

CVS

Castleton Village School

Greetings CVS Family,

We have much to look forward to in 2020. On Monday, January 13th, we have our 1st school-wide celebration of the year. Students have been earning pennies for positive behavior and we have earned enough as a school to celebrate together. There will be activities available from coloring to hiking to volleyball! We are very excited to celebrate our students positive behaviors.

Remember that Monday, January 20th, there is no school in observance of Martin Luther King day. Please read the following excerpt from The Corporation for National and Community service (<https://www.nationalservice.gov/serve-your-community/mlk-day-service>), "The Martin Luther King Jr. holiday on Jan. 20, 2020, marks the 25th anniversary of the day of service that celebrates the Civil Rights leader's life and legacy.

Observed yearly on the 3rd Monday in January as "a day on, not a day off," MLK Day is the only federal holiday

designated as a national day of service to encourage all Americans to volunteer to improve their communities." It is our hope that many families will take this opportunity to be active in serving our community.

Friday, January 24th, our lifetime activities program will begin. This program was started a number of years ago right here at CVS and is now a district-wide program. There are 2 sessions which are 3 weeks long. Students have been placed in activities for both sessions. Our hope is that students will try new ways to be active and learn new things so that they might find something that they love to do for the rest of their lives. We appreciate all of the hard work that Mr. Kelson and Mrs. Peltier have done in organizing this wonderful program for our students.

Best wishes,
Phil Hall
Asst. Principal

Castleton Village School

Winter Blues Or Something More Serious?

How Parents Can Support their Child:

The “winter blues” are common this time of year and it can be difficult for parents to know when to step in. If you suspect your child might be experiencing depression, here are some steps you can take to support them.

Learn How To Recognize Warning Signs

Typical signs of teen and preteen depression include: low self-esteem, withdrawal, lack of interest in activities they used to enjoy, hopelessness, academic success deterioration, drastic changes in eating habits (too little or too much), feeling guilty and ashamed, lack of energy and motivation, and fatigue and aches. If your child is experiencing one or a combination of these symptoms for longer than a couple weeks, please consult their physician or school counselor.

Give Your Child Emotional Support

Your child needs emotional support from you; their #1 person. Emotional support from the family is the building block of further social relationships. Spend quality time with your child, encourage open and honest conversations, and listen to what your child has to say. Showing support, without being pushy, can help you gain trust allowing them to talk about their worries. This will help you be able to spot potential warning signs and react accordingly.

Encourage A Healthy Lifestyle

Physical and mental health are closely connected and a healthy lifestyle can help manage symptoms of depression. Daily physical exercise, exposure to fresh air, and sunlight can all really help. Taking a separate vitamin D supplement may also help with seasonal depression. Getting a good night’s sleep each night is also very important.

Help Them Feel Connected

Depression can lead to isolation. Loneliness is a common experience with middle schoolers. A lack of interaction and connection can worsen depression symptoms. Some children find it hard to socially interact, inspire your child to join a club at school or attend activities, give them ideas on attending various social events, encourage play dates and sleepovers at your house, and organize family gatherings to support friendship building. Whatever makes your child stay in contact with people will help. Just remember, don’t leave loneliness unattended. It won’t go away on its own. If you remain concerned or if there are ANY thoughts, plans, or ideas of suicide [Get Them Professional Help.](#)

Talk to their pediatrician to seek further guidance, take them to see a mental health professional, or contact your school counselor for a referral. The most important thing is that you don’t ignore the problem, but give your child the resources and support to fight it.

Contact Amy Jackson at ajackson@svuvt.org with questions or for support.

CASTLETON VILLAGE SCHOOL

Upcoming Events

NEWA Testing	1/14 1/16 1/22
Early Release Day - 11:30	1/17
Martin Luther King Day	1/20
Lifetime Activities	1/24
Washington DC Parent Meeting (5:15pm in the Library)	1/29
Lifetime Activities	1/31

**"If you fell down yesterday,
stand up today."**

H. G. Wells

YOU ARE INVITED!

**DISCOVER RUTLAND COUNTY'S NEW APPROACH TO
HAPPY AND HEALTHY YOUNG PEOPLE.**

Wednesday, January 15, 2020

6:00 pm - 8:00 pm

Castleton University

The Casella Theater, Fine Arts Building

*Childcare Available at Castleton Village School

*Refreshments Provided

Please bring a cell phone for audience participation.

Join us as we explore real-time data from the youth in our communities. Working together we can break through barriers to help our youth thrive.

VYP
VERMONT YOUTH PROJECT

The Vermont Youth Project is a community-driven collaborative designed to embrace positive youth development at the local level. We support inclusivity of youth in the community and implementation of strategies that will help youth thrive in the community, at school, and home.

