

# Valerius Eagles News

*April 2015 Edition*

## Important Dates In April

2<sup>nd</sup> PTO Meeting 7pm in Library

6<sup>th</sup> Flying Eagles Running Club Resumes

8<sup>th</sup> Late Start 10am

10<sup>th</sup> Character Council 8am

15<sup>th</sup> Kindergarten Music Informanace 3pm

20<sup>th</sup> Gift Card Reward Program Orders Due

22<sup>nd</sup> Late Start 10am

24<sup>th</sup> Spirit Day

27<sup>th</sup> 6<sup>th</sup> grade Orientation 6pm at UMS (Information sheet at the bottom)

29<sup>th</sup> 1<sup>st</sup> grade fieldtrip to the Blank Park Zoo

For an electronic web – based calendar, you can access the Valerius Events Parent Calendar:

Click the web address

[https://www.google.com/calendar/embed?src=urbandaleschools.com\\_3k6635dg1lvt3b74his743b6n8%40group.calendar.google.com&ctz=America/Chicago](https://www.google.com/calendar/embed?src=urbandaleschools.com_3k6635dg1lvt3b74his743b6n8%40group.calendar.google.com&ctz=America/Chicago)

2. Once the calendar pops up, go to the bottom right of the screen and you'll see +Google Calendar. Click on the + sign.

3. The calendar will pop up and a message will say, "Do you want to add this calendar?"

4. Click yes.

## School News

### **Jump Rope for Heart**

Our school raised \$3972 for the American Heart Association! It's wonderful to see the generosity of our Valerius Community and those that have been affected by heart

disease and their willingness to help. This is the most money Valerius has ever raised. Amazing work by our students!

### **Spring Conferences**

This spring we had 218 families participate with 97% of Valerius student conferences attended, way to go Valerius Families!

### **Urbandale Education Foundation**

The Urbandale Education Foundation is looking for people who might be interested in serving on the foundation board. If you would like to know more, please contact Mrs. Mauro at [maurom@urbandaleschools.com](mailto:maurom@urbandaleschools.com)

### **Technology Survey**

Dear parents and/or guardians of students at Valerius Elementary,

We are partnering with BrightBytes, an educational data analytics company, in order to learn more about our students' school and home technology use for learning.

We are reaching out to ask you to take part in our UCSD technology questionnaire. Your participation is essential in helping us form a more complete picture of technology use for learning in our students' lives. Please know that all of your responses will remain anonymous to protect your privacy and they will help your child's school choose the right technology for their classrooms. It will take approximately 5 minutes to complete.

The last day to complete this questionnaire is April 15.

Please go to BBYT.ES and enter in your 5-character code below

U42LP

Thank you for taking part in this important initiative!

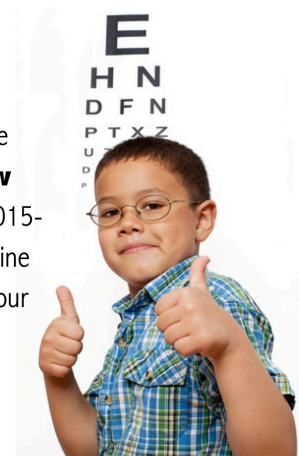
Sincerely,

Mrs. Mauro

## Nurses News

### Vision Screenings

When you are making appointments for your child's physical for this summer, please make sure that your physician notes the exact (20/20) vision result. **Vision screening is now required by Iowa Law** for students entering **3rd grade and Kindergarten** for the 2015-2016 school year. Please note that there will be a **link to a vision form** during the online registration process that you may print off and take to your physician or optometrist. If your child has already had a recent vision screening within the past year, please contact your physician or optometrist to have the documentation sent to your school health office. Thanks!



## Guidance Corner

At our Hope and Healing meeting, some parents inquired about what resources, such as parent support groups, were available for parents who were wanting that type of venue to network and collaborate with other parents around the topics of grief, parenting a teen, or general mental health. The secondary counseling and student services programs are working together to identify additional web based resources and other options for future prevention. While this effort continues, we would like to make you aware of the following immediate resources you may access:

The National Alliance on Mental Illness (NAMI) has both state and local chapters. NAMI offers basic guidance for supporting family members and friends who have mental health concerns via their website, including specific guidance for the prevention of Suicide. They also have peer to peer support groups available to both family members, and individuals with mental illness. Here are the links to their information:

Preventing Suicide:

<http://www.nami.org/Find-Support/Family-Members-and-Caregivers/Preventing-Suicide>

NAMI Classes and support groups:

<http://www.nami.org/Find-Support/NAMI-Programs>

## PTO Corner

As the PTO begins to look to the future, we also want to take a moment to look back at what has been accomplished this year. We have a lot to be proud of and we couldn't have done it without you!

### **ENCOURAGING KIDS**

#### *2014/15 CELEBRATIONS*

Purchase of a 3<sup>rd</sup> Grade Leveled Literacy Intervention (LLI) Kit

New Protocol for Individual Teacher Requests

Running Club Incentives Overhaul

#### *2015/16 GOALS*

Read-A-Thon Incentives Revamp

Back to School Open House Improvements

### **CONNECTING FAMILIES**

#### *2014/15 CELEBRATIONS*

Establishment of a Communication Coordinator

Unified Volunteer Sign-Up Site

Website Overhaul

Fun Night Overhaul

Spirit Wear Improvements

Dad's Back to School BBQ

Electronic Student Directory

#### *2015/16 GOALS*

Engaging Families on a Non-Fundraising Level

Improve Volunteer Sign-Up Access

PTO Childcare – Partnership with Silver Cord Program

Continue Weekly PTO Communication

Gift Card Program Incentives

### **SERVING VALERIUS**

#### *2014/15 CELEBRATIONS*

Top Book Fair Sales in last 5 years

Additional iPad Bundles/Cases in Classrooms

Treasurer's Report Overhaul (aligns with UMS)

Bylaw Revisions

Meals for Teachers Both Conference Nights

#### *2015/16 GOALS*

Develop Committee to Plan for Playground Updates/Additions

Replace the Current Storage Shed

Bring your visions for Valerius to our PTO meeting on April 2 so we can incorporate your thoughts and ideas during our planning process!

Our next PTO Meeting: Thursday, April 2 from 7-8:15pm. We will be discussing bylaw revisions, officer positions and budget discussions for next year. We hope to see you there! Free childcare is available.

**Connect with us!**

Email: [valeriuspto@gmail.com](mailto:valeriuspto@gmail.com)

Website: <http://www.urbandaleschools.com/schools/valerius-elementary/pto/>

Volunteer: <http://vols.pt/1MezEy>

Social Media: [www.facebook.com/valerius elementary](http://www.facebook.com/valerius elementary)





**ELEMENTARY SCHOOL LUNCH**

April 2015

M	T	W	T	F
		<b>1 Entrees</b> F Mozzarella Cheese Sticks w/Marinara <b>Sides</b> Mixed Greens Peaches - Diced Milk	<b>2 Entrees</b> A Meat Nachos <b>Sides</b> Twister Fries Oranges Whole Fruit Frozen Fruit Cups Milk	<b>3 Entrees</b> B Bosco Sticks <b>Sides</b> Twister Fries Oranges Milk
<b>6 Entrees</b> C Cheeseburger <b>Sides</b> Corn Pineapple Rings Frito Lay - Corn Chips Milk	<b>7 Entrees</b> D Macaroni & Cheese <b>Sides</b> Mixed Vegetables Pears, fresh Blueberry Bread Milk	<b>8 LATE START</b> E <b>Entrees</b> Chicken Strips <b>Sides</b> Baked Beans Cinnamon Crisp Milk	<b>9 Entrees</b> F Turkey Gravy over a Biscuit <b>Sides</b> Mashed Potatoes Apricots Milk	<b>10 Entrees</b> A Fish Nuggets <b>Sides</b> Cheesy Broccoli Mixed Fruit Milk
<b>13 Entrees</b> B Meatball Sub <b>Sides</b> Mashed Potatoes Strawberries Milk	<b>14 Entrees</b> C Cheese Lasagna Rollup <b>Sides</b> Mixed Greens Applesauce Cups Dinner Roll Milk	<b>15 Entrees</b> D Chicken Nuggets <b>Sides</b> California Vegetables Granny Smith Apples Zoo Crackers Milk	<b>16 Entrees</b> E Cheese Nachos <b>Sides</b> Refried Beans Peaches - Diced Chocolate Chip Cookie Milk	<b>17 Entrees</b> F Beef Hot Dog <b>Sides</b> Ranch Wedge Cut Potatoes Oranges Milk
<b>20 Entrees</b> A Turkey Sub <b>Sides</b> Sweet Potatoe Fries Red Delicious Apples Milk	<b>21 Entrees</b> B Cherry Blossom Chicken <b>Sides</b> Broccoli Cuts Steamed Brown Rice Mandarin Oranges Fortune Cookie Milk	<b>22 LATE START</b> C <b>Entrees</b> Mini Pepperoni Pizza Bagels <b>Sides</b> Mixed Greens Banana Milk	<b>23 Entrees</b> D Grilled Cheese Sandwich <b>Sides</b> Peas Peaches - Sliced Milk	<b>24 Entrees</b> E Hamburger <b>Sides</b> Calico Beans Pineapple Rings Milk
<b>27 Entrees</b> F Shrimp Mates <b>Sides</b> Mashed Potatoes Oranges Biscuit Milk	<b>28 Entrees</b> A Spaghetti with Meatballs <b>Sides</b> Lettuce Salad Applesauce Cups Milk	<b>29 Entrees</b> B Chicken Patty <b>Sides</b> Pacific Blend Vegetables Pears, fresh Milk	<b>30 Entrees</b> C French Toast Sticks with Turkey Sausage Patty <b>Sides</b> Strawberries Orange Juice Milk	

**Entrees**  
**Sides**

Milk All skim milk (white, chocolate, strawberry)

## 5<sup>th</sup> Grade Transition Information Upcoming Dates & Time Frame

### 1. Traveling Lockers:

Webster: February 23-March 6 Valerius: March 9-27 Rolling Green: March 30-April 10 Karen Acres: April 13-24 Olmsted: April 27-May 8

Jensen: May 11-22

2. Student Guides Visit Fifth Grade Classrooms Here are some times that we are available for our Student Guides to come speak to your students about the middle school experience.

\*\*Monday, Tuesday, **non**-late start Wednesdays, and Fridays: 1:15-2:15

Let's plan on a day after Spring Break, between March 23- April 17.

### 3. Pre-Visit Surveys

Please have your students complete the *Feelings About Starting Middle School 2015* survey, which can be found with the following link.

<http://www.urbandaleschools.com/directory/carrie-laizure/>

On my website, go to the section labeled *5<sup>th</sup>-6<sup>th</sup> grade transition* and click on *UMS Transition Pre-Survey*.

Please try to have this completed prior to our visit to your school. 4. Tours of UMS

We can start scheduling your tours of the middle school as well. Let's plan on tours running from 1:30 -2:30 any day between April 27- May 15. If those times won't work, please let me know.

5. UMS Parent Night—(incoming 6<sup>th</sup> grade parents only) Save the date:  
Monday, April 27<sup>th</sup>, 6:00 -7:30 PM in the UMS New Gym

Information will be shared with parents and tours are available following the presentation.