

April  
2021



1000 East Locust  
Court  
Fort Collins, CO  
80524

Office Phone  
(970) 488-5925

Fax  
(970) 488-5927

Attendance  
(970) 488-5926

Laurel  
Website



# Laurel Elementary

SCHOOL OF ARTS & TECHNOLOGY

## A Letter From the Principal...

Dear Laurel Families,

It seems winter is finally over! It's likely we'll have a few spring snowfalls, but it's delightful to see perennials sprouting, trees budding, and some flowers blooming.

A huge THANK YOU to our **Laurel PTO!** We are in constant awe and appreciation of the wonderful ways our PTO is supporting our school community throughout this pandemic. We encourage you to be involved with the PTO. The next meeting is Thursday, April 8<sup>th</sup> and will be held on Google Meets. A link will be sent to all families next week.

There will be no school Friday, April 16<sup>th</sup> and Monday, April 19<sup>th</sup>. Friday is an exchange day for licensed staff who held after-hours conferences with parents in February, March, and April. Also on this date, PSD Classified staff will participate in professional development opportunities. Monday, April 19<sup>th</sup> is a Teacher Work Day and they will be busy all day preparing lessons and their classrooms for the next several weeks of instruction.

Friday, April 23<sup>rd</sup> is Dress Backwards Day! Please encourage your child to participate in this special spirit day.

*continued on next page*



Since 1964 We've Been

*Growing Healthy Kids*



Well Care Visits  
for Kids & Teens



Designated "Sick"  
& "Well" Locations



Phone Nurse  
Available



4 Convenient  
Locations

Call to Schedule Your Appointment: 970.482.2515

**April  
2021**



TALKING TO  
SOMEONE  
CAN HELP.

OUT  
OF SORTS  
THESE DAYS?

970-221-5551  
24/7 | NO COST



**Page 2**



## **A Letter from the Principal, continued...**

Friday, April 30<sup>th</sup>, Laurel will participate in Global Play Day. Students may bring games from home – no electronics, please! On this day we celebrate the many wonderful benefits of play. “Play is the highest form of research.” – Albert Einstein

Thank you all for your continued support of your children and the Laurel Elementary School of Arts & Technology community!

Sincerely,

Tommi Sue Cox

Estimadas familias de Laurel,

¡Parece que el invierno finalmente ha terminado! Es probable que tengamos algunas nevadas primaverales, pero es delicioso ver brotar plantas perennes, brotar árboles y algunas flores florecer.

Muchísimas GRACIAS a nuestro **Laurel PTO!** Estamos constantemente asombrados y agradecidos por las maravillosas formas en que nuestro PTO está apoyando a nuestra comunidad escolar durante esta pandemia. Le animamos a que se involucre con el PTO. La próxima reunión es el jueves 8 de abril<sup>th</sup> y se llevará a cabo en Google Meets. Se enviará un enlace a todas las familias la próxima semana.

No habrá clases el viernes 16 de abril y el lunes 19 de abril . El viernes es un día de intercambio para el personal con licencia que celebró conferencias con los padres fuera del horario de atención en febrero, marzo y abril. También en esta fecha, el personal de PSD Classified participará en oportunidades de desarrollo profesional. Lunes 19 de abril<sup>th</sup> es un día de trabajo para maestros y estarán ocupados todo el día preparando lecciones y sus aulas para las próximas semanas de instrucción.

Viernes 23 de abril es el día de vestirse al revés! Anime a su hijo a participar en este día especial de espíritu.

Viernes 30 de abril, Laurel participará en el Global Play Day. Los estudiantes pueden traer juegos de casa - ¡no electrónicos, por favor! En este día celebramos los maravillosos beneficios del juego. "El juego es la forma más elevada de investigación". - Albert Einstein

¡Gracias a todos por su continuo apoyo a sus hijos y a la comunidad de la Escuela Primaria de Arte y Tecnología Laurel!

Atentamente,

Tommi Sue Cox

April  
2021



Page 3

## A Message from the Assistant Principal

Dear Laurel Families,

We've returned from Spring Break ready to take on this final quarter of the 2020-2021 school year!

Our Colorado Measures of Academic Success (CMAS) testing began March 30<sup>th</sup> and was reduced to an alternating grade level one-subject testing schedule. According to this updated schedule, our 3<sup>rd</sup> and 5<sup>th</sup> grade students will complete CMAS English Language Arts testing, and our 4<sup>th</sup> grade students will complete CMAS Math testing. Acadience READ Act, MAP, and STAR assessments will also take place this quarter. If you have any questions about assessments, please don't hesitate to contact me.

It is important to remember that none of these assessments measure ambition, imagination, patience, healthy habits, creativity, empathy, sense of humor, sense of adventure, curiosity, courage, kindness, friendships, cooperation, or self-worth. By putting tests into perspective, and by practicing academic skills, positive self-talk, and calming strategies, we aim to reduce anxiety around assessments, highlight the whole child, and set students up for successfully showing us what they know within the framework and context of each test. Providing a good night's sleep, healthy breakfast, and encouragement, are best practices. Free bagged breakfasts are available by our parent drop-off loop each morning.

Our April Lynx in the Spotlight are Alexis Biekert, Marie Way, and Nathan McNeill. Be sure to check out this feature in the newsletter to learn more about why we are proud these three are Laurel Lynx.

Laurel is the best—YES!

Yours,

Amanda Pawelski  
Assistant Principal/MTSS Coordinator



All Women. Always.  
Comprehensive women's  
healthcare for all stages of life.

Loveland &  
Fort Collins

The  
Women's Clinic  
of Northern Colorado

970.493.7442  
womensclinicnoco.com

The advertisement features a photograph of a diverse group of women and children smiling. The background is a light, textured grey.

Estimadas familias de Laurel,

¡Regresamos de las vacaciones de primavera listos para afrontar este último trimestre del año escolar 2020-2021!

Nuestras pruebas de Colorado Measures of Academic Success (CMAS) comenzaron el 30 de marzo<sup>th</sup> y se redujo a un horario alterno de exámenes de una asignatura de nivel de grado. De acuerdo con este cronograma actualizado, nuestros 3<sup>rd</sup> y 5<sup>th</sup> Los estudiantes de grado completarán las pruebas de Artes del Lenguaje Inglés CMAS, y nuestros 4<sup>th</sup> los estudiantes de grado completarán las pruebas de matemáticas CMAS. Las evaluaciones Acadience READ Act, MAP y STAR también se llevarán a cabo este trimestre. Si tiene alguna pregunta sobre las evaluaciones, no dude en ponerse en contacto conmigo.

Es importante recordar que ninguna de estas evaluaciones mide la ambición, la imaginación, la paciencia, los hábitos saludables, la creatividad, la empatía, el sentido del humor, el sentido de la aventura, la curiosidad, el coraje, la bondad, las amistades, la cooperación o la autoestima. Al poner las pruebas en perspectiva y al practicar las habilidades académicas, el diálogo interno positivo y las estrategias de calma, nuestro objetivo es reducir la ansiedad en torno a las evaluaciones, resaltar al niño en su totalidad y preparar a los estudiantes para que nos muestren con éxito lo que saben dentro del marco y el contexto de cada prueba. Proporcionar una buena noche de sueño, un desayuno saludable y ánimo son las mejores prácticas. Los desayunos empaquetados gratis están disponibles por nuestro circuito de entrega de padres cada mañana.

Nuestros April Lynx en el centro de atención son Alexis Biekert, Marie Way y Nathan McNeill. Asegúrese de consultar esta función en el boletín para obtener más información sobre por qué estamos orgullosos de que estos tres sean Laurel Lynx.

Laurel es la mejor, ¡SÍ!

Tuyo,

Amanda Pawelski



Salud Fort Collins  
Family Health Centers

**WE ARE HERE FOR YOUR CHILD'S HEALTH!**

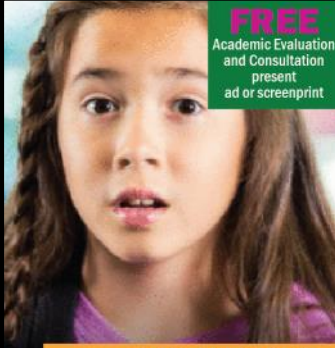
MEDICAL = DENTAL = PHARMACY  
BEHAVIORAL HEALTH

saludclinic.org

Call us to schedule your appointment today!

**(303) 697-2583**

April  
2021



**FREE**  
Academic Evaluation  
and Consultation  
present  
ad or screenprint

CONCERNED ABOUT  
YOUR CHILD'S EDUCATION?

HOW MUCH LEARNING  
DID YOUR CHILD LOSE?



Call Huntington today!  
970.223.5738



Page 5

## Lynx in the Spotlight, April 2021

### Alexis Biekert, Marie Way, and Nathan McNeill

Nathan, Lexi, and Marie are all new to Laurel this year, and joining a new school in 5<sup>th</sup> grade isn't always the easiest thing to do. When you join a new school, in a new state, during Remote Learning, it can be even tougher! These three classmates have tackled this challenge with incredible perseverance and kindness. Each of them joined at different times during Remote Learning and had to try to form friendships through a computer screen. They succeeded. When we came back to school, it was clear that the connections they made online translated to in-person friendships. Nathan, Lexi, and Marie are friendly towards everyone and have each formed lasting friendships that they can carry with them as they move on to middle school!

Nathan, Lexi y Marie son nuevos en Laurel este año, y se unirán a una nueva escuela en 5<sup>th</sup> el grado no siempre es lo más fácil de hacer. Cuando te unes a una nueva escuela, en un nuevo estado, durante el aprendizaje remoto, ¡puede ser aún más difícil! Estos tres compañeros han afrontado este desafío con increíble perseverancia y amabilidad. Cada uno de ellos se unió en diferentes momentos durante el aprendizaje remoto y tuvo que intentar entablar amistades a través de una pantalla de computadora. Tuvieron éxito. Cuando regresamos a la escuela, estaba claro que las conexiones que hicieron en línea se traducían en amistades en persona. ¡Nathan, Lexi y Marie son amigables con todos y han formado amistades duraderas que pueden llevar consigo mientras avanzan a la escuela secundaria!





May the 4<sup>th</sup> be with you!



## Laurel Elementary Family Night

*Join us for a fun, family friendly night of  
Star Wars themed activities  
May 4, 2021 from 5-7 pm*

### Activities provided:

- \*Star Wars crafts
- \*Rock painting
- \*Pick up a free family pass to the Fort Collins Museum of Discovery
- \*Performances by the Fort Collins Circus
- \*Plant in the Laurel Garden as well as plant a little something of your own
- \*Learn about the Fort Collins Library Summer Reading Program
- \*Learn some new family games to play this summer
- \*Food will be provided local Fort Collins Food Trucks (1 ticket per person provided)

**SAFETY** - This event will follow COVID-19 safety protocols as prescribed by LCHDE. This event will be outside on Laurel school grounds, masks must be worn (unless eating), bring your own hand sanitizer (will also be provided), maintain social distance with others outside your household, materials will not be reused.

NO RESTROOM facilities or playgrounds available.

**\*\*Parking and entries to Laurel grounds on Laurel, Locust, and Safeway parking lot.**



May the 4<sup>th</sup> be with you!



## Laurel Elementary Family Night

Únase a nosotros para una noche divertida y familiar de actividades temáticas de Star Wars

4 de mayo de 21, de 5 a 7 p. m.

Actividades previstas:

- \*Artesanía de Star Wars
- \*Pintura rupestre
- \*Obtenga un pase familiar gratuito para el Museo del Descubrimiento de Fort Collins
- \*Actuaciones del Circo de Fort Collins
- \*Plante en el Laurel Garden y siembre algo propio
- \*Obtenga más información sobre el programa de lectura de verano de la biblioteca de Fort Collins
- \*Aprenda algunos juegos familiares nuevos para jugar este verano
- \*Se proporcionará comida en los camiones de comida locales de Fort Collins (se proporciona 1 boleto por persona)

**SEGURIDAD:** este evento seguirá los protocolos de seguridad COVID-19 según lo prescrito por LCHDE. Este evento se llevará a cabo al aire libre en los terrenos de la escuela Laurel, se deben usar máscaras (a menos que se coma), traer su propio desinfectante de manos (también se proporcionará), mantener la distancia social con otras personas fuera de su hogar, los materiales no se reutilizarán. NO hay baños ni áreas de juego disponibles.

\*\* Estacionamiento y entradas a los terrenos de Laurel en el estacionamiento de Laurel, Locust y Safeway parking lot.

April  
2021



YOUR COMMUNITY-  
DRIVEN AND COMMUNITY-  
OWNED FIBER NETWORK!

**NO DATA CAPS!  
NO CONTRACTS!  
NO INSTALL FEES!**

Learn more & sign up for notifications at  
**FCCONNEXION.COM**

Auxiliary aids and services are available for persons with disabilities.



Page 8

## Music News



Music guidelines this year have made music class different but also very exciting! With smaller amounts of singing, we have focused on instrument playing.

**Fifth grade** just completed a unit playing the blues on piano keyboards. Now we are writing lyrics to our own blues song and learning guitar!

**Fourth grade** played lots of xylophones and metallophones, learned mallet technique, and practiced reading pitches on the music staff. We are currently working on how to play chords on piano keyboards.

**Third grade** is using xylophones to explore the pentatonic scale. We learned about Rondo form (ask them what it is!) and we learned to dance a version of the Mexican folk dance La Raspa.

**Second grade** learned about reading music notation rhythms-whole, half, quarter, and eighth notes. Can they sing you “Quaver’s Candy-Making Machine”? Now we are learning about the Baroque time period-what can your student tell you about Baroque music?

**First grade** has been exploring dynamics-the louds and softs of music. We used the children’s book Alexander and the Terrible, Horrible, No Good Day by Judith Viorst to perform rhythm patterns to match the repeated phrases in the book and perform crescendo/decrescendos. Those symbols look like the greater than/less than math symbols, which is a nice connection between number size and increasing or decreasing volume in music. We played guiros, shakers, woodblocks, hand drums, and xylophones/metallophones over multiple weeks with this book.

**Kindergarten** learned all about the 4 instrument families of the orchestra. We listened to “Peter and the Wolf” by Sergei Prokofiev, which uses themes in different instruments to represent the characters of the story. We are continuing our exploration of high and low on bell sets, playing games that then transfer to the instruments, as well as using books to explore high and low sounds.

This final quarter of the year we welcome Mr. Mac, from UNC, who is student teaching in the music room. Mr. Mac is an excellent string player and singer and will be working with all of Laurel.



April  
2021

**SELLER'S  
MARKET**  
Call today!



Joe Mivshek  
970.420.7163  
joe.mivshek@km.com



**kw** KELLERWILLIAMS. REALTY  
NORTHERN COLORADO



Page 9

## Laurel Poetry Slam



**Laurel Elementary**  
SCHOOL OF ARTS & TECHNOLOGY



Coming Soon

### The First Annual Laurel Elementary Poetry Slam

**When:** Poetry posting will begin the first week of April

**Where:** A Padlet located on the Laurel Homepage (student section)

**How:** Students K-5 will post their poems on the Poetry Slam Padlet. Students and families can view, like, celebrate and comment on the poetry.

**Why:** "Poetry is when an emotion has found its thought and the thought has found words." *Robert Frost*

"I would define, in brief, the poetry of words as the rhythmical creation of beauty." *Edgar Allan Poe*

## Reach Parents in Larimer County through our mobile-ready newsletters

Market your business in both Poudre and Thompson school districts.

You gain visibility and targeted, increased awareness; schools gain funds from advertising revenue.

Advertise with The School Newsletter Company  
Joe Mivshek 970-420-7163 | SchoolNewsletterCompany@gmail.com



## Wellness News

The 5210+ Challenge was a great success! Results from the Healthy Kids Club will be shared on May 3<sup>rd</sup>. Student t-shirts will also be distributed in May. Thank you to all the staff, students, and families who participated in the 5210+ challenge. Continue practicing those healthy habits!

¡El Reto 5210+ fue un gran éxito! Los resultados del Club de Niños Saludables se compartirán el 3 de mayo. Las camisetas de los estudiantes también se distribuirán en mayo. Gracias a todo el personal, estudiantes y familias que participaron en el reto 5210+. ¡Continúen practicando esos hábitos saludables!

The wellness committee wanted to ensure that families understand that chocolate milk is the primary milk provided during school provided lunch. We understand this may be something that families would like to change ensuring that their child receives white milk each day instead of the provided chocolate milk. If this is something you would like to do for your child please complete the meal preference form below and submit it to the Child Nutrition Coordinator, Becky Wiggins. It can be emailed to [rwiggins@psdschools.org](mailto:rwiggins@psdschools.org). When it is received the student will be added to the special diet/meal preference notes for the team in the kitchen.

Here is a link to the form:

[https://www.psdschools.org/sites/default/files/PSD/child\\_nutrition/Nutrients/Form2%20Dietary%20Preference.pdf](https://www.psdschools.org/sites/default/files/PSD/child_nutrition/Nutrients/Form2%20Dietary%20Preference.pdf)  
(English)

[https://www.psdschools.org/sites/default/files/PSD/child\\_nutrition/Nutrients/Form2%20Dietary%20Preference%20Span.pdf](https://www.psdschools.org/sites/default/files/PSD/child_nutrition/Nutrients/Form2%20Dietary%20Preference%20Span.pdf) (Spanish)

El comité de bienestar quería asegurarse de que las familias entiendan que la leche de chocolate es la principal leche proporcionada durante el almuerzo escolar. Entendemos que esto puede ser algo que las familias quisieran cambiar asegurando que su niño reciba leche blanca cada día en vez de la leche de chocolate proporcionada. Si esto es algo que le gustaría hacer para su hijo, por favor complete el formulario de preferencia de comida a continuación y envíelo a la Coordinadora de Nutrición Infantil, Becky Wiggins. Se puede enviar por correo electrónico a [rwiggins@psdschools.org](mailto:rwiggins@psdschools.org). Cuando se reciba el estudiante se añadirá a las notas de dieta especial/preferencia de comida para el equipo en la cocina.

Aquí hay un enlace al formulario:

[https://www.psdschools.org/sites/default/files/PSD/child\\_nutrition/Nutrients/Form2%20Dietary%20Preference.pdf](https://www.psdschools.org/sites/default/files/PSD/child_nutrition/Nutrients/Form2%20Dietary%20Preference.pdf)  
(English)

[https://www.psdschools.org/sites/default/files/PSD/child\\_nutrition/Nutrients/Form2%20Dietary%20Preference%20Span.pdf](https://www.psdschools.org/sites/default/files/PSD/child_nutrition/Nutrients/Form2%20Dietary%20Preference%20Span.pdf) (Spanish)

Would you like to help plant the garden this spring or summer and/or help with summer watering and harvesting? It is a great family activity to keep you connected to the school over the summer! Contact Emily Anderson at [emilya@psdschools.org](mailto:emilya@psdschools.org) if you are interested!

¿Te gustaría ayudar a plantar el huerto esta primavera o verano y/o ayudar a regar y cosechar en verano? ¡Es una gran actividad familiar para mantenerte conectado a la escuela durante el verano! Contacta con Emily Anderson en [emilya@psdschools.org](mailto:emilya@psdschools.org) si estás interesado.

Are you interested in at home gardening? Check out [www.biggreenathome.org](http://www.biggreenathome.org) for wonderful activities provided by Big Green who installed our Laurel Learning Garden and continues to help us with gardening educational needs!

¿Estás interesado en la jardinería en casa? Consulta en [www.biggreenathome.org](http://www.biggreenathome.org) las maravillosas actividades que ofrece Big Green, que instaló nuestro jardín de aprendizaje Laurel y sigue ayudándonos con las necesidades educativas de jardinería.

**Counseling Column**



*Hello Laurel families. This month’s column reflects on some of the wonderful programs/language that our community embraces.*

**Peacekeeper Circles and Language at Laurel:** We have been practicing Peacekeeper Circles at Laurel for many years now and the language is truly becoming embedded into our culture. The purpose of this Preventative Restorative Practice is to have a safe place in the classroom environment to offer, witness, and receive public acknowledgment of appreciation for others’ kindnesses. Our kids also learn to respectfully air small concerns and hurts before they grow into grudges and catalyze full-blown conflicts. It allows everyone in class to hear how other students attract and keep friends. It also gives hurting students the chance to educate others about what feels bad to them and opens the door for those who have hurt others to make things right and change hurtful behaviors. These are life skills for relationship building. When children are given an opportunity to communicate in a safe way, they can clear up any hurts and they can forgive and move on. Students are able to work together in the classroom and play together on the playground. Although this looks different this year, we continue to learn and practice the art of Peacekeeper.

**Expressing an Appreciation:**

I want to thank \_\_\_\_\_ for \_\_\_\_\_ (give details.). It makes me feel \_\_\_\_\_ when you \_\_\_\_\_.

OR

Thank you \_\_\_\_\_. I feel \_\_\_\_\_ because \_\_\_\_\_.

**Expressing a Hurt or Concern:**

(Name), it made me feel \_\_\_\_\_ when you \_\_\_\_\_. Next time, please \_\_\_\_\_.

OR

(Name), it hurts my feelings when you \_\_\_\_\_ because it makes me feel \_\_\_\_\_. In the future, can you please \_\_\_\_\_.

**Expressing a Full-Hearted Apology:**

I am sorry for \_\_\_\_\_.

It must have made you feel \_\_\_\_\_.

Next time I will \_\_\_\_\_.

(Will you forgive me?)

## Counseling Column, continued...

**Second Step Social Emotional Learning:** Research-based curriculum used school wide. Students continue to watch pre-recorded lessons on a weekly basis. We encourage you to ask them what they have been learning from their counselors. This curriculum includes engaging videos and songs to help them remember the important components.

**Empathy:** is feeling or understanding what someone else is feeling.

### **Skills for Learning:**

- Focus Attention
- Listen
- Be Assertive
- Use Self-Talk

### **How to Calm Down:**

- Stop (use your signal)
- Name your Feeling
- Calm down (breathe, count, positive self-talk)

### **Help Stop Bullying:**

- Recognize, Refuse, Report

### **Problem Solving Skills: STEP**

- S=State the problem (without blame)
- T=Think of solutions (safe and respectful)
- E=Explore the consequences (both positive and negative)
- P=Pick the best solution and come up with a plan

### **Safety Smarts: Presented in grades K-3 (see attached flyer)**

- The 3 R's to stay safe:  
Recognize (is it safe?), Refuse (Say words that mean "No"), Report (Tell a trusted adult).
- 8 Never Nevers:  
Safety Rules for guns, fire, helmets, sharp tools, water, dogs, seatbelts, and crossing a street.
- Always ask First Rule

Thank you all so much for hanging in there with us and your kiddos!! As always, please feel free to reach out with any questions or concerns.

**Laurel Counseling Padlet link:** <https://padlet.com/laurelcounselors/laurelcounseling>

Leah Roberts (off on Wednesdays)  
488-5935  
[lroberts@psdschools.org](mailto:lroberts@psdschools.org)

Leah Jones (Available T, W and Th morning)  
488-5982  
[leahj@psdschools.org](mailto:leahj@psdschools.org)



## ***SAFETY SMARTS* : A Personal Safety Program - Review**

Your student has completed the child protection program Safety Smarts. Parent and caregiver involvement in prevention and protection efforts play a crucial role in helping children use skills learned to keep them safe when they are on their own or an adult isn't nearby. Studies show that practicing personal safety skills with your child enhances prevention and reduces the risk of child abuse through reinforcing messages regarding personal safety. More information can be found at <https://www.earlyopenoften.org/>

Resources for families: Safe to Tell: <https://safe2tell.org>; Cyber Safety Cop:

<http://www.cybersafetycop.com> ; Darkness to Light: [www.d21.org](http://www.d21.org) ; Internet

Safety for Kids, FCPD: [rnelson@fcgov.com](mailto:rnelson@fcgov.com) ; Voices Carry Child Advocacy Center: 970-407-9739

Second Step: Child Protection Unit ©2014 Committee for Children 2021 Ways to Stay Safe

- Ways to Stay Safe - Recognize: Is it safe? What's the rule? Refuse: Say words that mean no. Report: Tell an adult.
- Never-Never Rules - Never: touch a gun, play with fire, ride on wheels without wearing a helmet, use a sharp tool without an older person's help, go in water without an older person watching, touch a dog without asking the person in charge, ride in a car without wearing a seatbelt, or cross the street without checking all ways for traffic.
- When would you use a Never Never Rule?
- What would you do if a friend wants you to play with matches, or touch a gun?

### **Always Ask First Rule**

- Always ask a parent or a person in charge when someone wants you to do something like watch a video, go somewhere even if you know the person, or take something like candy.
- Getting permission first keeps children safe from situations that might be unsafe, and keeps their adult informed.
- Always ask before putting personal information on the internet.
- When would you use this rule?
- What if you're asked to watch a video, or help an older person find their lost dog?

### **Safe and Unsafe Touches**

- Safe touches help you feel cared for, unsafe touches like hitting hurt, unwanted touches don't hurt but you don't want them.
- Say words that mean no to any touch you don't want. Refuse unsafe touches that hurt your body and tell an adult if you can't get it to stop.
- Reporting unwanted touches lets your parent or caretaker know how you feel, and can help keep you safe.
- Name a safe, unsafe, and unwanted touch.
- What could you say if you did not want an older relative's arm around you, or an older friend's hug?

## The Touching Rule

- Your swimsuit covers your private body parts.
- No one should ever touch your private body parts except to keep you healthy, and you shouldn't touch someone else's.
- Assertively say words that mean no and tell a grownup.
- It's never your fault if someone breaks this rule.
- What words or actions could you use if a babysitter touched your private body parts?
- List adults you can tell.

## Never Keep Secrets

- Secrets are unsafe if they keep you from reporting unsafe situations or uncomfortable behaviors from others, to your parents or caretaker.
- If someone breaks or tries to break The Touching Rule they might ask you to keep it a secret. Never Keep Secrets and tell an adult.
- It's never too late to tell, and it's never your fault when someone breaks the Touching Rule, and the Never Keep Secrets Rule.
- What could you do or say if an older friend tried to break the Touching Rule and asked you to keep it a secret?
- What adults could you tell?

## SAFETY SMARTS: Un programa de seguridad personal

Revisión: Practica en casa

Su estudiante ha completado el programa de seguridad personal "Safety Smarts". La participación de los padres es muy importante en la protección de los niños y la prevención de abuso infantil. Los padres pueden ayudar a sus hijos a reconocer situaciones peligrosas y toques inseguros y abusivos. También pueden ayudarles a rechazar estas situaciones cuando es posible y reportarlas a los adultos. Los estudios

muestran que practicar las habilidades de seguridad personal con sus hijo reduce el riesgo del abuso infantil.

Hay más información en este sitio <https://www.earlyopenoften.org/>

Lección Leer Juntos Practicar Juntos

Maneras de

estar seguro

Formas de estar seguro: Reconocer: ¿Es seguro? ¿Rompe una regla?

Rechazar si no es seguro: Decir palabras que signifiquen "no". Reportar a un adulto. Reglas de "Nunca Nunca": Las reglas le ayudan a mantenerse seguro.

1) Nunca toque un arma 2) Nunca juegues con fuego 3) Nunca monte sobre ruedas (bicicleta, patinete, etc) sin usar un casco 4) Nunca use una herramienta afilada sin la ayuda de una persona mayor 5) Nunca vaya en el agua sin la supervisión de una persona mayor 6) Nunca toque a un perro sin preguntar a la persona responsable por el perro, 7) Nunca cruce la calle sin ver a la izquierda y a la derecha 8) Nunca ve en un carro sin usar el cinturón de seguridad

Ayude a su hijo a pensar en dos

situaciones en las que usarían las Reglas de Nunca Nunca.

Pregúntele a su hijo ¿cómo reconocería una situación insegura? ¿cómo lo negaría y a cuál adulto podría informar?

Los adultos deben mantener su seguridad.

La Regla de siempre pedir permiso primero

Siempre pedir permiso de un padre o del adulto responsable primero cuando:

Alguien le pide que vaya a algún lugar, como a la casa de un amigo.

Alguien te pide que hagas algo, como ver un video.

Alguien quiere darte algo, como un juguete.

Ayude a su hijo a pensar en las situaciones que usaría esta regla.

Pida a su hijo que practique lo que puede decir en varias situaciones.

Toques

seguros e

inseguros y

no deseados

¿Cuál es la diferencia entre “los toques seguros e inseguros”?

Los toques seguros te hacen sentir feliz, seguro o amados

Los toques inseguros lastiman el cuerpo como patear y golpear

Los toques no deseados son toques que no quieres, incluso si no lastiman el cuerpo. Puedes decir “no” a los toques inseguros y toques no deseados.

Repasa los toques seguros e inseguros con su hijo.

Practica con su hijo como rechazar toques inseguros y no deseados.

La Regla De

Tocar

Su traje de baño cubre las partes de su cuerpo que son privadas.

La “regla de tocar”: Una persona nunca debe tocar las partes privadas de su cuerpo, excepto para mantener la salud (como sus padres y el doctor).

¡Si una persona rompe esta regla, rechazar! Use una voz fuerte y asertiva para decir palabras que significan “no” y díglele a un adulto. Nunca es tu culpa cuando alguien rompe esta regla.

Repasa con su hijo las partes privadas del cuerpo.

Practica con su hijo como rechazar si una persona rompe esta regla.

Haga una lista de los adultos de confianza.

La Regla

“Nunca

guardar los

secretos”

¿Cuál es la diferencia entre secretos seguros e inseguros?

Nunca guarde secretos inseguros acerca de la regla de tocar.

Siempre reportar a un adulto si alguien rompe la regla de tocar.

Si ese adulto no le cree el niño, el niño sigue reportándolo a otros adultos

hasta que un adulto le cree. Nunca es demasiado tarde para reportar.  
Nunca es la culpa del niño si alguien rompe la regla de tocar.

Practica con su hijo como reportar si una persona rompe la regla de tocar. ¿Que puede decir?

Revisar las Maneras de estar seguro

Repasamos las lecciones en un video donde un joven tiene que usar algunas reglas de seguridad personal. Acceso familiar en [www.secondstep.org](http://www.secondstep.org). K & 1 grado: Julie Stays Safe; código CPUK FAMI LYGK. 2º & 3 grado: David Speaks Up; código CPU2 FAMI LYG2

Recuérdale a su hijo que este video es para ayudarlos a aprender qué debe hacer si alguien rompe La Regla de Tocar.

Pausa el video a veces para discutir las reglas de estar seguro: reconocer, rechazar, reportar.

Recursos para la familia: Safe to Tell: <https://safe2tell.org>, Cyber Safety Cop: <http://www.cybersafetycop.com>; Darkness to Light: [www.d21.or](http://www.d21.or); Internet Safety for Kids, FCPD [rnelson@fcgov.com](mailto:rnelson@fcgov.com); Voices Carry Child Advocacy Center 970-407-9739

## Tours for Teachers



**TOURS FOR TEACHERS-AT-HOME**

Are you a superhero homeschooling parent or caregiver?  
History Colorado wants to be your sidekick!

Welcome to fun, safe, affordable learning support at the bright and beautiful History Colorado Center. Now offering self-guided tours for students aged 5-17 and their families. Each reservation includes discounted admission.

**LEARN MORE & SIGN UP**



**Lunch Menu**

April 2021

Laurel In-Person

Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<b>1</b>	<b>2</b>
			<ul style="list-style-type: none"> <li>• Cheese Calzone &amp; Marinara</li> <li>• Yogurt Parfait</li> <li>• Grapes</li> <li>• Salad with dressing</li> <li>• Chocolate Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Pepperoni Pizza</li> <li>• Chef Salad</li> <li>• Whole Fruit, or Substitute</li> <li>• Fresh Broccoli, or Substitute</li> <li>• Chocolate Milk</li> </ul>
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
<ul style="list-style-type: none"> <li>• Chicken Patty Sandwich</li> <li>• Pb&amp;J Sandwich</li> <li>• Grapes</li> <li>• Snap Peas &amp; Red Bell Peppers, or Substitute</li> <li>• Chocolate Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Cheese Ravioli &amp; Goldfish Crackers</li> <li>• Turkey Club Wrap</li> <li>• Applesauce &amp; Fruit Cup or Substitute</li> <li>• Carrots &amp; Celery Sticks, or Substitute</li> <li>• Chocolate Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Cheeseburger</li> <li>• Pb&amp;J Sandwich</li> <li>• Fresh Berries, or Substitute</li> <li>• Salad with dressing</li> <li>• Chocolate Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Beef &amp; Bean Burrito</li> <li>• Turkey &amp; Cheese Sandwich</li> <li>• Fresh Pear</li> <li>• Cherry Tomatoes &amp; Cucumber Slices or Substitute</li> <li>• Chocolate Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Cheese Pizza</li> <li>• Yogurt Parfait</li> <li>• Whole Fruit, or Substitute</li> <li>• Fresh Broccoli, or Substitute</li> <li>• Chocolate Milk</li> </ul>
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
<ul style="list-style-type: none"> <li>• Cheese Calzone &amp; Marinara</li> <li>• Club Wrap</li> <li>• Fresh Berries, or Substitute</li> <li>• Carrots &amp; Celery Sticks, or Substitute</li> <li>• Chocolate Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Mac &amp; Cheese</li> <li>• ColdDeli Yogurt &amp; Goldfish</li> <li>• Whole Fruit, or Substitute</li> <li>• Snap Peas &amp; Red Bell Peppers, or Substitute</li> <li>• Chocolate Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Pig in a Blanket</li> <li>• Pb&amp;J Sandwich</li> <li>• Fresh Pear</li> <li>• Cherry Tomatoes &amp; Cucumber Slices or Substitute</li> <li>• Chocolate Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Pepperoni Pizza</li> <li>• Chicken Caesar Wrap</li> <li>• Grapes</li> <li>• Salad with dressing</li> <li>• Chocolate Milk</li> </ul>	<ul style="list-style-type: none"> <li>• No School Today</li> </ul>
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
<ul style="list-style-type: none"> <li>• No School Today</li> </ul>	<ul style="list-style-type: none"> <li>• Penne &amp; Meat Sauce</li> <li>• ColdDeli Yogurt &amp; Goldfish</li> <li>• Applesauce &amp; Fruit Cup or Substitute</li> <li>• Carrots &amp; Cucumbers Slices, or Substitute</li> <li>• Chocolate Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Chicken Patty Sandwich</li> <li>• Pb&amp;J Sandwich</li> <li>• Fresh Berries, or Substitute</li> <li>• Salad with dressing</li> <li>• Chocolate Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Beef &amp; Bean Burrito</li> <li>• ColdDeli Yogurt &amp; Goldfish</li> <li>• Fresh Pear</li> <li>• Cherry Tomatoes &amp; Celery Sticks or Substitute</li> <li>• Chocolate Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Cheese Pizza</li> <li>• Pb&amp;J Sandwich</li> <li>• Whole Fruit, or Substitute</li> <li>• Fresh Broccoli, or Substitute</li> <li>• Chocolate Milk</li> </ul>
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
<ul style="list-style-type: none"> <li>• Chicken Nuggets</li> <li>• Chicken Caesar Wrap</li> <li>• Applesauce &amp; Fruit Cup or Substitute</li> <li>• Carrots &amp; Celery Sticks, or Substitute</li> <li>• Chocolate Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Mac &amp; Cheese</li> <li>• Ham &amp; Cheese Sandwich</li> <li>• Fresh Berries, or Substitute</li> <li>• Snap Peas &amp; Red Bell Peppers, or Substitute</li> <li>• Chocolate Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Teriyaki Meatballs &amp; Rice</li> <li>• Pb&amp;J Sandwich</li> <li>• Fresh Pear</li> <li>• Cherry Tomatoes &amp; Celery Sticks or Substitute</li> <li>• Chocolate Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Cheese Calzone &amp; Marinara</li> <li>• Yogurt Parfait</li> <li>• Grapes</li> <li>• Salad with dressing</li> <li>• Chocolate Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Pepperoni Pizza</li> <li>• Chef Salad</li> <li>• Whole Fruit, or Substitute</li> <li>• Fresh Broccoli, or Substitute</li> <li>• Chocolate Milk</li> </ul>