



# DECEMBER

## VAN VOORHIS ROARING NEWS

**School Vision:** Parents, Students, and Staff Working together to ensure All Students Must Learn ~ "Whatever It Takes".

**Van Voorhis Elementary School**  
**Americas Southeast District**  
**120 Folger St.**  
**Fort Knox, KY 40121-6000**  
**(P) 502-624-5854**  
**(F) 502-624-7267**



- \*12/4-Spirit Day-Wear Your VV Gear
- \*12/8-PreK Report Card Prep  
**No PreK classes**
- \*12/9-PreK Report Cards Go Home
- \*12/9-Accelerated Withdrawal (First Semester)
- \*12/11-Spirit Day-Wear Your VV Gear
- \*12/14-12/18-Virtual Spirit Week
- \*12/21-1/1-Winter Break **No School**

### Gentle Reminders

**100% ID CHECK:** We have a 100% ID check when picking up students or when requesting student information.

**\*If your phone number or emergency contacts have changed, please update your student's record(s) as soon as possible.**

**\*Lunch distribution is on Tuesdays from 10:30-12:00 at the back cafeteria door.**



Van Voorhis Parents,

I hope everyone had a wonderful and restful Thanksgiving break. We have been quite busy over the last month. Students completed Math Interim 1 Assessments, engaged in creative writing, and experimented with various science projects. We have also transitioned back into remote learning. Students have adjusted well and are continuing to engage in the learning process.



We have quickly come to the middle of the year. As the holidays near, we continue to ask for your support in ensuring student learning continues. Remember, learning is fun and can be incorporated in our normal every day activities.

Looking for a few gift ideas, especially ones that don't cost a lot of money? This holiday season give your child and family the gift of time. Take a nature walk at a local preserve, enjoy a meal together as a family, or have a night in with the family and play a favorite board game. As parents, you are extremely important to your children. This month, make it a goal to spend an evening, day, or weekend with them. Some ideas include: reading a book together, playing catch, decorating cookies, or telling stories together. This is the time to provide your child with the memories he/she will never forget. The holiday season is all about



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giving, and the quality time you spend together can be better than anything wrapped up in a bow under the tree. Please remember that students should continue to read, write and practice their math facts over the winter break. Reading and writing can be about topics they enjoy and shared with parents and siblings alike. Students can also write some resolutions to ring in 2021.

We wish everyone a safe and healthy holiday season filled with peace and joy. Looking forward to seeing everyone back in the New Year!

Respectfully,  
Angelique Johnson  
Principal



### Counselor's Corner



The holidays are a special time of year for children and adults alike. However, with remote school learning, the school break, holiday gatherings looking different this year, and the anticipation of receiving presents, can also bring stress, anxiety, and fatigue. Listed below are six tips to support your child's mental health during this season of remote learning and the holidays. As we reflect on the many challenges that we have overcome this

school year, we continue to count our blessings to be a part of your child's educational and life journey! The Van Voorhis Elementary School Family wishes you and your family a wonderful and joyful holiday season!

**Prevent stress:** The best way to prevent stress in your children is to manage your own stress. If you are stress free (or at least managing stress well) you will set a base of calm. You are setting the example for your children. For youth, a lot of the stress that comes this time of year is from uncertainty. It goes without saying, we've had much uncertainty in 2020. Be sure to be open about what their remote learning school schedule will look like, as well as their holiday break schedule, including what they are expected to do during remote school learning and what activities are planned for them during the holiday break.

**Give your child the tools to work through stress/anxiety:** No matter how much you plan and attempt to reduce stress, there are still times where it can overcome your child. Some tools to use when your child is feeling stress include focusing on calming breath or meditation, journaling, getting fresh air outdoors, taking a warm shower or





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bath. Talk with your child about why they are feeling stress and help them to find ways to work through it successfully.

**Keep routine:** Predictability is key! Try to keep sleep and eat schedules close to the schedules your children keep while in the brick and mortar school setting. While an exception is expected for special occasions (like New Year's Eve), it is best to keep bed and wake-up times within an hour of the usual brick and mortar school setting time. Eat three healthy meals a day and be sure to keep active!



**Rest:** Be sure your children get 8-10 hours of sleep each night. Also plan for relaxing activities that allow for recharging such as a movie night or family evening walk.

**Have fun!** It is so easy to get caught up in the hustle and bustle of the holiday season and miss out on fun activities that can be had together. Take time to do something that you all want to do and don't feel like you have to do. Laugh and be silly!

**Make a New Year's resolution:** Talk with your children about their wishes and goals for the coming year. Encourage a resolution that supports mental health. Some examples include; start a daily gratitude journal, daily

meditation, walk, hike or bike ride, get 8-10 hours of sleep each night, make time for yourself.

Respectfully,  
Mrs. Ratchford



### Quick Tips

\*Please do not change passwords or settings on Student Google accounts. This creates issues for students when logging in to other school programs.



### School Nurse Notes

Please visit my Google Classroom at [ng2f74t](#)

Flu Shot season is here. According to the CDC getting a flu vaccine is more important than ever during 2020-2021 to protect yourself and the people around you from flu, and to help reduce the strain on healthcare systems responding to the COVID-19 pandemic. DoDEA requires the flu vaccine or signed waiver. The deadline this year is January 28, 2021. Please email a copy of vaccination proof to [robin.garcia@dodea.edu](mailto:robin.garcia@dodea.edu) or contact me if you have questions about the waiver.

Learn how to enjoy the holidays and take steps to protect yourself from getting





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or spreading COVID-19. The CDC has a wealth of knowledge about attending an event or gathering, coping with holiday stress, hosting gatherings and travel. Please visit the following link to learn more about this topics:

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/holidays.html>

Visit this link

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/about-face-coverings.html> to learn

more about how to select, wear and clean masks.



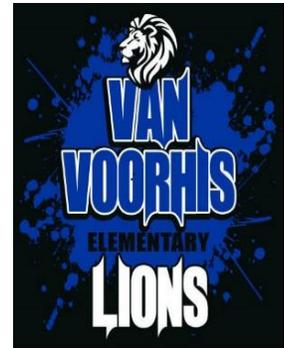
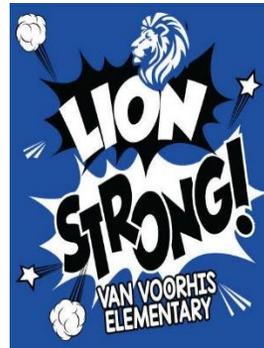
Kindly,  
Nurse Garcia



### Upcoming Events

\*12/4-last day for Spirit Sweatshirt orders. Orders can be dropped off from 3:00 to 4:00 on Friday, Dec. 4 in the school parking lot. There are two designs to choose from. For questions or order forms, please email [beccachodges@gmail.com](mailto:beccachodges@gmail.com).

The two designs to choose from are:



Van Voorhis Elementary participates in the Box Tops for Education program. Download the app to start earning by scanning your receipts for the products with the Box Tops icon.



THANK YOU FOR YOUR SUPPORT!

### Awards and Accolades

The following students were recognized for the month of November by their teachers for their grit and hard work. Congratulations to all of our Student of the Month recipients. Job Well Done!



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### Students OF THE MONTH

- Carter S.
- Roman M.
- Chase H.
- Victor B.
- Ja'Nayah N.
- Mary B.
- Brayden D.
- Deng D.
- Ethan H.
- Michael M.



- Gracie C.
- Aria H.
- Joelys G.
- Jade B.
- Cynthia R.
- Greyson J.
- Angelina A.
- Lexi M.
- Grayson V.
- Henry S.
- Vivian G.

### Bulletin Board Awards

Bulletin boards tell a wonderful story about what is happening in our school. The following classes received awards for their outstanding displays of student work.

### Ms. Van De Linde's Class



### Ms. Wesley's Class



### Ms. C. Johnson's Class



### Ms. Ballard's Class





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### Mr. Brundage's Class



### Ms. Thomas' Class



- December 7th is National Pearl Harbor Remembrance Day
- December 21st is the Winter Solstice
- December 26th is National Candy Cane Day
- The first heart transplant was completed on December 3, 1967
- On December 17, 1903, the Wright Brothers made their first flight
- The Bill of Rights was passed on December 14, 1791
- Woody Allen, Larry Bird, Frank Sinatra, Jamie Foxx, Ludwig van Beethoven, Samuel L. Jackson, and Stan Lee ALL have December birthdays

### December Fun Facts

- December's birthstone is the Turquoise, which symbolizes good fortune and success
- December's birth flowers are the Holly and the Narcissus
- The Narcissus, also known as Paperwhite, is similar to the daffodil, but has smaller flowers
- Holly berries can be toxic to humans and most animals; but they are an important food source for birds during the winter
- There are more than 400 variations of the Holly plant
- National Cookie Day is December 4th

# Happy Holidays!





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To get updated information on school happenings, please visit the following:

<https://www.facebook.com/DodeaVanVoorhisES/>



<https://www.dodea.edu/VanVoorhisES/>

<https://www.dodea.edu/returntoschool.cfm>

