September/October 2024

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:



Welcome to the new school year! It's great to see students arrive excited each day and anxious to connect with friends in their classrooms and neighborhoods. We all want this to be a great school year for your child and 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. Just this week we hosted a school-wide dinner and it was so much fun to connect and have conversations. Our school uses Seesaw to share information about events, like the ones I just mentioned, and our teachers post pictures as well as message the class or individual families using this tool. 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. We want to make sure everyone is receiving information and if you need help, please let us know.

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 (PTO) is in place to bring families together to support one another and our school. Our PTO coordinates the fall fundraiser and here is the Fit-a thon Parent Information. This fundraiser doesn't require you to sell anything but we do ask that you register your child and share the information with family and friends on social media. It's quick and it's an easy way for our school to raise funds to support our school community. Everyone is always welcome at PTO meetings and events - like the free dinner and I look forward to everyone joining us at future PTO events including the upcoming Bear Bash on 10/25.

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 Tuesday, October 1st.



November Conferences:

Parent/Teacher Conferences are on **Monday, November 4th from 3-7 pm and Thursday, November 14th 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 20th - October 20th	Fit - a thon Fundraiser
September 24th	Community, Connections & Conversations PTO Event from 5:30-7PM
October 1st	Lifetouch Pictures
October 7th - 13th	Fire Prevention Week
October 16th	**NO SCHOOL** Professional Development for Teachers
October 17th - 18th	**NO SCHOOL - Education Minnesota**
October 25th	**Bear Bash - All Families Welcome** **5-6:30 PM - V.H.E.S. Playground**
Looking ahead	
November 1st	End of the 1st quarter
November 4th	**No School** - Conferences 3-7 PM Remember to check out the Book Fair
November 5th	**NO SCHOOL** Professional Development for Teachers Election Day
November 11th	Veterans Day
November 14th	Conferences & the Book Fair: 3-7 PM
November 27- 29th **No School**	

Helpful Hints from Technology - StudentVue & ParentVUE Tips

Family ParentVUE Activation Instructions

Synergy Family Annual Update Parent Instructions

Student Synergy Quick Tips



Free Resources for our Entire School Community



- The Closet - Our school is fortunate to be part of a district that has its very own clothing store. Everything there is donated and it's either new or gently used. If your family is in need of clothing, shoes or items for your growing children or the next season - please reach out. Everyone in your family is able to shop and benefit from The Closet.

- Bear Care - If your school-age children are in need of medical attention, please check out Bear Care. It's free services for a variety of needs and it's located at our new high school.

- KidPack - This is a free program and enrolled students will receive a grocery bag of food items on the last day of school each week. If you'd like to enroll, there are paper copies available in our school office or make a copy of the Enrollment Form and email the completed form to sara.svir@isd624.org

- Vadnais Heights Elementary is a Title I school. This means we qualify for additional funding, from the federal government, that provides additional teachers to support our students, funds for instructional supplies and money to pay for food when we host family events. Each year they collect information, on October 1st, that has been submitted by our families, to determine the amount we will receive for the following school year.
  If you've completed the Educational Benefits form - Thank You.
  If you have not yet completed it for this school year, please request a form from your child's teacher and we will send it home in their communication folder. If you'd like the form in a language other than English, please let us know.
  We have one more week to submit forms for next school year.
  Thank you!

Today begins a very important fun and healthy way to raise money for students of

Vadnais Heights Elementary

We want to promote a healthy lifestyle to our students and the community. Please help us reach our fundraising goal by supporting the VHES 2024 Fit a thon. We have teamed up with *Get Movin'©* to make this event fun and profitable with online mobile friendly technology!

Follow these 3 simple steps:

- First register or re-login to your parent dashboard and complete your child's student webpage with a PICTURE at getmovinfundhub.com. *School Identifier: 5d52f33af0a60*
- Make an online donation using the red Donate button right away
- Share with friends and family, they want to help!
  - Send 10-15 emails and/or text messages
  - Post Facebook or Twitter
  - Help your child reach their goal in 24/48 hours

Student Goals:

- Our goal is to have 100% of all students registered online! It's easy, FREE, and it only takes a few, quick minutes!
- Each student is encouraged to raise $50.00
- Be an Overachiever Superstar by raising $250.00

OUR TOTAL SCHOOL GOAL is $22,000.00

Event Details:

- **Event Date: 9/20/2024**
- **Final Donation due date: 10/20/2024 11:59 PM**
  - Donations in the form of cash & checks (in-school donations), should be turned in to the school.
  - Please make checks payable to: VHES PTO

Thank you for supporting our school!

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.

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.

BARR
Same students. Same teachers.
BETTER RESULTS.

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

Chair: Kristen Cruden
Secretary:
Treasurer: Trevor Hassler

Welcome to the 2024-'25 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.

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 19th
January 14th
March 18th
May 13th

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!

Open to all K-5 Boys & Girls



Go to:
JOINCUBS.ORG
Or contact
Cubmaster Craig
for more info
florxØØ3@umn.edu
612-282-4610

9212

Pack 9212 meets at
Vadnais Heights Elementary





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

October 16th - 18th

November 4th - 5th

November 27th - 29th





