



February 2023

Pirate Pages

February Newsletter

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>



February 2	4 th and 5 th grade to CSU basketball game Young Rembrandts (new class)	10:30-1:45 2:35-3:35
February 6	Science Matters Pop Bang Fizz	2:35-3:35
February 7	Lego Stem Class	2:35-4:05
February 9	Young Rembrandts	2:35-3:35
February 13	Science Matters Pop Bang Fizz	2:35-3:35
February 14	Lego Stem Class	2:35-4:05
February 16	Young Rembrandts	2:35-3:35
February 20	NO SCHOOL K-12	
February 21	Lego Stem Class	2:35-4:05
February 23	Class pictures Young Rembrandts	2:35-3:35
February 27	Science Matters Pop Bang Fizz	2:35-3:35
February 28	Lego Stem Class	2:35-4:05

We understand the stress
of caring for a sick child.

Our providers are here to help get
your family on the fast track to healthy.



The Youth Clinic
caring for our future generations



Pediatric
Urgent Care
OF NORTHERN COLORADO



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ABOUT YOUR
CHILD'S
EDUCATION?**

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(970) 223-5738**



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Newsletter

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these great companies!



From the Principal

Pirates,

We are fast approaching the 100th day of school. This month we will focus on healthy living with the 5210 School on the Move challenge. This is a wonderful program to help motivate all of us to embrace healthy habits. See below for more information. We also have Valentine's Day activities. Look for direction from your child's teacher as each classroom will celebrate at different times. This is done so as not to impact specials schedules.



As the school year progresses, we appreciate your help in getting your child to be invested in their learning and to understand that participating in class is the best way to engage and learn. Encourage your child to ask questions when something is unclear. Being engaged and asking for help gives teachers feedback about whether they need to try a different approach, slow down or move ahead.

Children become successful students with support at home and at school. We are a model of behavior that our children learn from. Help children understand the importance of being prepared and punctual by having all the materials they need for class and getting to school on time. This will do so much to help them in their educational journey.

Thank you for all of you do to support your children and for giving us the honor of exploring our world with them every day!

Landus

**Fall Youth Club
Registration is
OPEN!**

*Whether you are just dipping your toes
in the climbing world, or looking to
move into competitive climbing,
there is a place for you at Ascent!*

**Clubs fill FAST!
Register today!**

970.999.5596
2150 Joseph Allen Drive, Fort Collins, CO 80525
ascentstudio.com/youth_clubs

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FREE learning tools
and **eResources!**



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poudrelibraries.org/borrow

5210 Challenge

The February 2023 issue of the Healthy Kids Connection is available on the Healthy Kids Club website in both English and Spanish. This issue features information on the 5210+ Healthy Kids Challenge! Go to healthykidsclub.org to read/download the Healthy Kids Connection.

5 2 1 0 Challenge starts now!

The 5210+ challenge is a school-wide program to learn and practice the 5210+ healthy habits. It starts February 1st and goes through the 28th.

What are the 5210+ healthy habits?

5-five servings of fruits and vegetables

2-two hours of less of screen time

1-one hour or more of physical activity

0-sugary drinks+ 9 or more hours of sleep



Look for the information on the yellow tracking logs that come home. Track your habits on your log. Get 80 or more checks and you'll earn a T-shirt. Schools with the highest participation percentage can earn up to \$1000 in prize money.

We are here for your child's health!
¡Estamos aquí para la salud de su hijo!

Schedule your school or
sport physical today!

¡Programe hoy su examen
físico para la escuela o deporte!



Salud
Family Health

(303) 697-2583
(303) MYSALUD

1635 BLUE SPRUCE DR | FORT COLLINS CO

OUR CARE IS DINO-MITE!

MEDICAL • PEDIATRICS • DENTAL • BEHAVIORAL saludclinic.org

What's happening in 4th and 5th grade?



↙ Last month 4th and 5th graders went to the Yes concert at Timberline Church, a great symphony experience.

This month on February 2, CLPE 4th and 5th graders are going to see a CSU basketball game. A very different experience from the Yes concert but music of a different genre. Be sure to get those field trip permission slips in before the 2nd.

5th grade Engineering week is February 16th.

February 22nd-23rd will be the Healthy Hearts presentation to 5th graders by UC Health.

4th Grade Parents

Look for information coming about next year's Eco Week for 5th graders.



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Miss Berry's class

Miss Berry's class celebrated Elf Day with lots of activities and a very small feast with tiny food. 😊

Lots of great learning and fun was had by all!



National Puzzle Day



January 29 was *National Puzzle Day*. Whether it's a crossword, jigsaw, or Sudoku, puzzles engage our brain in more ways than one. Scientists have discovered that when we work on a jigsaw puzzle, we utilize both sides of the brain, improving memory, cognitive function and problem solving skills in the process. By utilizing puzzles, people can stimulate the brain to improve a number of skills. **It also gets everyone off the screen for a while (see Schools on the Move).** If your family

works on jigsaw puzzles, take a picture and send to Trish Rundquist at prundqui@psdschools.org. We would love to show your great work in our next newsletter!

Supporting our Schools



Joe Mivshek

Joe.Mivshek@KW.com

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Music Notes

We are coming into our performing season here at CLPE. We will have several opportunities this spring...please read on and watch your email for more details!



Choir Photo

Students who sang with the **RiverSong Choir** in the fall will take a group picture on February 23 (class picture day). Students should wear or bring their Choir T-shirt to school to wear for that photo (it is okay to wear something else for the class photo and just put the choir shirt over that outfit for the choir photo (Mrs. Flail will have a few extras in case students can't find theirs). Choir parents will receive an email reminder.

Modern Band Club will meet during the spring this year, and will be open to students in 3rd, 4th, and 5th grades. Modern Band will meet on Mondays after school until 3:45 p.m., from Monday, March 20-Monday, May 1, with a concert the evening of Tuesday, May 2. Online applications will be accepted from February 6-24. The club will have a maximum capacity of 35 students; if we have more than 35 applicants, we will select participants via lottery, with priority going to 5th graders. Watch your email and the Music Learning Page for a link to the application form; paper applications will be available upon request.

Brand New! Ukulele Club for Kindergarten, 1st, and 2nd grades

Ukulele Club will meet Tuesdays after school until 3:45 p.m., from Tuesday, March 28-Tuesday, May 2. Ukulele Club will perform on the evening of May 2, in the Modern Band Concert. Online applications will be accepted from February 6-24. The club will have a maximum capacity of 25 students; if we have more than 25 applicants, we will select participants via lottery, with priority going to 2nd graders. Watch your email and the Music Learning Page for a link to the application form; paper applications will be available upon request. We will use classroom ukuleles, so there is no need to own an instrument.

Fifth Grade Showcase

Students in 5th grade have the opportunity to try out during music class as a soloist or small group, to perform in the 5th grade showcase. The 5th grade showcase will feature all 5th graders in full-group songs, along with individuals and smaller groups chosen from these auditions. Tryouts will be in class the weeks of March 20 and March 27, which are the two weeks after spring break.



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Music Notes

continued

Acts will be evaluated based on preparedness, musical quality, overall audience appeal, and school appropriate material. Acts can be vocal, instrumental, and even dance-related, as long as there is a music connection. Students will learn more about the tryouts in the coming weeks. The Showcase is our 5th grade music program, and is on May 4 at 6:30 p.m.

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

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

Modern Band Concert with the new Ukulele Club

Thursday, May 4, 2023

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

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

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

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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.

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



DAB Meeting

The latest District Advisory Board meeting was held on Monday 1/9. The focus of the meeting was informing members about the process of choosing the new literacy curriculum, which will begin use next fall. Important take-aways relevant to CLPE parents:

- The new curriculum isn't just use of new books, it will entail an entirely new way of teaching students to read, and to read well
- The old methodology is called "Balanced Literacy", we will be moving to what's called a "Structured Literacy" approach
- Research indicates this approach will help many young readers who fall behind or fall through the cracks with traditional methods
- This shift is actually required to meet Colorado State guidelines, though PSD would have wanted to change anyway.
- Choosing which curriculum to use is a big and important task, since every K-5 classroom in the district will be implementing it. It is not just what books children use but also what teacher materials are provided, how easy and enjoyable it is for kids to use, what sort of online component exists, and most importantly- how well it will work!
- A committee of teachers from every school plus a number of administrators, parents and diversity representatives, worked multiple days to narrow the potential curriculum applicants down to 3 choices.
- Since the DAB meeting, the district has hosted multiple open-houses to inform parents and other staff about the 3 choices, in order to get as much feedback as they could.
- The Superintendent and school board should be making a final decision by April.
- For more information visit: <https://www.psdschools.org/academics/literacy-materials-adoption>
- Expect to see some exciting changes in your student's literacy/reading work next year!

Art information

IB

Principal Letter

PTO News

PTO NEWS

Upcoming events & activities

Rollerland Night is Friday, February 3, 4-6pm

Join in a fun night exclusively for CLPE families. Note the earlier end time for Friday events. Also, we will select dates for next year soon, so please share your opinion by emailing PTOclpe@gmail.com ... would you prefer Thursdays from 5-8pm or Fridays from 4-6pm or a combo?

SAVE THE DATES for Book Fair & Family Night

Our annual Book Fair is MARCH 3-10 at CLPE and family appointments will be required for select days. We're also happy to return to an IN-PERSON Family Night on

THURSDAY, MARCH 9 with live, magical entertainment, food trucks, student art and of course, the book fair!

Volunteers will be needed—please watch for a sign-up email soon as well as flyers with details coming home.



Random Acts of Kindness Week, February 13-19

The PTO is planning to sponsor some in-school activities that encourage students to both perform random acts of kindness and recognize acts they witness. Help with bulletin boards and more is welcome!

Next PTO meeting is Tuesday, February 28, 8am, CLPE PD Room 150

Monthly in-person business meetings take place the last Tuesday of each month. However, we are testing ways to include a virtual meeting option so more parents can participate.

Stay informed & buy spirit gear

Visit clpe.ptboard.com for PTO announcements, event and meeting info, and to buy fun CLPE spirit gear! Follow us on Facebook, www.facebook.com/CLPEPTO, or Instagram, @clpe_pto. To join the PTO, use this QR code or visit tinyurl.com/clpePTOsignup.



When to Keep Your Child Home

When to Keep Your Child Home Recommendations from PSD Health Services

There are three general reasons to keep sick children at home:

- The child does not feel well enough to participate comfortably in usual activities, or is contagious to others.
- The child requires more care than school staff is able to provide without effecting the health and safety of other children.
- The signs or symptoms are on the list for which temporary exclusion is recommended.

ACUTE ILLNESS:

Fever:

- Temperature of 100 degrees or higher
- Must be fever free for 24 hours without fever reducing medicines

Diarrhea:

- Frequent loose or watery stools within last 24 hours

Vomiting:

- Within the last 24 hours
- Until vomiting resolves or a healthcare provider decides it is not contagious
- Especially if your child vomits before leaving for school in the morning

Coughing:

- Severe uncontrolled coughing or wheezing that is uncomfortable to your child and/or disruptive to the learning process.
- Rapid or difficulty breathing
- In cases of asthma-if symptoms continue despite treatment.

Appearance/Behavior:

- Unusually tired or lacking sleep, pale, or irritable

Eyes:

- Eye redness and/or itching with a fever, excessive drainage, discomfort or eye rubbing.

Ears:

- Ear pain and/or drainage from ear

Rash:

- Body or local rash especially with itching, red bumps, and/or discharge, unless it has been diagnosed and is not contagious.

Sore Throat/Strep Throat:

- Especially with fever, swollen neck glands and/or white areas on throat

Upper Respiratory Infections/Colds:

- If your child has flu-like symptoms or discolored nasal drainage with or without any of the above signs or symptoms of illness.

Please allow 24 hours for all antibiotics to take effect

INJURY or DENTAL ISSUES:

Please consult with your primary health care provider for questions about diagnosis, treatment or concerns.

If a child is having persistent dental pain, please contact a dentist. They will be able to give specific guidelines when it is safe and appropriate for your child to return to school.

Burns:

- The center of the burn is white or charred
- Burn starts to look infected with pus, red streaks, and/or increased tenderness
- Blisters that are greater than ¼ inch in size

Cuts and Scrapes and Puncture Wounds:

- Open wound that may need stitches should be checked and closed within 6 hours
- Wound looks infected with redness, red streaks, swelling, fever and/or tenderness
- Puncture wounds, especially if child does not have current tetanus vaccine.

Head Injury/Concussion:

Contact a healthcare provider if:

- Your child loses consciousness
- Headache, Nausea/vomiting
- Unequal pupils/blurred vision, double vision
- Slurred speech/confusion/excessive drowsiness
- Loss of muscle coordination, such as falling down, dizzy, walking strangely or staggering
- Convulsions/seizures
- Bleeding or discharge from ear/nose

Please note: each child exhibits different signs and symptoms and recovery times vary.

http://rockymountainhospitalforchildren.com/index.php?option=com_content&view=article&id=3156&Itemid=557

Head Lice:

Please contact your school nurse or health tech for information.

12/6/13 DK

This information is based upon the Children's Hospital "Illness Policy: How sick is too sick?"

<http://www.thechildrenshospital.org/pdf/WhenToKeepChildHome-113010.pdf> and existing PSD guidelines. This list is not all inclusive. Our goal is to promote healthy environments for all students and staff. Thank you for your cooperation.

What's happening in the Art Room?

Please welcome our visiting Student Teacher from Colorado State University, Ana Scott. She will be with us until Spring Break!



This year we are exploring the 8 Studio Habits of Mind which influence the state and national standards. But this month, let me explain two of the studio habits: *Observe and Envision*

- ◇ *Observe*: Learning to look more closely at the world around us.
- ◇ *Envision*: Planning and picturing the next steps in an artwork.

This month, students will be learning about the following art concepts:
Kindergarten: Learning about Disney artist, Mary Blair. Creating castles like It's a Small World

- 1st: Finishing their weaving. Clay practice project.
- 2nd: Continue Proportion (micro and macro Georgia O'Keeffe).
- 3rd: Felting and Embellishment
- 4th: Finishing Weaving using a cardboard loom. Understanding Pattern and Texture
- 5th: Mini Galleries, then later, Watercolor techniques



**FREE,
REGISTRATION
REQUIRED**

Garbage Garage

February

Upcoming Events



**1-3
FEB**

100% Recyclable Valentines
Celebrate this year by giving your friends personalized, 100% recyclable valentines! Suitable for all ages.

10:00AM - 11:00AM
12:00PM - 1:00PM



**7
FEB**

Story-time: Oscar and the Bird
Storytime starts at 10:45am with activity to follow. Suitable for preschool aged children.

10:30AM - 11:30AM



**21-23
FEB**

Battery Bonanza
Learn about batteries and how they work! We will also cover battery safety and how to properly dispose of batteries. Suitable for ages 6+.

OPEN HOUSE
10:00AM - 2:00PM



Register at: www.larimer.gov/solidwaste/education/edcenter

February Breakfast Menu

February 2023

Cache La Poudre Elementary

Breakfast

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

- Mini Cinnamon Rolls
- Assorted Muffins
- Assorted Cereal
- Assortment of Fruit
- Milk Variety
- Assorted Juice

2

- Breakfast Round
- Assorted Muffins
- Assorted Cereal
- Assortment of Fruit
- Milk Variety
- Assorted Juice

3

- Breakfast Calzone
- Assorted Muffins
- Assorted Cereal
- Assortment of Fruit
- Milk Variety
- Assorted Juice

6

- Breakfast Sausage Pizza
- Assorted Muffins
- Assorted Cereal
- Assortment of Fruit
- Milk Variety
- Assorted Juice

7

- Whole Grain Waffle, Maple
- Assorted Muffins
- Assorted Cereal
- Assortment of Fruit
- Milk Variety
- Assorted Juice

8

- French toast sticks
- Assorted Muffins
- Assorted Cereal
- Assortment of Fruit
- Milk Variety
- Assorted Juice

9

- Pancake & Sausage Wrap
- Assorted Muffins
- Assorted Cereal
- Assortment of Fruit
- Milk Variety
- Assorted Juice

10

- Sausage & Cheese Bagel Sandwich
- Assorted Muffins
- Assorted Cereal
- Assortment of Fruit
- Milk Variety
- Assorted Juice

13

- Mini Pancakes
- Assorted Muffins
- Assorted Cereal
- Assortment of Fruit
- Milk Variety
- Assorted Juice

14

happy Valentine's day

- Mini Cinnamon Rolls
- Assorted Muffins
- Assorted Cereal
- Assortment of Fruit
- Milk Variety
- Assorted Juice

15

- Breakfast Sausage Pizza
- Assorted Muffins
- Assorted Cereal
- Assortment of Fruit
- Milk Variety
- Assorted Juice

16

- Cinnamon Roll
- Assorted Muffins
- Assorted Cereal
- Assortment of Fruit
- Milk Variety
- Assorted Juice

17

- WG Seasonal Loaf Bread
- Assorted Muffins
- Assorted Cereal
- Assortment of Fruit
- Milk Variety
- Assorted Juice

20



21

- French toast sticks
- Assorted Muffins
- Assorted Cereal
- Assortment of Fruit
- Milk Variety
- Assorted Juice

22

- Breakfast Round
- Assorted Muffins
- Assorted Cereal
- Assortment of Fruit
- Milk Variety
- Assorted Juice

23

- Egg Scramble with Tortilla
- Assorted Muffins
- Assorted Cereal
- Assortment of Fruit
- Milk Variety
- Assorted Juice

24

- Pancake & Sausage Wrap
- Assorted Muffins
- Assorted Cereal
- Assortment of Fruit
- Milk Variety
- Assorted Juice

27

28

February Lunch Menu

February 2023

Cache La Poudre Elementary

Lunch

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

2

3

Food Offered Daily:

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

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

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

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

6

7

8

9

10

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

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

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

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

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

13

14

15

16

17

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

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

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

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

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

20

21

22

23

24

HAPPY President's DAY

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

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

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

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

27

28