Dear Parents,

As so many of you know, we have an amazing staff at Bear Creek Elementary. I get to see these amazing professionals at work every day - they love each and every child, they provide the highest levels of academic and social-emotional learning, and they make Bear Creek a safe, fun and engaging school for every student. They are a one-of-a-kind staff, and that helps make Bear Creek a one-of-a-kind school.

Something you may not know is that our staff is extremely motivated by professional learning. Several studies reference that the strongest predictor of student achievement is a high-quality staff. Bear Creek teachers strive to stay at the forefront of evidence-based educational practices, so that our students get the very best elementary education and experience.

I’m excited to share with you that our staff has decided to participate in the Boys Town Well-Managed Schools training. This program emphasizes relationship building, proactive classroom management practices, social skills instruction to reduce behaviors that interfere with learning, and to empower students with self-management skills. Boys Town is one of the few programs that can be integrated into the entire school day and across the curriculum. Many BVSD schools have implemented this program the past few years, and have seen marked improvement in school climate and culture. We believe implementing this program at Bear Creek will further improve our already great school climate and culture.

With the financial support of the Bear Creek PTO, we have 14 teaching staff members trained and implementing Well-Managed Schools' strategies in classrooms. We will train the remainder of our teaching staff this spring, and our support staff next fall. The full Bear Creek staff will plan school-wide implementation in August, with many more details to be shared with our community next school year - stay tuned!

I hope you and your family have a rejuvenating Winter Break! I look forward to a great 2019 at Bear Creek!

With great pride in Bear Creek,

~Tanner
BEAR CREEK CALENDAR
AT A GLANCE

Monday, December 17
Instrumental Concert 2:15 in Cafeteria

Wednesday, December 19
Spotlights Concert @ 9:00am and 6:30pm

Thursday, December 20
OE Open House Tour @ 9:30

Friday, December 21
Principal Coffee & Chat @ 8:45

Monday, December 24 - Monday, January 7
Winter Break

Monday, January 14
Garden Committee @ 8:35

Friday, January 18
Geography Bee @ 1:30

Monday, January 21
NO SCHOOL - MLK Day

Wednesday, January 23
Spelling Bee @ 1:30

Friday, January 25
Principal Coffee & Chat @ 8:45
MLK Assembly

Monday, January 28
Lip Sync Sign Up Begins
Perry Conway Assemblies

Tuesday, February 5
Parent/Teacher Conferences
SAC @ 3:15

Thursday, February 7
Parent/Teacher Conferences

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.

*Lifelcog 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.

LOST and FOUND

The lost and found is located at the end of the hallway by the gym between the inside and outside doors.

Here is the December Thrive Update

Health Room in need of gently used boy’s underwear, generic (boy/girl) sweats, and socks!!

Teacher/Staff Appreciation Snacks - Sign up

Principal Coffee and Chat - Mr. Dayhoff will be hosting a Principal Coffee Chat on Friday, December 21st from 8:45-9:30am in the Fishbowl. For December's Coffee Chat, Kim Orr - Eco-Cycle's new Green Star Schools Project Manager - will be sharing information on recycling and composting in our area. Bear Creek students learn about these concepts regularly, and we've had several parents ask for a similar update. We hope you're able to join us!

Winter Break begins.....December 22, 2018 - Monday, January 7, 2019...
Students back on Tuesday, January 8, 2019
Deb Barnes, Congratulations On Your Retirement!!

We'll miss you! ❤️ Emily
We love you! Here's to more grandbaby time! ❤️ Ray
Much love to Mia❤️ Sarah K.
I love you!❤️ Amy NC
Clear your head!❤️ Michelle H.
Enjoy the fun!❤️ Stephanie
Lucky you!❤️ Teresa
Enjoy time with your family & friends—you've earned it!❤️ Gayle Charland
I'll miss ya muchly!❤️ Sheila
All the best!❤️ Francisco Uribe
Best of luck!❤️ Marie Kerger
We will miss you.❤️ Kathy
We will miss you!❤️ Joe
We will be missed!❤️ Lori
Happy Retirement!❤️ Devon
Deb—thank you for your kind, caring, thoughtful spirit. We will miss you.❤️ Jenny
Woohoo!❤️ Terri
Taylor
Francesco Rollin
Francisco Uribe
Taylor
Sandra Dunamay
REMEMBER TO USE YOUR
CASHBACK CARDS
OVER THE HOLIDAYS

www.helpatschool.org- Please sign up and visit this site regularly to find volunteer opportunities at school.

Want to learn more about the PTO Budget, TLC Donation, Volunteering and/or Cashback Cards? Please visit the Bear Creek PTO Web Page

*There will be no December PTO meeting.
**Welcome Bear Creek Families!**

**Walk and Bike to School in 2018-19**

For fun! For health! For less traffic! For less pollution and greenhouse gases!

---

**Trip Tracker**

Trip Tracker is the Boulder Valley School District’s program to encourage kids to get to and from school without a car.

Kids report their car-free commutes each month and earn Trip Tracker dollars. These dollars can be redeemed like cash at participating local businesses. It’s a win-win! Sign up today!

Tracking starts September 4th. Download a Trip Tracker calendar for September at the TT website!

**Read more and sign up at**

**www.bvsd.org/tracker**

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**Join our group!** Parents, we need fresh members to replace those we’ve lost to middle school. Help encourage kids to get to school in a safe and healthy manner, improve the conditions for green commuting around our school, and reduce the cars on our roads. It’s a simple and easy way to get involved at Bear Creek! We don’t bite and it’s not a big commitment.

If interested, drop us a line at bear-creek-cfo-team@googlegroups.com

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**The Cruger Cup**

Our former principal Mr. Cruger continues to challenge us to a 100% car-free school year. All students who get to school without a car all year long will win the coveted Cruger Cup!

**Got to drive?** Park at least ¼ mile away and walk the rest of the way...you’re still in the running! Also, sick days do not count against your effort!

Students need to be signed up with Trip Tracker to be eligible for the Cruger Cup.

If your kiddo won the Cruger Cup last year, stop by the office to sign up for your chance to TAKE HOME THE CUP!
If your child walked, biked, scootered, took public transportation, car-pooled, etc., to school every day that they attended school last year (at least 1 way) as you probably know, he/she has earned the right to bring home the CRUGER CUP for one week this year. If your child is one of the students who made it last year, stop by the office and talk to Carolyn and she can sign you up for a week to take the Cup home. We have 2 Cruger Cups this year so each child should get their own week.

Much like the Stanley Cup, the Cruger Cup has gone many places and has many stories to tell. We know that some people have even eaten their morning cereal out of the Cruger Cup (although we highly recommend a serious cleaning process before you do this) and we know it's been to top of at least one 14er! Don't forget to take a picture with the cup and send it to us.

TRIP TRACKER

This year, we are so happy to be partnering with BVSD's Trip Tracker program, which rewards students for walking, biking, carpooling or riding the RTD to school. Students will earn Trip Tracker Dollars that they can spend like cash at local Boulder businesses like Glacier Ice Cream, Gateway fun Park and Play It Again Sports. Trip Tracker will begin the 2018-2019 School Year tracking trips on September 1 with first reward distribution the week of October 16. If you would like to register for the program you can check out the Trip Tracker Website for more program information.

Here is the October Trip Tracker Calendar.

Trip Tracker Accomplishments 2017-18:

- 4387 Students in 22 schools participated
- 482,264 green trips including 209,776 walk or bike trips reported
- $110,296 Trip Tracker dollars awarded
- Participants donated $7,757 to participating non-profits in Boulder County

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>
<th>Publication Date</th>
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<tbody>
<tr>
<td>January 17</td>
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<td>February 13</td>
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Additional information about Bear Creek can be found on the website at [http://www.bvsd.org/schools/bearcreek/](http://www.bvsd.org/schools/bearcreek/).
Don’t Give “Stuff”
Instead of buying new products, give meaningful gifts like experiences to museums, parks, or concerts. Or gift something edible like a dessert or a healthy snack packaged in reusable mason jars. Also consider products that will help others be less wasteful, such as stainless steel water bottles, mugs, or reusable lunch/to-go containers.

Zero Waste Gift Wrapping
While Eco-Cycle will accept gift wrapping paper for a limited time, its high clay and low paper content makes it difficult to recycle. Instead, choose reused/reusable options like comics, posters, maps, or calendars (all recyclable), fabric, and reusable cloth gift bags, etc. For shipping, replace foam or bubble wrap with balled-up paper.

Sustainable Holiday Gift Tags & Cards
Have holiday cards lying around? Save them to repurpose as gift tags or place settings. Consider sending out e-cards this holiday season instead of cards printed on photo paper, which cannot be recycled! Cards embossed with foil, glitter, ribbons, photos, photo paper, and other non-paper materials cannot be recycled.

Stop Junk Mail
The holidays can bring catalogs and other mail asking you to buy, buy, buy. But you can stop! As soon as you receive an unwanted publication, call the 1-800 number and ask to be removed from their list. Learn more tricks, including 6 steps to getting and staying off mailing lists, at ecocycle.org/junkmail.

Make Gatherings Zero Waste
Instead of disposable tableware, serve food on real, reusable dishes/ware. Borrow dish sets and glassware from friends, or go thrift store shopping for a special holiday set. Decorate the table with gourds and squash, bowls full of apples, or other seasonal fruits and veggies. Prevent food waste: Ask friends to bring containers for leftovers.

Use LED Holiday Lights
Traditional incandescent holiday lights are huge energy-suckers, so much so we recommend recycling your old lights and investing in LEDs. They may cost a little more up front, but holiday LED lights consume 80% less energy and last up to 25 times longer.

Re-charge It!
Every year over 1.5 billion batteries are produced worldwide, and many are alkaline batteries that are thrown out after just one use. Replace your alkaline batteries with rechargeable ones. Newer models can charge in as little as 15 minutes!
Bear Creek Geography Bee

The Bear Creek Geography Bee will take place at Bear Creek on Friday, January 18th, 2019 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!!

Will Matsumura  Jiyu Kim
Adam Kubala     Mason Brown
Julia Savage    Paloma Atkins
Lucy Koechel    Zeke Farkas
Kylie Duart     Martina Riley
Laurel Brain    Elijah Zapin
Sven Vezmar     Georgia Pickles
Norman Stamski  Jude Chen
Oliver Kubitschek Lexie Wiedenheft
Dylan Nowak     Ella Torizzo
Gabby Scott     Kate Chen
Caitlin Barnes  Paxon Zuck
Elle Sauer      Reid Gannon
Riya Rao

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

Heidi Thompson
heidi.casey@bvsd.org
Eat Smart for a Healthier Brain

Add these 'superfoods' to your daily diet, and you will increase your odds of maintaining a healthy brain for the rest of your life.

By Carol Sorgen
WebMD Feature

Reviewed by Louise Chang, MD

There's no denying that as we age chronologically, our body ages right along with us. But research is showing that you can increase your chances of maintaining a healthy brain well into your old age if you add these "smart" foods to your daily eating regimen.

Blueberries. "Brainberries" is what Steven Pratt, MD, author of Superfoods Rx: Fourteen Foods Proven to Change Your Life, calls these tasty fruits. Pratt, who is also on staff at Scripps Memorial Hospital in La Jolla, Calif., says that in animal studies researchers have found that blueberries help protect the brain from oxidative stress and may reduce the effects of age-related conditions such as Alzheimer's disease or dementia. Studies have also shown that diets rich in blueberries significantly improved both the learning capacity and motor skills of aging rats, making them mentally equivalent to much younger rats. Ann Kulze, MD, author of Dr. Ann's 10-Step Diet: A Simple Plan for Permanent Weight Loss & Lifelong Vitality, recommends adding at least 1 cup of blueberries a day in any form -- fresh, frozen, or freeze-dried.

Wild salmon. Deep-water fish, such as salmon, are rich in omega-3 essential fatty acids, which are essential for brain function, says Kulze. Both she and Pratt recommend wild salmon for its "cleanliness" and the fact that it is in plentiful supply. Omega-3s also contain anti-inflammatory substances. Other oily fish that provide the benefits of omega-3s are sardines and herring, says Kulze; she recommends a 4-ounce serving, two to three times a week.

Nuts and seeds. Nuts and seeds are good sources of vitamin E, says Pratt, explaining that higher levels of vitamin E correspond with less cognitive decline as you get older. Add an ounce a day of walnuts, hazelnuts, Brazil nuts, filberts, almonds, cashews, peanuts, sunflower seeds, sesame seeds, flax seed, and unhydrogenated nut butters such as peanut butter, almond butter, and tahini. Raw or roasted doesn't matter, although if you're on a sodium-restricted diet, buy unsalted nuts.

Avocados. Avocados are almost as good as blueberries in promoting brain health, says Pratt. "I don't think the avocado gets its due," agrees Kulze. True, the avocado is a fatty fruit, but, says Kulze, it's a monounsaturated fat, which contributes to healthy blood flow. "And healthy blood flow means a healthy brain," she says. Avocados also lower blood pressure, says Pratt, and as hypertension is a risk factor for the decline in cognitive abilities, a lower blood pressure should promote brain health. Avocados are high in calories, however, so Kulze suggests adding just 1/4 to 1/2 of an avocado to one daily meal as a side dish.
Whole grains. Whole grains, such as oatmeal, whole-grain breads, and brown rice can reduce the risk for heart disease. “Every organ in the body is dependent on blood flow,” says Pratt. “If you promote cardiovascular health, you’re promoting good flow to the organ system, which includes the brain.” While wheat germ is not technically a whole grain, it also goes on Kulze’s "superfoods" list because in addition to fiber, it has vitamin E and some omega-3s. Kulze suggests 1/2 cup of whole-grain cereal, 1 slice of bread two-three times day, or 2 tablespoons of wheat germ a day.

Building Colorado in 4th Grade

Building Colorado is an interactive learning experience presented by the Golden History Museum. Students developed cities in Colorado, and through this process learned about Colorado's history and practiced economic skills.
Students at Bear Creek participated in Hour of Code in honor of Computer Science Education Week Dec. 3-9. Hour of Code is an opportunity for every student to try computer science for one hour. Millions of students across the globe participated in this event to raise awareness for the importance of computer science. Since 2013, hundreds of millions of students have tried the Hour of Code, making it the largest education campaign in history. Please visit code.org to learn more about Hour of Code and its purpose.

In the library, grades 2-4 focused on a Dance Party coding activity. First we started with an “unplugged activity” where students learned that events (or cues) are a useful way to control when an action happens. Students performed specific dance moves when a cue was given.

They then worked on a coding activity where they programmed their own digital dance party.
Checkout a finished dance party!!

First grade students did an “unplugged” activity where they learned about algorithms by listing steps to finish a task. They then did Blocky, an online coding activity.

Students can continue working on coding activities on following sites. 
Hour of Code  
Kodable  
Google--Made with Code  
Bitsbox  
VidCode  
Khan Academy

Student Council EFFA Food Drive...Let’s fill those boxes
Student Council
Mix-Match Day
Thank you Bear Creek!
We made more in funding than last year for the art room budget.
I am very pleased with our new venor, Original Works. The pillowcase washed up soft and the nightlight is made well.

If parents would like to place more orders till March, here is what they can do:
Email customer service at CS@originalworks.com
Give Customer Service this info:
School Code: Bearce
Student Name, Grade and Teacher And Student Code (if they still have that on their Dear Family Letter that they received initially).

Ask customer service to email their student’s artwork image to them.

Once the parent has received the artwork image, they can then go to our website www.originalworks.com and place an order through our Online Store. The parent will follow the instructions to upload their artwork image and place an order online. The parent will pay tax and shipping and the order will be shipped directly to their home.

If the parent types in the School Code in the 2nd address line, the school will get credit for this order.
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<td>NO SCHOOL</td>
<td>Professional Development Day</td>
<td>YEA!!</td>
<td>Students back to school</td>
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<td>Garden Club @ 8:35</td>
<td>PTO Meeting @ 1:30</td>
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<td>Geography Bee @ 1:30</td>
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<tr>
<td>NO SCHOOL</td>
<td>MLK Day</td>
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<td>Spelling Bee @ 1:30</td>
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<td>Principal Coffee &amp; Chat @ 8:45</td>
<td>MLK Assembly</td>
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<td>Lip Sync Sign-up begins</td>
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WINTER BREAK
"As a lab scientist, I think it is important to give back."

-2018 Science Fair Judge

Come share your expertise

February 13, 2019
8:00-3:00
CU Boulder, UMC
Glenn Miller Ballroom

Interested in being a judge, register here.

Check our our Science Fair website here for more information.

"It inspires me to hear about cool and interesting science kids are engaging in, and I want to encourage them to continue and give feedback to them."

-2018 Science Fair Judge

Boulder Valley School District
Boulder Psychological Services' free Pathways presentations are designed to help serve individuals, families, and the community. The fall schedule provides support for parents, couples, and adults (see other side for specific programs). Prior webinars and TV shows are available on our BPS YouTube channel!

www.boulderpsychologicalesservices.com
FLOOD SAFETY

Boulder is in the highest risk of flash flooding in the state of Colorado. Flash floods can happen even when the weather is clear in town due to rain occurring in the mountains. A big storm upstream can cause a flash flood downstream with little or no warning.

Prepare for Floods

- Have a plan for where your family will meet in an emergency and make sure children know where to go when they are at school or away from home.

- Keep an emergency kit accessible. Include a battery-powered radio, extra batteries, flashlights, rubber boots and gloves, first-aid supplies, necessary medicines, water stored in tightly sealed containers, and food that requires no cooking or refrigeration.

- Boulder residents currently receive up to a 25% discount on flood insurance; property owners should consider purchasing flood insurance even if their home is not in a flood plain.

HOME IN A HIGH HAZARD ZONE?

Check to see if your property is in the floodway, high hazard zone, wetland area, or has been impacted by historic events. View maps and elevation certificates online at www.BoulderFloodInfo.com, visit the Planning & Development Services Center at 1739 Broadway or call 303-441-1880 for detailed Flood Insurance Rate Map (FIRM) information.

Protect your Home

- If you have a sump pump, make sure it is properly working and discharging to your lawn or directly into the storm sewer. Groundwater discharges should not impact your neighbors or be discharged to the sanitary sewer or onto the street.

- Consider putting your furnace and water heater on risers to help prevent damage if flood waters enters your home.

- Clean out your gutters and ensure they drain at least five feet from the house foundation.

- Before beginning any projects for your property, contact Planning & Development Services at 303-441-1880 to assess whether a City of Boulder permit is needed.

FAMILY FUN ACTIVITY

Imagine you only have 12 minutes to put together an emergency supply kit to last you for three days. Put the challenge to the test with your family and see how well you do!

BoulderOEM.com/disaster-preparedness lists out essential items you might need during an emergency. How does your stock pile compare to this? Is your family prepared to respond to an emergency event?

Sign up for emergency notifications
Go to: www.BoCo911alert.com

City flood info: www.BoulderFloodInfo.net
Office of Emergency Management: www.BoulderOEM.com
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 2018-2019 Schedule:

<table>
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<tr>
<th>Date</th>
<th>Speaker</th>
<th>Topic</th>
<th>Location</th>
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<tbody>
<tr>
<td>9/22/2018</td>
<td>Prof. Lew Harvey</td>
<td>Illusion and Reality: The Science of Perception</td>
<td>Duane Physics G1B30</td>
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<tr>
<td>10/20/2018</td>
<td>Prof. Katja Friedrich</td>
<td>The Tumultuous Life of Cumulus Clouds</td>
<td>Duane Physics G1B30</td>
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<tr>
<td>11/3/2018</td>
<td>Prof. Niels Damrauer</td>
<td>The Chemistry of Bread!</td>
<td>Cristol Chem 140</td>
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<tr>
<td>12/1/2018</td>
<td>Prof. Steven Brown</td>
<td>There's Something in the Air!</td>
<td>Cristol Chem 140</td>
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<tr>
<td>1/26/2019</td>
<td>Prof. Mark Hoeffe</td>
<td>Surfing with a Mathematician!</td>
<td>Duane Physics G1B30</td>
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<tr>
<td>2/23/2019</td>
<td>Prof. Sean Humbert</td>
<td>TBA: Bioinspired engineering- Buggy Robots</td>
<td>Duane Physics G1B30</td>
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<tr>
<td>3/16/2019</td>
<td>Prof. Alycia Marino &amp; Prof. Daniel Bolton</td>
<td>TBA: Electricity and Magnetism</td>
<td>Duane Physics G1B30</td>
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<tr>
<td>4/20/2019</td>
<td>Prof. Amy Palmer</td>
<td>One Fish...Two Fish... Fluorescent Red &amp; Green Squish!</td>
<td>Cristol Chem 140</td>
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<td>5/18/2019</td>
<td>Prof. Steven George</td>
<td>The Chemistry of Energy!</td>
<td>Cristol Chem 140</td>
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<tr>
<td>6/22/2019</td>
<td>Prof. Brian Argrow</td>
<td>TBA: The Game of Drones!</td>
<td>Duane Physics G1B30</td>
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For more information please visit: www.colorado.edu/cuwizards
**BVSD GT Parent Support Initiative**

**Supporting the needs of our parent community with training and information designed to help their GT-identified students prosper**

1. **GT in BVSD:** what it looks like, ALPs, assessments, timeline  
   September 27, 2018, 4-6 pm, BVSD Ed Center  
   (6500 E. Arapahoe Road) Flagstaff Room

2. **GT-Student Social Emotional Needs**  
   October 25, 2018, 4-6 pm, BVSD Ed Center  
   Block Diamond Room

3. **Twice Exceptional (2E) Students**  
   January 24, 2019, 4:50-6:50 pm, BVSD Ed Center  
   Davidson Mesa Room

**RSVP:** marlys.lietzebvsd.org

**Parent Book Studies**

"**Embracing the Whole Gifted Child**"  
_by Patricia Gatto-Walmsley, Ph. D._

1. Four-session, school-based discussion groups  
   - Fall & Spring – Dates/locations TBD  
   - Contact your GT Advisor or the GT website

2. Two-session district discussion group  
   - November 6 and 13, 6:50-8:50 pm, at the Ed Center  
   - Contact marlys.lietzebvsd.org

Contact michelle.duboisebvds.org to be added to our newsletter with updated GT district news, happenings and links to helpful articles.

**Contact Us**

Dr. Michelle DuBois, Instructional Specialist for Gifted Education: michelle.duboisebvds.org, 720-561-5087

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**Website:** BVSD.org/Gifted
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 2016-2017

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:

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