

The Dragon

KVA Family Newsletter



October 6, 2015

News For You

- Thursday, 10/8 is a regular, full day of school.
- There is no school Friday, 10/9.
- There is no Community Meeting this week.

Calendar Corner

- October 8. Full day of school
- October 9. No school
- October 15. 1st and 2nd grade Savings Accounts @ KVA 8:00-10:00AM
- October 21. Scholar Picture Day
- October 29. Fall Festival 4:00-7:00PM (early dismissal day @ 1:30pm)
- October 30. No school
- November 7. Family Saturday
- November 11. No school
- November 12 & 13. Parent Conferences

Healthy Habits

We are partnering with Washington University to implement the Healthy Habits Program this year at KVA. **We will offer healthy meals and workshops to families** throughout the year on how to live a healthy life as a child, an adult, and as a whole family!

We will also have prizes for families who attend! Here are the raffle winners from the Healthy Habits Program after Family Saturday. Please come to KVA to pick up your **\$25** Walmart gift card or call Ms. Altepeter at (218) 289-4419.

- Tracey Dorsee
- Chris Williams
- Karina Sutherlin

In addition, we will have a Healthy Habits column in each Dragon newsletter to give you healthy living tips!



Ever wonder what your child should be eating each day? Read below to find nutrition recommendations and how to meet them!

- 1200-1400 calories a day, with 25-35% of calories from fat.
- 2 cups of dairy. Aim for low-fat or fat-free!
- 3-4 ounces of protein foods like lean meat (chicken/turkey), fish, beans, nuts, and seeds.
- At least 1.5 cups of fruit. Encourage a variety but limit fruit juices.
- 4 ounces of grains, and try to make at least half of them whole grains, which have more nutrients and help keep kids full.
- At least 1 cup of vegetables. Eat a rainbow of colors, as different colored vegetables tend to have different types of nutrients.
- Limit sweets and fried foods! Think of these less nutritious items as "sometimes" foods.

Most Savings Accounts

The KIPP St. Louis College Savings Account is a **\$50 college savings account** in MOST- Missouri's 529 College Savings Plan, established for the benefit of a student in **1st or 2nd grade**. **Start planning for your scholar's college career now!**

How do you apply?

- Stop by KVA on **October 15** between **8:00-10:00AM @ KVA** to speak with a representative and get signed up.

What should you bring?

- **Bring your scholar's social security number.**



City-Wide Events

- The single best way for families to protect against the flu is to get vaccinated each fall. **Barnes-Jewish Hospital** is offering **free flu shots** to those in our community who would otherwise not have access to one. For more information, call 314-TOP-DOCS or toll-free 866.867.3627.
- Performance of **Talkin' Trash at Clayton High School Oct. 10 and 11**. Contact Metro Theatre Company at 314.932.7414 to reserve your **FREE** tickets today.
- Join a **Robotics team!** Visit usfirst.org or call 603.666.3906 to learn more. Please contact Ms. Altepeter if you have any Legos to donate!

Contact Us

For calls regarding transportation or other:

- Main Office, Ms. AJ Johnson
314-454-9255

Other Contacts

- Your scholar's teacher
- School Leader, Mrs. Tiara Abu
314-277-9469
- Assistant School Leaders
Mr. Andy Sears **314-810-6370**
Ms. Caroline Kerns **314-278-9303**
- School Operations Manager,
Ms. Katie White **404-558-0355**
- Manager of Student and Family Support, Ms. Cetera Altepeter
218-289-4419
- J Club (before and after care)
314-432-5700