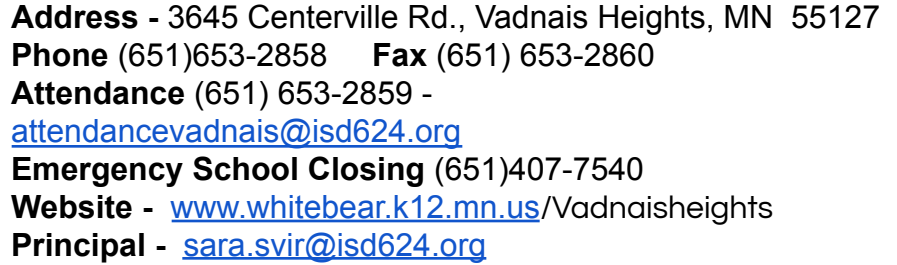


The Vadnais Voice



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 an amazing school year for your child and if you have questions or suggestions, please contact me at your convenience.

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

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

Important Dates

September 15th - October 10th	V.H.E.S. Fundraiser
September 16th	PTO's Pops on the Playground 6-7 PM - V.H.E.S. Playground
September 21-27	White Bear Lake Area Schools Homecoming Week
September 30th	School Pictures
<i>Looking Ahead...</i> Information coming soon	
October 6th - 10th	Fire Prevention Week
October 15th	NO SCHOOL Professional Development for Teachers
October 16th - 17th	NO SCHOOL MEA (MN Educators Academy)
October 21st	School Pictures Retake/Makeup Day
October 23rd	Parent/Teacher Conferences 3-7 PM
October 24th	Bear Bash - All Families Welcome 5-6:30 PM - V.H.E.S. Playground
October 28th	Parent/Teacher Conferences 3-7 PM Scholastic Bookfair

Helpful Hints from Technology -

- ★ [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 1 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.
Thank you!



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

Vadnais Heights Elementary

Please help us reach our fundraising goal by supporting the V.H.E.S. 2025 Fundraiser. We have teamed up with *Get Movin'*© to make this event fun and profitable with online, mobile, and 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 getmovinforisndhub.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 on Facebook, Instagram, Snap, X, etc.
 - 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. Once registered, every class will draw 2 students who will win a prize - just for registering.
- Each student is encouraged to raise \$50.00
- Students who raise \$100 will be invited for a breakfast treat and they'll win a prize.
- Be an Overachiever Superstar by raising \$250.00. These students will also join in for the special breakfast and they'll win 2 prizes!

OUR TOTAL SCHOOL GOAL is \$20,000.00

Event Details:

- **Event Kickoff Date: 9/15/2025**
- **School Celebrations as We Work Towards Hitting our Goal:**
 - **\$5000 - All School Pajama Day**
 - **\$10,000 - Mrs. Svir Serves Lunch**
 - **\$15,000 - Mrs. Svir Dresses in a Costume**
 - **\$20,000 - Rockin' Lunch with Tunes & Treats**
- **Final Donation Due Date: 10/10/2025 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: V.H.E.S. 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 of 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 by our Health Office. All medication must be accompanied by a note from a physician for prescription medication or a parent note 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.
- If your child misses school for a medical/dental appointment, please request a slip from the clinic and turn it into our Health Office.

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 after you arrive

DROPOFF & PICKUP REMINDERS

Safety is our priority and we need everyone working together to make the dropoff and pickup process run smoothly. Please help by following these steps:

- Pull your car as far forward as space will allow
- If you need to exit your vehicle - please park in designated parking spaces
- Do not park in handicapped or traveling teacher parking spots if you don't have the disabled parking permit or are a traveling teacher
- Do not try to pass or drive around vehicles waiting in line
- Do not park or block the entrances into the north lot - buses need this space to enter
- Yield to buses - on Centerville Road and in the parking lot
- Watch for students, families and staff in the crosswalk and stop when they're present
- Do not turn left when exiting the parking lots during dropoff or pickup

STUDENT BIRTHDAYS

Birthdays will be celebrated in classrooms by students being recognized by their teacher and classmates within the classroom. At lunch, students will get a special orange tray which lets everyone know it's their birthday. We have many students with allergies; as a result, we are unable to allow birthday treats sent from home. If you're wanting to send out birthday party invitations, we ask that it doesn't happen at school unless the entire class is invited.

EMERGENCY DRILLS

Our school will practice 5 fire drills, 5 lockdown or shelter in place drills and 1 tornado drill over the course of the school year. Information is provided to students to explain that we practice these drills so that everyone knows what to do if there is an emergency situation. If we need to implement any of these emergency responses and it's not a drill, families will be informed via Parent Square.

DRESS CODE

Students should wear comfortable clothing that allows them to participate in all school activities. Tennis shoes are required for Phy.Ed. Students should not wear pajamas, costumes, clothing that distracts or clothing with inappropriate content. We will have school-wide dress up days to celebrate holidays and school events.

PARENT/GUARDIAN LUNCH VISITS

Parents/Guardians are welcome to join their child for lunch at school. Visitors may purchase a school lunch or you may bring something from home or a restaurant. Please do not bring pop as part of your child's lunch.



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.



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 2025-'26 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:

September 16th

November 18th

January 13th

March 31st

May 12th

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!



White Bear Lake Area Schools Homecoming 9/21-9/27



Homecoming kicks off Sunday, Sept. 21 with a Bounce House Carnival from 4-7 p.m. at the high school Bald Eagle Parking Lot. It's a fun event for all ages – bring the whole family!

The Homecoming Parade will take place Friday, Sept. 26 at 4:30 p.m. in downtown White Bear Lake, followed by the big football game vs. Forest Lake at 7 p.m.

Homecoming is a great week to celebrate Bear Pride together! See the complete Homecoming Week schedule [here](#).



Back to School Bears

We're looking for families to share back-to-school pictures with us for a chance to be featured in a #BackToSchoolBears highlight in Friday's "The Week in 62.4 Seconds" video and/or in the next Community e-Newsletter. We'd love to receive individual and/or group submissions! Photos may be emailed to communications@isd624.org.

We're All BEARS!

V.H.E.S. had an all school assembly to learn about the Bear's Promise and how it's important to demonstrate being...

Brave

Empathetic

Aware

Responsible

Safe

These are the traits that we will teach our students throughout the school year and we will practice how to be great bears. The assembly included skits put on by staff and the WBL Bear made a special appearance.

The assembly was a great way to unite our school and kick off the new year!

Please remember there is
No School
on the following days:

October 15th - 17th

