
GRAND RIVER ACADEMY



Newsletter



A Note from the Principal

December can be a busy month, and we are close to the end of the semester. There are many holiday and family events taking place. Making school a priority is important during these busy times.

As an online/blended school, students spend 80% of their weekly learning time working independently or with their learning coach at home. This requires self-motivation and the ability to prioritize and put their online schooling ahead of many preferred activities. That is not easy to do, especially in the busy month of December. That is where family

support comes in. Help your student be successful in their online schooling in the following ways:

- Help them set and follow a schedule for their online studies. Students should be working 5 1/2 to 6 hours a day on their online studies.
- Provide a quiet, dedicated spot for your student to do their online schooling.
- Check their progress regularly either by logging into your parent account or logging into your student's account. Talk to them when they have fallen behind in subjects and encourage them to contact their teacher if they are confused or have a question.
- Remember that students can catch up or work ahead on "off" days.
- If your student is failing a class, have them check in with their teacher immediately.

Online learning can be challenging. So don't hesitate to reach out to your child's teacher for support. We appreciate all you do to help your child be successful. We are your partners in ensuring a quality education for your child.

From the Office

The end of the semester will be here before we know it. We are planning and need to know if your student will not be returning next semester. Please email or call the office to let us know.

Please be sure and read all the emails and texts from school. They contain important information for parents and your child's school experience.

Academic Letters

It isn't a secret that success takes hard work and perseverance. To recognize academic success, Grand River Academy will be awarding academic letters to students who had a GPA of 3.5 or above and who took a minimum of 5 credits last year. Below are the students in alphabetical order. The students' grade is also listed:

Carbajal, Michael J.	12
Cawood, Madeleine C.	12
Cooper, Maxwell C.	10
Dangler, Sisay A.	11
Duncan, Casey M.	10
Eidinger, Maycie G.	10
Feuerborn, Emmalee R.	11
Foutz, Rachel N.	11
Harris, Susan L.	11
Harris, Paige M.	12
Johnson, Kira S.	11
McClung, Ella J.	10
Monroe, Jaxon D.	12
Owens, Jessica R.	12
Stark, Abigail L.	11
Suplizio, Tucker J.	12
Williams, Isabelle C.	11
Wright, Emma L.	10

Congratulations to these students!

NWEA Testing

We use a variety of data to determine how your student is progressing academically and to assess how we are performing as a school. We utilize this data to plan instruction. NWEA is such an assessment. It is critical that all students are assessed. We will be testing December 17th, 18th, and 19th. Makeups will be on the 20th.

Please make sure to schedule appointments so that they do not conflict with your students day on campus that week.

We appreciate your help with making sure our teachers have up to date assessment data for our students.

Thank you for sharing your student with us.

Warmest Regards,
Steve States, Principal

Thank You

Thank you to those that participated in our pajama drive community outreach program. We were able to donate 22 pajamas to CASA. Scholastic matched our donation with books and our custodian, Cindy, provided stuffed animals to cuddle with and read to. Hopefully cozy pjs, a good story, and a soft friend can help bring a little bedtime relaxation to a child in need.

Year Book

This year Grand River Academy will have a yearbook put together by our fantastic students!

Order yours today!

K-12

Customizable

Hardcover - \$30

Softcover - \$20

E-book - \$10

Pre-order by Mar. 27, 2020

Order at:

Grandriveracademy.picaboo.com

December Calendar

- 9th Parent/Teacher Conferences 4pm-8pm.
- 17th School Advisory Committee, 4pm in the conference room. All are invited to attend.
- 17th-19th NWEA Testing
- 20th NWEA Testing Makeups
- 20th Last day of school before Winter Break
- 23rd-January 7th Winter Break

Canned Food Drive

Student Council is sponsoring a canned food drive now until December 20th when school ends for Winter Break. Please send in non-perishable items so that we can give to those in need.



Attendance Matters

Attendance is one predictor of student success. It is brains that students attend on their weekly day and online. Please make sure your student is getting 30 hours of work per week, at a minimum. Each Student's day onsite is counted in their instruction. Each teacher has made accommodations in their Odysseyware course to account for the on-site day. Below are the required days and times of attendance:

K-2nd grades- Tuesday 8:30am-2:30pm

3rd-5th grades- Wednesday 8:30am-2:30pm

k-5th grades- Thursday 8:30am-2:30pm
(optional day)

*6th grade- Tuesday 8:30am-2:30pm

*7th grade – Wednesday 8:30am-2:30pm

*8th grade- Thursday 8:30am-2:30pm

9th grade- Tuesday 9am-2:30pm

10th grade- Wednesday 9am-2:30pm

11th/12th grade- Thursday 9am-2:30pm

*6th, 7th, and 8th grade have "Stay & Play" from 2:30pm-3:00pm on their scheduled day (optional).

From the Nurse



Make INFORMED Food Choices:

Did you know that one of the best things you can do for your health is know how to read the Nutrition Facts labels, listed on your packaged foods? Below is a breakdown of these labels:

Serving size

- Always start with the serving size amount, which is usually found at the top of the label. The rest of the information on the label is based on that amount
- Sometimes you'd be surprised that what you think is one serving (i.e. a bag of potato chips) is actually two servings.
- When you compare calories and nutrients between brands, be sure to check and see if the serving size is the same.

Calories

- A calorie is a way to measure how much energy a food provides to your body.
- *The number on the food label shows how many calories are in **one serving** of that food.*
- The number of calories a person needs varies, depending on that person's gender, age, weight and activity level.
 - Remember that fat-free doesn't mean calorie-free. In fact, lower fat items may have just as many calories as full-fat versions.

Percentage daily value

- These percentages show the amounts of nutrients an average person will get from eating one serving of that food. For the purposes of food labels, the government chose an "average" person as someone who needs 2,000 calories a day. So if the label on a particular food shows it provides 25 percent of vitamin D, that 25 percent is for a person who eats 2,000 calories a day
- A food is considered a "good source" of a nutrient if the percent daily value is between **10 percent and 19 percent**. If the food has 20 percent or more of the daily

value, it is considered an "excellent source" of that nutrient.

Fat

- Total fat shows how much fat is in a single serving of food. Our bodies need a little fat every day because it is an important source of energy. Fats also provide insulation and cushioning for the skin, bones, and internal organs, and help the body distribute and store certain vitamins.
- Unsaturated fats, which are found in vegetable oils, nuts and fish, are often called "good fats" because they don't raise cholesterol levels.
- Saturated fats and trans fats are considered "bad" because they can increase a person's risk for developing heart disease. These fats typically come from animal products like cheese or meat.

Sodium

- Sodium is a component of salt. Almost all packaged foods contain sodium because it adds flavor and helps preserve food. Foods that are processed, packaged or canned usually have more sodium than fresh foods, which are naturally low in sodium.
- Our bodies need some sodium but too much can cause some people to have high blood pressure and water retention.

Fiber

- Fiber is the indigestible part of plant foods that push through our digestive system, absorbing water along the way and easing bowel movement. Fiber has no calories and can help you feel full.
- Ideally you should select foods that have at least 3 grams of fiber per serving.

Nutrients

- You would like your foods to have a lot of vitamins and minerals as our bodies need vitamins and minerals to help them work - from supporting skin health (B2) to helping in the formation of bones (calcium).
- Look for foods that are rich in nutrients such as Vitamin A, Vitamin C, Calcium and Iron.

****When you read Nutrition labels, try to select foods that are high in fiber, vitamins and minerals and low in sugar, sodium, fat and cholesterol****

What's in your food? Are you making choices to eat nutrient rich foods? Are you thinking of the long-term health benefits of your food choices? Together, let's start making healthy food choices today!

<https://www.fda.gov/media/109430/download>

<https://us.humankinetics.com/blogs/excerpt/the-body's-fuel-sources>

<http://www.peytonmanningch.org/project18/fli-pbooks/Lesson7-MiddleSchool-FoodLabels/files/assets/common/downloads/Lesson%207%20-%20Middle%20School%20-%20Food%20Labels.pdf>



See it.

Report it.

Stop it.

Anonymously Report Concerns 24/7:

safe²tell Colorado

1-877-542-7233

safe2tellco.org



Apple Store & Google Play