



# SuperSTAR News

January 2021



## APEX! APEX! MIGHTY!

**M**- mindful  
**I**- integrity  
**G**- grit  
**H**- hero  
**T**- think ahead  
**Y**- your turn



Hello SuperSTARS! Today we are talking about a special topic, Apex! Apex is a fundraiser that helps fund our schools. Students earn money for VES and they get prizes based on the amount of pledges they get. Apex has worked with over 3 million students and helped raise over \$80 million dollars for schools. That's a lot! The final event for our Apex fundraiser is typically a Fun Run, but because of COVID-19 safety restrictions, students virtually danced with Rockstar Rick instead. **VES students raised a total of \$17,000 this year.** Also, we ended up with donations from 43 states and we **donated 25 meals to Feeding America.** Way to Go SuperStars! Congratulations to Mrs. K's class, for being the top class for pledges this year!

Creating enthusiasm for this fundraiser is important and it takes special leaders. One super star that puts so much love and effort into helping our school is **Rockstar Rick**. Rockstar Rick has been working with VES since October 2014. This year, he met daily with every class to explain how the fundraiser worked and taught the classes lessons based on a theme. This year's Apex lesson theme was MIGHTY. Each letter in MIGHTY stood for a different topic. Rockstar Rick joined with energy and excitement and showed how much he loves VES! You may be wondering, why does he like Verrado Elementary so much? When we emailed him to ask, he said "I love the excitement, love and care of the students, staff and teachers." Big shout out for Rockstar Rick!

Written by: Sofia Munson and Brooklyn Byrd



# Character Counts: Trustworthiness

By: Piper Bellingrodt and Abigail Root

Have you ever heard of what trustworthiness means and why it is so important to have in your character? Trustworthiness means that you are honest, reliable, loyal, and have integrity. **This means to speak up for what you think is right or wrong, tell the truth in what you do and say, keep your promises, be reliable, and give support.** Now let's take a look at what some of the first grade teachers had to say about their classes, how they model it, and what it means.

**Mrs. Harrenstein** said "Trustworthiness means that you are truthful and trusting in any situation. Honesty is one of the best qualities to have! It's not always easy to be truthful but in the long run, it's the best way to show true character. When I think of students who show trustworthiness, I want them to keep their promises, do the right thing even when no one is watching, stick up for each other, and tell the truth. Shoutout to **Alex, Easton, Kaylie, Felix, BrieLee and Hudson** for showing this character trait!"

**Mrs. Stewart** said "My students demonstrate trustworthiness during distance learning by completing their independent work and participating in class by following along with our lessons. Some students that have demonstrated the pillar of trustworthiness are **Arya, Samantha, Isaac, Sawyer, Alaina, Makayla, and Shane.**"

**Mrs. Burton** said "**My whole class** demonstrated trustworthiness during a family emergency that took place during an afternoon meeting. They all logged off and got back on 20 minutes later as instructed! Way to go Ms. Burton's class!!"

**Mrs. Royal** said "My students show trustworthiness by logging into their meetings!"

**First graders sure are rocking the trustworthiness pillar!**

## Spotlight on 2nd Grade!

By Joseph Langan & Abigail Wheeler

Hello **SuperStars**. As always we have interviewed a group of teachers and this time we focused on 2nd grade! Here's what they said.



**Mrs. Brownsberger** said, "I enjoyed having time over the winter break to hang out with my children and husband. My favorite way to spend the holidays is with my family. I wish that I could have traveled to southern California and spent time with my dad. This year my favorite winter activity is to sit outside by a fire with my family. My kids woke up around 7:00 in the morning to open presents. In years past, they woke up much earlier but now they are a little older."

**Ms. Ruckh** said, "Over the break my favorite thing was that my family got a new puppy, Jasper. We loved spending time together playing with him. I wish that I would have spent more time visiting and going places with friends and family. We had to limit this due to COVID. My favorite winter activity is reading in a blanket curled up by the fireplace. When my son was younger he would wake up at 6:00 AM. Now that he is a teenager we had to wake him up at 8:30 so we could start unwrapping presents."

**Ms. Eastham** said, "My favorite thing that I did over break was seeing my family and friends. We ate a lot of really good food! I wish I would have been able to go and visit Flagstaff or travel somewhere. My favorite winter activity is baking! I love to make cookies and treats for family members. I do not have kids! I woke up around 9:00 in the morning to open presents and go to my parents house."

**Mrs. Clark** said she loved sleeping in on the break. She wished that she was able to see her kids but they were not able to come because of COVID. She liked walking in the cool weather during winter break! Her kids are grown so they aren't at home but her dog woke her up at around 6:00 AM to open presents. (Dogs certainly are part of the family!)



## Advice for Students By Rowan Chavez and Abigail Root

This month we asked our readers what they needed advice about. Thank you to those who sent in questions. Here are just a few of our responses. If you would like advice, please ask your teacher where you can send your question to.

**From Leilany in 5th grade- "How can I stay focused and not get distracted during distance learning?"** I know what it is like to be distracted during online school. A lot of us actually are distracted by all of the things that we could be doing with our camera and mic off without anyone knowing. Here is something that worked for me; so I moved to a room that didn't have any distractions, and I sat at my kitchen table with only my school supplies and my computer. It worked because I knew my parents could walk by at any moment and see what I was doing.

**From Ana Julia in 4th grade- "My brother is really annoying. Please help."** I had the same problem and it was the worst. What worked for me was that I got an adult for help like maybe a parent or someone like that. You can also kindly let them know you have boundaries and ask your sibling to give you some space. When your sibling does minor things, don't give them a reaction. Another suggestion is to use humor. For example if you have a younger sibling, you could pretend to put up an imaginary force field around your door and joke with him about getting zapped. Finally, work on building your bond with your sibling so they will not bother you as much.

**From Mimi in grade 4- "I'm really shy and I'm not very outgoing. How can I become more outgoing at school- online or in person?"** When I came to this school last year, I was just like you. What I did was I found someone who was really nice and we became friends. Something you could do is listen for something that you can build a connection with. "Listening is an instant mechanism to build trust and likeability." (5 Ways To Make Friends Even When You're Shy, Lonely Or Introverted 08/26/2016) You can smile too because it is something people enjoy because no one likes to be around a mad and grumpy person, and lastly you can give compliments. Give compliments to kids in your group so they will see you as someone nice.







# Arts & Entertainment

By Heath Cross & Leonard Cvijanovic

Have you ever heard of "Peanuts"? Or maybe "Charlie Brown"? Well the creator of this amazing creation is Charles M. Schulz. Here are some fun facts about the cartoonist:

- Snoopy was really going to be Sniffy then was changed since there was another dog named Sniffy all ready.
- Charles M. Schulz was born November 26, 1922.
- Charles M. Schulz and Charlie Brown are not so different. Charles M. Schulz's dad was a barber and his mom was a housewife, exactly like Charlie Brown's family.
- Charles M. Schulz had a dog himself named Spikey.
- Charles M. Schulz died in 2000 because of cancer .



A comic strip is often a cartoon meant to display brief humor, and is text with balloons and captions that are narrative.

**Do you think you can make a comic as good as Charles M. Schulz?** Draw a comic and send it to the newspaper team and find out. Your comic might be added to the next addition of SUPERSTAR NEWS!!

[Send your comics to kellerj@lesd.k12.az.us](mailto:kellerj@lesd.k12.az.us)

### January Funnies

By Heath Cross & Abigail Wheeler

1. What does a gingerbread man put on his bed? 
2. What does a ghost say on Dec. 31? 
3. What do you tell someone you didn't see on New Year's Eve? 
4. What's a cow's favorite holiday? 
5. What does a jeweler do on Dec. 31st? 

**Answers**

1. A cookie sheet
2. Happy Boo Year!
3. I haven't seen you since last year!
4. Moo Years Eve
5. Ring in the New Year.

