

OCTOBER 2022

The Vadnais Voice



Address - 3645 Centerville Rd., Vadnais Heights, MN 55127

Phone (651)653-2858 **Fax** (651) 653-2860

Attendance (651) 653-2859 -

attendancevadnais@isd624.org

Emergency School Closing (651)407-7540

Website - www.whitebear.k12.mn.us/Vadnaisheights

Principal - sara.svir@isd624.org

Dear Vadnais Heights Families:

We are one month into the school year and everything is into full swing. As your children arrive each day, it's wonderful to see them excited to enter and anxious to connect with friends in their classrooms and neighborhoods. If things aren't running smoothly for your child, please know that we are here to help.

Fall has certainly arrived and we can tell by students starting the day with jackets and hats and our day ends with lost & found items galore. It's the wonderful season of chilly mornings and hopefully many warm afternoons. If your child returns home without their jacket or hat - remember that our lost and found is near the gym and it's usually where the mislaid items land.



Thank you all for partnering with us to set your children up for a successful school year. Our Welcome Back Conferences were the first big event and attendance was fabulous. Getting kids up and here for school at 7:30 AM is certainly not an easy task yet we are 4 weeks into the school year and our process is running smoothly - thanks to everyone working together. Each and every school day goes by so quickly. It seems we kick off the day with announcements, blink and it's lunch time and then the bell is ringing to say it's time to go home. Learning is tucked in all day long along with smiles, friends, giggles and great activities. Our school is an amazing place!

This year we have many new students, families and staff that have joined our school community. Our school's parent and teacher organization is in place to bring families together to support one another and our school. The first PTO meeting was held this week and it was great to have about 50 families join us at school. I look forward to everyone joining us at future PTO events including the upcoming Bear Bash on 10/28.

Fall is in the air and our chiller and boiler can't always keep up with the changing temperatures. Please send a sweatshirt, sweater or jacket because as the temperature shifts outside, it takes some time for the temperature inside to find the comfort zone. A sweatshirt may be the best tool to help your child focus on math, reading and other great learning instead of being too cold or too hot. Thanks for your help!

Sincerely,
Sara Svir

Hmong: LUS CEEB TOOM! Yog koj xav tau tsev kawm ntawv cov ntawv txhais ua lus Hmoob, thov hu rau Mas Lias Xyooj los yog Xw Xyooj. (651) 407-7623

Spanish: ATENCIÓN: Si usted necesita hablar con una persona que hable Español, por favor, llame al (651) 407-7625.

Lifetouch photos will be taken on Monday, October 3rd. You can preorder [photos online](#).



November Conferences:

Parent/Teacher Conferences are on Monday, November 7th from 3-7 pm and Thursday, November 17th from 3pm-7pm. Your child's teacher will share more information with you on how and when to sign up for these conferences.

Important Dates

September 26th - October 24th	Fit-athon Fundraiser
October 3rd	Lifetouch Pictures
October 10th - 14th	Fire Prevention Week
October 19th	Unity Day - Wear Orange
October 19th - 21st	NO SCHOOL - Education Minnesota
October 28th	Family Halloween Bear Bash 5-6:30 PM - VHES Playground
October 31st	NO SCHOOL-
<i>Looking ahead</i>	
November 4th	End of the 1st quarter
November 7th	No School - Conferences 3-7 PM Remember to check out the Book Fair!
November 8th	No School- Staff Development for Teachers
November 11th	Veterans Day
November 17th	Conferences- 3-7 PM - Remember the Book Fair!
November 23- 25 No School	

Bear Care Health and Wellness Clinic Information:

- [English](#)
- [Spanish](#)





First Month of School!

Tamarack Nature Center Naturalist came to our school and taught wonderful lessons in the Bear's Backyard. Thank you to the PTO for supporting this wonderful opportunity for our students.

Tamarack Nature Center in the Bear's Backyard!



Helpful Hints from Technology:

NEW StudentVue & ParentVUE Tips

[Family ParentVUE Activation Instructions](#)

[Synergy Family Annual Update Parent Instructions](#)

[Student Synergy Quick Tips](#)

Welcome to the Neighborhood!

Grizzlies



Polars



Kodiaks-Fall Fundraiser SpiritWeek and Tie Dying



Update from Nutrition Services:

Dear Families,

As a reminder, please note that school meals are not free this year. Breakfast costs \$1.70 (free for Kindergarten students) and lunch costs \$2.95 for early childhood (at locations where meals are provided) and elementary (through grade 5), and \$3.25 for secondary (grades 6-12+). As of this week, there are almost 1,000 student accounts that currently have a negative meal balance. Please check to make sure your child's meal balance has funds available as soon as possible through your SmartSchoolK12 account or by contacting their school cafeteria.

Families may deposit funds into students' lunch accounts via SmartSchoolK12 at the District's Online Payment page, linked [here](#). Students may also deposit cash or checks into their accounts before school or during lunch in the school cafeteria. Please include the student's name and pin number. Contact technology at parenttechhelp@isd624.org if you need help with SmartSchoolK12 access or depositing money online.

Also, please remember that families who may qualify for free or reduced-price school meals must re-apply every school year. If you are unsure if you qualify or would like more information, please contact nutritionservices@isd624.org. To apply online, you will find the direct link [here](#).

Some have asked how they can help families who are not able to afford school meals. If you would like to donate to the Nutrition Services Angel Fund to provide temporary help for students who do not have sufficient funds, and who do not qualify for meal benefits, please contact nutritionservices@isd624.org.

Spanish translation of the information can be found [here](#).

Bridget Lehn, MBA, RD
Director of Nutrition Services
White Bear Lake Area Schools
4855 Bloom Avenue
White Bear Lake, MN 55110
office phone: 651-407-7524
cell phone: 651-335-8958
Menus: <http://isd624.nutrislice.com>

Looking for Parents to Participate:

NEW District's Systems Accountability Committee

The school district's Systems Accountability Committee is looking for a Vadnais Heights Elementary parent(s) representative to serve on the committee. The purpose of the committee is to review and improve instruction, curriculum and assessment and the World's Best Workforce goals. Meetings will be held Mondays from 5:30 - 7:00 p.m. If you are interested in serving on the committee, please contact Principal Sara Svir at sara.svir@isd624.org.

Save the date!



A Family Halloween Bear Bash

When: Friday, October 28 5:00 - 6:30 pm

Where: Vadnais Heights Elementary's Playground

Who: All Vadnais students and their family. All pets stay home, please.

What: Costumes, candy, music & dancing, glow sticks, fresh and hot pizza & cold drinks, and lots of fun!

** Free family event with food items to purchase in support of our VHES Parent Teacher Organization (PTO)

\$2 per slice of pizza and \$22 for a whole pizza. Variety of drinks for sale, too.

** Candy donations being accepted now. If willing, please have your student bring a bag or two of candy to their teacher before Friday, October 28. Thank you!

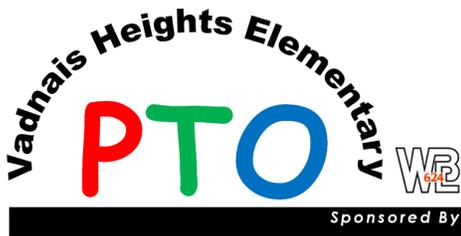
... MORE DETAILS TO COME, BUT MARK YOUR CALENDARS!!

Donations Link

Halloween Bear Bash

Hello Vadnais Families! If you are able to sign up to donate for our Halloween Bear Bash, please follow this [link](#). We are looking for items such as gatorade, cases of water, cans of soda and candy. Items can be dropped off anytime in the office on or before October 24th. Thanks for your support!





2022-2023 PTO Event Calendar

- Look for Vadnais Voice or PTO Newsletter!
- Check out the PTO Facebook Site or PTO Website for Updates and Volunteer Opportunities

<p>September, 2022</p> <ul style="list-style-type: none"> ● 9/5 (Mon): Labor Day ● 9/7 (Wed): First Day of School (Grades 1 – 5) ● 9/8 (Thur): First Day of School (Kindergarten) ● 9/12 (Mon): First Day of School (Early Childhood) ● 9/23 (Fri): Fall Fundraiser Kick-Off ● 9/26 (Mon): Back to School Event/PTO Meeting (6:00-7:00pm) <p>October, 2022</p> <ul style="list-style-type: none"> ● TBD Dine-Out for Vadnais ● 10/17 (Mon): Fall Fundraiser Close ● 10/19 - 10/21 (Wed-Fri): No School-Education MN ● Week of the 10/24: Spirit Wear Order Forms Sent Home ● 10/28 – (Fri): Bear Bash Event (5:00-6:30pm) ● 10/31 (Mon): Non-student day (EC-5) <p>November, 2022</p> <ul style="list-style-type: none"> ● 11/7 -11/8 (Mon-Tue): No School ● 11/7 & 11/17 Conferences & Book Fair ● 11/11 (Fri): Spirit Wear Order Forms & Payment Due ● 11/14 (Mon): PTO Meeting (6:30-7:30pm) <p>December, 2022</p> <ul style="list-style-type: none"> ● TBD: Dine out for Vadnais ● Week of the 13th: Spirit Wear Orders Delivered/Sent Home (Tentative) 	<p>January, 2023</p> <ul style="list-style-type: none"> ● 1/2 (Mon): No School ● 1/16 (Mon): No School-MLK Jr. Day ● 1/23 (Mon): PTO Meeting (6:30-7:30pm) ● 1/26 – 1/27 (Thurs/Fri): No School <p>February, 2023</p> <ul style="list-style-type: none"> ● TBD Dine-Out for Vadnais ● 2/7 & 2/17 Conferences & Book Fair ● 2/10 (Fri): No School ● 2/20 (Mon): No School-Presidents’ Day ● 2/23 (Thurs): Winter Event (5:00-6:30pm) <p>March, 2023</p> <ul style="list-style-type: none"> ● 3/6 – 3/10 (Mon-Fri): No School-Spring Break ● 3/20 (Mon): PTO Meeting (6:30-7:30pm) <p>April, 2023</p> <ul style="list-style-type: none"> ● TBD Dine-Out for Vadnais ● 4/7 (Fri): No School ● 4/24 (Mon): No School-Memorial Day <p>May, 2023</p> <ul style="list-style-type: none"> ● 5/1 – 5/5 (Mon-Fri): Teacher Appreciation Week ● 5/1 (Mon): PTO Meeting (6:30-7:30pm) ● 5/11 (Thurs): Spring Event (5:00-6:30pm) ● 5/29 (Mon): No School-Memorial Day
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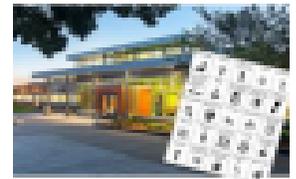
Updated 9/12/2022

Hmong Translations: Yog koj xav paub txog peb cov tsev kawm ntawv, thov hu rau Sue Xiong at 651-407-7623.

Spanish Translations: Para Información en Español sobre el Distrito por favor llame a Graciela Hammeken al (651) 407-7625 o al (651) 278-5457.



VHES Fit-athon 2022



On 9/26 we began a very important, fun and healthy way to raise money for students of VHES! All money raised through this fundraiser goes right back to the students and school for scholarships for all students, funds for field trips and art instruction, technology, and safety enhancements for our campus. We'll earn money for our school and find fitness for our minds, bodies, and community.

Please help us reach our fundraising goal by supporting our Fit-athon, which promotes a healthy lifestyle to our students and the community. We have teamed up with *Get Movin'*© to make this event fun and profitable with online mobile friendly technology!

We Need All Parents to Complete 3 Easy Steps!

1. Register your Child by visiting www.getmovinfundhub.com. It's free, easy, and fast to register! For School Identifier use 5d52f33af0a60
2. Email and/or Text your child's student fundraising webpage with 10-15 friends and family. It's super easy!
3. Post on Facebook or Twitter. It's two clicks of a button. Post and see how easy it is to raise money from near and far!



Easy Scan for Registration

Student Goals!

- We need 100% student registration please visit www.getmovinfundhub.com
- Each student is encouraged to raise \$50.00.
- Reach a Superstar level by raising \$250.00!

Our TOTAL SCHOOL GOAL is \$18,000.00

Event details:

- Register your Child today using School Identifier 5d52f33af0a60
- Raffle cards are available at school and due to your homeroom teacher: Friday 10/14/2022
- Donations accepted through the following week or 10/24
- We prefer online donations through your child's webpage
- Donations in the form of cash & checks (in-school donations), should be turned in to the school. Please make checks payable to: VHES PTO



The Closet



The White Bear Lake Education Foundation supports WBL Schools in many ways. One way is through **The Closet** - our very own thrift store set up to meet the needs of families whose children attend White Bear Lake Schools.



If families would like to visit **The Closet**, please contact your child's principal (Sara Svir at Vadnais Heights Elementary - sara.svir@isd624.org or (651) 653-2693) and your family will schedule a time to go shopping and receive free clothes, shoes and coats for your entire family!



Schedule your appointment today -

Volunteers Needed!

The White Bear Lake Area Educational Foundation (WBLAEF) is in need of volunteers at The Closet!

The Closet is a dedicated space in the district, housed in the Area Learning Center, where families in need can come in and browse through clothing, coats, shoes, etc (anything that can be worn head to toe) for their students.

Visits are by appointment only - made with a school district support staff member.

www.wblaef.org/the-closet



Area Learning Center - 2449 Orchard Lane, White Bear Lake



If you'd like to volunteer at The Closet and assist families in need, please contact Volunteer Coordinator Eileen McConkie: eileen.mcconkie@isd624.org

WHITE BEAR LAKE CHEERLEADING

WINTER kids CLINIC

Friday, December 9, 2022

PERFORM AT
HALFTIME OF THE
BASKETBALL GAME

\$75

INCLUDES A SHIRT,
BOW & DINNER



VISIT WBLCHEER.COM FOR REGISTRATION



Please remember
there's No School on the
following days:



October 19th-21st

October 31st

November 7th-8th

November 23rd- 25th

