

Kendrick Lakes

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January 2018



Welcome Back

Welcome back KLES families! It's great to be back in the swing of things here at school and we are all looking forward to a fantastic 2018.

Since we only have a short bit of January left we have just a few items for our newsletter.

Please look for a full month's newsletter on February 2nd.

Upcoming Events



January 19th – Daughter Dance – 7-9pm at KLES

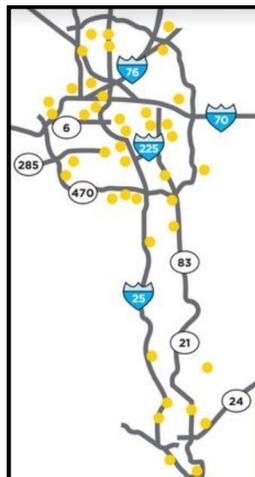
January 21st – Son Bowling - Lucky Strikes Belmar 10-12 p.m.

February 8th – Science Extravaganza - 5-7 pm at KLES

February 9th –Dads & Donuts at 7:30am-8:00am in the KLES Gym

February 16th – Skate City - Friday, February 16th 1:00 – 3:00PM,
Pick up @ KLES from Skate City 3:30pm. Bus Provided.

February 20th – PTA meeting – 6-7pm



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Daughter Dance – January 19th 7-9pm at KLES

Please join us for our 8th annual Daughter Dance. Friday, January 19th, 7-9pm at KLES. The cost is \$8/family in advance or \$10/family at the door. A ton of treats, craft room and roses (additional fee), will be there for you and your special girl. Fathers, Mothers, Family and Friends are all welcomed and encouraged to make this an evening to remember. We hope to see you there!!



Son Bowling

Bring your son to our annual PTA bowling event on Sunday, January 21st 2018.

We will be bowling at Lucky Strike Lanes in Belmar again this year. (415 S Teller St 303-935-5793)

The cost of \$8 per person will be collected at the door and includes one hour of bowling, 2 slices of pizza and 1 drink. Payment will be taken by cash or check.

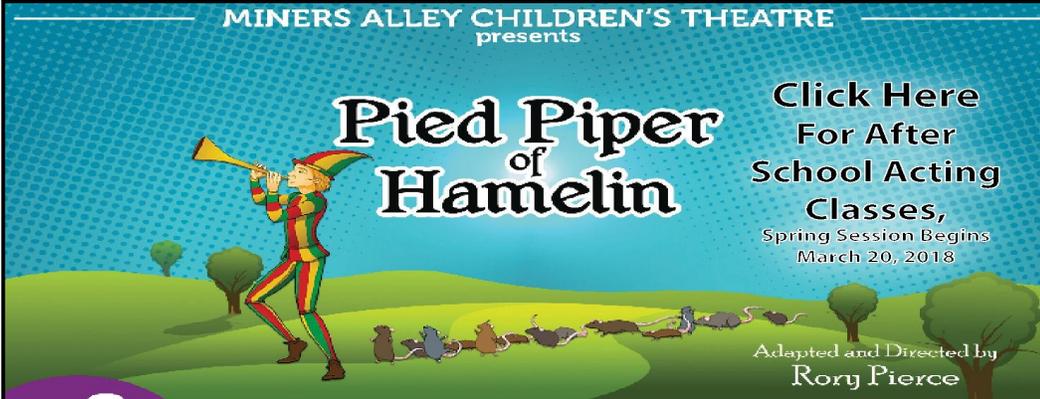
There are two time slots available: 10-11 am or 11 am-12 pm.

Sign-up online at: www.SignUpGenius.com/go/60B054BAAAF2FAB9-sonbowling

Please plan to arrive 15 minutes PRIOR to your time slot in order to get balls and lane assignment.

For more information, contact Amanda Skaja at amandaskaja@aol.com

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Shoe Drive

Help us raise funds by cleaning out your closets this season!

Hosted by: Kendrick Lakes Elementary PTA



How it works: Simply bring in your gently used shoes to the PTA. That's it! Money is raised for your PTA for every pound of shoes donated. All items collected will be sent to developing countries such as Honduras, Nicaragua, Guatemala and El Salvador. Clean out your closets and help your school!

When: Look for brown collection boxes starting January 7, 2018

What we're collecting: Most gently used shoes that do not have holes, stains or excessive scuffing or dirt.

What is not accepted: Insulated winter/snow boots, Foam flip flops, Cleats with metal, Bowling shoes.

If you have any questions, please contact PTA Vice-President Beth Zange-Sellers at btzange@gmail.com, 720-219-4407 or Emily Nichols from World Wear Project at 214-352-5551 x 307, Emily.nichols@worldwearproject.com.



Science Extravaganza!

Join us for the 2018 KLES Science Extravaganza on February 8th from 5-7 pm. During the Extravaganza, our entire school will be transformed into a science museum. Classes will feature "exhibits" designed and run by our students and teachers and the hallways will be filled with "booths" where families can experience hands on STEM activities.

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Dads & Donuts

Friday, February 9th at 7:30am-8:00am in the KLES Gym. Start your day off with delicious donuts and put a smile on your child's face. KLES PTA will serve donuts, fruit, coffee & juice! Hope to see you there!



Skate City

Friday, February 16th 1:00 – 3:00PM, Pick up @ KLES from Skate City 3:30pm. Bus Provided.

February PTA Meeting

Please join us Tuesday, February 20th from 6 to 7pm for our Kendrick Lakes Elementary PTA general membership meeting. PTA will provide dinner and babysitting for all in attendance, including dinner for the kiddos in babysitting. The meeting will be in the library with babysitting in the gym.



Kent Horiuchi, M.D.



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8 Secrets to Keeping Your Family Healthy This Winter

The days are short, the nights are long, and baby, it's cold outside. Here's how to ensure your family stays healthy and happy this cold and flu season.

by: GreatSchools Staff | October 28, 2016

Fill up those tigers' tanks

The chilly, dark winter mornings make it extra challenging to get up a few minutes early to whip up a nourishing, hearty breakfast for the kiddos. But a sugary bowl of cereal isn't the kind of high-octane fuel they need to make it through a demanding school day. The good news? A protein-and-vitamin-packed breakfast can be pulled off with little effort. Opt for simple, nutrition-loaded fare like eggs (keep a couple hard-boiled eggs in the 'fridge for days you're running late), milk, cottage cheese, whole grains, fruit, and yogurt. Want more ideas? Check out these quick-and-easy breakfast favorites.

Wash your hands!

In case you sustain any lingering doubts, the science is in: hand washing helps ward off illness. Danish research found that kids taught proper hand washing techniques and required to wash three times a day missed 26 percent fewer school days and had 22 percent fewer illnesses than kids who weren't trained or required to wash. Find out whether anti-bacterial products are better than soaps and other secrets to a bill of clean winter health.

Take your anti-stress meds

Exercise is just what the doctor ordered when it comes to shaking off stress, which for children can compromise a healthy, growing brain. So take advantage of the nippy weather by going skating, or taking a brisk, pre-dinner walk. Not only will your childrens' endorphins be doing the happy dance, their I.Q.'s will be ramped up a few notches.

continued...

Sponsorship space in this newsletter is extremely affordable! Reach parents in your local community & a significant portion of your investment goes back to the school! Businesses that want to sponsor this school, please contact TSCA at info@tscaschools.com or 970-239-1641.

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FEBRUARY 3, 2018

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East Stapleton | 720-378-4155

*Based on the dentists' diagnosis, free, basic dental services may include the following: limited exam, cleaning, Digital X-rays, fillings, extractions, sealants, endodontic treatment and CEREC crowns/inlays/onlays.

8 Secrets to Keeping Your Family Healthy This Winter, *continued...*

Beware eating no-no's

It's time to do a little math homework to keep your kids in good health this season: Here are foods and drinks you should add and ones you should subtract this winter, including one all-time kid favorite that's actually lowering their immune systems, and making them more susceptible to illness during flu and cold season.

Lunches for learning

Time for some lunchbox truth-telling: last semester, were there more days than not when your child returned home with half his food untouched? If so, time to re-do lunch. After all, if your young learner isn't eating his PB&Js, he's going to be hard-pressed to learn his ABCs. Start your lunchbox revolution with these 7 secrets for school lunch success and find your inspiration with these yummy and (shhh!) oh-so-good-for-'em sandwich alternatives.

Avoiding colds? Don't avoid the cold.

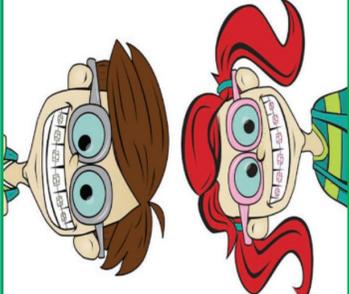
Your parental instincts may be telling you that to keep kids healthy, you should keep them safely out of the cold. But that can mean long hours staring, inert, at a screen, which has multiple negative health implications for your child, including Nature Deficit Disorder. As long as they're dressed warmly, don't hesitate to take a foray into the great outdoors — or even a quick jaunt to your local park. According to the National Wildlife Federation, spending time in nature offers a wealth of health benefits for kids, including helping to prevent sleep deprivation, as children need to be outside in natural daylight to regulate their internal "sleep clocks."

Celebrate the family dinner!

If you haven't gotten around to instituting a regular sit-down family dinner, winter is the perfect time to start a tradition of familial, cozy meals. Not convinced? Here is a great explanation of why the family meal will up your child's happiness and healthiness quota, not to mention her GPA. Along with serving a nutritious meal, learn how you can serve up brain-enhancing conversation and make the entire dinnertime experience — from set-up to clean-up — easier for you and the kids.

Want more A's? Get more ZZZ's.

If your New Year's resolution to make sure the kids get a good night sleep have fallen by the wayside, time to do a sleep check at your house. There's plenty of reason to ensure your children are getting the rest they need. Researchers have found a link between sleep and cognitive abilities. One researcher found that sixth graders who lost just an hour of sleep performed at a fourth-grade level. Other studies show a link between getting enough sleep and higher grades.

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Appreciating Diversity and Keeping Schools Safe

Post date: December 19, 2016

By: Maureen Perkins, Health Resources and Services Administration

Media coverage of social issues has a profound impact on how communities understand and address problems. Research and expert opinion suggest that certain trends in media coverage of bullying have the potential to do harm. In fact, an [analysis of media articles](#) has shown that certain elements of bullying stories are often missing key information, which can lead to misrepresentation of the facts. And, news stories may not be an indication of a trend--journalists are often reporting local incidents.

In light of recent news coverage, it is important to revisit what [science](#)  has shown regarding bullying, how to prevent it, the impact it has on those who bully as well as those who are bullied, and what to do when bullying happens.

Here are some things you can do:

1. [Look beyond differences](#) in beliefs and cultures to appreciate the person.
2. Understand how creating a [healthy school climate](#) that is [safe and supportive](#) can prevent bullying.
3. Ensure that kids understand [what bullying is](#) and [what to do](#) if it happens.
4. Realize that [bullying doesn't only happen in the classroom](#) – it can happen elsewhere in the school, on the school bus, or during extracurricular activities. And cyberbullying can happen anywhere.
5. Know which [groups might be at higher risk](#) for bullying –be aware and build protective factors to prevent bullying.
6. Understand the [warning signs](#) that someone may be experiencing bullying.
7. Engage [school resource officers](#) to prevent bullying and keep schools safe.
8. Know the [federal and legal obligations](#) that school districts have to respond to harassment and bullying.

Schools throughout the United States have been integrating practices that improve school climate and reduce bullying and violence such as social emotional learning and trauma- sensitive approaches. School districts recognize the importance of building empathy and understanding at a young age. This is something whole communities can support and reinforce with children.

While this positive cultural shift is taking place in schools across the country, there are other things schools can do to promote a safe and supportive learning environment. [Classroom meetings](#), for example, can give kids a forum to discuss issues and concerns. Teachers can address anything that could lead to bullying or compromise safety. Classroom rules can also be reviewed as a reminder to students about what is acceptable and what is not.

For teachers, parents, or caregivers who struggle with how to start a conversation about bullying, the free [KnowBullying app](#) can be helpful. The guided conversation starters explore different aspects of a child's life where bullying might become a concern.

And, by following suggested [media guidelines](#), journalists can ensure that the news they are reporting on important social issues, including bullying, accurately reflects the complexity of the events. This will help ensure

Talking with children about acceptance and looking beyond the differences in others can only help in the bigger conversation of prevention. When kids appreciate the benefit that stems from learning and living in a diverse community, there is less interest in labeling what might be different or calling it out to others. It's in that place that prevention occurs and schools stay safe.

Article from [U.S. Department of Health & Human Services](#)

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All funds support KLES PTA activities such as Family Movie Night, Community Breakfasts, Teacher Appreciation, Daughter Dance, Son Bowling, Classroom Technology, After School Activities.....and much more!