

October
2022



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Laurel Elementary

SCHOOL OF ARTS & TECHNOLOGY

A Letter From the Principal...

Dear Laurel families,

My heart is full of joy and gratitude about another **extremely** successful Laps for Laurel fundraiser! Thanks to your support, enthusiasm, and contributions, we raised over \$40,000 for Laurel! The funds YOU raised will directly benefit Laurel for classroom use, family nights, field trips, the Laurel Strings Program, maintaining the office fish tank, additions to the climbing wall, and a variety of other projects granted through the Laurel Parent Teacher Organization (PTO). On behalf of the entire Laurel school community, THANK YOU!



Thank you for your diligence in getting your children to school on time and picking them up on time. It's worth mentioning because it is AMAZING!! It's celebration worthy to note:

- Fewer than 20 students have been arriving after 7:45AM – 98% are arriving on time!
- Fewer than 10 students *each week* are checked out of school early, before the 2:23 dismissal time!

We greatly appreciate that nearly 100% of our families are ensuring their students the opportunity to complete a full school day.



TIME WELL SPENT

Your child's Well Care Visits help us address the following:

- Diet & Nutrition
- Chronic Health Issues
- Parental Concerns
- Growth, Development & More



[Click Here to Self-Schedule Your Child's Well Care Visit Today!](#)

A Letter from the Principal, continued...

Please mark these dates on your calendar:

- There will be NO SCHOOL Thursday, October 13th and Friday, October 14th. These are exchange days for teachers meeting with parents after school hours for conferences held the last week of September and the first week of October.
- Thursday, October 27th will be our first Family Night of the 2022-23 school year. We typically hold at least two family events throughout the school year to encourage family engagement. This first Laurel Family Night will be a Fall Festival with a focus on building relationships and friendships, and a promoting a sense of belonging for all families in the Laurel school community. Parent volunteers are needed for 1 hour increments to run a game booth for your child’s classroom or grade level! Please contact your child’s teacher if you are able to help supervise/run a game booth. We welcome families to wear costumes to this event. The Laurel Family Night will be held outdoors from 4:30PM – 6:30PM. We will provide a light snack of burritos from Consuelo’s for families. We hope you’ll have fun eating, and building friendships with others in the Laurel school community.
- October 28th – Fall Sweater Day: Wear your favorite fall outfit

Let me know how I can support you as a successful partner with the Laurel Elementary School of Arts & Technology. Let’s continue to work together to make this year an outstanding learning experience for every child.

Sincerely,
Tommi Sue Cox
Principal



<h2>Supporting our Schools</h2>		
	<h1>Joe Mivshek</h1> <p>Joe.Mivshek@KW.com</p>	
	<h2>970.420.7163</h2>	

A Letter from the Principal, continued...



Queridas familias de Laurel,

Mi corazón está lleno de alegría y gratitud por otro. **extremadamente** exitosa recaudación de fondos Vueltas para Laurel! ¡Gracias a su apoyo, entusiasmo y contribuciones, recaudamos más de \$40,000 para Laurel! Los fondos que USTED recaudó beneficiarán directamente a Laurel para uso en el salón de clases, noches familiares, excursiones, el programa Laurel Strings, mantenimiento de la pecera de la oficina, adiciones al muro de escalada y una variedad de otros proyectos otorgados a través de la Organización de Padres y Maestros de Laurel (PTO). En nombre de toda la comunidad escolar de Laurel, ¡GRACIAS!

Gracias por su diligencia en llevar a sus hijos a la escuela a tiempo y recogerlos a tiempo. Vale la pena mencionarlo porque es INCREÍBLE!! Es una celebración digna de notar:

- Menos de 20 estudiantes han estado llegando después de las 7:45 a. m., ¡el 98 % está llegando a tiempo!
- Menos de 10 estudiantes *cada semana* ¡Se retiran de la escuela temprano, antes de la hora de salida de las 2:23!

Agradecemos enormemente que casi el 100% de nuestras familias estén asegurando a sus estudiantes la oportunidad de completar un día escolar completo.

Por favor marque estas fechas en su calendario:

- NO HABRÁ CLASES el jueves 13 de octubre^{el} y viernes 14 de octubre^{el}. Estos son días de intercambio para reuniones de maestros con padres después del horario escolar para conferencias que se llevan a cabo la última semana de septiembre y la primera semana de octubre.
- jueves, 27 de octubre^{el} será nuestra primera Noche Familiar del año escolar 2022-23. Por lo general, realizamos al menos dos eventos familiares durante el año escolar para fomentar la participación familiar. Esta primera Noche Familiar de Laurel será un Festival de Otoño con un enfoque en construir relaciones y amistades, y promover un sentido de pertenencia para todas las familias en la comunidad escolar de Laurel. ¡Se necesitan padres voluntarios para incrementos de 1 hora para administrar una cabina de juegos para el salón de clases o el nivel de grado de su hijo! Comuníquese con el maestro de su hijo si puede ayudar a supervisar/administrar una cabina de juegos. Invitamos a las familias a que usen disfraces para este evento. La Noche familiar de Laurel se llevará a cabo al aire libre de 4:30 p. m. a 6:30 p. m. Proporcionaremos un refrigerio ligero de burritos de Consuelo's para las familias. Esperamos que se divierta comiendo y construyendo amistades con otros en la comunidad escolar de Laurel.
- 28 de octubre^{el} – Día del suéter de otoño: usa tu atuendo de otoño favorito

Déjame saber cómo puedo apoyarte como un socio exitoso con la Escuela Primaria de Artes y Tecnología Laurel. Continuemos trabajando juntos para hacer de este año una experiencia de aprendizaje excepcional para todos los niños.

Sinceramente,
Tommi Sue Cox
Principal

A Message from the Assistant Principal...

Dear Laurel Families,

Wow!! I didn't think much could top last year's Laps for Laurel, but I have been blown away by our incredible community once again. I love seeing how excited everyone is to come together in support of our school, and I love the positive energy of "the big day"! Even though I always end up a sticky mess, I must admit that I also love being turned into a human sundae so that I can give back to our students (in epic fashion) in recognition of all of their commitment and dedication to our school. THANK YOU for YOUR part, too, in making this a very successful Laps for Laurel!! Whether you helped with the event, with fundraising, or with getting your child excited for running on the big day, we appreciate you. If you would like to support events like Laps for Laurel in the future, or if you would just like to learn a bit more about how you can get involved as a Laurel parent, please contact Dana Knight, PTO President, at laurelynxpto@gmail.com. ALL are welcome.



Assessments and Reading Resources

Now that beginning of the year testing has concluded, you can expect to receive assessment data and communication from your child's teacher. In most cases, this will take place during parent-teacher conferences. Each assessment has its own scale and assesses different skills and in different ways, so don't hesitate to reach out if you find you have additional questions. On that note, I do want to share our school-wide acknowledgment of all of the things assessments do not assess, and which we know to be important in the successful development of the WHOLE child: ideas, ambitions, dreams, self-worth, empathy, kindness, courage, sense of humor, imagination, friendship, and more!

If you would like additional resources on how you can help your child with reading, please check out the following links:

- Colorín Colorado offers several helpful and bilingual resources - [Help your child learn to read](#)
- Colorado Department of Education sponsored resource: [Read with Me site](#)

Lynx in the Spotlight

Our Lynx in the Spotlight for the month of October are Ivy Ellinger and Adeen Johnson. Be sure to read our Lynx in the Spotlight feature to find out why we think Adeen and Ivy are PAW-some Laurel Lynx!

Laurel is the best—(Thanks to all of you!)—YES!

Yours,
Amanda Pawelski
Assistant Principal/MTSS Coordinator

October
2022



The image is a promotional graphic for 'WeClean'. It features a woman in a blue t-shirt cleaning a table with a blue cloth. The text on the graphic includes the 'We CLEAN' logo, the slogan 'WeClean while the kids are in school.', a discount offer 'SAVE \$30 WITH CODE: PSD30', and the website 'WECLEANLOCAL.COM'.

A Message from the Assistant Principal...

Estimadas familias de Laurel,

¡¡Guau!! No pensé que mucho podría superar las Vueltas para Laurel del año pasado, pero nuestra increíble comunidad me ha impresionado una vez más. ¡Me encanta ver cuán emocionados están todos de unirse para apoyar a nuestra escuela, y me encanta la energía positiva del "gran día"! Aunque siempre termino siendo un desastre pegajoso, debo admitir que también me encanta que me conviertan en un helado humano para poder retribuir a nuestros estudiantes (de manera épica) en reconocimiento a todo su compromiso y dedicación a nuestra escuela. ¡GRACIAS por TU parte, también, para hacer de estas Vueltas muy exitosas para Laurel! Ya sea que ayudó con el evento, con la recaudación de fondos o con animar a su hijo a correr el gran día, lo apreciamos. Si desea apoyar eventos como Laps for Laurel en el futuro, o si simplemente desea obtener más información sobre cómo puede participar como padre de Laurel, comuníquese con Dana Knight, presidente de la PTO, al laurelynxpto@gmail.com. Todos son bienvenidos.

Evaluaciones y recursos de lectura

Ahora que han concluido las pruebas de comienzo de año, puede esperar recibir datos de evaluación y comunicación del maestro de su hijo. En la mayoría de los casos, esto se llevará a cabo durante las conferencias de padres y maestros. Cada evaluación tiene su propia escala y evalúa diferentes habilidades y de diferentes maneras, así que no dude en comunicarse si tiene preguntas adicionales. En ese sentido, quiero compartir nuestro reconocimiento en toda la escuela de todas las cosas que las evaluaciones no evalúan y que sabemos que son importantes en el desarrollo exitoso del niño ENTERO: ideas, ambiciones, sueños, autoestima, empatía, amabilidad, coraje, sentido del humor, imaginación, amistad, ¡y más!

- Si desea recursos adicionales sobre cómo puede ayudar a su hijo con la lectura, consulte los siguientes enlaces:
- Colorín Colorado ofrece varios recursos útiles y bilingües: [Ayude a su hijo a aprender a leer](#)
- Recurso patrocinado por el Departamento de Educación de Colorado: [Leer conmigo sitio](#)

Lince en el centro de atención

Nuestro Lynx in the Spotlight para el mes de octubre son Ivy Ellinger y Adeen Johnson. ¡Asegúrese de leer nuestra función Lynx in the Spotlight para descubrir por qué creemos que Adeen y Ivy están los Laurel Lynx PAW-some!

Laurel es la mejor—(¡Gracias a todos ustedes!)—¡SÍ!

Tuya,

Amanda Pawelski

Subdirector/Coordinador del MTSS

Lynx in the Spotlight, October 2022



**Ivy Ellinger
And
Adeen Johnson**

When Adeen and Ivy found out their classmate would not be able to attend school for a while, they were quick to volunteer to make sure their friend continued to feel connected to Laurel and to their peer group. Adeen and Ivy say that being kind makes them feel good and that supporting others and being with others is an important part of who they are. When times are challenging or when things don't go according to plan, it's great to have friends like Adeen and Ivy. Way to ROAR!

Cuando Adeen e Ivy descubrieron que su compañero de clase no podría asistir a la escuela por un tiempo, rápidamente se ofrecieron como voluntarios para asegurarse de que su amigo siguiera sintiéndose conectado con Laurel y con su grupo de compañeros. Adeen e Ivy dicen que ser amables los hace sentir bien y que apoyar a los demás y estar con los demás es una parte importante de lo que son. Cuando los tiempos son difíciles o cuando las cosas no salen según lo planeado, es genial tener amigos como Adeen e Ivy. ¡Manera de RUGIR!

We are here for your child's health!
¡Estamos aquí para la salud de su hijo!

Schedule your school or sport physical today!
¡Programe hoy su examen físico para la escuela o deporte!



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Counselor's Column

Hello Laurel Families.

Thank you for sharing your kiddos with us. We have thoroughly enjoyed spending time with them in the classrooms as well as in small group or individual settings.

Social Emotional Learning (SEL) at Laurel: (please explore page 3 and 4 of this “column” for more detailed information)

Second Step Curriculum: Classroom teachers started teaching these lessons in their classrooms in September and will continue throughout the year. Mrs. Cox will also start the week by introducing the topic of focus during the Monday announcements.

About Second Step: Committee for Children created Second Step social-emotional learning programs that Laurel is using school wide. It is a research-based curriculum that provides an extra dimension to education and learning. Second Step focuses on improving communication, cooperation, and decision-making skills. It provides a common language that we can use at school and in the real world. Just like students need to practice academic skills such as math or reading, they also need to practice social-emotional skills. These skills are critical for lifelong happiness, healthy relationships, and successful careers. Feel free to ask your kiddos to teach you what they are learning.

Kindergarten and 1st- Unit 1: Skills for Learning

Students are learning how to use their whole body to ***Listen to Learn*** and how to ***Focus Attention*** by using our “attent-o-scopes” to ignore distractions and focus in. Students also are learning about ***Following Directions*** and being able to repeat back directions in our head to help us remember.

2nd and 3rd- Unit 1: Skills for Learning

Students are discussing the importance of being ***Respectful Learners*** and ***Using Self-Talk***. They learn to use their eyes, ears and brain to help them stay focused and to use self-talk to get back on task or to ignore distractions.

4th and 5th - Unit 1: Empathy and Skills for Learning:

Empathy is understanding or feeling how someone else is feeling. Students are learning that showing empathy is a way of showing ***Respect***. They are learning ***Listening with attention*** by focusing on words, not interrupting, asking questions and repeating it back. Students are learning about the difference of being ***Assertive***, rather than aggressive or passive when asking for what we need or communicating with others.



continued on next page

Counselor's Column, continued...

The counseling team is excited to introduce our two Interns for the year. We love to learn and grow from each other!!



My name is Christina Bagley and I'll be a school counseling intern with Mrs. Roberts this fall. I'm so excited to be part of the Laurel community this semester! I'll be at Laurel on **Tuesdays, Wednesdays, and Thursdays**. I am currently a graduate student studying counseling with a school counseling specialization at CSU. I hope to work as a school counselor after I graduate and potentially move more into school-based therapy! My experience includes working at community centers, youth camps, and volunteering as a mentor in schools. I love getting creative with artwork/painting, backpacking, running, and my current guilty pleasure TV show is Survivor. A fun fact about me is that last summer I was a backpack guide for middle school and high school students around Yosemite where I also learned the art of carefully crafted and distracting riddles to keep kids motivated through long hikes 😊

Thanks for having me!

My name is Sophie Mitchell (she/her/hers) and I am Mrs. Jones' intern. I am looking forward to working with the Laurel community this year! I will be at Laurel both Fall and Spring semesters, and I am planning to be here on Mondays, Tuesdays, and half of Wednesdays. I'm currently in my second year of the Master of Social Work program at Colorado State University and am planning to graduate next May. Before starting my social work program, I worked in child welfare in Utah, and I have spent most of my career working with kids in some capacity. A fun fact about me is that I played the tuba in marching band in high school and college! I am looking forward to working with our students and families.



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Counselor's Column, continued...

Social Emotional Learning (SEL) at Laurel 2022-2023

Laurel’s SEL program is a part of our school-wide Positive Behavioral Intervention and Support (PBIS) system which strengthens our culture and community. Please take a moment to explore some of our learning and language used.

<p><u>Second Step:</u> Social Emotional Learning Curriculum</p> <p><u>Units within Second Step:</u> (Taught in the classroom 1 x week)</p> <ul style="list-style-type: none"> ● Skills for Learning ● Empathy ● How to Calm Down ● Fair Ways to Play <p>Problem Solving Steps</p> <p><u>Bullying Prevention Unit:</u> (4 lessons taught by counseling team)</p> <ul style="list-style-type: none"> ● Recognize, Refuse, Report ● Bystander Power and Responsibility 	<p><u>Zones of Regulation:</u> Helps students recognize their emotional state and provides tools for them to use to help regulate.</p> <p><u>BLUE: Moving Slow</u> Sad, Bored, Tired, Sick</p> <p><u>GREEN: Good to Go</u> Happy, Focused, Calm, Proud</p> <p><u>YELLOW: Use Caution</u> Worried, Frustrated, Silly, Excited</p> <p><u>RED: Stop and Calm Down</u> Overjoyed/Elated, Panicked, Angry, Terrified</p>
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ROAR Pledge

I am a Laurel Lynx.

I am **respectful**.

I **own my behavior**.

I have a **positive attitude**.

I am **responsible**.

Watch Me Roar!

Students can earn PAWS for showing ROAR behavior! They can earn Individual PAWS or a Classroom PAW when an entire group or class follows the ROAR code. Some may also receive a Positive Office Referral for going above and beyond

Peace Circles and Peacekeeper Language: Peace circles are utilized throughout the building to help build a sense of belonging and to strengthen community. They may be used during morning meetings, before/after transitions, or in a smaller setting to help students problem solve and resolve conflict. Here are some of the examples your students may use when communicating with others.

Counselor's Column, continued...

Giving an Appreciation:
 _____, thank you for _____

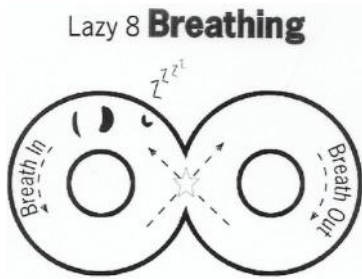
 (Use their name and describe details).
 It made me feel _____
 (label emotion).

Full Hearted Apology
 _____, I am sorry for _____

 _____ (Use their name and describe what happened)
 It may have made you feel _____
 _____ (Guess how the other person may have felt)
 Next time (or in the future) I will _____
 _____ (Suggest ways to make things right and what you WILL do, rather than what you will not do.)

Expressing a Hurt or Concern
 _____, It made me feel _____ when you _____ (say their name and describe the details).
 Next time, please _____
 _____ (Ask for what you need to make it right).

Examples of Breathing exercises:



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Columna del Consejero

Hola Familias Laurel.

Gracias por compartir a sus hijos con nosotros. Hemos disfrutado mucho de pasar tiempo con ellos en las aulas, así como en grupos pequeños o en entornos individuales.

Aprendizaje Socioemocional (SEL) en Laurel: (explore las páginas 3 y 4 de esta "columna" para obtener información más detallada)

- **Currículo del segundo paso:** Los maestros de aula comenzaron a enseñar estas lecciones en sus aulas en septiembre y continuarán durante todo el año. La Sra. Cox también comenzará la semana presentando el tema de enfoque durante los anuncios del lunes.
 - **Acerca de Second Step:** El Comité para Niños creó programas de aprendizaje socioemocional de Second Step que Laurel está utilizando en toda la escuela. Es un plan de estudios basado en la investigación que proporciona una dimensión adicional a la educación y el aprendizaje. Second Step se centra en mejorar la comunicación, la cooperación y las habilidades de toma de decisiones. Proporciona un lenguaje común que podemos usar en la escuela y en el mundo real. Al igual que los estudiantes necesitan practicar habilidades académicas como las habilidades académicas. como las matemáticas o la lectura, también necesitan practicar habilidades socioemocionales. Estas habilidades son fundamentales para la felicidad de por vida, las relaciones saludables y las carreras exitosas. Siéntase libre de pedirle a sus hijos que le enseñen lo que están aprendiendo.
- **Kindergarten y 1er-** Unidad 1: Habilidades para el Aprendizaje
 - Los estudiantes están aprendiendo a usar todo su cuerpo para **escuchar para aprender** y cómo **enfocar la atención** mediante el uso de nuestros "attent-o-scopes" para ignorar las distracciones y concentrarse. Los estudiantes también están aprendiendo sobre **seguir instrucciones** y poder repetir instrucciones en nuestra cabeza para ayudarnos a recordar.
 - **2º y 3º-** Unidad 1: Habilidades para el aprendizaje
 - Los estudiantes están discutiendo la importancia de ser **aprendices respetuosos y usar el diálogo interno**. Aprenden a usar sus ojos, oídos y cerebro para ayudarlos a mantenerse enfocados y a usar el diálogo interno para volver a la tarea o ignorar las distracciones.
 - **4º y 5º-** Unidad 1: Empatía y habilidades para el aprendizaje:
La empatía es entender o sentir cómo se siente otra persona. Los estudiantes están aprendiendo que mostrar empatía es una forma de mostrar **respeto**. Están aprendiendo **a escuchar con atención** centrándose en las palabras, no interrumpiendo, haciendo preguntas y repitiéndolas. Los estudiantes están aprendiendo sobre la diferencia de ser **asertivos**, en lugar de agresivos o pasivos cuando pedimos lo que necesitamos o nos comunicamos con los demás.

El equipo de consejería está emocionado de presentar a nuestros dos pasantes para el año. ¡Nos encanta aprender y crecer el uno del otro!

Columna del Consejero

Mi nombre es Christina Bagley y seré pasante de consejería escolar con la Sra. Roberts este otoño. ¡Estoy muy emocionada de ser parte de la comunidad de Laurel este semestre! Estaré en Laurel **los martes, miércoles y jueves**. Actualmente soy un estudiante graduado que estudia consejería con una especialización en consejería escolar en CSU. ¡Espero trabajar como consejera escolar después de graduarme y potencialmente pasar más a la terapia basada en la escuela! Mi experiencia incluye trabajar en centros comunitarios, campamentos juveniles y voluntariado como mentor en escuelas. Me encanta ser creativo con obras de arte / pintura, mochilero, correr, y mi programa de televisión actual de placer culpable es Survivor. Un hecho divertido sobre mí es que el verano pasado fui una guía de mochilas para estudiantes de secundaria y preparatoria alrededor de Yosemite, donde también aprendí el arte de acertijos cuidadosamente elaborados y que dis traen para mantener a los niños motivados a través de largas caminatas.



Mi nombre es Sophie Mitchell (ella / ella / ella) y soy la pasante de la Sra. Jones. ¡Estoy deseando trabajar con la comunidad de Laurel este año! Estaré en Laurel los semestres de otoño y primavera, y planeo estar aquí los lunes, martes y la mitad de los miércoles. Actualmente estoy en mi segundo año del programa de Maestría en Trabajo Social en la Universidad Estatal de Colorado y planeo graduarme en mayo próximo. Antes de comenzar mi programa de trabajo social, trabajé en bienestar infantil en Utah, y he pasado la mayor parte de mi carrera trabajando con niños en alguna capacidad. ¡Un hecho divertido sobre mí es que toqué la tuba en la banda de música en la escuela secundaria y la universidad! Estoy deseando trabajar con nuestros estudiantes y familias.

Como siempre, gracias por todo su apoyo. Comuníquese con usted si tiene alguna pregunta o desea conectarse sobre cómo nuestro equipo puede apoyarlo mejor a usted y a su hijo / hijos.

Atentamente

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Aprendizaje socioemocional (SEL) en Laurel 2022-2023

El programa SEL de Laurel es parte de nuestro sistema de intervención y apoyo conductual positivo (PBIS) en toda la escuela que fortalece nuestra cultura y comunidad. Tómese un momento para explorar algunos de nuestros aprendizajes y el lenguaje utilizado.

<p><u>Segundo paso:</u> currículo de aprendizaje socioemocional</p> <p><u>dentro de Second Step:</u> (Impartido en el salón de clases 1 x semana)</p> <ul style="list-style-type: none"> ● Habilidades para aprender ● Empatía ● Cómo calmarse ● Maneras justas de jugar <p>Pasos para resolver problemas</p> <p><u>Unidad de prevención de la intimidación:</u> (4 lecciones impartidas por el equipo de consejería)</p> <ul style="list-style-type: none"> ● Reconocer, Rechazar, Reportar ● poder y responsabilidad 	<p><u>de regulación:</u> ayuda a los estudiantes a reconocer su estado emocional y les proporciona herramientas para ayudar a regular.</p> <p><u>AZUL: Moviéndose lento</u> Triste, aburrido, cansado, enfermo</p> <p><u>VERDE: Bueno para ir</u> feliz, concentrado, tranquilo, orgulloso</p> <p><u>AMARILLO: Tenga cuidado</u> Preocupado, frustrado, tonto, emocionado</p> <p><u>ROJO: Deténgase y</u> cálmese Lleno de alegría/eufórico, en pánico, enojado, aterrorizado</p>
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ROAR Juro

que soy un Laurel Lynx.

soy **respetuoso**

Soy **dueño de mi comportamiento.**

Tengo una **actitud positiva.**

soy **responsable**

¡Mírame rugir!

¡Los estudiantes pueden ganar PAWS por mostrar comportamiento ROAR! Pueden ganar PAWS individuales o PAW de aula cuando todo un grupo o clase sigue el código ROAR. Algunos también pueden recibir una remisión positiva a la oficina por ir más allá

Círculos de paz y lenguaje pacificador: Los círculos de paz se utilizan en todo el edificio para ayudar a crear un sentido de pertenencia y fortalecer la comunidad. Se pueden usar durante las reuniones de la mañana, antes y después de las transiciones o en un entorno más pequeño para ayudar a los estudiantes a resolver problemas y conflictos. Estos son algunos de los ejemplos que sus estudiantes pueden usar cuando se comunican con otros.

Agradecimiento:

_____, gracias por _____, (Use su nombre y describa los detalles). Me hizo sentir _____ (etiquetar emoción).

Disculpa de todo corazón

_____, lo siento por _____

(Use su nombre y describa lo que sucedió)

Es posible que lo haya hecho sentir _____.

(Adivina cómo se habrá sentido la otra persona)

La próxima vez (o en el futuro) voy a _____.

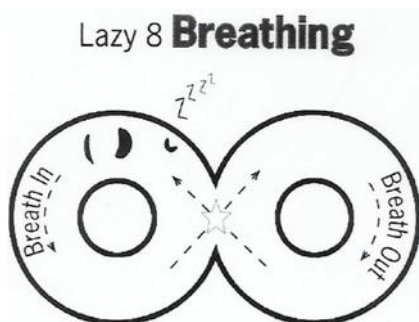
(Sugiera formas de hacer las cosas bien y lo que HARÁ, en lugar de lo que no hará).

Expresar un dolor o preocupación

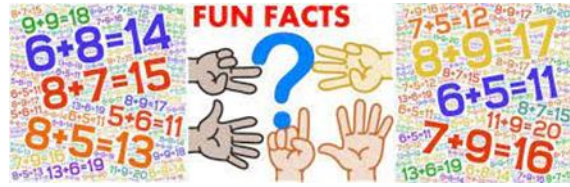
_____, Me hizo sentir _____ cuando usted _____ (decir su nombre y describir los detalles).

La próxima vez, por favor _____ (Pregunte por lo que necesita para hacerlo bien).

Ejemplos de ejercicios de respiración:



Math Facts/ Early Bird



Early Bird Club and Math Facts Club has started! If you would like to check out library books, take Accelerated Reader tests or do IXL in the lab, come join Mrs. Reed and Mrs. Manalo each day before school starts.

Fall Family Night

PLEASE JOIN US FOR
LAUREL ELEMENTARY SCHOOL'S

FALL FAMILY NIGHT

THURSDAY, OCTOBER 27TH
4:30PM TO 6:30PM

WEAR YOUR COSTUMES & JOIN US OUTSIDE FOR...

PUMPKIN DECORATING
(ONE PUMPKIN FOR EACH CHILD)

PHOTO BOOTH

GAMES & PRIZES

BURRITOS FROM CONSUELO'S

POR FAVOR, UNASE A NOSOTROS PARA
LAUREL ELEMENTARY SCHOOL'S

NOCHE FAMILIAR DE OTONO

JUEVES, 27 DE OCTUBRE
4:30 A 6:30 PM

USE SUS DISFRACES Y UNASE A NOSOTROS AFUERA PARA...

DECORACION DE CALABAZAS
(UNA CALABAZA POR CADA NIÑO)

FOTOMATON

JUEGOS Y PREMIOS

BURRITOS DE CONSUELO'S

Laurel Wellness News

Health and Kindness Heroes

At school we have several red boxes where students and staff can nominate other students and staff for health and kindness hero awards. Health hero awards celebrate students and staff who are showing healthy habits throughout the school day. Kindness hero awards celebrate students who are showing kindness to others throughout the school day. We will recognize our first winners at the end of October.

Celebration Boxes

Great News!! The Laurel Wellness Team has a "Party in a Box" available for your kiddo's classroom birthday celebration!! Almost all of the activities are completely FREE* and provide a true celebration that is a whole lot of fun- playing games and listening to music with their friends. The "Party in a Box" is an option **IN PLACE OF** a treat (which can save you time and money!). Check with your child's teacher to reserve an item from the celebration box. Requests must be submitted to Mrs. Rittner one week prior to the date and coordinated with the Homeroom teacher. Thank you for choosing a healthy activity to celebrate your child!

The Laurel School Garden

We are still seeking a few parents to be in charge of our school garden and to join the Wellness Committee. If you are interested in helping with the garden or being on the Wellness Committee, please contact Mrs. Rittner rrittner@psdschools.org. Leading the garden would entail setting up watering schedules, coordinating with teachers for planting with classes, and helping maintain the garden. The Wellness Committee meets once a month and is still determining a day and time.

Save the Date!

Walk and Roll to School Day will be held on Oct.12th. Plan to walk, ride, or roll to school, OR if you drive your child to school, you could park at the First United Methodist Church parking lot and then walk or ride over from there. We will have a few prizes in the morning at the front of the school.

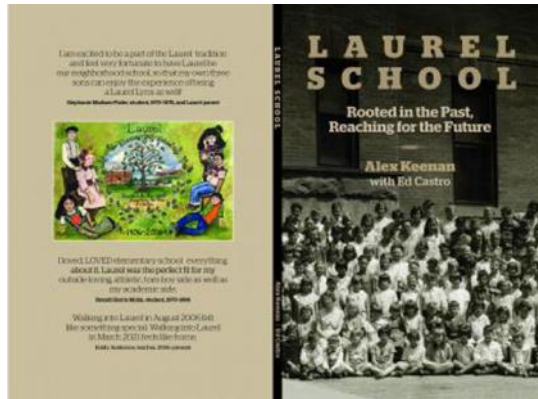
BStrongBFit Bell Ringer 2 mile Race will take place on Nov.5th at North Lake park in Loveland at 2:30m. Feel free to come support our Laurel girls who have worked hard to prepare for this race.

A Healthy Twist on Trick-Or-Treating

- Fill up first. What kid doesn't want to eat their favorite candy right when it goes into their trick-or-treat bag? Having a healthy meal BEFORE your kids go trick-or-treating can reduce their temptation to snack while walking or to overindulge, because their tummies will be full.
- Bag the monster bag. Choose or make a smaller collection container for your child and steer clear of the pillow case method. If you encourage kids to only take one piece of candy from each house, they'll be able to visit more houses in the neighborhood.
- Get moving. Get some exercise by making Halloween a fun family activity. Walk instead of driving kids house to house. Set a goal of how many houses or streets you'll visit, or compete in teams to do as many as you can. Bring a bottle of water and a flashlight, and wear comfortable shoes for walking.
- Look before you eat. Check expiration dates and inspect all edibles before allowing children to eat them. Don't let children eat anything with questionable or unknown ingredients, especially if they have food allergies.

History Book

Laurel School: Rooted in the Past, Reaching for the Future book is in an online format on our web site. If you would like a hard copy of this book and missed getting one last May, or if you are new to Laurel, please let me know and I will get you a copy. The book tells the story of how Laurel School started, and it ties into Fort Collins history as well. We have enough copies for one book per family. You can email me at: wreed@psdschools.org or send in a note with your student and I will send a book home with them.



COME VOLUNTEER FOR LAUREL’S VISION AND HEARING DAY!

We will be holding our vision and hearing testing on Monday, October 24th from 8 AM – 1:30 PM. If you are interested in volunteering, please use this link to register: [Volunteer Application](#)

If you are already a registered volunteer, please follow the steps below to view volunteer opportunities:

1. Log in to your Volunteer Portal through this link: [Raptor Volunteer Portal](#)
2. When logged in, click on Events within the Navigation Menu
3. Review the details of the Event you wish to sign up for and click “Sign-Up”.

Thank you for contributing your time and talent to PSD!





October's Highlight:



Art:

Hello Laurel!

My name is Megan Saunders and I am the new art teacher! I have been teaching art in Windsor for the past 5 years. Prior to teaching art, I've taught kindergarten, second grade and fourth grade classrooms. I am thankful for the opportunity to teach at Laurel.

My classroom intentions are to create a love for the arts among our students. This year might look a little different than it has in the past. Our students (1st-5th grade) will be compiling an art portfolio throughout the school year. Their portfolios will be located in the art classroom. I will be collecting their finished art pieces and filing them until the end of the school year when we have an all school art show (late April, early May). Students will look through their portfolio and choose which 2 pieces they are most proud of to feature in our Spring Art Show. Kindergartners will have 2 pieces featured as well. Their projects will be collected later in the year. Once the art show is over, students will be bringing home their portfolio. This allows our students to continue to work on their art skill throughout the year. Please let me know if there are any questions or concerns.

Megan Saunders
msaunders@psdschools.org

Media



Third, fourth and fifth grade students are using TypingClub to work on keyboarding. Students are welcome to practice typing at home by going to Laurel's home page and clicking on the **Students** tab and then clicking on **Clever**. We are also learning about digital citizenship in third grade and practicing mouse shortcuts such as Ctrl V and Ctrl C. Fourth graders are collaborating on Google Slides about Colorado symbols and fifth graders are creating bubble wands which will be printed on the 3D printer and then tested outside.

Kindergarten, first and second grade students have been listening to Mrs. Reed share this year's selection of books nominated for the Colorado Children's book award. The full list of books can be found [here](#).

Music:

Welcome back to music! Please check out my website for what your child is up to in music class!
www.laumusic.weebly.com



All students will have a CONCERT this year! Yay! Please make a note of your child's concert date; all students are expected to attend for their own grade level.

[1st & 3rd Grade Concert](#)
 December 6, 6:00 pm
 Leshar MS Auditorium

[2nd & 4th Grade Concert](#)
 March 1, 6:00 pm
 Leshar MS Auditorium

[Kindergarten: Kinderstar](#)
 April 13, 6:00 pm
 Laurel Gym

[5th Grade Concert](#)
 February 16, 6:00 pm
 Laurel Gym


P.E: <https://sites.google.com/psdschools.org/laulearningpe>
 In PE, students have been working on teamwork and cooperation through problem solving games. We have established our routines and expectations for the gym over the past few months. Soon, we will start working on grade specific skills. Check out my learning page for more information and resources. In Enrichment we have been learning about the 5 food groups and the plate method through games. Students practiced categorizing food into red, yellow, and green light foods, then building a balanced plate as a team or in an art piece. Our balanced plates will be displayed in the hallways this month!



October 2022

Laurel Elementary

Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 <ul style="list-style-type: none"> Spaghetti & Meatballs Chicken Drumstick & Roll Cold Deli Meat & Goldfish ColdDeli Yogurt & Goldfish or Pretzels Pb&J Sandwich Steamed Broccoli Assorted Italian Condiments 	4 <ul style="list-style-type: none"> Hamburger & Cheeseburger Mac & Cheese Cold Deli Meat & Goldfish ColdDeli Yogurt & Goldfish or Pretzels Pb&J Sandwich Green Beans 	5 <ul style="list-style-type: none"> Asian Teriyaki Chicken & Rice Chicken Patty Sandwich Deli Sandwich ColdDeli Yogurt & Goldfish or Pretzels Pb&J Sandwich Steamed Veggies 	6 <ul style="list-style-type: none"> Beef Taco & Rice Chicken Strips Cold Deli Meat & Goldfish ColdDeli Yogurt & Goldfish or Pretzels Pb&J Sandwich Black Beans Nugget Dipping Sauces Mexican Condiments- ELEM 	7 <ul style="list-style-type: none"> Cheese Pizza Meat Lovers Pizza Chef Salad & Roll ColdDeli Yogurt & Goldfish or Pretzels Pb&J Sandwich Peas Assorted Italian Condiments
10 <ul style="list-style-type: none"> Meatball Sandwich Chicken Drumstick & Roll Cold Deli Meat & Roll Cold Deli Yogurt & Roll Pb&J Sandwich Corn 	11 <ul style="list-style-type: none"> Lasagna with Veggies Cheese Calzone & Marinara Deli Sandwich Cold Deli Yogurt & Roll Pb&J Sandwich Green Beans Assorted Italian Condiments 	12 <ul style="list-style-type: none"> Orange Chicken & Rice Fish Filet Cold Deli Meat & Roll Cold Deli Yogurt & Roll Pb&J Sandwich Steamed Broccoli 		
17 <ul style="list-style-type: none"> Chicken Nuggets Cheese Ravioli & Roll Cold Deli Meat & Pretzels Cold Deli Yogurt & Pretzel or Goldfish Pb&J Sandwich Steamed Broccoli Assorted Italian Condiments Nugget Dipping Sauces 	18 <ul style="list-style-type: none"> Pork Chop Sandwich Mac & Cheese Cold Deli Meat & Pretzels Cold Deli Yogurt & Pretzel or Goldfish Pb&J Sandwich Green Beans Assorted Italian Condiments 	19 <ul style="list-style-type: none"> Asian noodle & Meatball Chicken Patty Sandwich Deli Sandwich Cold Deli Yogurt & Pretzel or Goldfish Pb&J Sandwich Steamed Veggies 	20 <ul style="list-style-type: none"> Chicken Tacos & Rice Cheese Calzone & Marinara Cold Deli Meat & Pretzels Cold Deli Yogurt & Pretzel or Goldfish Pb&J Sandwich Black Beans Mexican Condiments- ELEM 	21 <ul style="list-style-type: none"> Cheese Pizza Pizza Bites Chicken Caesar Wrap Cold Deli Yogurt & Pretzel or Goldfish Pb&J Sandwich Peas Assorted Italian Condiments
24 <ul style="list-style-type: none"> Hamburger & Cheeseburger Cheese Ravioli & Roll Cold Deli Meat & Roll Cold Deli Yogurt & Roll Pb&J Sandwich Corn Assorted Italian Condiments 	25 <ul style="list-style-type: none"> Chicken Drumstick & Roll Chicken Alfredo Deli Sandwich Cold Deli Yogurt & Roll Pb&J Sandwich Green Beans Assorted Italian Condiments 	26 <ul style="list-style-type: none"> Tomato Soup & Grilled Cheese Fish Filet Cold Deli Meat & Roll Cold Deli Yogurt & Roll Pb&J Sandwich Steamed Broccoli 	27 <ul style="list-style-type: none"> Beef & Bean Burrito Hot Dog Deli Sandwich Cold Deli Yogurt & Roll Pb&J Sandwich Refried Beans Mexican Condiments- ELEM 	28 <ul style="list-style-type: none"> Cheese Pizza Pepperoni Pizza Yogurt Parfait Cold Deli Yogurt & Roll Pb&J Sandwich Steamed Carrots Assorted Italian Condiments
31 <ul style="list-style-type: none"> Spaghetti & Meatballs Chicken Nuggets Cold Deli Meat & Goldfish ColdDeli Yogurt & Goldfish or Pretzels Pb&J Sandwich Steamed Broccoli Nugget Dipping Sauces Assorted Italian Condiments 	Food Offered Daily: <ul style="list-style-type: none"> Salad Bar Fruit Salad Assorted Salad Dressings Whole Wheat Dinner Roll Chocolate Milk Milk fat free Milk low fat 1% Assorted Condiments 			

COLORADO STATE UNIVERSITY



36th Annual Food and Fund Drive

Let's do what we CAN to relieve food insecurity for our fellow Rams and neighbors

KICKOFF SEPT. 19
CANS AROUND THE OVAL OCT. 19

CONTRIBUTE ON-CAMPUS OR VISIT
[CANS.COLOSTATE.EDU](https://cans.colostate.edu)
TO DONATE & LEARN MORE!



FOOD BANK COLORADO
STUDENT LEADERSHIP INVOLVEMENT AND COMMITMENT ENGAGEMENT