Dear Bear Creek Families,

As you may know, our 3rd-5th grade students will take the State of Colorado's Measures of Academic Success (CMAS) Language Arts, Mathematics, and Science assessment in April. I would like to take a moment to encourage everyone to have their children take the test and to thank you for your support last year.

With your support, your student can help show how well our school and the school district, as a whole, is performing.

By participating in the state assessments:
- Our educators will have access to valuable data about the performance of our students and apples-to-apples comparisons to students across the state.
- Data collected helps Boulder Valley School District determine if curriculum and instruction practices are working, helping to direct resources and professional development.
- The scores determine the designation the state gives our school. Currently we are considered a “Performance” school and we’d like to keep that designation moving forward, in part because receiving a lower designation may impact our school’s reputation and lead to additional review of our plans.
- The better we do on our tests, the better our grades on sites like CDE’s SchoolView, Niche, School Grades, etc. These grades are, in part, what prospective parents use to compare us with other schools in the area -- and a pride point for our school community.

Consistent with last year’s administration, our entire focus will be on supporting students as they take the test. As a result, families are asked (though not required) to arrange an excused absence from school on testing days and appropriate alternative activities of their own if their child will not be participating. Here is a link to our Bear Creek CMAS Schedule.

Again, I would like to encourage all of our students to participate in testing this year. If you have questions, I welcome the opportunity to chat with you about this important effort no later than March 4, which is the district deadline for submitting written requests to opt a student out of testing.

Sincerely,

~Tanner
BEAR CREEK CALENDAR
AT - A - GLANCE

Friday, February 15 & Monday, February 18
NO SCHOOL

Tuesday, February 19
5th Grade Lip Sync Practice
SAC @ 3:15

Wednesday, February 20
Teacher Appreciation Snacks
Yearbook Committee 3-4:15

Friday, February 22
Coffee & Chat with Mr. Dayhoff @ 8:45
Y Kids Night In

February 25-March 1
Lip Sync Non-dress Rehearsals

Tuesday, March 5
5th Grade Lip Sync Practice

Wednesday, March 6
Teacher Appreciation Snacks
Yearbook Committee 3-4:15

Thursday, March 7
Lip Sync Dress Rehearsal
Dress Rehearsals - Show 1: 3:15-4:15pm. Show 2: 4:15-5:15pm

Friday, March 8
Lip Sync Performances
Show 1: 5:00-6:00pm. Show 2: 7:00-8:00pm

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.

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 February 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 Chat - Friday, February 22nd

Mr. Dayhoff from 8:45-9:30am on Friday, February 22nd for some coffee and conversation about Bear Creek.

Bear Creek Directory Link
BVSD surveys parents each year in order to gather information that can be used to guide efforts to improve schools. The survey of parents is called the “Parent Snapshot Survey” and parents will be receiving it in the next few weeks. We hope all parents and guardians will take a moment to complete and return this survey. The more parents who participate, the more accurately the survey data will reflect parents’ perceptions and opinions. The survey results are reviewed by school staff to determine what programs and processes are working and which ones need improvement. Consequently, the survey results can have a significant impact on school operations.

The Parent Snapshot Survey will be administered online for all parents who have provided an email address to their student’s school. This supports a greener and more cost effective process by reducing the amount of paper used, mailing cost, and data entry required. We also hope this will increase the parent participation rate. **Online surveys will be sent by email the week of February 25 to only one email address per household.** If you don’t see an invitation in your “inbox,” please check other email addresses you have given the school. If there is not an email address associated with your household, you will receive a survey via U.S. postal service consistent with last year. Paper surveys will be mailed at the beginning of March.

**LIP SYNC IS A MONTH AWAY!**
Music & lyrics are due now! Please make sure you have uploaded your group's song & lyrics online: [https://helpatschool.org/schools/1/performances/1/playbill](https://helpatschool.org/schools/1/performances/1/playbill).

Important dates coming up:
**February 25 - March 1** - Non-dress rehearsals: Groups will perform in the Fishbowl during lunchtimes (and some mornings) so we can view their act, discuss costumes/props, and go over how each group will enter and exit the stage. Schedule will be sent soon.
**March 7** - Dress Rehearsals - Show 1: 3:15-4:15pm. Show 2: 4:15-5:15pm
**March 8** - LIP SYNC SHOWS - Show 1: 5:00-6:00pm. Show 2: 7:00-8:00pm.
**We need Lip Sync volunteers!** Please sign up to help at this fun Bear Creek event: [https://helpatschool.org/schools/1/events/2](https://helpatschool.org/schools/1/events/2)

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**2019-2020 Kindergarten Registration**

If you are a neighborhood parent of an incoming 2019-2020 kindergartner or know of a kindergartner in your neighborhood, please either stop by the office or send me an email with the student’s name. **Please complete the online registration as soon as possible so we can determine the number of students/classes for next year.**
Concussion 101: Guide for Parents, Student Athletes & Coaches

When: Monday, February 25, 2019, 6-7pm
Where: Monarch High School
Presenter: Sherrie Ballantine-Talmadge, D.O., Assistant Professor Department of Orthopedics, University of Colorado School of Medicine, Primary Care Sports Medicine

Concussion 101 is a FREE informational class provided to parents, athletes and coaches to educate them on signs, symptoms and treatment for concussions in young athletes.

Brought to you by the Brain Injury Resource Team (BIRT) of the Boulder Valley School District, CU Sports Medicine, Boulder Community Health and Good Samaritan Medical Center.
Winter Sports Traumatic Brain Injury Awareness  
*Sponsored by the Johnny O Foundation*  
*Website: [www.thejohnnyo.org](http://www.thejohnnyo.org)*

According to the American Association of Neurological Surgeons, sports injuries are rarely fatal, but the majority of fatalities due to sports injury are the result of traumatic brain injury. Traumatic Brain Injury is an injury to the head that disrupts the normal functioning of the brain. These injuries can range from mild, such as a concussion, to severe.

Sports and recreational activities contribute to about 21 percent of all traumatic brain injuries among American children and adolescents.

Winter sports such as skiing, snowboarding, ice hockey, snowmobiling, and even sledging can be high risk. However, serious head injuries from winter sports are often preventable.

**Tips for Prevention:**
1. Wear a Helmet  
2. Stay in Designated Areas  
3. Use Proper Technique  
4. Get in Shape  
5. Avoid Risky Behavior  
6. Know your limits  
7. Learn how to fall  
8. Stop when you’re tired

Become familiar with the signs and symptoms of a possible concussion or other head injury. If you or someone you know hits their head during a winter sport activity, make sure they remove themselves from the activity to prevent further impact to the head. If serious symptoms are present, seek medical attention right away.

Be sure to notify your child’s school (nurse, registrar, counselor) if they have had any injury so school staff can adjust work for them if needed and let you know if they notice any changes in their physical or mental health.

Signs of Concussion: headache, dizziness, confusion, sensitivity to light/noise, nausea, feeling slowed down, blurred or double vision

For more information:
- Brain Injury Alliance Colorado  
- MINDSOURCE Brain Injury Network  
- Centers for Disease Control (CDC) - Traumatic Brain Injury & Concussion
February is National Children’s Dental Health Month

According to the American Dental Association (ADA), dental disease causes children to miss more than 51 million school hours each year! Prevention and early detection can help avoid pain, trouble eating, difficulty speaking and school absences.

Parents and guardians can help by encouraging kids to brush twice a day for two minutes and floss once a day. Check out ADA spokesperson Dr. Mary Hayes’ recommendations for age appropriate dental habits at home.

The American Academy of Pediatric Dentistry recommends a check-up every six months in order to prevent cavities and other dental problems. You can find additional resources and information at My Children’s Teeth.org

BVSD Health Services can assist families with dental needs and expenses

Boulder County Healthy Kids and Adults

- Boulder County Healthy Kids and Adults is a program to improve the community’s health by linking all eligible children, adults, families and pregnant women in Boulder County to available benefits and health coverage options.
- Can meet with parents out in the community or on-site at their child’s school
- For more information contact:
- Cynthia Aguilera 720.471.0659 (se habla espanol) cynthia.aguilera@bvsd.org

Dental Aid program at Arapahoe Ridge High School

- Arapahoe Ridge High School has a dedicated dental room and a Dental Aid hygienist to provide cleaning, sealants, and restoration services to students from BVSD high schools
- Ask your school nurse if your child needs services, they can arrange a visit

Medicaid Voucher Program

- For students who do not have dental insurance and are not eligible for Medicaid, BVSD has a partnership with Dental Aid and can provide vouchers for up to $350 per student, per school year.

Adopt A Smile Program

- BVSD partners with dentists and dental specialists in Boulder/Broomfield counties to provide free and reduced dental services to students with unmet dental needs.

For more information on any of these programs, please call Alicia Seivers, Resource Nurse Consultant, at 720.561.5559 (se habla espanol)
REMEMBER TO USE YOUR **CASHBACK CARDS**

⚠️ Our Cashback rewards are currently *lower* than this time last year. ⚠️

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[www.helpatschool.org](http://www.helpatschool.org): Please sign up and visit this site regularly to find volunteer opportunities at school.

→Current Help @ School opportunities include Lip Sync Volunteers and International Culture Fest Volunteers←

Want to learn more about the PTO Budget, TLC Donation, Volunteering and/or Cashback Cards? Please visit the [Bear Creek PTO Web Page](http://www.bearcreekpto.org)

**Next PTO Meeting 2/12 @ 1:30**

Can’t make it to a meeting? Check out the PTO Minutes on the PTO Web Page. Stay connected and find out how **your donations** are being put to work at your school.
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

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

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!
Winter Walk To School Day

Pictures by Ning Mosberger-Tang
Car Free Community

Sign up for the Cruger 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.

Come to the office and sign your child(ren) for a week with the Cruger Cup!

Take a picture so we can put it on our Cruger Cup Window.....

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.

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>
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<th>Submission Deadline</th>
<th>Publication Date</th>
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<tr>
<td>March 14</td>
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<td>April 18</td>
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<td>May 16</td>
<td>May 17</td>
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Additional information about Bear Creek can be found on the website at http://www.bvsd.org/schools/bearcreek/.
Bear Creek Elementary 4th graders unlocked the mysteries of energy, electricity, and magnetism through an interactive program called Invisible Forces from the Denver Museum of Nature and Science. Invisible Forces gave them challenges to solve, secret codes to reveal, and a common goal of working together to apply their learning. Our 4th graders ROCK at science!
P.E. News

Bear Creek Community

If your students are coming home with stories about running across Colorado, its true. In P.E. class we are participating in the Colorado Gold Rush. Students are jogging or power walking laps around the gym for the first 5 minutes of class. Total laps are calculated into miles and mileage is charted on a Colorado map. We are attempting to run across the state of Colorado. If you are ever in the building you can come to the gym and check your students class progress.

Very important that students wear their tennis shoes on P.E. days, or on snowy days help them remember to put their P.E. shoes in their backpack.

Thanks,
Mr. Soole

Gym Shoes

Students in grades Kindergarten through Fifth grade will be expected to wear appropriate shoes to participate in P.E. class. On snowy days bring good P.E. shoes in your backpack. Your child(ren) should know which shoes are “Good Shoes” and which are “Bad Shoes” by remembering four things:

Cover - Does the shoe cover the entire foot? No toes exposed?
Cushion - Does the shoe have good cushion in the sole?
Hug - Does the shoe have good athletic support? And will not come off while being active.
No Marks - Is the sole rubber/athletic? (non marking) Snow boots and hiking boots leave lots of ugly black marks on our beautiful gym floor.

Bear Creek Student Council Spirit Day

Scrabble/ Equation Day will be our next Bear Creek Spirit Day, Thursday, February 21st! The idea is that students should wear a letter on one side of their bodies and a number or mathematical symbols such as an addition, subtraction, multiplication, division, or equals sign on their other side. Throughout the day students can pair up with others students wearing letters or numbers to make words or mathematical equations. The yearbook staff will be out looking for creative folks who might get featured in our school year book!

F + - X T / 2 6 W 8 = 16
<table>
<thead>
<tr>
<th>Class Name</th>
<th>Grades</th>
<th>Starts</th>
<th>Ends</th>
<th>Day/Time</th>
<th>Tuition</th>
<th>Mat</th>
<th>Class ID</th>
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<tr>
<td>Violin with Elin Palmer Laux</td>
<td>Grades 1-5</td>
<td>Mar 04</td>
<td>Apr 06</td>
<td>Mon 3:05p-4:35p</td>
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<td>Grades 1-5</td>
<td>Apr 22</td>
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<td>Sticky Fingers Cooking</td>
<td>Grades K-5</td>
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<td>Grades K-5</td>
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<td>Intro to Piano- Group lessons</td>
<td>Grades K-3</td>
<td>Mar 05</td>
<td>Apr 16</td>
<td>Tue 3:05p-4:05p</td>
<td>$145</td>
<td>$0</td>
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<td>Multi-Sport (Baseball and Soccer)</td>
<td>Grades K-2</td>
<td>Mar 05</td>
<td>Apr 09</td>
<td>Tue 3:05p-4:05p</td>
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<td>Grades K-2</td>
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<td>May 14</td>
<td>Tue 3:05p-4:05p</td>
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<td>Grades K-5</td>
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<td>Intermediate Chess After School</td>
<td>Grades K-5</td>
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<td>Grades K-5</td>
<td>Feb 21</td>
<td>Mar 21</td>
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<td>Grades 2-5</td>
<td>Mar 07</td>
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<td>Grades K-1</td>
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<td>Mexican Inspired Birds &amp; Bird Houses</td>
<td>Grades 1-5</td>
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<td>Mountain Lions Spring Track program</td>
<td>Grades K-5</td>
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<td>Thu 3:05p-4:05p</td>
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Valentine’s Day @ Bear Creek

Photo Booth, Lunch Box Exchange, Valentines, Bingo, Ring Toss and Treats!!
<table>
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<th>Sun</th>
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<td>MLK Assembly @ 1:30</td>
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<td></td>
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<td>Parent/Teacher Conferences</td>
<td>Teacher Appreciation Snacks</td>
<td>Parent/Teacher Conferences</td>
<td>Vision &amp; Hearing Screening @ 9:30</td>
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<td></td>
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<td>5th gr. Lip Sync @ 7:45</td>
<td>KG Lunar Parade @ 8:50</td>
<td>5th gr. Lip Sync @ 7:45</td>
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<td>KG Conferences in office</td>
<td>Parent/Teacher Conferences</td>
<td>End of Trimester</td>
<td></td>
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<td>NO SCHOOL Prof. Dev. Day</td>
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<td>Garden Committee @ 8:35</td>
<td>5th gr. Lip Sync @ 7:45</td>
<td>Bear Tracks</td>
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<tr>
<td>NO SCHOOL Prof. Dev. Day</td>
<td>SAC @ 3:15</td>
<td>Teacher Appreciation Snacks</td>
<td>Coffee &amp; Chat @ 8:45</td>
<td>Y Kids Night In</td>
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<tr>
<td>Lip Sync</td>
<td>Non-dress rehearsals this week</td>
<td>KG report cards go home</td>
<td>Grades 1-5 viewable by parents</td>
<td>5th gr. Lip Sync @ 7:45</td>
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<td>Sun</td>
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<td>5th gr. Lip Sync @ 7:45</td>
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<td>Teacher Appreciation Snacks</td>
<td>Dress Rehearsals</td>
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<td>Lips Sync Shows</td>
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<td>Teacher Appreciation Snacks</td>
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<td>Yearbook 3-4:15</td>
<td>Show 1: 1:30-14:45</td>
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<td>Show 2: 4:15-5:15</td>
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<tr>
<td>Garden Club @ 8:35</td>
<td>PTO Meeting @ 1:30</td>
<td>Yearbook 3-4:15</td>
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<td>Coffee &amp; Chat @ 8:45</td>
<td>Bear Tracks</td>
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**March 2019**

**Spring Break**
Common Sense Parenting

<table>
<thead>
<tr>
<th>Session</th>
<th>Location</th>
<th>Dates</th>
<th>Time</th>
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<tbody>
<tr>
<td>Mondays</td>
<td>Lafayette Elementary</td>
<td>10/1 to 11/5</td>
<td>9-11 AM</td>
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<tr>
<td>Mondays</td>
<td>BVSD Education Center</td>
<td>2/25 to 4/8 (2019)</td>
<td>9-11 AM</td>
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<tr>
<td>Wednesdays</td>
<td>Broomfield Heights Middle</td>
<td>1/23 to 2/27 (2019)</td>
<td>5:30-7:30 PM (childcare available)</td>
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</tbody>
</table>

ALL BVSD parents/caregivers are welcome to any session

Want to learn more before signing up? Come to our intro night on Wednesday, September 12th from 5:30 to 6:30 PM at Lafayette Elementary

Sign up for one session (meets 2 hours a week for 6 weeks)

Training is free, $25 for book & materials

Registration is required. Please contact Anna to register

If you need a scholarship, please contact your school

Common Sense Parenting® (CSP) is a practical, skill-based parenting program that can be applied to every family. The program’s logical strategies and easy-to-learn techniques address issues of communication, discipline, decision making, relationships, self-control and school success.

Continuing to learn new skills and strategies is a fundamental part of good parenting. The proactive skills and techniques taught in Common Sense Parenting® classes have helped parents from diverse backgrounds create healthy family relationships that foster safety and well-being at home, in school and in the community. These classes are for parents of kids ages 3 to 16. Common Sense Parenting® classes help parents:

- Build strong, healthy relationships
- Correct and change problem behavior
- Minimize problems that disrupt family life
- Raise responsible, caring children
- Communicate effectively
- Avoid power struggles
- Control your emotions
- Balance discipline with affection
- Praise your child’s good behavior
- Be a better, more engaged and caring parent

CSP classes are the parent component of our Well-Managed School program. The schools that host these classes have had most or all staff attend the Well-Managed Schools training through BVSD. When all the adults in a child’s life use the same approach it helps the child learn critical social skills.

Presented by Certified Common Sense Parenting Trainers:

Leslie Gaiser  
Instructional Specialist  
leslie.gaiser@bvsd.org  
720-561-6037

Anna Stewart  
Parent, School and Community Liaison  
anna.stewart@bvsd.org  
720-561-5918
In the coming months, school districts across the State of Colorado will be administering state tests including Colorado Measures of Academic Success (CMAS), PSAT or SAT.

In Boulder Valley School District, we are encouraging students to participate in the assessments.

**These assessments provide BVSD with many benefits.**

- **Student success**
  An apples-to-apples comparison with other districts allows us to see where BVSD students are performing well and where the district needs to improve in order to help students perform better.

- **Curriculum and resources**
  The data provides BVSD educators with the insight they need to choose curriculum and to allocate resources to better meet students’ needs, including meeting our goal to narrow the achievement and opportunity gap.

- **School & district reputation**
  The scores determine the designation the state gives our school. Lower designations may impact a school's reputation. The better we do on our tests, the better our grades on sites like CDE's SchoolView, Niche, School Grades, etc. These grades are, in part, what prospective parents use to compare us with other schools in the area – and a pride point for our school community.

Boulder Valley students consistently perform above the state average on the tests mandated by the State of Colorado. This high performance bolsters the reputation of BVSD which benefits everyone, especially our graduates.

For all of these reasons, please have your students take the test and give it their best!

Learn more at bvsd.org/takethetest
Dear parents and/or guardians:

Over the past two weeks, many schools in Boulder County have reported a higher than normal number of students missing school because of influenza (flu), strep throat, other respiratory illnesses, or stomach illness.

To keep your family healthy, watch for signs and symptoms of each illness:

- **Strep throat**: Sore throat; pain when swallowing; fever; red and swollen tonsils, sometimes accompanied by white patches.
- **Flu**: Fever (or feeling feverish), cough, sore throat, runny or stuffy nose, muscle or body aches, or fatigue. Common colds can have similar but less severe symptoms and usually do not include fever.
- **Pertussis (whooping cough)**: Coughing fits, vomiting after coughing fits, and rapid coughing followed by a high-pitched “whoop” sound.
- **Stomach bug**: Vomiting and/or diarrhea, leading to dehydration.

Influenza, strep throat, other serious respiratory illnesses like respiratory syncytial virus (RSV), and pertussis (or whooping cough) are spread by coughing, sneezing, or unclean hands. Stomach bugs spread very quickly. To help stop the spread of germs:

- Cover your mouth and nose with a tissue when you cough or sneeze, and teach your children to do the same. If you do not have a tissue, cough or sneeze into your upper sleeve or elbow instead of into your hands.
- Put used tissues in the wastebasket.
- Wash your hands often with soap and warm water for 20 seconds. If soap and water are not available, use an alcohol-based hand rub. To stop the spread of stomach bugs, you must wash your hands! Hand sanitizer does not kill stomach viruses.

Speak with your child’s health care provider for advice about prevention and treatment for these illnesses. You may also review the Centers for Disease Control and Prevention (CDC) influenza guide for parents at www.cdc.gov/flu/pdf/freeresources/family/flu-guide-for-parents-2018.pdf.

If your children become ill, please keep them home from school using the following guidance:

**Flu-like symptoms**: Keep students out of school for at least 24 hours after their fever or signs of fever (e.g. chills, feeling very warm, flushed appearance, or sweating) has ended without the use of fever-reducing medicine.

- **Stomach bug**: Keep students out of school for 24 hours after the last time they vomited and/or had diarrhea.
- **Strep throat**: Keep students out of school until after they have taken appropriate antibiotics, such as penicillin or amoxicillin, for 24 hours.
- **Pertussis (whooping cough)**: Keep students out of school until they have taken their full prescription of antibiotics (usually 5 days of azithromycin) or they can no longer spread the disease (e.g. they have been coughing for more than 3 weeks).

If you have any questions, please call Boulder County Public Health at 303.413.7523. Individuals who receive Medicaid benefits can receive free flu prevention benefits. Learn more at www.BoulderCountyShots.org; click on “Clinic Information” or call 303-413-7799 to make an appointment.
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.boulderpsychologica!services.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.com
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>
<thead>
<tr>
<th>Date</th>
<th>Speaker</th>
<th>Title</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>
</tr>
<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 Hoefer</td>
<td>Surfing with a Mathematician!</td>
<td>Duane Physics G1B30</td>
</tr>
<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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<tr>
<td>5/18/2019</td>
<td>Prof. Steven George</td>
<td>The Chemistry of Energy!</td>
<td>Cristol Chem 140</td>
</tr>
<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](http://www.colorado.edu/cuwizards)
THE BVSD GIFTED & TALENTED OFFICE PRESENTS

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.lietze@bvsd.org

Parent Book Studies

"Embracing the Whole Gifted Child"
By Patricia Gotto-Welden, 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.lietze@bvsd.org

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

Newsletters

Contact Us

Dr. Michelle DuBois, Instructional Specialist for Gifted Education: michelle.dubois@bvsd.org, 720-561-5067

Maia Jorgenson, Director of Student Success: maia.jorgensen@bvsd.org, 720-561-5087

Marlys Lietz, Administrative Assistant of Gifted & Talented: marlys.lietze@bvsd.org, 720-561-5149
Website: BVSD.org/Gifted

Boulder Valley School District
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://bvsd.org/airquality).

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**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](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.

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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