

November
2021



1000 East Locust
Court
Fort Collins, CO
80524

Office Phone
(970) 488-5925

Fax
(970) 488-5927

Attendance
(970) 488-5926

Laurel
Website



Laurel Elementary

SCHOOL OF ARTS & TECHNOLOGY

A Letter From the Principal...

Dear Laurel families,

The color change of the trees this year has been gorgeous! I hope you're enjoying the fall season.

Please become familiar with Laurel's cold weather policy:

- We believe exercise and fresh air is healthy for all children and they should come prepared to go outside each day during the school day. Plan for your children to go outside every day. Please help us communicate to our students to dress appropriately for recess.
- Students will ALWAYS stay inside if the "feels like" temperature is below 10 degrees, it is raining or snowing heavily, and when lightning is present within 8 miles of the school.
- We will always keep our students safe! We have a lightning detector in the front office that alerts us when lightning is in the area.

continued on next page



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!](#)

November
2021



TALKING TO
SOMEONE
CAN HELP.

OUT
OF SORTS
THESE DAYS?

970-221-5551
24/7 | NO COST



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A Letter from the Principal, continued...

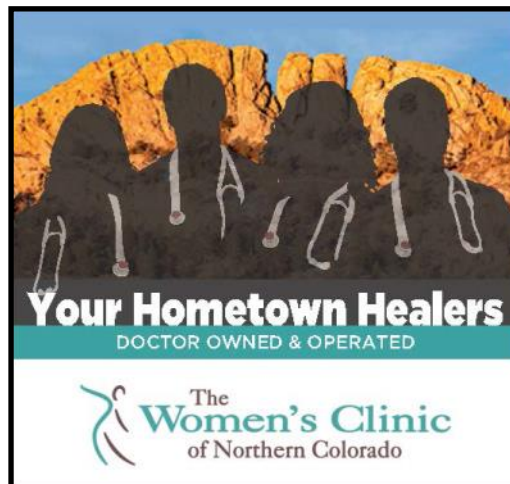
- **Lunch recess (grade level specific times between 10:20 – 12:30):** Depending on the weather at the time of the grade level lunch recess, the duty personnel will make the decision to have indoor recess. Students will ALWAYS stay in if the “feels like” temperature is below 10 degrees, it is raining or snowing heavily, and when lightning is present within 8 miles of the school. Each grade level teacher will use the above guidelines when determining if they will take their class outside for other recesses throughout the day.

Friday, November 19th is Laurel Sprit Day – Jammie Day! YAY!

**There is no school during Thanksgiving Break
November 24, 25, and 26, 2020.**

Thank you for your support of Laurel’s wonderful community. I’m always open to hear your feedback! I’d love to visit with you any time. Please feel free to contact me via email tscox@psdschools.org, or phone at 970-488-5928 (office) and phone/text at 970-567-2384 (cell).

Sincerely,
Tommi Sue Cox, Principal



Your Hometown Healers
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The
Women's Clinic
of Northern Colorado

Message from the Assistant Principal, November 2021

Dear Laurel Lynx Families,

What a Fall we've had already! We're all together and enjoying field trips to CSU and other activities like Math Olympiad again, our outdoor lunches for Grades 3-5 have lasted well into the semester due to our beautiful weather, and it was wonderful seeing you during our Fall Fiesta, complete with live music! THANK YOU to everyone who helped to make it such a successful event, attended by over 700 members of our Lynx community!

We celebrate the joy in this year, and we also recognize that our community has not fully recovered from the lingering effects of COVID-19 and the changes that have rippled throughout our world. If you need support, please reach out to our Family Liaison, Mr. Peter Serna, at pserna@psdschools.org or 970-567-2366. One example of the opportunities available to families is the McBackpack food program which provides food for students to bring home for the weekend. Fort Collins offers many services such as this one—let us help you get connected!

As we move further into the year, please continue to reinforce our ROAR code at home by using our common language of Respect, Ownership of Behavior, (Positive) Attitude, and Responsibility. Having a common language is helpful in reinforcing expectations for students who are developing these skills and learning how to apply them to various settings and situations in their lives.

Our Lynx in the Spotlight for the month of November are Iris Sanders, Mia Lozano, and Charlotte Hanna. Please see the Lynx in the Spotlight feature of our newsletter to find out more about these amazing friends!

Keep on ROARing, Laurel Lynx!

Yours,

Amanda Pawelski

Assistant Principal and MTSS Coordinator

Estimadas familias de Laurel Lynx,

¡Qué caída hemos tenido ya! Estamos todos juntos y disfrutando de las excursiones a CSU y otras actividades como la Olimpiada de Matemáticas nuevamente, nuestros almuerzos al aire libre para los grados 3-5 han durado hasta bien entrado el semestre debido a nuestro hermoso clima, y fue maravilloso verte durante nuestra Fiesta de Otoño. completo con música en vivo! ¡GRACIAS a todos los que ayudaron a que este evento fuera tan exitoso, al que asistieron más de 700 miembros de nuestra comunidad Lynx!

Celebramos la alegría de este año y también reconocemos que nuestra comunidad no se ha recuperado por completo de los efectos persistentes de COVID-19 y los cambios que se han producido en todo el mundo. Si necesita ayuda, comuníquese con nuestro enlace familiar, el Sr. Peter Serna, en pserna@psdschools.org o 970-567-2366. Un ejemplo de las oportunidades disponibles para las familias es el programa de alimentos McBackpack, que proporciona alimentos para que los estudiantes lleven a casa durante el fin de semana. Fort Collins ofrece muchos servicios como este. ¡Permítanos ayudarlo a conectarse!

A medida que avanzamos en el año, continúe reforzando nuestro código ROAR en casa utilizando nuestro lenguaje común de respeto, propiedad del comportamiento, actitud (positiva) y responsabilidad. Tener un lenguaje común es útil para reforzar las expectativas de los estudiantes que están desarrollando estas habilidades y aprendiendo a aplicarlas en diversos entornos y situaciones de sus vidas.

Nuestro Lynx en el centro de atención durante el mes de noviembre son Iris Sanders, Mia Lozano y Charlotte Hanna. ¡Consulte la función Lynx in the Spotlight de nuestro boletín para obtener más información sobre estos increíbles amigos!

¡Sigue rugiendo, Laurel Lynx!

Tuyo,

Amanda Pawelski

November
2021

READY FOR THE
CLASSROOM?



The library supports literacy and learning with books and databases on topics that pique your child's interest!



www.poudrelibraries.org



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A Message from the Principal

Estimadas familias de Laurel,

¡El cambio de color de los árboles este año ha sido magnífico! Espero que estén disfrutando la temporada de otoño.

Familiarícese con la política de clima frío de Laurel:

- Creemos que el ejercicio y el aire fresco son saludables para todos los niños y deben venir preparados para salir todos los días durante el día escolar. Planifique que sus hijos salgan todos los días. Por favor ayúdenos a comunicarnos con nuestros estudiantes para que se vistan apropiadamente para el recreo.
- Los estudiantes SIEMPRE permanecerán adentro si la temperatura “se siente como” está por debajo de los 10 grados, está lloviendo o nevando mucho y cuando hay rayos dentro de las 8 millas de la escuela.
- ¡Siempre mantendremos a nuestros estudiantes seguros! Tenemos un detector de rayos en la oficina principal que nos alerta cuando hay rayos en el área.

• **Receso para el almuerzo (horarios específicos del nivel de grado entre las 10:20 y las 12:30)** : Dependiendo del clima en el momento del recreo para el almuerzo del nivel de grado, el personal de servicio tomará la decisión de tener un recreo bajo techo. Los estudiantes SIEMPRE permanecerán adentro si la temperatura “se siente como” está por debajo de los 10 grados, está lloviendo o nevando mucho y cuando hay rayos dentro de las 8 millas de la escuela. Cada maestro de nivel de grado utilizará las pautas anteriores para determinar si llevarán su clase al aire libre para otros recreos durante el día.

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A Message from the Principal, continued...

Viernes 19 de noviembre es Laurel Sprit Day - ¡Jammie Day! ¡HURRA!

No hay clases durante las vacaciones de Acción de Gracias
el 24, 25 y 26 de noviembre de 2020.

Gracias por su apoyo a la maravillosa comunidad de Laurel. ¡Siempre estoy dispuesto a escuchar tus comentarios! Me encantaría verte en cualquier momento. No dude en ponerse en contacto conmigo por correo electrónico. tscox@psdschools.org, o por teléfono al 970-488-5928 (oficina) y por teléfono / mensaje de texto al 970-567-2384 (celular).

Atentamente,

Tommi Sue Cox, Directora



No health insurance?
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starts Nov. 1

Health District

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November
2021



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City of
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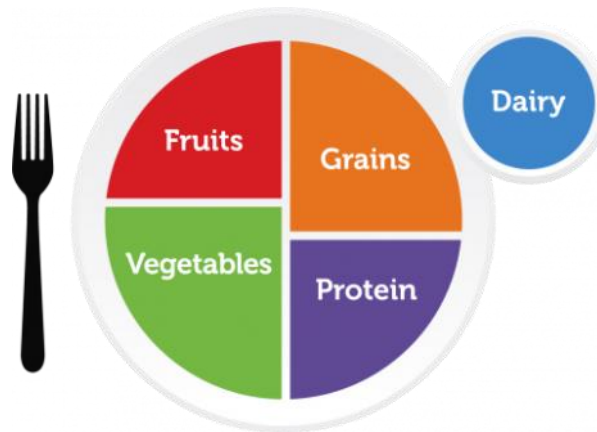


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Laurel Wellness News

The Plate Method!

Have you ever heard of the plate method? The plate method is a healthy way of eating that is easy for any family member to incorporate into their healthy habits. The goal is to fill your plate with $\frac{1}{2}$ fruits and vegetables, $\frac{1}{4}$ grains, $\frac{1}{4}$ protein, with a bit of dairy or fat (about a tbs or one thumb) on the side.



Check out more information at <https://www.myplate.gov/>

This month, students and staff will be learning about the plate method. In PE, we will play games to practice filling our plates with healthy foods, learn about the different food groups, and also discuss red, yellow, and green light foods.

We are here for your child's health!

**Schedule your school or
sport physical today!**

We have the COVID vaccine
for your entire family.



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November
2021



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and diversity without
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Email: Aspen.Perkins@educatius.org



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Laurel Wellness News, continued...

Red light foods are foods that you will enjoy ONCE IN A WHILE such as highly processed foods, treats, desserts, soda, sugary, or overly salty items. A red light means to take a little and stop and think about how this food will benefit you or not. It also means to STOP and SAVOR this delicious food or drink such as cake at a birthday party, or hot chocolate on a holiday.



Yellow light foods are SOMETIMES foods that are somewhat processed, but are okay to eat frequently in limited amounts. (Often that ¼ portion of grains on our plate). These foods include things like: hot dogs, macaroni and cheese, pasta, breads, cereals, bars, crackers, corn chips, queso, etc. These should not be our main source of nutrients or snacks but often are a side item or part of a meal.

Green light foods are foods that are found in NATURE and are ALWAYS okay to eat. There is no need to limit the amount of fruits and vegetables you take in. These foods are colorful, one ingredient foods and also include quality proteins such as chicken, beef, fish, or pork.

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Laurel Wellness News, continued...

DEAR BODY, THANK YOU.

This month the Wellness Team will be focusing on **GRATITUDE**. Staff and students will have the opportunity to write or draw or capture themselves in a photo to show how they are thankful for different things about their bodies. A bulletin board titled: Dear Body, Thank You... will be outside the gymnasium where staff and students can showcase the awesome things that their bodies are capable of. If you can fold yourself into a pretzel, do handstands, or snowboard, we'd love to see! Or if your arms carry around your baby sister or help your dad sweep out the garage, we want you to share. Maybe you can climb the tallest tree or hang on monkey bars or spin a basketball on your finger! Please share all the ways your body supports your fun hobbies, helps your family, and makes you, YOU!

If you would like to email a photo with a short description, please send it to Mrs. Rittner at srittner@psdschools.org with Dear Body, Thank You for the subject. Let's celebrate the unique and amazing things our bodies are capable of!

BSTRONGBFIT!

The fourth and fifth grade girls have worked hard for their final race on **Nov.6th**. The race will start at 2:30 at the North Lake Park in Loveland. We'd love to have fellow Laurel friends come run with us or create a cheering section at the finish line. Please email Mrs. Rittner at srittner@psdschools.org if you would like more information for attending this run. Thank you for supporting BSBF!

3, 2, 1!

3 Ways to stay healthy:

- **Try the Plate method!** - Fill your plate or bowl with $\frac{1}{2}$ fruits and veggies, $\frac{1}{4}$ grains, and $\frac{1}{4}$ protein. Make it colorful!
- **Choose more green light foods** - How much of your meals and snacks include ONE ingredient foods? Think about the changing seasons. Roasted potatoes, butternut squash, pumpkins, beets, or brussel sprouts are a delicious fall addition to dinner!

Laurel Wellness News, continued...

2 Ways to Be Mindful:

- **Take time for transitions:** After school and work give yourself and your children 20-30 minutes to have some quiet time to come down from the day. Maybe this includes snack time or coloring or a tv show. In these 20 minutes agree to no expectations but simply enjoying some downtime. Create a calm, quiet break from academics or a bunch of directions. Then agree when the time is over what next steps are: putting away backpacks, preparing for dinner, talking about your day, etc.
-
- **Practice Gratitude:** Name 5 things you are thankful for today. Research shows that gratitude is a powerful tool for changing our mindset and increasing our happiness. At dinner time, have each family member see if they can come up with one thing they are grateful for on each finger.

1 Healthy Recipe: Pumpkin Spice Golden Milk

Ingredients:

4 cups almond or coconut milk

2 tablespoons maple syrup

2 tablespoons pumpkin puree

1 teaspoon turmeric

1 teaspoon pumpkin pie spice

Pinch ginger

Pinch black pepper

DIRECTIONS: Add the almond milk into a pot. Heat it over medium heat until it begins to steam. Add in the remaining ingredients and whisk to combine. Heat to a gently simmer and serve.



PSD Lockdown Drill Week set for Nov. 1-5

During the week of Nov. 1-5, all Poudre School District schools will participate in lockdown drills. The following is what you can expect:

- We know we will participate in a drill that week but won't know the specific time at which it will occur.
- We will make an announcement over our intercom when the drill is underway and emphasize that it is only a drill and that there is not an active threat to our school.
- During a lockdown drill, students and staff are directed to a safe location inside the building. Exterior and interior doors, windows, and access points are closed and locked. Due to COVID protocols, students will remain at their desks or normal socially distanced positions during the drill.
- When it's completed, school staff, members of PSD's Safety and Security Department, and law enforcement officers will review how things went.

Community members can expect to see a heavier-than-usual law enforcement presence at the schools when lockdown drills occur.

For more information: www.psdschools.org.

La semana de simulacros de bloqueo de PSD programada del 1 al 5 de noviembre

Durante la semana del 1 al 5 de noviembre, todas las escuelas del Distrito Escolar de Poudre participarán en simulacros de encierro. Lo siguiente es lo que puede esperar:

- Sabemos que participaremos en un simulacro esa semana, pero no sabremos la hora específica en la que ocurrirá.
- Haremos un anuncio por nuestro intercomunicador cuando el simulacro esté en marcha y enfatizaremos que es solo un simulacro y que no hay una amenaza activa para nuestra escuela.
- Durante un simulacro de encierro, los estudiantes y el personal son dirigidos a un lugar seguro dentro del edificio. Las puertas, ventanas y puntos de acceso exteriores e interiores están cerrados y bloqueados. Debido a los protocolos de COVID, los estudiantes permanecerán en sus escritorios o en posiciones normales socialmente distanciadas durante el simulacro.
- Cuando esté terminado, el personal de la escuela, los miembros del Departamento de Seguridad y Vigilancia de PSD y los agentes de la ley revisarán cómo fueron las cosas.
- Los miembros de la comunidad pueden esperar ver una presencia policial más intensa de lo habitual en las escuelas cuando se realicen simulacros de encierro.

Para más información: www.psdschools.org.

Lynx in the Spotlight, November 2021

Iris Sanders, Mia Lozano, and Charlotte Hanna



Iris Sanders, Mia Lozano, and Charlotte Hanna are true and special friends! They're all very supportive of one another, and they help each other with assignments and understanding the lessons in class. From recess to lunch to Specials, they each make sure their friends are prepared for any activity. What a wonderful way to go through school with good friends by your side. Way to ROAR, Iris, Mia, and Charlotte! We think you are awesome paw-some Lynx!

¡Iris Sanders, Mia Lozano y Charlotte Hanna son amigas verdaderas y especiales! Todos se apoyan mucho unos a otros y se ayudan unos a otros con las tareas y la comprensión de las lecciones en clase. Desde el recreo hasta el almuerzo y los especiales, cada uno de ellos se asegura de que sus amigos estén preparados para cualquier actividad. Qué manera tan maravillosa de ir a la escuela con buenos amigos a tu lado. ¡Camino a ROAR, Iris, Mia y Charlotte! ¡Creemos que eres increíble Lynx!



**This month's highlight:
Bibbity-Bobbity-BOO
Workouts in PE!**



Students did pumpkin presses, lateral jumps, squats, lunges, and wall sits with their pumpkins!

Thanks for the pumpkins, PTO!

Creative Endeavors Art Show Coming Soon!

Later this month the [Creative Endeavors Art Show](#) will be coming to the Foothills Mall. The show will feature artwork from numerous schools within Poudre School District, including Laurel Elementary School of Arts and Technology. The show will be available for viewing at the Foothills Mall from **November 19, 2021 until January 11, 2022**. Please stop by if you can and enjoy seeing the variety of creativity our community brings together for this wonderful show!"



Art: <https://sites.google.com/psdschools.org/lalearningestemplate/home> Check out the tab for student art galleries where families can view their student's artwork while waiting for it to come home.



Media: <https://sites.google.com/psdschools.org/lalearningmediagallahareed/home>
Our 3D printers have been busy! Fifth grade students used the application Tinkercad to design bubble wands. Students focused on structural integrity and designing them to scale. Can't wait to test them out!



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/lalearningpe>

Check out this month's focus in PE featuring **The Plate Method** for healthy habits and a display of Gratitude entitled **Dear Body, Thank You**. More information and ways to participate are on Mrs. Rittner's learning page and in the Wellness Section of this newsletter.



Family Services

FOOD & CLOTHING CLOSET

How to Access the Closet

- Your service provider may access the closet on your behalf
- An appointment can be made to shop directly. Please contact Nancy Camacho, Bilingual Family Housing Specialist, at 970-430-6513 or nancy@homewardalliance.org.

Appointment days/hours:

- Monday 8:00 am - 5:00 pm
 - Tuesday 8:00 am - 12:00 pm, 1:00 - 5:00 pm
 - Thursday 8:30 am - 5:30 pm
- Walk-ins accepted, no appointments necessary*

A free, year-round service that allows community members to shop for children and teen's clothing and access food. Sizes toddler to teens are available.

Clothing is seasonal and will vary based on time of year

Availability of clothing will be based on current stock

Resource Navigation

Contact Nancy (info above) for help navigating resources, assistance with acquiring documents such as birth certificates and Social Security cards, and for connections to local agencies.

**Friday
December 3rd, 2021
5:00 - 7:00 pm**

**Foundations Church
1380 N. Denver Ave, Loveland
(Hwy 34 & Denver Ave)**

**Children & Teen's Clothing
Diapers
Hygiene Products
Local Agency Resources
Dinner
Santa!**

FAMILY RESOURCE FAIR



For more information, please visit:
bit.ly/HWA-FRF
or contact your service provider



Servicios Familiares

ARMARIO PARA ALIMENTOS Y ROPA

Cómo se puede entrar al armario familiar

- Su proveedor de servicios puede acceder al armario en su nombre.
- Se puede concertar una cita para comprar directamente. Comuníquese con Nancy Camacho, Especialista en Vivienda Familiar Bilingüe, al 970-430-6513 o nancy@homewardalliance.org.

días / horas de cita

- Lunes 8:00 am - 5:00 pm
 - Martes 8:00 am - 12:00 pm, 1:00 - 5:00 pm
 - Jueves 8:30 am - 5:30 pm
- Se aceptan visitas sin cita previa, no se necesitan citas*

Un servicio gratis durante todo el año que permite a los miembros de la comunidad conseguir ropa para niños y adolescentes y acceder a alimentos. Hay tamaños disponibles para niños pequeños y adolescentes.

La ropa es estacional y variará según la época del año.

La disponibilidad de ropa se basará en el existencias actual.

Navegación de recursos

Comuníquese con Nancy (información arriba) para obtener ayuda sobre cómo navegar por los recursos familiares en el condado de Larimer, ayuda con la adquisición de documentos (certificados de nacimiento y tarjetas de Seguro Social) y para conexiones con agencias locales.

viernes
3 de diciembre de 2021
 5:00 - 7:00 pm

Foundatlons Church
 1380 N. Denver Ave, Loveland
 (Hwy 34 & Denver Ave)

- Ropa para niños y adolescentes
- Pañales
- Productos de higiene
- Recursos de agencias locales
- Comida
- Papá Noel!

FERIA DE RECURSOS FAMILIARES



Para obtener más información visite:
bit.ly/HWA-FRF
 o comuníquese con su proveedor de servicios

Lynx Literacy Corner



Did you know November is National Family Literacy Month?

As the weather outside turns chilly, take time this November to stay indoors and snuggle-up with a child and **READ!!** Studies have shown that reading aloud with a grown-up is one of the most important activities to help prepare a child to start reading on their own! Reading helps with vocabulary, comprehension, memory, and imagination. Anything is possible when you can **READ!**

A few things to try this month are:

- set aside a special time of the day to read together
- place favorite books around the house for kids to easily see, pick-up and read
- go to the library
- read a book then watch the movie from that book
- start a book club
- create a book exchange in your neighborhood
- read street signs and advertising billboards together as you drive around town and run errands.

Above are just a few examples to increase Literacy in the home. There are many opportunities to grow emerging readers, every day. The love of reading can truly start by picking up **ONE** book. Join in **#FamilyLiteracyMonth** today and grow tomorrow's future readers.

¿Sabía que noviembre es el Mes Nacional de Alfabetización Familiar?

A medida que el clima afuera se vuelve frío, este noviembre, tómese un tiempo para permanecer adentro y acurrucarse con un niño y **LEER**. Los estudios han demostrado que leer en voz alta con un adulto es una de las actividades más importantes para ayudar a preparar a un niño para comenzar a leer por sí mismo. La lectura ayuda con el vocabulario, la comprensión, la memoria y la imaginación. ¡Todo es posible cuando puedes **LEER!**

Algunas cosas que puedes probar este mes son:

- reservar un momento especial del día para leer juntos
- poner sus libros favoritos en la casa para que los niños los vean, recojan y lean fácilmente
- ir a la biblioteca
- leer un libro y luego mirar la película de ese libro
- comenzar un club de lectura
- crear un intercambio de libros en su vecindario
- Lean juntos los letreros de las calles y las vallas publicitarias mientras conducen por la ciudad y hacen mandados.



Estas sugerencias son solo algunos ejemplos para aumentar la alfabetización en el hogar. Hay muchas oportunidades para hacer crecer a los lectores emergentes, todos los días. El amor por la lectura puede comenzar realmente al elegir **UN** libro. Únase hoy al **#FamilyLiteracyMonth** y haga crecer los lectores del futuro.



Learn more about becoming a PSD bus operator at our hiring event!

Applicants can talk to other operators, take a test drive, apply and interview on the spot.

8-11 a.m. | Monday, Nov. 8 | 2445 Laporte Ave, Fort Collins
at the new transportation facility (building H)



- Generous time off
- Paid training
- Competitive pay (starting at \$20/hour)
- Benefits
- Opportunities for advancement



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LAUREL ELEMENTARY MAKEUP DAY

School portrait make-up day will be: **WEDNESDAY, NOVEMBER 10, 2021**
TIME - 7:45 to 8:30 am

1. If you were absent or are new to the school you may purchase a new package or have one taken for the records, yearbook and ID.
2. If you had a picture taken but didn't purchase a package you may have a new picture taken and purchase a package.
3. If you purchased a package and want a retake you must return the original package in full with reason for retake clearly stated on package. Please refer to guidelines on back of package as what justifies a retake.

Order forms for new packages are available in the office and you may use order form from first day.

OR

SECURE PRE-ORDER ON LINE - Students will need to be re-photographed.

Go to www.skillmanphotography.com

Click on pre order fall school portraits and have credit/debit card ready.

ACCESS CODE - LAUR2021

Those wanting to order from the first day can do so on line by using the access code REORDER2021. It is the same image as on the school record photo or ID card. Please call us with questions.



"Sus Profesionales De Retratos Escolares"
www.skillmanphotography.com

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EL DÍA DE RETOMAR FOTOS EN LA ESCUELA LAUREL

El día para retomar los retratos escolares será:

FECHA - El miércoles 10 de noviembre, 2021
HORA - De 7:45 a 8:30 de la mañana

1. Si usted estaba ausente o es nuevo a la escuela usted puede comprar un nuevo paquete o tener uno tomada para los expedientes o el anuario.
2. Si usted hizo uno pero no compró un paquete, usted puede rehacer un retrato y comprar un paquete ahora.
3. Si usted compró un paquete y desea una retomada usted debe volver el paquete original adentro completo con la razón de la retomada indicada claramente en el paquete. Refiera por favor a las pautas detrás del paquete para lo que justifica una retoma.

Las formas para ordenar fotos retomados están disponibles en la oficina si usted necesita uno, o puede usar el sobre de las fotos anteriores.

Para hacer su orden en el internet, vaya a www.skillmanphotography.com. Click en "Pre-Order Fall School Portraits" y haga su orden, con su tarjeta de credito listo. Código de acceso : LAUR2021

Aquellos que quieran ordenar desde la imagen del primer día pueden hacerlo en línea utilizando el código de acceso REORDER2021

Apply to Substitute in PSD!

Are you interested in gaining valuable work experience? Would you like a flexible schedule and the opportunity to make a difference?

Have you considered working for Poudre School District as a substitute?

We want to meet you!



For more information, pay scales and an application link, visit:
<https://www.psdschools.org/careers/substitute-teachers>

Once your application has been processed, you will be invited to sign up for an orientation.



Questions? Contact
subs@psdschools.org



POUDRE SCHOOL DISTRICT



VOLLEYBALL

vs. COLORADO
SEPT. 18 | 1:00 PM

\$8

vs. UNLV
OCT. 23 | 1:00 PM

\$3

FOOTBALL

vs. NEVADA
NOV. 27 | 7:00 PM

\$25 INCLUDES TICKET
AND A HAT

TO PURCHASE TICKETS USE PROMO CODE: PSD
CSURAMS.COM/PROMOCODE

Lunch Menu

November 2021

Laurel Elementary

Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
<ul style="list-style-type: none"> Hamburger & Cheeseburger Cold Deli Yogurt with Granola Pb&J Sandwich Fresh Snap Peas, or Substitute Whole Fruit, or Substitute Grapes, or Substitute Milk Variety Assorted Condiments 	<ul style="list-style-type: none"> Mac & Cheese Turkey & Cheese Sandwich Pb&J Sandwich Fresh Carrots 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 Whole Fruit, or Substitute Fresh Strawberries, or Substitute Milk Variety Assorted Condiments 	<ul style="list-style-type: none"> Beef & Bean Burrito Turkey & Cheese Sandwich Pb&J Sandwich Fresh Cherry Tomatoes or Substitute 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 Whole Fruit, or Substitute Fresh Peaches, or Substitute Milk Variety Assorted Condiments
8	9	10	11	12
	<ul style="list-style-type: none"> Cheese Calzone & Marinara Ham & Cheese Sandwich PB&J Sandwich with Pretzels or Goldfish Bell Peppers, or Substitute 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 Whole Fruit, or Substitute Fresh Kiwi, or Substitute Milk Variety Assorted Condiments 	<ul style="list-style-type: none"> Chicken Burrito Ham & Cheese Sandwich PB&J Sandwich with Pretzels or Goldfish Salad with dressing 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 Whole Fruit, or Substitute Fresh Plum or Substitute Milk Variety Assorted Condiments
15	16	17	18	19
<ul style="list-style-type: none"> Chicken Nuggets Cold Deli Yogurt with Granola Pb&J Sandwich Fresh Snap Peas, or Substitute Whole Fruit, or Substitute Grapes, or Substitute Milk Variety Assorted Condiments 	<ul style="list-style-type: none"> Cheese Ravioli & Goldfish Crackers Turkey & Cheese Sandwich Pb&J Sandwich Fresh Carrots 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 Whole Fruit, or Substitute Fresh Raspberries or Substitute Milk Variety Assorted Condiments 	<ul style="list-style-type: none"> Beef & Bean Burrito Turkey & Cheese Sandwich Pb&J Sandwich Fresh Cherry Tomatoes or Substitute 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 Whole Fruit, or Substitute Fresh Peaches, or Substitute Milk Variety Assorted Condiments
22	23	24	25	26
<ul style="list-style-type: none"> Hamburger & Cheeseburger Cold Deli Yogurt with Granola PB&J Sandwich with Pretzels or Goldfish Fresh Celery Sticks, or Substitute Whole Fruit, or Substitute Fresh Blackberries or Substitute Milk Variety Assorted Condiments 	<ul style="list-style-type: none"> Cheese Calzone & Marinara Yogurt Parfait PB&J Sandwich with Pretzels or Goldfish Bell Peppers, or Substitute Whole Fruit, or Substitute Orange Wedges Milk Variety Assorted Condiments 			
29	30			