



# South Roylton School

South Roylton School's mission is to challenge all students to strive for excellence while developing 21st century skills through a diversified curriculum. In partnership with parents and the community, we promote each individual's development toward becoming responsible global citizens – intellectually, socially, physically, and emotionally.

## From Our Principal:

## Lunch Menu

The South Roylton Players present



Not suitable for young audiences. Parental guidance recommended.

*The comedy may just slay you!*

By  
Billy Van Zandt & Jane Milmore

April 5, 6 & 7 at 7pm

The South Roylton players invite you to join us for

### Dessert Theatre

Tickets

\$10 for students/ Seniors

\$12 adults

Presented by special arrangement with SAMUEL FRENCH, INC

### Why Cook?

Spaghetti Dinner Fundraiser  
benefitting SoRo Project Grad

*A substance free event for graduating seniors*



April 5, 2018

5:00—7:30 PM

During Spring Parent Teacher Conferences

### Night of Event ticket sales:

\$7 adult

\$4 under age twelve

Children under five are free

\$20 family of four

**Bargain!!**



### Take away available!

*Gluten Free Options*

Buy Your Tickets Now!

See Kate George in the office or call 763-7740 ext. 2001

### Café Royal Menu for April 9 to April 13, 2018

Monday	Iris Hudson's Chicken Tenders
Tuesday	Chicken Broccoli Alfredo
Wednesday	Aaron Lorette's Pulled Pork BBQ Sandwich
Thursday	Cheese or Vegetable Lasagna
Friday	Chris McCullough's Pizza and Caesar Salad

## Coming Events

- 4-5 Dessert Theater "Drop Dead", small gym, 7 pm
- 4-6 Dessert Theater "Drop Dead", small gym, 7 pm
- 4-7 Dessert Theater "Drop Dead", small gym, 7 pm
- 4-9 Book Fair, school library
- 4-9 5th Grade Parent Information Night re: Nature's Classroom, 6:00 p.m. in the Bethel Elementary School cafeteria
- 4-10 Book Fair, school library
- 4-11 Book Fair, school library
- 4-12 MS/HS Spring Concert
- Book Fair, school library
- 4-13 Book Fair, school library

*Events are subject to change, for updates check:*

<http://www.soroschool.org/quick-links/event-calendar/>

## SoRo is a Second Step School

There will be a 5th Grade Parent Information Night on Monday, April 9, at 6:00 p.m. in the Bethel Elementary School cafeteria to give information about the Nature's Classroom program. All parents and guardians of current 5th graders South Roylton School and Bethel Elementary are strongly encouraged to attend. The 5th graders from both schools will be attending Nature's Classroom in Ocean Park, Maine, April 30 - May 4.

## SoRo is a Second Step School

So Ro is a Second Step school: At our school it's important to notice and have empathy when other kids are being left out. Inviting other students to play is a caring thing to do. When we invite others to play, we will get to know them. At recess this week, notice if anyone is being left out and be sure to ask that person to join in and play. Thank you

## Sexual Abuse Prevention Month

April is sexual abuse prevention month: As much as possible, please consider eliminating the times your child is in an isolated, 1:1 situation with an adult or an older child. Such a precaution will drastically reduce the risk of sexual abuse. This is especially important as research has shown that 90% of children who are sexually abused know their abuser. Darkness to Light, an excellent prevention site, lists 5 steps to reduce the risk to your children. Here is the link: <https://www.d2l.org/education/5-steps/>. You are also welcome to call or email Jenny Lane with questions or concerns (763 7740, ext. 2008, [jlane@wrvsu.org](mailto:jlane@wrvsu.org)). Thank you

Please See The Electronic Copy of the Newsletter for more Community Event Flyers and Middle school News. Emailed to you weekly or online at [www.SoRoSchool.org](http://www.SoRoSchool.org).

## Talent Development Institute

TDI is a summer camp/academic program, with overnight and commuter options, for advanced and gifted students who are entering grades 4-9. The 2018 Institute will be held for two weeks: June 24-30 and July 1-7. Participants may be involved for one or both weeks. This year's classes- which include Rube Goldberg Machines, Writing, Culinary Chemistry, Web Design, and Improvisation- nurture students' creativity and their love of learning. Campers have a blast learning alongside other smart kids on a small college campus (Johnson State College) nestled in the beautiful Green Mountains. Partial scholarships are available. Go to [www.tdivermont.org](http://www.tdivermont.org).

## SoRo Players Present Drop Dead!!

### A Farce Performance

By Eliza Mabey, student reporter

Don't miss out on Thursday April 5th South Royalton School performance of Drop Dead! A Farce opening night. This thrilling comedy and murder mystery also performed on April 6th and 7th will be a desert theater. Serving will start at 7:00 p.m with the performance starting at 7:30 p.m and serving will resume during intermission. The South Royalton cast and crew has been working long hours preparing to show their audience a funny, yet thrilling play. Theatre tickets are \$10.00 for students and seniors and \$12 for everyone else. The cast dedicates this production to all victims and survivors of school violence.



## South Royalton Preschool and Kindergarten



### Registration 2018/2019 School Year

**Preschool: Friday, May 4<sup>th</sup>**  
**Kindergarten: Friday, May 18**

South Royalton Preschool  
223 S. Windsor St., South Royalton, VT

PreK Children must be 3 years old on or before September 1, 2018  
Kindergarten Children must be 5 years old on or before September 1, 2018

Please call the school at 763-7740 ex. 2001  
to set up an appointment  
A registration packet will be mailed home to you.

#### **When returning your registration packet you must also include:**

1. A copy of your child's birth certificate
2. A copy of your child's up-to-date immunization records
3. Completed registration forms
4. Proof of residency

**We look forward to meeting you!**

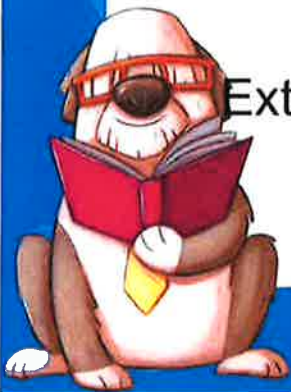
# YOU'RE INVITED TO OUR BOOK FAIR!

Monday, April 9 - Friday, April 13

Open daily: 7:45am - 3:30pm

Extended Hours Thursday: 7:45am - 6:30pm

Shop online: <http://www.scholastic.com/bf/sorolibrary>



## Our Book Fair has a new digital payment option!



No cash on hand the day of the Book Fair? No worries – Scholastic Book Fairs® is now offering an eWallet payment option.

Simply set up an account and have funds immediately available for your child to shop the Book Fair. Safe and secure – it's easy shopping with eWallet.

### How it Works:



**Create Account**



**Add Funds**



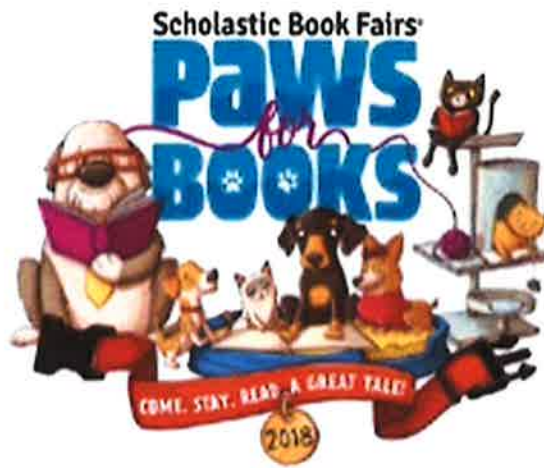
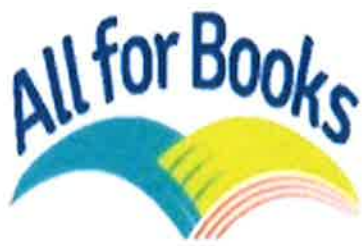
**Shop**

To get started, visit our school's Book Fair homepage:

<http://www.scholastic.com/bf/sorolibrary>







Join us in our Coin Challenge to help build classroom libraries, our school library, and buy books for our end of the year book giveaway.

## HOW TO PARTICIPATE:

Send in your spare change from  
**Monday, April 2 – Thursday, April 12**  
to add to the coin buckets in each elementary classroom.

The classroom that earns the most money will get money to spend on books for their classroom libraries.

The remaining money will be used to purchase new library books and books to add to our book giveaway at the end of the year.

A general donation box will be available in the lobby for those wishing to donate but not connected to an elementary classroom.

**Scholastic matches donations with a donation of up to  
**ONE MILLION DOLLARS** in books to charities  
such as the Kids in Need Foundation!**



# Harvest of the Month



Network for a Healthy California

The *Harvest of the Month* featured fruit is **berries**



## Health and Nutrition Go Hand-in-Hand

Make half your plate fruits and vegetables and be active every day. Drink water instead of sugary drinks. (Sugary drinks are the largest single source of added sugar in the American diet.) Doing these things may lower the risk of serious health problems like obesity, type 2 diabetes, heart disease, stroke, and some types of cancer.

A ½ cup of berries – like blackberries, blueberries, raspberries, strawberries – is a good source\* of vitamin C. This vitamin helps the body heal cuts and wounds and lower the risk of infection. A ½ cup of most berries is also a good source\* of fiber, which helps you feel full. Berries are rich in phytochemicals that may help you stay healthy.

\*Good sources provide 10-19% Daily Value.

## Healthy Serving Ideas

Blend frozen berries with sliced bananas, lowfat milk, and 100% orange juice for a refreshing smoothie.



Make healthy banana splits for dessert! Top a peeled banana with lowfat vanilla yogurt. Sprinkle with lowfat granola and add your favorite berries.



Add blueberries to oatmeal, lowfat yogurt, or cereal.



## Shopper's Tips

- Choose fresh **blueberries** that are plump and have a solid, dark blue color. Refrigerate for up to two weeks.
- Choose fresh **raspberries** that are bright and evenly colored. Refrigerate for up to three days.
- Select fresh **blackberries** that are dry and shiny, without any green or red colors. Refrigerate for up to three days.
- Wash berries just before serving.
- Shop for berries in season to get the best value. Low-cost produce can be found at your local farmers' market. Or buy frozen berries year-round at the grocery store.

## Let's Get Physical!

Local farms often have "pick-your-own" berry patches. Have fun and be active by selecting and picking your own fresh fruit.

## How Much Do I Need?

The amount of fruits and vegetables you need depends on your age, gender, and the amount of physical activity you get every day. A good tip to follow is:

- Make half your plate fruits and vegetables to reach your total daily needs!



For more recipes and tips, visit:  
[www.CaChampionsForChange.net](http://www.CaChampionsForChange.net)



# CARROTS

Cafeteria | VermontHarvestoftheMonth.org



## Benefits

Carrots are rich in vitamin A and can supply over 100% of the recommended daily value in just one serving! They also contain vitamin B6, vitamin K, and modest amounts of other essential nutrients.

## Kid-friendly eating tips

- Add shredded carrots to any salad
- Bake with carrots—they can be used as a main ingredient in cakes, muffins, and cookies.
- Slice and roast carrots with beets, potatoes, and parsnips and serve as root veggie fries

## Selection Tip

Always choose carrots that are brightly colored and feel firm. Avoid carrots that feel limp or are sprouting.

*Harvest of the Month provides resources for the cafeteria, classroom, and community to promote the use of local, seasonal foods.*

## Tidbit

Carrots are root vegetables that are crisp in texture and vary in color from orange to white, purple or black. They can be eaten raw, steamed, baked, boiled, or cooked in soups and stews.

## Mini-activities

- Taste-test carrots of different varieties and colors.
- Practice shredding carrots! Allow students to take turns shredding a carrot and remind them that carrots can be eaten in many different forms.

## Storage Tips

- Trim off greens before storing carrots.
- Carrots store well in the fridge and can last for about 1-3 weeks. To keep them even longer, wrap them in a paper towel to protect them from condensation.
- Don't store carrots near fruits or vegetables like apples, pears, or potatoes. The ethylene gas that these foods give off will cause carrots to go bad quickly and become bitter.
- Carrots can be blanched and frozen for up to one year

## Cooking Tips

- There's no need to peel carrots unless they are going bad but be sure to wash them well
- If you choose to peel your carrots, save the peels to simmer in stock.
- Avoid overcooking carrots to ensure nutritional value and good flavor
- Typically the taproot is eaten but the leafy green tops can be eaten too. You can sauté them with olive oil or cook them into a soup or stock.

## SoRo's Statewide Testing 2018

### 3rd Grade

- SBAC ELA (reading and writing test) & math: May 21-25

### 4th Grade

- ~~SBAC ELA: March 15-23 (different classes will test on different days)~~
- SBAC math: April 10-13
- PE Fitness Gram: state window is May 1-31 (SoRo specific dates TBD)

### 5th Grade

- ~~SBAC ELA: March 15-23 (different classes will test on different days)~~
- SBAC math: April 10-13
- VTSA (science): state window is May 14 - June 1 (SoRo specific dates TBD)

### 6th Grade

- SBAC ELA: April 9-10
- SBAC math: May 15-16

### 7th Grade

- SBAC ELA: April 9-10
- SBAC math: May 15-16
- PE Fitness Gram: state window is May 1-31 (SoRo specific dates TBD)

### 8th Grade

- SBAC ELA: April 9-10 (9:00 am - 11:00 am)
- SBAC math: May 15-16 (9:00 am - 11:00 am)
- VTSA (science): May 23

### 9th Grade

- SBAC ELA: Tentatively April 24-25 (8:00 am - 11:30 am)
- SBAC math: Tentatively April 24-25 (8:00 am - 11:30 am)
- PE Fitness Gram: state window is May 1-31 (SoRo specific dates TBD)

### 11 Grade

- VTSA (science): May 22 (8:00 am - 10:15 am)

**(TBD = to be determined)**



# What's up Wildcats?

News about the Bethel/Royalton school merger



## **Merger Committee Updates**

### **Co-Curricular Committee**

*Committee Charge:* Clearly define what co-curricular activities will be offered in our new district. Compare co-curricular offerings of both schools and develop list of new and same offerings for our schools.

This committee is reviewing every activity currently offered in Bethel and Royalton from soccer to drama, student government to Iron Chef. As they compile a list of activities, they are also working on co-curricular guidelines, including eligibility for activities, event transportation, sports registration, and procedures for starting new school clubs. Planned new offerings for next year include robotics, additional jv teams, and fishing.

### **Multi-Tiered Systems of Support Committee**

*Committee Charge:* Create a coordinated prevention based system that addresses students' needs tier 1 through 3 and uses a team-driven data-based problem solving.

This committee has focused first on behavior systems and procedures at both schools but will also be working on academic supports for students. In addition to sharing specific approaches that support positive behavior at each school, the group is considering how Royalton and Bethel each employ the Second Step social-emotional learning curriculum. Several teachers from both elementary schools plan to attend professional development focused on behavior support this summer.

### **Procedures and Practice Committee**

*Committee Charge:* Create policy and procedures and make a new handbook.

While the school board is responsible for adopting policies, this committee is carefully reviewing the procedures currently in place in Bethel and Royalton by comparing each school's handbook. A unified set of rules will be developed for our new district before the start of school next year.

### **For More Information**

Multi-Tiered Systems of Support (frequently called MTSS) include both behavior and academic support systems and interventions. The three "tiers" refer to the level of need students have for extra help, ranging from regular classroom instruction to intensive individual support. The Vermont Family Network created an excellent guide that explains the MTSS approach in detail. You can find the guide online at:

<http://www.vermontfamilynetwork.org/wp-content/uploads/2014/04/MTSS-Family-Guide.pdf>