

# SEPTEMBER NEWSLETTER

## Blue Ridge Educational Center

606 Massanutten Avenue Front Royal, Virginia  
Blueridgeeducation.org T: 540-631-9503

Dear Friends of BREC,

*It is my pleasure to welcome everyone back for another great school year. Each year, our team works hard to develop BREC's day-school program around the needs and interests of the young people we serve, and each year our classrooms, hallways, group activities and special events reflect our students. This fluidity, partnered with a whole-child approach to education, are what we draw upon for preparing our students for the challenges and opportunities of today and tomorrow.*

*It is an honor to serve as the Director of Blue Ridge Educational Center and a privilege to be a part of a learning community where students, parents, educators, and community members care for one another, strive to build positive relationships, and where we can truly say "we're in this together".*

*Once again, Welcome Back!*

*April Strosnider  
Director, Blue Ridge Educational Center*

### SPECIAL THANKS TO A FEW OF OUR PARTNERS



Quiet Mind Psychotherapeutic Services, Inc.



Blue Ridge Educational Center  
Unlocking Learning Potential

### UPCOMING EVENTS

SEPTEMBER 14

No School: Professional Work Day

SEPTEMBER 30

7th Annual **CELEBRATE KIDS DAY!**



SEPTEMBER 26

College Interest Night @ Apple Blossom Mall 6pm-9pm

OCTOBER 6

Applebee's Flapjack Fundraiser for BREC 8am-10am

OCTOBER 8

No School: Professional Work Day

OCTOBER 16

End of 1st 9-weeks

OCTOBER 18

Career Day 2018! Transition event for 10th-12th grade students

OCTOBER 23

Same Sky Project Performance

## SCHOOL NEWS

### Whole Kids Foundation: Garden Grant for BREC!

Thanks to the Whole Kids Foundation, an independent non-profit founded by Whole Foods Market, BREC received a grant to support the development and expansion of educational edible gardens. Over the course of this school year students will learn about sustainable agriculture, how to grow their own foods, vermiculture and garden-to-table life skills. We hope that our gardens will serve as an informal outreach program to support healthy food choices for students and families.

### Classroom Updates

Mrs. Treutlein's Life Science class has been learning about plant and animal cells. Students have drawn and labeled cells, studied their functions, viewed them under microscopes, and now they will eat them! The Life Science class baked giant chocolate chip cookie cell models, complete with decorated cell parts. After an oral description of the cell parts and their functions, students shared edible masterpieces with the school. Yum!



### Applebee's Flapjack Fundraiser

To kick off our school year and help raise funds for student trips and activities, we are hosting our 2<sup>nd</sup> Annual "Flapjack" breakfast on Saturday, October 6<sup>th</sup> from 8am -10am at Applebees located at 45 Riverton Commons. Tickets are \$10 per person and can be purchased at BREC, at the door, or through a BREC staff or Board member.

**Mark your calendars, purchase your tickets, and plan to be there!**

### OCCUPATION EXPLORATION

Students will continue to develop their transition portfolios this school year. In October, students in 10-12<sup>th</sup> grades will attend Career Day, a day-long transition event hosted by Access Independence. Look for future updates on career counseling and transition planning opportunities.

### NEW WEB SITE

Blue Ridge Educational Center will unveil a new website in October featuring community events, school news, and more information about our programs. A special thanks to our community partner, Jessica Godwin, for her design support and expertise!



## IMPORTANT ANNOUNCEMENTS

### Underclassmen Picture Dates:

Sept 14<sup>th</sup> Millbrook High School  
 Sept 18<sup>th</sup> Skyline High School  
 Sept 24<sup>th</sup> Warren County Middle  
 Oct 2<sup>4th</sup> Warren County High  
 Oct 4<sup>th</sup> Rappahannock High

### Coming Soon: New Health Coverage For Adults



Beginning January 1, 2019, more adults living in Virginia will have access to quality, low-cost health insurance!

**Who is Eligible?**

- ✓ Virginia residents, ages 19 to 64
- ✓ Not already in or eligible for Medicare
- ✓ Must meet income requirements, which vary by household size

Who qualifies for Virginia Medicaid?			You may be eligible if you make less than:		
Category	Eligibility	Income	Family Size	Yearly	Monthly
Children under 19	Eligible with annual income at or below \$16,754		1	\$16,754	\$1,397
Parent of a child	Eligible with annual income at or below \$20,800		2	\$22,715	\$1,893
Person with disability	Eligible with annual income at or below \$16,754		3	\$28,677	\$2,391
			4	\$34,638	\$2,887
			5	\$40,600	\$3,384
			6	\$46,562	\$3,881
			7	\$52,523	\$4,378
			8	\$58,485	\$4,875
			Additional person add	\$5,962	\$497

### What Services are Covered?

- Doctor, hospital, and emergency services
- Prescription drugs
- Laboratory and X-ray services
- Maternity and newborn care
- Long-term care and support services
- Home health services
- Behavioral health services including addiction and recovery treatment services
- Rehabilitative services including physical, occupational, and speech therapies
- Transportation to Medicaid-covered services when no alternatives are available
- Family planning services
- Medical equipment and supplies
- Preventive and wellness services and chronic disease management services
- And more!



For more information about the new coverage, including answers to frequently asked questions, visit [www.coverva.org](http://www.coverva.org).





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# ENJOY A SHORT STACK ★ FOR A TALL CAUSE. ★

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You're invited to an  
Applebee's® Flapjack Fundraiser breakfast to support  
**Blue Ridge Educational Center, Inc.**

Tickets Cost: \$10.00

**October 6th, 2018 8am-10am**

Applebee's  
45 Riverton Commons Plaza  
Front Royal, VA 22630

5406319503  
[astrosnider@blueridgeeducation.org](mailto:astrosnider@blueridgeeducation.org)



Meal includes: Pancakes, sausage, scrambled eggs and a beverage  
(coffee, juice, soda or tea.)

Please contact organization to purchase a ticket. This flyer is only  
intended for advertising purposes. Ticket valid for pancake event only.  
Applebee's® menu items are not included as part of purchase.

[applebees.com](http://applebees.com)





# SKYLINE HIGH SCHOOL

## September 2018



WEEK 1	3 <b>No School Holiday</b>	4 <b>Baked Potato Bar W/ Roll</b> Broccoli	5 <b>Strawberry Waffles w/ Sausage</b> Tater Tots	6 <b>Macaroni &amp; Cheese w/ Breadstick</b> Green Beans	7 <b>Mini Corn Dogs</b> Baked Beans
WEEK 2	10 <b>Popcorn Chicken Bowl w/ Roll</b> Mashed Potatoes Corn	11 <b>Pasta w/ Meat Sauce w/wo Breadstick</b> Broccoli	12 <b>Pork BBQ Sandwich</b> Sweet Potato Fries	13 <b>Soft Shell Tacos</b> Spanish Black Beans	14 <b>No School Professional Day</b>
WEEK 3	17 <b>Chicken &amp; Waffles</b> Tater Tots	18 <b>Baked Ziti w/Breadstick</b> Broccoli	19 <b>Chicken Burrito Bar</b> Spanish Black Beans	20 <b>Chicken Veggie Stir Fry w/ Brown Rice</b> Oriental Vegetables	21 <b>Philly Steak Flat Bread</b> Carrots
WEEK 4	24 <b>General Tso's Chicken w/ Brown Rice</b> Broccoli	25 <b>Pancakes w/ Sausage</b> Tater Tots	26 <b>Chicken Tenders w/ Roll</b> Carrots	27 <b>Beef Nachos w/ Spanish Rice</b> Corn / Black Beans	28 <b>Pepperoni Calzone</b> Green Beans
WEEK 5					

**Salad Choices:**  
 Week 1: Chicken Caesar Salad w/Roll  
 Week 2: Buffalo Chicken Salad w/Roll  
 Week 3: Crispy Chicken Salad w/Roll  
 Week 4: Chef Salad w/Roll  
 Week 5: Turkey Cobb Salad w/Roll  
 Garden Cheese Salad available everyday

*All salads are served with a WG Roll*

**Upper Crust Choices:**  
 Week 1: Taco  
 Week 2: Meat Lovers  
 Week 3: Hawaiian  
 Week 4: Sausage  
 Week 5: Supreme

*Cheese & Pepperoni available everyday*

**Deli Choices:**  
 Week 1: Chicken Caesar Wrap  
 Week 2: Chicken Salad Sub  
 Week 3: Chicken Ranch Wrap  
 Week 4: Ham, Turkey & Cheese Sub  
 Week 5: Italian Sub

*Turkey and Ham Subs available everyday*

**Grill Choices:**  
 Week 1: Bacon Cheeseburger  
 Week 2: Buffalo Chicken  
 Week 3: Pizza Burger  
 Week 4: Spicy Chicken Sandwich  
 Week 5: Chicken Club

**Everyday:**  
 Chicken Patty & Cheeseburger

**Monday: Tenders w/Roll; Tuesday: Nuggets w/Roll; Wednesday: Popcorn Chicken w/Roll; Thursday: Nuggets w/Roll; Friday: Tenders w/Roll**

**Wednesday's**  
 Chicken or Beef Bowl  
 Chicken or Beef Burrito

*Sides: Cilantro Lime Rice, Black Beans, Corn and Refried Beans  
 Toppings: Fresh Pico De Gio, Sour Cream, Shredded Cheese, Salsa, Lettuce, Diced Tomatoes, Jalapenos, and Onions*

**Made to Order Deli Bar**  
 Featuring: Ham, Turkey, and Other Deli Meats  
 WG Flatbread, Pretzel Roll, Sub Roll, Wrap, or Sandwich Bread

**Meal Definition**  
 1 meat/meat alternative, 1 bread/grain, 2 serving of fruit, 2 servings of vegetables & 1 low fat or fat free milk. A meal must include at least 3 components and 1 must be a fruit or vegetable.

A variety of fresh, whole, **raw fruits & veggies** are available every day they may include Apples, Oranges, Bananas, Carrots, Celery, Broccoli & Cucumbers (*as in season*).  
 1% milk, non-fat milk, and non-fat flavored milk available daily

"In accordance with Federal Law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of