A Message from Principal Schleich

Dear Moose Parents,

Fall break is here! We have many community events coming up that I want to make sure you are aware of. These events can also be found on our school website at altitute.cherrycreekschools.org.

Our first ever Altitude PTCO Auction will take place on Saturday, April 25 at the Heritage Eaglebend Country Club. More information will be coming out shortly but I wanted to put a request out for donations. We would appreciate any donations for auction items, especially if you have access to some larger auction items or experiences. These could include airfare, sporting events, sports memorabilia, lodging packages, golf outings, etc. All donations are tax-deductible! Please help us have the best first auction in the history of Altitude Elementary School by donating items for families to bid on. We will have many teacher experiences, as well as some amazing artwork so please mark your calendar for the first ever Altitude PTCO Auction!

Our annual PTCO Trunk or Treat is Friday, October 25 from 5:00 until 7:00 in the Altitude parking lot. There is a link on our website if you are interested in decorating your car and handing out candy during the event. This is a great opportunity for students to safely trick or treat around our parking lot. Please begin thinking about how to decorate your vehicle and what candy you want to pass out!

Sign up at https://m-signuggageus.com/#/showSignUp/70a0f4aca22a4f58-trunk

Cherokee Trail High School is having Altitude as their special guests for their football game versus Eaglecrest High School. Altitude Night is on Friday, November 1 at Legacy Stadium. The game begins at 7:00pm and we will be sitting on the guest side (east side). Mo Moose will be on the sidelines cheering on the Cougars! Free family passes will be coming home on Friday, Nov. 1 after school. We hope you come out and support the high school Altitude students will be attending!

Our annual Veterans Day Parade will be on Thursday, November 7. Help us honor and support those in the armed forces by celebrating Veterans Day. The world has changed and our freedom and liberty is now more important than ever before. Men and women have fought and continue to fight for our freedom. Please take time to recognize their efforts and support our troops. Celebrate those veterans in your life and thank them for all they have done. We will be recognizing our Altitude Veterans with a display in our gallery. We will be collaborating with Fox Ridge Middle School and Cherokee Trail High School following the same route as last year (see map inside). The parade will begin at 1:15 so bring your lawn chairs and get a good spot! This day is also our Grandparent’s Day at ALT so please invite your grandmas and grandpas to come have lunch with you, enjoy the parade and visit our military museum.

Lastly, I would like to thank all of you who came to our first PTCO/Accountability General Meeting on Thursday, Oct. 10. We discussed the state of Moose Nation, PTCO fundraising efforts, growth, enrollment and our school performance framework. We truly appreciate your support as we look to make Cherry Creek and Altitude even better than ever.

Have a great fall break!
Scott

**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°.
Altitude Elementary
Proudly invites you to attend our
Veterans Day Parade
On Thursday, November 7, 2019
1:15 pm – 1:50 pm PARADE
Bring your chairs and sit along the parade route! Please join us in honoring our Veterans and Service Members!
Influenza (also known as flu) is a contagious respiratory illness caused by influenza viruses that infect the nose, throat, and lungs. Flu is spread from a cold, and usually occurs in the winter. Each year flu viruses cause millions of illnesses, hundreds of thousands of hospital stays and thousands or tens of thousands of deaths in the United States.

Flu can be very dangerous for children. CDC estimates that between 6,000 and 25,000 children younger than 5 years have been hospitalized each year in the United States because of influenza. The flu vaccine is safe and helps protect children from flu.

**What parents should know**

**How serious is flu?**

While flu illness rates vary from mild to severe, children often need medical care because of flu. Children younger than 5 years and children of any age with certain long-term health problems are at high risk of flu complications like pneumonia, bronchiolitis, sinus and ear infections. Some health problems that are known to make children more vulnerable to flu include asthma, diabetes, and disorders of the brain or nervous system.

**How does flu spread?**

Flu viruses are thought to spread mainly by droplets made when someone with the flu coughs, sneezes or talks. These droplets can land in the mouths or noses of people nearby. A person also can get flu by touching something that has flu virus on it and then touching their mouth, eyes, or nose.

**What are flu symptoms?**

Flu symptoms can include fever, cough, sore throat, runny or stuffy nose, body aches, headaches, chills, feeling tired and sometimes vomiting and diarrhea (more common in children than adults). Some people with the flu will not have a fever.

**Protect your child**

**How can I protect my child from flu?**

The first and best way to protect against flu is to get a yearly flu vaccine for yourself and your child.

- Flu vaccination is recommended for everyone 6 months and older every year. Flu shots and nasal spray flu vaccines are both options for vaccination.
- It’s especially important that young children and children with certain long-term health problems get vaccinated.
- Caregivers of children at high risk of flu complications should get a flu vaccine. (Babies younger than 6 months are at high risk for serious flu complications, but too young to get a flu vaccine.)
- Pregnant women should get a flu vaccine to protect themselves and their baby from flu. Research shows that flu vaccination protects the baby from flu for several months after birth.
- Flu viruses are constantly changing and so flu vaccines are updated often to protect against the flu viruses that researchers predict will be most likely to cause illness during the upcoming flu season.

**Is flu vaccine safe?**

Flu vaccines are made using strict safety and production measures. Millions of people have safely received flu vaccines for decades. Flu shots and nasal spray flu vaccines are both options for vaccination. Different types of flu vaccines are licensed for different ages. Each person should get one that is appropriate for their age. CDC and the American Academy of Pediatrics recommend an annual flu vaccine for all children 6 months and older.

**What are the benefits of getting a flu vaccine?**

- A flu vaccine can keep you and your child from getting sick. When vaccine viruses and circulating viruses are matched, the vaccine has been shown to reduce the risk of getting sick with flu by about half.
- Flu vaccines can keep your child from being hospitalized from flu. One recent study showed that flu vaccine reduced children’s risk of flu-related pediatric intensive care unit admission by 74%.

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**Flu Information**

**The Flu: A Guide for Parents**

**Attendance Line: 720.886.4395**

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www.altitudeSpiritwear.com

**Free Shipping**

when you place your order before the website between 8/23/19 - 9/09/19

**Order SPIRIT GEAR Here**

**Order CLASS SHIRTS**
The Cardboard Challenge is a global movement of cardboard creativity inspired by the short film "Galvin's Arcade" (galvinshow.com). It's the inspirational story of one boy's dream and one man's quest to make it happen.

The Cherry Creek Schools Foundation is hosting the 7th Annual Cardboard Challenge, open to all district students from all age groups at no cost. Individuals or groups of students are challenged to create and build using cardboard, recycled materials, and most of all...their imaginations.

On October 20, 2019, the Cherry Creek Schools Foundation will showcase all student entries at Smoky Hill High School from 4:30 to 7 p.m. Three to five finalists in each grade category (K-2, 3-5, Middle School, and High School) will be chosen and the winners of cash prizes will be announced that evening. One winner in each age category will win a prize for participating. You must be present to win.

All entries must be completed prior to the event and transported to Smoky Hill High School on Oct. 20. Cash prizes and awards will be given in each grade category. Doors will open at 4:00 p.m. for students to begin setting up their projects.

GET STARTED BY:

1. Watch the video from last year's Cardboard Challenge at cardboardchallenge.org
2. Complete the registration form online at cardfoundation.org. Please note that up to 300 entries in K-2, 300 entries in 3-5, 100 entries in Middle School and 100 entries in High School grade categories will be accepted as a first come, first served basis by Friday, October 25, 2019. You will receive a confirmation email once you have registered.
3. Judging will be based on:
   - Creativity
   - Use of cardboard and recycled materials
   - Construction of the project

Contact cardboardchallenge@cherrycreekfoundation.org
Or call Talonde Gatez at 720-334-4423 with questions.

Cherry Creek Community Legislative Network invites you to join us for our annual

**Breakfast with our Legislators**

Date: Wednesday, October 23, 2019
Time: 7:00 a.m. – 9:00 a.m.
Place: Cherry Creek Innovation Campus
8000 S. Chambers Road, Centennial 80112

Please join us for breakfast along with members of the Colorado General Assembly representing communities in the Cherry Creek School District.

The focus of this year’s forum is School Funding:

- Proposition CC (TABOR)
- Mill Levy Equalization
- Mental Health Needs
- Local Control

This is a wonderful opportunity to become better acquainted with and ask questions of members from our delegation in an informal setting as we collaborate for a successful 2020 legislative session benefiting Colorado students.


Tours of Cherry Creek Innovation Campus following the breakfast.
(Optional - please indicate on your online registration form.)

Plan extra time if touring: completion by approximately 10:00 a.m.

For more information about the breakfast or CCCLN, please contact:
Laura Pelor at laura.pelor@comcast.net
Parenting the Strong-Willed Child

A clinically proven six-week program for parents of 2-8 year olds. Designed to help you find positive and manageable solutions to your child's difficult behaviors.

This program is a modified version of the Parenting the Noncompliant Child program and has earned the highest marks as a research-based program with proven effectiveness. Parents who have participated in this class report improved child behavior at home and school. Parent-child relationships become more positive.

2013-20 School Year
Pick a location that works best for you:
Each class meets from 6:00 to 8:00 pm

Outback Preschool
September-November
Wednesdays 9/25, 10/2, 10/9, 10/23, 10/30, 11/6
Please note that there is no class on 10/16

Trout Creek Elementary School
October/November
Tuesdays 10/15, 10/29, 11/5, 11/12, 11/19, 11/26

Outback Preschool
January/February
Tuesdays 1/7, 1/14, 1/21, 1/28, 2/4, 2/11

Free childcare provided
on a limited basis
Light snacks will be provided

What you will gain through this approach:

• Understanding strong-willed behavior problems
• How to use reinforcement to create a more positive home
• Specific skills such as ignoring, improving communication, and helping your child solve problems with peers
• Support with giving directions and developing more patience
• Effective use of time-outs and how to help build positive self-esteem in your child

About this opportunity:

• Based on more than 40 years of collective research
• Offers a step-wise approach to improving your relationship with your child
• Allows parents to focus on specific skills and practice them with support

COST:
$300.00 per family – includes a 5.10 workbook fee (Scholarships available for families who receive Free & Reduced lunch – Call 720-554-4247 for more information.)

Additional costs of the program are subsidizes by the CSD10 Wellness Office.

Space is Limited!
Register Online at:
cherrycreek.revtrak.net

QUESTIONS?
EMAIL: adulted@cherrycreek.edu
PHONE: 720-554-4247

Dedicated to Excellence in Education
Cherry Creek Schools
Don’t forget to pack Mo Moose in your suitcase if you are traveling over Fall Break. Tag him in your Facebook pictures so we can follow all of his amazing adventures!