

Valley Newsletter

March 2018

Important March Dates

The end of the 3rd quarter is on Thursday, March 1st. Report cards will be sent out the following week on Friday, March 9th. Please look for your child's report card on that day.

There will be no school on Friday, March 2nd.

The Supplemental Levy Vote will occur on Tuesday, March 13th. This will continue to fund extracurricular, field trips, elective programs, and full day kindergarten. Voting takes place at Hazelton City Hall or at the 1st Segregated Fire Station in Eden, Idaho.

Elementary pictures have been rescheduled for Thursday, March 22nd.

Monday tutoring will be the following days: February 26th, April 9th, 16th and 30th from 9:00-12:00. Elementary students can attend by invitation only so that staff working with elementary students can talk with teachers to ensure they know what assignments must be completed. All Middle School and High School students can attend if they come prepared to work on assignments. Students are not required to be there the entire time but students must be picked up no later than 12:00 noon. Parents, if your child is struggling, please consider having them attend Monday tutoring...it is a huge advantage for those students who need extra help.

Testing season will be beginning soon.

*Students in grades K-3 will be taking the Idaho Reading Indicator in April and May.

*Students in grades 3-10 will take the ISAT ELA (English) and Math and students in grades 5 and 7 will also take the ISAT Science.

*All 10th graders, as well as those 11th and 12th graders who have not participated in the past will also be taking the End of Course Assessments for Chemistry or Biology (one of these are required for graduation).

*On Tuesday, April 10th, all Juniors will be taking the SAT which will start at 7:45 and continue through most of the day. Students cannot be late that day for school and they cannot leave until the test is complete.

We will provide a more detailed schedule in the April Newsletter but it is important to have your students to school on time, adequately rested and have eaten properly, **ESPECIALLY** on test dates. We want to see the students' perform their best. We appreciate your cooperation.

SCHOOL BOARD

ZONE 1: Elizabeth Jones
ZONE 2: Dusty Standlee
ZONE 3: Jim Ritchie Jr.
ZONE 4: Mark Okelberry
ZONE 5: Kattie Carlquist

CONTACT NUMBERS

Superintendent: 829-5333
High School: 829-5353
Middle School: 829-5961
Elementary: 829-5961
Food Service: 829-4107
Special Service: 829-5961
Technology Services: 829-4165
District Fax: 829-5548

ON THE WEB

valleyvikings.org

Maintenance and Improvements Continue—Mr. Anderson

Facility improvements carry on at Valley School District. Many tasks were completed last year but we are dedicated to ongoing projects of new roofing, carpet, and replacing old HVAC units. We are also reconfiguring our Commons storage area this spring and hope to have a permanent site for our indoor concessions. All of these ambitions would not be possible without passage of facility bonds and levies. The district certainly appreciates all of your support to make our schools the best in the State!



Viking Foundation Dinner— Mrs. Hardy

Saturday, March 17th at 6:00 p.m. is the annual Viking Foundation Dinner & Auction. Grilled Tri-tip & Fried Chicken catered by The Snug Bar and Grill will be served. Cost per person is \$20.00. You can buy your tickets at the school office, at the door or from a Viking Foundation member: Lana Black, Brent Hardy, Jennifer Hardy, Dusty Standlee, Davee Mussmann, John Reed, Shannon Hodges and Brittany Wise. Proceeds from the dinner and auction fund scholarships and community projects. The Foundation will be honoring Pat Bruning...thank you Pat for your service to our community, we appreciate the work you do!!

Scholarships

Scholarships are still available. Check with Ms. Moffitt or Mrs. Elorrieta for open scholarship opportunities. Watch the mail and check your email for award decisions regarding financial aid and scholarships. Be sure to complete paperwork on time so that your award is not forfeited. Finish up college visits before the end of April and make a decision on where you will attend. If you are entering the workforce, begin applying for jobs. Most importantly, **STAY FOCUSED!** Senioritis is real - do your best to fight it and meet all graduation requirements. Follow your plan - stay on track - ask for help along the way. You can do this!

Basketball—Mrs. Kohtz

I would like to thank the community for all of your support throughout our season. It is always nice to see the gym filled with Viking fans. Also, thank you to our student body and pep band for showing great sportsmanship and support for our team and making this a great season.

Scoliosis Screening—Mrs. Richardson

Scoliosis screening will take place Tuesday, March 6th for all 6th and 8th grade students. Scoliosis is lateral or sideways curvature of the spinal column. It is often associated with years of rapid growth typically seen in adolescence. Early detection is very important. An opt-out form with more information will be sent home the week prior to the screening. If you have any questions regarding the screening, please call Mrs. Richardson, the school nurse, at 208-829-5961.

Wellness Night—Mrs. Lukes

Please put March 8th on your calendar as a night not to miss! Join your child (K-8) for an Olympic Themed Family Wellness Night on March 8th 6:30 P.M.- 8:00 P.M. There will be different activities to participate in. The students will be teaching their parent about things they have been learning in PE and the 8th grade Health classes will have their nutrition posters set up. A healthy snack will be provided for all who participate! Put on your tennis shoes and come have a fun-filled night!

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Wrestling—Mr. Hardy

This year Valley High School Wrestling was represented by 4 students. All four wrestlers qualified to compete at State on Friday, March 23rd-24th. Congratulations to Julian Rocha, Kadya Buhler, Eric Cisneros, and Juan Tito Garcia. Each finished 2nd at districts.



Kick ‘Em Outside! - Mrs. Richardson

As the temperatures begin to rise (we hope) it’s time to reap the benefits of being outdoors. Spending time outside has many potential health benefits. Here are three reasons to kick the kids, (and yourself), outdoors this spring:

1. **Vitamin D Levels will rise.** Vitamin D is known as the sunshine vitamin. It helps our body absorb Calcium to ensure bone growth. Our immune system also needs vitamin D to fight off viruses and bacterial infections. Studies are also suggesting that vitamin D may have protective effects against cancer, depression, strokes and heart attacks. Your body makes vitamin D when your skin is exposed to sunlight. Wearing sunscreen when you are out for *extended* periods of time in the sun is always recommended.
2. **You’ll get more exercise.** It’s true that you can exercise indoors, but, in general, indoor activities are more sedentary, and outdoor activities are associated with physical activity. Many American children spend hours every day playing or interacting on electronic devices. These activities are generally done indoors while sitting down. In a study that used Global Positioning Devices to track 1,000 children, results showed that kids were 2 times more active when outside than when inside.
3. **You’ll be happier.** Being outdoors makes people happier in two ways. First, serotonin levels are higher in people who are exposed to more sunlight. Serotonin is a chemical produced by the body that is known as the “mood-boosting neurotransmitter.” Secondly, being outdoors leads to increased physical activity. Increased physical activity has also been shown to make people happier and more relaxed.

When in doubt, kick’em out!