



March 2023

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

7:15am - 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>



March Newsletter

March 2	Young Rembrandts	2:35-3:35
March 3	Scholastic Bookfair begins	See information below
March 6	Science Matters	2:35-3:35
March 7	Lego Stem Class	2:35-4:05
March 9	Young Rembrandts	2:35-3:35
March 13-17	Spring Break-No School	
March 20	Science Matters Modern Band	2:35-3:35 2:35-3:45
March 23	Young Rembrandts	2:35-3:35
March 27	Science Matters Modern Band	2:35-3:35 2:35-3:45
March 28	Ukulele Club GASP	2:35-3:45 2:40-4:10
March 30	Young Rembrandts (last class this session) Kindergarten Music Program 3 rd Grade Music Program	2:35-3:35 5:45pm 6:30pm



The Women's Clinic
of Northern Colorado

Schedule Your Appointment Today!

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



**IS YOUR
CHILD
STRUGGLING
IN SCHOOL?**

**CALL TODAY
(970) 223-5738**



CLICK IT

Click on the
Ads in this
Newsletter

...to learn more about
these great companies!



From the Assistant Principal

Dear CLPE families,

Each year, students in grades 3-11 take the [Colorado Measures of Academic Success](#) standardized tests, which assess how students are meeting Colorado's academic standards in each subject and grade level. This assessment provides valuable information for our school and teachers, who use the data to understand where students are in their learning and tailor instruction accordingly. The district also uses these results to measure overall student academic progress and identify opportunities for improvement. CLPE will begin CMAS testing on April 4th. More specific information will come from your child's teacher as we get closer to the testing dates.



To excuse your student from state assessments, you may complete a Parent Excusal form digitally by logging into [ParentVUE](#) and accessing Services Tracker. Instructions and screenshots on how to do this can be found [here](#). Please note that you will need to fill out a form for each subject area.

For more information about state assessments, visit the Colorado Department of Education [website here](#).

Please let me know if you have any questions and thank you for your support.

Colleen Worman
Assistant Principal
cworman@psdschools.org

**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



Office Notes

As February ends, we are already preparing for the 23-24 school year. This involves looking at our current enrollment and incoming and outgoing students. If you know that your child will not be staying at CLPE for next school year, please let the office know asap so we can update our records. This helps us plan for next year. If your family has moved outside the CLPE attendance area during the school year, and you want your child to continue at CLPE, you will need to apply for school of choice for next year. See the link below for school of choice information and to apply. Please note that is the responsibility of the parent/guardian of choice students to provide transportation for their child.



<https://www.psdschools.org/schools/school-choice-process>

5210 Schools on the Move Challenge is over and students can submit your tracking log by March 5 at redcap.link/2023challenge5210 or turn in your paper log to the office. Be sure if you are submitting a paper log that you count all your checks and fill out the front of the log.

NOW BOOKING BIRTHDAY PARTIES!

Be the coolest parents on the block by hosting your child's birthday party at Ascent!

BOOK TODAY!

1.5 hours of climbing
1 hour of party room time
Saturdays & Sundays

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

ASCENT STUDIO

LANDLINE

PREMIUM AIRPORT SHUTTLE TO & FROM DIA

BOOK NOW!

KIDS RIDE **FREE**

12 & UNDER THROUGH MAY 31, 2023
ADULTS \$29

Great Job National Puzzle Day participants!

Grace



Mrs. Worman



Mrs. Dunnion



Ms Kehl



Counseling and Mental Health Team

Hello CLPE families! We are currently working on identifying expected and unexpected behaviors at school with all grade levels. It is important to differentiate with students that there are different expected and unexpected behaviors depending on the setting (school, home, attending a hockey game, etc.). The following worksheets help to guide a discussion that when one or more students do expected behaviors in a specific situation, it usually leads to others feeling happy, safe, focused and ready to learn. It also guides a discussion that when a student is doing unexpected behaviors, it usually leads others to feel uncomfortable, distracted, and sometimes unsafe. Feel free to use these worksheets at home to talk about unexpected and expected behaviors! As a school community, we use Zones of Regulation as a common language to identify emotions (see attached). We also talk a lot about how emotions and behaviors are contagious. For example, when we are kind to others, it encourages others to be kind, as well.

Thank you!

-CLPE Mental Health Team

Kelsey Prather Eplee-School Counselor

Sarah Bolduc-Social Worker

Hannah Anderson-School Psychologist

continued on next page

Reach Parents in Larimer County through our mobile-ready newsletters

Market your business in both Poudre and Thompson school districts.

You gain visibility and targeted, increased awareness; schools gain funds from advertising revenue.

Advertise with The School Newsletter Company
Joe Mivshek 970-420-7163 | SchoolNewsletterCompanyCO@gmail.com



Counseling and Mental Health Team

continued

The ZONES of Regulation™ Reproducible | Expected

Thinking and Feeling About **EXPECTED** Behaviors

Blue, Green, Yellow, Red

(Name a Situation)

When a child is in the **ZONE** during

and his or behavior is EXPECTED, others have thoughts and feelings about the behavior.


(Name a Feeling)

These others might feel

(Name a Thought)

How these others feel might cause them to think

WORD BANK EXAMPLES	
happy	good
comfortable	OK
proud	calm

THOUGHT BANK EXAMPLES	
That kid's doing OK.	
That kid's doing well in the group.	
I'd like to work or play with that kid.	

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From *The Zones of Regulation*™ by Leah M. Kuypers • Available at www.socialthinking.com

continued on next



Supporting our Schools



Joe Mivshek

Joe.Mivshek@KW.com

kW NORTHERN
COLORADO
KELLERWILLIAMS.

970.420.7163





Counseling and Mental Health Team

continued

The ZONES of Regulation™ Reproducible I Unexpected


Thinking and Feeling About **UNEXPECTED** Behaviors

When a child is in the  Blue, Green, Yellow, Red
ZONE during (Name a Situation)




and his or behavior is UNEXPECTED, others have thoughts and feelings about the behavior.


(Name a Feeling)

 These others might feel

WORD BANK EXAMPLES	
frustrated	uncomfortable
mad	OK
sad	worried

 How these others feel might cause them to think (Name a Thought)

THOUGHT BANK EXAMPLES
I don't like what this child is doing.
This child isn't following the rules.
This child is having a hard time.



Counseling and Mental Health Team

continued



To be used with *The Zones of Regulation™* curriculum
Reproducible E

The ZONES of Regulation™

<p>BLUE ZONE</p> <p>Sad Sick Tired Bored Moving Slowly</p>	<p>GREEN ZONE</p> <p>Happy Calm Feeling Okay Focused Relaxed</p>	<p>YELLOW ZONE</p> <p>Frustrated Worried Silly/Wiggly Excited Loss of Some Control</p>	<p>RED ZONE</p> <p>Mad/Angry Terrified Elated/Ecstatic Devastated Out of Control</p>

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April 17th | 5:30p

Hosted by Rocky Mountain High School

Save the Date: Mental Health Matters

Please join Poudre School District for the 8th Annual Mental Health Matters K-12 Event, this year hosted IN PERSON at Rocky Mountain High School. Speakers will address a wide range of mental health topics that effect all grade levels.

More information coming soon.

Brought to you by the PSD
School Healthcare Professional Grant team





PARENT CAFÉ

2023

Join other parents, share stories, build a support network,
& grow friendships

The Parent Café program supports and educates parents and caregivers, utilizing the Strengthening Families Protective Factors that give parents and caregivers the skills and resources they need to parent effectively, even under stress.

- 1. Resilience
- 2. Relationships
- 3. Knowledge
- 4. Support
- 5. Communication

WE HAVE A VARIETY OF CAFÉS FOR VARIOUS SCHEDULES AND SPECIFIC NEEDS

Refer to the back of this page for days and times:

GENESIS PROJECT CAFE: 400 S. LINK LN. FORT COLLINS, TREDHOUSE ROOM
2 GEN CAFE: 501 S. COLLEGE AVE, FORT COLLINS
RECHARD CAFE: RESIDENTS ONLY, 199 ELDER COURT, LOVELAND (COURTHOUSE)
PROOFSIDE CAFE: 1575 EAST 1ST STREET, LOVELAND (COURTHOUSE)
BRANIFF CAFE: 5915 S. COLLIER AVE, FORT COLLINS
LARIMER COUNTY DEPARTMENT OF CORRECTIONS: 1100 MIDPOINT DRIVE (POWDERHORN ROOM)

FOR MORE INFO OR TO REGISTER CONTACT:
KRISTEN CAPORELLI
 970-290-0559
KRISTEN@THEMATTHEWSHOUSE.ORG

<http://tinyurl.com/Parent-Cafes-TM>

*All Cafés are FREE!
Healthy meals included and
children activities provided at some Cafés*



5TH GRADE ENGINEERS

5th graders had engineers from Hewlett Packard visit their classrooms. They learned about different fields of engineering. Working in teams, they were given the challenge to construct paper rockets using simple materials. Then they competed to see which rockets could launch the furthest!



PTO News

PTO NEWS

Book Fair & Magical Moments Family Night

Explore the Magic of Books at this year's Book Fair from March 3-10 at CLPE! Reserve family appointments on select days/times at bit.ly/4FairAppointments. You can set up eWallets for students to shop cash-free at bit.ly/CLPEBookFair23. A portion of our sales will support the library's offerings.

Family Night is Thursday, March 9 at CLPE from 4:30-7:30pm! Enjoy live entertainment including a magician and the Rocky Mountain Raptor Program plus food trucks, student art show and of course, the book fair!

See the enclosed flyer for details. Volunteers are needed—look to your email for sign-up info.

Next PTO meetings are Tuesday, March 28

- Monthly in-person business meetings take place the last Tuesday of each month from 8-9am at CLPE in room 150. Parents can also join virtually at <https://meet.google.com/kue-mhww-dgz>.
- As promised, we are planning an evening meeting also for March 28 (time/location TBD) for parents unable to attend during the day to learn more and get involved. Look for an upcoming email from school with details.

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.



SCHOLASTIC BOOK FAIR

EXPLORE THE MAGIC OF BOOKS

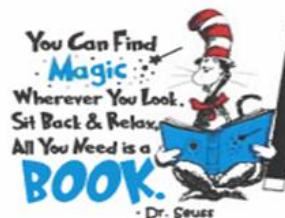
March 3-10, 2023
Cache La Poudre Elementary, Room 150
8am-2:30pm for students/teachers
3-5pm for families, by appointment*

*20-minute family appointments available
Friday; Monday-Wednesday
Sign up at bit.ly/4FairAppointments

Access our Book Fair online at bit.ly/CLPEBookFair23 to:

- ✦ Preview what's available or make purchases on new releases, value packs and more
- ✦ Set up an eWallet so kids can shop cash-free and family/friends can contribute

INCLUDES GAMES FOR
ALL STUDENTS WITH
BOOK PRIZES &
RANDOM PRIZE DRAWINGS
FOR EACH CLASS!



MAGICAL MOMENTS Family Night

Thursday, March 9, 2023
Cache La Poudre Elementary
4:30-7:30pm

Enjoy food trucks, the book fair,
student art show, and live entertainment
featuring magic, comedy and mysterious creatures!



4:30pm - Book Fair & Food Trucks Open
5:30-6:00pm - Raptor Show 1** (gym)
OR... 5:45-6:15pm - Magic Show 1 (library)
Intermission - Enjoy food trucks, shop book fair, view art
6:45-7:15pm - Magic Show 2 (library)
OR... 7:00-7:30pm - Raptor Show 2** (gym)
7:30pm - Book Fair Closes & Event Concludes
**doors to raptor shows close promptly at start time

feria del libro de Scholastic!

EXPLORA LA MAGIA DE LOS LIBROS

3-10 de marzo de 2023
Escuela Primaria Cache La Poudre, Sala 150
8am-2:30pm para estudiantes/maestros
3-5pm para familias, con cita previa*

*Citas familiares de 20 minutos disponibles
el viernes; Lunes-Miércoles
Regístrate en bit.ly/4FairAppointments

Acceda a nuestra Feria del Libro en línea en
bit.ly/CLPEBookFair23 para:

- ✦ Obtener una vista previa de lo que está disponible o realizar compras en nuevos lanzamientos, paquetes de valor y más
- ✦ Configurar una billetera electrónica para que los niños puedan comprar sin efectivo y la familia / amigos puedan contribuir

Incluye juegos para
todos los estudiantes con
premios de libros y
sorteos de premios
para cada clase!



MOMENTOS MAGICOS Noche Familiar

Jueves, 9 de marzo de 2023
Escuela Primaria Cache La Poudre
4:30-7:30pm

¡Disfruta de camiones de comida, la feria del libro,
el exposición de arte estudiantil y el entretenimiento
en vivo con magia, comedia y criaturas misteriosas!




4:30pm - Feria del libro y camiones de comida
5:30-6pm - Presentación de animales raptores 1** (gimnasio)
OR... 5:45-6:15pm - Espectáculo de Magia 1 (biblioteca)
Intermedio - Disfruta los camiones de comida, compra de libros y exposición de arte
6:45-7:15pm - Espectáculo de Magia 2 (biblioteca)
OR... 7-7:30pm - Presentación de animales raptores 2** (gimnasio)
7:30pm - Cierra la Feria del Libro y concluye el evento
**Las puertas de los espectáculos de animales raptores se cierran rápidamente a la hora de inicio

March Breakfast Menu

March 2023

Cache La Poudre Elementary Breakfast

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
		<ul style="list-style-type: none"> • French toast sticks • Sausage Patty • Muffin Assorted & Yogurt Variety • Assorted Cereal • Assortment of Fruit • Milk Variety • Assorted Juice 	<ul style="list-style-type: none"> • Mini Pancakes • Muffin Assorted & Yogurt Variety • Assorted Cereal • Assortment of Fruit • Milk Variety • Assorted Juice 	<ul style="list-style-type: none"> • Egg, Cheese & Bacon Breakfast Burrito • Muffin Assorted & Yogurt Variety • Assorted Cereal • Assortment of Fruit • Milk Variety • Assorted Juice
6	7	8	9	10
<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"> • Mini Cinnamon Rolls • Assorted Muffins • Assorted Cereal • Assortment of Fruit • Milk Variety • Assorted Juice 	<ul style="list-style-type: none"> • Pancake & Sausage Wrap • 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"> • Whole Grain Waffle, Chocolate Chip • Assorted Muffins • Assorted Cereal • Assortment of Fruit • Milk Variety • Assorted Juice
13	14	15	16	17
	• No School Today	• No School Today	• No School Today	• No School Today
20	21	22	23	24
<ul style="list-style-type: none"> • Egg, Cheese & Bacon Breakfast Burrito • Muffin Assorted & Yogurt Variety • Assorted Cereal • Assortment of Fruit • Milk Variety • Assorted Juice 	<ul style="list-style-type: none"> • French toast sticks • Sausage Patty • Muffin Assorted & Yogurt Variety • Assorted Cereal • Assortment of Fruit • Milk Variety • Assorted Juice 	<ul style="list-style-type: none"> • Breakfast Sausage Pizza • Muffin Assorted & Yogurt Variety • Assorted Cereal • Assortment of Fruit • Milk Variety • Assorted Juice 	<ul style="list-style-type: none"> • Mini Pancakes • Muffin Assorted & Yogurt Variety • Assorted Cereal • Assortment of Fruit • Milk Variety • Assorted Juice 	<ul style="list-style-type: none"> • Mini Cinnamon Rolls • Muffin Assorted & Yogurt Variety • Assorted Cereal • Assortment of Fruit • Milk Variety • Assorted Juice
27	28	29	30	31
<ul style="list-style-type: none"> • Whole Grain Waffle, Chocolate Chip • Assorted Muffins • Assorted Cereal • Assortment of Fruit • Milk Variety • Assorted Juice 	<ul style="list-style-type: none"> • Egg, Cheese & Bacon Breakfast Burrito • 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"> • WGR Grahamz Crackers • Yogurt • Assorted Muffins • Assorted Cereal • Assortment of Fruit • Milk Variety • Assorted Juice 	<ul style="list-style-type: none"> • Pancake & Sausage Wrap • Assorted Muffins • Assorted Cereal • Assortment of Fruit • Milk Variety • Assorted Juice

March Lunch Menu

March 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

- Chicken Patty Sandwich
- Chef Salad & Roll
- Cold Deli Meat & Goldfish
- ColdDeli Yogurt & Goldfish or Pretzels
- Pb&J Sandwich
- Steamed Veggies

- Beef Taco & Rice
- Chicken Strips
- Cold Deli Meat & Goldfish
- ColdDeli Yogurt & Goldfish or Pretzels
- Pb&J Sandwich
- Black Beans
- Nugget Dipping Sauces
- Mexican Condiments-ELEM

- Cheese Pizza
- Pepperoni Pizza
- Cold Deli Meat & Goldfish
- ColdDeli Yogurt & Goldfish or Pretzels
- Pb&J Sandwich
- Peas
- Assorted Italian Condiments

6

7

8

9

10

- Meatball Sandwich
- Cheese Calzone & Marinara
- Cold Deli Meat & Roll
- Cold Deli Yogurt & Roll
- Pb&J Sandwich
- Corn
- Assorted Italian Condiments

- Lasagna with Veggies
- Chicken Drumstick & Roll
- Cold Deli Meat & Roll
- Cold Deli Yogurt & Roll
- Pb&J Sandwich
- Green Beans
- Assorted Italian Condiments

- Orange Chicken & Rice
- Fish Sticks
- Cold Deli Meat & Roll
- Cold Deli Yogurt & Roll
- Pb&J Sandwich
- Steamed Broccoli

- Chicken Burrito
- Hot Dog
- Cold Deli Meat & Roll
- Cold Deli Yogurt & Roll
- Pb&J Sandwich
- Refried Beans
- Mexican Condiments-ELEM

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

13

14

15

16

17



• No School Today

• No School Today

• No School Today

• No School Today

20

21

22

23

24

- Chicken & Waffles
- Chicken Caesar Wrap
- Cold Deli Meat & Pretzels
- Cold Deli Yogurt & Pretzel or Goldfish
- Pb&J Sandwich
- Steamed Broccoli

- Chicken Tacos & Rice
- Pizza Bites
- Cold Deli Meat & Pretzels
- Cold Deli Yogurt & Pretzel or Goldfish
- Pb&J Sandwich
- Black Beans
- Mexican Condiments-ELEM

- Asian Meatballs & Rice
- Chicken Patty Sandwich
- Cold Deli Meat & Pretzels
- Cold Deli Yogurt & Pretzel or Goldfish
- Pb&J Sandwich
- Steamed Veggies

- Mac & Cheese
- Cheese Calzone & Marinara
- Cold Deli Meat & Pretzels
- Cold Deli Yogurt & Pretzel or Goldfish
- Pb&J Sandwich
- Green Beans
- Assorted Italian Condiments

- Cheese Pizza
- Pepperoni Pizza
- Cold Deli Meat & Pretzels
- Cold Deli Yogurt & Pretzel or Goldfish
- Pb&J Sandwich
- Peas
- Assorted Italian Condiments

27

28

29

30

31

- Pork Chop Sandwich
- Cheese Ravioli & Roll
- Cold Deli Meat & Roll
- Cold Deli Yogurt & Roll
- Pb&J Sandwich
- Corn
- Assorted Italian Condiments

- Chicken Drumstick & Roll
- Yogurt Parfait
- Cold Deli Meat & Roll
- Cold Deli Yogurt & Roll
- Pb&J Sandwich
- Green Beans

- Tomato Soup & Grilled Cheese
- Fish Sticks
- Cold Deli Meat & Roll
- Cold Deli Yogurt & Roll
- Pb&J Sandwich
- Tomato Basil Soup

- Beef & Bean Burrito
- Hot Dog
- Cold Deli Meat & Roll
- Cold Deli Yogurt & Roll
- Pb&J Sandwich
- Refried Beans
- Mexican Condiments-ELEM

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