



# Stallion News

Carbon Valley Academy's Online Newsletter

August 2008

## Help Your Child Be Successful in School



With the first day of school just around the corner, it's time to start thinking about ways to make your and your child's life easier and hassle free. As parents, we all want our kids to be successful in school and there are many simple things we can do to help them achieve that success.

**1. Plan ahead.** Lay out clothes, pack lunches, and pack your child's backpack the night before school. Think about what special items must be taken to school for extracurricular activities such as a band instrument or athletic equipment. This will make the morning routine move along more quickly and ensure that important items are not forgotten.

**2. Make sure your child gets enough sleep.** To ensure your children stay focused and alert in school, they need enough sleep. Children's sleep requirements depend on the individual child but generally fall within the

following ranges: Preschoolers need about 10 – 12 hours of sleep per night, School Age Children and Preteens need about 10 hours of sleep per night, and Teens need between 8 and 9½ hours of sleep per night. Establishing a nightly routine will help your child fall asleep more quickly and make bed time a more enjoyable experience for everyone.

**3. Make sure your child gets enough brain food.** Feed your child a simple but nutritious breakfast. Kids that eat breakfast perform better in school because they are better able to concentrate on school work and don't experience varying energy levels throughout the day. Pack a nutritious lunch or make sure your child has money to purchase lunch at school. And don't forget an after school snack if your child participates in extracurricular activities – especially if they will be participating in a physical activity.

**4. Get your child to school on time.** Not only does being late to school show disrespect to the teacher and fellow classmates, but children who get to school late often feel embarrassed by being different and standing out.

**5. Monitor your child's backpack.** Important homework assignments or papers requiring your signature, not to mention that partially eaten sandwich, can easily get lost in the bottom of a bag.

**6. Keep informed about what is happening in your child's classroom and at the school.** Participate in as many activities as you can. Getting to know your child's friends and teachers will help the entire family feel a part of a great community and enhance the learning experience. And remember, teachers can always use volunteer help in the classroom.

**7. Don't be afraid to ask for help.** If you notice your child feeling frustrated, withdrawn, or falling behind in school, ask for help sooner rather than later. The school has many great resources available to help your child. Teachers, resource teachers, the counselor, and administration all want children to succeed and will help in any way possible to see that they do.

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## From Secondary Principal Trautwein's Desk

### The New Year

August is here and school will start soon. I'm excited to get the CVSA family back together again and see how everyone has grown over the summer. I am expecting a great and exciting year for the 2008-2009 school year. I have an amazing staff of teachers who are as excited about school as I am. We have begun planning for a spectacular year of great learning, the beginning of new opportunities and planning for our permanent future at CVSA.

At this time we are expecting to be in our new campus on the first day of school. I will be sending out an e-mail the week before school starts to give you final details and plans. If you have not received an e-mail recently please let us know so that we can correct the problem.

### CVSA New Campus

The new campus has buildings and is on schedule for completion for the first day of school. We are expecting to be a little crunched on time to get everything in the buildings on time, but this just intensifies the excitement of the opening of the new campus. As the year progresses I want to see the campus get more and more beautiful as our students and their families put their special touches in the landscaping and decorations on campus.



### Tables wanted (and now needed)

I am looking for some help creating our outdoor meeting/eating area. Colorado has such beautiful weather (I come from North Dakota remember) and I want the students to have a beautiful place they can enjoy the fresh air and sunshine, before during, and after school. I have started looking for donations for outdoor furniture (picnic tables, chairs and benches). I have a few donations and need a lot more. If you have furniture, especially picnic tables, you can donate or would be willing to purchase, please let me know. The cafeteria tables WILL NOT arrive in time for school to start, and I would like to have the outdoor seating area available to the students if possible. If you have a contact at a business or a friend who is willing to donate \$150 for the supplies to build a picnic table, please help me connect with them.



### Volunteering

I have been asked many times about volunteer hours. There will be plenty to do this month, with the move to the new campus, getting rooms ready, assembling the school supply kits, and the teachers have needs too. As the school year starts we will find many things that will need to be done. A survey will be sent out soon to find out your special skills and areas of interests. I want to utilize those talents the best I can to help our school become one of the best schools in the country. Please take time to fill out the survey completely so we can connect with you.

### Website additions

The new secondary website (<http://www.carbonvalleysecondaryacademy.org>) has many new items including the CVSA Handbook. Please take some time to look through the site and familiarize yourself with the items posted. If there are issues (especially spelling and grammar), or if you have great ideas as to what you would like to see, please let me know.

From Principal Trautwein's Desk Continued from Page 2

## Color Coded Organization

This year we are going to teach organizational skills using a color coding system. This is one reason why we are creating the supply packets. Students will learn how to organize their materials so they may become more proficient at turning in homework, keeping track of papers and supplies, and know where materials are when that big test comes around. It is going to be a priority to get the students learning more, and losing less. Please help us help your student by supporting this color coded effort. More details are available on the website and will be provided when school starts.

Have a good end of the Summer. I can't wait to see you at the Bar-B-Que on August 1<sup>st</sup> and at our new school on August 18<sup>th</sup>.

*Paul Trautwein*

Principal – Carbon Valley Secondary Academy

## Board of Directors Corner

**Attend the Community BBQ**  
Friday, Aug. 1st  
6:00 – 9:00 pm

**Help out with the CVA Float for Dacono's Centennial Day**

**Board Meeting**  
Monday, August 18th  
7:00 pm  
Harvard Room

**Work Hard  
Be Nice**

**Ways to Get Involved in the Month of August**

## Important August Dates

**August 1<sup>st</sup>** – CVA Community BBQ from 6:00 pm until 9:00 pm at CVA

**August 9<sup>th</sup>** – Dacono Centennial Celebration; CVA will have a float in the parade

**August 15<sup>th</sup>** – CVA Charter Schools Open House 12:00 pm until 6:00 pm

**August 18<sup>th</sup>** – 1<sup>st</sup> Day of School for CVA and CVSA

**August 20<sup>th</sup>** – Pre-K am Open House at 8:30 am

**August 21<sup>st</sup>** – Pre-K pm Open House at 8:30 am

**August 22<sup>nd</sup>** – Preschool Open House at 8:30 am

**August 22<sup>nd</sup>** – CVA/CVSA Flag Ceremony at Elementary Building at 8:30 am

**August 25<sup>th</sup>** – 1<sup>st</sup> Day of School for M/W/F and M/T/W/F Pre-K

**August 26<sup>th</sup>** – 1<sup>st</sup> Day of School for T/Th Preschool



## CVA Needs Your Input about Website Improvements!

In an effort to continually improve Carbon Valley Academy Charter Schools' websites, we have a very brief survey available online. It will take you just a couple of minutes to complete the survey and your input will help us improve the websites for you. To complete this survey, please visit the CVA website home page and click on the link listed at the top of the CVA News section or visit:

[www.carbonvalleyacademy.org/surveys.html](http://www.carbonvalleyacademy.org/surveys.html).