



May 2022

Pirate Pages

Cache La Poudre Elementary School

3511 W. Cty. Rd. 54G
LaPorte, CO 80535

Principal
Landus Boucher

Vice Principal
Colleen Worman

General Information

Office Hours
7:30am - 3:30pm

Phone Numbers
Office 488-7600
Fax 488-7676
Attendance Line
490-3070

**If your child is ill or will not be at school, please leave a message on the Attendance line.*

School Hours
8:10am - 2:55pm
Supervision begins at 7:55am

Preschool
8:10am - 2:55pm

Website
<https://cpe.psdschools.org>



May Calendar

May 2	Science Matters	3:00-4:00
May 3	Lego Stem Class	3:00-4:25
	GASP	3:00-4:30
May 4	Chess	3:00-4:00
May 5	4 th Grade to CSU	9:45-11:45
May 5	Young Rembrandts	3:00-4:00
May 9	Science Matters (last class)	3:00-4:00
May 10	2 nd Grade Field trip to City Park	10:30-2:30
	Lego Stem Class	3:00-4:25
May 11	Chess Club	3:00-4:00
May 12	Student-led conferences	3:15-6:00
May 16	NO SCHOOL Teacher Work Day	
May 17	Lego (last class)	3:00-4:25
May 18	Chess Club (last class)	3:00-4:00

continued on next page

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of Northern Colorado

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May Calendar

continued

May 19	Young Rembrandts (last class)	3:00-4:00
May 20	School wide celebration	
May 24	Field Day	
May 25	Last Day-1/2 day	School out at 11:25
May 25	5 th grade Continuation ceremony	8:30

From the Principal

The end of the year is just around the corner. It does not seem possible that another school year has come and almost gone. I hope your children have enjoyed the year and grown in many areas. It has certainly been another year with many memories. I want to thank every student, parent, and staff member for making this year another positive one. There are so many wonderful things that happen in this school daily, and I am so proud to be a part of the CLPE family. As a community we can feel a sense of pride in that we have maintained that sense of caring and commitment that makes CLPE an extraordinary place to learn.



continued on next page

 The Youth Clinic
caring for our future generations

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!](#)



TALKING TO SOMEONE CAN HELP.

OUT OF SORTS THESE DAYS?

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24/7 | NO COST



From the Principal

continued

Through the year I have had many opportunities to see our students achieve a variety of goals. I have had the chance to see the staff and community come together and continue make decisions based on what is the very best we can do for our students. CLPE is a place we truly care about one another and will go above and beyond to be the best small school we can. During the next school year, we will continue our important work as we strive to maintain the amazing sense of community at the foundation while always working to improve student achievement and meet every child’s individual needs.

Our student led conferences are on Thursday, May 12 from 3:15-6:00. This is a wonderful opportunity for students to show their families all the knowledge they have acquired over the school year. We hope to see you there!

At the end of May, we say farewell to our 5th graders moving on to middle school. We wish them the very best and appreciate all the contributions they have made to CLPE. We will have a continuation ceremony outside on May 25th with more information coming soon.

I hope everyone will have a relaxing and fun-filled summer break. I hope your children can read some great books and have experiences that will spark curiosity and excitement about the way the world works. I look forward to hearing about summer adventures and seeing you all in August!

Together we grow! 

Landus



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Auxiliary aids and services are available for persons with disabilities.



Our PTO rocks! Our Secret Garden needed a huge spring clean up. PTO stepped up and helped us out. We are thankful for all their arduous work in the Secret Garden! It looks beautiful and we appreciate having such a wonderful place to learn outside. 

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PTO MEETING THIS WEEK!

Please join us in person **this Thursday, May 5 at 8:15am in the Professional Development Room #150 at CLPE.** We'll wrap up this month's activities and lay the groundwork for fall activities. You and your input are always welcome! Even if you cannot attend the monthly meetings, you can be informed and involved by receiving PTO emails and participating in voting, fundraising and events, etc. To join—or if you have questions/comments—please email PTOclpe@gmail.com.

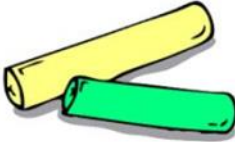
Meeting info and upcoming events are also posted to the PTO site at clpe.ptboard.com.

NEWS& EVENTS

With the funds we've raised from parents and extended friends/family, the PTO is also able to honor our wonderful CLPE teachers and staff this week with several treats and items for the staff lounge.

We invite you to join in tomorrow...


For Teacher Appreciation Week...



Chalk the Walk with us!

When: Tuesday May 3, 3–6pm
Where: CLPE sidewalks near playground/blacktop

Chalk provided! You and your kids write or draw an inspiring or appreciative message for your teacher and staff members! Snap a picture and post it in the comments on the Cache la Poudre Elementary PTO Facebook page.



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PTO MEETING THIS WEEK!

continued

Volunteers Needed for Secret Garden Cleanup!

CLPE has a Secret Garden in the middle of the building, between the two long hallways and next to the library. It is a lovely spot for special learning, teaching and mindfulness but the staff are challenged with its upkeep. PTO volunteers started cleanup last month but there is still a bit more to do in addition to bringing in mulch. Mulch delivery needs to happen after school as we'll wheelbarrow it through a nearby classroom.

Please see the SignUp Genius link if you're willing and able to help from 3:30–5:30pm on Thursday, May 12 (same evening as Student-led Conferences): [Garden Signup](#)

READ-A-THON

KEEP KIDS READING EVERY DAY!

The Read-a-thon continues through Friday, May 13. Please make sure your kids are getting their daily minutes in and completing their time trackers to help their class earn fun treats and a bubbly good time at an outdoor FOAM PARTY!

What exactly is a foam party? See for yourself and share with your kids to keep them motivated to read on!



Student led conferences

Student led conferences are May 12 from 3:15-6:00.
Mark your calendars!



Yearbook contest

The votes have been counted and Julianna L and Ellie B were selected to have their artwork on the front and back covers, respectively for the 21-22 yearbook. Thank you to all the students that submitted their beautiful artwork for the yearbook this year! We have so many talented artists in our midst!

Office Notes

Reminder: Please do not drop your students off before 8:00 unless they are coming in for breakfast which starts at 7:50.

FREE & REDUCED MEAL PROGRAM

It's not too late to apply for the Free & Reduced Meal Program for this school year. By doing so your student's approval to the program carries over for the first 30 days of next school year. You will still need to apply for next year, but you will have a 30 day grace period after school starts. Also, there are advantages to being on this program with discounts given throughout our community for student summer programs. Check out www.fcgov.com/reducedfee website for more information. The before and after school program, Alpha-Best also gives a 15% discount. Apply on-line at <https://www.myschoolapps.com/>. Next school year, school lunches will not be free for everyone as they were this school year. Please note that August 1, 2022, is the first day you can apply on line for the 2022-2023 school year. Families have to apply each school year unless they receive a letter stating otherwise.

- Last day to check out Library books is May 6th. All library books must be returned by May 20th!



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Office Notes

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- Yearbooks will be handed out the day before the last day of school. If your student ordered a yearbook and will not be here on the that day, please call and we will get the yearbook for you sooner. Forgot to order a yearbook? They can still be ordered throughout the summer and orders will be processed after July 1, 2022, and it will be mailed directly to you at a cost of \$22. Order at www.yearbookmarket.com and enter Cache La Poudre Elementary.
- Our last day is May 25 with dismissal at 11:25. Breakfast will be served, but not lunch. The school buses will drop students at their bus stop 3 ½ hours earlier than on a regular day so you can calculate that depending on what time your student is usually dropped off.
- Our building will be closed after school is out. If you left something in the building, please call the office and make arrangements to pick it up. We will be in the building until the June 1, but hours may vary. It is best to call before coming to the building. We cannot guarantee items left will still be here at the beginning of August when we return.
- Lost and Found will be donated to charity after May 25, so if you are missing any items, please check before the end of school on the 25th.
- As the school year winds down, please remember that any medication left over at the end of the year will need to be picked up by a parent or guardian. We will not send any medication home with a student, prescription or over-the-counter. Medicines that are left at the end of the school year will be disposed of by the school nurse.
- For next year, if you know your student will need medication at school, authorization forms are available on the PSD website. Go to the Poudre School District website, click on the Parent tab, then to Health Services and scroll down for the appropriate form. New forms must be submitted every year. Any prescription or over-the-counter medicines require an authorization form. As always, these forms are available in the office until the end of this school year and on the CLPE website. Please call 488-7600 with any questions.
- Non-medical immunization exemption forms must be submitted yearly. Forms are located on the Colorado Department of Health and Environment website.

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Office Notes

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- Student's going into 6th grade will need a **Tdap** immunization. If your child receives this before the end of the school year, bring in the proof of immunization and we will record it in the student information system.
- If you are moving and your child will not be here next year, please let us know. Our records department will forward permanent records to your child's new school.
- If you move over the summer but are still in the district, please contact the school in August. We will be back in the office August 1st.
- PSD contracts with AlphaBest to provide before- and after-school care, as an option for families that need it. Discounted rates are available for families that qualify. [More information >>](#)

School Hours

Starting in 2022-2023 school year our hours will be from 7:50 until 2:35.

Volunteers/Visitors

Our volunteer system has been upgraded. If you are coming into the building to visit or volunteer, please bring your drivers license to scan in our system. This will print a badge to use while in the building.

Transportation

IMPORTANT INFORMATION ABOUT TRANSPORTATION FOR NEXT SCHOOL YEAR!

PSD aims to transport as many students as possible to and from school. To ensure that families needing transportation receive it, riders must now apply for busing each year, even if they have had busing in the past.

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Transportation

Families may request transportation using [this link](#). Submitting a request is not a guarantee of services. Even with ongoing recruiting efforts and the hiring of additional bus operators, PSD is still busing fewer students than in previous years because of a reduction in routes due to the ongoing driver shortage.

What you need to know when submitting a request

- Transportation will be provided automatically to all students who qualify for transportation through the Individuals with Disabilities Education Act (IDEA), the McKinney-Vento program, or foster placement. Students who meet these criteria need NOT apply.
- Busing is NOT provided for students who attend a school of choice or PSD-authorized charter school. If your student is eligible for busing at their neighborhood school but is switching to a school of choice, they will not receive busing.
- Alternate bus requests will not be accepted for [students in the walk area](#) or for multiple addresses.
- PSD is opening the new Wellington and Timnath middle/high schools in August.
 - ◇ Incoming freshmen and sophomores who currently attend Poudre High School or Fossil Ridge High School but live in the Wellington or Timnath attendance areas will not be eligible for busing to Poudre or Fossil.

After you submit a request

- Families will be notified around the week before school starts if their student is scheduled to receive busing starting the first day of the 2022-23 school year.
- Bus-eligible requests submitted by July 15 should be ready for the start of school. Bus-eligible requests submitted after July 15 may not be approved until after the first day of school.
- Students who do not ride their assigned bus for two consecutive weeks may be removed from the bus route to make space for other eligible students.

Questions? Visit the [Transportation FAQs](#) webpage or email busrequest@psdschools.org.



Coordinator Corner



5 ways you could support your child as a PYP parent

As an essential member of your child's learning community, you play an important role helping them take their learning deeper. Here are 5 simple ways you can support your child's learning at home. Whether it is the more formal learning connected to their schooling, or the incidental, unplanned learning through play, exploration and life experience; these 5 strategies will help you, help your child become a lifelong learner.



Take an Inquiry stance

MEET A QUESTION WITH A QUESTION
How could you find that out?

BE PREPARED TO INQUIRE TOGETHER
Let's figure it out together!

ASK AN OPEN-ENDED QUESTION
What do you notice?

BE A LEARNER
Here is how I'm going to find out

Support conceptual understanding

VALUE PROCESS
How did you do that?
Why did you do that?
What strategy did you use?

HARNESS THE POWER OF KEY CONCEPTS
What does it look like? [Form]
Turn page for key concepts

Prioritise reflection

GET THEM THINKING ABOUT THEIR THINKING
How do you know?
What makes you think that?
Is there another way that you could do that?
What did you find easy or challenging? Why?

Support your child's agency

INVITE AND INVOLVE THEIR VOICE
Let them express themselves

SUPPORT THEIR CHOICES
What choice are you making for yourself as a learner?

EMPHASISE OWNERSHIP
You're in the driver's seat

Give feedback that goes beyond the moment

TEACH THE LEARNER, NOT THE LEARNING
Move from asking How are you doing? to Where to next?

GIVE SPECIFIC FEEDBACK ON THE PROCESS
I like how you did... What might you try doing next?

Hi Families,

It's hard to believe that this is our last newsletter of this school year. Just because school is winding down, that doesn't mean that learning stops. This month I want to encourage you to keep your learners engaged and curious over the summer break. We know that "summer slide," where students regress academically after a long break from school, is real. However, keeping kids engaged with regular routines of reading and engaging curiosity can help minimize setbacks. Here are some ideas from IB to help support your students over the summer holiday. Many of these ideas can be used regardless of the situation, be it academic, physical, creative or social.

Cheers to a safe, fun-filled summer break!

Stay curious,
Mrs. Parton

Mental Health Corner

Tips for shifting into summer break mode



Transitioning from school to summer has its challenges. Here's how to shift gears as summer approaches.
(By Great Schools)

As the school year draws to a close, you and your child may be looking forward to summer break as a well-deserved reprieve. The challenge lies in shifting gears from a known routine to a new, possibly less-structured schedule that may change as often as every week, depending on the summer plans you've made for your child. This change can pose special challenges if your child has learning and/or attention problems. Read on for practical tips for making a smooth transition to summer.

1. Review the summer plans you've made to date. Brainstorm ways to address any gaps and get them on the calendar.
2. Revamp — but don't eliminate — your child's daily routine. A daily routine gives most kids a sense of structure and security. While certain tasks (such as doing homework) can be dropped during the summer, new ones (like packing for daily swim lessons) can be added.
3. Post the family's summer schedule where everyone can see it. Mark activities (day camps, vacations, your teenager's work schedule, etc.) on a "family size" calendar posted in a central location and invite your child to contribute. Together, you can determine key dates (e.g., community pool opens for recreational swim, July Fourth barbeque, etc.) and your child can mark them on the calendar.
4. Be prepared to be spontaneous. Keep a running list of places and people to visit when time permits and the mood strikes. Summer — free from homework and tutors — is a good time to stop by the science museum, hit the bike trail, or go to the concert in the park you can't seem to get to during the school year.

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Mental Health Corner

continued

5. If you and/or your child thrive on routine, build as much of it in to your summer schedule as possible. Even if your routine may change every week or so, find ways to prepare for this transition. It may be as simple as mentally rehearsing the new routine (including daily wake-up time and preparation) with your child before the week begins.
6. Ask other people (spouse, family members, and neighbors) for help shuttling kids to activities and supervising them on their “days off.” See if you can trade carpooling and kid-watching duties with other parents in your neighborhood.
7. Involve your child when preparing for family trips and activities. Depending on their age, your child can help map out driving routes or make a list of the clothing and recreational gear the family will need.
8. Encourage summertime learning. Summer outings may present opportunities for your child to learn about history, geography, and nature. Look for “teachable moments” and encourage your child to listen, read, take photographs, collect postcards, and keep a journal of their adventures.

Changes to the Mental Health Team for the 2022-2023 School Year:

- Next year, we are excited to celebrate that Mrs. Lawler-Perry is retiring BUT will still be teaching Guidance to all grade levels at CLPE!
- Mrs. Sadd will be moving with her family to Portland, Oregon. Although she is very sad to be leaving this wonderful CLPE community, she is hoping to stay in touch and connected to families, students, and staff. She is beyond grateful for the experience to be a CLP Pirate and will take this experience with her to her next school in Oregon!
- This means that we will have a new Counselor and School Psychologist starting next year. Please help us welcome Kelsey Prather as our full-time counselor and Hannah Anderson as our School Psychologist! Ms. Kelsey was a counseling intern with Mrs. Lawler-Perry and Mrs. Sadd a few years ago and we all are very excited to have her back at CLP. Ms. Anderson is coming to us from Loveland and is excited to join our crew!

Take care and as always, please don't hesitate to reach out to us if you need any help, guidance, tips or tricks!

Sincerely, CLPE Mental Health Team

970-488-7661

Ann Lawler-Perry

Sarah Bolduc

Sara Sadd

School Counselor

School Social Worker

School Psychologist

alawler@psdschools.org

sbolduc@psdschools.org

ssadd@psdschools.org

Music Notes—May 2022

Thank you for an amazing year! The students have done so very well adapting to ever-changing COVID protocols and the way this pandemic has changed our music classes. I am very thankful we were able to perform this spring and am looking to get back to more of our “normal” music activities next year.

**Grade Level Program Performances**

We have one remaining set of grade level performances in the CLPE gym! They are as follows:

Thursday, May 5:

5:45 p.m. Third Grade

6:30 p.m. Fifth Grade Showcase

See you there!

Next Year

We plan to return to our extra-curricular music activities, including RiverSong Choir and Modern Band. These will be clubs held outside the school day, and specific dates, times, and more information will be available in August. We will also publish grade-level performance dates at that time.

Asynchronous Work

If your student is absent for any reason, but especially if the absence is an extended one, your student will be able to access most of the class activities online. Simply visit Mrs. Flail's Learning Page on the CLPE webpage, click the "Asynchronous Work" heading at the top of the main page, and then click the date for the week music class was missed. This will take you to a Google slide show which can be accessed by anyone signed in with their PSD account. Of course, some activities cannot be completed outside of class, i.e., playing guitars, singing together, echoing the teacher, etc., but the bulk of the content will be accessible for students wishing to explore it. THIS IS ANOTHER WAY TO ACCESS QUAVER SONGS AND GAMES WE HAVE USED IN CLASS!

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Music Notes-May 2022

Quaver Music-new PSD link

Our district link to Quaver is now www.tinyurl.com/2022Quaver. Please update any bookmarks you may have saved in your internet browser. Our district has a special license and website for accessing student accounts through Quaver Music. These accounts are automatically created by our district technology team, and you do not need to create a username or password. Be sure to visit www.tinyurl.com/2022Quaver and sign in using your student's PSD email and password. If you are asked to answer Yes or No, click No. Then you should be at the student dashboard, where your student can explore items like the "Creatives" and other activities.

Thank you for your efforts in supporting your students in all areas of music learning. We appreciate you all SO much!

As always, please contact me with any questions or concerns.

Melissa Flail

mflail@psdschools.org

222-8007 (call or text)

What's happening in Art and Library?

LIBRARY

The CLPE Library will be wrapping up our book checkout very soon. Students will not be able to check out books after May 6, 2022. All books will be due back to the library by May 20, 2022. Notes are being sent home to help those who have misplaced library books and can be reminded about the title. Thank you for looking for our library books so that we can make sure to keep them on our shelves for others to read.



Remember, at the end of the school year, all lost books will be added to students' school pay account to be replaced. It is much easier for our library to have books returned than to have to order books for replacement. I appreciate everyone with lost books looking hard and finding our library books.

Students and staff will be able to look at books and read them in the library while volunteers and I will be conducting inventory in the non fiction sections.

A big thank you to my volunteers in the library, Amber Epstein and Carrie DeJulio. I finally feel as if books are in their proper place instead of waiting to be shelved.

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What's happening in Art and Library?

continued

ART

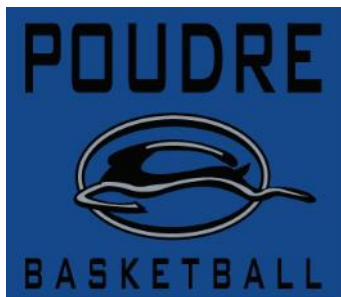
Students have started to work on portfolios for transporting their artwork home from this school year. Please stop by the ART room on **Student Led Conference night** on May 12, 2022 to pick up your student's artwork. I'd like to see and talk with you. Its been so long since we could visit with each other in person!

Sue Awsumb-Conn

Art Techer

saconn@psdschools.org





Poudre Basketball Summer Hoops Camp 2022

- Where is the Camp?
 - Poudre High School
- When is the Camp?
 - Tuesday, May 31 – Friday, June 3
 - 8:30am to 11:00 am daily
 - Gym doors open at 7:55am each day for check-in
- Who Attends the Camp?
 - BOYS and GIRLS!
 - Entering grades 2 – 9 for the 2022 – 2023 school year
- Who Coaches the camp?
 - Jeff Brubaker (Head Coach) – Camp Director
 - Bob Hix, Jacob Stein, (Assistant Coaches)
 - Current and former players
 - Male and female coaches
- What do we do?
 - 1st half of camp is focused on skill development: shooting, ball handling, passing and defense all emphasized
 - 2nd half of each camp is for competitions and scrimmages
 - Competitions include: hot shot, dribble tag, around the world
- How Much \$?
 - \$100 – If possible, please send in money and waiver early to reserve your spot.
 - Day of Registration and payment is allowed
 - Each camper will get a t-shirt and basketball
- Questions?
 - Contact Jeff Brubaker at jebrubak@psdschools.org



Camp Registration and Payment Form

- Fill out info below and send in with payment.
 - ◊ Poudre High School, 201 Impala Drive, Fort Collins, CO 80521, Attn: Jeff Brubaker
- Acceptable payments: Cash or check
- **PLEASE MAKE CHECKS OUT TO SILVER AND BLUE HOOPS CLUB**

Name of Camper:

Grade of Camper and school they attend (2022 – 2023 school year):

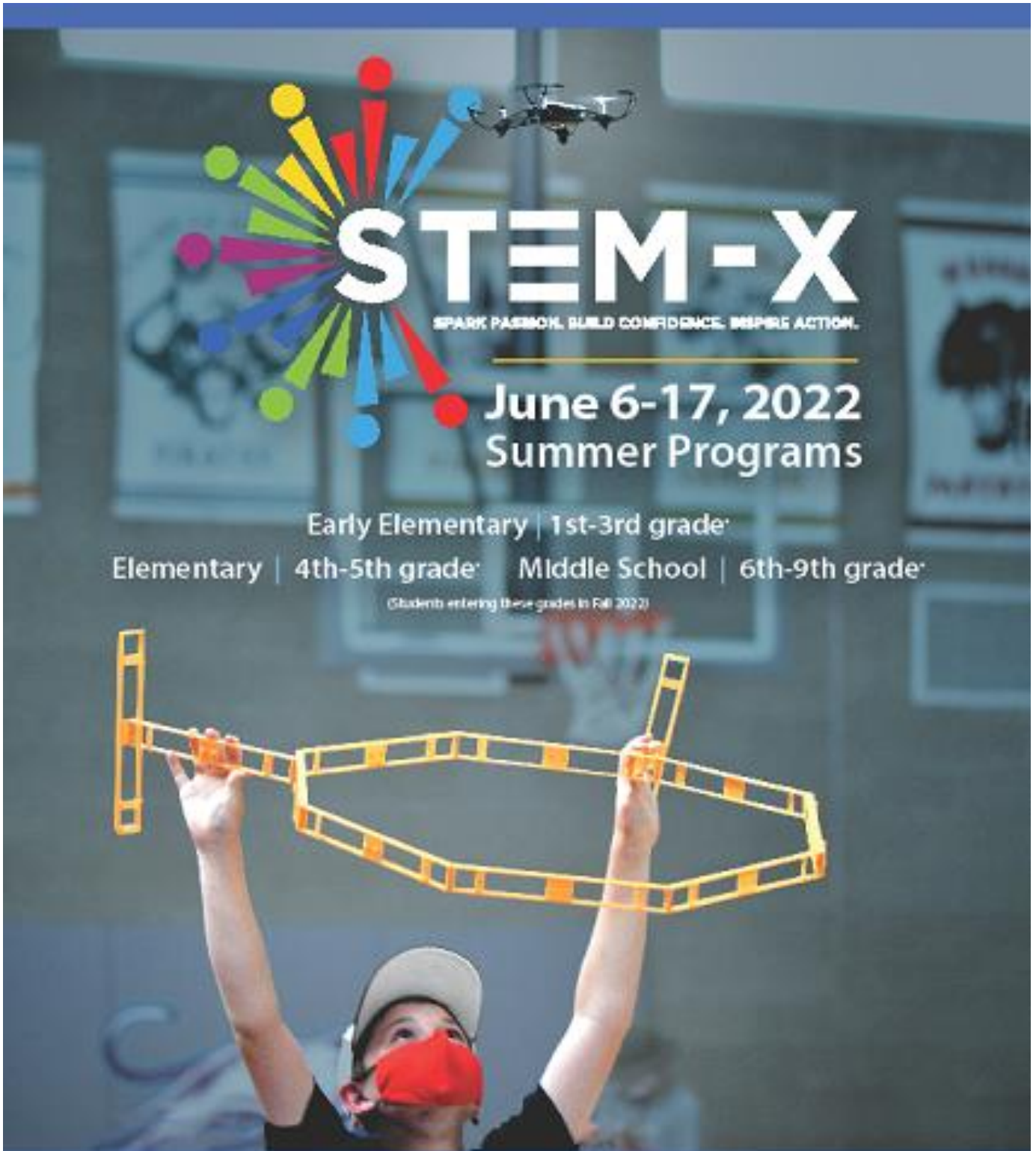
Parent/Guardian Email:

Parent/Guardian Cell Number:

Camp Waiver: *I hereby release Poudre School District, Poudre High School, and all coaches and/or staff members from all liability from any injury or illness that may result from my child’s participation in camp. I certify that my child is in good physical health and can participate in all camp activities. In the event that I cannot be reached in a medical emergency, I hereby grant permission to the camp directors to act on my behalf in case of a medical emergency.*

Parent/Guardian Signature:

Date: _____



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STEM-X.ORG

PSD Fundraiser

All PSD students, All grades are welcome
to join.

Friday, May 13

Raise funds to support Sleep in
Heavenly Peace who works to
build, assemble and deliver beds to
children and families in need.

How to Participate

Bring a \$2.00 donation and wear pajamas to school.
If you are unable to bring \$2.00, wear pajamas anyway to
support the cause.
If you do not want to wear pajamas, but want to support
the cause, bring a \$2.00 donation and wear normal clothing.

To learn more about Sleep in Heavenly Peace, visit shpbeds.org

Questions about the fundraiser call Whitney Reid

970-490-3242



Recaudación de fondos del PSD

Se invita a todos los estudiantes del PSD, a participar.

Viernes 13 de mayo

Recaudemos fondos para apoyar a "Sleep in Heavenly Peace", el cual trabaja para construir, armar y entregar camas a niños y familias necesitadas.

Cómo participar

Trae \$2.00 para donar, y ven en pijama a la escuela.

Si no puedes traer \$2.00, de todas maneras ven en pijama para apoyar la causa.

Si no quieres venir en pijama, pero deseas apoyar la causa, trae \$2.00 para donar y ven con tu ropa normal para la escuela.

Para informarte más sobre Sleep in Heavenly Peace, visita shpbeds.org.

Si tienes alguna pregunta sobre la recaudación de fondos, llama a

Whitney Reid al teléfono 970-490-3242



Healthy Hearts and Minds

UCHealth Healthy Kids Run Series

The 23rd annual UCHealth Healthy Kids Run Series is a FREE program that features a mix of two in-person one-mile fun runs and four one-mile course maps that you complete on-your-own at any time during the designated month, and one of your choosing for a total of seven runs!



In-person runs (one-mile fun run):*

Run for the Trees
May 7, 2022
Mehaffey Park, Loveland

Valley 5000
Aug. 26, 2022
Mehaffey Park, Loveland

**FREE one-mile fun run only for registered participants. The 5k events are put on by Sweetheart City Racing, not associated with UCHealth Healthy Kids Run Series.*

On-your-own courses:

May – Fossil Creek Park, Fort Collins
June – Chapungu Sculpture Park at Centerra, Loveland
July – Twin Silo Park, Fort Collins
August – Eastman Park, Windsor
Any summer month do a one-mile fun run at a park of your choosing.

Prizes for the 2022 series:

All registered participants ages 5+ will receive a UCHealth Healthy Kids Run Series bib and earn a t-shirt for completing four or more runs.

Registered kids ages 5-12 that complete five or more runs will also earn a trophy!

**Please note: If you register after July 15, you will not be eligible to earn t-shirts or trophies.*



Please scan the QR code for complete Run Series information.



Go to healthykidsclub.org to register.

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Healthy Hearts and Minds

UCHealth Healthy Kids Run Series

La 23ra serie anual Healthy Kids Run de UCHealth es GRATUITA ofrece una mezcla de dos divertidas carreras de una milla in-person y cuatro mapas de recorridos de una milla que puedes completar por tu cuenta en cualquier momento durante el mes designado y una carrera que preferir para un total de siete carreras.



Carreras in-person (eventos de carrera divertida de una milla, sin tiempo):*

Run for the Trees
May 7, 2022
Mehaffey Park, Loveland

Valley 5000
Aug. 26, 2022
Mehaffey Park, Loveland

*Carrera divertida GRATIS de una milla para los participantes inscritos. Los eventos 5k son auspiciados por Sweetheart City Racing y no están asociados con UCHealth Healthy Kids Run Series.

Recorridos por tu cuenta:

May – Fossil Creek Park, Fort Collins
June – Chapungu Sculpture Park at Centerra, Loveland
July – Twin Silo Park, Fort Collins
August – Eastman Park, Windsor
Cualquier mez de verano hacer carreras de una milla en un parque que preferir.

Premios para la serie 2022:

Todos los participantes de edad 5+ recibirán una pechera de UCHealth Healthy Kids y ganarán una playera al completar cuatro o más carreras.

Los chicos inscritos de edad 5-12 que completencinco o más carreras también ganarán un trofeo.

*Para ser elegible para los premios, debe registrarse antes del 15 de julio.



Por favor escán el siguiente código QR para información completa sobre la Serie de Carreras



Visita la página healthykidsclub.org

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May Breakfast Menu

May 2022		Cache La Poudre Elementary		
Breakfast				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
<ul style="list-style-type: none"> WGR Pumpkin Bread or Seasonal Loaf Bread Assorted Muffins Assorted Cereal Assortment of Fruit Milk: fat free, 1% Assorted Juice 	<ul style="list-style-type: none"> Breakfast Round Assorted Muffins Assorted Cereal Assortment of Fruit Milk: fat free, 1% Assorted Juice 	<ul style="list-style-type: none"> Whole Grain Cinnamon French Toast Assorted Muffins Assorted Cereal Assortment of Fruit Milk: fat free, 1% Assorted Juice 	<ul style="list-style-type: none"> Cinnamon Toast Crunch Soft Filled Bar Assorted Muffins Assorted Cereal Assortment of Fruit Milk: fat free, 1% Assorted Juice 	<ul style="list-style-type: none"> Whole Grain Waffle, Chocolate Chip Assorted Muffins Assorted Cereal Assortment of Fruit Milk: fat free, 1% Assorted Juice
9	10	11	12	13
<ul style="list-style-type: none"> Mini Cinnamon Rolls Assorted Muffins Assorted Cereal Assortment of Fruit Milk Variety Assorted Juice 	<ul style="list-style-type: none"> Breakfast Sausage Pizza Assorted Muffins Assorted Cereal Assortment of Fruit Milk Variety Assorted Juice 	<ul style="list-style-type: none"> Pancake Sausage Wrap BIC Assorted Muffins Assorted Cereal Assortment of Fruit Milk Variety Assorted Juice 	<ul style="list-style-type: none"> Breakfast Round Assorted Muffins Assorted Cereal Assortment of Fruit Milk Variety Assorted Juice 	<ul style="list-style-type: none"> WW Bagel & cream cheese Strawberry Banana Smoothie Assorted Muffins Assorted Cereal Assortment of Fruit Milk Variety Assorted Juice
16	17	18	19	20
<input type="checkbox"/> No School	<ul style="list-style-type: none"> Whole Grain Cinnamon French Toast Assorted Muffins Assorted Cereal Assortment of Fruit Milk: fat free, 1% Assorted Juice 	<ul style="list-style-type: none"> Breakfast Sausage Pizza Assorted Muffins Assorted Cereal Assortment of Fruit Milk: fat free, 1% Assorted Juice 	<ul style="list-style-type: none"> Breakfast Round Assorted Muffins Assorted Cereal Assortment of Fruit Milk: fat free, 1% Assorted Juice 	<ul style="list-style-type: none"> Mini Cinnamon Rolls Assorted Muffins Assorted Cereal Assortment of Fruit Milk: fat free, 1% Assorted Juice
23	24	25	26	27
<ul style="list-style-type: none"> WGR Pumpkin Bread or Seasonal Loaf Bread Assorted Muffins Assorted Cereal Assortment of Fruit Milk: fat free, 1% Assorted Juice 	<ul style="list-style-type: none"> Cinnamon Toast Crunch Soft Filled Bar Assorted Muffins Assorted Cereal Assortment of Fruit Milk: fat free, 1% Assorted Juice 	<ul style="list-style-type: none"> Breakfast Round Assorted Muffins Assorted Cereal Assortment of Fruit Milk: fat free, 1% Assorted Juice 	<input type="checkbox"/> Orange and yellow striped graphic with the text that reads Hello Summer	
30	31			

May Lunch Menu

May 2022		Cache La Poudre Elementary Lunch		
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
<ul style="list-style-type: none"> • Hamburger & Cheeseburger • Cold Deli Yogurt with Granola • Pb&J Sandwich • Fresh Snap Peas, or Substitute • Corn • Whole Fruit, or Substitute • Grapes, or Substitute • Milk Variety • Assorted Condiments 	<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
9	10	11	12	13
<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"> • Fish Sticks • 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
16	17	18	19	20
<input type="checkbox"/> No School	<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"> • Pork Chop 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
23	24	25	26	27
<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 • Black Beans • Whole Fruit, or Substitute • Fresh Blackberries or Substitute • Milk Variety • Assorted Condiments 	<ul style="list-style-type: none"> • Pizza Bites • 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 	<input type="checkbox"/> last day of school graphic text	<input type="checkbox"/> enjoy your summer graphic	
30	31			