Dear Bear Creek Community,

In November 2014, local voters approved a $576 million Bond to complete 63 projects in the Boulder Valley School District. Planning for Bear Creek’s part of this project is in high gear, with the majority of our building construction to be completed during Summer 2020.

Many exciting upgrades will happen at Bear Creek through this project! Classrooms will be outfitted with new paint and carpeting, LED lighting, solar tubes (to add natural lighting), and audio/video equipment. Students will experience new furniture throughout the building, including in classrooms, the lunchroom, the library, and the hallway “coves.” Building-wide upgrades will include updated bathrooms, additional playground equipment, kitchen upgrades, freshly paved parking lots, and increased security features. Additionally, a proposal has been submitted for building-wide air conditioning, and we anticipate those plans being approved in the near future. While we won’t be able to complete everything on our “wish list,” we are extremely excited to have the Bond Project to come to Bear Creek!

I’d like to extend a “Thank You” to the many community members who have participated in the planning so far. (There are too many to list here!) Our school community will receive regular updates on the progress of our project, or you can stay updated on the Bear Creek Bond Project by visiting the Bond Website. We anticipate hosting a community meeting in early 2020 for anyone who’s interested in learning more.

With great pride in Bear Creek,

Tanner

Inside this issue:

- Counselor’s Corner 2
- BC At-A-Glance 3
- PTO 4
- BC Halloween 5
- Classroom Clips 6-10
- $$$ Makers for Bear Creek 11-13
- BC Monthly Calendar 14-15
- BVSD 16-19
Hello Bear Creek Community,

Can you believe it is November already? I have been enjoying the school year so far and I hope all of you feel the same. Throughout this month students in grades 3-5 have been working on building classroom community and unwrapping assumptions. In kindergarten- 2nd grade students will be doing personal space camp where they learn how to set boundaries and respect others boundaries.

As we head into fall break, we are reminded to slow down, give thanks, and show gratitude for the things we do have. The following are some ideas to promote family connection over the break:

- Start a thankful jar
- Write a letter to someone you are thankful for
- Start a family tradition
- Set aside regular one-on-one time with your kids!

For more information on lessons or for more tips/resources check out my website:
https://sites.google.com/bvsd.org/bearcreekelementarycounseling/home]

Thank you for your continued support! I look forward to meeting you all at conferences.

Montana Fels

---

Counseling Corner Tips for Promoting Student Success:
- Create a family calendar and keep it in a prominent place
- Share about your day with your kids. Both the good and the bad!
- Plan regular one-on-one time with your kids
- Limit screen time and set family expectations on use
- Have regular family meetings!

If you have any questions or concerns related to your child please do not hesitate to reach out!

Counselor Contact Info:
Montana Fels
Phone: 720-561-3528
Email: montana.fels@bvsd.org
BEAR CREEK CALENDAR

AT - A - GLANCE

November 19
Open Enrollment Tour @ 9:30

Monday, November 25 - Friday, November 29
Thanksgiving Break

Monday, December 2
Vision & Hearing Screening

Wednesday, December 4
Student council 3:05 - 3:45

Thursday, December 5
Open Enrollment Tour @ 9:30

Friday, December 13
Perry Conway Assemblies
Bear Tracks

Monday, December 16
Spotlights Concert @ 9:00 & 6:30

Wednesday, December 18
Open Enrollment Tour @ 9:30

Thursday, December 19
Winter Instrumental Concert @ 2:15

Monday, December 23 - Monday, January 6
NO SCHOOL - Winter Break

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. Please label your child’s clothing to make it easier to return when we do our “Lost and Found” collection before Thanksgiving.

Red Flag Days

(days we are indoors before school for safety reasons; weather, animals etc. Look for red flag on flagpole)

Each student should sit in the assigned spot (directed by office staff) on their bottoms. It's not a time for playing, just sitting quietly.

Assigned spots:

- KG - green wall outside Fishbowl
- 1st grade - under the windows outside Mrs. Platt’s classroom
- 2nd grade - in front of the Fishbowl garage door
- 3rd grade - by circle table at the bottom of the ramp
- 4th grade - in the Entryway
- 5th grade - in the open area by the Art Room

Health Room Needs

The health room is in need of gently used boy/girls sweat pants in sizes ranging from 5-14. Any and all colors are appreciated!
Teacher Appreciation Snacks

Twice a month classroom parents sponsor "Appreciation Snacks" for the Bear Creek teachers and staff to express thanks for their hard work. Each classroom will have their chance during the school year. Each job requires (3) parents from the specified classroom to provide yummy snacks for approximately 15 teachers and staff. Some items that have been a hit in the past include bagels, lox and cream cheese, egg dishes, green salads, assorted fruit (to take) and fruit salads, veggie salads and trays, and of course the sweet stuff. Here is the link to sign up.

Heidi Thompson's Class         Wed Dec 4, 2019
Jenny Platt's Class                  Wed Dec 18, 2019
Sarah Koch's Class      Wed Jan 8, 2020
Mia Jenak's Class            Wed Jan 22, 2020
Lori Hattendorf's Class   Wed Feb 5, 2020
Ray Neiman's class         Wed Feb 19, 2020
Stephanie Briggs's Class  Wed Mar 4, 2020
Robin Norton's class       Wed Mar 18, 2020
Sara Bulow's Class          Wed Apr 1, 2020
Emily Kallio's Class        Wed Apr 15, 2020

LOST and FOUND

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

** Clothes will be laid out in the foyer THIS week then on November 22 unclaimed clothing will be bagged up and given to a charity.**

Earn Free Money For Bear Creek
Every Time You Enter Your Loyalty Number!

Update Your Info in 3 Easy Steps

1. Create or login to your King Soopers account. You can do this online or on the King Soopers app. www.kingsoopers.com
2. Under “My Account” click on Community Rewards
   https://www.kingsoopers.com/account/communityrewards
3. Search for “Bear Creek Elementary Home and School Association”
   Or AQ261 and enroll!!

King Soopers will now donate money to Bear Creek through your loyalty card or phone number. It is still an easy and free way to help Bear Creek.

If you have any questions, please reach out to katelyn.m.root@gmail.com.
Bear Creek's Pumpkin Contest Winners

Congratulations to all students who participated in this year’s Halloween Pumpkin Contest.
During our tumbling and gymnastics unit there is a bunch of equipment being used that is difficult to move each day. Due to the amount of equipment being used we will be cancelling Jump Rope Club and Intramurals on the following days.

No Jump Rope Club on Dec. 6th, Dec. 13th, and Dec. 20th.


Both activities will resume after Winter break.

Eat your vegetables

Your mother was right when she urged you to finish your vegetables — and now science backs her up.

Research shows that leafy greens in particular are so packed with important nutrients that eating them regularly literally can save your life, protecting you from cancer, heart disease, and other serious conditions.

“Eating greens is one of the most important things you can do for your health,” says nutritionist Tara Gidus, best-selling author and dietitian for the Orlando Magic basketball team.

“Leafy greens are chock-full of antioxidants and phytonutrients that have been proven in study after study to fight serious disease and improve immunity,” she told Newsmax Health.

Jacob Teitelbaum, M.D., author of From Fatigued to Fantastic, tells Newsmax Health that greens can compensate for the lack of nutrition in modern, processed foods.

“For the first time in the history of mankind we are seeing people who are both obese and malnourished,” he said. “We are also seeing a tremendous rise in immune and inflammatory illnesses. The antidote to this is adding more leafy greens to the diet.”

Gidus says that greens are the single best source of natural nitrates, which get converted by the body into nitric oxide, a gas that lowers blood pressure and promotes blood flow.

Since you produce less nitric oxide after the age of 40, it’s imperative to eat even more nitrates to help the body function optimally as we age.

To preserve the nutrition of greens, avoid boiling them, which can deplete them of vitamins and minerals. They are best eaten steamed, microwaved, sauteed, or raw.
Here are the top six healthiest greens:

1. Swiss chard is a great source of vitamins C, E, and A. It contains the minerals manganese and zinc, which lower inflammation in the body by altering pro-inflammatory enzymes and preventing the production of pro-inflammatory messaging molecules. Because it also contains calcium, magnesium, and vitamin K, Swiss chard offers incredible bone support. It also helps detoxify the body.

2. Arugula is high in vitamins and minerals, but is extremely low in calories. It also has the highest nitrate levels of any greens. This distinctive green contains vitamin A, B complex, C, and K. New research shows it may prevent ulcers.

3. Collard greens are a staple of the South and an excellent source of vitamins A, C, and E, and the mineral manganese. It also contains an array of antioxidants that lower oxidative stress in our cells, preventing cancer. Collard greens contain valuable fiber that helps with digestion.

4. Bok choy is a popular Asian vegetable that is one of the best sources of potassium, which helps build muscle and keeps blood pressure low. It’s packed with vitamin A that strengthens the immune system. It contains more than 70 antioxidant substances.

5. Kale has become extraordinarily popular, turning up on menus everywhere. It is a true “superfood” that has been shown to lower cholesterol and detoxify the body. It’s rich in lutein and zeaxanthin, antioxidants that prevent age-related vision loss.

6. Watercress is a delicate green that cleanses the blood and inhibits carcinogens. A single cup of watercress will give you the recommended daily value of vitamin K, which helps regulate blood clotting and reduce heart disease-causing arterial plaque.
Zero Waste ideas:

Lisa Chase and Mary Sue Rogers liaisons with Eco-Cycle representing Bear Creek's Green Star School initiative. Periodically we will share some ideas concerning Zero Waste. You can reduce plastic waste economically: Refill containers at bulk store locations. Household items, oils, pet products, bath and body and more. Shop locally at Refill Revolution, 3350 Arapahoe Avenue. For bulk food stuffs, shop at Simply Bulk, 418 Main Street in Longmont or your local grocery store. Be sure to bring your own containers!

Vision & Hearing Screening
Monday, December 2nd

On Monday, December 2nd, the annual Vision and Hearing screening tests are being held at Bear Creek in accordance with state statute. They are performed in elementary school on kindergarten, 1, 2, 3, and 5th graders; those new to the district; special education students and those where there is current vision or hearing concern. These tests are conducted under the supervision of the School Nurse Consultant by the vision and hearing screening teams. A parent or guardian may submit an exemption from screening testing for his or her child. Exemption forms must be returned to the Bear Creek office by November 22nd.

Hearing Screening Waiver  Vision Screening Waiver

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>
</tr>
</thead>
<tbody>
<tr>
<td>December 12</td>
<td>December 13</td>
</tr>
<tr>
<td>January 18</td>
<td>January 19</td>
</tr>
</tbody>
</table>

Additional information about Bear Creek can be found on the website at https://bce.bvsd.org/Pages/default.aspx
The fifth grade class returned home from their three day trip to Cal-Wood exhausted but happy. We had an epic adventure which included climbing mountains, building shelters from found materials, orienteering, playing team building games like predator versus prey and camouflage, hiking in the dark to see the milky way (along with constellations like the Pleiades and Cassiopeia), sleeping in a cabin with bunk beds, and enjoying a campfire (complete with marshmallows, skits and music). It was cold (especially after the sun went down) but we came well prepared and wore all of our layers. The food was fantastic and the company was excellent. Many thanks to Tanner Dayhoff, James Soole, Lisa Chase, Mat Moreland and Carolyn Walker for taking time away from their families to join us! We made some excellent memories!
Where Have All the Cell Phones Gone?

The EPA states that for every 1 million cell phones recycled we can reclaim:

- 35,274 pounds of copper
- 772 pounds of silver
- 75 pounds of gold
- 33 pounds of palladium

In fact, today, there are 327.5 million cell phones in use in the US alone...and 6.9 billion worldwide.

The Wireless Alliance is a cell phone and ink cartridge recycling company. We work with wireless retail stores, e-waste recyclers, schools, universities, state and local government, large corporations and non-profit organizations to collect and recycle cellular equipment and ink cartridges. All equipment is repurposed in a zero waste, environmentally-conscious manner. Since 2001, The Wireless Alliance has reclaimed over 500 tons of wireless equipment from landfills, contributing to a cleaner and safer environment.

Items we accept:

- All cell phones, smart phones, PDA’s, iPods, digital cameras, and iPads regardless of age or condition
- Chargers
- Rechargeable cell phone batteries
- All accessories including: Bluetooth, air cards, clips and cases
- Paper manuals and plastic packaging

All ink cartridges

Bear Creek receives a portion of the proceeds from the recycling of these products and has both a cell phone and ink cartridge container in the foyer of the school building.
To learn more about Box Tops for Education, go to http://www.boxtops.com.

Thank you for returning Box Tops are each worth 10¢ for our school.

Family clips Box Tops, imagine how much our school can earn!

Our school can use these money to buy anything it needs. Every

Twice a year, we submit all our schools’ Box Tops and receive a check.

BUY GRIP

= $10 + 10¢ + 10¢

Here’s how Box Tops Works:

See a list of participating products at http://www.boxtops.com/products

including cereal, snacks, paper products, and produce.

Look for Box Tops on hundreds of participating products.

It’s easy! Box Tops are each worth 10¢ for our school.

For our school with Box Tops for Education:

EARN CASH

The latest news & information from Box Tops for Education:

August 2015
Earn cash for your school!
Save Longmont Dairy Milk Caps.

Longmont Dairy Farm will donate 5¢ for every bottle cap that your school collects from Longmont Dairy produced products (including Cold Brew Coffee, Iced Tea, Coffee Creamers, Milk, Cream, Lemonade and Orange Juice).

Since 2014, over $300,000 has been donated back to participating schools through the Milk Caps for Moooola program. Schools are free to spend these funds as they wish: for good behavior rewards, special sports equipment, and field trips. Collect caps from your family or your neighbors.

It’s fun and easy to collect milk bottle caps and earn money for your school.

For more information, or to sign-up for delivery, visit LongmontDairy.com/caps.
# November 2019

<table>
<thead>
<tr>
<th>Sun</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>1</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td><strong>Common Sense Parenting</strong></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td><strong>8:45-10:45</strong></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td><strong>End of Trimester</strong></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td><strong>Open Enrollment Begins</strong></td>
<td></td>
</tr>
<tr>
<td>2</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
<td>8</td>
<td>9</td>
</tr>
<tr>
<td>5th Grade to Cal Wood</td>
<td>5th Grade to Cal Wood</td>
<td>5th Grade to Cal Wood</td>
<td></td>
<td></td>
<td>Jeff &amp; Paige Assemblies</td>
<td>KG Report Cards Go Home</td>
</tr>
<tr>
<td>10</td>
<td>11</td>
<td>12</td>
<td>13</td>
<td>14</td>
<td>15</td>
<td>16</td>
</tr>
<tr>
<td></td>
<td></td>
<td><strong>Veterans Day NO SCHOOL</strong></td>
<td><strong>PTO Meeting 2 1:30</strong></td>
<td><strong>Student Climate Survey Day</strong></td>
<td><strong>Report Cards Gr. 1-5 are viewable</strong></td>
<td>Bear Tracks</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>17</td>
<td>18</td>
<td>19</td>
<td>20</td>
<td>21</td>
<td>22</td>
<td>23</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>24</td>
<td>25</td>
<td>26</td>
<td>27</td>
<td>28</td>
<td>29</td>
<td>30</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td><strong>Thanksgiving Break</strong></td>
</tr>
</tbody>
</table>
# December 2019

<table>
<thead>
<tr>
<th>Sun</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
</tr>
<tr>
<td>Vision &amp; Hearing Screening</td>
<td></td>
<td>Student Council 3:05-3:45</td>
<td>Open Enrollment Tour @ 9:30</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>8</td>
<td>9</td>
<td>10</td>
<td>11</td>
<td>12</td>
<td>13</td>
<td>14</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Perry Conway Assemblies</td>
<td></td>
<td></td>
</tr>
<tr>
<td>15</td>
<td>16</td>
<td>17</td>
<td>18</td>
<td>19</td>
<td>20</td>
<td>21</td>
</tr>
<tr>
<td>Spotlights Concert @ 9:00 &amp; 6:30</td>
<td></td>
<td>Open Enrollment Tour @ 9:30</td>
<td>Winter Instrumental Concert @ 2:15</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>22</td>
<td>23</td>
<td>24</td>
<td>25</td>
<td>26</td>
<td>27</td>
<td>29</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Winter Break 12/21/19-1/6/20</td>
</tr>
<tr>
<td>29</td>
<td>30</td>
<td>31</td>
<td></td>
<td></td>
<td></td>
<td>Winter Break 12/21/19-1/6/20</td>
</tr>
</tbody>
</table>
You’re Invited!

WHAT: The 2019 Toy Shop for free gifts for your children ages 0-14
WHEN: Saturday, December 14th, 2019
WHERE: 2584 Baseline Road Boulder, CO 80305 (old whole foods location in the Basemar Shopping Center, corner of Baseline and Broadway)
WHO: Gifts are Free for Parents of children ages 0-14 who attend school in BVSD or live within the BVSD attendance area. No pre-registration required. Parents are admitted to the Toy Shop by Last Name. No Children under 16 allowed inside. There is no Childcare available.

<table>
<thead>
<tr>
<th>LAST NAME BEGINS WITH:</th>
<th>A TO L (If unable to come at this time, arrive at 3pm)</th>
<th>M TO Z (Toys are fully restocked for afternoon shopping)</th>
</tr>
</thead>
<tbody>
<tr>
<td>ADMISSION TICKETS ARE HANDED OUT BETWEEN:</td>
<td>7:30-8am Early Bird Lottery Tickets 8-10am Regular Tickets</td>
<td>12:30-1pm Early Bird Lottery Tickets 1-5pm Regular Tickets</td>
</tr>
<tr>
<td>ENTRY TIME:</td>
<td>Early Bird Lottery Tickets are called in random order beginning at 8am</td>
<td>Early Bird Lottery tickets are called in random order beginning at 1pm</td>
</tr>
<tr>
<td>SHOPPING HOURS:</td>
<td>8:30-11:30am (Must enter by 10am)</td>
<td>1:30-5pm</td>
</tr>
</tbody>
</table>

PLEASE READ: No need to arrive before your scheduled lottery time or camp out for tickets. Lottery tickets are handed out in random order and ticket numbers will announce when you may enter. There is no advantage in arriving earlier than your lottery time. However, if you arrive after your lottery time, you will receive a regular admission ticket given out in the order of your arrival time. Regular admission tickets do have a longer wait time to enter than lottery tickets.

PLEASE BRING: Driver’s License, Photo ID or Utility Bill for proof of address AND a Birth Certificate, Report Card or Immunization Record for EACH child of yours receiving gifts.

www.ShareAGift.org | email: INFO@ShareAGift.org | Urgent Questions only: 720-446-TOY1
Serving families in need in the Boulder Valley School District area since 1972
In partnership with Boulder Rotary Club
CU Wizards presents: Master Storyteller Susan Marie Frontczak

"A Visit with Madame Curie"

Saturday, December 7th
9:30-10:30 a.m.
Old Main Chapel Theatre
CU Boulder
CU Wizards!

Since four decades ago, 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 2019-2020 Schedule:**

<table>
<thead>
<tr>
<th>Date</th>
<th>Speaker(s)</th>
<th>Topic</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>9/28/2019</td>
<td>Prof. Susan Marie Hendrickson</td>
<td>Recharge, Reuse, REDOX...Batteries! (Gift Not Included)</td>
<td>Cristol Chem 140</td>
</tr>
<tr>
<td>10/26/2019</td>
<td>Prof. Steven Pollock</td>
<td>Whispers &amp; Bangs! The Physics of Sound &amp; Music Baking Bread (or How I Learned to Stop Worrying and Love Gluten and Flaming Gummy Worms)</td>
<td>Duane Physics G1B30</td>
</tr>
<tr>
<td>11/2/2019</td>
<td>Prof. Tarek Sammakia &amp; Prof. Niels Damrauer</td>
<td>A Visit from Madame Curie</td>
<td>Cristol Chem 140</td>
</tr>
<tr>
<td>12/7/2019</td>
<td>Master Storyteller Susan Marie Frontczak</td>
<td>The Physics of Superheroes!</td>
<td>Old Main Chapel</td>
</tr>
<tr>
<td>1/25/2020</td>
<td>Prof. James Thompson</td>
<td>The Chemistry of Cooking</td>
<td>Cristol Chem 140</td>
</tr>
<tr>
<td>2/22/2020</td>
<td>Prof. David Nesbitt</td>
<td>Rocks from Outer Space!</td>
<td>CU Fiske Planetarium</td>
</tr>
<tr>
<td>3/7/2020</td>
<td>Prof. Brian Hynek</td>
<td>Superheroes Within! Immunity in Health &amp; Disease</td>
<td>Cristol Chem 140</td>
</tr>
<tr>
<td>5/16/2020</td>
<td>Prof. Tom Perkins</td>
<td>The Magic of Chemistry</td>
<td>Cristol Chem 140</td>
</tr>
</tbody>
</table>

For more information please visit: [www.colorado.edu/cuwizards](http://www.colorado.edu/cuwizards)
FUN FOR THEM. PEACE OF MIND FOR YOU.

BEFORE & AFTER SCHOOL CARE FOR K-5TH

At the Y, we believe knowledge, skills and values learned early in life create a foundation for the future. We also believe in the power of fun and games, creativity and curiosity, friends and role models. That's why YMCA Before & After School Care sets out to give kids both smile-inspiring escapades and foundational experiences that help them grow as individuals. Whether it's getting homework help, exploring science concepts, enjoying outdoor playtime or creating group art projects, the Y provides a safe, supportive environment that focuses on learning, developing interests and making friends.

Plus, parents enjoy the peace of mind of having a state-licensed program in their child’s school as well as affordable rates and qualified, trained staff.

- 7:00am until school starts / school dismissal until 6:00pm
- Full-time, part-time and drop-in options available
- School Day Off Camp and Late Start Day options
- Swim lesson add-on available for BVSD
- Participants receive member rates on Y programs such as sports and swim lessons
- Free and discounted family membership options

Visit ymcanoco.org for details or check with the site director at your school.

Financial assistance and CCAP is available to those who qualify. Details at ymcanoco.org/financial-assistance.

YMCA OF NORTHERN COLORADO ymcanoco.org • 303-443-4474
Branches In Boulder, Lafayette, Longmont & Johnstown (coming in spring 2020)