



January 2025

St. Charles Parish Public Schools

Issue 5

UPCOMING EVENTS

PRINCIPAL'S MESSAGE



Dear Jaguar Families,

Happy New Year – Welcome, 2025!

As we dive into the new year, I hope everyone has had the chance to float along with the current of relaxation and quality time with family and friends over the holiday season. After a refreshing break, the start of school gives us a perfect opportunity to resurface with renewed focus and enthusiasm for learning. The New Year has brought a wave of energy and dedication, and our faculty, staff, and students have returned from the break ready to make a splash!

As we set sail into the waters of 2025, we'll revisit our students' hopes and dreams for this school year. Some students have already reached the shores of their goals and are ready to chart new courses. Others are still swimming toward their original targets, while some are ready to brave new waters and take on fresh challenges. Remind your child that you, too, have hopes and dreams – and don't forget to share them with your little fish at home. As we swim into the third quarter, celebrate the milestones and achievements from the first semester and encourage your child to keep paddling forward. Remember, we are all navigating toward greatness in our own way, every day.

Make sure to mark your calendars for our Parent-Teacher-Student Conferences on Thursday, February 6th, and Friday, February 7th. These two days will be Early Dismissal days for students. Conferences are a special opportunity for teachers, parents/guardians and students to discuss progress, set future goals, and strengthen the tide of support between home and school.

Thank you for helping to make RJV a Successful place be!

Dream it - Believe it - Achieve it!

Christina Mullins
Principal



Follow us:



Instagram @rjvialelementaryschool

Facebook @rjvialelementaryschool

Thursday, January 16th

Jaguar Buddies 3:50pm - 5:00pm

Friday, January 17th

The Krew of Zulu visits RJV!

*Students may wear a Mardi Gras shirt with jeans or spirit wear joggers

Saturday, January 18th

Parish Honor Band Auditions @ESE
9:00am - 12:00pm

Monday, January 20th

MLK
I HAVE A DREAM
DAY
No School

Tuesday, January 21st

Drama Club 3:50pm - 5:00pm

Wednesday, January 22nd

100TH
DAY OF
SCHOOL

*Students may dress like they are 100 years old

Friday, January 24th

Q2 Awards (via invite)
9:00am—3rd Grade
9:50am—4th Grade
10:40am—5th Grade

Monday, January 27th

Team Kindness: Wear a sports shirt
Robotics 3:50pm - 5:00pm

Tuesday, January 28th

Cozy Up with Kindness: Wear school appropriate pajamas

Wednesday, January 29th

Let Kindness Shine: Wear sparkles, sequins, or a neon shirt

Thursday, January 30th

Don't hide from Kindness: Wear a camo, green, black, or brown shirt
District Science Fair

Friday, January 31st

RJV Kindness Krewe: Wear a Mardi Gras shirt

Congratulations!

Monique Guitterrez



2024 - 2025

Teacher of the Year

R. J. Vial Elementary School

🐾 **Congratulations** 🐾

December Students of the Month



3rd Grade
William Dubois



4th Grade
Faith Brown



5th Grade
Logan Pervan

The R. J. Vial students of the month are chosen based upon qualities including character, leadership, and citizenship. The student of the month must demonstrate an effort to learn subjects to the best of his or her ability, be prepared for class, and participate in class. R. J. Vial students of the month demonstrate excellent behavior in and out of the classroom, are well-mannered, and are respectful to both peers and teachers.

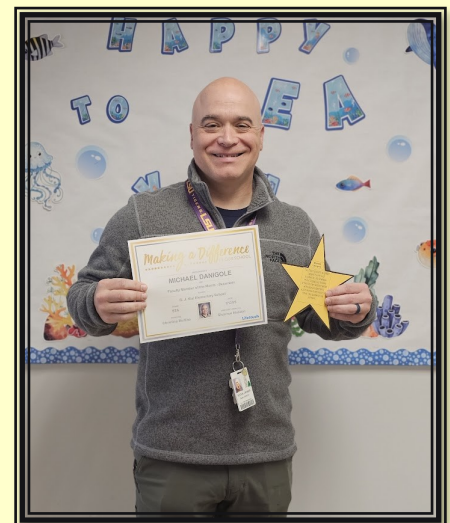
🐾 R. J. Vial Employee of the Month 🐾

Faculty and staff at R. J. Vial Elementary nominated Michael Danigole for Employee of the Month!

Here are just some of the reasons he was nominated:

"Mr. Danigole has such a great rapport with our students. It's always mind-boggling to see what he can accomplish with our students in such a short amount of time! His passion is evident!"

Congratulations!



ORDER YOUR 2024 - 2025

Yearbook



**THE R. J. VIAL 2024-2025
YEARBOOK IS NOW ON SALE!
THE COST IS \$30.00.**



YBPAY.LIFETOUCH.COM YEARBOOK ID: 14674725

Uniforms

Do you have uniform clothes that your child has outgrown?

We accept used uniform shirts, pants and spirit shirts. You can drop these items off at the front office any day of the week. Your donations can make a difference!



D.A.R.E.

TEACHING STUDENTS DECISION MAKING
FOR SAFE & HEALTHY LIVING

Beginning this month, ALL 5th Grade students will be participating in the D.A.R.E. program.

D.A.R.E. IS SUBSTANCE ABUSE PREVENTION EDUCATION AND MUCH MORE!

D.A.R.E. was founded in 1983 and has proven so successful that it has been implemented in thousands of schools throughout the United States and many other countries.

D.A.R.E. is a police officer-led series of classroom lessons that teaches children how to resist peer pressure and live productive drug and violence-free lives.



KINDNESS WEEK

JAN 27-31

Show your commitment to being a kind kid by dressing up according to each day's theme. Have fun with the daily themes, but be sure to adhere to District Dress Code Guidelines.

M

Team Kindness- wear your favorite sports shirt and uniform bottoms to show that you are a good sport.

T

Cozy up with Kindness- Wear school appropriate pajamas.

W

Let Kindness Shine- Wear sparkles, sequins, or a neon shirt with school uniform bottoms.

TH

We don't hide from Kindness -wear camo or green, brown or black shirt with school appropriate bottoms.

F

RJV Kindness Krewe- Wear school appropriate jeans and a Mardi Gras shirt.



Way to Go Jaguar Band and Choir!!

Our RJV Band and Choir students put on an AMAZING performance at their winter concert! Way to go Jaguars!



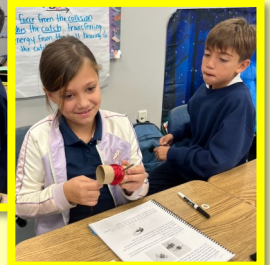
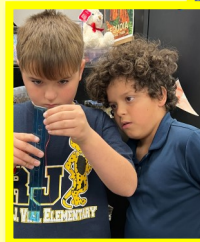
3rd Grade

Third graders had so much fun turning our hallway into an underwater themed wonderland before the Christmas break! We participated in Christmas escape rooms, wrote our own T'was the Night Before Christmas poems, and discussed figurative language while reading *The Polar Express*. In the new year, we will continue our unit on *Because of Winn-Dixie*. We are exploring the friendships made in the novel and learning about finding friends in unlikely places. We will be using what we learned from the novel and in our writing lessons to write about the central message of the novel.



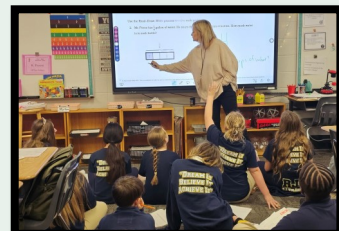
4TH GRADE

In our second module in Science, fourth graders learned about energy transfers. The students built their own generators to discover how generators are able to transfer motion energy into electrical energy. They read about the fascinating true story of William Kamkwamba, who built a windmill to pump water to save his village in Africa. In math, students have been working on strategies for multiplication and division. Our fourth grade mathletes are getting more proficient and more confident with these skills!



5TH GRADE

Students will be wrapping up *The Lion, Witch, and Wardrobe* unit by completing their Culminating Task which will consist of writing a scene from the book from a different character's point of view. In social studies, students will complete unit 4 focusing on the characteristics of the Inca and Aztec empires. Students will then begin unit 5 which will focus on the Renaissance and Reformation! Students will be wrapping up Module 3 Fractions Are Numbers and begin to divide into decimals fractions. In Science, students will begin to learn about Earth's Systems.



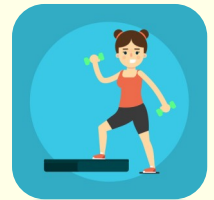
ART

Our Jaguars are swimming into the new year with bead art. Students created mosaic art using cut apart Mardi Gras beads, trinkets, and doubloons. Many of the simple designs were created on paper plates, wood, or cardboard. First, students chose an image or pattern to draw on the surface. Many of the designs included hearts, masks, Fleur de lis symbols, jester hats, etc. Then, students selected cups of different color Mardi Gras beads to begin executing their design. Sometimes there is no image, but students used radial symmetry or simple patterns to create an abstract design. Color, Line, and Texture were the main elements of art used for the bead art project. This project is also fundamental for fine motor skills while cutting and placing beads into a design. The students LOVE this project because it is very engaging. If you are ever looking to get rid of beads, magazines, craft items, yarn, etc., I will happily take any donations. Donations are an important part of our art program! You would be surprised how simple items can be recycled into beautiful art. Thank you for your continued support of the visual arts.



physical education

In physical education class, all students will be focusing on aerobic exercises through a variety of different exercises and activities. Aerobic exercise is **cardiovascular exercise, or cardio, that gets your heart pumping.** During aerobic exercise, your blood pumps quickly throughout your body and your lungs take in more oxygen. The word aerobic means "with oxygen," meaning that your breathing determines the amount of oxygen that gets to your muscles.



The RJV Band students are ready to tackle the Spring semester! They are working hard on their Parish Honor Band audition music as well Mardi Gras and Spring Concert music.



Jaguar CHORIR

The Jaguar Choir is beginning 2025 by preparing new music for our upcoming performances. We will perform this spring at the St. Charles Parish Y'ALL Fest, the Louisiana Music Educators Association (LMEA) Large Ensemble Festival, and ArtsFest in March. We have a busy season ahead of us!

We would also like to give a huge shout out to ten of our singing Jaguars for their acceptance into the LMEA District VII Honor Choir! Congratulations to Kimberlei Chester, Addison Cole, Brelynn Devillier, Elizabeth Fletcher, Kambrie Loupe, Kate Lousteau, Andrew Meyer, Brelynn Ortego, Emalee Rawls, and Massiah Williams. We know that they will represent us well.





DRAMA CLUB

The RJV Drama Club had a great time putting on Christmas Skits!



COUNSELOR'S CORNER

Happy New Year and welcome back! I hope your Christmas break left you feeling refreshed for the new year. I cannot believe we are already almost halfway through the school year! As we begin the second semester, now is a great time for you and your student to do some reflecting and set a few goals for the rest of the year. As we begin this new semester, now is a great time to help your student think on what went well during the beginning of the year and what could be better. What are their strengths? What were some challenges they faced? Once they have determined what area they would like to improve upon, here is a way to support them in achieving their goals.

Help them set a SMART goal. SMART goals are:

S- Specific. Help your student set goals that are clear and well-defined about what they wish to achieve (rather than, "I would like to wake up earlier next semester," a more specific goal would be, "I will wake up at 700am every morning on Monday-Friday.")

M- Measurable. How will your student know when they've achieved their goal? Students should be able to track their progress.

A- Achievable. Students should state what specific actions they will take to achieve their goal. They should also consider any resources they will need to achieve their goal and whether or not it is achievable, given their set of resources.

R- Relevant. Help your student think about why this goal is important to them. What are the benefits? Why is it meaningful?

T- Time-bound. When do they want to achieve their goal?

SCAN THIS QR CODE TO
ACCESS MY COUNSELOR
REFERRAL FORM:



SCAN THIS QR CODE TO
ACCESS MEET THE
COUNSELOR:



Nurse Notes



Be a Fit Kid

Medically reviewed by: [Mary L. Gavin, MD](#)

Being fit is a way of saying a person [eats well](#), gets a lot of physical activity ([exercise](#)), and has a healthy weight. If you're fit, your body works well, feels good, and can do all the things you want to do, like run around with your friends.

People who care (parents, doctors, teachers, and others) want to know how to help kids be more fit. Some parts of this are up to parents — such as serving healthy meals or deciding to take the family on a nature hike. But kids can take charge too when it comes to their health.

Here are 5 rules to live by, if you're a kid who wants to be fit. The trick is to follow these rules most of the time, knowing that some days (like your birthday) might call for cake and ice cream.

1. Eat a Variety of Foods

You may have a favorite food, but the best choice is to eat a variety. If you eat different foods, you're more likely to get the nutrients your body needs. Taste new foods and old ones you haven't tried for a while. Some foods, such as green veggies, may taste better the older you get.

Try for at least 5 servings of fruits and vegetables a day — 2 fruits and 3 vegetables. Here's one combination that might work for you:

- at breakfast: ½ cup (about 4 large) strawberries on your cereal
- with lunch: 6 baby carrots
- for a snack: an apple
- with dinner: ½ cup broccoli and 1 cup of salad



Nurse Notes



2. Drink Water & Milk

When you're really thirsty, [water](#) is the best thirst-quencher. And there's a reason your school cafeteria offers cartons of milk. Kids need calcium to build strong bones, and milk is a great source of this mineral. How much do kids need? If you are 4 to 8 years old, drink 2½ cups of milk a day. If you're 9 or older, aim for 3 cups of milk per day. You can mix it up by having milk, fortified soy milk, and some other calcium-rich dairy foods. Here's one combination:

- 2 cups (about half a liter) milk or soy milk
- 1 slice cheddar cheese
- ½ cup (small container) of yogurt

If you want something other than milk or water, it's OK to drink 100% juice once in a while, but no more than 1 cup a day. Don't drink sugary drinks, like sodas, juice drinks, and sports drinks. They contain a lot of added sugar. Sugar just adds calories, not important nutrients.

3. Listen to Your Body

What does it feel like to be full? When you're eating, notice how your body feels and when your stomach feels comfortably full. Sometimes, people eat too much because they don't notice when they need to stop eating. Eating too much can make you feel uncomfortable and can lead to unhealthy weight gain.

4. Limit Screen Time

What's screen time? It's the amount of time you spend watching TV or videos, playing video games (console systems or handheld games), and using a smart phone, tablet, or computer. The more time you spend on these sitting-down activities, the less time you have for active stuff, like basketball, bike riding, and swimming. And you may not get enough sleep if you spend too much time with a screen before bed. Try to spend no more than 2 hours a day on screen time, not counting using the computer for school and educational activities.

5. Be Active

One job you have as a kid — and it's a fun one — is that you get to figure out which activities you like best. Not everyone loves baseball or soccer. Maybe your passion is karate, or kickball, or dancing. Ask your parents to help you do your favorite sports and other activities. Find ways to be active every day, like playing outside. You might even write down a list of fun stuff to do, so you can use it when your mom or dad says it's time to stop watching TV or playing computer games!

Speaking of parents, they can be a big help if you want to be a fit kid. For instance, they can stock the house with healthy foods and plan physical activities for the family. Tell your parents about these five steps you want to take and maybe you can teach them a thing or two. If you're a fit kid, why shouldn't you have a fit mom and a fit dad?

*article provided by Nemours Kids Health

<https://kidshealth.org/en/kids/fit-kid.html>

St. Charles Parish
Public Schools

January 2025 Elementary Menu

This institution is an equal opportunity provider.
Menus are subject to change.



Welcome
Back!
We hope you
enjoyed your
break!

With all meals
Low Fat White Milk
Fat Free Flavored Milk
Cold Lunch Choice
Monday: Sunbutter Sandwich
Tuesday: Charley Box
Weds.: Deli Sandwich
Thursday: Entrée Salad
Friday: Sunbutter Sandwich



KING CAKE SEASON STARTS JANUARY 6TH!



<p>Monday, January 6 Breakfast Pancake on a Stick Cereal w/Graham Crackers Yogurt w/Tiger Bites Fruit or Juice Choice</p> <p>Lunch Breaded Pork Chop Mashed Potatoes & Gravy Cal Blend Veggies Cinnamon Apple Slices</p>	<p>Tuesday, January 7 Breakfast Chicken Biscuit Cereal w/Graham Crackers Yogurt w/Tiger Bites Fruit or Juice Choice</p> <p>Lunch Fish Nuggets Macaroni & Cheese Green Beans Cucumber & Tomato Salad Diced Pears</p>	<p>Wednesday, January 8 Breakfast Cinnamon Roll Cereal w/Graham Crackers Yogurt w/Tiger Bites Fruit or Juice Choice</p> <p>Lunch Chili, Fritos Garden Salad Steamed Corn Banana Cake or Fruit Crisp</p>	<p>Thursday, January 9 Breakfast Sausage Biscuit Cereal w/Graham Crackers Yogurt w/Tiger Bites Fruit or Juice Choice</p> <p>Lunch Jambalaya Broccoli Florets Steamed Carrots Pineapple Tidbits Dinner Roll</p>	<p>Friday, January 10 Breakfast Chocolate Donut Bites Cereal w/Graham Crackers Yogurt w/Tiger Bites Fruit or Juice Choice</p> <p>Lunch Hamburger/Cheeseburger Crinkle Cut Fries Lettuce/Tomato/Pickle Baked Beans Orange Wedges</p>
<p>Monday, January 13 Breakfast Breakfast Pizza Cereal w/Graham Crackers Yogurt w/Tiger Bites Fruit or Juice Choice</p> <p>Lunch Chicken Tenders Waffles w/Syrup Green Beans Steamed Carrots Sliced Peaches</p>	<p>Tuesday, January 14 Breakfast Chicken Biscuit Cereal w/Graham Crackers Yogurt w/Tiger Bites Fruit or Juice Choice</p> <p>Lunch Orange Chicken Fried Rice Asian Chopped Salad Edamame Beans Tropical Fruit</p>	<p>Wednesday, January 15 Breakfast Cinnamon Roll Cereal w/Graham Crackers Yogurt w/Tiger Bites Fruit or Juice Choice</p> <p>Lunch Turkey & Sausage Gumbo Steamed Rice Potato Salad Cucumber/Tomato Salad Banana</p>	<p>Thursday, January 16 Breakfast Sausage Biscuit Cereal w/Graham Crackers Yogurt w/Tiger Bites Fruit or Juice Choice</p> <p>Lunch Spaghetti & Meat Sauce Italian Salad Broccoli Florets Garlic Bread Pineapple Tidbits Jell-O w/Topping</p>	<p>Friday, January 17 Breakfast French Toast Sticks Cereal w/Graham Crackers Yogurt w/Tiger Bites Fruit or Juice Choice</p> <p>Lunch Mini Corn Dogs Tater Tots Baby Carrots w/Ranch Dip Orange Wedges</p>



Garlic Sautéed Collard Greens

Home Recipe
Serves: 4
Prep Time: 15 minutes
Cook Time: 35 Minutes

Ingredients

- 3 large bunch of collard greens washed, stems removed and greens cut into strips
- 4 cups olive oil
- 4 cloves garlic, minced
- 1/2 tsp salt
- 1/2 tsp paprika
- 1/2 tsp ground black pepper
- 1/2 tsp red pepper flakes
- 3 Tbsp apple cider vinegar, lemon juice or another "sweet" tasting vinegar

Nutrients Per 1 Cup Serving

• Calories	70
• Total Fat	3.5 g
• Saturated Fat	0 g
• Cholesterol	0 mg
• Sodium	250 mg
• Carbohydrates	7 g
• Dietary Fiber	4 g
• Protein	3 g
• Calcium	246 mg
• Iron	1 mg
• Potassium	236 mg
• Points	134 mcg DFE

Cooking Instructions

- 1) Remove and discard stems and center ribs of collard greens. Cut leaves into 1-inch pieces. In a kettle of boiling water cook collards 15 minutes and drain in a colander, pressing out excess liquid with back of a wooden spoon.
- 2) In a 12-inch skillet heat the oil over moderately high heat. Stir in garlic, collards, and salt and pepper. Sauté collard mixture, stirring, until heated through, about 5 minutes.
- 3) Drizzle collards with lemon juice or vinegar and toss well.



For More Information:
national@lsuagcenter.com
www.lsuagcenter.com



This institution is an equal opportunity provider.

**The function of education
is to teach one to think
intensively and to think
critically.
Intelligence plus
character - that is the goal
of true education.
Martin Luther King, Jr.**

January is National Soup Month



Look out for
Gumbo on
Weds. Jan 15
and our
Homemade
Beef Vegetable
Soup on
Weds. Jan 22

<p>Monday, January 20 Martin Luther King, Jr. 1929 1968 1964 Nobel Peace Prize No School</p>	<p>Tuesday, January 21 Breakfast Chicken Biscuit Cereal w/Graham Crackers Yogurt w/Tiger Bites Fruit or Juice Choice</p> <p>Lunch Meatballs & Gravy Mashed Potatoes Steamed Corn WW Roll Apple Wedges</p>	<p>Wednesday, January 22 Breakfast Cinnamon Roll Cereal w/Graham Crackers Yogurt w/Tiger Bites Fruit or Juice Choice</p> <p>Lunch Beef Vegetable Soup Grilled Cheese Sandwich Garden Salad Banana Brownie</p>	<p>Thursday, January 23 Breakfast Sausage Biscuit Cereal w/Graham Crackers Yogurt w/Tiger Bites Fruit or Juice Choice</p> <p>Lunch Beef Dippers Macaroni & Cheese Broccoli Florets Baked Beans Pineapple Tidbits</p>	<p>Friday, January 24 Breakfast Waffle Cereal w/Graham Crackers Yogurt w/Tiger Bites Fruit or Juice Choice</p> <p>Lunch Chicken Filet Sandwich Crinkle Cut Fries Lettuce/Tomato/Pickle Fresh Orange Wedges</p>
<p>Monday, January 27 Christa McAuliffe Day JANUARY 28 Christa McAuliffe was a social studies teacher who tragically perished during the Challenger accident in 1986. Her journey and passion for teaching inspired the country and the world, and today, we honor her.</p>	<p>Tuesday, January 28 Breakfast Chicken Biscuit Cereal w/Graham Crackers Yogurt w/Tiger Bites Fruit or Juice Choice</p> <p>Lunch Tacos w/Cheese Steamed Corn Refried Beans Taco Salad Cup Apple Wedges</p>	<p>Wednesday, January 29 Breakfast Cinnamon Roll Cereal w/Graham Crackers Yogurt w/Tiger Bites Fruit or Juice Choice</p> <p>Lunch Salisbury Steak w/Gravy Mashed Potatoes Green Beans Dinner Roll Banana Cookie</p>	<p>Thursday, January 30 Breakfast Sausage Biscuit Cereal w/Graham Crackers Yogurt w/Tiger Bites Fruit or Juice Choice</p> <p>Lunch Stewed Chicken w/Rice Candied Yams Steamed Cabbage Strawberry Cup</p>	<p>Friday, January 31 Breakfast Fresh Donut Cereal w/Graham Crackers Yogurt w/Tiger Bites Fruit or Juice Choice</p> <p>Lunch Fresh Hot Pizza Marinara Sauce Garden Salad Fresh Orange Wedges</p>



Christa McAuliffe Day JANUARY 28

Christa McAuliffe was a social studies teacher who tragically perished during the Challenger accident in 1986. Her journey and passion for teaching inspired the country and the world, and today, we honor her.



JANUARY 2025



SUN	MON	TUE	WED	THU	FRI	SAT
	<h1>Happy New Year!</h1>					
5	6 4H Club 3:50pm-5:00pm 	7	8	9	10 Quarter 2 Jaguar Fest	11
12	13 Quarter 2 Report Cards Robotics 3:50pm-5:00pm 	14 Men's Choir Day @ LPAC Multicultural Meeting 3:55pm 	15	16 Jaguar Buddies 3:50pm-5:00pm 	17 The Krewe of Zulu visits RJV! *Students may wear a Mardi Gras shirt with jeans or spirit joggers 	18 Parish Honor Band Auditions @ ESE 9:00am-12:00pm
19	20 MLK DAY I HAVE A DREAM No School	21 DRAMA Drama Club 3:50pm-5:00pm	22 100TH DAY OF SCHOOL Students may dress like they are 100 years old	23	24 Q2 Award Celebrations (Via Invite) 9:00am-3rd grade 9:50am-4th grade 10:40am-5th grade 	25
26 BE KIND 27th-31st Kindness Week	27 Dress Down Day Team Kindness: Wear a sports shirt Robotics 3:50pm-5:00pm 	28 Dress Down Day Cozy Up with Kindness: Wear school appropriate pajamas	29 Dress Down Day Let Kindness Shine: Wear sparkles, sequins, or a neon shirt	30 Dress Down Day Don't hide from Kindness: Wear a camo, green, black, or brown shirt District SCIENCE FIR	31 Dress Down Day RJV Kindness Krewe: Wear a Mardi Gras shirt	1 KINDNESS CHANGES EVERYTHING
<h1>2025</h1> <p>HAPPY NEW YEAR</p>						



Success Can Be Found Under the Sea at RJV!

