

# Newsletter

January 18, 2024

## WHAT'S IN THIS NEWSLETTER?

- **Updates** - Sports Update, Nystrom Therapy, Parent Meeting
- **Sign-ups** - February Lunch Orders, Lunch Volunteers, Winter Needs Drive
- **Profile of the Week** - Corey Olson, New Physical Education Teacher



### LUNCH VOLUNTEERS NEEDED!

We would love for you to volunteer in our lunch room! It's a fun way to connect with your kids and other students. You will help students open milk and lunch items as well as clean the tables after each lunch period. Click to sign up!

[SIGN UP TO VOLUNTEER](#)

### IMPORTANT DATES

Jan 19 - Staff Dev (NO SCHOOL)

Jan 30 - Parent Org Meeting, 6 pm

Feb 8 - PT Conferences (NO SCHOOL)

Feb 9 - NO SCHOOL

Feb 19 - President's Day (NO SCHOOL)

Mar 8 - Staff Dev (NO SCHOOL)

Mar 22-29 - Spring Break (NO SCHOOL)

[FEBRUARY LUNCH ORDERS - DUE 1/24](#)

[K-8 FEBRUARY LUNCH MENU](#)

[9-12 FEBRUARY LUNCH MENU](#)



### JUST A FEW THINGS STILL NEEDED!

Check out the **updated list** to see what is still needed! 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](#)



### BASKETBALL 23-24 SEASON

JV boys basketball have a game this Friday at **Higher Ground (1471 Brewster Street, St. Paul 55108)**. Game @ 4:00pm.

Our middle school co-ed basketball team beat Heilicher Jewish School 29-14 yesterday!

MS has their next game at Groves on Jan 31.

GO TIGERS!



### UPCOMING SPORTS SIGN-UP

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

At the high school level, we partner with Nova Classical Academy. Spring sports will tentatively include boys and girls track/field, boys baseball, and girls softball.

Registration for Spring sports will open next week!



### PROFILE OF THE WEEK

#### Our New Physical Education Teacher!

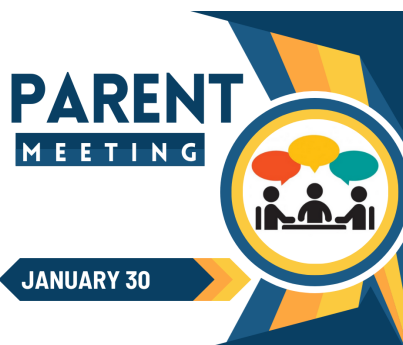
We would like to introduce our new K-6 physical education teacher, **Mr. Corey Olson**! At the end of first semester, Mr. Cassidy retired from this position; and Mr. Olson has stepped in to take his place!

He comes to us with 24 years of experience teaching elementary P.E. in Superior, WI. Last summer, he moved to the Twin Cities and taught in District 196 at Southview Elementary before joining the faculty at FIT.

Mr. Olson says, "The thing that I care most about in my position is that the students learn to put effort into the class. If they put the effort in, they will be amazed at what they can accomplish! My biggest joy comes from watching students realize they can do something and seeing the confidence it gives them."

He has been married to his wife Diane for 31 years. They have 3 adult children, 2 live here in the Minneapolis area and one lives in Milwaukee. "Diane and I lived a short time in Colorado so we enjoy visiting there along with spending time in the sun in Florida. I really enjoy following the Twins, Wild, and Vikings; and I'm really hoping one of them can find some success in the playoffs soon!"

We are excited to have you at FIT Academy, Mr. Olson!



### PARENT MEETING - JANUARY 30

All parents are invited to the 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.





### NYSTROM THERAPY - NOW AVAILABLE 5 DAYS A WEEK

We want parents to know that Mary Justin with Nystrom & Associates will now be available 5 days a week at FIT to provide school-based therapy. To find out more about Nystrom services, please attend the SEAC meeting on January 30 or contact our Director of Educational Services Molly Hunholz.

### SPECIAL EDUCATION ADVISORY COUNCIL - JANUARY 30

The Special Education Advisory Council (SEAC) will meet before the Parent Org Meeting 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!

## FASTBRIDGE TESTING

Students are continuing to complete the FastBridge assessments from now until the 26th. Fastbridge is used to monitor student progress.

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.



## 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.



## 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](mailto:jiten@fitacademymn.org).



## HEALTH REMINDER

We want to remind parents 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!

[REGISTRATION FORM](#)



Would you considered leaving our school a review?  
Your perspective could be helpful in leading other families to our school. Just click above!



We want to invite everyone to join our 2  
Facebook groups!  
[FIT Academy](#)  
[FIT Academy Families](#)

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