



CWVS

Castleton Village School

Greetings Families,

Happy December! We all have good reason to be very proud of our students. A few weeks ago, we participated in a food drive for the local food shelf. In 3 days, our students collected 233 items for families in need! We are so impressed with this effort from our school community. Looking forward, we have student-led conferences happening next Wednesday, the 11th of December here at school beginning at 3:30 pm. We hope that you will come with your students so that they can share with you their personal learning plan and talk to you about their progress this year. Next Friday, December 13th, from 7:00 to 9:00 pm, Castleton University will be here to help us host our 2nd Game and Rec night of the year. Students are encouraged to attend and play games or participate in the gym - we have prizes and lots of fun!

I am excited to participate in my first Chopped Challenge here at the Castleton Village School on December 20th. Students will participate in an odyssey challenge preparing food and ads for our judges. Students learn about healthy eating choices and gastronomy as a part of this challenge - we are very excited for such a fun activity! Remember that our last day of school before December break is Friday, December 20th and that our first school day after the break will be Thursday, January 2nd.

Hope to see you all next Wednesday!

Best wishes,
Phil Hall
Asst. Principal

Castleton Village School

Understanding Changing Middle School Friendships

Early in childhood, children's friendships are mostly based on proximity and habit. Our kids play with the kids in the neighborhood or who they spend the most time with (cousins, siblings, etc). However, as kids get older, they begin to build emotional connections based on shared interests, dreams, and goals. These friendships start to become more important than those of convenience can come with all the scariness that change can bring. Middle school is a time of identity development where values and priorities are changing. While old friends offer sameness and comfort, many kids begin to develop new priorities such as social status or fashion choices. Kids tend to move between these comfortable old relationships and exciting new friendships. Also during this time kids crave acceptance from their peers and tend to care more about peer opinions than those of their parents. This may lead them to do things that don't seem to make sense, like not turning in an assignment you know they worked hard on, because they found out they will have to read it aloud. It is normal for your child to move from relationship to relationship, adopting this detail of a friend's personality, discarding that characteristic of another, until they have collected the essential elements of their own personal identity. It is also natural for parents to want to help their child manage these relationships. The urge to intervene is powerful and while it may help parents feel better it is best to stay out of it as much as

possible. If you are concerned about your child's relationships here are some suggestions: *Help avoid the drama.* Some kids get a rush from playing a central role in drama. Urge your child to disengage by not texting, posting or forwarding gossip and blocking peers online if necessary. *Assume positive intent.* Kids can be insensitive but they are generally not intentionally cruel. Teach your child to look at troubling situations from multiple angles. It never hurts to teach the value of a good apology. *Know when to let go.* Sometimes adults bring their own memories to the table and struggle to stay neutral. Support your child by helping them see what they CAN control and help them see their options. Support them in evaluating their decisions and letting go when necessary. *Use humor and optimism.* Help normalize and find the lighter side of everyday struggles. When kids don't take themselves too seriously they become less satisfying targets. It is normal for students to make their friends a priority, and you should encourage your child to develop a strong network of friends. These relationships provide your child with someone to talk to, confide in, and to support them in coping with a school problem, and someone to help them understand they are not alone. Finally, there is an exception to not getting involved: DO NOT be afraid to step in if your child is being bullied. Reach out to your child's counselor, teacher, or an administrator for support if you have concerns. - Amy Jackson, Guidance

CASTLETON VILLAGE SCHOOL

Upcoming Events

EVENT	DATE
End of First Trimester	12/06
Student Led Conferences <i>*Report Cards Issued at conferences.</i>	12/11
Remaining Report Cards Issued	12/12
Early Release Day - 11:30 Game & Rec Night - 7pm	12/13
December Break	12/23 - 1/2

**"Life is a journey to be
experienced, not a problem
to be solved."**

Winnie the Pooh

WEDNESDAY, DECEMBER 11, 2019

STUDENT LED CONFERENCES

CASTLETON VILLAGE SCHOOL

You are invited to join us for student-led conferences. Your student will present to you their Personal Learning Plan (PLP) as well as their progress in each class so far this year. Report cards for the first trimester will be handed out at these conferences.

Please contact your student's odyssey teacher to schedule a time for your conference. Conferences will begin at 3:30 pm and end at 6:30 pm.

Please call 802-468-2203 with any questions or concerns.

Odyssey Teacher Emails:

Alix Vander Els, avanderels@svuvt.org

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JOIN US FOR

GAME & REC NIGHT

DECEMBER 13

**7PM-9PM
CVS GYMNASIUM**

**HOSTED BY CASTLETON
UNIVERSITY**