Building “Love” Day

Thanks to Jamie Gardner who brought to the BCPTO’s attention that during lunch on cold days, the kids had to make room for their coats, hats and mittens at the lunch table rather than their friends. Now they can hang their belongings and sit next to their friends!

The Building Love team painted and replaced mirrors in boys’ bathroom by Mrs. Platt’s room.

This troop of vigorous building lovers also painted ALL walls in the Girls’ bathroom near Mr. Neiman’s classroom.

Thanks to our stellar volunteers, the Art Room hallway got a spruce up with an accent stripe nearly all the way down the hall. Thanks Mrs. Wright for the bright vision.
BEAR CREEK CALENDAR
AT A GLANCE

Friday, February 16
NO SCHOOL - Work Day

Monday, February 19
NO SCHOOL - Presidents’ Day

Wednesday, February 21
Parent/Teacher Conferences 3:30-7

Friday, February 23
YMCA Kids Night In

Monday, February 26
Report Cards viewable in Parent Portal

Monday, February 26 - Friday, March 2
Lip Sync Dress Non-Dress Rehearsals

Thursday, March 8
Lip Sync Dress Rehearsals from 3-5

Friday, March 9
Lip Sync Performance 5:00 & 7:00

Tuesday, March 13
PTO @ 1:30

Monday, March 19
Last Day for Jump Rope

Thursday, March 22 & 23
Last Days for Intramurals

Monday-Friday, March 26-30
Spring Break

Tuesday, April 10
PTO 1:30

Friday & Monday, April 13 & 16
NO SCHOOL

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.

Kindergarten Enrollment for 2018-2019

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 and date of birth.

Volunteer Badges

Bear Creek would not work as smoothly without our wonderful volunteers!!

We enjoy having you in our building participating in your child(s) learning.

Would you please look through your “catch all” places and see if you might have a badge lying about?

Thank you,
Carolyn
The Flu: A Guide For Parents

FLU INFORMATION

What is the flu?
Influenza (the flu) is an infection of the nose, throat, and lungs caused by influenza viruses. There are many different influenza viruses that are constantly changing. Flu viruses cause illness, hospital stays and deaths in the United States each year.
The flu can be very dangerous for children. Each year about 20,000 children younger than 5 years old are hospitalized from flu complications, like pneumonia.

How serious is the flu?
Flu illness can vary from mild to severe. While the flu can be serious even in people who are otherwise healthy, it can be especially dangerous for young children and children of any age who have certain long-term health conditions, including asthma (even mild or controlled), neurological and neurodevelopmental conditions, chronic lung disease, heart disease, blood disorders, endocrine disorders (such as diabetes), kidney, liver, and metabolic disorders, and weakened immune systems due to disease or medication.

Children with these conditions and children who are receiving long-term aspirin therapy can have severe illness from the flu.

How does the flu spread?
Most experts believe that flu viruses spread mainly by droplets made when people with the flu cough, sneeze or talk. These droplets can land in the mouths or noses of people who are nearby. Less often, a person might get the flu by touching something that has flu virus on it and then touching their own mouth, eyes or nose.

What are the symptoms of the flu?
Symptoms of the flu can include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills, fatigue and sometimes vomiting and diarrhea (more common in children than adults). Some people with the flu will not have a fever.

How long can a sick person spread the flu to others?
People with the flu may be able to infect others by shedding virus from 1 day before getting sick to 5 to 7 days after. However, children and people with weakened immune systems can shed virus for longer, and may be still contagious past 5 to 7 days of flu illness, especially if they still have symptoms.

PROTECT YOUR CHILD

How can I protect my child against the flu?
To protect against the flu, the first and most important thing you can do is to get a flu vaccine for yourself and your child.

- Vaccination is recommended for everyone 6 months and older.
- It’s especially important that young children and children with long term health conditions get vaccinated. (See list of conditions in “How serious is the flu?”)
- Caregivers of children with health conditions or of children younger than 6 months old should get vaccinated. (Babies younger than 6 months are too young to be vaccinated themselves.)
- Another way to protect babies is to vaccinate pregnant women. Research shows that flu vaccination gives some protection to the baby both while the woman is pregnant and for up to 6 months after the baby is born.

Flu vaccine is updated annually to protect against the flu viruses that research indicates are most likely to cause illness during the upcoming flu season. Flu vaccines are made using strict safety and production measures. Over the years, millions of flu vaccines have been given in the United States with a very good safety record.
Happy Valentine’s Day

Firstly, we would like to thank all our Building Lovers. Children using the hallway leading to Mr Neiman’s class room have seen a lot of love applied to their environment. With some paint, stencils and hard work, 16 parents upgraded two cubby areas, two bathrooms, brightened up Gym hallway and added hooks to the cafeteria. Thank you!

Secondly, we would like to thank all of our Cashback card users! We are on track to reach our annual (July-June) goal of $34,000 from our Cashback program. As of January, we have earned $21,000. What happens if we exceed our goal? We won’t know if there is a surplus until May, when all our expenses have be covered. We then review any funds request not met, and together with Kent the board votes on how to invest the money. In March we start the budgeting process, and at the April meeting we will review next year’s budget. Our meetings are always open for all Bear Creek parents to attend.

There are plenty of positions open next year; Chair, Co-Chair, Co-Hospitality, Co-Fundraising, and Carnival positions. More information to come. Please send me an email if this sounds interesting or if you have any questions.

Karin Larsson, PTO Chair
karin.f.larsson@gmail.com

www.HelpAtSchool.org
**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](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!

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**February Issue of Thrive Update Newsletter**

**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](https://helpatschool.org) to sign up. Thank you in advance for your participation!

**All dates are Wednesdays, here’s the schedule:**

- 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
Order your 2017–2018 Bear Creek YEARBOOK Now!

Largest yearbook ever created by 84 student volunteers

What’s inside:
★ New! Stories by student journalists
★ Class pictures & montages for every grade
★ More, more, more pics from student photographers
★ Every child wants a yearbook as a keepsake and collection of friends’ signatures

Fill out and return to the office

Student Name ____________________________ Teacher & Grade ____________________________

# copies: ______@ $16 per copy = $ ______ enclosed

5TH GRADE STUDENTS RECEIVE ONE FREE COPY FROM THE PTO! No need to complete form if you are a 5th grade student.

Please attach cash or check payable to Bear Creek Elementary and return via your child’s Friday Folder, or drop at the front office. Thank you!
Winter Check-List for Bike Riding

• Wear something bright – better yet: Reflective!
• Hood/hat that fits under helmet + covers ears.
• Wind-proof gloves that fit over coat sleeves.
• Wind-proof leg-wear. Do your boots work on bike?
• Does your coat expose your neck? Add scarf.
• Check for air in tires/oil on chain.
• Check tread on tire – Consider winter tires
• Check all of the above for your kid(s) too!
• Is this your work commute? You will probably return after dark - Please check lights/batteries! One white in front, one red in the back – always!

Also consider:

• installing mudguards over both wheels,
• and a bell – For your own and fellow cyclists sake.
• and a chain guard.

Winter Walk to School Day
Student Council

The goal of Student Council is to be an effective leadership group at Bear Creek that develops strong leaders through our support of our school, community, and global causes. We look forward to an eventful semester, and want to make sure you, the parent, know what is going on. Being a part of Student Council requires that students come to meetings on the first Wednesday of each month from 3:05 to 3:50 PM.

Dates are listed below.
February 7th, March 7th, April 4th, May 2nd

Spirit Days:
February 23 - Twin/Look Alike Day (wear matching outfits with a friend)
March 9 - Future/Olden Days (dress like someone from the future or past)

We would also like to begin a coin collection, to raise money to buy a 14 year old Autumn Blaze Red Maple tree. Fourteen years would represent the time Kent has been at Bear Creek. (Not long enough...) We would like to do this in tribute to Kent, so that we can put down some "roots" for his time at Bear Creek. We were thinking an Autumn Blaze Red Maple, because it is a beautiful hardy, tree with stunning red foliage, and grows quickly and well in this zone.

Thank you for your support and please contact us with any questions,

Jenny Platt and Jason Henkhaus
jennifer.havlick-pla@bvsd.org; jason.henkhaus@bvsd.org

A big thank you to everyone who volunteered to make the event a success!
4th Grade Celebration of "Friendship"

4th Grade celebrated “Friendship” by making lunches for one another.

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.

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<td>March 15</td>
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Additional information about Bear Creek can be found on the website at http://www.bvsd.org/schools/bearcreek/. 
Flyers for Mr. Soole’s summer speed camp will be available at the end of February. You can pick up a flyer from the table located in the main entry near the office. Camp this summer will be held on June 5th, 6th, 7th, 12th, 13th, 14th.

Thanks, Mr. Soole

Want to know how to improve sports performance or what makes a good athlete? Ask a coach! Swim coach Bob Bowman has worked with Olympic gold medalist Michael Phelps for 14 years. He shares his thoughts on everything from recognizing talent to avoiding burnout.

Talent and Skill

What did you see in Michael Phelps that led you to believe he has a special talent?
I saw a tremendous competitive spirit, no matter what he was doing. The first time I saw him he was playing games with his friends behind the pool, and it was clear from just watching that he loved to win and he hated to lose.

The other thing was, he's built as a swimmer. I saw him swim in a meet when he was 10, and you could tell that he had the physical skills and physical attributes that were going to be necessary.

What would you say are the top three things people can do to improve their performance in a sport?
Number 1, improve their technique or skill level. Whatever the sport, you need to really practice the fundamentals and improve your basic skills.
Number 2, be a student of the strategies of the game. That comes from looking outside yourself and at the sport as a whole.
Number 3, take care of yourself away from the field of play or the pool. Proper nutrition, getting enough rest, taking care of your body by stretching, and doing things like that.

What signs do you look for that tell you an athlete might have the right stuff to really excel in a sport?
The first thing I look for is competitiveness and mindset. How do they approach their sport? That's the first thing I noticed about Michael when he was young.

The second thing I look for is skill level. People naturally tend to gravitate toward activities that they feel comfortable in and their bodies are really geared toward doing. So how do they pick up the basic skills? That would be a good indicator.

The Value of a Good Coach

Let's talk a bit about coaching. What can good coaching do for an athlete?
The most important thing a coach does is give feedback. Also, I think we give guidance and motivation and some other things. A coach really is a partner in your activity, and I think it's so much better when you have one.

Would you recommend looking for a personal coach for athletes who feel like they're not getting the right amount of coaching?
Private coaching is a lot like private lessons in music: it absolutely helps. If you want to improve your individual skills, working with someone one on one is very effective. I advise talking with the coach of your team to set it up, but I think it's very good.

Michael has said in the past that you really push him and you're tough on him and he appreciates that. Why is it important for a coach to push an athlete?
There's a great quote I heard: "There can be no growth without discontent." That's true in every phase of life. Think about it: Why would you change something if you're perfectly happy with the way it is?

What I do is continually raise the bar and challenge my athletes to reach higher and go to a different place. Sometimes that’s uncomfortable for people. But it's a great experience for them, because they learn how to handle different situations. They learn what capabilities they have and what things they need to work on. I think that's where it all comes from.
What Coaches Expect

What do you expect from athletes? What do they need to contribute to be doing their part?
The most important thing that athletes need to contribute is an honest effort. If they come in on a daily basis and give you the best that they can on that day, in the long run they're going to be very successful. When they tend to not give a full effort or don't give their full concentration, that's when you run into problems.

What attributes do coaches most appreciate in athletes?
I appreciate when they're really conscientious and making the effort to give their best effort on a consistent basis.

How much do you appreciate them working on things on their own?
I love it. I love it when athletes take the initiative to work on things without being told to do it.

The Rest of Life

Any advice on how best to balance school and a sport?
I think you have to make sure that you're meeting your commitments to both. People can handle a lot of things. What I've found most important is learning to budget your time. If you sit down and plan out your day and what you're going to do with each hour of the day, you can find time to do a lot of different things.

Any tips on eating?
Obviously, you want to stay away from junk food. All young people probably need to eat more fruits and vegetables. Eat a balanced diet. The more healthy eating habits you can establish when you're young, the better off you'll be later.

What about grades and school?
I tell people this all the time: "Swimming is a great sport. It's good for you and can take you a long way, and you'll learn a lot. But it's not going to be your profession." Unless you're Michael Phelps. And it's not even going to be his profession for much longer.

You need to be preparing yourself for your future, and there's nothing you can do to help yourself more than getting a good education.

Staying at the Top of Your Game

What can athletes do in the off season to keep themselves in top shape, and what shouldn't they do?
What they shouldn't do is sit around and watch TV all the time! Stay active. Anything that makes a person a better athlete, in any area, will help the sport. If you're a swimmer, and you want to play basketball or run or lift some weights, it's all good. Just staying active and using your body.

CU Wizards

A great morning at CU Wizards with some fabulous Bear Creek scientists! We learned many things including how to calculate the speed of very slow things and very fast things, how to estimate how far away a lightning bolt struck, and that radio waves travel at the speed of light! Two enthusiastic scientists even asked Nobel Laureate Eric Cornell for his autograph :) Way to represent!
What a wonderful celebration! Thank you Mrs. James & Ms. Bloom for all your hard work and Jeff Finkelstein for the wonderful pictures!!!
## February 2018

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- **February 2018**
- **MLK Assembly @ 1:30**
- **Parent/Teacher Conferences 3:30-7:00**
- **Winter Walk to School Day**
- **Lip Sync Music/Lyrics Due**
- **PTO @ 1:30**
- **SAC @ 3:15**
- **End of Trimester Bear Tracks**
- **NO SCHOOL Presidents’ Day**
- **NO SCHOOL Work Day**
- **Lip Sync Non-Dress Rehearsals**
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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 309 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:

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<th>Date</th>
<th>Speaker</th>
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<tr>
<td>9/30/2017</td>
<td>Prof. Janet deGrazia</td>
<td>“Go With the Flow!”</td>
<td>Cristol Chem 140</td>
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<td>10/28/2017</td>
<td>Master Storyteller</td>
<td>“A Visit with Madame Curie”</td>
<td>Old Main Chapel</td>
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<td>Susan Marie Frontczak</td>
<td>Special 150th Anniversary of Curie’s Birth!</td>
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<td>11/18/2017</td>
<td>Prof. Moni Fleshner</td>
<td>“Immunity in Health &amp; Disease: Superheros Within!”</td>
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<td>Prof. Brian Hynak</td>
<td>“Rocks on Mars!”</td>
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<td>Prof. Eric Cornell</td>
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<td>“The Chemistry of Cooking!”</td>
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<td>“Sink or Swim!”</td>
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<td>“The Physics of The Game of Thrones!”</td>
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<td>Prof. Andrew Hamilton</td>
<td>“Blackholes!”</td>
<td>CU Planetarium</td>
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For more information please visit: www.colorado.edu/cuwizards
CU Wizards Presents:
Professor David Nesbitt

The Chemistry of Cooking

"If you wish to make an apple pie from scratch, you must first invent the universe."
~ Carl Sagan

February 24th
9:30-10:30 a.m.
Cristol Chemistry Rm 140

www.colorado.edu/cuwizards
Boulder Valley Schools
Community Night with the Colorado Avalanche

Colorado Avalanche vs. Minnesota Wild
Friday, March 2nd • 7:00PM • Pepsi Center

TICKETS STARTING AT: $25
NO ADDITIONAL TAXES OR FEES! Subject to change.
$5 of every ticket sold will be donated to the Boulder Valley Schools!

FIND TICKETS:
avalanche.teamkse.com/bvsd0302

For questions please contact Kiley Long with the Colorado Avalanche:
303.405.7625 | Kiley.Long@TeamKSE.com
We Impact Students, Teachers, Public Education, Community, Innovation

Do you know about the important work we do within our community?

How We Make an Impact

- **Crayons to Calculators**
  Ensuring local students, no matter their financial situation, are equipped with the school supplies they need to succeed. 10,250+ backpacks full of supplies were delivered in 2017.

- **Career Pathways**
  Cultivating career exploration after school with students participating in different career possibilities through hands-on and meaningful learning experiences. Students are also connected with professional mentors within the business community.

- **Summer Shuffle**
  Preventing summer slide in literacy among students in low-income neighborhoods, in partnership with Boulder Housing Partners.

- **Classroom Innovation Grants**
  Funding for innovative instruction projects and methods that require support beyond schools’ capabilities.

- **Opportunity Fund**
  Fostering student motivation, engagement, and success by reducing economic barriers to participation in enriching educational experiences. $77,000 was provided to students in 2017.

Please visit our website today to learn more about the **IMPORTANT** work we do within our community:

ImpactOnEducation.org
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.

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.

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. A link to this page is on the front page of the district site: Go to 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