

**February
2022**



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Laurel Elementary

SCHOOL OF ARTS & TECHNOLOGY

A Letter From the Principal...

Happy February Laurel families!



During the month of February, I like to remind parents about the *five love languages*. Have you learned your child's love language? How are you speaking and showing love to your child? Have you shared your child's love language with his/her teacher and/or grandparents? Please read the summary below of the book, *The Five Love Languages* by Gary Chapman. I hope you'll find it enlightening and you find these strategies will help build a stronger relationship with your child.

Sincerely,

Tommi Sue Cox, Principal



continued on next page

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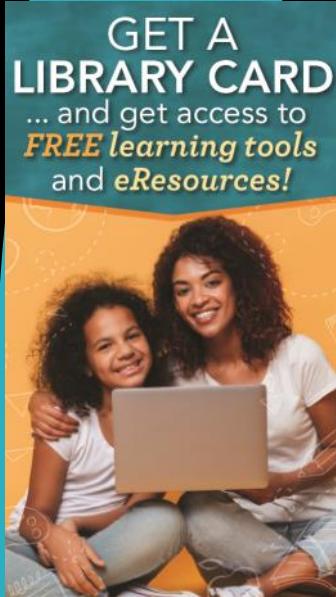
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**February
2022**



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A Letter from the Principal, continued...

The Five Love Languages

This information is from Gary Chapman's book, The Five Love Languages. It's actually intended for couples but can easily be adapted to build relationships with children. Dr. Ross Campbell, a child psychiatrist, states, "Inside every child is an 'emotional tank' waiting to be filled with love. When a child really feels loved, he will develop normally but when the love tank is empty, the child will misbehave. Much of the misbehavior of children is motivated by the cravings of an empty 'love tank.'" (Chapman, 1992, p. 21)

Below are the five love languages. Everyone has a primary language. Observe your children. Watch how they express friendship to others which will give you clues to their love language. It's helpful to know your own, too. You may find that the reason you seem to have a better relationship with one of your children than the others is because you share the same love language!

Words of Affirmation— If this is your child's love language you may notice that he often tells you how nice you look, or what a great job you did with dinner or some project, or leaves notes telling you he loves you. Your child beams when you give her a compliment. You can show him/her love by giving verbal compliments and words of encouragement and saying kind words about him/her in front of others.

Physical Touch— If this is your child's love language, you may notice your child is constantly trying to maintain physical contact with you, wouldn't *think* of leaving the house without hugging you goodbye, sits close to you while watching TV or reading a book, or holds your hand when shopping. You can show him/her love by hugging, kissing, cuddling, holding hands, etc. Being physically close to you are important expressions of love for your child.

Quality Time— If this is your child's love language, you may notice your child is always the one asking to go to the store with you and really enjoys telling you about his day. Giving a child undivided attention, taking an interest in his/her activities will make him/ her feel loved. It's important to your child for you to attend your child's ball games, programs, conferences, etc. Having lunch with her at school would make her day!

Acts of Service— If your child consistently offers to help you with your projects such as setting the table, washing the car, raking the leaves, then he/she is expressing love to you. Doing things for your child like helping with homework, packing his/her lunch, making his favorite dinner, or fixing a broken toy would make your child feel especially loved and cherished.

Receiving Gifts—If this is your child's love language, he/she responds to receiving gifts with *lots* of genuine thanksgiving, shows off the gift, and places it in a place of prominence for a lengthy period of time. Your child may express her love for you by drawing pictures and giving them to you (if so, display them proudly). Christmas and birthdays are especially exciting for your child if receiving gifts is his love language. He/she feels as much love watching your expression as you open the gift he has for you as he does opening his presents.

Gary Chapman says, "It's never too late to express love. If you have older children and you realize that you have been speaking the wrong love language, why not tell them? When family members start speaking each other's primary love language, the emotional climate of a family is greatly enhanced."

Message from the Principal

¡Feliz febrero familias Laurel!

Durante el mes de febrero, me gusta recordar a los padres sobre la *cinco lenguajes de amor*. ¿Has aprendido el lenguaje del amor de tu hijo? ¿Cómo estás hablando y mostrando amor a tu hijo? ¿Ha compartido el lenguaje de amor de su hijo con su maestro y/o abuelos? Por favor, lea el resumen a continuación del libro, *Los cinco lenguajes del amor* por Gary Chapman. Espero que lo encuentre esclarecedor y que encuentre que estas estrategias ayudarán a construir una relación más fuerte con su hijo.

Atentamente,

Tommi Sue Cox, Directora



Los cinco lenguajes del amor

Esta información es del libro de Gary Chapman, *Los cinco lenguajes del amor*. En realidad, está destinado a parejas, pero se puede adaptar fácilmente para construir relaciones con niños. El Dr. Ross Campbell, psiquiatra infantil, afirma: "Dentro de cada niño hay un 'tanque emocional' que espera ser llenado de amor. Cuando un niño se siente realmente amado, se desarrollará con normalidad, pero cuando el tanque del amor está vacío, el niño se comportará mal. Gran parte de la mala conducta de los niños está motivada por las ansias de un 'tanque de amor' vacío". (Chapman, 1992, p. 21)

A continuación se muestran los cinco lenguajes del amor. Todo el mundo tiene un idioma principal. Observa a tus hijos. Observa cómo expresan su amistad con los demás, lo que te dará pistas sobre su lenguaje de amor. También es útil conocer el suyo propio. ¡Puede encontrar que la razón por la que parece tener una mejor relación con uno de sus hijos que con los demás es porque comparten el mismo lenguaje de amor!

Palabras de afirmación — Si este es el lenguaje de amor de su hijo, puede notar que a menudo le dice lo bien que se ve, o lo bien que hizo con la cena o algún proyecto, o deja notas que le dicen que lo ama. Su hijo sonríe cuando le hace un cumplido. Puede demostrarle su amor haciéndole cumplidos verbales y palabras de aliento y diciendo palabras amables sobre él/ella frente a los demás.

Toque físico — Si este es el lenguaje de amor de su hijo, puede notar que su hijo está constantemente tratando de mantener contacto físico con usted, ¿no es así? *pensar* de salir de casa sin despedirte con un abrazo, se sienta cerca de ti mientras ve la tele o lee un libro, o te toma de la mano cuando vas de compras. Puede demostrarle su amor abrazándolo, besándolo, abrazándolo, tomándolo de la mano, etc. Estar físicamente cerca de usted son importantes expresiones de amor para su hijo.

Tiempo de calidad — Si este es el lenguaje de amor de su hijo, puede notar que su hijo es siempre el que pide ir a la tienda con usted y realmente disfruta contándole cómo fue su día. Darle a un niño toda la atención, interesarse en sus actividades lo hará sentir amado. Es importante para su hijo que usted asista a los juegos de pelota, programas, conferencias, etc. de su hijo. ¡Almorzar con él en la escuela le alegraría el día!

Actos de Servicio — Si su hijo constantemente se ofrece a ayudarlo con sus proyectos, como poner la mesa, lavar el auto, rastrillar las hojas, entonces él/ella le está expresando amor. Hacer cosas por su hijo, como ayudarlo con la tarea, empacar su almuerzo, preparar su cena favorita o arreglar un juguete roto, hará que su hijo se sienta especialmente amado y apreciado.

Recibir regalos — Si este es el lenguaje de amor de tu hijo, responde a recibir regalos con *lotes* de acción de gracias genuina, hace alarde del don y lo coloca en un lugar de prominencia durante un largo período de tiempo. Su hijo puede expresar su amor por usted haciendo dibujos y dándoselos (si es así, muéstrellos con orgullo). La Navidad y los cumpleaños son especialmente emocionantes para su hijo si recibir regalos es su lenguaje de amor. Siente tanto amor al ver tu expresión al abrir el regalo que tiene para ti como al abrir sus regalos.

Gary Chapman dice: "Nunca es demasiado tarde para expresar amor. Si tienes hijos mayores y te das cuenta de que has estado hablando el lenguaje del amor equivocado, ¿por qué no decírselo? Cuando los miembros de la familia comienzan a hablar el lenguaje de amor principal de los demás, el clima emocional de una familia mejora enormemente".

**February
2022**

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A Message from the Assistant Principal

February 2022

Dear Laurel Families,

Brrr... It's getting cold out there! Please send your child to school each day with weather-appropriate clothing, and let us know if your child needs boots, a coat, etc.—they grow quickly, don't they?! Our family liaison, Mr. Peter Serna, is available to help provide gear so all students can be warm and toasty even on these snowy days. He can be reached at pserna@psdschools.org or 970-567-2366.



Later this month, all 2nd graders will be given the CogAT assessment. This assessment is used as our universal screener for Gifted and Talented designation. It is a unique assessment designed to capture unique thinking in our students. If your student comes home describing a "funny" or even "strange" assessment, this is likely it!

February marks Black History Month, and though we celebrate our diverse community every day as part of the quilt of American experience, this month specifically celebrates the vast achievements and the diverse stories and experiences of Black Americans. Here are just a few of many books you may enjoy:

- [Mae Among the Stars](#), by Roda Ahmed (Ages 3+)
- [Black is a Rainbow Color](#), by Angela Joy (Ages 4-8)
- [All Because You Matter](#), by Tami Charles (Ages 4-8)
- [Martin's Big Words: The Life of Dr. Martin Luther King, Jr.](#), by Doreen Rappaport (Ages 5-9)
- [What Color Is My World?: The Lost History of African-American Inventors](#), by Karen Abdul-Jabbar (Ages 8+)
- [Little Leaders: Bold Women in Black History](#), by Vashti Harrison (Ages 8+)
- [One Crazy Summer](#), by Rita Williams-Garcia (Ages 9-12)
- [Black Boy Joy: 17 Stories Celebrating Black Boyhood](#), edited by Kwame Mbalia (Ages 9-12)

This is such a short list compared to all of the wonderful stories out there, both fiction and nonfiction and for a wide variety of ages. If you would like additional book recommendations, please email me at apawelsk@psdschools.org.

Our Lynx in the Spotlight for the month of February are Zander Glick, Noah Martinez, and Liam Thomas. Be sure to read our Lynx in the Spotlight feature to find out why we think these three friends are awesome PAW-some Laurel Lynx!

Yours,

Amanda Pawelski

Assistant Principal/MTSS Coordinator

Estimadas familias de Laurel,

Brrr... ¡Hace frío ahí fuera! Envíe a su hijo a la escuela todos los días con ropa apropiada para el clima y háganlos saber si su hijo necesita botas, un abrigo, etc. Crecen rápidamente, ¿no es así? Nuestro enlace familiar, el Sr. Peter Serna, está disponible para ayudar a proporcionar equipo para que todos los estudiantes puedan estar abrigados y calentitos incluso en estos días de nieve. Él puede ser contactado en pserna@psdschools.org o 970-567-2366.

A finales de este mes, los estudiantes en el segundo grado recibirán la evaluación CogAT. Esta evaluación se utiliza como nuestro filtro universal para la designación de superdotados y talentosos. Es una evaluación única diseñada para capturar el pensamiento único en nuestros estudiantes. Si su estudiante llega a casa describiendo una evaluación "divertida" o incluso "extraña", ¡es probable que sea así!



Febrero marca el Mes de la Historia Negra, y aunque celebramos nuestra comunidad diversa todos los días como parte del tejido de la experiencia estadounidense, este mes celebra específicamente los grandes logros y las diversas historias y experiencias de los afroamericanos. Estos son solo algunos de los muchos libros que puede disfrutar:

- [Mae entre las estrellas](#), por Roda Ahmed (Edades 3+)
- [El negro es un color del arcoíris](#), por Angela Joy (edades 4-8)
- [Todo porque tú importas](#), por Tami Charles (edades 4-8)
- [Las grandes palabras de Martin: La vida del Dr. Martin Luther King, Jr.](#), por Doreen Rappaport (de 5 a 9 años)
- [¿De qué color es mi mundo?: La historia perdida de los inventores afroamericanos](#), por Karenne Abdul-Jabbar (Edades 8+)
- [Pequeñas líderes: mujeres audaces en la historia negra](#), por Vashti Harrison (Edades 8+)
- [un verano loco](#), por Rita Williams-Garcia (Edades 9-12)
- [Black Boy Joy: 17 historias que celebran la niñez negra](#), editado por Kwame Mbalia (Edades 9-12)

Esta es una lista muy corta en comparación con todas las maravillosas historias que existen, tanto de ficción como de no ficción, y para una amplia variedad de edades. Si desea recomendaciones de libros adicionales, envíeme un correo electrónico a apawelsk@psdschools.org.

Nuestros Lynx in the Spotlight para el mes de febrero son Zander Glick, Noah Martinez y Liam Thomas. ¡Asegúrate de leer nuestra función Lynx in the Spotlight para descubrir por qué creemos que estos tres amigos son increíbles PAW, algunos Laurel Lynx!

Tuya,

Amanda Pawelski

Subdirector/Coordinador del MTSS

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Lynx in the Spotlight, February 2022

Zander Glick, Noah Martinez, and Liam Thomas

As they would tell you, Zander, Noah and Liam are the “bestest of buds.” They love to be around each other and show loyalty to one another, day in and day out. They are respectful of each other’s feelings and never want one of them to feel left out. These three are a great example of a lifelong friendship in the making, and we think they are ROAR-tastic Laurel Lynx!

Como te dirían, Zander, Noah y Liam son los “mejores amigos”. Les encanta estar cerca el uno del otro y mostrar lealtad el uno al otro, día tras día. Son respetuosos de los sentimientos del otro y nunca quieren que uno de ellos se sienta excluido. ¡Estos tres son un gran ejemplo de una amistad de por vida en desarrollo, y creemos que son Laurel Lynx ROAR-tastic!



The advertisement features two small video frames at the top showing women using tablets and meditating. Below the frames is the logo for "The Women's Clinic of Northern Colorado", which includes a stylized green and blue circular graphic. At the bottom is a dark brown call-to-action button with the text "Schedule Your Appointment Today!" in white.

**February
2022**



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City of Fort Collins



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Counselor's Column

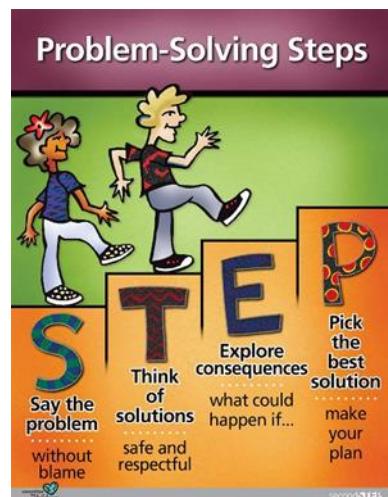
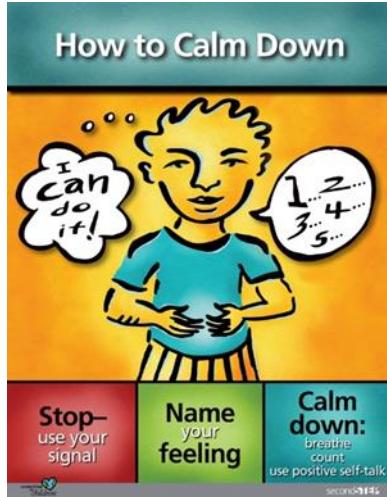
Hello Laurel Families!!

The month of February is a good reminder to tell our loved ones how much they mean to us. Sometimes we assume that others know how much they mean to us, but it is always wonderful to hear kind words from others and know that we are loved and appreciated. I am challenging you all to share your thoughts and appreciation with those around you!!

Be specific when complimenting loved ones: This may be a great exercise for siblings!

- I'm proud of you for _____.
- I could tell you worked really hard on that because _____.
- Thank you for _____.
- I loved how you _____.
- I appreciate it when _____.

School Wide Social Emotional Learning (SEL): We are wrapping up our Emotion Management Unit and beginning our Problem-Solving Unit.



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Click Here to Self-Schedule Your Child's Well Care Visit Today!

Counselor's Column, continued...

School Wide Bully Prevention: We have enjoyed being in the classrooms teaching about Bully prevention.

We are wrapping up with 4th and 5th grades this month.

- * **Recognize, Report, Refuse**
- * **Bystander Power:** We always have a choice-contribute to the bullying situation by ignoring, joining in, laughing, or doing nothing to help OR we can choose to do the right thing, Report and Refuse.
- * **Bystander Responsibility:** It is our responsibility to do the right thing. The more people who join in to do the right thing, the more likely the bullying will stop.
- * **Bystanders to Cyberbullying:** Cyberbully can be just as hurtful, if not more. If you see cyberbullying occur, Refuse and Report. Stand up for those who have hurtful messages/photos posted. Let a trusted adult know right away.

Conversations with School Resource Officer, Dexter Rowe with grades 3-5: It has been so wonderful joining in on conversations with our students and Officer Rowe. He was able to educate our students on technology safety. We were impressed with how much our students already knew. Officer Rowe stressed the importance of protecting personal information, using technology in a safe way, reporting to a trusted adult when necessary and reminding them that anything that might be shared on-line will always be out there, even if deleted. One national resource he talked to our students about was **Safe2Tell**. It is a way of reporting anything that might make you feel unsafe, and it is anonymous. Please visit: <https://safe2tell.org/> for more information.

Families of 5th graders: This information was also sent out in a previous email via Mrs. Cox.

Registration: Lesher and Lincoln Middle Schools will be visiting our 5th grade students on Feb. 1 at 9:30. They will talk to them about Life at Middle School and provide registration packets for you all to complete together. Once complete, these packets can be turned into their teachers, and we will send them over to the appropriate Schools. If your child will be attending a school other than Lesher or Lincoln, please contact that school directly for more information.

Middle School Visits: All students will visit their future Middle Schools on May 13 from 9:30-11:30. Laurel students will either take a walking field trip to Lincoln or be bussed to Lesher on this day. If your child will be attending a school other than Lesher or Lincoln, please feel free to transport them to their next school on this day. Otherwise, they will join fellow Laurel students at Lesher or Lincoln. More information to come as we get closer to this date.

Thank you for sharing your kiddos with us.

Leah Roberts, Leah School Counselor
970-488-5935
lroberts@psdschools.org

Leah Jones, Behavior Support Counselor
970-488-5982
leahj@psdschools.org

Columna del consejero

Hola Familias Laurel!!

El mes de febrero es un buen recordatorio para decirles a nuestros seres queridos lo mucho que significan para nosotros. A veces asumimos que los demás saben lo mucho que significan para nosotros, pero siempre es maravilloso escuchar palabras amables de los demás y saber que somos amados y apreciados. ¡¡Los desafío a todos a compartir sus pensamientos y aprecio con quienes los rodean!!

Sea específico al felicitar a sus seres queridos: Este puede ser un gran ejercicio para los hermanosJ

- Estoy orgulloso de ti por _____.
- Podría decirte que trabajaste muy duro en eso porque _____.
- Gracias por _____.
- Me encantó cómo _____.
- Lo agradezco cuando _____.

Aprendizaje Socioemocional (SEL) en toda la escuela: Estamos terminando nuestra Unidad de Gestión de Emociones y comenzando nuestra Unidad de Resolución de Problemas.

- Di el problema
- Pensar en soluciones
- Explorar consecuencias
- Elige la mejor solución

Prevención de acosadores en toda la escuela: Hemos disfrutado de estar en las aulas enseñando sobre la prevención del acoso. Estamos terminando con los grados^{4 y 5} este mes.

- **Reconocer, denunciar, rechazar**
- **Poder del espectador:** Siempre tenemos una opción: contribuir a la situación de intimidación ignorando, uniéndonos, riendo o sin hacer nada para ayudar O podemos elegir hacer lo correcto, Informar y Rechazar.
- **Responsabilidad del espectador:** Es nuestra responsabilidad hacer lo correcto. Cuantas más personas se unan para hacer lo correcto, más probable es que la intimidación se detenga.
- **Espectadores del ciberacoso:** El ciberacoso puede ser igual de hiriente, si no más. Si ve que se produce acoso cibernético, rechace e informe. Defienda a aquellos que tienen mensajes / fotos hirientes publicados. Hágaselo saber a un adulto de confianza de inmediato.
- **Conversaciones con el Oficial de Recursos Escolares, Dexter Rowe con los grados 3-5:** Ha sido maravilloso unirse a las conversaciones con nuestros estudiantes y el Oficial Rowe. Pudo educar a nuestros estudiantes sobre la seguridad tecnológica. Nos impresionó lo mucho que nuestros estudiantes ya sabían. El oficial Rowe enfatizó la importan-

cia de proteger la información personal, usar la tecnología de manera segura, informar a un adulto de confianza cuando sea necesario y recordarle que cualquier cosa que pueda compartirse en línea siempre estará ahí, incluso si se elimina. Un recurso nacional del que habló con nuestros estudiantes fue **Safe2Tell**. Es una forma de denunciar cualquier cosa que pueda hacerte sentir inseguro, y es anónima. Visite: <https://safe2tell.org/> para obtener más información.

Familias de estudiantes de 5º grado: Esta información también fue enviada en un correo electrónico anterior a través de la Sra. Cox.

- **Inscripción:** Las escuelas intermedias Lesher y Lincoln visitarán a nuestros estudiantes^{de 5to} grado el 1 de febrero a las 9:30. Hablarán con ellos sobre life at Middle School y les proporcionarán paquetes de inscripción para que todos los completen juntos. Una vez completados, estos paquetes se pueden convertir en sus maestros, y los enviaremos a las escuelas apropiadas. Si su hijo asistirá a una escuela que no sea Lesher o Lincoln, comuníquese directamente con esa escuela para obtener más información.

- **Visitas a la escuela intermedia:** Todos los estudiantes visitarán sus futuras escuelas intermedias el 13 de mayo de 9:30 a 11:30. Los estudiantes de Laurel harán una excursión a pie a Lincoln o serán trasladados en autobús a Lesher en este día. Si su hijo asistirá a una escuela que no sea Lesher o Lincoln, no dude en transportarlo a su próxima escuela en este día. De lo contrario, se unirán a otros estudiantes de Laurel en Lesher o Lincoln. Más información por venir a medida que nos acercamos a esta fecha.

Gracias por compartir sus hijos con nosotros.

Leah Roberts, Consejera Escolar
lroberts@psdschools.org
 970-488-9535

Leah Jones, Consejera de Apoyo al Comportamiento
leahj@psdschools.org
 970-488-9535



This month's highlight:

THE 5210+ Healthy Kids Club Challenge

What are the 5 Healthy Habits?

5 servings of fruits and veggies

2 hours or less of screen time

1 hour or more of physical activity

0 sugary drinks

9 or more hours of sleep (kids) 7-8 hours of sleep (adults)



This challenge put on by the Healthy Kids Club is an opportunity for students, staff, and families to practice healthy habits during the month of February, earn a t-shirt, and win prize money (up to \$1500) for PE equipment at their school. Last year we won \$500 for Laurel! Mrs. Rittner purchased two new gymnastics mats, a balance beam, and a soft box jump. This year we are also working on getting climbing ropes installed!

The goal is to have 80 checks or more for the month. Students who complete the challenge with 80 checks will receive a t-shirt. Regardless of how many checks your student earns, please turn in your logs, either to Mrs. Rittner or use the online link that will be shared with you at the end of the month.

Art: <https://sites.google.com/psdschools.org/laulearningestemplate/home> Attention K-12 students! If you are interested in creating a work of art for Google's Google Doodle competition, you're in luck! The competition is now open until March 4, 2022.

Information about the contest can be found at <https://doodles.google.com/d4g/>

Here is a summary of the most important things to know:

- This year's theme is "I care for myself by..." Your art needs to show some way(s) you take care of yourself.
- You can use any material you want, including but not limited to paint, pencils, crayons, markers, collage, and a computer.
- All doodles must be accompanied with a 50-word descriptive statement on the entry form.
- The entry form must be signed by a parent or guardian.
- Submissions due by March 4, 2022.
- Digital submission is preferred, but you can also mail them to the following address:



Special's Corner, continued...

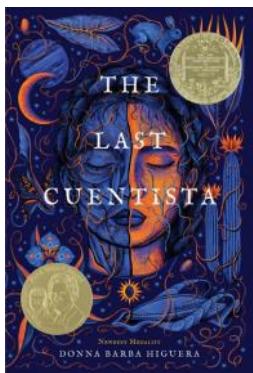


Media and Library:

<https://sites.google.com/psdschools.org/laulearningmediagallahaneed/home>

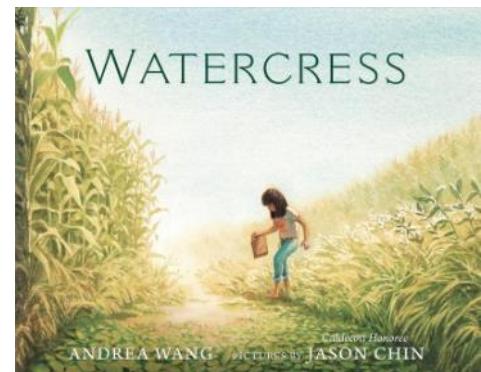
Here are the 2022 Newberry and Caldecott Winners:

John Newbery Medal for the most outstanding contribution to children's literature:



The Last Cuentista written by Donna Barba Higuera

There lived a girl named Petra Peäna, who wanted nothing more than to be a storyteller, like her abuelita. But Petra's world is ending. Earth has been destroyed by a comet, and only a few hundred scientists and their children--among them Petra and her family--have been chosen to journey to a new planet. They are the ones who must carry on the human race. Hundreds of years later, Petra wakes to this new planet--and the discovery that she is the only person who remembers Earth. A sinister Collective has taken over the ship during its journey, bent on erasing the sins of humanity's past.



Randolph Caldecott Medal for the most distinguished American picture book for children:

Andrea Wang tells a moving autobiographical story of a child of immigrants discovering and connecting with her heritage, illustrated by award winning author and artist Jason Chin, working in an entirely new style, inspired by Chinese painting techniques. An author's note in the back shares Andrea's childhood experience with her parents.

Please visit the [Poudre River public library](#) for a list of all winners



Music: www.laumusic.weebly.com

Check out the music website to find out what your child has been doing in music class and to access Quaver!



P.E: <https://sites.google.com/psdschools.org/laulearningpe>

Check out this month's focus in PE on Mrs. Rittner's learning page and more on the 5210+ Challenge in the Wellness Section of this newsletter.

Laurel Wellness News

5210+ Is Coming Soon!

What is the 5210+ Challenge?

This challenge put on by the Healthy Kids Club is an opportunity for students, staff, and families to practice healthy habits during the month of February, earn a t-shirt, and win prize money (up to \$1500) for PE equipment at their school. Last year we won \$500 for Laurel! Mrs. Rittner purchased two new gymnastics mats, a balance beam, and a soft box jump. This year we are also working on getting climbing ropes installed!

What are the 5 Healthy Habits?

5 servings of fruits and veggies

2 hours or less of screen time

1 hour or more of physical activity

0 sugary drinks

+ 9 or more hours of sleep (kids) 7-8 hours of sleep (adults)



You should have received an email about the 5210 Challenge from Mrs. Rittner. This year students will receive a paper log from school, but will turn it in online. Please begin tracking on Feb. 1st. Family members are welcome to track as well. Mrs. Rittner would be happy to get you extra logs if needed.

The goal is to have 80 checks or more for the month. Students who complete the challenge with 80 checks will receive a t-shirt. Regardless of how many checks your student earns, please turn in your logs, either to Mrs. Rittner or use the online link that will be shared with you at the end of the month.

HABIT STACKING

Instead of getting overwhelmed with all 5 habits each week, pick **ONE** habit to do really well each week. This is a great time to teach your child about habit stacking (adding healthy habits on top of other already established habits.) Identify a current habit you already do every day, then add that new habit to the other one. (*More on this is below in the 3,2,1, section OR check out this article: <https://jamesclear.com/habit-stacking>*)

Maybe you choose to focus on drinking water with every meal the first week (and therefore zero sugary drinks) or eating more fruits and vegetables. You could think: "When I sit down to eat, I will pour myself a glass of water." Or "When I make my dinner, I will fill my plate with half fruits and vegetables." (Remember the plate method?) Connecting habits will help your brain establish new ones and keep them for the long term.

Let's practice healthy habits while earning money for Laurel!

Laurel Wellness News, continued...

Laurel Learning Garden

As we look ahead to our spring planting for our learning garden we want to invite any interested parent or community member to contact Emily Anderson (emilya@psdschools.org) if you would like to join the garden committee or help with weekend and summer watering.



Alternative Birthday Celebrations

At Laurel we like to encourage birthday celebrations to include physical activities in place of sweet treats. We have a celebration box that includes many different activities that students can check out for free to use to celebrate their birthday in the classroom. Ask your child's teacher for a form and pick out some fun activities with your child. Please allow at least a week for the request to be processed!

GLOBAL PLAY: Friday, Feb 4th

On Feb. 4th, our school will celebrate Global Play day by allowing students to have unstructured play time throughout the day at school. We are inviting all students to bring items that can easily be sanitized into our classroom to play with on this very special day. Please refer to the note that was sent home and send your child to school with their play items and the signed permission slip. Be sure your child's name is clearly marked on all items.

GSPD has been promoted by Psychology Today and is being celebrated at schools around the world. You can learn more about the benefits of unstructured play by visiting the official GSPD website: <https://www.globalschoolplayday.com/>

3, 2, 1!

3 Ways to stay healthy:

Choose a new habit from the 5210+ each week: Use the habit stacking formula: **After/Before [CURRENT HABIT], I will [NEW HABIT].** Drinking water instead of sugary drinks or adding fruits and veggies at every meal is a great way to start! Visit <https://www.myplate.gov/> for more ideas on the plate method.

Choose a healthy dessert: Create a magnificent masterpiece for your party table with colorful berries arranged on a tray in a heart shape. Your heart will thank you for this dessert! Or, make date balls shaped like hearts!

Infuse your water with fruit: Working on zero sugary drinks? Add any combination of frozen raspberries, strawberries, cherries, or slices of blood oranges or grapefruit to a big water pitcher. The natural fruit will infuse into the water to give it a delicate flavor. Use seltzer instead of water for a bubbly alternative!

2 Ways to Be Mindful:

Share the love! Cut out hearts with your kids. Then every day in February write one thing on the heart that you appreciate about them and hang it on their bedroom door. By the end of the month, they will have a whole list of positive things about them. This could be done for all family members!

Be Heart-y to Those Who Need it Most: Run a food or clothing drive in your school or neighborhood and donate the items to local shelters. Or, give the gift of a water bottle and a healthy snack to a homeless person. A small, kind gesture goes a long way.

1 Healthy Recipe: Spring Beet and Radish Salad

Ingredients

- 1 red or chioggia beet, peeled
- 10 radishes
- ½ cup pomegranate
- 2 Tbsp chopped chives
- 2 Tbsp chopped parsley
- ¼ cup cottage cheese
- ½ tsp red wine vinegar
- Ground black pepper to taste

PREP:

Thinly slice the beet and radishes and chop the herbs. Gently toss all ingredients in a large bowl and enjoy!

Lunch Menu

Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	
<ul style="list-style-type: none"> • Mac & Cheese • Turkey or Ham & Cheese Sandwich • Pb&J Sandwich • Fresh Carrots • Green Beans • Whole Fruit, or Substitute • Applesauce or Fruit Cup or Substitute • Milk Variety • Assorted Condiments 	<ul style="list-style-type: none"> • Chicken Patty Sandwich • Chef Salad with Goldfish Crackers • Pb&J Sandwich • Salad with dressing • Steamed Broccoli • Whole Fruit, or Substitute • Fresh Strawberries, or Substitute • Milk Variety • Assorted Condiments 	<ul style="list-style-type: none"> • Beef & Bean Burrito • Turkey or Ham & Cheese Sandwich • Pb&J Sandwich • Fresh Cherry Tomatoes or Substitute • Refried Beans • Whole Fruit, or Substitute • Watermelon or Substitute • Milk Variety • Assorted Condiments 	<ul style="list-style-type: none"> • Cheese Pizza • Cold Deli Yogurt with Granola • Pb&J Sandwich • Fresh Cucumber Slice or Substitute • Steamed Carrots • Whole Fruit, or Substitute • Fresh Pear • Milk Variety • Assorted Condiments 	
7	8	9	10	11
<ul style="list-style-type: none"> • Chicken Drumstick with Goldfish • Cold Deli Yogurt with Granola • PB&J Sandwich with Pretzels or Goldfish • Fresh Celery Sticks, or Substitute • Corn • Whole Fruit, or Substitute • Fresh Blueberries, or Substitute • Milk Variety • Assorted Condiments 	<ul style="list-style-type: none"> • Cheese Calzone & Marinara • Ham or Turkey & Cheese Sandwich • PB&J Sandwich with Pretzels or Goldfish • Bell Peppers, or Substitute • Green Beans • Whole Fruit, or Substitute • Orange Wedges • Milk Variety • Assorted Condiments 	<ul style="list-style-type: none"> • Ocean Treasures • Cold Deli Yogurt with Granola • PB&J Sandwich with Pretzels or Goldfish • Fresh Cucumber Slice or Substitute • Mashed Potatoes with Gravy • Whole Fruit, or Substitute • Fresh Kiwi, or Substitute • Milk Variety • Assorted Condiments 	<ul style="list-style-type: none"> • Chicken Burrito • Ham or Turkey & Cheese Sandwich • PB&J Sandwich with Pretzels or Goldfish • Salad with dressing • Refried Beans • Whole Fruit, or Substitute • Fresh Cantaloupe, or Substitute • Milk Variety • Assorted Condiments 	<ul style="list-style-type: none"> • Pepperoni Pizza • Hummus & Veggie Box • PB&J Sandwich with Pretzels or Goldfish • Fresh Cherry Tomatoes or Substitute • Steamed Broccoli • Whole Fruit, or Substitute • Cuties, or Substitute • Milk Variety • Assorted Condiments
14	15	16	17	18
 <ul style="list-style-type: none"> • Chicken Nuggets • Cold Deli Yogurt with Granola • Pb&J Sandwich • Fresh Snap Peas, or Substitute • Mashed Potatoes with Gravy • Whole Fruit, or Substitute • Grapes, or Substitute • Milk Variety • Assorted Condiments 	<ul style="list-style-type: none"> • Cheese Lasagna Rollup • Turkey or Ham & Cheese Sandwich • Pb&J Sandwich • Fresh Carrots • Green Beans • Whole Fruit, or Substitute • Applesauce or Fruit Cup or Substitute • Milk Variety • Assorted Condiments 	<ul style="list-style-type: none"> • Chicken Patty Sandwich • Chicken Caesar Wrap • Pb&J Sandwich • Salad with dressing • Steamed Broccoli • Whole Fruit, or Substitute • Fresh Raspberries or Substitute • Milk Variety • Assorted Condiments 	<ul style="list-style-type: none"> • Beef & Bean Burrito • Turkey or Ham & Cheese Sandwich • Pb&J Sandwich • Fresh Cherry Tomatoes or Substitute • Refried Beans • Whole Fruit, or Substitute • Watermelon or Substitute • Milk Variety • Assorted Condiments 	<ul style="list-style-type: none"> • Cheese Pizza • Cold Deli Yogurt with Granola • Pb&J Sandwich • Fresh Cucumber Slice or Substitute • Steamed Carrots • Whole Fruit, or Substitute • Fresh Pear • Milk Variety • Assorted Condiments
21	22	23	24	25
 <ul style="list-style-type: none"> • Cheese Calzone & Marinara • Cold Deli Yogurt with Granola • PB&J Sandwich with Pretzels or Goldfish • Bell Peppers, or Substitute • Green Beans • Whole Fruit, or Substitute • Orange Wedges • Milk Variety • Assorted Condiments 	<ul style="list-style-type: none"> • Asian Meatballs & Rice • Cold Deli Yogurt with Granola • PB&J Sandwich with Pretzels or Goldfish • Fresh Cucumber Slice or Substitute • Steamed Veggies • Whole Fruit, or Substitute • Fresh Kiwi, or Substitute • Milk Variety • Assorted Condiments 	<ul style="list-style-type: none"> • Ocean Treasures • Ham or Turkey & Cheese Sandwich • PB&J Sandwich with Pretzels or Goldfish • Salad with dressing • Mashed Potatoes with Gravy • Whole Fruit, or Substitute • Honeydew Melon or Substitute • Milk Variety • Assorted Condiments 	<ul style="list-style-type: none"> • Pepperoni Pizza • Cold Deli Yogurt with Granola • PB&J Sandwich with Pretzels or Goldfish • Fresh Cherry Tomatoes or Substitute • Steamed Carrots • Whole Fruit, or Substitute • Cuties, or Substitute • Milk Variety • Assorted Condiments 	

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