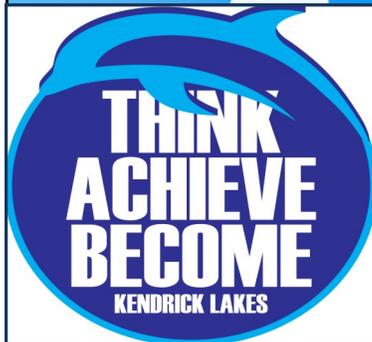


Kendrick Lakes

1350 S. Hoyt St, Lakewood, CO 80232

Phone: 303-982-8324 Attendance: 303-982-8331 Fax: 303-982-8325

November 2017



School Calendar

November 8th: Orchestra Concert 7:00pm- Bear Creek

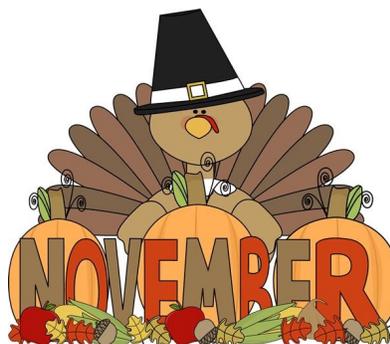
November 8th: Lifetouch picture re-take day

November 10th: Veteran's Day breakfast 7:30am-8:00am

November 14th: PTA/Accountability 6:00pm-7:00pm

November 20-24th : Thanksgiving Break-NO SCHOOL

November 27th- : Students return



GOODTIMES NEW KIDS MEALS

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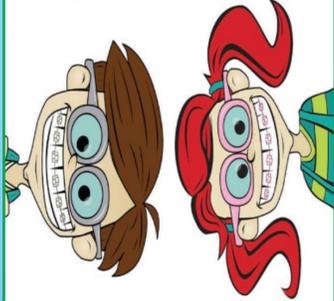
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KLES Reflections Winners

Congratulations to our 2017 KLES Reflections winners! Great job to Isabel Rickard, Demetrios Kennedy, Bo Wood, Hailey Zimmerman, Kiara McBride, Atticus Brown, Charlie Nemeth, Vanicia Thomas, Siena Southhall! Artwork will be displayed at the district art show at Red Rocks Community College on December 3rd from 11am-3pm. Come see all the amazing work from our KLES students and students across the district. Thank you to everyone who participated in this great event.



Reminders

- ✓ As the cold weather is here please remember to bring, hats, coats, and gloves! Also, please remember to take them home at the end of the day, our poor lost & found always is overflowing.
- ✓ When the Orange Flags are hanging outside the doors it indicates and “inside” morning, the students may come into their classroom before the bell rings. Otherwise students are to go to the cafeteria or to the playground until the bell rings.

Clinic

✓ We are in need of Clorox wipe donations. Please and thank you!



November 2017 PTA Newsletter

November 3rd –

Early Release 12:15 pm

PTA Skate City – Bus Provided 1:00-3:00

PTA Chili Cook Off

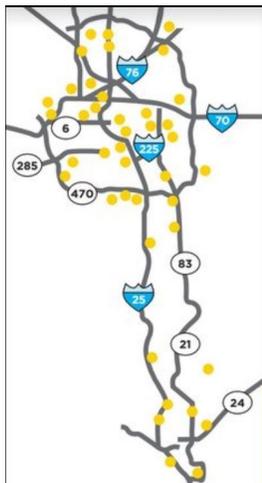
November 10th - Veterans Day PTA Breakfast 7:30 -8:00 am

November 14th –

PTA General Membership Meeting 6:00pm – Guest speaker for Lakewood Police Department

Accountability 7:00pm

November 20th – 24th – Thanksgiving break, no school



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Fun Run Wrap Up

We are so proud of our students, parents, and teachers for helping to make our Fun Run a huge success. This year our Fun Run monetary goal is to be able to fund KLES with as many Chrome Books/ Tablets and in-classroom technology as possible. Our ultimate goal is to provide every student at KLES with one on one technology. We would love to provide classroom would be able to have a computer or device for every student. This would not only be an asset to each student, but the teacher as well. Every child will benefit from this run! Thanks to all the amazing support and participation, we will be able purchase several new carts of Chrome Books/Tablets and provide in class donations for several classrooms. None of this would have been possible without YOU! Thank you!



Skate City

Join us on November 3rd from 1:00-3:00pm at Skate City. Transportation will be provided by the Skate City Bus.

There is a permission slip on the back of the Skate City Flyer that was sent home in the Friday Folder. The permission slip will need to be completed to ride the bus to Skate City and back to the school. There will be a bin at the front desk to collect the permission slips. Multiple kids can be listed on each permission slip.

The school CANNOT accept money for this activity no matter the age of your child. The money will need to be paid at Skate City. The school will not be responsible for lost money.

Snacks and pizza can be purchased at Skate City and are not included in the entrance fee.

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Veterans Breakfast

Please join us in celebrations all Veterans! Friday, November 10th at 7:30am-8:00am in the KLES gym. Please join us as we celebrate and honor our Veterans for their dedicated service to our country.

Breakfast burritos, fruit, coffee & juice will be served. Burritos are \$3 each, FREE for Veterans! Hope to see you there!



November 14th PTA Meeting

Please join us for our general membership KLES PTA meeting on Tuesday, November 14th at 6pm. Daycare and dinner will be provided.

We will have guests from the Lakewood Police Department and juvenile parole divisions. Our speakers will highlight the importance of student safety and drug awareness.



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Sleep - The New Non-Negotiable?

I was working with a client that was trying to figure out how he could get more work done instead of procrastinating and going down the YouTube & Facebook bunny trails. He finished each day feeling anxious and wrapped in guilt that he had not accomplished more. Sound familiar? Maybe you or your student have been on the hamster wheel to nowhere and can't figure out how to get off. After peeling back the onion, what we realized was that he wasn't getting enough sleep. We had to focus on how to wind down his day to setup a good night sleep before thinking about strategies to get his work done.

You have probably seen some of the latest research regarding sleep deprivation and the effects on the brain. Just one night of poor sleep can affect cognitive ability, mood, coordination, attention, decision making, etc. Absent enough rest, the brain functions at a much slower rate and we have trouble concentrating, thinking clearly, and become more emotional. Have you ever noticed when you don't get enough sleep, just finding your keys in the morning can be a struggle? Maybe your sleep deprived kids seem pricklier and more defiant (this also applies to adults.)

Sleeping provides the brain with an opportunity to do a "rinse cycle" and get rid of all the toxins that have accumulated throughout the day. When you go to sleep, the flow of cerebrospinal fluid increases significantly, washing away the harmful toxins and waste proteins that build up between the brain cells during waking hours. These toxins have been linked with [Alzheimer's disease](#). Not only are you removing toxins, sleeping is also what enables your brain to consolidate and move information into long term memory. It is this process that then allows the brain to recall and use information to solve problems. One study showed that teenagers receiving just [18 extra minutes of sleep improved their grades in math and English](#). Even the great inventor Thomas Edison recognized the power of sleep to stimulate new thoughts and ideas. He would put ball bearings in his hand, doze off and when they fell to the ground and the noise woke him up he was able to come up with new approaches. (p. 30-31 a Mind for Numbers by Barbara Oakley, Ph.D.) This explains why our greatest ideas often come to us during our morning shower!

continued...

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Sleep - The New Non-Negotiable, *continued...*

Ok, so now that I've bored you with the science of why it's so important, what is it that prevents us from getting enough sleep? Unless you have Sleep Apnea or some other medical explanation, I've got one word for you...screens! Screens can be anything from browsing the internet, social media, video games, Netflix, youtube, etc... The issue of endlessly pursuing electronic devices isn't unique to our kids or millennials. It does not discriminate by gender, age, or ethnicity. I too have fallen into this trap that takes away from my ability to do my best the following day.

While staring at screens during the day can be detrimental to our productivity and connection with actual human beings, it's at night that it sets us up for disaster when it comes to sleep. It is so easy to get sucked into staying up way past our bed time reading the news or catching up on facebook. The blue light emanating from our devices tricks your brain into thinking its daytime. This keeps it in a higher state of arousal and hyper focus similar to the effect of caffeine or even amphetamines. You might as well just drink a cup of coffee right before going to bed.

"So, am I ok if I just dial up the orange light on my device at night" you ask? It's not just the blue light that causes problems. When you are watching or interacting with a screen, you are increasing the release of certain chemicals into the brain, like Dopamine, and stimulating natural reward pathways that feeds the need for additional gratification. This is why it is so easy to say just 10

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Don't forget the easy ways to support KLES PTA and school all year round! King Soopers/Safeway Cards are available, grab yours before school gets out for summer. These funds contribute to events and programs for the kids for the entire school year. Let us know if you need a card at KLESPTA@gmail.com.



Use a reloadable Kings Soopers gift card at any Kings Soopers or Loaf and Jug filling station for groceries or fuel. EVERYTIME you shop and refill your gift card designated for KLESPTA, King Soopers donates 5% of all funds for Kendrick Lakes PTA! Pick up your card and re load all year round.



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When you shop on Amazon, go to Smile.amazon.com and choose to support Kendrick Lakes PTA. A percentage of your purchase will come back to KLES PTA! Easy Peasy!

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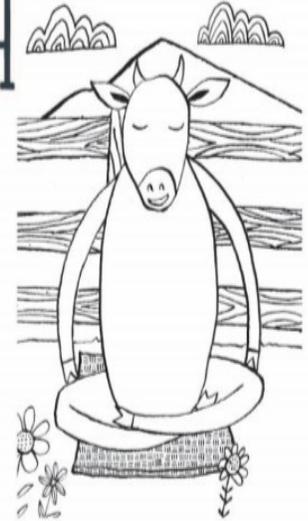
The logo for The School Communications Agency, featuring a red speech bubble icon with three white curved lines inside, and the text "The School Communications Agency" to its right.

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