

March 7, 2024

WHAT'S IN THIS NEWSLETTER?

- Updates Art Walk, Gala Donations Needed, Spring Sports, DC Trip Meeting
- Sign-ups Lunch Volunteers, New HS Hoodies
- Profile of the Week Alison Winge, Heath & Office Aide



SPRING GALA: AUCTION ITEMS NEEDED!

As we look forward to the Spring Gala, we are collecting donations for the Silent Auction! *So what kind of donations are we looking for?* You can donate tickets to sporting events, services like home cleaning, or gift cards for a free oil change. These things will be auctioned off, and the proceeds will support the school!

Please contact Angie Halama if you would like to donate!

IMPORTANT DATES

Mar 8 - Staff Dev (NO SCHOOL)

Mar 14 - Art Walk

Mar 22-29 - Spring Break (NO SCHOOL)

Apr 13 - Annual Gala Event

May 17 - Spring Carnival

May 31 - Senior Kayak Trip

June 4 - FIT Graduation (5pm)

K-8 MARCH LUNCH MENU

9-12 MARCH LUNCH MENU



WASHINGTON, D.C. TRIP

On Wednesday April 17th at 4pm in Room 201, we will have the final meeting about the Washington, D.C. trip. This meeting is required and only for the parents/students who are already signed up. We will be going over important travel information including flights, where we will be meeting, pack list, and the final agenda for the trip. We are excited about this trip! See you on April 17th in Room 201.



READERS THEATRE - 1st GRADE

The 1st grade classes went over to Apple Valley Villas and performed a reader's theater for "I Love to Read" month. It was a big hit! And our school has been invited to come back and do this again in the future.







ART WALK

March is Youth Art Month (YAM) where we celebrate the visual arts in schools. To celebrate we would like to invite FIT students and families to walk through the halls of FIT (both floors) to see all the great artwork the FIT students have created this year so far.

March 14th, 2024 6:00-7:00 pm

Punch, coffee and cookies will be served!

HIGH SCHOOL ORIENTATION

Mr. Allaire and our secondary coordinator Mrs. Halama have recorded an introduction and orientation to next year's high school program. You can view the orientation here and email any questions to Mrs. Halama at ahalama@fitacademymn.org or Mr. Allaire at callaire@fitacademymn.org.

WATCH VIDEO!

NEW HS HOODIE!

We now have a new high school hoodie available for sale! The fabric is Sport-tek, and the pattern is blue/black camohex. You can order through the SchoolBelles website.

School Code is s3052 Cost is \$35

Sweatshirts are listed under Spirit/School Wear

ORDER NEW HS HOODIE



PROFILE OF THE WEEK Alison Winge, Health & Office Aide

Mrs. Alison Winge has worked at FIT for 5 years as the Health & Office Aide. She says that her favorite part of her job is "helping the students and seeing the difference I make in their lives on a daily basis. Turning tears into smiles, comforting an injured student, just knowing that I have impacted their day is very rewarding."

Her school days are very busy! During the day, you will likely find her in her office doing a variety of tasks--administering daily medications, helping children who are ill, cleaning and bandaging up scratches and scrapes on knees and elbows, or handing out ice packs for bumps and bruises. She assesses illness and injuries and lends an open ear to

listen to students who need a sounding board. "I also take in all the new student application and enrollment forms and assist new staff with all their employment paperwork. I love being able to help with a variety of back office duties!"

Thank you, Mrs. Winge, for comforting our students when they are hurt and not feeling well. We are grateful for everything you do for the students and staff!



AWARENESS - WORD OF THE MONTH

For March, our character trait focus will be AWARENESS.

Awareness is having knowledge or perception of a situation or fact. Most often, we think about self-awareness as the ability to understand one's own emotions, thoughts and values and how they influence our own behavior. But in school, engaged in close quarters with others, it's important to have an awareness of how our emotions, thoughts, actions and behaviors affect those around us.

When we are self-aware, we are able to:

Recognize the wide range of emotions we experience in a day and regulate those emotions. **Identify our triggers** so that we can anticipate and plan how to respond in situations when we experience strong emotions so we can make good choices that serve others and ourselves best.

Empathize with others and genuinely try to understand another person's perspective, which is key to building positive relationships.

Having a healthy self-awareness promotes emotional wellness and self-esteem. It provides insight into who we are, why we respond in certain ways and where we might need to improve social-emotionally. We all thrive in different environments with different stimuli, and having a healthy awareness of who we are, where we are and how we affect others unlocks our ability to show up our best selves in any environment or situation we find ourselves in. Awareness is a key that we all should keep in our pockets, at all times, wherever we go in life.



SPRING SEASON INFO

Girls volleyball started their season this week! Practices are Monday and Tuesday from 3-4:15 pm after school. Congratulations on wining their first game against Friends School! Click for their March schedule!

Spring coaches Mike Vang (middle school flag football) and Johnathon Pierpont (HS clay target and golf) will be sending out information to parents and players about the upcoming

start to their seasons soon. Expect info on practice days and times as well as expectations and responsibilities of the participants.

A reminder to clay target participants that the deadline to get your gun safety certificate done online is March 25. See Mr. J. with any questions.



LUNCH VOLUNTEERS!

We would love for you to volunteer in our lunch room! It's



HEALTH REMINDER

We want to remind parents to keep your children home from



AFTER-SCHOOL CARE

We offer after-school care again this year from 2:45 pm to 5:00

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! 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.

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.

SIGN UP TO VOLUNTEER



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

REGISTRATION FORM



We want to invite everyone to join our 2
Facebook groups!
FIT Academy
FIT Academy Families

FIT Academy Charter School | 7200 147th Street W., Apple Valley, MN 55124

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