



# Stallion News

Carbon Valley Academy's Online Newsletter

March 2008

## Why Extracurricular Activities are Important in Children's Lives

Numerous studies over the years have shown that extracurricular activities have many positive benefits for students who participate. And in the age of computers and video games, activities outside the home take on an even greater importance in the development of well-rounded students.

Possible extracurricular activities run the gamut from sports to arts and crafts, from performing arts and music to chess and lego robotics. Whatever your child finds interesting, participation in any extracurricular activity will benefit your child.

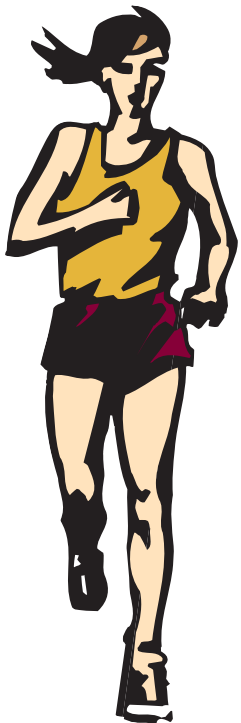
Children who participate in sports activities develop life-long skills for maintaining physical and mental health. They learn teamwork, discipline, and good sportsmanship. And there's nothing better than getting outside to breathe some fresh air once in a while.

Other activities such as arts and crafts and performing arts let children explore their creativity and develop problem-solving skills. Such activities allow children to cultivate interests in hobbies that often carry into adulthood or might even lead to a dream career someday.

No matter what activity they choose, all extracurricular activities benefit children in other ways as well. Students who participate in activities outside school hours must learn time management skills and they become more self-confident as they acquire and master new skills. Children may make friends with other students that they would not otherwise have had the opportunity to meet. They learn cooperation, negotiation, and conflict resolution skills. Outside activities can be a good time for your child to de-stress a bit and take a breather between school and homework time. And, as college admissions become ever more competitive, participation in extracurricular activities can give your child an edge on their college admission applications.

Carbon Valley Academy offers many wildly popular extracurricular activities: running club, band, choir, lego robotics, intermediate and advanced recorder, chess club, student council, and more. They're even putting on a Spring '50s show! If CVA doesn't sponsor a particular activity, your child has the option of participating on a sports teams at the district level.

Why not encourage your child to get involved today?!



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## From Elementary Principal Auer's Desk

CVA Family,

As we look to the home stretch of our third year here at CVA, let's take a few moments to recognize the hard work of our students and teachers. Over the course of this school year, I have been able to spend a great deal more time in classrooms watching the magic. When we ask kids to come to CVA, we ask them to make some pretty impressive commitments. We ask them to work hard at a rigorous curriculum, we ask them to help us create a positive school culture, and we ask them to wear uniforms! I'm proud of the progress our teachers and students are making each and every day. Tell them "Good Job" tonight over the supper table.

Our teaching faculty are engaging in ongoing professional development so that they can be even better classroom leaders. Teachers are concentrating on literacy, math, and classroom engagement techniques that research tells us will further improve their achievement. I am very excited about the progress and commitment of our teaching faculty.

February saw a sharp increase in student discipline issues in the elementary school. Please review the student conduct expectations with your children so we are all on the same page.

Once CSAP's are behind us, the busy spring season will be upon us. Stay connected with our school calendar for dates and times of the many fun-filled events.

*Chad*

### Joke of the month:

Summer in Seattle is when the rain lets up enough so you can see the clouds.

## Gifted and Talented Program

Exciting News! Carbon Valley Academy has initiated the search for exceptional students to be identified as "Gifted & Talented."

Students in grades 3 – 8 have been evaluated based on CSAP scores, MAP scores, academic classroom performance and teacher recommendations. At this time, 15 students have been nominated according to St. Vrain's policies for Gifted Education. Those families are receiving additional information this month. Students in 2<sup>nd</sup> grade who demonstrate exceptional academic performance will be put on a "watch list" for consideration in 3<sup>rd</sup> grade.

Going forward, students in 3<sup>rd</sup> grade and new students will be considered for nomination. Ms. Peggy Downs is working as our Gifted/Talented Liaison with the district and is coordinating all nominations and assessments. Please contact your classroom teacher or Ms. Downs with any questions.



In January, the Board of Directors and key staff attended a weekend retreat where they developed a new 3-year strategic plan for the school.

## 2008 CVA Board of Directors Election Process

The Carbon Valley Academy (CVA) Nominating Committee is pleased to announce that plans are being finalized to support the election of replacements for two members of the Board of Directors, whose terms are expiring in May 2008.

CVA parental involvement is critical to a successful election.

Some things to keep in mind are:

- The Board of Directors Election Policy is posted on the CVA website – [www.carbonvalleyacademy.org/boddocs.html](http://www.carbonvalleyacademy.org/boddocs.html).
- The Nominating Committee encourages all parents, specifically those considering a position on the BOD, to attend BOD meetings. These are typically the first Monday of each month. You can find the schedule and agenda at [www.carbonvalleyacademy.org/bodmtgs.html](http://www.carbonvalleyacademy.org/bodmtgs.html).
- Frequently Asked Questions (FAQs) relative to being on the BOD and BOD meetings are posted on the CVA website at [www.carbonvalleyacademy.org/bodfaq.html](http://www.carbonvalleyacademy.org/bodfaq.html).
- There will be two (2) vacancies on the BOD to be filled through an election in May 2008.
- The Nominating Committee will have informational meetings for anyone interested in **learning more about the Election Process** in March 2008. Keep an eye out for more details in the Daily Times-Call, the Farmer & Miner, the Carbon Valley Consumer Reports, the CVA website, and in the CVA newsletter. You can sign up for the CVA newsletter at [www.carbonvalleyacademy.org/newssignup.html](http://www.carbonvalleyacademy.org/newssignup.html).
- An official notice will be sent to all parent-electors in early April 2008 advising of the upcoming election and giving details on how to become a candidate. Community members will be reached through local newspapers (see above), the CVA website, and the CVA newsletter.
- An informational meeting will be held in mid-April for all **potential BOD candidates**. Keep an eye out for more details in the Daily Times-Call, the Farmer & Miner, the Carbon Valley Consumer Reports, the CVA website, and in the CVA newsletter. See above for information on how to sign up for the CVA newsletter.
- The Nominating Committee will present a proposed slate of candidates to the BOD in early May 2008.

## Important Dates

**March 14<sup>th</sup>** – End of 3<sup>rd</sup> Quarter

**March 17<sup>th</sup>** – Beginning of 4<sup>th</sup> Quarter

**March 18<sup>th</sup>** – 5<sup>th</sup> Grade Parent Night – 6:00 pm

**March 20<sup>th</sup>** – Spring School Photos

**March 21<sup>st</sup>** – Free Dress Day and Report Cards go home in Friday Folders

**March 31<sup>st</sup> – April 4<sup>th</sup>** – Spring Break!

Remember to take photos wearing CVA gear and send them in to be posted on our Where in the World webpage!



- Elections will be held by paper ballot towards the end of May 2008.
- New Board Members will be seated on the BOD for a term of four (4) years at the June 2008 BOD Meeting.



## From Secondary Principal Trautwein's Desk

Dear Parents and Students,

March is upon us and this is the month of CSAP testing. Students in grades 6, 7, and 8 will be testing their Writing, Reading, Mathematics, and Science skills. I encourage you to make sure that your student comes to school on those days having eaten a good breakfast and having had a good nights sleep. This will ensure that they will test better. CSAP tests have often been thought of as a necessary evil – one where students don't like to participate and their parents and teachers find it frustrating. I encourage you to look at CSAP testing as a positive opportunity. This is a chance for your student to record their academic success over their years in elementary school, middle school, and high school. School administrators, teachers, and parents utilize CSAP scores to determine which academic direction will best improve the school. We'll use this data to make sure that our school continually improves to meet the needs of your student. Carbon Valley Academy fully believes in the use of data to create challenging and rigorous curriculum as demanded by our parents. That is why we not only use the CSAP data, but engage in the NWEA MAP testing throughout the year. By using four standardized tests, we are able to get a better picture of the needs and successes of our students and our school. I'm excited about this year's testing because I know that our students have a great opportunity to display their skills and talents. Please help your students be positive about the testing by being positive about the testing yourself.

On February 26<sup>th</sup> we had our fifth grade shadow day. The CVA fifth graders came and joined the CVSA 6<sup>th</sup> graders for a day of school. This was a fun opportunity for 5<sup>th</sup> graders to experience a little bit of Middle School. Students in 5<sup>th</sup> and 6<sup>th</sup> grades were paired up for the day and were able to participate in Language Arts, Science, Mathematics, History, P.E. and Art. A good time was had by all. Many 5<sup>th</sup> grade students expressed that they'd like to do it another day.

A 5<sup>th</sup> grade parent night will be on Tuesday, March 18<sup>th</sup> at 6:00 p.m. This will be a night for parents to come and visit the Middle School, meet the teachers, walk through the building, and find out what is happening in Middle School. I encourage all 5<sup>th</sup> grade parents to attend, as well as any new parents, and any and all parents who are interested in learning more about the Middle School program.

I am excited to announce that our newest Carbon Valley Academy Board member, Quanjangnim Scott Ramsaur, is going to be coming to our school on Mondays for seven weeks, starting after Spring Break. Quanjangnim Scott will be leading sessions for 6<sup>th</sup>, 7<sup>th</sup> and 8<sup>th</sup> graders on Mastering Good Behavior by using techniques and concepts that he utilizes in his Karate studio. Quanjangnim Scott is an exceptional speaker and is a great motivator, especially to students. We hope that this program will help focus our students on their work at school as well as in their respect and relationships among the students, faculty, and parents. I want to thank Scott Ramsaur for volunteering to lead this program.

Just a reminder, we are now enrolling Middle School and High School students for the 2008-2009 school year. If you have a student or friend who you feel would benefit from the Carbon Valley Secondary Academy, I encourage you to give them a call so that they might contact the school or contact me for more information.

Thank you,  
Paul W. Trautwein



5<sup>th</sup> Grade  
Shadow  
Day