Dear Bear Creek Community,

One of the best parts of my job is to get to watch the growth of students and staff over time. It is so rewarding to see a student find success after collaborating with teachers and parents on that individual student’s area of need.

Likewise, it’s extremely gratifying to partner with parents to address areas of need in our community, and to see those partnerships lead to an even better Bear Creek. Recently, we’ve had a couple great parent partnerships that I’d like to highlight:

We now have an active Crossing Guard Program at Lehigh and Darley. This parent-led group is still seeking volunteers. If you’re interested in picking-up a stop sign and vest, please contact Alexia Marks at alexia.marks2009@gmail.com, Michael Tompkins at mwtmpki@yahoo.com, or Brent Halsey at brenthalsey@yahoo.com.

- Our parent-led Garden Committee has been meeting regularly to maintain our community garden and plan garden related lessons for all grade levels. They’ve also been collaborating with our ILC classroom.

- We had our first School Accountability Committee meeting earlier this month, and we had 10 parents (representing all grade levels) attend this meeting. To learn more about SAC, please visit our Bear Creek SAC Webpage.

- In collaboration with Lisa Chase (Bear Creek Enrichment Coordinator), parents are now supporting Math Olympiads, Battle of the Books, and a writing club. To learn more, visit our Bear Creek Enrichment Webpage.

- Last, but certainly not least, our Bear Creek PTO led the charge on our Tools for Learning Challenge (TLC) Campaign, and raised over $85,000 that goes directly to providing additional Paraeducators, additional teaching supplies, technology, books, and so much more. Thank you, parents, for your support of our school!

If you’re interested in becoming involved at Bear Creek, please reach out to the Front Office, your child’s classroom teacher, or the PTO to see what opportunities are available. The more partnership we have within our community, the better Bear Creek will be for all members of our community.

Finally, Parent/Teacher Conferences start this week! Asking questions to your child’s teachers at conferences is one of the best ways to partner with the teacher, deepen your understanding of how to best support your child, and make the conversation meaningful to you. I encourage you to think in advance of your child’s conference the questions you want to ask.

With great pride in Bear Creek,

Tanner
Hello Bear Creek Community,

The school year is full steam ahead! This month I am focused on getting into each classroom to teach our Bear Creek ROCKS motto to all our kiddos and engage in activities that support everyone to be positive here at school. In 5th grade, we've already discussed what being a leader means and how the 5th grade class can use our Bear Creek ROCKS to be the leaders of our school. Students in K-4th grade will be learning about our Bear Creek ROCKS through group activities designed to help build community and social skills.

As we work together to build and strengthen our partnership, I would like to share a few tips on how to continue to promote student success:

- Talk with your student about their day and their learning
- Let your student struggle when appropriate. Learning to deal with moderate levels of strife is appropriate for elementary students!
- Support and teach your student to advocate for themselves
- Reinforce the Bear Creek way and integrate what we do here into your family time!

For even more ideas please 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

Examples of why parents might contact the school counselor:
- Family difficulties or concerns
- Concerns about academic achievement, behavior, or social skills
- Discuss parenting approaches or techniques
- For additional resources

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

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

Tuesday, October 15 - Thursday, October 17

Book Fair

Friday, October 18
Share-A-Gift Bike Drive 8:00-8:30

Wednesday, October 23
Parent Teacher Conferences 3:00-7:00

Friday, October 25
YMCA Kids Night In 6-9:30

Wednesday, October 30
Picture Re-take Day

Thursday, October 31
Halloween Parade @ 8:50

Friday, November 1
Common Sense Parenting in Library @ 8:45
End of Trimester

November 4 - November 6
5th Grade to Cal Wood

Friday, November 8
Jeff & Paige Assemblies
Kindergarten Report Cards Go Home

Monday, November 11
Veterans Day
NO SCHOOL

Tuesday, November 12
PTO meeting @ 1:30
SAC Meeting @ 3:15

Wednesday, November 13
Student Climate Survey Day

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

Parents please hug and go at the front door. Although your urge is to stay with your children, the hallways become too crowded. Adults will watch over your children and once the first bell rings, students will be released a grade at a time. We have the first red flag day under our belt and it’s always the toughest because it’s new to everyone for the new year. Thankfully we don’t need to do this very often!
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.

Kathy Hawk’s Class               Wed Oct 16, 2019
Liz Wilmer’s Class               Wed Oct 30, 2019
Michelle Hill’s Class            Wed Nov 13, 2019
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

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.
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, or 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
Bear Creek's Pumpkin Contest

Start thinking about entering Bear Creek's Great Pumpkin Contest! There are some rules we will need to follow:
- Pumpkins must be smaller than the size of basketball.
- Only decorated pumpkins, no carved pumpkins!

Here are the categories:
Best in Show K-2, Best in Show 3-5, Scariest, Smallest, Most Unique, Silliest, Most Elaborate, Coolest, Strangest, Funniest, Cutest, Most Colorful, Most Creative
Drop pumpkins off at the library on the morning of Monday, October 28th. Winners will be announced on Thursday, October 31st.
Take home pumpkins after school on Halloween, Thursday, October 31st. HAVE FUN!

UNICEF
The past several years, Bear Creek has supported the collection for UNICEF, an organization that raises money to help children all over the world. Thousands of children die from causes that are totally preventable – because they do not have clean, safe water, basic medical attention, or healthy nutrition.
UNICEF’s goal is simple – reduce the number of preventable childhood deaths to zero. Each year, Bear Creek's Student Council has been able to donate more than our previous efforts to UNICEF. UNICEF boxes we will be given to every student Monday, October 28. Please have students return their boxes to their classrooms by Wednesday, November 6th.

Bear Creek Halloween Parade

Halloween Parade Note:
We request all parents who want to view the parade and take photos to please go to the gym on Thursday, not the classrooms. The parade will begin with Kindergarten at 8:50 am. Most class-room parties will follow.

To stay safe this Halloween:
- Walk with friends or a family member
- Make your rounds at twilight
- If out after dark, stay on well-lighted streets
- Don’t eat candy that is not properly packaged

Also, please note Bear Creek’s Policy regarding Toy Weapons:
Toy Weapons may not be brought to school. This includes but is not limited to water pistols, rubber knives, swords, guns, darts, war and self-defense toys, etc. Students are not allowed to have toy weapons as part of their costume.
Any exercise can benefits kids heart health!!!

Even if kids spend the most of their time sitting around, an hour of any physical activity a day will benefit their heart health, English researchers report.

Their study found that children and teens who got more moderate to vigorous physical exercise daily than their peers had better cholesterol levels, blood pressure and weight, which are important for long-term health.

"Parents, schools and institutions should facilitate and promote physical activity of at least moderate intensity in all children and be less concerned about the total amount of time spent sedentary, at least in relation to these cardiovascular risk factors," said study author Ulf Ekelund, group leader of the Physical Activity Epidemiology Program at the Institute of Metabolic Science in Cambridge, England.

"We demonstrated that higher levels of physical activity of at least moderate intensity — equal to brisk walking — are associated with [improving] many cardiovascular disease risk factors, regardless of the amount of time these children spent sedentary," he said.

For example, those children who belonged to the most active group had a smaller waist than those in the least active group, he said.

"In adults, this difference is associated with an about 15 percent increased relative risk of premature death," Ekelund said.

The type of activity is not important as long as the intensity is at least equal to brisk walking, Ekelund said. Possibilities include outdoor play, bicycling, dancing, aerobics, walking and playing team sports.

However, the positive benefits of exercise don't necessarily counteract the harmful effects of a couch-potato lifestyle, he said. "There may be specific sedentary behaviors, such as TV viewing, that impose health risks as TV viewing is linked to other unhealthy behaviors [such as snacking]. Therefore, limiting TV time is still important for children's health and well-being," Ekelund said.

The report was published in the Feb. 15 issue of the Journal of the American Medical Association.

For the study, the researchers pooled information from 14 studies involving more than 20,000 children, aged 4 to 18, obtained from an international children's database. A motion sensor measured total activity and time spent sedentary and in moderate and vigorous intensity activity. The actual activities they engaged in were not recorded.
Grown-ups must get involved too, Heller said. "They can jump rope, play tag and throw the Frisbee with the children. Kids will do better in school, develop social skills, enhance coordination, [and] be happier and healthier for it."

Overall, three-quarters of the children were of normal weight, 18 percent were overweight and 7 percent were obese. They spent an average of 30 minutes per day in some form of moderate to vigorous exercise and 354 minutes a day — or nearly six hours — sedentary.

Boys and girls who exercised more than 35 minutes a day had lower blood pressure, lower cholesterol, lower blood sugar, lower triglycerides and were thinner than children who exercised less than 18 minutes a day, Ekelund's group noted.

Average waist size differed by more than two inches between the most active and least active children and teens. And those with the largest waist size at the study's start were the least active at two years' follow-up.

Samantha Heller, an exercise physiologist and clinical nutrition coordinator of the Center for Cancer Care at Griffin Hospital in Derby, Conn., said that "there is absolutely no reason for our children to be fat, sedentary and at risk for cardiovascular disease."

"Exercise, in whatever form it takes, is fantastic for children and teens — and adults," she said.

Even children who are not cut out for competitive sports, have the innate need to be physically active, Heller said.

"Parents and caregivers need to limit tech time — computers, iPads, texting, TV — and let kids be kids, running around playing," she said.

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**Bear Creek Student Council**

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**This Year's Student Council Representatives:**

3 Koch: Henry Holderman & Asha Blanchfield  
3 Platt: Wensen Fang & Max Larsen  
3 Thompson: Ian Zuo & Alexa Haselfeld  
4 Hawk: Sophia Bronstein & Julia Philpott  
4 Wilmers: Niko Stripas & Rio Doetsch  
4 Hill: Isadora Zuo & Kaia Caines  
5 Ellis: Maisy Humphrey & Mari Kanda  
5 Waldrip: Sophia Sherman & Paloma Atkins  
5 Kubitschek: Everett Heller & Claire Gold
**Congratulations to Bear Creek Elementary School, winner of last year’s Shared Savings Program!**

Last year nine BVSD schools competed in the District’s Shared Energy Savings Program. Participating schools commit to hosting a green team, conducting a school energy audit, taking follow up action on the audit, educating the school and working to reduce energy. **We are thrilled to announce that Bear Creek is the winner of the challenge. The school completed all of the requirements under the leadership of Lisa Chase and her green team, and reduced energy by 15%!**

On average, participating schools reduced energy use over the course of the year by 4.4 percent. Each of the schools that reduced more than 5 percent and met the remaining program requirements will receive a portion of that savings back to the school to use as the school sees fit. All participating schools will receive a certificate. **As the winning school, Bear Creek will receive the traveling trophy for a year in addition to $2,300! Congratulations!**

- **Second Place - Crest View Elementary** - reduced by 9.8%
- **Third Place - Arapahoe Ridge High** - reduced by 7.9%

Thanks to all of the schools who participated in 2018-19. Stay tuned for information about this year’s Challenge which will launch in the Spring. Schools can continue to use the [Energy Dashboard](#) to track energy use at your schools.

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**Share-A-Gift**

**Bring-A-Bike to School Day**

Fall is in the air and the elves are starting to work!

Friday, October 18th - ½ hour before first bell!

Share-A-Gift will once again be collecting gently used bikes for our Toy Shop. Bear Creek has been a generous supporter of this program for years. It is a great way to recycle used bicycles and help make another child’s Holiday special. Share A Gift volunteers will be at your school early (before school drop off) to help unload your bikes. Bikes are our most popular gift giveaway.

Please visit our website [www.shareagift.org](http://www.shareagift.org) for more information about our program. Questions Call – Tom Corrigan Share-A-Gift 303-591-1235
Look what’s coming... in your child’s backpack soon!

A CREATIVE OPPORTUNITY to support your child and our school through the Original Works Program.

CAPTURE a moment in time by ordering custom keepsakes featuring your child’s very own masterpiece.

ONLINE ORDERING makes the process simple and convenient.

LEARN more about this exciting program by visiting:

www.originalworks.com/parents

Mugs • Magnets • Totes • Tiles • Ornaments • and more!
Library News

The Scholastic Book Fair is going on right now!! 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. Check out our book fair homepage for more details and instructions on how to set up a student ewallet account for cash-free shopping for your student.
https://bookfairs.scholastic.com/homepage/bearcreekelementaryschool8

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!!

Picture Re-Take Day ... Wednesday, October 30

Van Gogh School Photographers will be taking individual retake photos for those children that were absent or meet one of their acceptable reasons. Please return the entire package of original pictures and the original package will be reprinted with the new image. Call VanGogh for a list of acceptable retake reasons. 303.679.9003

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.

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Additional information about Bear Creek can be found on the website at 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.
To learn more about Box Tops for Education, go to BTFE.COM.

Thank you for helping Box Tops earn money for our school.

Learn More About Box Tops At BTFE.COM

Family clips Box Tops. Imagine how much our school can earn. Our school can use these dollars to buy anything it needs! Every time a year we submit all our school's Box Tops and receive a check.

Buy = = $ + +
Clip
Send
Earn

Here's how Box Tops works:

See a list of participating products at BTFE.COM/products.
In addition to cash, smarter paper products and produce, look for Box Tops on hundreds of participating products.
It's easy! Box Tops are each worth 1/10 of a dollar for our school.

For our School With Box Tops For Education.

Earn Cash

The latest news and information from Box Tops for Education.
Save Longmont Dairy Milk Caps.

Longmont Dairy 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.
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<td>Open Enrollment Begins</td>
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<td>Jeff &amp; Paige Assemblies</td>
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<td>KG Report Cards Go Home</td>
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<td>Veterans Day NO SCHOOL</td>
<td>PTO Meeting 2 1:30</td>
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<td>SAC Meeting @ 3:15</td>
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<td>Student Climate Survey Day</td>
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<td>Report Cards Gr. 1-5 are viewable</td>
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<td>Bear Tracks</td>
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<td>Spotlights Concert 9:00 &amp; 6:30</td>
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THANKSGIVING BREAK

We are Thankful for YOU
TRICK OR TREAT STREET

Come bring your child Trick or Treating at Fairview High School!

1515 Greenbriar Blvd, Boulder, CO
October 23rd from 6-8 pm
Contact prabhud@bvsd.org with questions
Boulder Valley School District
Community Night with the Colorado Avalanche

Friday, November 1st • 7:00PM • Pepsi Center

TICKETS START AT $30
Price subject to change

TO ORDER TICKETS:
Avalanche.TeamKSE.com/bvsd/
Use Promo Code: AVSBVSD

Each ticket includes a $5 donation to the Impact on Education Foundation

Can’t Make the Game Above? Come to the Back Up!
Monday, January 20th, 2020
Colorado Avalanche vs. Detroit Red Wings

TO ORDER TICKETS: Avalanche.KSETickets.com/BVSDBU

For questions please contact Erin Croce with the Colorado Avalanche at 303.405.6138 or email Erin.Croce@TeamKSE.com

Boulder Valley School District
La Noche de la Comunidad con El Colorado Avalanche

Viernes el 1 de Noviembre • 7:00PM • Pepsi Center

Los precios de los boletos a partir de $30
Sin impuestos o honorarios adicionales

Para ordenar:
Avalanche.TeamKSE.com/bvsd/
Utilice el código de promoción: AVSBVSD

Cada boleto incluye una donación de $5 a la Fundación Impact on Education

¿No puedes hacer este juego? ¡Viea a una opción de respaldo!
Lunes el 20 de enero 2020 Colorado Avalanche vs. Detroit Red Wings

Para ordenar boletos: Avalanche.KSETickets.com/BVSDBU

Para preguntas favor contacte con Erin Croce con el Colorado Avalanche a 303.405.6138 or Erin.Croce@TeamKSE.com
Fall After School at Bear Creek Elementary

LEGO® Architecture
Minecraft Adventures
Grades K-1
Nov 6-Dec 18
Wed 3:05p - 4:05p
Tuition $90
Class ID 17788

Strategic Chess
Grades K-1
Nov 1-Dec 13
Fri 3:05p - 4:05p
Tuition $90
Class ID 17738

MEGA Multi-Sport
Grades K-2
Oct 28-Dec 9
Mon 3:05p - 4:05p
Tuition $91
Class ID 17817

Violin with Elin Palmer Laux

Wild About Nature
Grades 2-5
Nov 6-Dec 18
Wed 3:05p - 4:05p
Tuition $90
Class ID 17789

Grades 2-5
Nov 1-Dec 13
Fri 3:05p - 4:05p
Tuition $90
Class ID 17739

Grades 1-5
Nov 1-Dec 13
Fri 3:05p - 4:35p
$144 + $75 Mat.
Class ID 17624

LLL.BVSD.org (720)561-5968

Off-Site Options
Zimbabwean-Style Marimba
Oct 22 - Dec 17 (6 Tuesday Sessions 4-5p)
Kutandara (55th & Arapahoe)
Ages 6-9 17637 | Ages 10-12 17642

Tumbling and Tricks
Oct 2 - Oct 30 (5 Wednesday Sessions 4:30-5:30p)
Denver Dance Authority (Flatiron Crossing)
Ages 5-13 17932

LLL Classes on No-School Days (Oct 14, Nov 11, Thanksgiving Break)

No School - Full Day Adventures CAMPS
Join Your Kiddo For Adult/Child Classes
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/Topic</th>
<th>Location</th>
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<tbody>
<tr>
<td>9/28/2019</td>
<td>Prof. Susan Marie Hendrickson <em>Recharge, Reuse, REDOX... Batteries!</em> (Gift Not Included)</td>
<td>Cristol Chem 140</td>
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<tr>
<td>10/26/2019</td>
<td>Prof. Steven Pollock *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 G1830</td>
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<tr>
<td>11/2/2019</td>
<td>Prof. Tarek Sammakia &amp; Prof. Niels Damrauer <em>Bread</em></td>
<td>Cristol Chem 140</td>
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<td>12/7/2019</td>
<td>Master Storyteller Susan Marie Frontczak <em>A Visit from Madame Curie</em></td>
<td>Old Main Chapel</td>
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<tr>
<td>1/25/2020</td>
<td>Prof. James Thompson <em>The Physics of Superheroes!</em></td>
<td>Duane Physics G1830</td>
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<tr>
<td>2/22/2020</td>
<td>Prof. David Nesbitt <em>The Chemistry of Cooking</em></td>
<td>Cristol Chem 140</td>
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<td>3/7/2020</td>
<td>Prof. Brian Hynek <em>Rocks from Outer Space!</em></td>
<td>CU Fiske Planetarium</td>
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<td>4/25/2020</td>
<td>Prof. Monika Fleschner <strong>Superheroes Within! Immunity in Health &amp; Disease</strong></td>
<td>Cristol Chem 140</td>
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<td>5/16/2020</td>
<td>Prof. Tom Perkins <em>From Very Big to Very Small: The Powers of Ten!</em></td>
<td>Duane Physics G1830</td>
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<tr>
<td>6/20/2020</td>
<td>Prof. Tanja Cuk <em>The Magic of Chemistry</em></td>
<td>Cristol Chem 140</td>
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For more information please visit: 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)