

Newsletter

January 11, 2024

WHAT'S IN THIS NEWSLETTER?

- **Updates** - Student of the Month Award, Sports Update, Testing, Parent Meeting
- **Sign-ups** - Lunch Volunteers, Winter Needs Drive
- **Profile of the Week** - Molly Hunholz, Director of Educational Services



DECEMBER STUDENTS OF THE MONTH!!

*Congratulations to our winners
who displayed resilience!*

- K - Ryker Bozicevich, Mazen Sulaiman
- 1 - Ava Peltier, Eisla Vang
- 2 - Jonah Anderson, Adeline Tsygankov
- 3 - Yoseph Anteneh, Greyson Hepner
- 4 - Denleigh Gust, Hadley Bozicevich
- 5 - Rita Touri, Kayli Wichman
- 6 - Maelicia Newell
- 7 - Lamaria Key
- 8 - Merari Alcaide-Cuate
- 11 - Aryana Swisher
- 12 - Gabriel Rohricht

IMPORTANT DATES

- Jan 15 - Martin Luther King, Jr. Day (NO SCHOOL)
- Jan 16 - Open House for Prospective Families, 6 pm
- Jan 17 - Board Meeting, 5 pm
- Jan 19 - Staff Development (NO SCHOOL)
- Jan 30 - Parent Org Meeting, 6 pm
- Feb 8 - PT Conferences (NO SCHOOL)
- Feb 9 - NO SCHOOL

**K-8 JANUARY LUNCH
MENU**

**9-12 JANUARY LUNCH
MENU**



WHAT IS PERSISTENCE?

Our January Word of the Month is PERSISTENCE.

When you pursue a goal, you typically face some sort of roadblock. Persistence is the discipline to push through that roadblock in order to achieve your goal. For example, a kindergartener who *keeps trying to write neatly* even though it takes her longer to complete her homework. Or a 6th grader who tries to draw something new and doesn't give up until they have a finished piece of art. Or a Senior who does not give in to distraction when doing homework

and completes the work on time. Or when a student does what he says he will do. All these things show perseverance.

It's OK to make mistakes and learn from your mistakes as you press on toward your goal. And it's OK to take the time to finish work *the right way*. This shows perseverance!

On the other hand, quitting teams or giving up on a goal or only trying new things--over and over without completing a goal--exhibits a fixed mindset and does not show perseverance.

So why is persistence a strength?

Research indicates perseverance *develops resourcefulness and refines your skills and talents* It also strengthens your other character traits. Persistent people are often seen as people who are trustworthy because they follow through on commitments.

We hope our students see growth in their ability to *persist through hard things and achieve their goals!*



MARTIN LUTHER KING, JR DAY

On Monday, we will celebrate the life of Martin Luther King, Jr. with a national holiday and a day off of school. Dr. King is an ideal example of persistence, our January word of the month. He inspired our nation with his dream for equality, and he refused to walk away from that dream. Though he faced roadblock after roadblock, he persisted. He kept fighting for racial equality in the United States. Click to [read more about the life of Dr. King](#), his [Nobel Peace Prize](#), or [listen to his iconic "I Have a Dream" speech](#).



BASKETBALL 23-24 SEASON

The FIT Academy 5/6 grade co-ed basketball team is off to a 2 win and 2 loss season!

We had a game last night at Seven Hills, and we have a game next Wednesday, January 17, at **Heilicher Jewish School** in Minneapolis. Game time is 4:30pm.

In boys JV action, the team is off to an 0-3 start but are very competitive! They are looking forward to their next game on Friday, January 19, at Higher Ground in St. Paul.

In next week's newsletter, there will be more information, updates and results for both 5/6 and JV basketball teams. **Go Tigers!**



UPCOMING SPORTS SIGN-UP

A reminder that Spring sports will start heating up in the middle of February with registrations for middle school boys and girls golf, boys and girls flag football, and boys and girls volleyball.

At the high school level, in conjunction with our sports partner Nova Classical Academy, spring sports tentatively include boys and girls track and field and boys baseball and girls softball.

More information coming about registrations, fees and activities.



PROFILE OF THE WEEK

Molly Hunholz is the Director of Educational Services at FIT Academy. When you interact with Ms. Hunholz, she always greets you with a warm smile; and it's clear, she wants all the students to feel welcomed and cared for at FIT.

She manages a lot of what goes on around FIT! As the previous Director of Special Education, she still coordinates a lot of the special education services. Her day often begins by making sure the staff and substitute teachers have everything they need, and she loves "getting to know students at arrival and dismissal as well as in the lunchroom daily."

In her role, she says, "The best part of my job is being able to create an environment where all students are welcome. I love to see students growing and learning daily and the amazing things the teachers are able to do with students. This motivates me to get through the tough days. I began working in special education because I wanted to ensure that *all students* were able to receive an excellent education and have equal opportunities. FIT is a very inclusive school where all students can be successful!"

Outside of school, Ms. Hunholz loves spending time with her husband and her 2 sons. "As a family, we love to go to the movies, play outside and go for runs together. This summer, I was able to run the Grandma's half marathon with my sister, and it was a great experience!"

Thank you, Molly, for all the ways you enrich the FIT Academy experience.

FASTBRIDGE TESTING

Students are currently completing the FastBridge assessments now until the 26th. Fastbridge is used to monitor how the student is doing.

During this time of testing, make sure your student gets plenty of sleep and eats a good breakfast (now free at FIT). Parents should remind their students to take the test seriously and take this opportunity to show everything they have learned.



PARENT MEETING - JANUARY 30

We would like to invite parents to attend our next Parent Organization Meeting at 6:00pm on Tuesday, January 30, 2024! At FIT Academy, we value the input of parents. This meeting is a time for parents to give feedback and offer suggestions as well as volunteer to get involved with activities within the school.

During this meeting, **we will discuss the following items:** facilities update, high school planning meeting, and event planning for Spring events.

SPECIAL EDUCATION ADVISORY COUNCIL - JANUARY 30

The Special Education Advisory Council will also meet from **5:00-5:30pm on Tuesday, January 30**. Mary Justin from Nystrom & Associates will lead this discussion and be available to talk with parents. We will also discuss school-based mental health services. If you have questions or would like to be a part of these discussions, we invite parents to attend this meeting.

LOST & FOUND

LOST & FOUND -

As we head into the coldest part of winter, please take a moment to write your child's name on the tags of their uniforms, coats and gloves so that we can return them when found.

Thank you for helping us by doing this!



UNIFORMS FOR SALE

We have crew sweatshirts (\$35) and longsleeved homecoming shirts (\$30) available for sale at the front office. Just stop by and talk to the person at the front desk.

HEALTH REMINDER

We want to remind parents that it's very important to keep your children home from school when they are ill. As a refresher, **school policy requires students to stay at home if they have had a fever or vomitted in the last 24 hours.**

Please help us do our best to avoid passing illnesses and viruses around our student body this school year!



LUNCH VOLUNTEERS WELCOME!

Consider volunteering! Duties include helping students open milk and lunch items as well as cleaning the tables after each lunch period. Click below to sign up!

[SIGN UP TO VOLUNTEER](#)



THANK YOU & KEEP DONATING!

Thank you and keep donating! You are welcome to donate new or used clothing; but **we need specific items in specific sizes** so please click the button to see how you can help!

[DONATE to Winter Needs Drive](#)



AFTER-SCHOOL CARE

We offer after-school care again this year from 2:45 pm to 5:00 pm. Open to students in grades K-5. You must enroll by Wednesday, if you plan to use after school care the following week. If you have questions, please email Jen Iten at jiten@fitacademymn.org.

[REGISTRATION FORM](#)



Would you considered leaving our school a review?



We want to invite everyone to join our 2 Facebook groups!

Your perspective could be helpful in leading other families to our school. Just click above!

FIT Academy
FIT Academy Families

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