November is a special “Season Of Thankfulness”.

The days of the year rush by and the months come and go before one knows it. Life is always busy. Days are filled with the basics of life, projects, and endless to-do lists. When do we take the time to stop, reflect and truly be thankful for the blessings in our life? Now is the time of year to stop, slow down and truly focus on our blessings and blessing others.

In the spirit of giving, we will be starting a food drive to support EFFA – Emergency Family Assistance Association. This organization helps our community and those who would benefit from being “blessed”. Starting Monday, there will be boxes outside of Mrs. Platt’s classroom. Our hope is to fill these boxes to overflowing. Items are being collected according to grade.

Kindergarten – shampoo and laundry soap
1st grade – toilet paper
2nd grade – baby food
3rd grade – pinto, black, and refried beans
4th – canned meat like tuna fish and chicken
5th – canned soup

Thank you for “blessing” others and Happy “Season Of Thankfulness”.
BEAR CREEK CALENDAR

AT - A - GLANCE

Friday, November 10
NO SCHOOL - Veteran’s Day

Monday, November 13
Report Cards go Online
5th Graders to Cal-Wood
8:45 Garden Committee

Tuesday, November 14
1:30 PTO Meeting
6:15 KG Literacy Night in the Fishbowl

Monday, November 20-Friday, November 24
THANKS GIVING BREAK

Monday, December 4
Vision & Hearing Screening

Wednesday, December 6
1:00 Open House Tour

Tuesday, December 12
1:30 PTO
3:15 SAC

Thursday, December 21
2:15 Band & Orchestra Concert

Monday, December 25 - Tuesday, January 8
WINTER BREAK

Tuesday, January 9
Last Day of Open Enrollment

Monday, January 15
MLK Holiday

Friday, January 26
MLK Assembly

Monday, January 29
Lip Sync Sign Up

BEFORE AND AFTER SCHOOL ACTIVITIES

As you are looking for activities for your children to participate in before and after school, I just wanted to give you a “heads-up” about where to look for activities that are happening at Bear Creek, and which ones are Bear Creek and BVSD sponsored.

*Starting today in Bear Tracks, you will see opportunities for your children to participate in school sponsored clubs such as intramural sports, jump rope, Spotlights, and drumming club. Bear Creek clubs are supervised by Bear Creek staff.

*Lifelong Learning, which is part of BVSD’s Community Schools Program runs many wonderful activities for students in schools across the district. If you go to their web-page, you can find great kid classes, many of which will happen right at our school! Lifelong Learning will send you mail alerts of activities that are happening at Bear Creek. You can sign up for classes at any location, but parents have found it particularly accommodating when classes happen right at Bear Creek. This fall at Bear Creek Lifelong Learning will offer at Bear Creek such things as chess, basketball, Spanish classes, and Lego building.

*Finally, please check the Community Board in our front hallway where other activities that are not sponsored by the school or Lifelong Learning can be posted. Oftentimes these activities happen at Bear Creek, as groups can rent some of our spaces after school.

2018-2019 BC Open House Tour Dates

Bear Creek will be having one more Open Enrollment Open House Tour for the 2018-2019 school year. The date and time is as follows: Wednesday, December 6 @ 1:00. Please register online here or call the office to reserve a spot @ 720.561.3500. There will be a tour of the building by a parent volunteer followed by a Q & A session with the Principal.

If you are a neighborhood parent of an incoming 2018-2019 kindergartner, please either stop by the office or send me an email with the student’s name.

LOST and FOUND

The lost and found is located at the end of the hallway by the gym between the inside and outside doors. Currently we have clothing overflowing the bins. Labeling your child’s clothing is one way to make sure it gets back to the child when found on the playground or when the clothing bin is cleaned out.

** Clothes will be laid out in the foyer the week before Thanksgiving break then on November 28th all unclaimed clothing will be bagged up and given to a charity.**

Winter Break
December 25-January 8
We need volunteers for the upcoming events:

- Dec 4th
  Hearing/vision screening

- Dec 4th
  Provide volunteer snack

It is time to reload your Cashback cards so Bear Creek benefits from your grocery shopping. We know it is hard to remember, it takes extra time (30 sec), you already have enough cards in your wallet, etc... When you have these thoughts, remember this habit gives free money to your child’s school experience. The numbers are simple. This year’s budget is based on $34,000 revenue from Cashback Cards. Right now we are down about 15% and we only have about 150 active cards. Bear Creek has 350 families. What numbers could we reach if everyone got into the habit of using their Cashback cards everytime they shop, even for a coffee?

How to RELOAD your Cashback card:

1. Ask the cashier to load your Cashback card before scanning your groceries.
2. Load up to $500 using your preferred method of payment (cash, credit card, etc.). Once the card is loaded, the cashier can start scanning.
3. Swipe your Cashback card to pay for your groceries. So easy.

TLC Donations Update
Collectively we have earned $81,068. We forgot to thank Jim and Laural O’Dowd in the last Bear Tracks for their generous donation to TLC. Thank you!

Karin Larsson, PTO Chair
karin.f.larsson@gmail.com
SHOP FOR GROCERIES AT LUCKY’S OR KING SOOPERS AND EARN $$ FOR BEAR CREEK!

IT’S EASY!

Pick up a reloadable card from the BCPTO or from the front office: Lucky’s or King Soopers, or one of each! Please bring $10 for a Lucky’s card, $5 for a King Soopers card. These cards can be reloaded at the cash register... every time you reload the card, these grocery stores award Bear Creek with cash back! 7% back from Lucky’s and 5% back from King Soopers. So support your school and our kids by using your reloadable card when you buy your groceries and gas! Thanks!!

- the Bear Creek PTO
PTO Hospitality Presents:
Classroom Sponsored Teacher Appreciation Snacks

Two Wednesdays a month classroom parents will sponsor "Appreciation Snacks" for the Bear Creek teachers and staff to express thanks for their hard work. Starting with the 5th grade, September 6th, Mrs. Ewing’s class parents will kick it off. Each classroom will have their chance during the school year to participate. Each Job requires (3) parents from the specified classroom to provide yummy snacks on behalf of the entire classroom for approximately 15 (total of 45) teachers and staff. Snacks are dropped off before 8:30 on the specified Wednesday to the Teacher’s Lounge at Bear Creek. At the end of the day you collect your empty containers at pick up. It’s so easy!

Some items that have been a hit in the past include bagels, lox and cream cheese, egg dishes, assorted fruit and fruit salads, veggie salads and trays, and of course the sweet stuff. Please visit https://helpatschool.org to sign up. Thank you in advance for your participation!

All dates are Wednesdays, here’s the schedule:

November 15, Mrs. Wilmers’ class
December 6, Mrs. Casey’s class
December 20, Mrs. Platt’s class
January 10, Mrs. Hill’s class
January 24, Mrs. Jenak’s class
February 7, Mrs. Hattendorf’s class
February 21, Ms. Koch’s class
March 7, Mrs. Briggs’ class
March 21, Mrs. Norton’s class
April 4, Mr. Neiman’s class
April 18, Mrs. Kallio and Bulow’s classes

Contact brigetta.stephenson@gmail.com with questions or comments.

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Earn 5% Cashback for Bear Creek Elementary while shopping at Alfalfa’s. No need to load the card! How does the program work?

Do you shop at the local natural grocery store Alfalfa’s? If so, there’s now a very easy way to make money for Bear Creek while you shop. Apply for a Rebate/Cashback Card and get it scanned when you check out each time. 5% of your shopping payment will be donated by Alfalfa’s to Bear Creek. Yes, it’s that simple. You will be able to use other coupons/discounts as you normally do. You can make your shopping payment with cash or credit card as you normally do. The only additional step is to get the Rebate/Cashback Card scanned after making the payment. Bear Creek will receive a check from Alfalfa’s at the end of every month.

How do I get the Rebate/Cashback Card?
Please fill in this form: http://tiny.cc/BearCreekAlfalfas. You will be notified by email when your card is ready to be picked up at Alfalfa’s (either the Boulder or Louisville location). It will take a few business days for your card(s) to be ready.

Thank you for supporting Bear Creek!
Report your Trip Tracker trips for October!
Survey is open until Monday Nov 13th
Visit bvsd.org/tracker and hit the “Report monthly trip data” button

Spend Trip Tracker dollars like cash at:

Alfalfa's Louisville
Alfalfa's Market
Art Parts Creative Reuse Center
Book Cellar
Bookworm
Boulder Cycle Sport
Boulder Rec Centers - East, South, North
Childish Things
Color Me Mine
Community Cycles
Cured
Cycleworx
Dairy Queen - Lafayette
Dairy Queen - Boulder
Eats and Sweets
Farfel's Farm
Fleet Feet Sports
Foolish Craig's

Full Cycle
Gateway Fun Park
Glacier Ice Cream
Green Guru Cruiser Boutique
JAX Outdoor Gear
JAX Ranch and Home
Julia's Kitchen
Karliquin's Game Knight
Kim and Jake's Cakes
Lafayette Music
Lafayette Rec Center
Little Horse
Louisville Rec Center
Loveland Laser Tag
Lucky's Market - SoBo
Menchies Frozen Yogurt
Meta Skateboards
Neptune Mountaineering

Ozo Coffee
Page Two Café
Paul's Coffee
PC's Pantry
Piece, Love and Chocolate
Play It Again Sports
Que's Espresso
Ripple Frozen Yogurt
Runner's Roost
Sancho's
Sister Carmen Thrift Shop
Skirt Sports
Spruce Confections, Pearl St. and N. Bdwy
Time Warp Comics
Trident Booksellers and Café
Village Coffee Shop
WOW Children's Museum

Students also can donate Trip Tracker dollars to worthy local non-profit organizations like Boulder Food Rescue and the Green Star Schools Program! See instructions at bvsd.org/tracker!
The Great Pumpkin Contest
Thank you Jeff Finkelstein for your awesome Halloween photos.
Here is the zip file to download.
https://netorg2602165-my.sharepoint.com/personal/jeff_customerparadigm_com_layouts/15/guestaccess.aspx?docid=0b566fc956c4f43ea90f0969abebe2c2a&authkey=AT70YCyxZ7760VFt-bdo6nE
October 13th- November 30th

It is time once again for the Share-A-Coat program that our Boulder Valley Rotary Club sponsors. We appreciate all the efforts in past years of you, your staff and students in this worthwhile endeavor and look forward to working with you again this year. In 2016, over 2,000 coats and many miscellaneous items of clothing were collected and distributed to needy families in Boulder County and to various charitable organizations.

We plan to have collection boxes available in your school by October 13, with pick-up dates of November 2, November 16 and November 30. Once the coats are picked up they will be distributed to various Boulder County charities and people in need.

Thanks to the efforts of all concerned the program has been very successful in the past and has provided warm clothing to many less fortunate men, women and children. On behalf of the entire Rotary Club, I wish to express our gratitude for your continued support and participation in the program.

Sincerely,

Bob Harberg, Boulder Valley Rotary Club
303-441-3124, harbergr@gmail.com

Our school will be participating in Share-a-Gift again this year. Share-a-Gift is an annual, all-volunteer toy collection and distribution holiday project encompassing the Boulder Valley Schools area. Last year over 600 households (1600 boys and girls, ages birth to 14) received these community donations. To be successful, Share-a-Gift needs thousands of high quality, new and used toys, games, books, and puzzles. School collections are the biggest source of toys for Share-a-Gift. This collection allows children to meaningfully participate in gift giving by sharing their own gently used or new toys with less fortunate children in Boulder county. Toys may be dropped off in the Share-a-Gift box in our school beginning the Monday after Thanksgiving, November 27th, through Wednesday, December 13th.

Thanks for sharing with your community!

If you would like to volunteer to help with this worthwhile project, please go to volunteers@shareagift.org
Due to the large amount of equipment being used in our tumbling and gymnastics unit we will be cancelling Jump Rope Club and Intramurals on the following days.

No Jump Rope Club on Dec. 12th and Dec. 19th
No Intramurals on Dec. 7th, 8th, Dec. 14th, 15th, Dec. 21st, 22nd.

Both activities will resume after Winter break.

Thanks,
Mr. Soole
Two days after her second painful failure in the Olympic Trials, Vonetta's husband spotted an advertisement for try-outs for the United States Olympic bobsled team. He convinced her to go to the tryouts. Growing up in the South, Vonetta was not accustomed to cold and snow, and she knew next to nothing about bobsledding. However, at the try-outs her unusual blend of speed and strength proved to be ideal qualities for a brake woman (the person who pushes the bobsled to give it initial momentum and then hops in with the driver). Vonetta was chosen for the team.

Vonetta's decision to join the bobsled team came with a price - two more years of a strict diet, sore muscles, and countless hours dedicated to attaining peak physical fitness. It also meant delaying her dream to be a mom. However, her years of perseverance paid off. Not only did Vonetta achieve her lifelong goal of competing in the Olympics, but she also became the first African-American to win a gold medal in the winter Olympics!

**Perseverance punctuates talent**

Vonetta's talent seemed almost limitless, but it wouldn't have carried her to the Olympics without an admirable measure of perseverance. Life seems designed to make a person quit. For even the most talented individual, obstacles abound, and failures are commonplace. Only when a person matches talent with perseverance do opportunities become avenues of success.

**Perseverance means succeeding because you are determined to, not destined to**

If Vonetta had seen her Olympic dream as a matter of destiny than she likely would have given up after her second failure to make the track and field team. After 17 years of training, the results signaled that her dream wasn't meant to be. She had no natural reason to be hopeful about her prospects. However, she pressed on, determined to find a way to take hold of her goals, and in the end, she was rewarded with success.

**Perseverance means stopping, not because you're tired, but because the task is done**

Perseverance doesn't come into play until a person is tired. A year or two after college, Vonetta still was riding the excitement of her collegiate track and field championships. She was young, energetic, and optimistic about the future. Nothing was telling her to stop, and consequently she needed nothing extra to keep going.

However, after a taste of disappointment at the Olympic Trials, fatigue and discouragement crept up on Vonetta. The mountain of work in front of her began to look more and more daunting, and her dream began to be a little harder to imagine. Nonetheless, Vonetta persevered. She kept believing, she kept training, and she kept running until she finally caught up with success.
Thank you so much for your support of the book fair. It was a huge success, and we earned just over $4,500 in Scholastic credit to be used to update the library and classroom book collections (55% of sales!). When we earn Scholastic credit, we are able to take books from the book fair but also can shop for high quality, library bound books from the Scholastic Resource catalog. A huge thank you also goes out to the awesome book fair volunteers who made this fair happen: Gwen Grasse, Michelle Wellington, Tamara Bodner, Amy Kahn, Linna Yu, Denise Walker, Narisa Wild, and Vanessa Carroll. I couldn’t have done it all without you!!! Thank you also to Amy Kahn who donated the proceeds from her ramen cooking book to the school and the generous families who purchased books for teachers from their wish baskets. Teachers were delighted with their new classroom books.

As the holiday season approaches, don’t forget to patronize our generous local business, Grand Rabbit’s Toy Shoppe when shopping for toys and books for children. (Grandrabbits donates 5% of your sale to a school of your choice, but you must remember to request Bear Creek!)

Vision & Hearing Screening
Monday, December 4th

On Monday, December 4th, the annual Vision and Hearing screening tests are being held at Bear Creek in accordance with state statute. They are performed in elementary school on kindergarten, 1,2,3, and 5th graders; those new to the district; special education students and those where there is current vision or hearing concern. These tests are conducted under the supervision of the School Nurse Consultant by the vision and hearing screening teams. A parent or guardian may submit an exemption from screening testing for his or her child. Exemption forms must be returned to the Bear Creek office by December 1st.

I still need 3 volunteers to make this happen so if you would like to volunteer please go to HelpAtSchool.

Hearing Screening Waiver
Vision Screening Waiver
Bear Creek Geography Bee

The Bear Creek Geography Bee will take place at Bear Creek on Friday, December 15, 2017 at 1:30 p.m. in the Fish Bowl.

Come and cheer on the 4th and 5th graders who will be part of our School Bee!!

If you would like to help as an announcer or judge in the competition, please send me an email (Heidi.casey@bvsd.org) as soon as possible. We would really appreciate your help.

Heidi Casey

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November Thrive Update Newsletter

In accordance with the BVSD policy on distribution/posting of non-curricular material—Bear Tracks will print curricular items about our school. Many outside opportunities available, (i.e. Science Matters, second language programs, parenting workshops, community sports, non-profit organizations, etc.) may be posted on the hall bulletin board with prior approval of the Principal, but may not be included in Bear Tracks. Be sure to check the Parent’s Board in the school for information regarding outside opportunities. All articles can be submitted to Carolyn Walker at carolyn.walker@bvsd.org.

<table>
<thead>
<tr>
<th>Submission Deadline</th>
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<td>November 8</td>
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Additional information about Bear Creek can be found on the website at http://www.bvsd.org/schools/bearcreek/.
The Spelling Bee is coming!
Friday, January 19th, 1:15 PM
in the Bear Creek fishbowl

All 3rd - 5th graders will take a pre-test in December. Students with the highest scores will receive notification with more information about the competition at Bear Creek and a study list. The winner of the school spelling bee will advance to participate in the Regional Bee that will be held on February 10, 2018.

We use parent volunteers to help run the spelling bee at Bear Creek. Email emily.kallio@bvsd.org if you are interested in volunteering. Thanks!
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<td>Picture Re-take Day</td>
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<td>Report Cards Viewable on Parent Portal &amp; KG paper copies go home</td>
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**Thanksgiving Break**
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<td><img src="image2.png" alt="Image" /></td>
<td>Open House @ 1:00 pm</td>
<td>OE Night @ SoHills</td>
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<td>Vision &amp; Hearing Screening</td>
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<td>5th Poetry Show</td>
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<td>5th Grade Band &amp; Orchestra Concert @ 2:15</td>
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<td>5th Poetry Show</td>
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**Winter Break**
CU WIZARDS!
PRESENTING
PROFESSOR MONI FLESHNER

IMMUNITY IN HEALTH AND DISEASE: SUPERHEROS WITHIN!!

FREE STEM FOR KIDS!

Saturday
Nov. 18
9:30 a.m.

Cristol Chem.
Room 140
CU Wizards!

For over three decades, the CU Wizards program has presented FREE monthly shows that entertain and inform children about the wonders of science. Under the direction of Prof. David Nesbitt, these interactive shows are presented once a month from September through June. They are hosted by renowned University of Colorado, Boulder professors and provide a perfect start to a fun-filled weekend. The shows are geared toward children and young adults, but all are welcome.

Each program lasts about an hour and includes several lively demonstration experiments.

**No reservations required. All shows are on Saturday mornings and begin at 9:30 a.m.**

### WHERE?

At the University of Colorado at Boulder in the Duane Physics or Cristol Chemistry buildings. There is FREE PARKING in lots 308 and 436. There is also parking available for a $4.00 flat fee in the Euclid parking structure. Please refer to our website for additional parking information.

### SPONSORS:

- Chancellor DiStefano
- David Paddock Endowment
- George Gamow Memorial Lecture Fund
- College of Arts & Sciences
- Merrill Lynch
- CU Science Discovery Program
- CU Outreach Program
- Local Wizards Fans who donate!

### CU Wizards 2017-2018 Schedule:

<table>
<thead>
<tr>
<th>Date</th>
<th>Speaker/Title/Location</th>
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<tbody>
<tr>
<td>9/30/2017</td>
<td>Prof. Janet deGrazia &quot;Go With the Flow!&quot; Cristol Chem 140</td>
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<tr>
<td>10/28/2017</td>
<td>Master Storyteller Susan Marie Frontczak &quot;A Visit with Madame Curie&quot; Special 150th Anniversary of Curie's Birth! Old Main Chapel</td>
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<tr>
<td>11/18/2017</td>
<td>Prof. Moni Fleshner &quot;Immunity in Health &amp; Disease: Superheroes Within!&quot; Cristol Chem 140</td>
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<tr>
<td>12/2/2017</td>
<td>Prof. Brian Hynek &quot;Rocks on Mars!&quot; CU Planetarium</td>
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<tr>
<td>1/27/2018</td>
<td>Prof. Eric Cornell &quot;Speed!&quot; Duane Physics G1830</td>
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<tr>
<td>2/24/2018</td>
<td>Prof. David Nesbitt &quot;The Chemistry of Cooking!&quot; Cristol Chem 140</td>
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<tr>
<td>3/17/2018</td>
<td>Prof. Paul Beale &quot;Much Ado About Absolute Zero!&quot; Duane Physics G1830</td>
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<tr>
<td>4/28/2018</td>
<td>Prof. Mathias Weber &quot;Sink or Swim!&quot; Cristol Chem 140</td>
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<tr>
<td>5/12/2018</td>
<td>Prof. Rebecca Thompson &quot;The Physics of The Game of Thrones!&quot; Duane Physics G1830</td>
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<tr>
<td>6/16/2018</td>
<td>Prof. Andrew Hamilton &quot;Blackholes!&quot; CU Planetarium</td>
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For more information please visit: [www.colorado.edu/cuwizards](http://www.colorado.edu/cuwizards)
SOUTHERN HILLS MIDDLE SCHOOL

Open Enrollment

MENU

This special Open Enrollment menu is full of offerings that will give you a taste of what Southern Hills is all about.

Starters

For starters, we have two informative events for parents only. Come see a presentation by the Parent Engagement Network (PEN) about the important role parents play as their students navigate middle school. Or, attend a talk and conversation with our principal, Chavonne Gloster.

10/26, 11/1, 11/15, 11/29 & 12/13 | PEN How to Raise an Adult Book Group | 7:00-8:30 p.m.
11/7 | PEN “High Performance Parenting” Presentation | 6:00-8:00 p.m.
11/9 | Principal’s Coffee Chat | 9:00-10:30 a.m.

Main Course

Our entrees are filled with information about the culture of learning at Southern Hills. The evening events offer the opportunity to meet and hear from teachers, students, and administrators, while the daytime event will give you a taste of our school in action.

11/15 | Evening Presentation & Tour | 6:00-8:00 p.m.
12/7 | Evening Presentation & Tour | 6:00-8:00 p.m.
12/14 | Daytime Tour & Admin. Presentation | 2:30-4:00 p.m.

Dessert

Enjoy some sweet entertainment crafted specially by our music department and performed by Southern Hills students.

11/2 | Jazz Band Concert - 7th & 8th Grade | 7:00-8:00 p.m.
11/14 | Orchestra Concert | 7:00-8:00 p.m.
12/5 | Choir Concert - 7th & 8th Grade | 7:00-8:00 p.m.
12/6 | Choir Concert - 6th Grade | 7:00-8:00 p.m.
12/19 | Band & Jazz Band Concert - 6th Grade | 7:00-8:00 p.m.
See SHMS Website | Boys Basketball Games | 4:00-5:00 p.m.
OUR RECENT NEWSLETTER HAD THE WRONG LOCATION FOR THE HILLSIDE EVENTS IN OCTOBER PLEASE SEE BELOW FOR THE CORRECT LOCATION

October is dyslexia awareness month, and Hillside School will be hosting the following 2 events at the Boulder JCC located at 6007 Oreg Ave. Boulder CO 80303:

10/10 at 12:15-1:45pm: Dyslexia and Learning Part I
11/14 from 12:15-1:45pm: Dyslexia and Learning Part II

Thanks, we hope to see you there!

For more information, click the link below

http://hillsidelearning.org/hilltopics/
BVSD is working to improve air quality in our schools

Last year, BVSD began a long term initiative to collect indoor air quality data across the district to identify where we can make changes to improve it. Recognizing the proven role of good indoor air quality for student performance and health, BVSD hopes this work will have significant benefits for students and staff. There are a couple of ways parents are asked get involved and help with this effort:

**Provide information about reasons for absenteeism**
In addition to collecting data from school sites, we want to understand how air quality may be affecting student health and absenteeism. Beginning this school year, when parents call in to report a health-related absence from school, they will be asked to identify the nature of the illness. [Learn more.]

**Join the District-wide Air Quality Team**
The district is creating an [Indoor Air Quality Team](#) to work with us on this initiative. The team will include BVSD principals, teachers, parents and community members. Once convened, the team will determine meeting times and schedule. Applications are due September 9. Follow these links for [more information](#) and the [application](#).

For more information about the air quality initiative, go to: [bvsd.org/airquality](http://www.bvsd.org/airquality).

### Student accident insurance 2017-2018

Low-cost student accident insurance is again being offered by Markel this year. They have changed their enrollment method from paper to electronic and will not be providing print outs to schools to distribute to students. Attached is a PDF of their enrollment information. This information is also available on the district website at [http://www.bvsd.org/employees/AthleticsActivities/Athletic%20Insurance%20Information/Forms/AllItems.aspx](http://www.bvsd.org/employees/AthleticsActivities/Athletic%20Insurance%20Information/Forms/AllItems.aspx).

### Healthy Kids Initiative

Another possible option for parents whose students need health insurance is the Boulder County Healthy Kids Initiative which helps families enroll in Child Health Plan Plus (CHP+) and Medicaid. CHP+ and Medicaid are free and low-cost health insurance plans that provide dental, medical, prescription, mental health, and vision benefits. There are no monthly premiums, and co-pays range from $0 - $15 depending on family income. CHP+ has higher income eligibility limits than many public assistance programs, so many working families can qualify. Assets are not considered when determining eligibility for these programs. Some families who have not previously qualified may be able to qualify now due to new income guidelines.

Eligibility specialists are available to serve families at all BVSD schools. Call 720-515-1454 today to talk with a specialist or to make an appointment!

More information is available on the district website at [http://www.bvsd.org/healthykids](http://www.bvsd.org/healthykids). A link to this page is on the front page of the district site: Go to [www.bvsd.org](http://www.bvsd.org) and click the Healthy Kids Initiative logo at the bottom of the page. **Nondiscrimination/Equal Opportunity**

In compliance with Titles VI and VII of the Civil Rights Act of 1964, Title IX of the Education Amendments of 1972, Section 504 of the Rehabilitation Act of 1973, the Age Discrimination in Employment Act of 1967, the Americans with Disabilities Act, the Genetic Information Nondiscrimination Act of 2008, Colorado law and Board of Education Policy AC (Nondiscrimination/Equal Opportunity), Boulder Valley School District does not discriminate on the basis of disability, race, creed, color, sex, sexual orientation, gender identity/expression, national origin, religion, ancestry, need for special education services, age, marital status, genetic information, or physical characteristics in admissions, access to, treatment, or employment in educational programs or activities which it operates. Complaint procedures have been established for students, parents, employees and members of the public. The following person has been identified as the compliance officer for the district:

Superintendent, Boulder Valley School District6500 Arapahoe Rd. Boulder, CO 80301 720.561.5114 Superintendent@bvsd.org