

White River School
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Dear W.R.S. families,

It is hard to believe that we have completed five weeks of school and that September is coming to an end! Your child and our staff have been working together to establish routines and to create a classroom culture that optimizes learning opportunities that are interesting and engaging. I am incredibly excited for your child knowing that she/he is going to learn and grow academically and socially this year. Our educators in the Hartford School District have worked diligently to align new learning outcomes for all students in the H.S.D.. (More on that down below.) With all of that said, we are all noticing that many of our students are really overtired and they are beginning to lose stamina toward the end of the day and some are exhibiting classic signs of irritability, peer conflict, tears and a few tantrums! When asked about the number one thing families can do to help their child be the best student she or he can be, my response is always the same; make sure she/he is getting adequate sleep!

A few years ago we had the great fortune to host parenting sessions led by local health professionals. Our P.T.A. co-sponsored these sessions because we realized that many parents had questions that were hard to ask a pediatrician given the short time constraints of well child checks. Sleep hygiene was a priority topic! A document was created to help families understand what the research tells us about what children need to thrive. *Please see the separate document with a summary of these findings.* I hope that you find this document to be useful. Often when I sit down with parents, my first question is about their child's sleep habits and sleep hygiene and over the years it seems that our students are getting less sleep than ever. In my experience, the best gift we can give ourselves and our children is the gift of adequate sleep!

New Learning Outcomes/Standards in the H.S.D.

Over the course of two years, educators in our school district have spent hours and hours researching, studying and creating new learning standards for our students. The State of Vermont developed Education Quality Standards which can be found on [this website](https://education.vermont.gov/sites/aoe/files/documents/edu-state-board-rules-series-2000.pdf):
<https://education.vermont.gov/sites/aoe/files/documents/edu-state-board-rules-series-2000.pdf>

Below you will find standards 8-10 listed:

“8. "Needs-based professional learning" means staff learning based upon needs identified through an examination of student performance and organizational and instructional data, and which is aligned with the school's Continuous Improvement Plan.

9. "Personalized Learning Plan" means a plan developed on behalf of a student by the student, a representative of the school, and, if the student is a minor, the student's parents or legal guardian, and updated at least annually. The plan shall be developmentally appropriate and shall reflect the student's emerging abilities, aspirations, interests and dispositions. Beginning no later than in the seventh grade,

the plan shall define the scope and rigor of academic and experiential opportunities necessary for the student to successfully complete secondary school and attain college and career readiness.

10. "Proficiency-based learning" and "proficiency-based graduation" refers to systems of instruction, assessment, grading and academic reporting that are based on students demonstrating mastery of the knowledge and skills they are expected to learn before they progress to the next lesson, get promoted to the next grade level, or receive a diploma."

If you attended Open House last week you may have read these standards which are displayed in our lobby. Our teachers will teach these standards this year and a new report card will be utilized this year as well. We hope to have samples of the new report card available during parent/teacher conferences on November 1st and November 2nd.

Please go to the HSD website to see more information and to see the graphics:

<http://www.hsdvt.com/curriculum2>

Upcoming Events:

October 8th - Teacher In-Service Day (no classes for students)

October 11th - PTA meeting - 6:30 - 8 p.m.

October 12th - PTA family game Night - 6:30 - 8:30 p.m.

October 31st - Title I Overview: 8:00-9:00 at WRS

November 1st - 12:50 p.m. - Early dismissal for students - K-8 Parent Conferences

November 2nd - no classes for students - K-8 Parent Conferences

November 8th - PTA meeting - 6:30 - 8 p.m.

November 12th - Veterans Day (school closed)

November 16th - PTA Family Movie Night- 6:30 - 8 p.m.

November 21st - 23rd - Thanksgiving Recess (school closed)

December 6th - Winter Concert - 6:30 - 8 p.m.

December 13th - PTA meeting - 6:30 - 8 p.m.

December 24th through January 1st - Holiday Recess (school closed)