



# \*\*\*\*\*\*\*\*\*\*\*\*\*\* T.E.R.R.I.F.I.C. Kids

Terrific Kids is a student recognition program that promotes character development, self-esteem and perseverance. "Terrific" is an acronym for Thoughtful, Enthusiastic, Respectful, Responsible, Inclusive, Friendly, Inquisitive and Capable. Quarterly, one student from each homeroom is selected as their classroom's Terrific Kid.

# 3rd Grade



Allison Babin

**Charlee Rawls** 



**Boen Guidry** 

Eva Tregle

\* \* \*



4th Grade



**Cooper Breaux** 



Kenzley Chaisson

**Cristofer Acosta** 



Alijah Gonzalez





# **RJV Celebrates Achievements** 1st Quarter Principal's List

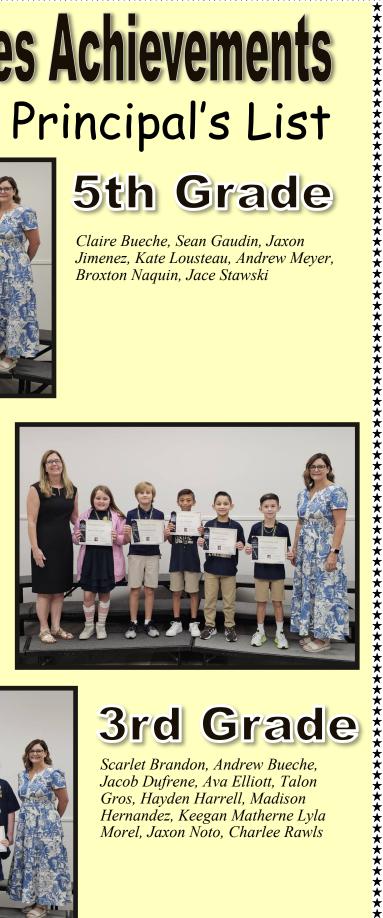




Claire Bueche, Sean Gaudin, Jaxon Jimenez, Kate Lousteau, Andrew Meyer, Broxton Naguin, Jace Stawski



Alec Gonzalez, Cameron Hebert, Mignon Matherne, Tristan Matherne, Kolton Meadors







Scarlet Brandon, Andrew Bueche, Jacob Dufrene, Ava Elliott, Talon Gros, Hayden Harrell, Madison Hernandez, Keegan Matherne Lyla Morel. Jaxon Noto. Charlee Rawls

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# **RJV Celebrates Achievements** 1st Quarter Perfect Attendance



### **5th Grade**

Jaleeum Allen, Brelvnn Devillier, Elaisha Diaz, Eli Finstad, Carter Hall, Cole Jackson, De'Mari January, Jaxon Jimenez, Kye Knuppel, Ellie Matherne, Justice Nichols, Logan Pervan, Kinley Santos, Jace Stawski, Edalie Sternberger, Christian Tinajero, Elise Troxclair, Ava Wingo

# 4th Grade

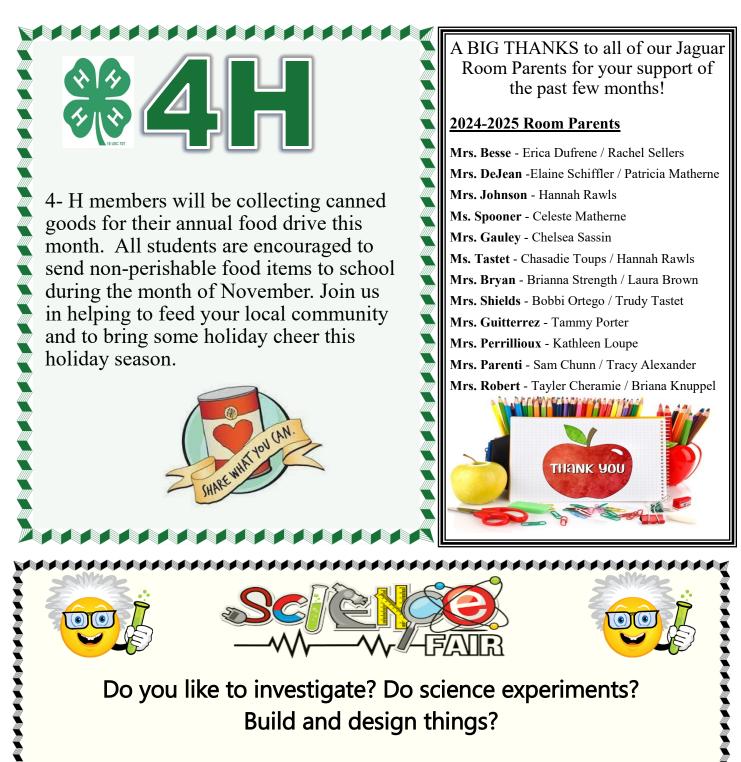
Cristhofer Acosta, Michael Caldarera, Sydaleigh Cortez, Sawyer Dufrene, Corbin Gaubert, La'Riyah Gross, Titan Jedrysek, Brantley Lanoue, Liam LaPlante, Kolton Meadors, Trippton O'Neal, Emalee Rawls, Ayden Rojas, Ariyan Smith, Ava Strength





### **3rd Grade**

Emily Arita Miralda, Colton Baudoin, Brandon Benitez-Amaya, Scarlet Brandon, D'Oavla Butler, Blake Conway, William Dubois, Graham Dufrene, Ava Elliott, Haze Fahrig, Cody Folse, Ryleigh Gaubert, Talon Gros, Boen Guidry, Kinsley Hall, Hayden Harrell, Madison Hernandez, Kynleigh Knuppel, Ay'Lani Leahy, Keegan Matherne, Kason Meadors, Charlee Rawls, Brandon Ruiz



The R.J. Vial Science Fair may be for you! All students in grades 3- 5 are eligible to participate. Students plan or design an experiment, investigate, and create a project board to be presented to a pair of judges. The fair will be held December 4, 2024. Science teachers will be speaking about the fair to students this month. The Science Fair handbook will be posted on the school website soon. If you have any questions you may contact Ms. Tastet.

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### <u>ăunununununununununununun</u>ü



We have a lot to be proud of in our Choir family this month. The Jaguar Choir would like to congratulate two members for earning a coveted spot in the Louisiana American Choral Directors Association 2024 All-State Honor Choir. **Elizabeth Fletcher and De'Mari January** will represent R.J. Vial in the Louisiana All-State Children's Honor Choir. This is truly an immense honor and we are so proud of these Jaguars.





The RJV 4th and 5th Grade Bands are working very hard putting together the music for our Winter Concert!







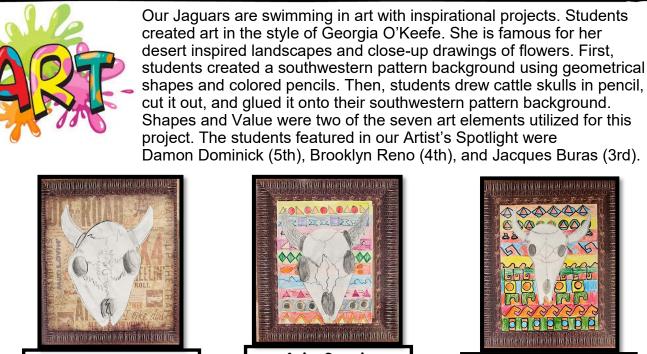








In physical education this month, students will focus on developing their throwing and catching skills. Our goal is for all students to engage in a game with fairness, respect, and generosity toward others, fostering a positive and supportive environment for everyone.



5th Grade Damon Dominick



**Brooklyn Reno** 

3rd Grade **Jacques Buras** 

Towards the end of October, in the spirit of our Fall and Halloween season, students drew portraits in the style of Tim Burton. Students loved creating and designing a character who could be featured in a Tim Burton film. Our next project will be a paper collage using images from magazines, as well as, scrapbook paper. The students will be using their own school portrait to incorporate into their collages. I am so excited to see their finished projects! We will also be working on our Christmas Card Contest at RJV. Students will have an opportunity to design, create, and draw a Christmas Card from our school, R. J. Vial Elementary. The card must include our mascot, R. J. the jaguar, and the theme this year "Success Can Be Found Under the Sea." After the top three cards are selected, all students will have the opportunity to vote for the winner of the Christmas Card Contest. Stay tuned for the announcement of the winner around Thanksgiving.



### 3rd Grade

Third graders are thrilled to dive into novels! We've started *Charlotte's Web* and will soon read *The Miraculous Journey of Edward Tulane*. Our focus is on how experiences shape characters and help them grow. In social studies, students are learning more about the three branches of government. In math, students are practicing strategies to solve multiplication problems. In

science, they are discovering how butterflies survive.



# 4th GRADE

Students in 4th grade are diving into our second ELA unit, *The Lightning Thief.* Throughout this unit, students will study myths and follow characters as they embark on exciting quests.

In Social Studies, students will begin to engage in the study of early civilizations. We will learn about India, China, and Greece.



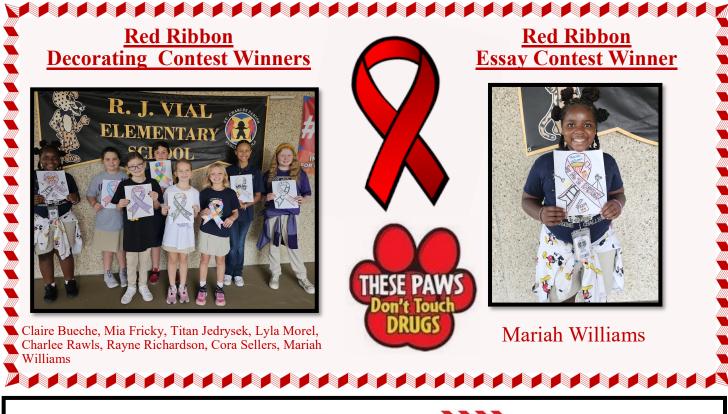


5TH GRADE

In ELA students will begin a new unit, *The Lion, the Witch, and the Wardrobe*. As students read the text, they will gain background knowledge on the fantasy genre and why authors wrote about fantasy during hard times in the life. Students will also analyze how point of view has influence over how a text is written and the details that are provided to the reader. In social studies, students will continue their journey throughout North America focusing on Indigenous Native Groups and how the geography played a role in their way of life. In Math, students are wrapping up adding and subtracting fractions and will soon be diving into multiplying and dividing fractions. In Science, students are discovering the flow of matter and energy as they answer the phenomenon question, "How can a tree support so much life?".









During the month of November, we will be focusing our counseling lessons on kindness and gratitude. Fall is here, bringing us closer to the holiday season. While many of us will gather, celebrate, remember, cherish, and be "thankful", others will not. For some the holidays are a difficult time for various reasons, which is why as we approach this season, we are here to help and provide support. Why focus on Kindness and Gratitude? Kindness and gratitude not only benefits those around us, but ourselves as well. Acts of kindness and gratitude create neural pathways that enhance feelings of well-being and the natural flow of feel-good endorphins and neurotransmitters. Kindness is self-replicating. When we perform an act of kindness, it is likely to encourage others to act in a similar way. They reduce stress and anxiety. Kindness and gratitude promote deeper and positive relationships with other people. Anything that helps you to build bonds with other people helps decrease anxiety.

As a family you can practice kindness and gratitude by: Writing a "Thank You" note, thank someone mentally, create a family gratitude jar, do a chore without being asked, read a book to a younger child, volunteer at the animal shelter, and pick up and recycle around your neighborhood.

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Fryburg, D. A., (2021). Kindness as a Stress-Reduction-Health Promotion Intervention: A Review of the Psychobiology of Caring. Vol 16, issue 1. Accessible at <a href="https://doi.org/10.1177/1559827620988268">https://doi.org/10.1177/1559827620988268</a>

https://positivepsychology.com/gratitude-appreciation/

https://positivepsychology.com/random-acts-kindness/



### **NURSE'S NOTES**

### Kids and Food: 10 Tips for Parents

Medically reviewed by: Mary L. Gavin, MD FROM KIDSHEALTH

\*https://kidshealth.org/en/parents/eating-tips.html

It's no surprise that parents might need some help understanding what it means to eat healthy. From the My-Plate food guide to the latest food fad, it can be confusing.

The good news is that you don't need a degree in nutrition to raise healthy kids.

Following some basic guidelines can help you encourage your kids to eat right and maintain a healthy weight.

Here are 10 key rules to live by:

**1. Parents control the supply lines.** You decide which foods to buy and when to serve them. Though kids will pester their parents for less nutritious foods, adults should be in charge when deciding which foods are regularly stocked in the house. Kids won't go hungry. They'll eat what's available in the cupboard and fridge at home. If their favorite snack isn't all that nutritious, you can still buy it once in a while so they don't feel deprived.

**2. From the foods you offer, kids get to choose what they will eat or whether to eat at all.** Kids need to have some say in the matter. Schedule regular meal and snack times. From the selections you offer, let them choose what to eat and how much of it they want. This may seem like a little too much freedom. But if you follow step 1, your kids will be choosing only from the foods you buy and serve.

**3. Quit the "clean-plate club."** Let kids stop eating when they feel they've had enough. Lots of parents grew up under the cleanplate rule, but that approach doesn't help kids listen to their own bodies when they feel full. When kids notice and respond to feelings of fullness, they're less likely to overeat.

**4. Start them young.** Food preferences are developed early in life, so offer variety. Likes and dislikes begin forming even when kids are babies. You may need to serve a new food a few different times for a child to accept it. Don't force a child to eat, but offer a few bites. With older kids, ask them to try one bite.

**5. Rewrite the kids' menu**. Who says kids only want to eat hot dogs, pizza, burgers, and macaroni and cheese? When eating out, let your kids try new foods and they might surprise you with their willingness to experiment. You can start by letting them try a little of whatever you ordered or ordering an appetizer for them to try.

**6.** Drink calories count. Soda and other sweetened drinks add extra calories and get in the way of good nutrition. Water and milk are the best drinks for kids. Juice is fine when it's 100%, but kids don't need much of it -4 to 6 ounces a day is enough for preschoolers.

**7.** Put sweets in their place. Occasional sweets are fine, but don't turn dessert into the main reason for eating dinner. When dessert is the prize for eating dinner, kids naturally place more value on the cupcake than the broccoli. Try to stay neutral about foods.

**8. Food is not love.** Find better ways to say "I love you." When foods are used to reward kids and show affection, they may start using food to cope with stress or other emotions. Offer hugs, praise, and attention instead of food treats.

**9. Kids do as you do.** Be a role model and eat healthy yourself. When trying to teach good eating habits, try to set the best example possible. Choose nutritious snacks, eat at the table, and don't skip meals.

**10. Limit TV and computer time.** When you do, you'll avoid mindless snacking and encourage activity. Research has shown that kids who cut down on TV-watching also reduced their percentage of body fat. When TV and computer time are limited, they'll find more active things to do. And limiting "screen time" means you'll have more time to be active together





