

THE HAWKS' NEST

Valley Ridge Academy

Volume 3 Issue 4

December 2016

Message From the Principal

Parents, Guardians and Hawks,

Congratulations are in order to all of our Valley Ridge students for the successful completion of the first semester. You have all worked extremely hard and hopefully you will begin to see the fruits of your effort reflected in the progress monitoring tools such as Discovery Education and midterms. Remember that these are but one of many tools that your teachers use to guide instruction and help prepare you for further success.

The energy and preparation that you put into your classes each day is what ultimately leads to understanding, learning and achievement. The joy of learning is powerful and to see it realized in you, the students of Valley Ridge Academy, is what makes me excited to come here each and every day. We are halfway through this school year and I encourage each of you to continue to push yourselves to new heights in the second semester.

Before we turn the page on the calendar to January and 2017, I wanted to make sure I took the opportunity to wish everyone a wonderful holiday season. This time of year is one in which we can stop and reflect upon the all little moments that make up a year. Both the joyous and happy times as well as those in which we may struggle, each moment offers us the opportunity to learn and grow as people. I, for one, feel thankful for all of those opportunities and lucky that we as a school community are able to grow together and learn from each other.

So as we move toward the winter break, it is my sincere hope that each of you find time to relax and recharge. Whether it is time spent with extended family or quiet moments at home, I hope that each of those moments is special to you. I look forward to seeing everyone in 2017.

With warm wishes,

Sandra McMandon

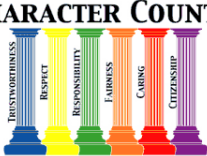


Calendar of Events

December 21	Early Dismissal 1:45 p.m.
	End of 2nd quarter
December 22-Jan 4	Winter Break
January 4	Teacher Planning Day
January 5	Classes Resume
January 10	Middle School Blitz Assembly 1:45 p.m.
January 12	Character Counts! 6th-8th grades
January 13	Character Counts! PK-5th grades
January 16	No School
January 19	100th Day of School
January 25	Hawk Swap Shop-Cafeteria
January 27	Spirit Stick Sale-Cafeteria

Online Registration For Volunteer Clearance

In an effort to provide safety and security to our students and staff, **we check identification for all vendors, visitors, volunteers and parents each time you enter the building. All adults must have clearance to enter the building.** If you have not already been cleared, please submit a [school access form](#).



The following students were chosen by their teachers in December for exemplifying The Generosity Pillar of Character

Zara Ali	Abhinav Gottipati	Grace McCaw	Trace Riddle
John Alves	Allison Greene	Anna McMillan	Ava Rihlmann
Payton Beasley	John Gustavson	Abigail McPherson	Slater Roemhild
Saniya Black	Briar Hackett	Sydney Minx	Henry Ronsman
Klein Bonner	Abigail Hamby	Jaden Moon	Valentina Rubino
Isabel Bostic	Leah Harris	Blake Muldowney	Bhavya Saxena
Bailey Bruckner	Brady Hiles	Ashlyn Nickelson	Kayla Shreve
Jacob Buenafior	Dawson Hill	Olivia Northrop	Yash Singh
Mikah Buntz	Poppy Hill	Megan Osterbur	Jada Stallings
Troy Chinchilla	Taylor Hughes	Saanvi Pahuja	Parker Stamschror
Thomas Clark	Bryce Ingle	Lauren Parker	Ella Stewart
Josh Deligero	William Johnson	Gyan Patel	Olivia Sykes
Katherine DeVincentis	Bret Jolly	Alayna Petrine	Nick Tsoukias
Nikki Dohan	Evan Jones	Beckett Pflieger	Taylor Weatherly
Jax Drayton	Emma Kelly	Maia Polito	Abby Wheeler
Sophie Eagan	Ryan Kruger	Marycathryn Pollard	Noah Williams
Max Farrell	Ella Love	Zachary Power	Abigail Wooten
Evie Foster	Andrew Macorri	Nishita Ramesh	Gabrielle Zveare
Sajan Gajarawala	Lauren Marringer	Carmella Redman	
Kiera Gast	Ferris Masri	Charlotte Rennie	



On December 9, the 2016 Valley Ridge Academy Spelling Bee was held in the cafeteria. Fifth through eight grades competed. There were thirty three contestants but with a good battle of the last two contestants. Kavian Sathiyar (6th Mrs. McDowell) was runner up and Tate Jones (7th Mrs. Bohatch) took 1st Place. Now, Tate Jones will be representing VRA and entering a fierce competition in the district Spelling Bee. We are cheering him on. The audience included proud and hopeful parents of class winning contestants and the 5th grade class cheering on their fellow class mates. The 5th grade Language Arts teacher were judges. Good Luck Tate Jones, we will be cheering you on at the district Spelling Bee!

Submitted by Morgan Booth and Ellie Mirgureauux



Residency Information

Ensuring that students attend the school in which they are zoned is necessary for state and federal funding and for class size compliance. VRA is responsible for keeping all residency records up to date. Therefore, we perform regular audits to ensure we are in compliance with the county's residency requirements.

What does this means for parents?

It is the responsibility of parents to provide updated lease documents along with a recent JEA/FPL bill and one more document verifying the address. Also, it is the responsibility of parents to inform VRA immediately of an address change.

What do I do when my lease expires?

Send in the new lease along with a recent JEA/FPL bill and one more document verifying the address to Paige Lange, registrar at VRA. You can send those via email to paige.lange@stjohns.k12.fl.us, fax to 904-547-4095 or directly to the front office.

How and when do I notify VRA of an address change?

There is a county wide Change of Address Form available on the VRA website under the Registration Tab. There are required documents that must be submitted with your form to complete your address change. Address changes should be submitted immediately following your move to Paige Lange, registrar at VRA. You can send those via email to paige.lange@stjohns.k12.fl.us, fax to 904-547-4095 or directly to the front office.

What happens if I move out of VRA's school zone?

If you move out of VRA's school zone, your student would be transferred to your newly zoned school. You may submit a zone waiver through the St. Johns County School Services Department at 904-547-7695 to request approval for your student stay at VRA. This decision is made at the district level and the result will be communicated to the parent and schools affected.

What happens if I move out of VRA's school zone and I do not report it to VRA?

Residency investigations and audits are performed throughout the school year to ensure our student base is living within our school zone. If a student is found living out of our school zone, the parents are notified and the student is withdrawn and/or transferred to their zoned school.

What happens if I know someone who is living out of VRA's zone and has not reported their address change?

You can contact the St. Johns County Student Services Department at 904-547-7536 or VRA at 904-547-4090 anonymously to report that a family is living out of zone. A residency investigation will be initiated by the district.

Please contact Paige Lange, registrar at VRA at 904-547-4096 with any questions regarding residency or registrations.

New Year's Resolution: Work SMARTER Not HARDER

Reusable Calendar



The New Year is a great time to evaluate your study habits and set new goals. Maybe you want to get organized in 2017! [Click here](#) to print a blank calendar that can be used each month. Make it reusable by framing or laminating it. This is a great way for parents and children to keep track of due dates and special events. You can use multiple colors of dry erase markers to track homework for siblings. Older students can use colors for different subjects or activities.

Link to printable calendar: <http://www.bing.com/images/search?g=printable+blank+calendar&view=detailv2&adlt=strict&id=039FCA5F31DCE1AE6D9DD0F0E539BE319608C5FC&selectedIndex=10&ccid=0wRoVCnX&simid=608049056889440279&thid=OIP.Md304685429d71855e55c48d09f53f725H0&ajaxhist=0>

Homework Station



Use a tri-fold foam board to create a homework station. Use push pins and hooks to hang things, and manila envelopes for paper. Use sticky notes for reminders, or pin important information so it's visible for parents and children. Make sure you include pens, pencils, crayons, scissors, glue stick, highlighters, and anything you use regularly. When you're done, you can fold it up and put it away.

Homework Caddy



Finding everything you need can be the easiest part of doing homework. If your supplies are handy, you can focus on learning and practicing your skills. Using just a shower caddy and some cups or jars, keep everything you need handy. Make sure to include crayons, colored pencils or markers, pens, pencils, erasers, scissors, tape, glue, white-out, stapler, hole punch, ruler, calculator, index cards, and post-it notes. Some students find it helpful to keep a small notebook of important resources such as websites and passwords. You will also need a folder full of notebook paper, printer paper, construction paper, and graph paper for older kids.

Portable Homework Station



When kids have sports and lessons after school, finding time for homework can be tough. Create a portable homework station that stays in the car and can be used as a hard work surface. You can finish assignments wherever you are. All you need is a tough plastic box with a lid, and basic school supplies (colored pencils, pens, pencils, erasers, scissors, tape, ruler, sticky notes). Watch out for crayons and other things that can't withstand Florida heat. This is especially helpful for siblings that have free time while they are waiting.

NE Florida Community Hospice Services For children and adults who have experienced the death of a loved one

WE HAVE TO COME, TO LIVE, TO GRIEVE, AND TO SUPPORT YOU

GRIEF AND BEREAVEMENT SERVICES

If you or someone you know has experienced the death of a loved one, the support of others can play an invaluable role in the healing process. Community Hospice of Northeast Florida provides a variety of services that can help guide you through your personal grief journey.

Individual and Family Counseling Services
Community Hospice bereavement counselors offer individual and family therapeutic grief counseling for adults and children in Northeast Florida. Our counselors have experience supporting a variety of issues, including sudden traumatic death.

Therapeutic Support Groups
Community Hospice offers therapeutic grief support groups several times throughout the year. These groups provide a safe space for the grief reactions, coping strategies and ways to stay connected to your loved one. The groups are offered in: Clay, Duval, Nassau and St. Johns counties.

Please call 904.407.7001 to obtain grief and bereavement literature or to learn more about the programs offered.

Community Programs and Resources

Understanding Grief
Because griefers often ask "Is this normal?" and "What can I expect?" Community Hospice developed Understanding Grief, a specialized 90 minute workshop designed to help individuals answer these questions. The workshop helps participants recognize common grief reactions, as well as identify possible ways to cope with the loss. Participants must be 18 years of age or older, and the death should have occurred within 90 days of program attendance.

Hope for the Holidays
This workshop during the holiday season (November – December) helps attendees reflect on their loss, cope with grief reactions and restore a sense of hope for the upcoming season, including ways to reduce energy on positive activities and rituals to honor and to remember loved ones. Participants should be at least 18 years of age or older.

Camp Healing Powers®
A therapeutic weekend camp, it is open to any child between the ages of 7 and 17 who is grieving the death of a loved one. Camp activities are designed to help children identify and express their feelings and learn skills to navigate through the grief journey. To attend camp, the loss cannot be within 90 days of camp attendance and should have occurred within the last two years.

Grief Literature
Community Hospice provides grief literature designed to help those who have experienced the death of a loved one:

- Understanding Grief, Loss and Bereavement** – an informational booklet to help you cope and understand emotions following the death of a loved one.
- Approaching Loss: A Practical Checklist** – an important pamphlet to help survivors handle the administrative details after a death.

These programs are free of charge due to the support of our community partners, donors and the efforts of the Community Hospice Foundation.

904.407.6500 • 866.253.6681 (toll free) • CommunityHospice.com • 4366 Seaboard Road • Jacksonville, Florida 32257
Community Focused • Community Supported • Serving Baker, Clay, Duval, Nassau and St. Johns counties since 1979

Do you know a child who needs grief support?

CAMP ELIGIBILITY

- Children between the ages of 7 and 17 (an actual camp)
- The death has occurred at least three months prior to the camp dates (but no longer than two years)
- A \$25 deposit (non-refundable) is required and is returned upon completion of camp
- Pre-camp assessments are necessary for all camp attendees

* Pre-camp assessments are conducted by Community Hospice bereavement counselors who meet with the parent/guardian to learn about the child's reaction to his or her loss, the child's understanding of death, and the child's mental and medical history.

To enhance the camp experience, our bereavement counselors also meet with the child to gain an understanding of their perception of the death and to effect on the child's academic performance, home environment, peer relationships, grief reactions, support system and coping strategies.

Space is limited. Please call 904.407.8222 for information or to schedule an appointment for a pre-camp assessment.

Express Yourself at Camp Healing Powers®

Recognizing the need to help children through the grieving process, Community Hospice of Northeast Florida started Camp Healing Powers, a therapeutic camp open to any child ages 7 – 17 who is grieving the death of a loved one.

Mental health professionals who specialize in grief and bereavement plan and lead camp activities that help children identify and express their feelings and learn skills to help them navigate through the grief journey in a safe, supportive, and fun environment.

All camps are held at the Maywood Retreat and Conference Center in northern St. Johns County, approximately four miles south of I-95 on State Road 13.

February 24 - 26, 2017
Registration deadline: February 3, 2017

September 8-10, 2017
Registration deadline: August 25, 2017

Northwest Florida
COMMUNITY HOSPICE
Compassionate Guide

HOPE FOR THE HOLIDAYS
A Community Hospice program for the bereaved

Restore a sense of hope for the upcoming season

Jackieville
Alpharetta Road
Anna and Donald McGraw Center
for Caring at Community Hospice
4715 Woodview Way
Jacksonville, FL 32214
Saturday, Nov. 5, 2016
10 - 12:00 p.m.
Tuesday, Dec. 13, 2016
6 - 7:30 p.m.

St. Augustine
St. John Center Administrative Office
of Community Hospice
325 South Road 112
St. Augustine, FL 32084
Friday, Nov. 18, 2016
9 - 10:30 a.m.
Saturday, Dec. 3, 2016
10:30 a.m. - noon

Nassau County
Coastal at Kings
1367 South 18th Street
Fernandina Beach, FL 32034
Friday, Nov. 18, 2016
9 - 10:30 a.m.
Saturday, Dec. 3, 2016
10:30 a.m. - noon

Orange Park
Clay County Administrative Office
of Community Hospice
770 Blending Boulevard, Suite 1
Orange Park, FL 32067
Saturday, Nov. 19, 2016
10:30 a.m. - noon
Tuesday, Dec. 13, 2016
6 - 7:30 p.m.

Northside
Northside Administrative Office
of Community Hospice
1945 North Main Street, Suite 403
Jacksonville, FL 32209
Wednesday, Nov. 16, 2016
6 - 7:30 p.m.
Saturday, Dec. 10, 2016
10:30 a.m. - noon

Mandarin/Seaside
Charles P. Manning Educational
Institute of Community Hospice
4366 Seaboard Road, Building 100
Jacksonville, FL 32257
Saturday, Nov. 19, 2016
10:30 a.m. - noon
Tuesday, Dec. 6, 2016
6 - 7:30 p.m.

Van Community Hospice can provide information about the Community Hospice Tree of Life and Candlelight Service of Remembrance scheduled for the Thanksgiving Center for Caring at Jacksonville.

Hope for the Holidays is approved through a grievance resolution from the Center for Social Practice, Inc.

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Community Focused • Community Supported • Serving Baker, Clay, Duval, Nassau and St. Johns counties since 1979

What to Expect As You Transition To High School

Presented by Nease High School

<http://www.vra.stjohns.k12.fl.us/guidance/wp-content/uploads/sites/15/2015/06/8th-Grade-parent-night-December-2016-VRA.pdf>

TALKING to Children About Being JUDGMENTAL

By nature, children are not judgmental. They are not born to make damaging assumptions about others who seem different. In fact, children are gifted with an innate sense of justice and a deep level of respect for everyone.

Unfortunately, we teach our kids how to be judgmental.

Children who grow up in environments where differences are respected, acknowledged, and explained are much less likely to belittle or demean others for being different. To encourage understanding and greater acceptance of differences, here are some helpful strategies you can use in your home or classroom...

1. Talk openly about differences. Knowledge is KEY! Whether you draw attention to it or not, toddlers and children easily notice differences in people. Discussing these differences can make the unfamiliar less scary and threatening, and help reduce prejudice.

2. Be a role model. If you associate and connect with people who are different from you (ethnically, religiously, racially, politically, culturally, socio-economically, etc.), your children are more likely to be open and welcoming to others, too. Show respect to everyone, even those who may not share your beliefs, background, perspective, or lifestyle. Expose children to diversity-rich events, celebrate diverse classrooms, and cultivate friendships and relationships with people from all different walks of life.

"I don't like that man. I must get to know him better."
~ Abraham Lincoln

3. Look for teachable moments to highlight how people are just people.

CHILD: "Duncan is such a weirdo! He makes really strange grunts and flaps his arms all the time. I don't get it!"

PARENT/TEACHER: "Duncan has Autism. His brain is very unique, and it works differently than yours. When he moves his arms, he's expressing emotion. Duncan isn't weird, he's different. And different is okay."

4. Make your messages age-appropriate.

When children are young, help them comprehend the often complicated issues of prejudice, diversity, and equality by using honest and respectful words they can understand. As they mature, supplement this healthy dialogue with real-world exposure to diverse people and environments.

5. Practice and model empathy and compassion.

Capitalize on opportunities to teach empathy. Start by having children practice how to express their concerns using statements such as, "I know how sad you are about what just happened," and then have them follow their expressions of concern with offers of help. Also, teach and emphasize the **GOLDEN RULE:**

Treat others as you want them to treat you.

6. Reward good behavior.

When you see children interacting appropriately and joyfully with others who are different or showing genuine concern for the fair and equitable treatment of others, let them know you appreciate their kindness using verbal praise, a warm embrace or other gesture.

In order for children to truly celebrate and appreciate differences in people, they must be able to understand and make sense of those differences. Building effective human relationships with all types of people is a great way to gain this understanding.

Always remember, in order for any human relationship to be successful, **trust** and **communication** must be present.

"It is time for parents to teach young people early on that in diversity there is beauty and there is strength."

~ Maya Angelou

For more parenting information, visit boystown.org/parenting.

BOYS TOWN
Parenting



Mrs. Kovacs' 1st grade class saved old crayons and collected them to make special rainbow crayons for Special Needs Students. They sorted and organized all the crayons to get them ready for the project. What a great way to help out our community!



Elementary P.E. On the Ridge



With Coach Mahaven and Coach Grall

Second grade went on a field trip to the Old Florida Museum in St. Augustine! We learned about what life was like if you lived in Florida as a Native American. We also learned about all of the different explorers who traveled to Florida. We made candles and played games kids our age used to play long ago!



Girls On The Run just participated in their 5K practice at VRA. For some of the girls it was their first opportunity to challenge themselves to complete 3.2 miles. Each girl will run at UNF on Dec. 3rd in our Fall season race. We wanted to say a HUGE thank you to all of



the pre-registered buddy runners that were able to participate at VRA in our practice 5K. A shout out to our VRA cheerleaders and Mrs. Xanders their coach for cheering the girls on during the practice. A BIG thank you to our extended day leaders for having extended day make signs and cheer the girls on this season during the 5K practice race. The girls will wear their Valley Ridge colored running tutus during the 5K race at UNF to show VRA school spirit!!! Thank you for a great season Coach Eagleson, Coach Tupper, Coach Trimmer and Coach Kovacs. GO HAWKS!!!



Mrs. Eagleson's and Mrs. Kovacs' classes came together to participate in the celebration of learning games, lessons and activities celebrated by the Pilgrims and Indians. Mrs. Kovacs class, the Pilgrims, learned about the voyage on the Mayflower and table manners for a traditional feast. Mrs. Eagleson's class made authentic Indian symbols on their vests and wrote about what they were Thankful for. The two classes had a great time switching teachers and learning about the past and present traditions of Thanksgiving.



Lexia Contest

Mrs. Klabacka's class was 1st in the Southeast for usage. Her class competed with many schools in the Southeast region and earned a pizza party from Lexia for their hard work.

Usage Contest

Lexia
A Rosetta Stone® Company

VRA Cheerleading WINS!!!
1st Place in the Cheer Division at the 2016 Anchor Athletics Head 2 Head Competition

Early Act Club



The Early Act Club collected toys and books for Head Start students in St Johns County. Our members collected over 25 toys and books and enjoyed wrapping, labeling, and bagging them for the 4 year olds.

Lost and Found



Please write your child's name on everything they bring to school. Coats, sweaters, jackets, hats, gloves, scarves, lunch-boxes, etc...

Dismissal/Transportation Changes



All changes will now be e-mailed.
Please use this link for [Dismissal Changes](#).
This link will lead you to the dismissal change form.
It is also available on our school website.
Changes over the phone will not be accepted.
2:15 PM is the deadline every day except Wednesdays.

FRIENDS ARE LIKE QUILTS THEY NEVER LOSE THEIR WARMTH



Spanish L.E.E. – Enrolling Now!

Basic, Intermediate and Advanced Spanish instruction. Classes start January 10th.

[Registering](#) new and current students

The students created gingerbread houses and placed them in the neighborhood that they live in on the map.



There was a 5K race at UNF on December 3rd. The girls did an amazing job with setting goals and reaching them. We are so proud of them!



the  **FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

THERE'S 'SNOW' PLACE KE HOME

School's Out Winter Day Camp

Monday–Friday | 6:30am–6:00pm

YMCA Winter Day Camp is the perfect way for youth ages 5–12 to stay active, engaged and learning while school is out. Campers will enjoy different games & activities all with a wintry twist!

Locations & Dates in St. Johns County

December 22-January 4
Ponte Vedra YMCA – 170 Landrum Lane
Ponte Vedra Beach, FL 32082
Faith Community Church – 3450 County Rd 210,
St. Johns, FL 32259

December 22-January 3
Willie Galimore Center – 399 Riberia St.,
St. Augustine, FL 32084

January 4
Hartley Elementary School – 260 Cacique Dr.,
St. Augustine, FL 32086

Registration is open online or at your local YMCA.
Weekly & daily rates are available!
Ponte Vedra YMCA 904.543.9622
St. Augustine YMCA 904.471.9622

FirstCoastYMCA.org





UNIVERSITY OF FLORIDA
SCHOOL OF MEDICINE, Jacksonville
 Center for Autism & Related Neuro-Educational
 Florida Diagnostic & Learning Resources System





A program just for brothers and sisters of children with special needs.

Brothers and sisters, ages 6 - 13, of kids with developmental disabilities in St. Johns County now have a program that's just for them called Sibshops. They'll have a chance to meet other kids whose brothers and sisters have special needs and talk about the good and not-so-good parts of having a sibling with a disability. Most important, they'll have fun! This wonderful program is at no cost to your family.

February 17, 2016
 (9:00-12:00 P.M.) @ Palencia Elementary, 355 Palencia Village, St. Augustine, 32095. Registration is required. Register online at:
<https://www.eventbrite.com/sibshops-a-program-just-for-brothers-and-sisters-of-kids-with-special-needs-this-program-is-brought-to-you-by-jacksonville-29053298197>

March 20, 2016
 (9:00-12:00 P.M.) @ Fullerwood Training Center, 10 Hildreth Drive, St. Augustine, 32084. Registration is required. Register online at:
<https://www.eventbrite.com/sibshops-a-program-just-for-brothers-and-sisters-of-kids-with-special-needs-this-program-is-brought-to-you-by-jacksonville-29054244026>

These events are at no cost to the individual or family.

For more information contact:
 candice.rosenberg@jax.ufl.edu





Hi Parents and Friends of VRA,

As the yearbook sponsor, I am happy to share a new tool that we have to allow you to share photos with the yearbook staff.

If you have photos of events that have taken place at VRA or with VRA students, we would love to have them!

Please go to <http://community.pictavo.com/>

Type in our code - 64360 (or search for the school by state and city)

Log in with your email.

Upload your photos into the folders to share. I have added folders for each grade and each special event. If you have photos that do not fit into one of the categories, please let me know and I will add it.

We would love to have your help and appreciate your support of the VRA yearbook.

Kathryn Frericks

6th, 7th & 8th Grade Visual Art



What are Spirit Sticks®?
Spirit Sticks® are the best student rewards ever! They are small embroidered patches students display on a backpack.

How do students earn them?
There are lots of ways to earn a Spirit Stick®! Some ways students can earn them include: good grades, exceptional attendance, participation, great behavior, and so much more!

Where do students display them?
On their backpack! Students will receive a special key ring to attach to their backpacks.

There's more! Keep an eye out for more ways to expand your Spirit Stick® collection with fun, limited edition Spirit Sticks® your child can purchase for just \$1.



Gifted Program Advisory Council

The Gifted Parent Advisory Council meets four times per year to inform the school district about ways in which we can improve our efforts in serving our gifted students. Parents of K-12 gifted students from throughout the district are encouraged to come to all of the meetings.

The Gifted Parent Advisory Council meetings have been scheduled for the 2016-17 school year. We communicate this information for inclusion in school newsletters. We hope to make St Johns County Schools a parent friendly environment!

Thursday, February 23 – Hartley Elementary – 5:30-6:30 p.m. – Media Center

Tuesday, April 25 – Landrum Middle School – 6:30-7:30 p.m. – Multi-Purpose Room

5TH ANNUAL

CHARACTER COUNTS!
In St. Johns County

SIX Pillars

6K3K

RUN • WALK

SATURDAY, FEBRUARY 4, 2017, 9 AM.
PALENCIA ELEMENTARY

Register by January 14, 2017, to receive a performance tech t-shirt and other goodies from sponsoring businesses and community organizations! The first 500 finishers will receive a collectible dog tag.

REGISTER AT: RACESMITH.COM/RACES/CHARACTERCOUNTS.HTML

Eat Local.
Go SAIRA.

Love to eat??

Love to help others??

Purchase \$25 SAIRA gift cards, good at 18 local restaurants, and 15% of sales will go directly to the ASSIST program for homeless youth in our schools!

The Reef, Kingfish Grill, Meehan's Irish Pub, St. Augustine Distillery, Aunt Kate's, Michael's Testing Room, The Bistro at Culinary Outfitters, Purple Olive, Raintree, Cap's, Amici, Saltwater Cowboys and Sunset Grill. www.staugustinerestaurants.com

To purchase, contact the Professional Development Department at (904) 547-4878 or (904) 547-4877 or email Lauren.Abeill@stjohns.k12.fl.us or Rebecca.Johnson@stjohns.k12.fl.us or come in to Room 104 at Fullerwood.

Checks made out to Ink! (Investing in Kids) with ASSIST-SAIRA on the memo line or cash accepted.

Gift cards must be used in one visit.

The St. Johns County School District is currently reviewing materials for the Florida Instructional Materials adoption for Social Studies. The courses being considered for adoption are listed on the district website at <http://www.stjohns.k12.fl.us/media/textbooks/adoption/> along with online access information. Digital and print materials are also available for examination at The Fullerwood Center, 10 Hildreth Drive, St. Augustine, 32084, from 8:30 AM – 4:00 PM weekdays, excluding holidays. This list will be updated if more items are submitted for review. Check the website frequently for updates. Please call 904.547.3947 for more information if needed.

Featured Partner of the Month



Dr. Jason Rice knows the impact that being treated by a quality and caring orthodontist can have. While in braces during his teenage years, Dr. Rice learned about the orthodontic experience through his orthodontist and set a goal to make it his career. Now fulfilling that aspiration, Dr. Rice takes pride in providing top-quality orthodontic care for the whole family, fostering strong relationships with his patients and their families, and providing a positive patient experience.

Dr. Jason Rice has practiced as an orthodontist in the Jacksonville community since 2008 and successfully treated thousands of area patients. He takes great pride and time involving and educating his patients on their treatment, while utilizing a customized treatment plan to address the unique concerns of each individual. By offering a variety of treatment options, including ceramic braces, Invisalign® and Inognito™ Hidden Braces, we want to see our patients make the transition to a confident and healthy smile as seamless and rewarding as possible.

Dr. Rice completed his residency in orthodontics at Jacksonville University, graduated from dental school at the University of Michigan, and received his undergraduate degree in Economics from Emory University. He also did a general dentistry residency at St. Luke's / St. Vincent's Charity Hospital in Cleveland, Ohio. Dr. Rice is passionate about the field of orthodontics and is an active member of industry organizations, including the American Association of Orthodontists (AAO), the American Dental Association (ADA), and their regional chapters, respectively.

Dr. Rice grew up in Orlando and lives locally in Jacksonville with his wife and two sons. Rice Orthodontics is very excited to be a part of the Nocatee community as our office located in Nocatee will soon become a reality! We look forward to the many relationships that we will form along the way at Valley Ridge Academy and soon in our new Nocatee location!

Happy Holidays and Happy New Year!
Go Hawks!

Featured Partner of the Month



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Sanjiva Goyal, M.D., FAAD, is a board-certified dermatologist and dermatologic surgeon practicing pediatric, adult and cosmetic dermatology, as well as performing skin cancer exams and treatments. Dr. Goyal is a fellow of the American Academy of Dermatology and holds affiliations with the Florida Society of Dermatology & Dermatologic Surgery, Florida Medical Association and American Medical Association.

Graduating with top honors from the [University of Leeds Medical School, England](#), Dr. Goyal completed his internship at Henry Ford Hospital, Detroit, his dermatology residency at the prestigious Cook County Hospital, Chicago, and a research fellowship at [Northwestern University, Chicago](#). Dr. Goyal received training in cutaneous laser surgery by world-renowned laser pioneers, Kenneth A. Arndt, MD and Jeffrey S. Dover, MD at Harvard Medical School. After completing his residency, Dr. Goyal was appointed the clinic director, Department of Dermatology, Johns Hopkins University, Baltimore. In August 2000, he joined Mayo Clinic Jacksonville as Senior Associate Consultant in Dermatology.

In January 2003, Dr. Goyal entered private practice with a focus on providing quality dermatologic care with the utmost integrity. His state-of-the-art facilities at both the Jacksonville and Ponte Vedra Beach locations offer an expansive list of services and incorporate full-spectrum medical spas for optimal patient care and convenience. He continues to follow his passion for medical and surgical dermatology, with a special interest in non-surgical cosmetic procedures such as Botox, various fillers, Kybella (non-surgical treatment for "double chin") as well as Vaser liposuction (ultrasound-assisted liposuction).

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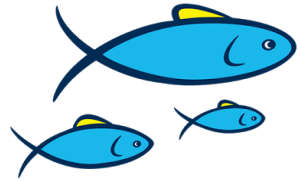
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