

February
2023



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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

The Five Love Languages



continued on next page

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A Letter from the Principal, continued...

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!



Supporting our Schools



Joe Mivshek

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A Letter from the Principal, continued...



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."

¡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)

**February
2023**

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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, muéstrelos 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”.

A Message from the Assistant Principal

Dear Laurel Families,

February is here and brings us a beautiful reminder that even in the midst of winter there is a growing light. When we arrive each morning, the sky shows off incredible sunrise colors, and throughout the school day, Laurel Lynx show off incredible acts of kindness and growth.

There are many ways to show growth throughout a school year. While we take a bit of a break from school-wide assessments this month, let's focus in on some of the most important ways to grow. We can grow in wonder and curiosity by exploring the natural world around us, by asking a new question each day, and by taking ordinary things and considering them in new ways. We can grow in self-confidence by taking time to recognize all the small successes that make up each day, by setting our own goals and deciding how to get there, and by giving ourselves grace so we can try again. How else will we grow this year? How will we make that happen?

Book Recommendations on Kindness and Friendship

Let's grow together in kindness. Here are some wonderful books that you and your child may enjoy and which may spark conversation and learning about the importance of kindness and friendship:

- *A Friend for Henry*, by Jen Bailey
- *The Hike*, by Alison Farrell
- *Don't Hug Doug (He Doesn't Like It)*, by Carrie Finison
- *The Cool Bean*, by Jory John
- *Friends are Friends, Forever*, by Dane Liu
- *The Kindest Red: A Story of Hijab and Friendship*, by Ibtihaj Muhammad and S. K. Ali
- *Enemy Pie*, by Derek Munson

Lynx in the Spotlight

Our Lynx in the Spotlight for the month of February are Emily Ocampo Amaya and Dariel Vargas-Baeza. Be sure to read our Lynx in the Spotlight feature to find out more about these PAW-some Laurel Lynx!

Yours,

Amanda Pawelski

Assistant Principal



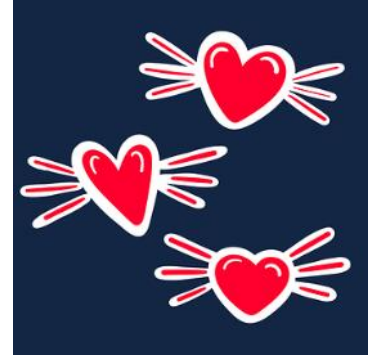
An advertisement for "The Women's Clinic of Northern Colorado". It features two small photos at the top: one of a woman sitting on a couch reading a tablet, and another of a pregnant woman sitting on a bed. Below the photos is the clinic's logo, which includes a stylized figure and the text "The Women's Clinic of Northern Colorado". At the bottom, there is a dark button with the text "Schedule Your Appointment Today!".

A Message from the Assistant Principal

Estimadas familias de Laurel,

Febrero está aquí y nos trae un hermoso recordatorio de que incluso en medio del invierno hay una luz que crece. Cuando llegamos cada mañana, el cielo muestra increíbles colores del amanecer y, durante el día escolar, Laurel Lynx muestra increíbles actos de bondad y crecimiento.

Hay muchas maneras de mostrar el crecimiento a lo largo de un año escolar. Mientras nos tomamos un pequeño descanso de las evaluaciones de toda la escuela este mes, centrémonos en algunas de las formas más importantes de crecer. Podemos crecer en asombro y curiosidad explorando el mundo natural que nos rodea, haciendo una nueva pregunta cada día y tomando cosas ordinarias y considerándolas de nuevas maneras. Podemos crecer en confianza en nosotros mismos si nos tomamos el tiempo para reconocer todos los pequeños éxitos que componen cada día, si establecemos nuestras propias metas y decidimos cómo alcanzarlas, y si nos damos la gracia para poder intentarlo de nuevo. ¿De qué otra manera creceremos este año? ¿Cómo haremos que eso suceda?



Recomendaciones de libros sobre la bondad y la amistad

Crezcamos juntos en bondad. Aquí hay algunos libros maravillosos que usted y su hijo pueden disfrutar y que pueden generar conversaciones y aprender sobre la importancia de la bondad y la amistad:

- *Un amigo para Henry*, por Jen Bailey
- *La caminata*, por Alison Farrell
- *No abrazes a Doug (no le gusta)*, por Carrie Finison
- *el frijol fresco*, por Jory John
- *Los amigos son amigos, para siempre*, por Dane Liu
- *El rojo más amable: una historia de hiyab y amistad*, por Ibtihaj Muhammad y SK Ali
- *pastel enemigo*, por Derek Munson

Lince en el centro de atención

Nuestros Lynx in the Spotlight para el mes de febrero son Emily Ocampo Amaya y Dariel Vargas-Baeza. ¡Asegúrese de leer nuestra función Lynx in the Spotlight para obtener más información sobre estos PAW-some Laurel Lynx!

Tuyo,

Amanda Pawelski

Asistente principal

Lynx in the Spotlight, February 2023

Emily Ocampo Amaya y Dariel Vargas-Baeza

Dariel Vargas-Baeza y Emily Ocampo Amaya personifican lo que significa ser un compañero de clase solidario. Tanto Emily como Dariel utilizan activamente sus habilidades de alfabetización bilingüe y bilingüismo para ser un nuevo amigo acogedor para los demás y para guiarlos en su aprendizaje. Se necesitan años de práctica y dedicación para poder interpretar para los demás, especialmente cuando las áreas de contenido académico requieren un vocabulario específico y cuando algunas frases carecen de equivalentes transculturales y, sin embargo, Dariel y Emily están a la altura de las circunstancias para apoyar a Laurel Lynx. ¡Emily y Dariel son un dúo dedicado y hábil! ¡Estamos muy orgullosos de que sean Laurel Lynx! ¡Manera de RUGIR, Dariel y Emily!



Dariel Vargas-Baeza and Emily Ocampo Amaya embody what it means to be a supportive classmate. Both Emily and Dariel actively use their biliteracy and bilingualism skills to be a welcoming new friend to others and to guide other in their learning. It takes years of practice and dedication to be able to interpret for others, especially when academic content areas require specific vocabulary and when some phrases lack cross-cultural equivalents, and yet Dariel and Emily rise to the occasion in support of Laurel Lynx. Emily and Dariel are a dedicated and skilled duo! We're very proud they are Laurel Lynx! Way to ROAR, Dariel and Emily!

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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Fall Youth Club Registration is OPEN!

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Counselor's Column

Hello Laurel Families!! We hope you were able to unwind and spend some quality time with those you love over the winter break and are settling back into the swing of things.

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 so we don't tell them, but it is always wonderful to hear kind words from others and know that we are loved and appreciated. So, we encourage 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 _____.

Social Emotional Learning through Second Step:

Our school will continue with teaching Second Step lessons to all classes, grades K-5. Classrooms will be starting Unit 3 which will focus on Emotion Management. This unit helps kids recognize their feelings and provides strategies to use to help manage emotions. One saying (or song) you might here your child say is "Stop, Name your feeling, Calm Down." We've got to be able to "name it before we tame it."

Safety Smarts: A curriculum around safety

Presenters from *Voices Carry* will be wrapping up their lessons with our 2nd grade classrooms and then begin working with our 1st grade. A letter about the program will be sent out through individual classrooms. Weekly communication will then be sent home talking about the focus of each lesson. Please reach out if you have any further questions about this program.



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Counselor's Column, continued...

Counseling Intern updates:

Christina Bagley has finished her internship experience at Laurel. We were so lucky to have her for the first semester. She will be continuing her learning at Lincoln Middle School. Sophie Mitchell will continue to work with our counseling team and community for the remainder of the year! YAY!

5th grade Transitions to Middle School:

PSD Middle School Transition Day will occur in May again this year. All 5th graders in PSD will take a field trip to their assigned Middle School. Laurel students will be visiting Lincoln and Leshar. If your child is going to a school other than Lincoln or Leshar, you are more than welcome to take them to their next school during this time. More information to come.

Please reach out if you have any further questions or need support. Thanks for your continued love and support for our entire community!

Laurel's Counseling Team,

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Community Resources: <https://healthinfosource.com/>

Please explore our counseling website for more resources and activities:

<https://padlet.com/laurelcounselors/laurelcounseling>

Columna del Consejero

Hola Laurel familias!! Esperamos que haya podido relajarse y pasar un tiempo de calidad con sus seres queridos durante las vacaciones de invierno y que se esté adaptando de nuevo al ritmo de las cosas.

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 cuánto significan para nosotros, por lo que no se lo decimos, pero siempre es maravilloso escuchar palabras amables de los demás y saber que somos amados y apreciados. Entonces, ¡Los alentamos a todos a compartir sus pensamientos y aprecio con quienes los rodean!

Counselor's Column, continued...

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

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

Aprendizaje socioemocional a través del segundo paso:

Nuestra escuela continuará enseñando lecciones de Segundo Paso a todas las clases, grados K-5. Las aulas comenzarán la Unidad 3 que se centrará en el manejo de las emociones. Esta unidad ayuda a los niños a reconocer sus sentimientos y proporciona estrategias para ayudar a manejar las emociones. Un dicho (o canción) que podría decir aquí su hijo es "Detente, Nombra tu sentimiento, Cálmate". Tenemos que ser capaces de "nombrarlo antes de domesticarlo".

Safety Smarts: Un currículo sobre seguridad

Los presentadores de Voices Carry concluirán sus lecciones con nuestras aulas de 2º grado y luego comenzarán a trabajar con nuestro 1º grado. Se enviará una carta sobre el programa a través de aulas individuales. La comunicación semanal se enviará a casa hablando sobre el enfoque de cada lección. Por favor, póngase en contacto con nosotros si tiene más preguntas sobre este programa.

Actualizaciones de pasantes de consejería:

Christina Bagley ha terminado su experiencia de pasantía en Laurel. Tuvimos mucha suerte de tenerla durante el primer semestre. Ella continuará su aprendizaje en Lincoln Middle School ☺ ¡Sophie Mitchell continuará trabajando con nuestro equipo de consejería y la comunidad por el resto del año! ¡YAY!

Transiciones de 5º grado a la escuela intermedia:

El Día de Transición de la Escuela Intermedia PSD se llevará a cabo en mayo nuevamente este año. Todos los estudiantes de 5º grado en PSD harán una excursión a su escuela intermedia asignada. Los estudiantes de Laurel visitarán Lincoln y Leshar. Si su hijo va a una escuela que no sea Lincoln o Leshar, usted es más que bienvenido a llevarlo a su próxima escuela durante este tiempo. Más información por venir.

Comuníquese con nosotros si tiene más preguntas o necesita ayuda. ¡Gracias por su continuo amor y apoyo a toda nuestra comunidad!

Equipo de Consejería de Laurel,

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Recursos comunitarios: <https://healthinfosource.com/>

Explore nuestro sitio web de asesoramiento para obtener más recursos y actividades:

<https://padlet.com/laurelcounselors/laurelcounseling>

Laurel Wellness News

5210+ Is Here!

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 only had 43% participation in the 5210 Challenge. The previous year we won \$500 and Mrs. Rittner purchased two new gymnastics mats and climbing ropes. We would love to add features to the rock wall (extra hand holds, obstacles to climb around, or even another panel to climb!) or purchase a new climbing net. We need to increase our participation for 5210+ in order to make that happen!



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 if needed from school, but will have the option to track and 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.** Remember, you don't have to be perfect, just focus on one habit each week and do your best with the rest!

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 and Wellness Committee**

As we look ahead to our spring planting for our learning garden we want to invite any interested parent or community member to contact Shelley Crausby (crausby@gmail.com) or Mrs. Rittner (srittner@psdschools.org) if you would like to join the garden committee or help with weekend and summer watering. We would love to have a few more parents join the Wellness Committee as well! Let us know if you are interested!

**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, including a smoothie bike or a spin art project! 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!

Laurel Wellness News, continued...

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!

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: Sloppy Joes

Kids love these and won't even know that you've hidden veggies in there!

Ingredients

- 2 pounds ground beef 90/10
- 1 white/sweet onion diced
- 2 bell peppers diced red, green, orange or yellow
- 5 cloves garlic minced
- 1 1/4 cups organic ketchup
- 2 tbsp organic honey
- 2 tsp chili powder
- 1 tsp dry mustard
- 1/2 tsp red pepper flakes
- 1 1/2 tbsp worcestershire sauce
- 2 tbsp organic tomato paste
- 3 tbsp salted butter
- 1 tbsp Dijon mustard
- 1 1/2 tsp liquid smoke
- 1/4 cup apple cider vinegar
- 1/2 tsp black pepper
- 1 cup water

Instructions

Place 1 tbsp butter and garlic in a saute pan and brown the ground beef. Drain and keep separate. Place tomato paste in a saute pan with remaining butter. Add onion and bell pepper. Saute until vegetables are soft, approx 5 minutes. Meanwhile, place all liquid ingredients in a bowl and whisk together.

Next, add the ground beef mixture back into the onion, tomato paste and bell peppers.

Place the remaining dry ingredients into the beef mixture. Stir. Then stir in the liquids, including the water.

Cook over medium heat until the desired thickness of the sauce is reduced to your liking.



Inspiring Creativity
Through
Songwriting

One class from each grade level wrote a song with guest artists from Kid Pan Alley. Songs were so fun! Here are their titles:

- K: Mrs. Sloan: If I Could Change the World
- 1st: Mrs. Hearndon: It Isn't Always Easy
- 2nd: Mrs. Coffey: See Through a Different Lens
- 3rd: Mrs. McGuire: Yesterday is History, Tomorrow is a Mystery
- 4th: Mrs. Luker: I Lost My Mind in Art Class
- 5th: Mr. Pecilunas: Fun Place for a Fungi



Our livestream unfortunately did not pick up the sound of the guitar nor the student voices. If you took a video during the concert that you can send me, I will compile it to share with families. Mrs. Sloan recorded her class, and you can listen here: https://drive.google.com/file/d/1PK8gVSyCGpR3uTbjzxdVx8JFRLN9pR5v/view?usp=share_link

Una clase de cada nivel de grado escribió una canción con artistas invitados de Kid Pan Alley. ¡Las canciones eran tan divertidas! Aquí están sus títulos:

- K: Señora Sloan: Si pudiera cambiar el mundo
- 1º: Sra. Hearndon: No siempre es fácil
- 2º: Sra. Coffey: Ver a través de una lente diferente
- 3º: Señora McGuire: Ayer es historia, mañana es misterio
- 4º: Sra. Luker: Perdí la cabeza en la clase de arte
- 5º: Sr. Pecilunas: Lugar divertido para un hongo



Desafortunadamente, nuestra transmisión en vivo no captó el sonido de la guitarra ni las voces de los estudiantes. Si tomaste un video durante el concierto que me puedes enviar, lo compilaré para compartir con las familias. La Sra. Sloan grabó su clase, y puedes escucharla aquí: https://drive.google.com/file/d/1PK8gVSyCGpR3uTbjzxdVx8JFRLN9pR5v/view?usp=share_link



Media: Current projects can be found by visiting your child’s Google classroom.

Los proyectos actuales se pueden encontrar visitando el aula de Google de su hijo.



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

Art Current projects can be found by visiting your child’s Google classroom.



Music: www.laumusic.weebly.com

Lunch Menu

February 2023

Laurel Elementary

Lunch

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Food Offered Daily:

- Salad Bar
- Fruit Salad
- Assorted Salad Dressings
- Whole Wheat Dinner Roll
- Chocolate Milk
- Milk fat free
- Milk low fat 1%
- Assorted Condiments

1

- Orange Chicken & Rice
- Tomato Soup & Grilled Cheese
- Turkey or Ham & Cheese Sandwich
- ColdDeli Yogurt & Goldfish or Pretzels
- Pb&J Sandwich
- Steamed Broccoli

2

- Beef Taco & Rice
- Chicken Nuggets
- Turkey or Ham & Cheese Sandwich
- ColdDeli Yogurt & Goldfish or Pretzels
- Pb&J Sandwich
- Black Beans
- Mexican Condiments- ELEM
- Nugget Dipping Sauces

3

- Cheese Pizza
- Hawaiian Pizza
- Hummus & Veggie Box
- ColdDeli Yogurt & Goldfish or Pretzels
- Pb&J Sandwich
- Corn
- Assorted Italian Condiments

6

- Chicken Patty Sandwich
- Turkey Gravy & Roll
- Cold Deli Meat & Roll
- Cold Deli Yogurt & Roll
- Pb&J Sandwich
- Mashed Potatoes
- Chicken Gravy

7

- Penne & Meat Sauce
- Pizza Bites
- Ham or Turkey & Cheese Sandwich
- Cold Deli Yogurt & Roll
- Pb&J Sandwich
- Green Beans
- Assorted Italian Condiments

8

- Asian Teriyaki Chicken & Rice
- Pig in a Blanket
- Cold Deli Meat & Roll
- Cold Deli Yogurt & Roll
- Pb&J Sandwich
- Steamed Veggies

9

- Chicken Burrito
- Grilled Ham & Cheese
- Cold Deli Meat & Roll
- Cold Deli Yogurt & Roll
- Pb&J Sandwich
- Refried Beans
- Mexican Condiments- ELEM

10

- Cheese Pizza
- Pepperoni Pizza
- Yogurt Parfait
- Cold Deli Yogurt & Roll
- Pb&J Sandwich
- Steamed Carrots
- Assorted Italian Condiments

13

- Chicken Drumstick & Roll
- Hamburger & Cheeseburger
- Cold Deli Meat & Pretzels
- Cold Deli Yogurt & Pretzel or Goldfish
- Pb&J Sandwich
- Mashed Potatoes
- Chicken Gravy

14

- 
HAPPY Valentine's DAY
- Cheese Ravioli & Roll
 - Lasagna with Beef
 - Turkey or Ham & Cheese Sandwich
 - Cold Deli Yogurt & Pretzel or Goldfish
 - Pb&J Sandwich
 - Green Beans
 - Assorted Italian Condiments

15

- Orange Beef & Rice
- Chicken & Waffles
- Turkey or Ham & Cheese Sandwich
- Cold Deli Yogurt & Pretzel or Goldfish
- Pb&J Sandwich
- Steamed Veggies

16

- Homemade Chili & Corn Muffin
- Chicken Nuggets
- Turkey or Ham & Cheese Sandwich
- Cold Deli Yogurt & Pretzel or Goldfish
- Pb&J Sandwich
- Black Beans
- Nugget Dipping Sauces

17

- Cheese Pizza
- Veggie Pizza
- Chicken Caesar Wrap
- Cold Deli Yogurt & Pretzel or Goldfish
- Pb&J Sandwich
- Corn
- Assorted Italian Condiments

20



21

- Mac & Cheese
- Cheese Calzone & Marinara
- Ham or Turkey & Cheese Sandwich
- Cold Deli Yogurt & Roll
- Pb&J Sandwich
- Green Beans
- Assorted Italian Condiments

22

- Asian noodle & Meatball
- Pig in a Blanket
- Ham or Turkey & Cheese Sandwich
- Cold Deli Yogurt & Roll
- Pb&J Sandwich
- Steamed Broccoli

23

- Beef & Bean Burrito
- Chicken Patty Sandwich
- Ham or Turkey & Cheese Sandwich
- Cold Deli Yogurt & Roll
- Pb&J Sandwich
- Refried Beans
- Mexican Condiments- ELEM

24

- Cheese Pizza
- Pepperoni Pizza
- Chef Salad & Roll
- Cold Deli Yogurt & Roll
- Pb&J Sandwich
- Peas
- Assorted Italian Condiments

27

28