January 24, 2020

A Message from Principal Schleich

Dear Parents,

We are approaching the time of year when our intermediate students, third through fifth graders, will be participating in the Colorado Measures for Academic Success (CMAS). A question I often receive about CMAS is, “How can I help my child do better on tests?”

Three specific strategies come to mind in the months preceding CMAS testing. First, find out when your child’s tests are to be given. Avoid scheduling appointments or trips during these times. (March 30 through April 16). Second, ask your child’s teacher what you can do at home. There maybe specific areas students can concentrate on to help them be successful. Third, encourage your child to read. Reading is the easiest and best way to prepare children for doing well on tests.

The days before the test or the day of the test, it is important to make sure students get a good night’s sleep and have a good breakfast in the morning. Have your child dress in layers so they are not thinking about how hot or cold they are. Try not to be anxious about the testing. You can say, “This test is important. I know you will try hard and do your best.” Your confidence is contagious.

You can also discuss test-taking skills. Make sure your child knows they can skip a question and move on if they do not know the answer. Answers may become more obvious as they go through the test. It is important to go back and make sure every question is answered. Students need to always check their work carefully and make sure their answers match up with the question.

Practicing for the assessments on-line at home and helping your children learn how to navigate through the tests will go a long way in making sure they are not stuck on the logistics of the assessment so they are able to concentrate on the content. We want our students to perform very well and together, the sky is the limit!

I would like to share a quote from The Happiness Advantage by Shawn Achor. The quote is, “we can only learn to deal with failure by actually experiencing failure, by living through it. The earlier we face difficulties and drawbacks, the better prepared we are to deal with the inevitable obstacles along our path.” (Shawn uses this quote from the book The Pursuit of Perfect from Tal Ben-Shahar). Elementary school is the perfect place for students to lay the foundations for reading, writing and math, but more importantly, lay the foundations for dealing with stress and anxiety and how to be resilient and persevere. Thank you for modeling how to deal with stressful experiences. Your attitude and actions will help your children when they face events and obstacles much greater than those they ever faced in elementary school.

January 20 through Feb 7 is our Quarters for Kids drive. The money raised will go towards Cherokee Trail High School’s Make-A-Wish assembly. Each year CTHS and all of the schools that feed into CTHS raise money to support the Make-A-Wish Foundation to help make very ill student’s wishes come true! Every quarter that our students turn in earns them a raffle ticket where three winners will be drawn to accompany Mr. Schleich to breakfast at the CTHS Make-A-Wish Assembly on Friday, February 14. Thank you for helping us help others and for your support of our Service value at Altitude!

Sincerely,

Scott
WATCH D.O.G.S.
Dads of Great Students

WatchDOGS are fathers, grandfathers, uncles, and other father-figures who volunteer for at least one day each year at an official WATCH D.O.G.S.® school. During the day, WatchDOGS may read and work on flash cards with students, play at recess, eat lunch with students, watch the school entrances and hallways, assist with traffic flow and any other assigned activities where they actively engage with not only their own students, but other students as well. On the day of their participation, WatchDOGS are given a brief review of their involvement and they wear an official WATCH D.O.G.S.® t-shirt identifying them as WatchDOGS.

Come Volunteer Today!! Sign Up Here: WATCHDOGS

COLD & FLU SEASON HAS ARRIVED!

If your child is diagnosed with an infectious or serious illness, for example Flu A, Flu B, Strep, Pneumonia or gastrointestinal issues, please email nurse Barb at healthinfo@thepineschool.org so that we can track serious illnesses at school. Please keep in mind, your child needs to be fever free (below 100°F without fever reducer) and vomit free for 24 hours before returning to school.

If your child is going to be out sick, on vacation, or arriving late, please call Attendance Use: 270-846-4439. If your student arrives after the tardy bell at 8:00am, a parent needs to accompany them into the building because a parent sign in is required.

REMINDER:

Please send your students to school in weather appropriate clothes and shoes. If there is snow on the ground, boots are required to play in the snow. We do keep them inside if it FEELS colder than 20°.

Make-A-Wish®
Quarters for Kids

Every quarter donated earns a chance to win Breakfast with Mr. Schleich

Our Make A Wish kid will be announced on February 7th
Who’s Got Spirit?

We want to extend a Big Moose THANK YOU to Hannah Horonzy for organizing all of the Altitude PTCO Spirit Nights! Thank you to all who went to Papa John’s Pizza.

Panera Bread®

SPIRIT NIGHT
FEBRUARY 11TH
4pm – 8pm

MEETING NOTICE!

PTCO General Meeting
Thursday, February 13 at 6:00pm in the Altitude CLC

It is our Executive Functioning Parent Night! If you are noticing your child having trouble staying focused at home, this special event will help give you strategies to use to improve their attention and increase your student’s ability to focus! We will also be sharing our CCSD’s Future Forward plan to accommodate our growth. You do not want to miss it!
JOIN THE JUNIOR COUGAR POMS

DEVELOPMENTAL DANCE PROGRAM FOR FUTURE CTHS COUGARS

JUNIORCOUGARPOMS@gmail.com

6th-8th Grade
2020-2021 School Year
All levels welcome!

*DANCE
*POM
*TECHNIQUE
*COMPETITIONS
*HALF-TIME
*PERFORMANCES
*TRYOUT
*PREPARATION

6th-8th Grade
2020-2021 School Year
All levels welcome!

*MORE INFO HERE

ENRICHMENT PROGRAMS AT ALTITUDE ELEMENTARY

CLASS DETAILS:
Program Length: 6 weeks
Class Days: WEDNESDAYS
Class Times: 4:45-5:30 PM
Dates: 2/7/3-11/2020
Age Limits: NONE
Grades: K-5
Price: $84

SIGN UP TODAY!!!

REGISTRATION INFORMATION:
Please Register Online at www.colorado.madsscience.org

PHONE: (303) 403-0432 EMAIL: INFO@MADSCIENCE.TV

Coming Winter 2020:
EARTH SCIENCE EXPLORATIONS

From the outer reaches of our atmosphere to the bottom of the sea, get ready to explore our planet like never before in this exciting new after school program! See the world through the eyes of a geologist and learn to spot the differences between rocks and rock types. Discover new plate tectonics and volcanoes and the impact they have on our planet. Did you know that Earth's surface is shaped like a doughnut? Explore the diversity of life beneath the surface of the ocean, and learn what causes lightning and how weather occurs. Weekly classes will cover a wide range of Earth Science concepts including Geology, Meteorology, and more! Pack your bag and get ready for some Earth Science Explorations!

*Classes are held on-site at the school — no transportation needed! Please visit the FAQ on our website for more information!
Cherry Creek School District
Human Resources Multicultural Recruitment Event

“Mirrors, Windows and Sliding Glass Doors.”

Barnes & Noble - Shopspe at the Meadows - 6374 S. Willow Street, Lone Tree, CO 80124
Saturday, January 25, 2020
10am - 4pm

From the work of Student Bishop, "Mirrors, Windows and Sliding Glass Doors," resonates the power of the books and the roles they play in the lives of children. Books are either windows, reflections of or doors to the dreams of children; becoming sliding glass doors which are only used when walk through in imagination have been a part of that world, or with the right conditions of light. Universes become mirrors in which children see their lives reflected and a part of a larger human experience.

The power of books cannot be underestimated and the need for books to reflect our children and community is important to our collective ability to thrive.

Join us as we celebrate our commitment to culture, social justice, and equity through the promotion of books written by authors of color.

Come see what’s important to us as we explore topics of culture, race, social justice, and equity and the opportunity we have as a community to meet the needs of all students.

Engage with us in panel talks, civic conversations and cultural performances and meet educators and community members willing to share their stories, showcasing the richness of our larger world, while highlighting differences that make us unique in experiences.

Interested parties will be able to sign up for a virtual Job Info Session, at a later date, at the event.
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**Ladies**

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**Unisex**

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**Designs**

- Order SPIRIT GEAR Here
- Order CLASS SHIRTS

**Now Offering...**

*FREE SHIPPING*

On All Orders Over $50

Support our school and save all year! Only available on our online Spiritwear Store.
Office of Inclusive Excellence
Cultural Immersion Series

INDIGENOUS VOICES

This class will increase positive awareness and understanding of Indigenous ways of life, as it pertains to CCSD communities. As "Indigenous People" encompasses a multitude of tribes, customs and languages, and geographically located traditions, this course will examine the impact of stereotypes, misperceptions, and misunderstandings regarding the students and families of CCSD. Educators will develop a critical perspective of contemporary/urban Indigenous voices, informed by real lived experiences, and learn ways to interrupt inequitable educational practices.

This course will facilitated by Ms. Donna Chrisjohn, Community Parent Educator

Saturday, February 22nd 9:00 - 12:00 pm SARC  
Tuesday, February 25th 6:00 - 8:00 pm SARC  
Saturday, February 29th 9:00 - 12:00 pm SARC  
Tuesday, March 3rd 6:00 - 8:00 pm Fremont  
* Sat. March 7th History Colorado Museum  
Thursday, March 12th 6:00 - 8:00 pm Fremont

Register on PD Pro

1 CCSD Credit hour is $100

Contact Lisa Drangsholt for more information ldrangsholt@cherrycreekschools.org
FEBRUARY 13, 2020

You Are Invited: Special Education Advisory Committee (SEAC):

Rocky Mountain Hospital for Children Panel
This panel’s goal is to facilitate interactions children with special needs and their parents might encounter in the healthcare and educational environments. The panel will share techniques that have been helpful to them as providers, navigators, parents, and educators. Comments and questions are welcome but be aware the panel will not be able to answer questions on specific personal health information.

Coffee at 9:00 a.m.
We will provide regular coffee from Equal Grounds before the meeting. Equal Grounds is a coffee shop run by students with developmental disabilities in the Transition Program.

An Innovative Look at Nutrition: The Way to the Brain is Through the Stomach

Fueled by the Brain...Emotionally and Physically through Proper Nutrition
- How do I know what foods are best for my body?
- How do I build a healthy, lasting relationship with food?
- What foods improve brain health in my children?
- What foods decrease inflammation, and risk for brain related conditions such as Alzheimer’s?
- Do I need supplements for balanced nutrition?

Learn to optimize your body and brain with food!
- Learn to make confident choices and build a lasting relationship with food
- Learn which positive, lifestyle-focused foods to promote in your home
- Learn how diet and exercise can improve body and brain health

About our speaker
Anne Schwartz, MS, RDN. Ms. Schwartz is a Registered Dietitian Nutritionist at Paramount Health Directors in Cherry Creek. She works with clients of all ages to improve health and relationships with food, and develop sustainable lifestyle skills. She specializes in nutritional counseling, weight management, and disordered eating patterns, and has experience in both adult and pediatric acute care hospitals, as well as outpatient clinics. Ms. Schwartz graduated Magna Cum Laude from Texas Christian University with a BS in Dietetics and a MS in Nutrition.

Parents, educators, and community members are welcome and encouraged to attend PNM’s FREE presentations. No need to RSVP—just come!

Upcoming Events - Mark Your Calendar!
- March 2nd & 8th (PM) Money Doesn’t Grow on Trees: Creating Financially Responsible Kids with Craig Kirby, founder of Moneytree
- April 7th & 13th (PM) Parenting by Temperament: Discovering What Makes Your Kid Tick with Wendy Dibner, author, founder of PeopleWorks Co
- Annual Events, April 26th (AM) The Minds of Boys and Girls, (PM) Saving Our Sons with Dr. Michael Gumon, NYT bestselling author, gender expert, loan researcher, Co-Founder of the Goman Institute