

# ESSA Newsletter

[aricciotti@veccnj.org](mailto:aricciotti@veccnj.org)- May 2017

## VMS Drama Club performs 2 by 2 review

This year the VECC is proud to announce our musical will be an original concept called a “2 By 2 Review.” Two narrators will provide background information about several Broadway classics before the actors take to the stage to perform two songs from these shows. (Like getting to see multiple shows in just one night!) Twenty-two talented middle school performers are in the show. In their repertoire,

there will be classic Broadway shows represented such as Oklahoma and Pippin, as well as some more current favorites like Hairspray and Wicked.

The production will be performed May 17<sup>th</sup> & 18<sup>th</sup> at 6:30pm in our very own VECC auditorium. Admission is FREE! Refreshments will be sold during intermission. We look forward to seeing you there.



## Focus on Health and Wellness

Healthy habits lead to higher grades, improved concentration and increases self-esteem. Here are some tips from the school nurses...

### Healthy Eating...

ALWAYS start the day with a healthy breakfast including fresh fruit and whole grains.

Sunrise smoothie  
1-2 bananas  
1 cup orange juice or milk (almond or other non-dairy beverage work also)  
Handful of frozen fruit  
1 tsp. honey  
2 tbsp. yogurt  
\*Blend well and Enjoy!

Let your children help with meal planning and preparation.

### Activity...

Include regular exercise in your daily routine. Aim for 30-60 minutes of daily physical activity.

Take a family walk before or after meals. (Enjoy our beautiful beaches and boardwalk)

Take the stairs or consider parking a few spots further out.

Dance, Yoga, Walk the dog, Garden, bike... Possibilities are endless!

We want to know what you've done to improve your health and wellness! Send the nurses a quick note... You might hear your story read on the morning announcements!

## 2017-2018 Parent Volunteer Information

On behalf of the students, staff and administration, we would like to thank over 150 parents/grandparents who volunteered during the 2016-2017 school year. As you are aware, all volunteers must be approved each school year. In order to be board approved, you must once again complete the safe schools training as well as the statement of assurance.

Safe schools and the new statement of assurance will open for the 2017-2018 school year on July 1<sup>st</sup>. Once your tests and statement of assurance are complete, please contact Mrs. Cahill at extension 5290 to be placed on the board agenda for approval.

# Congratulations to the newest members of the Falcon Chapter of the National Junior Honor Society!

Arnaldo Abreu  
Amaan Ahmed  
Cristina Barbella  
Bai Ji Cai  
Landon Cai  
Alejandro Canas  
Angel Cosme-Hernandez  
Ava D'Innocenzio  
Jeannine Elmasri  
Brian Fink  
Adam Gery  
Isabella Guzman  
Shady Hadad  
Julianna Herrera  
Zachary Holtzman  
Nooran Khan  
Anderson Kriebel  
Nicole Laubenheimer  
Lauren Merlino  
Ahmed Mohamed  
Abdullah Mohammad-Anjum  
Aaron Perez  
Felix Quintanilla  
Ashley Ramirez  
Arnob Rashid  
Julian Santiago  
Karina Sheldon  
Mohab Soliman  
Christina Todorov  
Michael Vitanza  
Winnie Wong

FREE fun at the Atlantic County Library, Ventnor Branch

Looking for a fun family activity this spring?

Check out the Library's calendar of events! Always something fun going on at the county library!

[http://www.atlanticlibrary.org/ventnor\\_branch](http://www.atlanticlibrary.org/ventnor_branch)

## Save the Date!

2<sup>nd</sup> Annual District-Wide Field Day and Health Fair!

June 1, 2017!

Interested in participating in the Health Fair? Contact Mrs. Baldi

[lbaldi@veccnj.org](mailto:lbaldi@veccnj.org)

## Middle School Sports Physicals

All students entering Grades 6-8 who are interested in participating in School sports must complete physical form. The packet as well as further information is available on the district homepage.

Last Day of School  
Friday, June 16<sup>th</sup>

8<sup>th</sup> Grade Graduation  
Friday, June 16<sup>th</sup>

