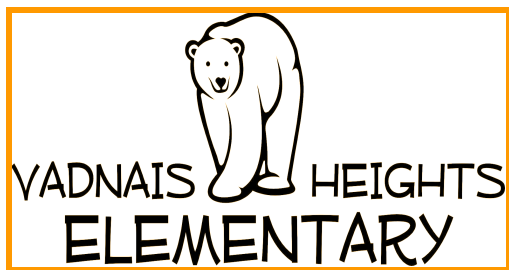


SEPTEMBER/OCTOBER 2023

# 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](mailto:attendancevadnais@isd624.org)

**Emergency School Closing** (651)407-7540

**Website** - [www.whitebear.k12.mn.us/Vadnaisheights](http://www.whitebear.k12.mn.us/Vadnaisheights)

**Principal** - [sara.svir@isd624.org](mailto:sara.svir@isd624.org)

Dear Vadnais Heights Families:

Welcome to the new school year! We're already 3 weeks into the year and everything is in full swing. We're practicing drills, Tamarack Nature Center has begun teaching science lessons in the Bear's Backyard and everyone is adjusting to our new literacy curriculum. It's great to see students arrive excited each day and anxious to connect with friends in their classrooms and neighborhoods. If you have questions or suggestions, please contact me at your convenience. I'm happy to visit!



I'd like to thank you all for partnering with us to set your children up for a successful school year. Our Welcome Back Conferences had great attendance and it provided the opportunity for you to meet your child's teacher and allowed us to meet the families. Seesaw is a great way for us to share information and pictures as well as message individual families. Parents may also use Seesaw to message our staff and it's private to the person you message. In addition, we will share information through our school newsletter, The Vadnais Voice, and our website is another resource of information.

This year we have many new students and families along with a few new 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 will be held next week, on 9/26, and families are invited to join us on the playground. This is a great opportunity to meet parents and ask any questions that you may be wondering about our school. I look forward to everyone joining us at future PTO events including the upcoming Bear Bash on 10/27.

Our days are full and we need all of the students to be with us at the start of each day. Please remember that breakfast is free for everyone and if they'd rather save it for a snack - that's a great option. It's so important for kids to get enough sleep and routines at home will help your children to have better days at school.

It's going to be an amazing year. Thank you for sharing your children with us!

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 2nd.**



## November Conferences:

Parent/Teacher Conferences are on **Monday, November 6th** from 3-7 pm and **Thursday, November 16th** 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 22th - October 16th	Fit-a thon Fundraiser
September 26th	PTO Meeting on the Playground - Everyone is Welcome: 6-7 PM
October 2nd	Lifetouch Pictures
October 7th - 13th	Fire Prevention Week
October 18th	<b>NO SCHOOL</b> -Professional Development for Teachers
October 19th - 20th	<b>NO SCHOOL - Education Minnesota</b>
October 23rd	<b>NO SCHOOL</b> -Professional Development for Teachers
October 27th	<b>Bear Bash - All Families Welcome</b> 5-6:30 PM - V.H.E.S. Playground
<i>Looking ahead</i>	
November 6th	<b>No School</b> - Conferences 3-7 PM Remember to check out the Book Fair!
November 7th	<b>NO SCHOOL</b> -Professional Development for Teachers
November 10th	End of the 1st quarter
November 11th	Veterans Day
November 16th	Conferences & the Book Fair: 3-7 PM
November 22- 24th No School	

**Helpful Hints from Technology - StudentVue & ParentVUE Tips**

[Family ParentVUE Activation Instructions](#)

[Synergy Family Annual Update Parent Instructions](#)

[Student Synergy Quick Tips](#)





## First Month of School!

Tamarack Nature Center Naturalists 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!

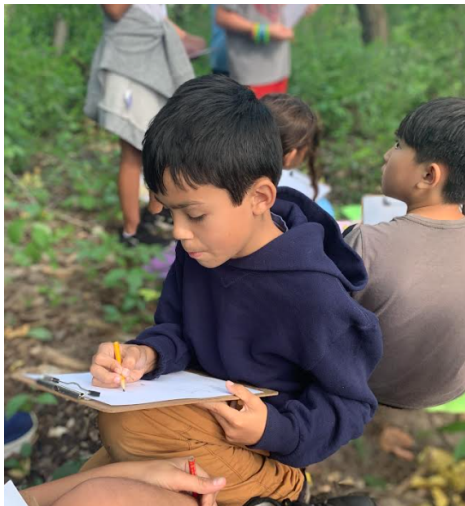


Illustration by FREE-VECTORS.NET





**Did you know** that Vadnais Heights Elementary is a BARR elementary school?! That means we focus on your whole student! We pay close attention to your child's achievement in math, reading, and more, and we make sure your child is happy, healthy, and safe at all times. Your child's teachers come together regularly to ensure your child and their peers are getting everything they deserve as learners, thinkers, and young citizens.

Every week, your child participates in a U-Time activity which is designed to boost and highlight:

- your child's assets and strengths as an individual,
- their classroom's assets and strengths as a team,
- and our school's assets and strengths as a community!

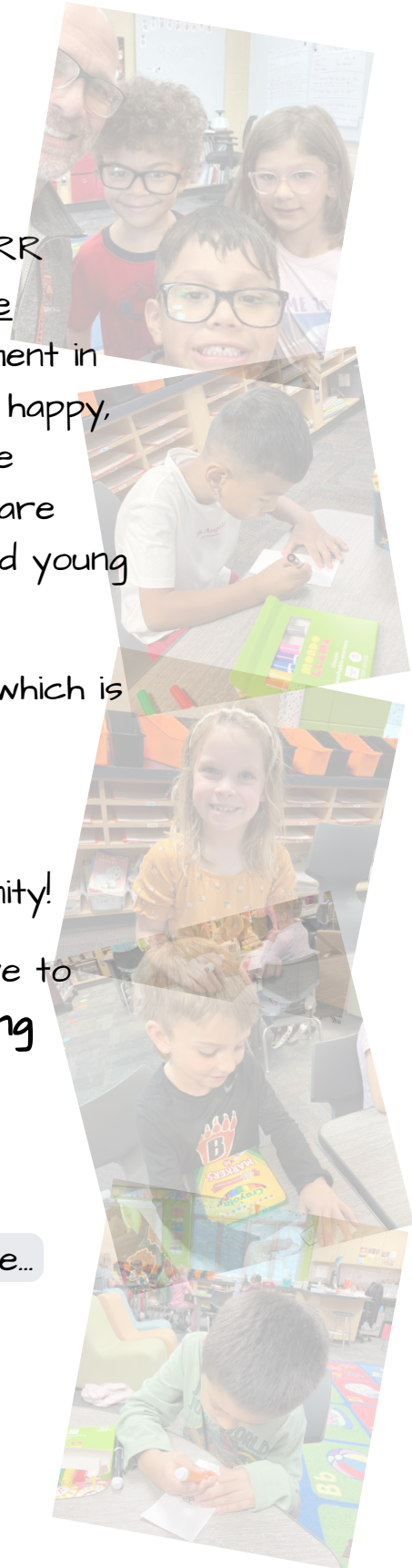
As a BARR elementary school, we truly believe and strive to embody the fact that **Together We Can Build Something Extraordinary.**

Click on this link to watch a video about BARR in White Bear Lake Area Schools:

 [BARR at White Bear Lake Area School District, Minne...](#)

Coming to this newsletter this year:

- Pictures of BARR in action
- Highlights of students' U-Time work
- Facts and information about BARR at VHES





## HEALTH OFFICE

We're off to a great year in the Health Office. Many children visit each day for things like a bloody nose, when they lose a tooth or when their stomach is upset. Parents/Guardians will be called if your child has a fever at 100 degrees or higher, if they have injured their head in any way or if there is a concerning situation. Here are a few reminders and requests as we begin the school year:

- If your child needs to take medication at school, prescription or over the counter, it must be distributed through our health office and be accompanied by a note from the physician for prescription and parent for over the counter medication.
- If your child has the stomach flu, they may not attend school for 24 hours after vomiting.
- Due to a wide range of allergies, health issues and promoting healthy choices, we will not be sharing any food items for birthday treats at school.

We want to keep everyone healthy. If there's anything we need to know to help your child stay well, please contact us.

## ATTENDANCE

Academic success and regular attendance go together. Frequent student absences or tardies disrupt the learning process. It is in the best interest of your child's education if appointments can be made to avoid school hours. Please make sure regular attendance is your goal. **If you are going to be absent or late coming to school, call the Attendance Line at (651) 653-2859.**



## STUDENT CHECK OUT

Although we encourage appointments outside of the school day, we recognize that sometimes schedules are out of our control. If you need to pick your child up early, please follow these procedures:

- Park near the flagpole and enter at Door "A"
- Sign your child out in our Main Office
- Our staff will call your child to the office to meet you there.



# Cell Phone/Smartwatch Expectations and Outcomes

## Cell Phone Guidelines

The intent of these guidelines is to minimize distractions and emphasize a focus on academics during the school day.

1. Cell phones should not be used and must be put away and silenced during the school day. Smart watches should only be used as a traditional watch, checking the time/date, during school hours.
2. Parents are welcome to contact our main office if there is a message that needs to be relayed.
3. Students/families assume the risk of damage, theft or loss when choosing to bring/send a phone/watch to school.
4. Electronic device use, of any kind, is not permitted in bathrooms or on the bus.
5. Students may not use electronic devices to photograph or record students or staff at school.
6. Using social media, apps, or any other function of a device to spread rumors, bully, make fun of, exclude, or create a disruption in school or outside of school is not permitted.

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We recognize that some families want their children to have a phone for before or after school use. Our goal is to maximize learning during the school day and we want to minimize distractions and disruptions for all students; as a result, if a student is not following our guidelines the following will occur:

**1st Offense** - The device will be taken by the teacher, given back at the end of the day and parents will be informed.

**2nd Offense** - The device will be taken by the teacher and held in the office until a parent or guardian picks it up.

**3rd Offense** - The device will be held by the principal and a conversation will occur to make a plan with the student, parent and administrator when the device is collected.





Chair: Colleen Kaiminaauao  
Secretary: Kristen Cruden  
Treasurer: Trevor Hassler

Welcome to the 2023-'24 school year!

The Vadnais Heights Elementary Parent and Teacher Organization partners to support our school, students, classrooms and the community. We have 5 meetings over the course of the school year and all parents are welcome and encouraged to attend. Our first meeting is hosted on our playground to allow you to come and meet other parents and ask questions while your kids play. The meeting is next Tuesday, 9/26, from 6 to 7 PM.

We know that everyone is busy yet our PTO will be stronger if we have input from more people. If you're unable to join the 4 meetings in person, you may also attend virtually. We hope that you will consider joining us on the following dates:

November 28th

January 9th

March 19th

May 14th

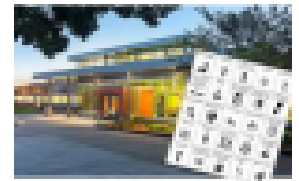
Our meetings will begin at 6 PM and will conclude by 7 PM. If you're able to attend in person, we will meet in the Learning Commons and you can enter the building at Door "O."

We host very few events yet we do need volunteers. If you're able to help out and support V.H.E.S., please complete the [Volunteer Form](#). We appreciate everyone's help!





# VHES Fit-athon 2023



Today we began an important, fun and healthy way to raise money for students at Vadnais Heights Elementary! Everything we raise, through this fundraiser, goes right back to the students and school for student scholarships, funds for field trips, technology, and safety enhancements for our campus. We'll earn money for our school while we practice fitness for our mind and body.

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

## We Need All Parents to Complete 3 Easy Steps!

1. Register your Child by visiting [www.getmovinfundhub.com](http://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 want 100% of our students to register so please visit [www.getmovinfundhub.com](http://www.getmovinfundhub.com) today!
- Each student is encouraged to raise \$50.00.
- Reach a Superstar level by raising \$250.00!

**Our TOTAL SCHOOL GOAL is \$20,000.00**

## Event details:

- Register your Child today using School Identifier 5d52f33af0a60
- Raffle cards are due to your homeroom teacher: Friday 10/13/2023
- Donations accepted through the following week
- 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



# STEM Virtual Classes - A PC Is Needed

PC needed for all classes (Windows or MacBook), will not work on Chromebook, tablets, or phones!



## 3D Printing: Jewelry Design & Fabrication

Bring your creations to life by 3D designing a pair of earrings and a ring.. Students can choose one design to be printed and mailed home. [Register here!](#)

### Additional Requirement:

- Tinkercad (login info. will be provided during class)

GRADES: 3rd—8th DATE: Th 9/28 & 10/5  
COST: \$79 TIME: 6 pm—7:30 pm

## Hacking Java Games

Students will learn Java coding skills while modifying games. [Register here!](#)

GRADES: 4th—8th DATE: Wed 10/11 & 10/18  
COST: \$79 TIME: 6 pm—8 pm

## NEW! Game Coding: Nintendo Characters

Learn the fundamentals of coding with Scratch by creating a Nintendo-themed game. [Register here!](#)

GRADES: 2nd—4th DATE: Th 10/12  
COST: \$35 TIME: 6 pm—7:30 pm



## NEW! Video Production: YouTube Shorts & IG Reels

Learn the art of production video shorts for TikTok, YouTube Shorts, and Instagram Reels. [Register here!](#)

### Additional Requirements:

- Cell Phone video camera or external webcam
- Filmora (Free version) software

GRADES: 3rd—8th DATE: Fri 10/20  
COST: \$59 TIME: 9 am—Noon

## NEW! Video Game Design

Experience a hands-on learning approach to game development and design. [Register here!](#)



### Additional Requirement:

- Constructs 3

GRADES: 4th—8th DATE: Wed 11/22 & 11/29  
COST: \$79 TIME: 6 pm—8 pm

## Video Production: Podcasting

Students will learn how to produce a YouTube podcast and explore ideas, make a script map, and more. [Register here!](#)

### Additional Requirements:

- Cell Phone video camera or external webcam
- iMovie (Mac) or Filmora (Windows trial version) software
- Audacity free software download

GRADES: 3rd—8th DATE: Th 11/30  
COST: \$39 TIME: 6 pm—8 pm

REGISTER ONLINE: <https://whitebear.ce.eleyo.com/account>  
or CALL: 651-407-7501 LEARN MORE: [www.techacademymn.com](http://www.techacademymn.com)



# 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](mailto: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 -



# WBL CHEER YOUTH CLINIC

**YOU'RE INVITED TO CHEER WITH THE BEARS  
AT A VARSITY FOOTBALL GAME**

**Clinic Date:** September 27, 5-6:30

**Performance:** September 29, 5-8:00

Participants in grades K-5 will learn cheers at the clinic. They will cheer with the Varsity cheerleaders during the first quarter of the football game on 9/29.

All youth cheerleaders will receive a shirt, poms, bow & dinner before the football game.

**Cost: \$90**

Visit [wblcheer.com](http://wblcheer.com) to register

Questions?

Email [andria.mattlin@isd624.org](mailto:andria.mattlin@isd624.org)





Lakeshore Players Theatre is excited to announce **auditions** for our winter musical production of Little House on the Prairie! Based on the bestselling children's books, Laura Ingalls Wilder's story continues to sweep the nation after its transformation into a hit musical that originated right here in Minnesota.



What you need to know if you're interested in auditioning for this musical:

- You must be available for all tech rehearsals and performances
- All rehearsals and performances take place at the Hanifl Performing Arts Center in White Bear Lake
- You must be fully vaccinated against COVID-19 and have proof of vaccination at auditions in order to be considered for this project.
- A performer travel stipend is available for \$15/performance.
- **Tentative Rehearsal Dates:** December 3, 2023 - January 19, 2024
- **Performances:** January 26 - February 10, 2024 (10 performances) - 2/3 and 2/10 are two-show Saturdays

**Open to all K-5 Boys & Girls**



**Go to:**

**JOINCUBS.ORG**

**Or contact**

**Cubmaster Craig**

**for more info**

**florx003@umn.edu**

**612-282-4610**



**9212**

**Pack 9212 meets at  
Vadnais Heights Elementary**

Please remember  
there is **No School**  
on the following days:



October 18th-20th

October 23rd

November 6th-7th

November 22nd- 24th

