Dear Bear Creek Community,

Your partnership is important to me!

As an educator and parent, I firmly believe that our children need their teachers and parents collaborating on their behalf. As the principal of this great school, I want you to be involved in what’s happening in your child’s classroom and at Bear Creek. Further, it’s important to me that when you have questions about your child or Bear Creek, you get the answers you’re seeking. There are many formal parent meetings hosted at the school (PTO, SAC, Parent/Teacher Conferences, etc…), but if those times don’t work for you, please reach out to me to connect otherwise. I’m always happy to respond to emails, set-up phone calls, or have a face-to-face meeting. When we partner, your child will have more success.

One way you can partner with the staff at Bear Creek is to join our School Accountability Committee (SAC). The School Accountability Committee is an official group where the community can be involved in educational improvement at a school. The SAC looks at school goals, reviews school budgets, supports parent engagement, and drives school improvements. This year, Bear Creek’s SAC will meet on the following Tuesdays from 3:15-4:45 in the Library: October 1st, November 12th, January 14th, and March 3rd.

If you are interested in joining our School Accountability Committee, please email me directly at tanner.dayhoff@bvsd.org. Ideally, we would have 1-2 parent representatives per grade level.

Lastly, I hope to see all of you at the Bear Creek Carnival on Thursday, September 19th, from 4:00-6:30PM. This is a community event that you don’t want to miss!

With great pride in Bear Creek,

Tanner
Hello Bear Creek Community,

Welcome to the Counselor’s Corner! My name is Montana Fels and it is with great enthusiasm that introduce myself as the new, full time school counselor at Bear Creek. A little about me… I grew up in Boulder and graduated from Boulder High School in 2011. Up until college, I was a competitive ski racer and lacrosse player and spent most of my free time either on the slopes or enjoying the beautiful Colorado sunshine. I received my Bachelor’s degree in History from CU Boulder and received my Masters in school counseling at CU Denver. I have worked in BVSD as a coach, para educator, and intern. In my spare time, I love spending time with my family and my three year old golden retriever, Cooper. I also enjoy skiing, hiking, cooking, and watching movies!

My goal as a school counselor is to optimize student success in their academic, personal and career planning. I believe that counseling is very similar to teaching, coaching, and mentoring. It is my job to guide students, parents and teachers as they navigate the rigors of school and life. Above all, I believe that teamwork, collaboration, and partnerships are pivotal to student success. In both my professional and personal life I have always lived by one simple quote: “Clear Eyes, Full Hearts, Can’t Lose”. In a school, this means:

- To be an advocate for all students
- To model and teach lifestyle skills for personal achievement, cultural diversity, and personal responsibility
- Support academic success for all students
- Supporting self-awareness, social awareness, self-management, relationship skills, and most importantly responsible decisions making
- Strength-based and data-driven counseling

I am honored to be joining the Bear Creek team and look forward to meeting you all in person!

Montana
BEAR CREEK CALENDAR

AT - A - GLANCE

Monday, September 16
NO SCHOOL - Professional Development

Tuesday, September 17
Picture Day

Thursday, September 19
Bear Creek Carnival 4-6:30

Friday, September 20
Jump Rope Club Starts

Friday, September 27
Common Sense Parenting 8:45-10:45

Tuesday, October 1
SAC @ 3:15

Wednesday, October 2
Official Student Count Day
Walk to School Day
Mandatory Cal Wood Parent Meeting @ 6:00

Thursday, October 3
Blue Sky Bridge Parent Meeting @ 5:30

Friday, October 4
Common Sense Parenting 8:45-10:45

Tuesday, October 8
PTO Meeting @ 1:30

Friday, October 11
Common Sense Parenting 8:45-10:45

Monday, October 14
NO SCHOOL - Professional Development

Tuesday, October 15 & Thursday, October 17
Parent Teacher Conferences 3:00-7:00

Tuesday, October 15—Thursday, October 17
Book Fair

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.

The Bear Creek Directory

Please follow the link to the BC closed community directory.

Picture Day

Tuesday, September 17

Please return your child(ren)’s paper order form to their teacher on Tuesday, September 17 or go online and place your order. Extra paper order forms are available in the office.

If you order online go to:

www.ordervgco.com and use our school code: 30011901
Hello Bear Creek families,

The Bear Creek Carnival on Thursday, Sept 19th, from 4 to 6:30 pm! The Carnival is an amazingly fun event that is hosted by the Bear Creek PTO and the 5th Grade Carnival Club. We have fun activities for all ages: carnival games, art, face painting, guessing jars, and great food trucks! To pull off an event of this magnitude, we need parent help!

*We need volunteers!* Please visit HelpAtSchool.org - Carnival to sign up for an open volunteer slot. There are three shifts to choose from, plus set up crew or clean up crew, so there are time slots to fit every schedule! We keep the shifts short so that you can volunteer and still enjoy the event with your family.

*We need Guessing Jar Donations!* Please visit HelpAtSchool.org - Guessing Jars for more info and to sign up to bring in a jar.

(If you are new to Bear Creek: HelpAtSchool.org is our volunteer website. We have a strong volunteer community at Bear Creek, and lots of opportunities to help out: from providing teacher snacks or making a dish for Parent-Teacher Conferences, to helping in the library or school garden, to assisting with events like Carnival. Pick an opportunity that fits your schedule and your interests!)

*We need gently used books and stuffed animals!* We will have collection boxes in the front lobby of the school so please bring in children's books and stuffed animals to donate. The kids love the option of choosing a book at the prize booth, and the stuffed animals will be given out as prizes at our Stuffie Walk. Please wash your stuffed animals before donating them. Thank you!!

If you have any questions about Carnival, or any issues with signing up for a volunteer slot, please contact Katelyn.m.root@gmail.com.

Katelyn Root
Bear Creek Carnival Chair
Sponsored by the Bear Creek PTO and the 5th Grade Class

BEAR CREEK CARNIVAL

Thursday, September 19
4:00-6:30 pm

Games, crafts and activities for the whole family!

$10 PER CHILD, ADULTS ARE FREE

Wrist bands will be sold before school on the day of the carnival and available to purchase at the event.

Some things to know before you go:

• Food trucks are back! Plan to buy dinner at the event; gluten-free options available.
• Wrist bands pay for all activities. Food not included in cost of admission.
• Bear Creek PTO accepts cash/check only for admission. Food trucks accept credit cards.
• This is not a drop-off event! All children must be accompanied by an adult.
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>Class</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amy Kubitschek’s</td>
<td>Wed Sep 18, 2019</td>
</tr>
<tr>
<td>Jacquie Waldrip’s</td>
<td>Wed Oct 2, 2019</td>
</tr>
<tr>
<td>Kathy Hawk’s</td>
<td>Wed Oct 16, 2019</td>
</tr>
<tr>
<td>Liz Wilmer’s</td>
<td>Wed Oct 30, 2019</td>
</tr>
<tr>
<td>Michelle Hill’s</td>
<td>Wed Nov 13, 2019</td>
</tr>
<tr>
<td>Heidi Thompson’s</td>
<td>Wed Dec 4, 2019</td>
</tr>
<tr>
<td>Jenny Platt’s</td>
<td>Wed Dec 18, 2019</td>
</tr>
<tr>
<td>Sarah Koch’s</td>
<td>Wed Jan 8, 2020</td>
</tr>
<tr>
<td>Mia Jenak’s</td>
<td>Wed Jan 22, 2020</td>
</tr>
<tr>
<td>Lori Hattendorf’s</td>
<td>Wed Feb 5, 2020</td>
</tr>
<tr>
<td>Ray Neiman’s</td>
<td>Wed Feb 19, 2020</td>
</tr>
<tr>
<td>Stephanie Briggs’s</td>
<td>Wed Mar 4, 2020</td>
</tr>
<tr>
<td>Robin Norton’s</td>
<td>Wed Mar 18, 2020</td>
</tr>
<tr>
<td>Sara Bulow’s</td>
<td>Wed Apr 1, 2020</td>
</tr>
<tr>
<td>Emily Kallio’s</td>
<td>Wed Apr 15, 2020</td>
</tr>
</tbody>
</table>

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 TLC Fundraiser deadline is Friday

We need 75% of families to contribute to unlock a $5,000 match. We are requesting $250 per student, but we would love to see the whole community participate in any amount they can.

Donate in the office, with Venmo (@BearCreekPTO) or online at: Https://squareup.com/store/bearcreek-pto

This is the PTO’s only fundraising drive. Through this one time give, PTO is able to support school needs that are not met by the school’s annual budget.

Your $250 Donation:
A Distribution of PTO Fundraising Dollars

<table>
<thead>
<tr>
<th>PARA-EDUCATORS</th>
<th>CLASSROOM FUNDS</th>
<th>LIBRARY, TECH &amp; SPECIALS</th>
<th>* OTHER</th>
</tr>
</thead>
<tbody>
<tr>
<td>$161</td>
<td>$37</td>
<td>$23</td>
<td>$29</td>
</tr>
</tbody>
</table>

* OTHER includes Professional Development ($12), Community Building ($6), Staff Appreciation ($3), Administration ($3), Hospitality ($2), Capital Improvements ($1), Playground Equipment ($1) and Fundraising ($1)

As a community we can make a difference in our children’s education.

Thank you for your support!

Questions? Contact JessicaMClarke.1@gmail.com
The Bear Creek Healthy Routes To School Team (formerly the Bear Creek Car Free Commute Team) is looking for new members! Join us to help promote healthy, safe, and active commutes to school. The Bear Creek HRTS Team helps coordinate Walk and Bike to School Days, Trip Tracker, monthly bike counts, safety, and more. Go to https://groups.google.com/forum/#!forum/bear-creek-hrts-team to join.

**Walk to School Day is Wednesday, October 2, 2019**
Show your support for physical activity and clean air by lacing up your "kicks" or pumping up your tires and joining thousands of BVSD students, parents, teachers and administrators as they walk, bike or scooter to school. Enjoy a snack, sign a banner, and start your day strong!

**Used Shoe Collection September 30 to October 4**
We are partnering once again with EcoCycle to do our annual used shoe drive, which will take place September 30 to October 4. Drop off boots, sandals, athletic and dress shoes tied or banded together. Please no cleats, flip flops, Crocs, muddy, ripped or torn shoes. Please no plastic or paper bags. Collection boxes will be out at school all week. Our goal for the district is to divert 2,000 pounds of used shoes from landfills and donate them to communities in need.

---

**The Bear Creek Garden Committee is looking for a 1st Grade and 3rd Grade Parent Liaison to Join the Committee.**

Garden Committee members meet every other Monday morning at 8:30 am to discuss upcoming activities and work in the garden as needed. Meetings only occur in the fall and spring and attendance at the meeting is completely optional. The Garden Committee harvests veggies from the school garden with students in the fall and plants the vegetable gardens with the students in the spring. Please email Lynn at lynn@lynnmroyl@gmail.com if you’re interested in helping out!
BEAR CREEK CULTURE FEST
Spring 2020

Perform: Dance, Sing, Play an Instrument, Do a Martial Art. Groups and Individuals welcome!

Share: Cultural Booths!

Design a Logo: Please help design a logo for the Festival, submit to the office by October 8th!
Don’t Let Head Lice Keep You Up At Night!

Here’s What You Should Know

Any child can get head lice.
- Head lice are a common condition in school-age children—nearly 6 to 12 million get them every year.
- Personal hygiene and cleanliness of home, clothes, or hair, where you live or play, have nothing to do with getting head lice.
- Lice mostly spread by direct head-to-head contact. They don’t jump or fly.

Consult your child’s doctor.
- Speak with your doctor about treatment options and whether a prescription medicine may be right for your child.
- Only use head lice medicine when it’s certain that your child has head lice. Head lice have shown resistance to some over-the-counter treatments in different parts of the US. Prevalence of this resistance isn’t yet known and can vary throughout the country.

Treat immediately!
- If your doctor decides a prescription medication is right for you, carefully follow the directions for the head lice medicine your doctor prescribes.
- Remember that only adults should apply head lice medication.
- Check with your doctor if you think a second round of treatment is necessary.

References
Health and Fitness tips.

Cold and Flu

Basics
Prevention
Treatment
Management

Foods to Fight Your Cold
Looking for a cold remedy? Get the facts on 10 cold-fighting foods.
By Chris Iliades, MD
Medically reviewed by Christine Wilmsen Craig, MD

The cold and flu season lasts from September until May and accounts for more doctor visits and missed days of school and work than any other illness. The viruses that cause the common cold and flu (also called influenza) don’t respond to antibiotics, and common over-the-counter cold treatments don’t shorten or prevent a cold or the flu.

Although there are no sure-fire cold treatments, there are definitely some things you can do. For instance, how about eating a lot of chicken soup? Between folklore, family recipes, and science, the menu for treating colds has become quite diverse.

Cold Treatments: Chicken Soup, Anyone?

Chicken soup has been praised as a cold remedy since the time of the ancient Greeks. Twelfth-century Jewish physician Maimonides recommended chicken soup for treating colds.

A well-known study done at the Nebraska Medical Center researched whether chicken soup works as a remedy to fight colds. The study found that chicken soup contains a number of substances with healing effects — and the researchers concluded that chicken soup actually does work.

Cold Remedy: What Other Foods Are Good for You?

"Think of foods as more of an insurance policy, as a preemptive strike against winter’s cold viruses," says Karen Gibson, RD, a dietitian at the University of Texas Medical School in Houston. "Unfortunately, cold viruses are very contagious, and even the healthiest of individuals can contract a cold. Even so, foods can offer some assistance in preventing a cold by helping you develop and maintain a healthy immune system."

She recommends a diet rich in the antioxidants found in fruits and vegetables. "Look for the most colorful ones: red, orange, yellow, dark green, and purple," says Gibson. "This means tomatoes, bell peppers, squash, spinach, blueberries, and eggplant, to name a few." She recommends five to seven servings a day to keep your immune system healthy.
Heidi Skolnik, MS, CDN, a dietitian and author, adds that "to help keep the sniffles and sneezes away, shop for nutrient-rich foods and beverages." She recommends foods that are high in vitamins A, B, C, and E and in potassium, zinc, and magnesium. "Live and active cultures in yogurt also pack a punch, as well as folate found in 100 percent orange juice and spinach," she says. "Load your shopping cart with immunity heroes to help maintain good health."

**Top 10 Cold Remedy Foods**

- 100 percent orange juice
- Avocado
- Spinach
- Tomatoes
- Bell peppers
- Broccoli
- Garlic
- Grapefruit
- Lean meat
- Yogurt

Jacob Teitelbaum, MD, an internal medicine specialist and author, notes that you should avoid foods that are high in sugar because they can decrease your immunity. "The sugar in a can of soda suppresses immune function by 30 percent for three hours," Dr. Teitelbaum says. "Avoid excess milk products if you are stuffy. Milk protein thickens mucous and makes it harder to drain." Water, on the other hand, will help keep mucus thin and easier to clear.

Finally, although there is no such thing as an absolute cold-fighting food remedy, building up your immune system can only help. "Don't forget that eating healthy is not just a winter concern," says Gibson. "Develop good eating habits and stick to them all year. You won't regret it."

---

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>October 10</td>
<td>October 11</td>
</tr>
<tr>
<td>November 14</td>
<td>November 15</td>
</tr>
<tr>
<td>December 12</td>
<td>December 13</td>
</tr>
</tbody>
</table>

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)
Library News

Mark your calendars: We will be hosting a Scholastic book fair on Oct. 15th-17th in the fish bowl. The fair will be open from 8:00-8:45 and 2:45-7 on Tues and Thurs. (during evening parent/teacher conferences) and 8:00-8:45 and 2:45-5 on Weds. This event is a huge fundraiser for the library. We will earn 55% of sales in Scholastic credit for our fall fair and a whopping 70% for our spring fair. If you can’t make it to the fair, you can also shop online, and Bear Creek will still get credit. Online shopping is available 10/9-10/22. If you order online, books will be shipped after the 24th. 
https://bookfairs.scholastic.com/homepage/bearcreekelementaryschool8

Also, take advantage of the new student ewallet. You can set up an account for your child for cash free shopping. See details on our homepage (link above.)

We need lots of cashiers to work at the book fair. Please sign up at https://bvsd.helpatschools.com/schools/1/events

Thanks so much for supporting the book fair!!

Be sure to have your children take advantage of our two ebook offerings: Tumblebooks (https://www.tumblebooklibrary.com) primarily picture books and nonfiction books with accompanying games and videos (username: bearcreek, password: books) and Sora an ebook and audiobook library. Students access Sora by going to the Single Sign On Portal (my.bvsd.org) and logging in with their district username and password. They then select Sora and click sign in using BVSD. This online library has some picture books, but mainly chapter and nonfiction books and is better suited for intermediate students.
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 for Education at EITE.com

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

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

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

Times a year we submit all our school's Box Tops and receive a check.

Buy From Participating Products at EITE.com/products

Here's how Box Tops Works:

See a list of participating products at EITE.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.

Earn Cash

Earn cash

The latest news is 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.
<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>28</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Back to School Night</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>KG &amp; 4 classroom Session: 5:00-5:40pm</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>1 and 2 Classroom Session: 5:45-6:25pm</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>3 and 5 Classroom Session: 6:30-7:10pm</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2</td>
<td></td>
<td>3</td>
<td>Rental Fair @Platt 4-7PM</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>4</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5</td>
<td></td>
<td>6</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>7</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>8</td>
<td>9</td>
<td>10</td>
<td>PTO Meeting @ 1:30</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>11</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>12</td>
<td></td>
<td>13</td>
<td>Bear Tracks</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>14</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>15</td>
<td>16</td>
<td>17</td>
<td>Picture Day</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>18</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>19</td>
<td></td>
<td>20</td>
<td>BEAR CREEK CARNIVAL 4:00-6:30</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>21</td>
<td>Jump Rope Begins</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>PTO Coffee @ 8:30</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>22/29</td>
<td>23/30</td>
<td>24</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>25</td>
<td>26</td>
<td>27</td>
<td>Common Sense Parenting @8:45</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>28</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sun</td>
<td>Mon</td>
<td>Tue</td>
<td>Wed</td>
<td>Thu</td>
<td>Fri</td>
<td>Sat</td>
</tr>
<tr>
<td>-----</td>
<td>-----</td>
<td>-----</td>
<td>-----</td>
<td>-----</td>
<td>-----</td>
<td>-----</td>
</tr>
</tbody>
</table>
|     |     |     | SAC @ 3:15 | Official Student Count Day  
  Walk to School Day  
  Mandatory Cal Wood Parent Meeting @ 5:30 | Blue Sky Bridge Parent Meeting @ 5:30 | Common Sense Parenting 8:45-10:45 |     |
| 1   | 2   | 3   | 4   | 5   |     |     |
|     |     |     |     |     |     |     |
| 6   | 7   | 8   | 9   | 10  | 11  | 12  |
| PTO Meeting @ 1:30 |     |     |     |     | Common Sense Parenting 8:45-10:45 |      |
| 8   | 9   | 10  | 11  | 12  |     |     |
|     |     |     |     |     |     |     |
| 13  | 14  | 15  | 16  | 17  | 18  | 19  |
| NO SCHOOL - Professional Development | Parent Teacher Conferences 3:00-7:00 | Parent Teacher Conferences 3:00-7:00 | Parent Teacher Conferences 3:00-7:00 | Common Sense Parenting 8:45-10:45 |     |     |
|     | 15  | 16  | 17  | 18  |     |     |
|     |     |     |     |     |     |     |
| 13  | 14  | 15  | 16  | 17  | 18  | 19  |
|     |     |     |     |     |     |     |
| 20  | 21  | 22  | 23  | 24  | 25  | 26  |
|     |     |     | Parent Teacher Conferences 3:00-7:00 |     | Common Sense Parenting 8:45-10:45 |     |
|     |     |     | 23  | 24  | 25  | 26  |
|     |     |     |     |     |     |     |
| 20  | 21  | 22  | 23  | 24  | 25  | 26  |
|     |     |     |     |     |     |     |
| 27  | 28  | 29  | 30  | 31  |     |     |
|     |     |     | Picture Re-Take Day | Halloween Parade @ 8:50 |     |     |
|     |     |     | 30  | 31  |     |     |
|     |     |     |     |     |     |     |

**Scholastic Book Fair**

YMCA Kids Night In 6:00-9:30pm
CU WIZARDS Presents:

PR. Susan Henrickson

BATTERIES!!

REDOX, REUSE...RECHARGE:

Cristol Chemistry 140

Saturday, September 28
9:30-10:30 a.m.

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)
BVSD is working to improve air quality in our schools

Last year, BVSD began a long term initiative to collect indoor air quality data across the district to identify where we can make changes to improve it. Recognizing the proven role of good indoor air quality for student performance and health, BVSD hopes this work will have significant benefits for students and staff. There are a couple of ways parents are asked get involved and help with this effort:

Provide information about reasons for absenteeism
In addition to collecting data from school sites, we want to understand how air quality may be affecting student health and absenteeism. Beginning this school year, when parents call in to report a health-related absence from school, they will be asked to identify the nature of the illness. Learn more.

Join the District-wide Air Quality Team
The district is creating an Indoor Air Quality Team to work with us on this initiative. The team will include BVSD principals, teachers, parents and community members. Once convened, the team will determine meeting times and schedule. Applications are due September 9. Follow these links for more information and the application.

For more information about the air quality initiative, go to: bvsd.org/airquality.

Student accident insurance 2019-2020

Low-cost student accident insurance is again being offered by Markel this year. They have changed their enrollment method from paper to electronic and will not be providing print outs to schools to distribute to students. Attached is a PDF of their enrollment information. This information is also available on the district website at http://www.bvsd.org/employees/AthleticsActivities/Athletic%20Insurance%20Information/Forms/AllItems.aspx.

Healthy Kids Initiative
Another possible option for parents whose students need health insurance is the Boulder County Healthy Kids Initiative which helps families enroll in Child Health Plan Plus (CHP+) and Medicaid. CHP+ and Medicaid are free and low-cost health insurance plans that provide dental, medical, prescription, mental health, and vision benefits. There are no monthly premiums, and co-pays range from $0 - $15 depending on family income. CHP+ has higher income eligibility limits than many public assistance programs, so many working families can qualify. Assets are not considered when determining eligibility for these programs. Some families who have not previously qualified may be able to qualify now due to new income guidelines.

Eligibility specialists are available to serve families at all BVSD schools. Call 720-515-1454 today to talk with a specialist or to make an appointment!

More information is available on the district website at http://www.bvsd.org/healthykids. A link to this page is on the front page of the district site: Go to www.bvsd.org and click the Healthy Kids Initiative logo at the bottom of the page.

Nondiscrimination/Equal Opportunity

In compliance with Titles VI and VII of the Civil Rights Act of 1964, Title IX of the Education Amendments of 1972, Section 504 of the Rehabilitation Act of 1973, the Age Discrimination in Employment Act of 1967, the Americans with Disabilities Act, the Genetic Information Nondiscrimination Act of 2008, Colorado law and Board of Education Policy AC (Nondiscrimination/Equal Opportunity), Boulder Valley School District does not discriminate on the basis of disability, race, creed, color, sex, sexual orientation, gender identity/expression, national origin, religion, ancestry, need for special education services, age, marital status, genetic information, or physical characteristics in admissions, access to, treatment, or employment in educational programs or activities which it operates. Complaint procedures have been established for students, parents, employees and members of the public. The following person has been identified as the compliance officer for the district:

Superintendent, Boulder Valley School District
6500 Arapahoe Rd.
Boulder, CO 80301
720.561.5114
Superintendent@bvsd.org