**Raven Report**

**TREASURE VALLEY LEADERSHIP ACADEMY**

**February 2019**

**Vol 2 Issue 4**

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**Traveling Table Takes to the Streets**

January 16th started out as a frigid snowy day. That didn’t keep the Traveling Table from making it’s maiden voyage to serve fresh fruits and veggies to the community. With help from CapED Credit Union and the Idaho Food Bank, the Traveling Table was a huge success and will be rolling out again soon.

Riot, Brandon, Caleb and Conner get the Traveling Table ready to roll.

Volunteers from TVLA pose with the Traveling Table.

Students organize fruit and veggies into food boxes to hand out to the community from the Traveling Table.

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**Dates To Note:**

**February 14th**
Valentine’s Day

**February 18th**
No School
Presidents’ Day

**February 28th**
Aerospace Day
At Boise State

**March 22nd**
No School
Teacher Work Day

**March 25-29th**
No School
Spring Break

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**Students Celebrate Strong First Semester**

January 17th marked the end of the first semester of the 2018-19 schoolyear. TVLA students worked hard the first half of the schoolyear, meeting or exceeding goals for Focus Areas completed and percentage of students on track. To celebrate their success, students tie-dyed Be Kind t-shirts and enjoyed snacks and activities during Community Engagement time. In recognition of being In The Green in Summit, a best green outfit contest was held, and many of the snacks were green. Thanks to everyone who coordinated and participated in this event.

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**COME ON SPRING!!**
Raving about Ravens!

SHOUT OUT! To students who showed their Kindness and school spirit by wearing their tie-dyed shirts.

SHOUT OUT! To Chandon for taking AP US History students to NNU to gain more knowledge about good research practices.

SHOUT OUT! To TVLA students who are signed up to mentor at Snake River Elementary.

SHOUT OUT! Erica’s Mentor Group for being the first winner of the TVLA Champion Belt!

Berries, Berries, BERRIES! Eat them by the handful or put them in your parfait or smoothie. Here’s why!

**STRAWBERRIES**—One cup (about 8 berries) has 50 calories, 3 grams of fiber and more vitamin C than a medium orange. They’re an excellent source of fiber, folate and potassium. A study published in the American Journal of Clinical Nutrition ranked strawberries 3rd out of more than 1,000 antioxidant-rich foods. Studies have also shown strawberries may help protect the nervous system and blood vessels and can help protect against several kinds of cancers. Strawberries have also been linked to help decrease inflammation and help lower the risk of heart disease.

**BLUEBERRIES**—One cup has 84 calories and close to 4 grams of fiber. They are a rich source of antioxidant vitamin C, vitamin K and manganese. Research has found that blueberries may help prevent prostate cancer and protect against heart disease. Animal research has also found that blueberry extract may help improve memory, balance and coordination—potentially promising for those with Alzheimer’s disease.

**RASPBERRIES**—One cup has 70 calories and is an excellent source of vitamin C. The serving is also a good source of fiber, phosphorus and selenium. They contain anthocyanins and a phytochemical called quercetin, found to help slow cancer growth. Studies have shown that raspberries may be useful in preventing esophageal and liver cancer and have also been shown to help control blood sugar in diabetics and help prevent liver damage.

**BLACKBERRIES**—One cup has 62 calories, 8 grams of fiber and is an excellent source of vitamins C and K and manganese. They have been found to have the highest number of antioxidants—higher than the other 3 berries mentioned here! They’re also bursting with all types of phytochemicals, those cancer fighting chemicals. Blackberries also contain quercetin, an antioxidant that may help decrease the risk of heart disease. ~The Foodnetwork.com.

Another Round of Winter MAP Testing Completed

Students measured their academic progress in late January and early February, completing another round of MAP testing. This mid-year check-in allows students to see the results of the work that has been put in by them and their teachers. Projected growth is about 2 points. Many student scores showed growth of a grade level or more in math and/or reading. The scores for the school as a whole also increased from the Fall results. Way to go, TVLA! Keep up the good work! We will be conducting Spring testing in April.

Kurt’s Kitchen - Bringing you Nutrition News

What should I do after high school? Should I go to college or a training program? What classes should I take next? Do I have enough credits to graduate? These are just some of the questions that TVLA students began asking Kerry that lead to a two-week unit focusing on Idaho’s Career Information Systems. Connecting students to iCIS is both a state and a TVLA school requirement.

Kerry led both the 9th and 10th grades in setting up a portfolio in iCIS and exploring their interests, their learning styles, career clusters and requirements for careers in which students found an interest. In addition, Kerry reviewed the requirements for graduation and had each student complete a 4-year plan outlining all classes and credits for all four years in high school. Each year students at TVLA will return to CIS and take the next steps to completing their high school plan and explore what awaits after high school.

Every TVLA student has a profile in the state’s CIS system where they can continue to build their portfolio and learn about opportunities after college. You can visit www.idahocis.org to learn more.

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**SHOUT OUT!** To Erica’s Mentor Group for being the first winner of the TVLA Champion Belt!
**Seasonal Affective Disorder (SAD) and Winter Blues**

SAD is a form of depression that is thought to be caused by lower light levels decreasing serotonin and increasing melatonin in the body. This mood disorder, or the milder Winter Blues, starts to set in in late fall and early winter and typically goes away in the spring and summer. The main risk factors for SAD are age, sex, distance from the equator (regions farther to the north and south have shorter days and less sunlight in winter), and a history of depression or other mood disorders. Young adults and women are most likely to experience SAD. Symptoms of SAD include weight gain, craving sweets and carbs, problems focusing, fatigue, oversleeping, a weakened immune system and social withdrawal. Also a decreased interest in activities, feelings of sadness, stress and guilt, decreased energy and motivation.

So if you are one of those affected and you feel like you would rather be hibernating, here are some tips to help make it through to spring:

1. Expose yourself to as much natural sunlight as possible. Go for a walk outside.
2. Sit in front of a “light box” which generates at least 10,000 lux - 100 times stronger than a normal lightbulb - for 20 - 90 minutes each day.
3. Make sure you are getting enough Vitamin D and omega-3 fatty acids in your diet.
4. Make an effort to stay active. Visit your neighborhood gym or join a local sports team.
5. If the depression becomes overwhelming or you have thoughts of suicide, call your doctor or the Idaho Suicide Prevention Hotline right away at 1-800-273-TALK; or text HELP to 208-398-4357.

Hang in there, Spring is less than two months away!
Meet Dani Smith

Danielle (Dani) Smith is a 10th grader at TVLA. In addition to her coursework at our school, she is on the Cosmetology Pathway at Nampa High School. That is one of the things she likes best about TVLA – the schedule allows for a little bit of flexibility, as long as you use your time wisely and are able to keep up with the blue line. "I want others to know that TVLA is cool!" she said.

One of Dani’s favorite things to do outside of school is hangout with her cat.

Dani loves to eat moon pies and her favorite colors are red, black and green.

Remind Me . . .

Sign-Up for Remind: Get updates on important events and activities that are coming up.

Parents AND Students
Text: @44c4d2 To: 81010
Or go to the following link to join.
www.remind.com/join/tvlat

Who is a TVLA student?

- Willing to put in effort and partner with teachers to increase learning
- Willing to follow the Four Agreements:
  - Be impeccable with your word
  - Don’t take things personally
  - Don’t make assumptions
  - Always do your best
- Willing to work on a growth mindset
- Willing to make the World a better place

If you know any students who might benefit from our program, please share this information with them!

Find out more about us

New Student Info Night/Open House Dates Scheduled

Anyone interested in hearing more about TVLA is invited to attend one of the following information sessions. These one hour sessions, held at the school, provide the opportunity to learn more about our program and get answers to questions about who we are and what we do.

TUESDAY, MARCH 19th  6PM at TVLA
TUESDAY, APRIL 16th  6PM at TVLA
THURSDAY, MAY 16th  6PM at TVLA

TVLA will also be visiting Nampa Middle Schools in the next Month or so to visit with 8th graders who might be interested in attending next year. If you have friends or family members who would be interested, please share this with them.

Knowledge will give you Power.
Character will gain you Respect.

Life is 10% what happens to you & 90% how you react to it.

Need to load money on to your student’s lunch account?

Go to: https://www.myschoolbucks.com/

New Student Registration

New student applications for next year are now being accepted. Please complete the application form to begin the enrollment process.

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