



THE HAWKS NEST

March 2019

Parents, Guardians and Hawks,

Spring is starting to arrive and the school is filled with sense of energy and enthusiasm. Students and teachers are all looking forward to Spring Break and using the week to recharge and prepare for the fourth quarter. Everyone has been hard at work and keeping their focus on maximizing instructional time as assessment season is right around the corner. I cannot stress the importance of making sure that students are present, on time and ready to learn each day. Please remember that if your child must be absent from school, that a signed note indicating the reason must be turned into the office within 48 hours. Per District policy, VRA will not excuse absences for notes turned in after the 48 hour window has passed. Thank you for your continued cooperation.

Congratulations to the Valley Ridge Academy 7th and 8th grade Girls Basketball Team for winning the Middle School Girls Basketball Championship by defeating Sebastian Middle School in a hard fought game on March 7th! The Lady Hawks entered the playoffs as the number one seed and hosted two home games, beating Swiss Point in the semi-finals before taking on Sebastian, on their way to the Championship! Everyone is so proud of these young ladies who model sportsmanship, toughness and determination both on and off the court! Congratulations as well to Head Coach Jessica Mora and Assistant Coach Antwoin Conerly for all of their hard work in preparing the team each week. A special thank you to all of the parents, students and fans who came out to the games to support the team and cheer them on to victory. Fantastic season ladies!

On behalf of the VRA School Advisory Council (SAC), I'd like to invite you to complete our 2018/2019 needs assessment survey. The survey results will be used to gain feedback and seek input to develop our future school improvement plan. The survey consists of 13 questions and seeks feedback on a variety of school priorities. The survey opened Friday, March 1 and closes, Friday, March 15. Please use the following link: <https://surveys.stjohns.k12.fl.us/TakeSurvey.aspx?SurveyID=p2LKnn93>

The Elementary Spring Book Fair will be here at VRA from March 11th – March 14th! Students always love getting a chance to shop for the latest editions of their favorite book series and to discover new characters that will become future favorites. The VRA PTO has been hard at work making sure that this bi-annual event is a success for our students and we truly could not do without their support. Thank you to everyone who volunteers their time to help with the Book Fair. Elementary teachers are signing up to take their classes to the fair so please reach out to your child's teacher on specifics.

I hope that everyone enjoys the upcoming break and I look forward to seeing all the sun-kissed faces back at the Ridge on March 25th!

Sincerely,

Ms. McMandon, Principal

Go Hawks!

VALLEY RIDGE ACADEMY

MARCH CHARACTER COUNTS

CONGRATULATIONS TO OUR STUDENTS CHOSEN FOR BEING “EXTRA”
CARING!



Kindergarten: Annabelle Hulse, Cooper Byrd, Cody Cipolla, Ella Updike, Trevor Richter, Lauren Wetzell, Ava Bruckner, Madeleine Park, Lilly Rohrer



1st Grade: Talia Losego, Chanel Inman, Grady Reynolds, Tyler Merrit, Annabella Farfan- Zambrano, Finley Tucker, Matthew Cornog, Corson Camp



2nd Grade: Harper Picklesimer, Chloe Armour, Jonah Caldwell, Brooke Simoneau, Sophie Sgro, Lilly Burgin, Haller Moseley, Payson Mahaven



3rd Grade: Zolana Corporan, Jace Brown, Sophia Muenchen, Christian Vernacotola, Lauren Cotto, David Little, Kavya Sathiyar, Donovan Shanks



4th Grade: Aric Davis-Baer, Ella Love, Brandon Centeno, Ella Swanson, Sophie Eagan, Zack Dorow, Thiago Lopez



5th Grade: Danny O'Donnell, Matty Ostander, Jessica Japzon, Hayleigh Yeoman, Jake Romano, Charlotte Mirzai, Lidia Agyeyeva

Middle School Character Counts

Focus on Caring



Congratulations to our Middle School students being celebrated during Character Counts! Madison Swallow, Ana Myers, Anna Kat Long, Jia Baur, Sofia Durante, Katherine Townsend, Sarah Yeoman, Matthew Oberkehr, Trinity Hale, Thavy Lanh, Emme Evans, Cooper Carlson, Savannah Preik, Ella Clar, Ryan Farischon, Kayla Shrev, Kirsten Adams, Thanh Pham, MJ Burket, Brooklyn Peckiconis, Saniya Black, Mikah Mui, Allison Zaiser, Vanessa Coopmans, Lucy Harry, Ava Heinz, Ryan Kruger, Diego Pascasio





GEOBEE

National Geographic Geography Bee Update

Last month we shared with you information regarding our school-wide National Geographic Geography Bee. At the end of January our school-wide winner, Timothy Gorelik from Ms. Sandler's fourth grade class, took the online state qualifying test.

On March 4 the results were posted for the state qualifiers and Timothy Gorelik has qualified! The only students that qualify are the top 100 scorers in the state. We are so excited and proud of this huge, first-time VRA achievement. We are very much looking forward to supporting him at the state bee on March 29 at Jacksonville University!

Mrs. Rice

Sixth and seventh grade social studies

National Geographic Geography Bee Coordinator

Go to: <https://www.nationalgeographic.org/education/student-experiences/geobee/>

For more information on the Geobee!

CONGRATULATIONS!

VRA GIRLS BASKETBALL TEAM



The Valley Ridge Academy 7th and 8th grade Girls Basketball Team are now District Champions! After making the playoffs as the number 1 seeded team, the Lady Hawks defeated Sebastian Middle School in a hard fought game last night! It was a fantastic atmosphere with the stands full and the gym loud!

Thank you everyone who came out to support the team not just last night, but all year. A special thank you to the VRA Cheerleaders who helped energize the crowd all season and support all of our teams! Congratulations and a heartfelt thank you as well to Girls Head Coach Jessica Mora and Assistant Coach Antwain Conerly for all of their hard work in supporting our ladies in bringing the championship home to VRA. Fantastic season ladies!

We are very proud of you!

THANK YOU EARLY ACT FOR ANOTHER SUCCESSFUL DRIVE!

By Josh Namie and Emery Brown

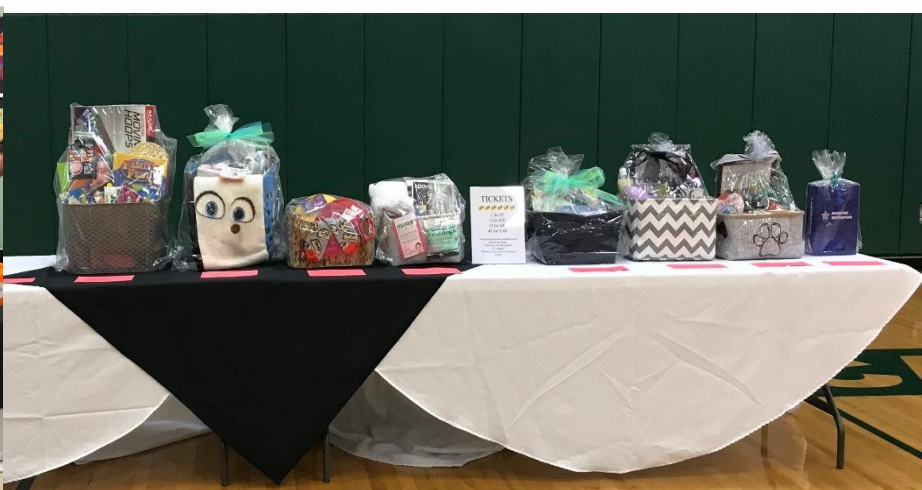
Early Act wanted to help people in need with toiletries so we had a Toiletry Drive the week of February 19. The items benefited Hugs Across the County. Thank you for your donations!



Caring is doing!

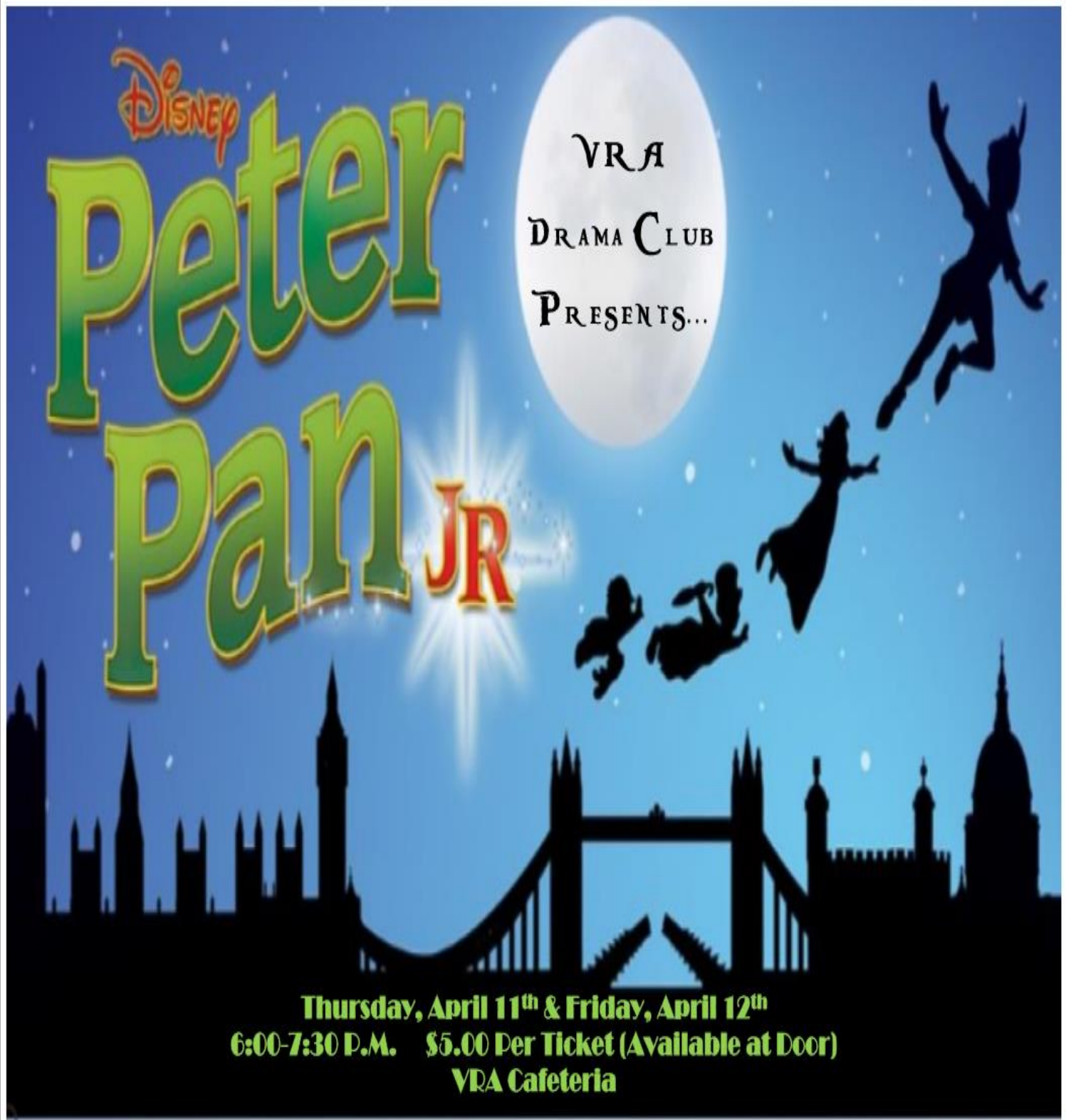


Reflections on Festival of the Arts 2019





Thank you to our
participants, parents and
families for joining us on
another great day at
Festival of the Arts!



Be sure to mark your calendar!!

Not late....Not late.....for a very important date!

Our drop-off and pickup carline has been an efficient and safe method to bring your child(ren) to school each day. If you must drive, this saves you time and effort and allows your student(s) direct access to the school doors in extreme weather!

We acknowledge that at times the line may be quite long and we appreciate your patience. We do however need for you to be sure you are arriving to school early enough to make it to the door before the 8:30 am school day bell.

Our tardy bell rings at 8:30 am and at that time, all students are presumed to be in the building or they will be marked late to school.

Our staff which oversees the carline also need to be in the building at 8:30 to commence their day as well.

Our carline closes each day at 8:30 am. All student cars arriving late to school will need to be parked in a designated parking spot and a parent or guardian will need to accompany the student to the office before the student will be allowed to class. Staff will enter the building at 8:30,

therefore we respectfully ask you to monitor your student as he/she travels to the office.

Also, please remember the use of cell phones in hand are not allowed while waiting in line or while dropping off. Please keep your student and everyone safe by directing all your attention to your driving.

Thank you.



Child Safety Matters...

Our elementary guidance counselor, Mrs. Dail, began abuse prevention lessons with 2nd graders the week of March 11-14. Information is being sent home with your student for your review. If you would like more information please visit the Safety Matters Website at: <https://www.mbfpreventioneducation.org/safety-club/>



Safety Brief: 5 Safety Rules

We need YOU!!!



Do you have some time to volunteer for a testing session? It's an easy task and a very valuable time spent! If you would like to help us by proctoring in a classroom, please click on the links below to choose your day and times. We do however ask that you choose a classroom other than one you have students enrolled. Proctor training held in the cafeteria on 3/26 @ 8:45.

<https://www.signupgenius.com/go/10c0b45afae23a7fa7-proctors2>

<https://www.signupgenius.com/go/10c0b45afae23a7fa7-proctors1>

<https://www.signupgenius.com/go/10C0B45AFAE23A7FA7-proctors3>



Today's kids float through an endless river of electronic resources! Can you navigate their waters? Need a longer paddle or faster canoe? Click on the link below to see some ways you can confidently float the stream with them and avoid the rapids!



<http://www.stjohns.k12.fl.us/guidance/social-media-mass-media-parent-resources/>



"Hacking STEM" Summer Camp

Summer, 2019

Campers will be mentored by UNF Students participating in Intercollegiate, collaborative, and authentic STEM projects. Campers will have the opportunity to learn coding, hacking, and making skills in computer science, engineering, and advanced applied mathematics while building STEM tools to participate in grade-level-specific projects related to our STEP Lab Social Justice projects.

JUNE 3-7, 2019:

(Grades 3-6)

**HACKING
AGRICULTURAL
RESOURCES**

Elementary School students will be engaged in Hacking Stem Lessons, Minecraft Edu., and Lego Robotic lessons that will integrate STEM curriculum. Students will build trundle wheels, learn to interpret streaming data, and learn to build and interpret 3D models of drone photographic data. Students will construct actual organic gardens, thereby learning the math, science and technology associated with this task. We will give consideration for equitable food distribution and production in rural communities.

JUNE 10- 14, 2019:

(Grades 6-9)

**HACKING
WATER
RESOURCES**

Middle school students will be engaged in Hacking Stem Lessons, Minecraft Edu., and Lego Robotics, along with WozU drone and integrated STEM lessons. Students will build dissolved oxygen sensors and sonar equipment. They will learn to 3D model waterways and river bottoms- essentially conducting civil engineering projects.

JUNE 17-21 & 24-28:

(Grades 9-12)

**HACKING
MEDICAL
RESOURCES**

High School students will be engaged in Hacking STEM Lessons, and robotics-integrated STEM lessons. Students will build robotic hands, 3D- printed hands, and invent robotic 3D-printed assistive technology for specified individuals from our community.



QR code leads to
NEFSTEM.org
Camp News

More information and
Applications can be found at
NEFSTEM.org
Email: NEFSTEM@UNF.edu

Welcome to new students and welcome back to VRA for 2019-2020!

KG Registrations - Beginning on March 1, 2019, you will be able to go online to Pre-register your Kindergarten (KG) student. There will not be any on-site registration dates. All KG registrations and required documents must be completed and uploaded via the Online Registration system. Please visit the Valley Ridge Academy website and go to the Registration Tab for detailed instructions.

Attention All 6th Graders - The Tdap immunization shot is required for all 7th graders and must be recorded on a Florida 680 form. As soon as your student receives this shot, the form can be brought to the front office, faxed (904-547-4095) or emailed (to paige.lange@stjohns.k12.fl.us) even if the student is still in 6th grade. Per district policy, all 7th grade students that do not have this shot will not be allowed to start school the year they are entering 7th grade. Please contact Paige Lange, Registrar at 904-547-4096 with any questions.

Rising 6th and 9th Graders - In preparation for middle and high school registrations, all rising 6th and 9th grade students will be required to update their residency items. This will be facilitated through VRA's Online Registration system by uploading your residency documents. Information regarding this process will be sent out in the next few weeks. Here is a list of the items that will be required:

1. Mortgage Statement/Property Deed/HUD or Lease
2. Utility bill (FPL, JEA, TECO, Internet)
3. One more bill (Additional utility, cellphone statement, vehicle registration, insurance documents).

There are 3 total items required and the bills must be dated within the last 30 days. All items must show bill date, name, and address. For any questions regarding this process, please contact Ashley Schaefer at ashley.schaefer@stjohns.k12.fl.us.

BEHAVIOR MANAGEMENT AND SOCIAL EMOTIONAL DEVELOPMENT



**THE ESE PARENT ADVISORY,
ST JOHNS COUNTY SCHOOL DISTRICT
EXCEPTIONAL STUDENT EDUCATION**

WELCOMES

**DAVID O. CHILDERS, M.D.
NEURODEVELOPMENTAL –
BEHAVIORAL PEDIATRICIAN**

FOR A DISCUSSION ON:

***BEHAVIOR MANAGEMENT AND SOCIAL
EMOTIONAL DEVELOPMENT***

*Please register for this Parent Advisory Committee
meeting here:*

<https://parentadvisorybehaviortalk.eventbrite.com>

GOAL:

To provide parents of 504, Gifted, and ESE students an overview of typical language development and how it pertains to parenting and child behavior.

**ESE PARENT
ADVISORY**

**ST JOHNS COUNTY
SCHOOL DISTRICT**

**EXCEPTIONAL
STUDENT EDUCATION**

**UF HEALTH
NEURODEVELOPMENTAL
PEDIATRICS**

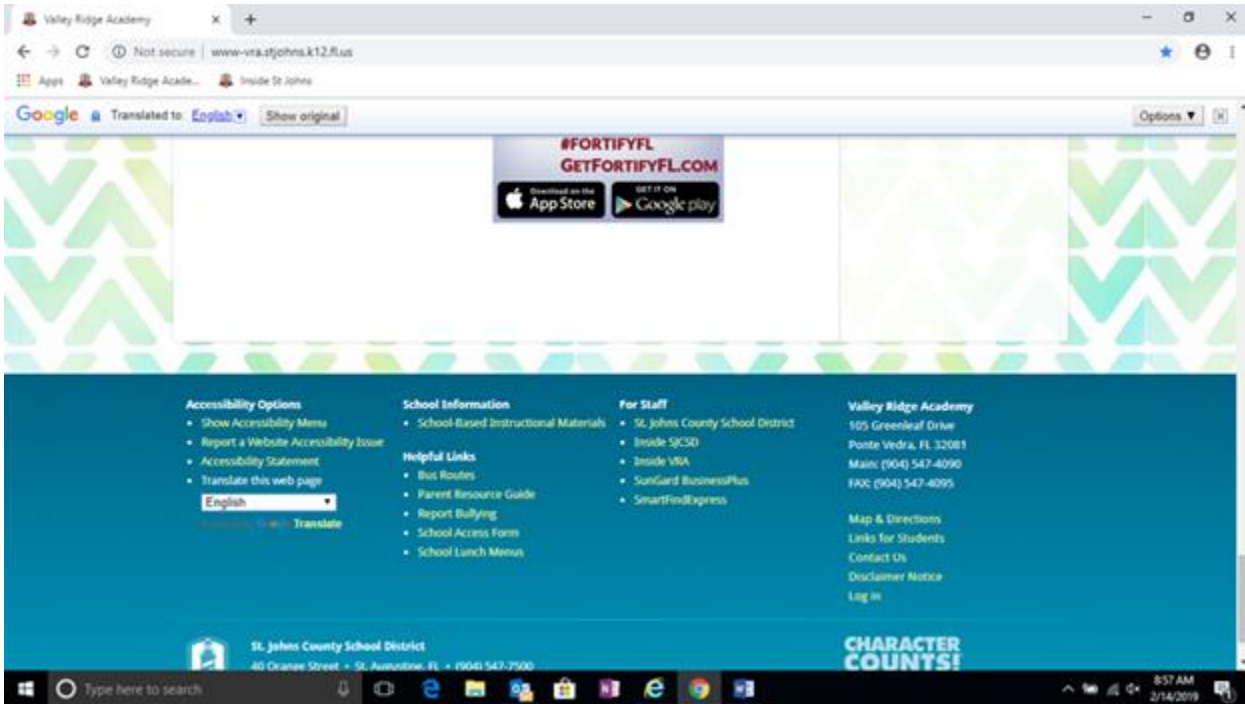
APRIL 2, 2019

LOCATION:

**FULLERWOOD TRAINING
CENTER
10 HILDRETH DR
ST AUGUSTINE, FL 32084**

6:00 PM – 7:30 PM

Would you like to read the VRA website in your language of preference? Now you can!



VRA Pagina/ VRA página da web/ VRA ウェブページ/ VRA ওয়েবপেজ

Visit the main page of the VRA website, scroll to the bottom, and enter the language you want the page to be translated into. Voila! It is that simple.

You may need to use **Google Chrome** for the page to be translated.





Dance Auditions

8th graders interested in trying out for the Nease Dance Team registration packets are in the front office! Or go to Neasedance.com

Not sure if you want to try-out?

Technique clinics are on Wednesdays, March 6, March 20, March 27th, April 3rd, April 10th.

Clinics are \$5 each or \$20 for all 5. If you miss the first, or any, that's ok they are not mandatory.

Try-outs are April 15-April 18th

Packets are due by April 11th

SUMMER MARINE SCIENCE PROGRAM

Parents,

Applications for the summer Marine Science Program were passed out at all schools during the week of February 12th. Applications were due back to science teachers by February 28th. Applications can still be downloaded at any time from the website prior to April 15th at <http://www-grms.stjohns.k12.fl.us/marinescience/> The link also will have a complete day by day curriculum for each grade level, parent information, and a video from last year's program.

This summer program is available to all students currently in grades five through seven and has been sponsored by the school district since 1982. Three eight day sessions are held at Gamble Rogers Middle School with bus transportation provided. The dates for the three sessions this summer will be May 29th through June 7th, June 10th through June 20st, and June 24th through July 3rd. Small classes of 13-15 students are separated by grade level. All instructors in the program are St. Johns County School District teachers.

The Marine Science Program is a carefully designed experience for responsible students who are interested in learning about our local marine environments. Learning is "hands on" in the field with students kayaking, canoeing, boating, hiking, snorkeling, sailing, windsurfing, surfing, SUP, (stand up paddleboarding), etc. Specific grade level activities and curriculum are attached to the applications and are also available from the website.

More information about the program can be had by emailing marinescienceprogram@stjohns.k12.fl.us.

March			
Event	Grade Levels	Date	Cost (Hawk Bucks)
Eat Lunch Outside	6-8	Friday, March 1	\$2
Hawk Store	K	Friday, March 1	--
Ice Cream Day (Cafeteria)	3-5	Thursday, March 7	\$2
Ice Cream Day (Cafeteria)	K-2	Monday, March 11	\$2
*Dance Party	K-2	Thursday, March 14	\$25
Eat Lunch Outside	6-8	Thursday, March 14	\$2
*Eat Lunch Outside	4	Thursday, March 14	\$25
Hawk Store	1	Monday, March 25	--
Cookie Day (Cafeteria)	6-8	Monday, March 25	\$2
Hawk Store	2-3	Tuesday, March 26	--
Hawk Store	4-5	Wednesday, March 27	--
Hawk Store	6-8	Thursday, March 28	--
Hawk Store	K	Friday, March 29	-

April			
Event	Grade Levels	Date	Cost (Hawk Bucks)
Cookie Day (Cafeteria)	K-2	Monday, April 8	\$2
Eat Lunch Outside	6-8	Friday, April 12	\$2
Cookie Day (Cafeteria)	6-8	Monday, April 15	\$2
Hawk Store	1	Monday, April 22	--
Hawk Store	2-3	Tuesday, April 23	--
Hawk Store	4-5	Wednesday, April 24	--
Hawk Store	6-8	Thursday, April 25	--
*Movie and Popcorn (After School)	6-8	Friday, April 26	\$10
Hawk Store	K	Friday, April 26	--
Eat Lunch Outside	6-8	Friday, April 26	\$2
Cookie Day (Cafeteria)	3-5	Monday, April 29	\$2

May			
Event	Grade Levels	Date	Cost (Hawk Bucks)
Ice Cream Day (Cafeteria)	K-2	Monday, May 6	\$2
Eat Lunch Outside	6-8	Friday, May 10	\$2
Cookie Day (Cafeteria)	6-8	Monday, May 13	\$2
Hawk Store	1	Monday, May 13	--
Hawk Store	2-3	Tuesday, May 14	--
Hawk Store	4-5	Wednesday, May 15	--
*Extra Recess	4	Wednesday, May 15	\$25
Hawk Store	6-8	Thursday, May 16	--
*Cook Out/Lunch Outside	6-8	Thursday, May 16	\$10
Hawk Store	K	Friday, May 17	--
Ice Cream Day (Cafeteria)	3-5	Monday, May 20	\$2
*In-House Field Trip	K-2	Monday, May 20	\$25

Reminders from the Dean's Office:

SJCSD Student Dress Code

(2018-19 SJCSD Student Code of Conduct, pages 13-14)

The dress and grooming of St. Johns County Public Schools students shall contribute to the health and safety of the individual promote a positive educational environment and not disrupt the educational activities and processes of the school. Because inappropriate clothing worn by a student is detrimental to the school program, the wearing of garments suitable for school shall be encouraged. All faculty and administrative staff shall be on the alert to give positive guidance in these matters, without embarrassment to the student.

These rules on personal appearance of students are intended to enable the students of St. Johns County Public Schools to dress casually but reasonably. However, the school principal is the final authority with regard to the appropriateness of student dress. **Nothing in these rules shall be construed to pre-empt the principal's authority** to act in specific cases when, in the principal's judgment and discretion a student's dress threatens to disrupt the educational process or the good order and discipline of the school, or is otherwise inappropriate.

All Students

- Personal attire may be in the style of the day, but clothing that is immodest, revealing, or distracting in character is unacceptable. Clothing, piercings and accessories shall not be worn if they display profanity, violence, discriminatory messages, sexually suggestive phrases, advertisements, phrases or symbols of alcohol, tobacco or drugs or create a safety issue within the learning environment.
- Students are prohibited from wearing clothing that exposes underwear or that exposes body parts in an indecent or vulgar manner.
- Head coverings, including but not limited to, caps, hats, bandannas, and/or sunglasses, shall not be worn on campus unless required by a physician or authorized by school administration.
- Students must wear shoes that are safe and appropriate for the learning environment. Middle school and elementary school students must wear shoes that have a back or strap on the heel.
- Skirts, dresses, shorts, baggies, no shorter than four inches (4") above the top of the knee, are acceptable. Skirts shorter than four inches (4") above the top of the knee worn with tights are not acceptable.
- Leggings and yoga pants are acceptable but must worn with a shirt, dress or skirt that reaches fingertip length.
- Graffiti (i.e. profanity, violent or discriminatory images, sexually suggestive phrases or symbols, or symbols of alcohol, tobacco or drugs) will not be drawn or worn on backpacks, notebooks, folders, yearbooks, papers, clothing or any other object or on the body of any student or person on school property.
- Sleeveless shirts and tank tops are not acceptable.

Standards: Boys

- Boy's pants/slacks must be worn at the waist. No boxer shorts or underwear may be visible.
- Shirts must cover the entire shoulder.

Standards: Girls

- Tops and shirts must cover the entire shoulder and may not be revealing or distracting. Midriff or "cut-out" dresses and "cut out" tops may not be worn. Skirts must be no shorter than four inches (4") above the top of the knee. Revealing clothing, pajamas and lingerie are not acceptable. Undergarments must not be exposed.
- Girls' pants/slacks must be worn at the waist. No underwear may be exposed.

Cell Phones and Electronic Devices

The use of electronic devices, such as cell phones, electronic readers, hand-held video games, etc. is prohibited during school hours.

- If such items are brought to school, they must be placed in the student's locker, backpack or purse during the normal school hours. Items are to be **turned off**.
- Students may not use cell phones to make phone calls or text message during school hours. This includes during classes, between classes and/or lunch. Students found using their cell phones during school hours will have their phone confiscated. Repeated failure to comply will be considered defiance of school rules.
- **If a phone call must be made, phones are available in the main office.**
- Students may not use their cell phones as entertainment during the school day. This includes playing games, going online, checking time, etc.
- Students are not permitted to use camera phones for the purpose of taking pictures in school or on buses.

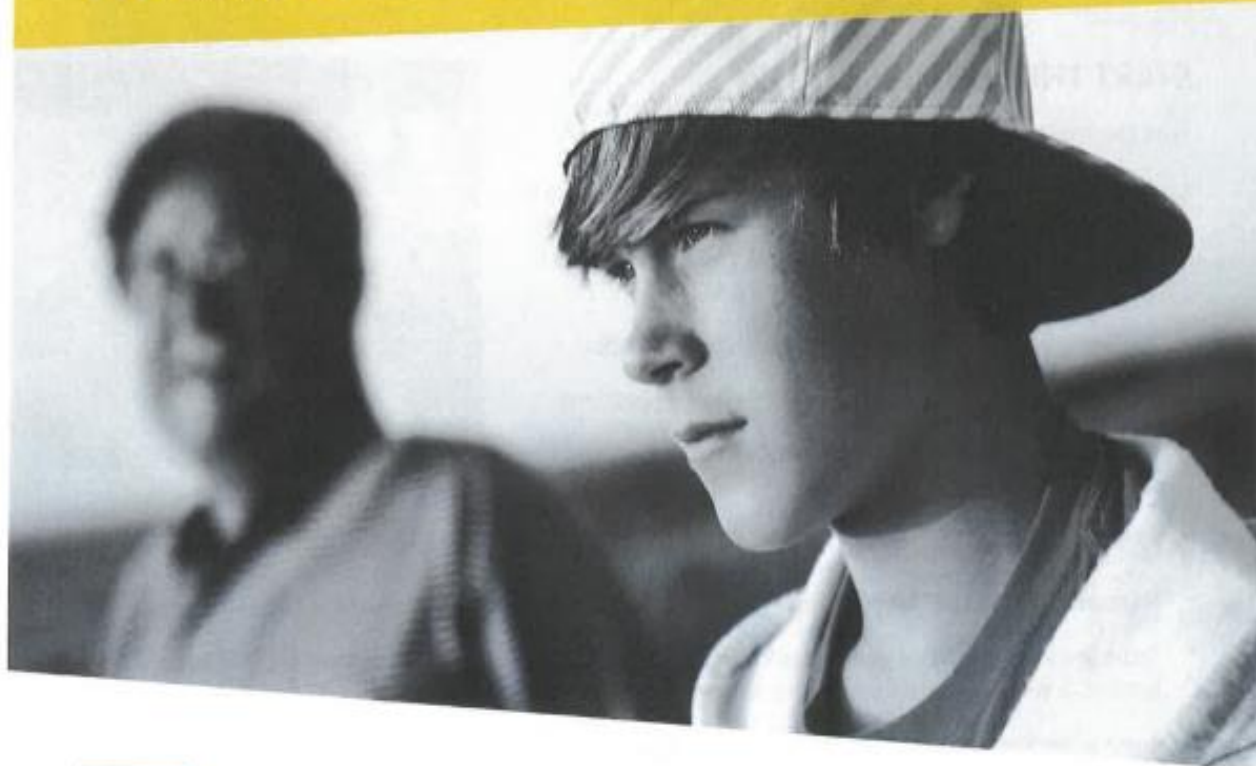
Cheating:

- If a student is caught using a cell phone or other form of technology to aid them in cheating, he/she will have the appropriate penalties for both cheating and cell phone use applied to them.
- Texting or checking texts during a test/exam will result in the student receiving a zero for the test/exam.

****Valley Ridge Academy is not responsible for theft or damage of electronic devices brought onto school district property.***



Talk with Your Teen About E-cigarettes: A Tip Sheet for Parents



BEFORE THE TALK

Know the facts.

- Get credible information about e-cigarettes and young people at E-cigarettes.SurgeonGeneral.gov.

Be patient and ready to listen.

- Avoid criticism and encourage an open dialogue.
- Remember, your goal is to have a conversation, not to deliver a lecture.
- It's OK for your conversation to take place over time, in bits and pieces.

Set a positive example by being tobacco-free.

- If you use tobacco, it's never too late to quit. For free help, visit smokefree.gov or call 1-800-QUIT-NOW.



START THE CONVERSATION

Find the right moment.

- A more natural discussion will increase the likelihood that your teen will listen. Rather than saying "we need to talk," you might ask your teen what he or she thinks about a situation you witness together, such as:
 - » Seeing someone use an e-cigarette in person or in a video.
 - » Passing an e-cigarette shop when you are walking or driving.
 - » Seeing an e-cigarette advertisement in a store or magazine or on the internet.



Ask for support.

- Not sure where to begin? Ask your health care provider to talk to your teen about the risks of e-cigarettes.
- You might also suggest that your teen talk with other trusted adults, such as relatives, teachers, faith leaders, coaches, or counselors whom you know are aware of the risks of e-cigarettes.
- These supportive adults can help reinforce your message as a parent.

ANSWER THEIR QUESTIONS

Here are some questions and comments you might get from your teen about e-cigarettes and some ideas about how you can answer them.

Why don't you want me to use e-cigarettes?

- Science shows that e-cigarettes contain ingredients that are addictive and could harm different parts of your body.
- Right now, your brain is still developing, which means you are more vulnerable to addiction. Many e-cigarettes contain nicotine, and using nicotine can change your brain to make you crave more nicotine. It can also affect your memory and concentration. I don't want that for you!
- E-cigarettes contain chemicals that are harmful. When people use e-cigarettes, they breathe in tiny particles that can harm their lungs.

- The cloud that people exhale from e-cigarettes can expose you to chemicals that are not safe to breathe.

What's the big deal about nicotine?

- Your brain is still developing until about age 25. The Surgeon General reported that nicotine is addictive and can harm your brain development.
- Using nicotine at your age may make it harder for you to concentrate, learn, or control your impulses.
- Nicotine can even train your brain to be more easily addicted to other drugs like meth and cocaine.

- I don't say this to scare you, but I want you to have the facts because nothing is more important to me than your health and safety.

Aren't e-cigarettes safer than conventional cigarettes?

- Because your brain is still developing, scientific studies show that it isn't safe for you to use any tobacco product that contains nicotine, including e-cigarettes.
- Whether you get nicotine from an e-cigarette or a cigarette, it's still risky.
- Some e-cigarette batteries have even exploded and hurt people.

I thought e-cigarettes didn't have nicotine — just water and flavoring?

- I used to think that too. But many e-cigarettes have nicotine. There are also other chemicals in them that can be harmful.
- Let's look at the Surgeon General's website on e-cigarettes (E-cigarettes.SurgeonGeneral.gov) together so you can see for yourself.

I (or my friends) have tried e-cigarettes and it was no big deal.

- I appreciate your honesty. In the future, I hope you (or your friends) will stay away from e-cigarettes and other tobacco products, including cigarettes. Science shows that e-cigarettes contain ingredients that are addictive and could harm different parts of your body.
- Next time we go to the doctor, let's ask about the risks of nicotine, e-cigarettes, and other tobacco products.

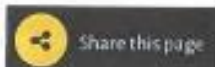
You used tobacco, so why shouldn't I?

- If I could live my life over again, I never would have started smoking. I learned that people who smoke cigarettes are much more likely to develop, and die from, certain diseases than people who don't smoke. This was really scary, so I quit smoking.
- Quitting was really hard, and I don't want you to go through that. The best thing is to not start at all.



KEEP THE CONVERSATION GOING

Many parents find that texting is a great way to reach their teens. Here are some suggestions for text messages that might catch your teen's attention. And, you can easily share pages of the website (E-cigarettes.SurgeonGeneral.gov) with your teen.



Look for this symbol, click it, type in the message you want or use the message provided, and share with your teen via Facebook, Twitter, or email.

Connect and encourage.

- You always liked science. Check out the science about e-cigarettes and young people: E-cigarettes.SurgeonGeneral.gov
- Getting off nicotine is hard but I'm so happy I quit. Don't make that mistake and get addicted. Smoking and tobacco use, including using e-cigarettes, are unsafe for young people.

Remind and repeat.

- Most teenagers don't use e-cigarettes. E-cigarettes with nicotine can mess with your brain, and your brain is still developing until you are at least 25.
- You might be tempted by e-cigarette flavors, but inhaling certain flavorings that have been found in some e-cigarettes can be harmful.

Share facts and resources.

- Just learned that many e-cigarettes have nicotine in them. That's the drug that makes cigarettes so addictive. Nicotine can also mess with your brain development.
- Just saw a report from the Surgeon General that e-cigarettes can mess with how your brain develops and might even affect your mood and focus. Please don't use any products that contain nicotine.
- Hope none of your friends use e-cigarettes around you. Even breathing the cloud they exhale can expose you to nicotine and chemicals that can be dangerous to your health.



Centers for Disease
Control and Prevention
Office on Smoking
and Health





St. Johns County School District Transportation Department

Become a School Bus Driver



©Lakeshore

*\$500 sign-on bonus for
newly referred drivers

*\$500 bonus for referring
SJCSD employee

(Conditions apply, call for details)

New Drivers:

- We will pay you to train for your CDL Class B licensing with the Passenger and School Bus endorsements

Compensation:

- Pay scale based on experience: \$13-21.00/hr
- Hiring full and part time drivers for daily routes, field trips, and weekends
- 180 work days & 6 paid holidays

Benefits:

- St. Johns County School District Benefits Package includes medical, dental, and vision coverage, and much more
- Enrollment in the Florida Retirement System

Requirements:

- Licensed driver for the past 5 consecutive years
- No DUI/Reckless Driving charges
- Background check
- Drug screen
- Physical

**Contact Rebecca D'Alessio for
more information:**

P: (904) 547-8814

E: Rebecca.Dalessio@stjohns.k12.fl.us



Thank you for your interest in becoming a **Bus Driver**. The first step of the recruitment process is to fill out an online application. Please visit the **St Johns County School District** homepage at:

www.stjohns.k12.fl.us

1. Select the **JOB SEEKERS** tab at the top
2. Select the **AppliTrack** box on the right
3. Select **Substitute Bus Operator (Driver)** on the left
4. Click red **Apply** box on the right

The online application process will take approximately 30-60 minutes to complete. In Section 4 of the application, **Vacancy Desired**, make sure the JobID 5523 (Substitute Bus Operator) box is checked. In Section 5, **Position Desired**, "Transportation" is listed. Do NOT check this box. Leave it blank. These instructions are to ensure that you are applying for the correct job opening and that your application will be seen by the Transportation Department.

PLEASE NOTE Pay extra attention to the security questions regarding background screening. To be considered for employment with the St Johns County School District you must successfully pass a high-level background check. The information provided in your online application **MUST** correspond with the results of your background check. Be sure to disclose **ANY** infractions, no matter how minor or long ago they may have been. A record of an infraction may not disqualify you for consideration. Failure to disclose an incident in your application, however, is reason for an employment offer to be withdrawn.

After you submit your application please call **(904) 547 8814** or email **rebecca.dalessio@stjohns.k12.fl.us**. Leave a message stating that your application is complete. If you require assistance filling out an online application please call to make an appointment.

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