



Raven Report



Dates to Note

September 20 & 25
Map Testing for All Students

September 24-29th
Kindness Week

October 4, 5
No School
State Professional Development Days

October 25
End of First Quarter

October 26 No School
Teacher Work Day

PLT no more! Now it is Self-Directed Learning Time

At TVLA we strive to provide learning opportunities, to build the learning experience around student interests and real world application. We also build into our schedule time for students to complete independent practice or Self-Directed Learning. Rather than assigning students extra practice at home, students can practice their skills, and continue their learning while having access to teacher support. While some practice may need to be completed at home, we truly try to offer learning that is certainly a challenge, but not work. So if

your student is engaged with a project at home, help him or her by minimizing distractions and ask about what they are learning. You might find out that there is no more Homework, just continued Self-Directed Learning.

STUDENT DAILY SCHEDULE:

Monday and Tuesday:

- ◆ Mentor Time 8:00-8:30
- ◆ Classes 8:30-11:30
- ◆ Lunch 11:30-12:00
- ◆ Classes 12:00-2:10
- ◆ Mentor Time 2:10-2:30

Wednesday:

- ◆ Self-Directed Learning all day
- ◆ Early Release 1:30

Thursday and Friday:

- ◆ Mentor Time 8:00-8:30
- ◆ Classes 8:30-11:30
- ◆ Lunch 11:30-12:00
- ◆ Classes 12:00-2:10
- ◆ Mentor Time 2:10-2:30

CELEBRATING KINDNESS



KINDNESS MATTERS!

This September we are focused on one of the most important aspects of our school; kindness. We have appreciated and discussed many kind quotes,

videos, images, and stories. We've made positive connections that will help us be successful as we navigate through life together. The last week of September will be dedicated to a Kindness Week.

TVLA will be challenged each day to complete a particular kindness challenge and observe how the kind acts in turn give back to the giver. The Kindness Week leads up to a Nampa community event at the Ford Idaho Center on Saturday, September 29th from 11am to 5pm that we hope you can attend.

Here is a link for more information: <http://www.fordidahocenter.com/events/community-kindness-day>

A Note from Nurse Nancy Boost your brainpower in 4 Minutes! – Strength-train during breaks!

Resistance training just once a week improves blood flow to the brain, your ability to focus your attention and resolve conflicts. In addition, it improves joint function and muscle, ligament and tendon strength. It can also help maintain flexibility and balance. So next time a commercial comes on the TV or you are waiting for your video to load, do as many push-ups, crunches and lunges as you can! Not only will you tone your muscles, you will tone your mind.



New Students Get Oriented

Focus Areas, Cog Skills, the Blue Line, Stay in the Green, Habits of Success, Summit, SDL, Checkpoints, Cornell Notes: these are just some of the topics that students are learning in Orientation. TVLA adopted the Summit Learning Platform which allows for personalized learning and develops students' responsibility for their own learning. Our Orientation class helps new students become comfortable with the Summit Platform and the culture of innovation at TVLA. They have already created posters to showcase their understanding of the Habits of Success; the Habits that will help them "live in the green."



Brooklyn and Tyler creating a poster about learning strategies.



Students collaborating about the fruit and veggie truck.

Fresh Fruit and Veggie Truck

After a presentation from the Nampa Healthy Food Coalition, students jumped at the chance to support the cause and alleviate food insecurity in our neighborhood. For our First Community Engagement Project sophomores determined what the coalition needs to make the "Traveling Table" a reality. The class divided themselves into committees designed to address marketing, fundraising, logo design, and yes, even serving "on the truck" by inventorying and distributing food to community members.

Kurt's Kitchen

Broccoli comes from the Italian word *broccoli*, which means cabbage sprout. Broccoli was developed from wild cabbage during Roman times and was widely enjoyed by the Romans. It was introduced in the United States during the Colonial period but did not gain popularity until the 1920s.



from Healthyeating.org

Broccoli has Vitamin K, Vitamin C, Fiber, Potassium, and Folate. Vitamin K is important for blood-clotting. Vitamin C is a powerful antioxidant and helps build collagen which is good for bones and tissue. Potassium is a mineral that is important in the function of nerves. Folate is necessary for the production and maintenance of new cells.

Cheesy Broccoli Soup

Heat cream with salt and pepper. Next add shredded cheddar and stir until mixed well. Then add steamed broccoli chopped small. Enjoy!

2018-19 ASB ELECTION RESULTS

TVLA has a very active Associated Student Body (ASB). This week we held our first elections. We were hoping for 1 sophomore and 1 freshman representative from each mentor group, but our school of leaders went above and beyond. The students elected 3 representatives from most Mentor Groups and included a liaison from the Positive Culture Club (PCC). Students surprised the staff by taking the questionnaire and turning the responses into campaign speeches. Be sure to congratulate the 2018-2019 ASB members when you see them. ASB meetings are held each Wednesday during lunch in room 2. They are open forums and all are welcome.

Be sure to welcome your new 2018-19 ASB Representatives

Erica's Group	Lisa's Group	Jill's Group	Chandon's Group	Jessica's Group	PCC Rep
Yadira	Brooklyn	Lorain	Jazmyn	Adri	Jeyden
Damon	Riot	Lee	Seth	Hannah	
	Emily	Toby	Ashley	Tiffani	

TREASURE VALLEY LEADERSHIP ACADEMY



Treasure Valley Leadership Academy
609 15th Avenue North
Nampa ID 83687

Phone: 208-498-0568
<http://tvla.nsd131.org/home>

Achieve your greatness!

TVLA REMIND APP

To receive reminders about upcoming events, please join the TVLA Remind App. It's fast and easy to do. Just text **@44c4d2** to **81010**

Like our FaceBook page to see photos, get information updates and stay connected with TVLA

<https://www.facebook.com/TreasureValleyLeadershipAcademy/>