Dear Bear Creek Community,

Like many of you, I often find myself saying cliché phrases this time of year - “Wow, 2019 just flew by,” or “I can’t believe we’re already half-way through this school year.” (This year we get to say - “It seems like we were just starting the 2010s... now we’re headed into the 2020s?!?”) Clichés aside, I do enjoy reflecting in December, and setting new goals in January.

The first half of our school year has been special, with much to celebrate at Bear Creek:

- As measured by CMAS (the yearly state exam for 3rd-5th graders,) Bear Creek continues to be one of the top performing elementary schools in the State of Colorado. This past year we made significant academic gains in mathematics and with our students in Special Education.

- With support from BVSD, Bear Creek has our first ever full-time Elementary Counselor - Montana Fels. Ms. Fels has been doing social/emotional work with whole classes, small groups, and individuals.

- All classrooms are implementing BVSD’s new literacy curriculum - Fountas and Pinnell Classroom (FPC).

- We’ve successfully launched our school’s work with Well Managed Schools. Staff are teaching students specific life skills, and using positive reinforcement to motivate appropriate behaviors. This work has been done concurrently with our long standing work with Bear Creek “ROCKS” - Respect, Own It, Cooperation, Kindness, and Safety.

- We had nearly 25 parents participate in a six week Common Sense Parenting class, which is the partner course to our staff’s work with Well Managed Schools.

- We have increased parent participation in our School Accountability Committee, which focuses on school data, school climate, and school finances.

- Through the leadership of our Parent/Teacher Organization, our 2019 Tools for Learning Challenge (TLC) set a record fundraising mark! These funds go directly to supporting paraeducators in classrooms, classroom supplies, teacher professional development, and so much more! Thank you!

- Most importantly, Bear Creek students, staff, and families continue to feel safe and happy at school, excited about learning, and proud of our community.

There is much to look forward to at Bear Creek in 2020. The BVSD Bond will be coming to our school with significant construction occurring over the summer. BVSD is also adopting a new Strategic Plan - “All Together for All Students” - that will greatly influence the work we do for students. And, Bear Creek will launch a new website prior to next school year.

If at anytime you have any questions or comments regarding our work at Bear Creek, or your individual student’s Bear Creek experience, please contact me via email or call our Front Desk to schedule a time for us to meet. Your partnership is important to me!

~Tanner
Hello Bear Creek Community,

Happy December! I hope that you and your family had a wonderful Thanksgiving and are feeling recharged for the rest of the year. December is a busy month for schools, students, and families as there is a lot to fit in before winter break arrives.

To build off of last month’s lesson about personal space and classroom community, each classroom is spending time talking about how to handle uncomfortable feelings we may experience when a problem occurs.

In grades 3-5, we will be looking at different types of coping skills and how the brain works when stress and anxiety begin to build. In kindergarten-2nd grade students will be looking at emotional regulation and learning how to express emotions through “I” statements.

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! As always feel free to reach out anytime with questions or concerns. I am happy to help!

Montana Fels

Tips For Promoting Student Success During The Holiday Seasons:

- With so many festive activities going on you may be planning to take your child out of school for an extra day or two! But absences can matter. As early as kindergarten, absenteeism is linked to lower academic achievement and can increase anxiety and stress. When students are absent they can miss key classroom discussions, group activities, math explanations, etc. Avoid unnecessary absences and help your child establish positive attendance habits! They will reap the benefits throughout their school years!

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

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

Tuesday, January 14
PTO Meeting
Sac @ 3:15

Friday, January 17
Bear Tracks

Monday, January 20
NO SCHOOL - MLK Day

Wednesday, January 22
Spelling Bee @ 1:15

Thursday, January 30
CAP Parent Meeting 5:30-7:30

Friday, January 31
MLK Assembly @ 1:30

Monday, February 4
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.

*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

How sick is too sick?

This a document put together by The Colorado Department of Public Health and being followed by BVSD. Please review the symptoms and responses.
PTO Reminders

Remember over the Holidays to use your King Soopers Reward program (linking instructions here) and Lucky’s Cashback Card.

All volunteering opportunities are available on the HelpAtSchool website.

The PTO Website can be accessed through the Bear Creek Website and contains important information regarding meeting times, minutes, and opportunities.

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.

<table>
<thead>
<tr>
<th>Jenny Platt's Class</th>
<th>Wed Dec 18, 2019</th>
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<tr>
<td>Sarah Koch's Class</td>
<td>Wed Jan 8, 2020</td>
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<td>Mia Jenak's Class</td>
<td>Wed Jan 22, 2020</td>
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<td>Lori Hattendorf's class</td>
<td>Wed Feb 5, 2020</td>
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<td>Ray Neiman's class</td>
<td>Wed Feb 19, 2020</td>
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<td>Stephanie Briggs' Class</td>
<td>Wed Mar 4, 2020</td>
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<td>Robin Norton's class</td>
<td>Wed Mar 18, 2020</td>
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<td>Sara Bulow's Class</td>
<td>Wed Apr 1, 2020</td>
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<td>Emily Kallio's Class</td>
<td>Wed Apr 15, 2020</td>
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BEAR CREEK LIP SYNC 2020

It’s time for Lip Sync! Show your classmates and family what you’ve got! Put together a group, pick some music and moves, and strut your stuff on the big stage. All students from all grades are invited.

1. **Find some classmates who want to Lip Sync together.** Groups should have at least 4 members and more are encouraged. You’ll also need 1 parent to coach the group.
2. **Choose the music you want.** Your parent coach will help edit the song selection down to 90 seconds or less (groups with 10 or more members can go up to 120 seconds).
3. **Sign up by January 27.** Parent coaches will sign up groups and submit songs on the [website](#).
4. **Practice, practice, practice.** Have fun practicing lip syncing to your song and rehearsing your moves.
5. **Perform!** Lip Sync is on Friday, March 6.

**Key Dates and Deadlines:**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>January 27</td>
<td>Sign up your group</td>
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<td>February 7</td>
<td>Submit music &amp; lyrics</td>
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<td>February 24-28</td>
<td>Non-dress rehearsals for K-1st only</td>
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<tr>
<td>March 5</td>
<td>Dress rehearsal</td>
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<td>March 6</td>
<td>Lip Sync!</td>
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</table>
Bear Creek Spelling Bee

Congratulations to the 27 kids who qualified for our school spelling bee to be held Wed. Jan 22 at 1:30. The words on the qualifying test were very tough! The most commonly misspelled word was accelerates—contestants should review that one :) Well done, everyone!!

3rd grade:
Wensen Fang
Adele Ferris

4th grade:
Vienna Dai
Avery Gill
Jake Nelson
Danica Christensen
Eli Sawyer
Isadora Zuo
Darya Yazdi
Jaden Chang
Sophia Duan
Luna Fierer
Osel Yeh

5th grade:
Mason Brown
Luke Selby
Celeste Bizzarro-Parkin
Martin Baker
Saras Totey
Francis DeSantis
Luming He
Sidney Booth
Kara Kang
Sydney Vaughan
Ben Arons
Jude Chen
Jeffrey Dai
Jiyu Kim
Bear Creek Spirit Week

Monday - Crazy Hair Day

Tuesday - Jersey Day

Wednesday - MisMatched Day

Thursday - Color Block Day
Friday - Pajama Day

Perry Conway Presentations

A big Bear Creek
Thank You to Perry Conway for bringing in
his amazing animals for
us to learn about.
Reminder: Jump Rope Club and Intramural activities will resume after winter break

Choice.

You have the ability to choose the way your life is going to be.

Your situation, right now, is the sum of the choices you have made in the present moment.

And the choices you continue to make in the present moment directly dictate your level of success.

Because nothing exists but this moment. There is no ‘later’. No ‘future’. No ‘next season’. No ‘when I have more free time’. No ‘if I had better talent.’ No ‘if I had a bigger team’. No ‘if I had a bigger budget’.

Success is a choice.

The only difference between you and the coaches/teams/athletes/individuals you want to be like is simple:

- Because they made a *choice*. They decided who they wanted to be. What they wanted their life and their program to be like. And they made a choice to do it.

- Make a *choice* to be successful. Don’t listen to the haters (and there are many). Ignore the doubters (and there are many). Don’t make excuses for why I wasn’t smart enough or talented or connected enough to do what I wanted to do. Just be willing to hustle harder than most other people. That’s the difference that makes the difference.

Like anything else, it takes practice to develop this mindset as our default simply doesn’t allow kids to say:

- “I can’t”. Sure you can. And you will as long as you hustle harder than the next guy (or girl).

- “If I…” Not if. When. Saying ‘if’ just gives you an out. When you don’t give power to the possibility of not meeting the expectation, you will meet the expectation.

- “I hope.” Don’t hope. Demand. ‘I hope’ means “I don’t really think I can do it”. I don’t accept that possibility.

So it’s not a part of our discussions. Not a part of our collective consciousness.

Believe in Expectations. So instead of setting goals, set expectations. Expectations are for people who make things happen.
Zero Waste ideas:

Some important news from your Bear Creek Eco-Cycle Leaders
(Lisa Chase and Mary Sue Rogers)

As we move into the holiday season of eating, giving, loving and being with family, let's seriously consider if there are unnecessary areas of our celebration that add to the Earth's greenhouse gases: According to the Environmental Protection Agency, over 40% of climate impact in the U.S. is caused by "consumption emissions" - generated by our food and our stuff - how we extract it, make it, haul it, use it, and throw it away:

- **Wrap eco-style**: newspaper, comics, reusable fabric, bandanas, old maps, blueprints...
- **Don't give useless "stuff"**: Instead give homemade goodies, the gift of time (coupons for movies, building a snowman, cooking together), or gifts that encourage going green (reusable water bottles, lunch or coffee containers)

For more information on how to have a "green" holiday celebration, and how to dispose of the many items that we are left with after the holidays, please see [Eco-Cycle's Holiday Guide flyer](https://bce.bvsd.org/Pages/default.aspx)

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

<table>
<thead>
<tr>
<th>Submission Deadline</th>
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<tbody>
<tr>
<td>January 18</td>
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<td>February 12</td>
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Additional information about Bear Creek can be found on the website at [https://bce.bvsd.org/Pages/default.aspx](https://bce.bvsd.org/Pages/default.aspx)
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.
Learn more about Box Tops at BTFE.com.

Buy the products. Clip the Box Tops. Send Box Tops to school. Earn cash for our school family clips Box Tops. Imagine how much our school can earn.

Here’s how Box Tops works:

$0.10 + $0.10 + $0.10 = $0.30

It’s easy! Box Tops are each worth 10¢ for our school. Look for Box Tops on hundreds of participating products, including cereal, snacks, paper products and more. See a list of participating products at BTFE.com/products.

For our school with Box Tops for Education:

It’s easy! Box Tops are each worth 10¢ for our school. Look for Box Tops on hundreds of participating products, including cereal, snacks, paper products and more. See a list of participating products at BTFE.com/products.

It’s easy! Box Tops are each worth 10¢ for our school. Look for Box Tops on hundreds of participating products, including cereal, snacks, paper products and more. See a list of participating products at BTFE.com/products.

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

To learn more about Box Tops for Education, go to BTFE.com.

Go back to school with Box Tops and get a head start on earning for your school! Start earning for your school by clipping Box Tops to this sheet and turn it into school when all the spaces are filled. Bonus Box Tops certificates must be turned in separately.

First Day Ready:

Be ready for school with Box Tops and earn money for your school!
Milk Caps for MOOOLA

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 Mooola 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.
# December 2019

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<td>PTO @ 1:30 SAC @ 3:15</td>
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<td>Bear Tracks</td>
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<td>CAP Parent Meeting 5:30-7:30</td>
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<td>MLK Assembly @ 1:30</td>
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<td>Winter Break</td>
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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</th>
<th>Topic</th>
<th>Location</th>
</tr>
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<tbody>
<tr>
<td>9/28/2019</td>
<td>Prof. Susan Marie Hendrickson</td>
<td>Recharge, Reuse, REDOX...Batteries!</td>
<td>Cristol Chem 140</td>
</tr>
<tr>
<td>10/26/2019</td>
<td>Prof. Steven Pollock</td>
<td>Whispers &amp; Bangs!</td>
<td>Duane Physics G1830</td>
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<tr>
<td>11/2/2019</td>
<td>Prof. Tarek Sammakia &amp; Prof. Niels Damrauer</td>
<td>Baking Bread (or How I Learned to Stop Worrying and Love Gluten and</td>
<td>Cristol Chem 140</td>
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<td>Flaming Gummy Worms)</td>
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<tr>
<td>12/7/2019</td>
<td>Master Storyteller Susan Marie Frontczak</td>
<td>A Visit from Madame Curie</td>
<td>Old Main Chapel</td>
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<tr>
<td>1/25/2020</td>
<td>Prof. James Thompson</td>
<td>The Physics of Superheroes!</td>
<td>Duane Physics G1830</td>
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<tr>
<td>2/22/2020</td>
<td>Prof. David Nesbitt</td>
<td>The Chemistry of Cooking</td>
<td>Cristol Chem 140</td>
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<td>3/7/2020</td>
<td>Prof. Brian Hynek</td>
<td>Rocks from Outer Space!</td>
<td>CU Fiske Planetarium</td>
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<tr>
<td>4/25/2020</td>
<td>Prof. Monika Fleshner</td>
<td>Superheroes Within! Immunity in Health &amp; Disease</td>
<td>Cristol Chem 140</td>
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<tr>
<td>5/16/2020</td>
<td>Prof. Tom Perkins</td>
<td>From Very Big to Very Small: The Powers of Ten!</td>
<td>Duane Physics G1830</td>
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<tr>
<td>6/20/2020</td>
<td>Prof. Tanja Cuk</td>
<td>The Magic of Chemistry</td>
<td>Cristol Chem 140</td>
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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.

BVSD Locations
Bear Creek, BC315, Creekside, Crest View, Columbine, Eisenhower, Flatirons, Foothill, High Peaks, Louisville, Mesa, Superior, Unhilt and Whittier

SVVSD Locations
Transportation is provided to and from the Longmont Y from the following schools: Columbine, St. John the Baptist Church School, Mountain View, Sanborn, Northridge, Rocky Mountain, Fall River, Timberline, Twin Peaks and Alpine.

Weld RE-5J
Pioneer Ridge and Milliken Elementary

Thompson
Big Thompson Elementary

YMCA of Northern Colorado ymcanoco.org • 303-443-4474
Branches in Boulder, Lafayette, Longmont & Johnstown (coming in spring 2020)