

December 2022

Pirate Pages

DECEMBER CALENDAR

12/1	Young Rembrandts (make up class)	2:35-3:35pm
12/5	Science Matters	2:35-3:35pm
12/6	Lego Stem Class Kiindergarten Open House	2:35-4:05pm 5:30-6:30
12/7	Kindergarten Registration -in person if needed	7:30-3:30
12/8	Young Rembrandts (New session)	2:35-3:35pm
12/12	Science Matters (last class)	2:35-3:35pm
12/13	Lego Stem (last class)	2:35-4:05pm
12/15	Young Rembrandts School of Choice 1 st Round ends 11:59pm	2:35-3:35pm
12/22- 1/4/23	Winter Break	
1/5/2023	Students Return to School	

Cache La Poudre Elementary School

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

Principal

Landus Boucher

Vice Principal
Colleen Worman

General Information

Office Hours 7:15am - 3:15pm

Phone Numbers

Office 488-7600
Fax 488-7676
*If your child is ill or will
not be at school, please
leave a message on the
Attendance line.

School Hours

7:50am - 2:35pm Supervision begins at 7:45am

Preschool

7:40am - 2:35pm

Website

https://cpe.psdschools.org





From the Principal

Dear Pirate Families,

Welcome to December! We hope you were able to pause and share time with those you are especially grateful for over the fall break. We continue to be grateful for your ongoing support and care. With November, came a very magical River Song Choir Concert, a celebration of our artists at PSD's Creative



Endeavors Art Show at the Foothills Mall, special time with Mrs. Prather-Eplee's certified therapy dog, Konza, and school-wide hearing and vision screening!

As we begin December together, feelings of excitement about seasonal changes, holidays, and traditions can be felt in the air. We also find that this time of year can bring changes to routines or additional stressors, which can be dysregulating for us as adults and for our children. With our understanding of brain science, and trauma-informed practice, comes the understanding that dysregulation makes it more challenging to learn and problem-solve. Thank you for working alongside us to provide a calm and predictable learning environment. Your support and teamwork is the best gift of all.

Please remember to send warm and snow clothes with your child. We go outside for recesses at any temperature above 16 degrees. Fresh air and sunshine keep us healthy and happy! If you need support with winter clothing, please let us know.

Warmly,

Landus







Office Notes

Kindergarten info for 23-24

Kindergarten Open House for Cache La Poudre Elementary is December 6, from 5:30-6:30. Parents can meet the kindergarten teachers, see the classrooms and school building and learn what a day in kindergarten may look like. Teachers and administrators will be



available to answer questions and give you an idea of our IB kindergarten curriculum.

Kindergarten Registration began online on November 28, 2022. In person registration is December 7, from 7:30-3:30. Below is the online registration link where you can register and also upload necessary documents including birth certificate, immunizations, proof of address. If you have any questions, please contact the office at 970-488-7600.

https://www.psdschools.org/kinder



School of Choice deadline for 1st round is December 15 at 11:59pm. See the link below that contains information and registration. You do not need to apply for School of Choice if your child is already at this school unless you have moved out of our attendance area, you will need to apply for School of Choice for the 23-24 school year.

https://www.psdschools.org/schools/school-options-choice

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970.420.7163



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Office Notes

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Winter Temperatures

As the weather gets colder, we still take the children outside if the temp is above 16 degrees. Please send your child with coats and winter gear so they will be comfortable outside



Lost in Found

Lost and Found

Please check the lost and found before we go to winter break. We have multitudes of coats, hats, water bottles etc. Also remember to label your child's coats and other items so if they are left somewhere in the building or outside, we can return it to your child.

Coordinator Corner

Hi families,

This month, I'd like to share with you some information about one of the key elements of an IB education, the learner profile. The learner profile is a set of character traits that encompass the attributes of active and caring community members.

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Coordinator Corner

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Here's what the International Baccalaureate Organization says about the learner profile:

The aim of all IB programmes is for students to develop and demonstrate international-mindedness. It is a multifaceted concept that captures a way of thinking, being and acting. Internationally minded students are open to others and to the world, and are cognizant of our deep interconnectedness.

The attributes of the learner profile represent a broad range of human capacities and responsibilities that encompass intellectual, personal, emotional and social growth. The development and demonstration of these attributes are foundational to students becoming internationally minded, active and caring community members who respect themselves, others and the world around them.

Students have a range of opportunities to develop, demonstrate and reinforce attributes of the learner profile in the daily life of the learning community. For example, these opportunities arise:

- as part of the school curriculum—through the transdisciplinary units of inquiry and through subject-specific investigations
- through interactions in a variety of learning spaces—in the library, music room, makerspace through social interactions—break/recess and lunch, sport and interest groups, after school activities during field trips museum visits, interschool sports events, camps
- through school events—assemblies, drama productions, sports days at home and in the wider community—interactions with family, friends, local businesses, sports clubs, interest groups.

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Coordinator Corner

continued

There are 10 learner profile traits and each month we feature a different profile. For the month of December the profile is **principled**. I encourage you to notice and name when your child shows they are principled at home. Using the language of the learner profile helps students identify and use it more often.

Stay curious,

Mandy Parton IB Coordinator Media Specialist

The Learner Profile Traits

Balanced	Caring	Communicator	Courageous	Inquirer
Knowledgeable	Open Minded	Principled	Reflective	Thinker

COUNSELORS CORNER

Dear CLPE families,

We are incredibly excited to introduce to you a new staff member that will be joining us in the next couple of weeks. We will be welcoming Konza to our CLPE team as a Certified Therapy Dog. Konza belongs to our school counselor, Kelsey Prather Eplee, and was rescued when she was 15 weeks old. She is several different breeds, such as German shepherd and husky. She has worked very hard to become a



certified therapy dog with *Caring Canines* and is very excited to become a part of our school community. No matter where Konza is working, she will always be accompanied by an adult. She has all of her vaccinations up to date and has successfully passed a behavioral exam. Below are some benefits of site-based school therapy dogs.

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COUNSELORS CORNER

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What are the benefits of having a school therapy dog(s)? Numerous research studies have shown the benefits of therapy dogs in schools. Therapy dogs have been working in schools across the nation for quite some time now and have at times been a part of our district staff before.

Evidence indicates that benefits include:

- Cognitive- companionship with a dog stimulates memory, problem-solving and game playing.
- Social- a dog provides a positive mutual topic for discussion, encourages responsibility, wellbeing, and focused interaction with others.
- Emotional- school dogs improve self-esteem, acceptance from others and lifts mood, often provoking laughter and fun. Dogs can also teach compassion and respect for other living things as well as relieving anxiety. Dogs help teach social skills, as well as empathy. Dogs have also been proven to increase confidence in students.
- Physical- interaction with a furry friend reduces blood pressure, provides tactile stimulation, assists with pain management, gives motivation to move, walk and stimulates the senses.
- Reading- reading to dogs has been proven to help children develop literacy skills and build confidence, through both the calming effect the dog's presence has on children as well as the fact that a dog will listen to children read without being judgmental or critical. This comforting environment helps to nurture children's enthusiasm for reading and provides them with the confidence to read aloud.

Please contact Kelsey Prather Eplee if your child is allergic to dogs, if you would like to request your child not work with Konza, or if you have any questions. Students working individually with Konza in a counseling setting with Kelsey will be contacted separately with permission forms from both Caring Canines and Poudre School District.

Thanks so much!

Kelsey Prather Eplee kprather@psdschools.org 970-488-7661

Healthy Holiday Strategies (A reprint from last year)

As we head into the holiday season, we wanted to take a minute to share some tips and thoughts around what holidays can bring up for families and children. Many of us are excited to celebrate, have some time off. Children are looking forward to winter break, gifts, treats etc. Even though many things can be fun and positive in the holiday season, it can also bring up anxiety, worry, added stress and anticipation of a significant transition. Below are some ideas for navigating this time of year with the added stress of illness, uncertainty and constant change. The tips below were provided by the American Psychological Association for tips to help parents effectively manage holiday stress:

For many of us, the holiday season can bring an increased sense of family responsibility and, along with it, additional feelings of stress. Advertisements about the joys of the season can seem lost on us as we scurry around trying to do even more than usual. It's easy to feel overwhelmed.

APA suggests these tips to help parents effectively manage holiday stress:

- Strengthen social connections—We know that strong, supportive relationships help us manage all kinds of challenges. So, we can view the holidays as a time to reconnect with the positive people in our lives. Accepting help and support from those who care about us can help alleviate stress. Also, volunteering at a local charity on our own or with family can be another way to make connections; helping others often makes us feel better, too.
- Initiate conversations about the season—It can be helpful to have conversations with our kids about the variety of different holiday traditions our families, friends and others may celebrate. Parents can use this time as an opportunity to discuss how some families may not participate in the same holiday traditions as others. Not everyone needs to be the same. It is important to teach open-mindedness about others and their celebrations.
- Set expectations—It is helpful to set realistic expectations for gifts and holiday activities. Depending on a child's age, we can use this opportunity to teach kids about the value of money and responsible spending. We need to remember to pare down our own expectations, too. Instead of trying to take on everything, we need to identify the most important holiday tasks and take small concrete steps to accomplish them.



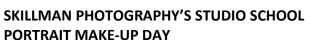
Healthy Holiday Strategies (A reprint from last year)

- Keep things in perspective—On the whole, the holiday season is short. It helps to maintain a broader context and a longer-term perspective. We can ask ourselves, what's the worst thing that could happen this holiday? Our greatest fears may not happen and, if they do, we can tap our strengths and the help of others to manage them. There will be time after the holiday season to follow up or do more of things we've overlooked or did not have the time to do during the holidays.
- Take care of yourself—It is important that we pay attention to our own needs and feelings during the holiday season. We can find fun, enjoyable and relaxing activities for ourselves and our families. By keeping our minds and bodies healthy, we are primed to deal with stressful situations when they arise. Consider cutting back television viewing for kids and getting the family out together for fresh air and a winter walk. Physical activity can help us feel better and sleep well, while reducing sedentary time and possible exposure to stress-inducing advertisements.

SCHOOL PICTURES

Please see below for information on School portraits if you missed the school makeup day.

Skillman Photography has scheduled a makeup day in December at their studio to give those who might have missed a chance to have a school portrait package taken at school. All packages carry a money back guarantee and will be back in 2 weeks or less in time for the holidays. All packages will be delivered to studio and picked up here or mailed.



DATE & TIME: LOCATION:

FRIDAY, DEC. 2, 2022 - 2:00 to 5:00 pm OR SATURDAY, DEC. 3 2021—9:00 to 12:00 pm

Skillman Photography Studio 818 E. Elizabeth,

Ft. Collins, CO 80524
This is for those who missed the picture days
Phone 484-3403

for new packages or retakes.

Email: staff@skillmanphotography.com for more information.

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Music Notes-December 2022

Greetings! We have had an amazing November giving extra focus to Native American music in honor of Native American Heritage month. We played traditional Native American songs on



classroom instruments with Quaver Music's arrangements, and we listened to and described contemporary Native American music by artists like Pamyua and Colorado's own Cary Morin.

RiverSong Choir:

The choir students did an amazing job this year! They learned and performed six songs at their November 15 concert. It was a joy to work with these 3rd, 4th, and 5th grade students. If your student is interested in joining choir next year, watch for details in the fall of 2023!

PSD Elementary Honor Choir

Congratulations to the following CLPE students, who were selected by in-class audition to represent our school at the district honor choir in February and March:

Audrey Baker (4th grade)

Jackson Collins (5th grade)

Julianna Lehman (5th grade)

Congratulations, also, to our alternate, Ania Levin (4th grade), who will attend if any of these students ends up being unable to participate.

Song Requests

Students of all ages can request songs to be used during listening and freeze dance times in music class. In fact, many did so on index cards the first day of music class. If your student would like to request a song at any time, there is a "Request a Song" button on my learning page at https://sites.google.com/psdschools.org/cpe-specials-flail/home I will check all songs for school-appropriate language and content; if there is any question, I will play an instrumental or KidzBop version instead of the regular song. I ESPECIALLY WOULD LOVE TO HAVE KINDERGARTEN FAMILIES REQUEST SONGS!



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Music Notes-December 2022

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Quaver Music:

Students can access their very own Quaver account with activities, games, and assignments at www.tinyurl.com/2022Quaver. 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. This is a fun way to explore music on your own.

PLEASE NOTE: DO NOT access Quaver through the Quaver website-it won't work with our special logins/accounts. Be aware that when you "Sign Out" from your Quaver account, you are often automatically sent to the main Quaver page, but that page will not work for your PSD login. You can click the tinyurl link above, or the Quaver button on the home page of Mrs. Flail's Learning Page. You can also bookmark the page when you are logged in! Let me know if you have questions or problems.

2022-23 Music Programs:

Music Program dates and times are listed below. Students will arrive in their classrooms ten minutes before their performance times. You will receive detailed information about your student's performance starting about one month before the performance date.

Program and Performance Dates and Times (in the CLPE Gym):

Thursday, March 30, 2023

5:45 p.m. Kindergarten Music Program

6:30 p.m. 3rd Grade Music Program

Thursday, April 13, 2023

5:45 p.m. 1st Grade Music Program

6:30 p.m. 4th Grade Music Program

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Music Notes-December 2022

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Tuesday, May 2, 2023 at 6:00 p.m. Modern Band Concert

Thursday, May 4, 2023

5:45 p.m. 2nd Grade Music Program

6:30 p.m. 5th Grade Music Program: 5th Grade Showcase

Modern Band Club will meet during the spring this year, and will be open to students in 3rd, 4th, and 5th grades. More information regarding schedules and registration will be provided after Winter Break.

As always, please contact me with any questions or concerns. I am at CLPE all day on Tuesday and Thursday, and in the morning on Wednesday.

Melissa Flail

mflail@psdschools.org

488-7645

District Advisory Board November Meeting

The November meeting of the District Advisory Board featured two important presentations packed with information for parents. First, we learned about the PSD Future Ready and Work-Based Learning programs which include: career tours, guest speakers, mentorships, internships and apprenticeships. DAB members were encouraged to help PSD recruit more businesses and organizations to participate in these programs. We also learned that all PSD students grades 6-12 fill out Individual Career Academic Plans thru Xello software which helps them explore potential future careers and set goals. Finally, we learned there will be tour of the Futures Lab open to all on 12/8 from 5:30-7pm.

The second presentation at the meeting was an update about the School Resource Officer (SRO) Program at PSD schools. We learned that new standard operating procedures (SOPs), a shift in who handles what type of incidents, and an awareness of systemic problems had resulted in positive change in disciplinary activities within PSD. The district acknowledged that more work needs to be done but the trends are headed in the right direction. Here is a link to the new disciplinary SOP's: https://www.psdschools.org/sites/default/files/PSD/school_safety_security/school_resource_officers/SRO_SOP_June_2021.pdf



December: What's happening in the Art Room?

Big art news! The PSD Creative Endeavors art show is on display from now until January 10. 9 students' works are exhibited at the Foothills Mall. Be sure to drop by while shopping at the mall in the next month.

I'm always excited with what students create in the art room!

Kindergarten: Learning how different artists use tools like lines, shapes, colors and patterns to create their art. Experimenting and exploring art materials.

1st: Talking about and creating parade floats and winter scenes, along with color wheels

2nd: Learning about how artists create their own style. Also, we're working on art to display at LaPorte Pizza and MeOhMy. Artists can enrich their community.

3rd: Learning about printmaking 3 different ways!

4th: Understanding Abstract art and weaving. Neurographic Art

5th: Working on mini art galleries. Each student will create their own mini gallery room and will choose their own theme. I look forward to seeing their individual style ideas!

Thank you so much for supporting the Art Room through our Original Works fundraising program! We are truly grateful for your support to purchase more expensive art supplies!



"Creativity is intelligence having fun!" - Albert Einstein



Sue Awsumb-Conn Art Teacher, Media Tech Teacher Cache la Poudre Elementary School 970-488-7600 saconn@psdschools.org

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December Breakfast Menu

December 2022			Cache La Poudre Elementary Breakfast		
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
			Breakfast Round Assorted Muffirs Assorted Cereal Assortment of Fruit Milk Variety Assorted Juice	Breakfast Calzone Assorted Muffits Assorted Cereal Assortment of Fruit Milk Variety Assorted Juice	
Breakfast Sausage Pizza Assorted Mufflirs Assorted Cereal Assortment of Fruit Mik Variety Assorted Juice	Whole Grain Waffle, Maple Assorted Muffins Assorted Cereal Assortment of Fruit Milk Variety Assorted Juice	French toast sticks Assorted Muffirs Assorted Cereal Assortment of Fruit Milk Variety Assorted Juice	Pancake & Sausage Wrap Assorted Muffins Assorted Cereal Assortment of Fruit Milk Variety Assorted Juice	Sausage & Cheese Bagel Sandwitch Assorted Muffirs Assorted Cereal Assorted Cereal Milk Variety Assorted Juice	
Mini Pancakes Assorted Muffins Assorted Cereal Assortment of Fruit Milk Variety Assorted Juice	Mini Cinnamon Rolls Assorted Muffins Assorted Cereal Assortment of Fruit Milk Variety Assorted Juice	Breakfast Sausage Pizza Assorted Muffins Assorted Cereal Assortment of Fruit Milk Variety Assorted Juice	Cinnamon Rell Assorted Muffins Assorted Cereal Assortment of Fruit Milk Variety Assorted Juice	WG Seasonal Loaf Bread Assorted Muffins Assorted Cereal Assortment of Fruit Milk Variety Assorted Juice	
Whole Grain Waffle, Chocolate Chip Assorted Muffins Assorted Cereal Assortment of Fruit Milk Variety Assorted Juice	French toast sticks Assorted Muffirs Assorted Cereal Assorted Truit Milk Variety Assorted Juice	Breakfast Round Assorted Muffirs Assorted Coreal Assortment of Fruit Milk Variety Assorted Juice	HAVE A GREAT Winter Brenk	No School Today	
26	No School Today	No School Today	No School Today	• No School Today	

December Lunch Menu

December 2022

Cache La Poudre Elementary

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Food Offered Daily: Salad Bar Fruit Salad Assorted Salad Dressings Whole Wheat Dinner Roll Checolate Milk Milk fat free Milk low fat 1% Assorted Condiments	Beef Taco & Rice Chicken Nuggets Turkey or Ham & Cheese Sandwitch ColdDell Yogurt & Goldfish or Pretzels Ph&J Sandwitch Black Beans Mexican Condiments-ELEM Nugget Dipping Sauces	Cheese Pizza Hawatian Pizza Hummus & Veggle Bax ColdDell Yogurt & Goldfish of Pretzels Ph&J Sandwich Com Assorted Italian Condiments
5	6	7	8	9
Chicken Patty Sandwich Turkey Gravy & Roll Cold Delt Meat & Roll Cold Delt Yogurt & Roll Ph&J Sandwich Mashed Potatoes	Penne & Meat Sauce Ptzza Bites Ham or Turkey & Cheese Sandwich Cold Dell Yogurt & Roll Pb&J Sandwich Green Beans Assorted Italian Condiments	Asian Tertyaki Chicken & Rice Pig in a Blanket Ham or Turkey & Cheese Sandwich Cold Deli Yoguri & Roll Pb&J Sandwich Steamed Veggles	Chicken Burnto Grilled Ham & Cheese Ham or Turkey & Cheese Sandwich Cold Dell Yogurt & Roll Ph&J Sandwich Refried Beans Mexican Condiments-ELEM	Cheese Pizza Peppereni Pizza Yogurt Parfait Cold Delt Yogurt & Roll Pb&J Sandwich Steamed Carrots Assorted Italian Condiments
12	13	14	15	16
Chicken Drumstick & Roll Hamburger & Cheeseburger Cold Delt Meat & Pretzels Cold Delt Yogurt & Pretzel or Goldfish Ph& Sandwich Mashed Potatoes		Orange Beef & Rice Chicken & Waffles Turkey or Ham & Cheese Sandwich Cold Dell Yogurt & Pretzel or Goldfish Pb&J Sandwich Steamed Veggles	Homemade Chil & Corn Muffin Chicken Nuggets Turkey or Ham & Cheese Sandwitch Cold Dell Yogurt & Pretzel or Goldfish Pb&J Sandwitch Black Beans Nugget Dipping Sauces	Cheese Ptzza Veggle Ptzza Chicken Caesar Wrap Cold Dell Yogurt & Pretzel of Goldfish Pb&J Sandwich Com Assorted Italian Condiment
Grilled Cheese Sandwich Fish Sticks Cold Delt Meat & Roll Cold Delt Yogurt & Roll Ph&J Sandwich Tomato Basil Soup	Mac & Cheese Lasagna with Beef Ham or Turkey & Cheese Sandwich Cold Delt Yogurt & Roll Pb&J Sandwich Green Beans Assorted Italian Condiments	Cheese Ptzza Pepperoni Ptzza Pepperoni Ptzza Chef Salad & Roll Cold Delt Yogurt & Roll Pb&J Sandwich Peas Assorted Italian Condiments	HME A GREAT Winter Brenk	No School Today
26	27	28	29	30
	No School Today	No School Today	 No School Today 	 No School Today