteers to help pass out the purchased food and help supervise.
- Besides a possible Volleyball team, we need volunteers to help run after school activities (intramural sports, a school play, debate club, or any other ideas you might have that our students could get involved in would be great to hear about).

Terry Walsh
CVSA Principal

Carbon Valley Academy
 4040 Coriolis Way, Frederick, CO 80504
 303-774-9555
 2010-2011 Supply Lists

| <u>½ Day Kindergarten</u> | <u>Full Day Kindergarten</u> |
|---|--|
| <p>1 boxes #2 pencils (24 ct) 1 bottles washable glue 1 boxes washable markers 10 glue sticks 1 child safety scissors 1 water bottle ** 2 folders ** 1 clipboard ** 1 bottle hand sanitizer 2 box Kleenex 2 roll paper towels 1 containers disinfectant wipes (i.e. Lysol, Clorox) 2 containers hand wipes (baby wipes) 2 boxes ziplock bags (1gal, 1qt) 1 box crayons **Please write your child's name on these items</p> <p>Donations of any of the following will be much appreciated: Sequins, beads (1/2 in or larger), feathers, erasers, paper plates, sand toys, games, paper cups (5oz), tape (scotch), card stock, puzzles, computer paper, etc...</p> | <p>20 glue sticks 2 box washable markers 1 roll of paper towels 1 container of hand wipes 2 boxes of tissues 2 folders with pockets (red & blue) 1 box Ziploc bags 1 pencil box ** water bottle** 1 one inch 3 ring binder with pockets**</p> <p style="text-align: right;">1 child safety scissors 2 box crayons (24ct) 2 containers Clorox wipes 1 box #2 pencils 1 bottle glue 1 bottle of sanitizer 1 pack dry erase markers 1 clipboard**</p> <p>**Please write your child's name on these items</p> <p>Donations of any of the following will be much appreciated: Extra snacks, stickers, watercolors, beads, playdoh, white cardstock, Dixie cups, sand toys, washable ink pads, googly eyes, computer paper.</p> |
| <u>First Grade</u> | <u>Second Grade</u> |
| <p>2 pkgs of 24 pencils (sharpened) 3 large pick erasers 2 pkgs 24 count crayons 1 pkg colored pencils (sharpened) 2 pocket folders 2 wide ruled spiral notebooks 2 dry erase markers 4 large glue sticks 1 bottle washable school glue 3 pkg washable markers 1 9" X 12" clip board 1 pair Fiskar scissors 1 highlighter (any color) 1 pencil box 1 roll paper towels</p> <p>Boys only – 3 boxes of tissue, 1 ream copy paper, 1 box gallon ziploc bags, 1 pkg. index cards. Girls only – 2 containers of disinfectant wipes, 1 pkg multi-colored construction paper (non-tablet), 1 box quart Ziploc bags</p> <p>** Donations of any of the following items would be much appreciated: Sequins, beads, feathers, tracing paper, games, pipe cleaners, wiggle eyes, brown paper lunch bags, paper plates, washable paint, cardstock paper, stencils, envelopes, stationary, stickers.</p> | <p><u>Personal items labeled with name</u> 1 box washable crayons 1 pair of fiskar scissors 2 glue sticks 1 ruler with inches and centimeters 1 box of washable markers 1 box colored pencils 2 big pink erasers 1 plastic pencil box 1 small pencil sharpener 5 durable colored folders with pockets (red, green. Blue, purple & yellow) 2 boxes of #2 pencils (some may be left at home for future supply) 2 3-ring binder notebooks with inside pockets 2 bottles of glue (may be kept at home for future supply) 1 wide ruled spiral notebook with holes to put in binder 1 large drawing tablet (spiral bound preferred) containing blank white paper 1 clipboard</p> <p><u>Shared items</u> 1 pkg dry erase markers 2 boxes #2 pencils 1 sm package of model magic 2 boxes of tissue 1 pkg white copy paper to share with school</p> <p><u>Classroom donations</u> disinfecting wipes, board games, play grounds equipment, clipboards, construction paper.</p> |

Carbon Valley Academy
 4040 Coriolis Way, Frederick, CO 80504
 303-774-9555
 2010-2011 Supply Lists

| <u>Third Grade</u> | <u>Fourth Grade</u> |
|--|---|
| <p>Personal items to be labeled with child's name: 1 box crayons 1 pink eraser 1 pair scissors 1 1" 3-ring binder with pockets 5 folders with pockets (red, blue, yellow, & any style of your choice) 4 plain spiral notebooks (red, blue, yellow, 1 style of your choice – wide ruled)</p> <p>Shared Items: 1 bottle of glue 2 glue sticks 1 pkg 3X5" index cards 2 boxes tissues 1 pkg multi colored construction paper (non-tablet) 3 pkgs of 24 count #2 pencils (papermate/Ticonderoga preferred)</p> <p>Optional Items: 1 roll paper towels 1 ream printer paper 1 container of Model Magic 1 container antibacterial wipes</p> | <p>1 plastic pencil box/bag 1 box colored pencils 1 box washable markers 2 glue sticks 1 pkg of erasers 1 ruler (inches & centimeters) paper 1 box Kleenex 1 container of disinfectant wipes 1 individual pencil sharpener with shaving catcher 1 composition book (black and white speckled, wide ruled) 2 spiral notebooks (wide ruled, single subject) 5 pocket folders without brads (red, yellow, green, blue) 3 binders with plastic clear overlay (room for paper on front) 3 highlighters (pink, yellow, blue, green) Backpack – clearly marked with child's name</p> <p>Please choose 1-2 of the following items: Extra pkgs of pencils, , assorted construction paper</p> |
| <p style="text-align: center;"><u>Fifth Grade & Sixth Grade</u></p> <p>6 pkgs wooden #2 pencils 1 – 1" binders 2 pink pearl erasers 3 pkgs lined index cards 4 box tissues 1 pencil bag (not a box) 1 pencil sharpener 5 pkgs wide ruled paper 5 pocket folders WITHOUT brads (red, blue, green, yellow, purple)</p> <p>** OPTIONAL ITEMS** (although these are not required, they would be very much appreciated. Please bring in what you are able to off this list)</p> <p>Roll of paper towels Hand sanitizer Wipes</p> | <p>4 composition notebooks 1 highlighter 1 box crayons or colored pencils 2 glue sticks 1 pkg red pens 1 pair scissors 1 ruler 1 pkg EXPO markers</p> <p>Antibacterial cleaning wipes Pad of graph paper</p> |
| <p style="text-align: center;"><u>Pre-school (Level I)</u></p> <p>4 glue sticks 1 bottle of 4oz Washable school glue 1 pkg LARGE Crayola crayons 1 box Kleenex 1 box watercolor paints 2 rolls paper towels 1 pkg of wet wipes and/or anti-bacterial wipes 1 box of 5 oz dixie cups for snacks 1 box zip-lock bags (gallon size) 1 pkg 8 count wide tip washable Crayola markers 1 box non-perishable snacks</p> <p>**Preschool supplies are shared items and do not need to be labeled.</p> | <p style="text-align: center;"><u>Pre-Kindergarten (level II)</u></p> <p>4 glue sticks 2 bottle of 4oz Washable school glue 1 pkg 8 count wide tip washable Crayola markers 1 pkg 24 count Crayola crayons 1 pkg 24 count Crayola colored pencils 1 pair Fliscar scissors for kids 1 box watercolor paints 1 wide ruled spiral notebook 2 rolls paper towels 1 pkg of wet wipes and/or anti-bacterial wipes 1 box of 5 oz dixie cups for snacks 1 box zip-lock bags (sandwich size) 1 box magic erasers (original) 1 box non-perishable snacks</p> <p>**Preschool supplies are shared items and do not need to be labeled except spiral notebook. Please write child's name on front upper right hand corner.</p> |

CVSA Supply information for 2010-2011

CVSA will not be selling students supplies for \$20 this year.

Student supply needs:

1. A planner/date book or a small notebook for assignments and due dates;
2. Pens, including one red one;
3. Pencils, including colored pencils for science and history;
4. Lined paper & one or two 2 inch binders, with a set of dividers **OR** spiral notebooks for each course;
5. AP History students, Mr. C prefers a three ring binder for AP History;
6. A Composition Book for English/Language Arts;
7. Highlighter (1 or 2);
8. A calculator (graphing calculator for HS, graphing or scientific for MS. We have some TI 83 and 84 calculators students can use during school, but having their own would be better)

If you are able to contribute any of the following general supplies that students and teachers will use during the year, we would greatly appreciate it. Also, be sure to bring in your receipts if you want the cost to offset your volunteer hours:

General classroom supplies:

1. Facial tissue
2. Glue stick/glue/tape
3. Disinfectant wipes
4. Dry erase (White Board) markers
5. White Board erasers
6. Construction Paper
7. Colored pencils
8. Colored markers (Mr. C prefers Crayola brand markers)
9. Tempera paints – set of 8 (Primary, Secondary, Black and White)