



Monthly Newsletter
February 2019

Principal Note

Please join me in welcoming Steven Barnett and Lea Roman to the Vanguard clinical team.

Steven Barnett, LPC was recommended to us by the Houson Center. Steven will begin as a part-time employee, but we hope to transition him to full-time over the next 3-6 months. He will work three days a week (Tuesday, Wednesday and Thursday). Once oriented, Steven will be working in the middle school, with the Vanguard Intensive Program and doing individual and family therapy.

Lea Roman, LPC-intern (will be fully licensed in April) and is working full-time for Vanguard. Once oriented, she will begin taking over groups for the lower school, helping with the Vanguard Intensive Program and doing individual and family counseling. Lea had a well-respected LPC supervisor who gave her an outstanding recommendation.

Please join us in welcoming them to the Vanguard family!

Counselor Corner

When students have a medication change, they often exhibit a change in their mood or behavior. It is our job at Vanguard to help monitor the impact of that change; to figure out what is going on so that we can help your student be and feel as successful possible. If we know up front that the doctor is making a medication adjustment, we already have this context and can give you well informed feedback. If we are unaware of the change, we spend unnecessary time trying to figure out what is different about the student's situation. For this reason, **parents must notify the school if there is a change in medication** (dosage, type, a missed administration, etc.). Thank you in advance for your support and compliance!

Safety Precautions

Families, we will be practicing more of our Safety Drills over the next several weeks. We have monthly Fire Drills that the students are familiar with and do well. Lockdown and Shelter are to be practiced in the coming weeks. These are drills where the students remain in the building and go to areas away from windows and/or that are more secure. There are no loud alarms, simply a command over the 2-way radios to perform the drill. An information sheet is attached to this newsletter and as always should you have any additional questions, please contact Becky at becky@vanguardprepschool.com.

Enrollment for 2019-2020 School Year – Important

Enrollment contracts will be sent on March 1st and the deadline to return is April 1st. If you would like to be entered into a drawing for a free month's tuition, return your signed contract which acknowledges that you will be charged the re-enrollment fee through your FACTS account by March 8th. Please note that our Middle school is **full**, Lower school has a few spots available and we have several families looking at Fall enrollment. Our existing families will be given first priority so be sure to return your contract by the deadline.

Ignite Program

Spring club sign-ups are in your student's Wednesday folder. Also, Ignite will be hosting a Video Game Night for 8th graders and High School students on February 22nd.

Basketball – Join us in cheering on our Vikings!

All games are played on Wednesday evenings at the Timberglenn Rec Center, 3810 Timberglenn Rd., Dallas, TX 75287.

February 13th @ 6:45 vs. St. Anthony's School

February 20th Time TBD – Playoff

House News

Please join us in Congratulating the West/Orange House team for winning the 2nd Quarter House. They will be enjoying a field trip to Jumpstreet. 3rd Quarter has started so the playing field is wide open!

We Need Your Help!

Our annual Gala/Fundraiser is quickly approaching, and we are in need of donations for our live auction. Items we are looking for include vacation getaways, airline miles, sporting tickets, concert tickets and sports memorabilia. If you have access to any of the above and would be willing to donate, please let us know. Call the front desk 972-404-1616 or email VPA@vanguardprepschool.com.

Vanguard Annual Gala, Saturday, April 13th at the Dallas World Aquarium!

Please mark your calendar for a *Wild about Vanguard!* Gala at the Dallas World Aquarium! Friends and family members are welcome to join us. The evening will include dinner, open bar, silent and live auctions and free child care!

MS and HS New Mexico Trip

Save The Date! Every year, students in the middle and high school have the opportunity to hike, white-water raft, play games, hang with friends and explore the wonders of the beautiful Taos, New Mexico area along with some of our Vanguard staff! We will stay at SMU's Fort Burgwin in camp-like group casitas. If you are interested, please save the date for our annual New Mexico trip on July 27-August 2. An informational meeting will be February 28th at 2:50 so come and talk with Becky to learn all about it!

Chili Cook-Off Winners

Our 5th annual chili cook-off was a huge success! Thank you to everyone that participated this year. Our 3rd place winner went to the VPA, Julie Himpelman, Heather Moore and Lauren Campos. The 2nd place winner went to the Blazing Bowls, Jake P., Jacob F., Nicky B., Jacob G. and Josh D. Our 1st place winner went to the Old Ladies, Becky, Julie and Jeanie!!!! Congratulations!!!!

Special Thanks to the teacher committee that made the Chili Cook-off a success: Sabrina, Beth K, Beth T., Stephanie, Veronica and Charity!

A Parent's Perspective

One of our Vanguard moms shares her life's journey through a blog. In sharing our stories, the good and the bad, we often find healing, support, and comfort in the fact that we aren't alone. Please feel free to check what Lizza has to say at <https://lizzaconnor.com/blog> and be prepared to laugh and cry at the same time!

Dad's Club Event – Save the Date

Annual Dad's Campout on April 26-28. More information to come later.

Parent Engagement Opportunities

Do you ever wish you had more tools in your parenting tool box? Do you want to learn from, and with families who are going through the same kinds of life experiences as your family? We encourage you to join us for one or more of these learning opportunities at Vanguard:

Parenting with Love and Logic

Tuesdays, February 26th, March 5th, 19th, and 26th from 6:00 – 8:00 p.m. Cost: \$40 per family.

RSVP to: becky@vanguardprepschool.com (If you have already RSVP'd, a confirmation email should have been received.)

Love and Logic teaches practical techniques that families can use to help children and teens learn from their mistakes. Using empathy, compassion, and respect, families can reduce power struggles and guide their children toward becoming responsible decision-makers. Please join us to learn how Love and Logic can benefit your family. Child-care will be provided.

Managing Behaviors & Eliminating Relationship Barriers

Thursday, March 7th from 6:00 – 7:30 p.m., No Cost
RSVP to: kgoodnight@vanguardprepschool.com

Learn about the science of behavior and leave with strategies such as *Behavior Specific Praise* and *Behavior Momentum* which you can immediately apply to improve behavior at home and diminish power struggles. Did you know we all play "games" in our relationships that prevent us from healthy connections with others? These games can prevent us from developing strong, close relationships with our children and families. Learn how to identify and eliminate these games to foster better communication and trust with the people you love. Childcare will be provided.

NAMI Basics

Thursdays, April 4th – May 9th from 6:00 – 8:30 p.m.,
No Cost, RSVP to: jwarne@vanguardprepschool.com

This is a six-week education program for parents or other caregivers of children and teens who have symptoms of or who have been diagnosed with a mental illness. This class is taught by family members who have experience caring for a child with a mental health condition. Join us to learn the facts about mental health, how to support and advocate for your child, and most of all, to find understanding from other families. Childcare will be provided.

SAMA Training

Saturday, April 6th

Cost: \$100 per participant

RSVP to: Please text Frank at 214-770-1518

SAMA (Satori Aggression Management Alternatives) is a method used to diffuse anxious or hostile behavior and to provide safe and appropriate protection and containment when an individual is a danger to self or others. The Vanguard Staff has been trained in SAMA. A member of our staff, Frank Farino, has been trained as a trainer and is offering a class for parents and family members! We have received a 100% willingness to recommend this course from parents who have gone through the training.

Days Off

February 18 President's Day

No School, Ignite CLOSED

March 11 – 15 Spring Break, Ignite OPEN

House Events

Bingo Night: April 17, 6:00 – 7:30 p.m.

Field Day: May 16, During School

Movie Night: June 27, 6:00 – 8:30 p.m.