Greetings Moose Nation!

I can hardly believe that we are already writing the October newsletter! Time always goes so fast during this first semester. It has been such a pleasure getting to meet all of you, especially all of our students! What amazing students we have! Such a strong community of learners.

I’ve been able to spend quite a bit of time in our classrooms and out at lunch/recess seeing all of the great learning and activities that make Altitude the best elementary school! For some of you that I’ve not met yet, I wanted to share a bit about myself.

We are originally from Nebraska, and moved to Colorado 6 years ago. My husband is a police officer with the Aurora police department and we have 2 boys (10 & 6) that keep us busy outside of work. Although we’ve lived here for a while now, we still very much feel like tourists, spending our weekends taking in all of the beauty Colorado has to offer.

I come to Altitude with 15 years experience as a teacher, counselor and dean. I have enjoyed the last six years serving as an Assistant Principal in Aurora Public Schools, with the last 4 years in the Cherry Creek School District. I am so thankful to work in such an amazing district that supports learning, growth and success for ALL students.

As the year continues to progress, I look forward to participating in all of Altitude’s special events, as well as watching our student community grow and thrive! It is such a pleasure to serve the Altitude family. Please be sure to stop by and say hello! The door is always open.

Sincerely,

Angie Lore
Assistant Principal
Altitude Elementary

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A Message from Assistant Principal Lore

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*** 2019-2020 COUNT DAY ***

- THE DAY THAT DETERMINES OUR FUNDING -

OCTOBER 2, 2019

Wednesday, October 2nd is a very important day all over Colorado for schools. It is Count Day, this means that the number of students that are present in each school, on this day, determines how much funding the school receives.

We would appreciate if you can avoid scheduling appointments on this day.

School funding helps to ensure smaller class size, more one on one support and helps us to continue to provide quality programs and curriculum to our students.
WATCH D.O.G.S.
Dads of Great Students

Dinner with D.O.G.S.!
This is an opportunity to learn about this great program and meet some fellow D.O.G.S.!

Tuesday October 1st
6:30pm in the Cafeteria.
(Please enter through Door #5, BAS Door.)

Pizza will be provided
Please RSVP no later than Monday 9/30
to tcyr@cherrycreekschools.org
If your child is going to be out sick, please call Attendance Line: 720.886.4395

The Flu: A Guide for Parents

Influence (also known as flu) is a contagious respiratory illness caused by influenza viruses that infect the nose, throat and lungs. Flu can spread from a cold, and usually occurs on suddenly. 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 can 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 for flu complications (like pneumonia, bronchitis, 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 the flu by touching something that has the 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, headache, 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?

This 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 sprays 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 from flu complications should get a flu vaccine. (Starts younger than 6 months are at high risk for serious complications, but too young to get a flu vaccine.)

• Pregnant women should get a flu vaccine to protect themselves and that baby from flu. Research shows that flu vaccination protects the baby from flu for several months after birth.

• Flu vaccines are constantly changing and so flu vaccines are updated often to protect against the flu viruses that research indicates are 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 sprays 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, flu vaccination 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%.

Order SPIRIT GEAR Here

Order CLASS SHIRTS
Destination Imagination (DI) is an extra-curricular activity that is open to all Altitude students who enjoy creative thinking, problem solving, and being part of a seriously committed team. Participation in DI is a three to five month commitment that typically begins in October and culminates at the Cherry Creek DI Regional Tournament. This year, the district tournament will be held on March 14, 2020 at Cherokee Trail High School. Teams that do well advance to the State Tournament held in April, 2020.

Typically, five to seven students comprise a DI team. These teams are often multiage grouped. DI is dependent upon team managers who are adult volunteers. Team managers are required to attend one training in the fall. Teams get together with managers and parents to discuss schedules and find a common time for meetings. Most teams meet in the team manager’s home or school once a week in the early weeks. As the competition nears, the length and frequency of meetings can increase as the team desires.

Interested families are encouraged to put teams together with the necessary adult volunteers. Altitude will support our DI teams! Please contact me if you plan to form a team.

Kiley Eberly
Destination Imagination Building Coordinator
keberly4@cherrycreekschools.org
720-886-4329

Congratulations to our 2018-2019 Altitude DI team, The KFC Glitching Fort Fighters!
Cherry Creek School District
Community Night with the Colorado Avalanche

COLORADO AVALANCHE VS MINNESOTA WILD
Saturday, October 5th • 7:00PM • Pepsi Center

TICKETS START AT $30
NO ADDITIONAL TAXES OR FEES!
Subject to change
TO ORDER TICKETS:
Avalanche.TeamKSE.com/CCSD/

Can’t Make the Game Above? Come to the Back Up!
Monday, January 20th, 2020
Colorado Avalanche vs. Detroit Redwings
TO ORDER TICKETS:
Avalanche.TeamKSE.com/CCSDbu/

For questions please contact Erin Croce with the Colorado Avalanche at 303.405.6136 or email Erin.Croce@TeamKSE.com

PINE RIDGE ELEMENTARY

10 Year Anniversary Celebration

SAVE THE DATE
October 3, 2019 ~ 3:50-5:00
Making Relationships Work: Skills for Families, Friends & Romantic Attachments

How do you prioritize relational health?

- Do you struggle to manage some of your relationships?
- Do you give more priority to helping your children excel in sports than relationships?
- Do you want to equip your family for lifelong success in their relationships?

Learn skills essential for healthy relationships

- Learn how healthy relationships are essential for success throughout life
- Learn to prioritize and manage relational health
- Learn to apply relationship science in every facet of your life
- Like sports and academics – ensure your children are equipped for relational success!

About our speaker

Jonene Mackenzie, Jonene’s energy permeates a room as she delivers expert advice in an easy-to-digest format. She’s the lead author of the nationally-recognized REAL Essentials curriculum and certified over 100,000 educators to empower their students. Jonene graduated from University of Texas School of Nursing and’s a former U.S.A. Air Force Corps 1st Lt. Her credentials in public health make her a valuable member of national boards leading discussion on policy and health standards in schools. Jonene is mother to four grown children and has a special knack for starting belly laughs in her five grandchildren.

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

Upcoming Events - Mark Your Calendar!

- Nov 5th (AM) & 11th (PM) 2019: The Hardest Workers: Identity Learning Difficulties, Create Solutions & Improve Results
- Dec 6th (AM) 2019: Cultivating Mindfulness, Resilience & Wellness with Kandi Gourino, educational leadership consultant & founder of the Excellence Team

Visit www.PAMSced.org for Podcast and Meeting Highlights

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CHERRY CREEK SCHOOLS PARENT ACADEMY

2019-20 School Year

Pick a location that works best for you!
Each class meets from 6:00 to 8:00 pm

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

Outback Elementary School
October-November on Tuesdays 10/22, 10/29, 11/5, 11/12, 11/19, 11/26

Outback Preschool
January-February on Tuesdays 1/17, 1/24, 2/1, 2/8, 2/21

Free child care provided on a limited basis.
Light snacks will be provided.

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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 been awarded the highest marks as a research-based program with proven effectiveness. Parents who have participated in this class report improved child behavior at school and home. Parent-child relationships become more positive.

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 build positive self-esteem in your child

About this opportunity:
- Based on more than 40 years of collective research
- Offers a step-by-step approach to improving your relationship with your child
- Allows parents to focus on specific skills and practice with support

COST:
$60.00 per family – includes a $10 workbook fee (Scholarships available for families whose income falls below the Federal Poverty Level – Call 720-584-4041 for more information.)

Additional costs of the program are supported by the CCSD Wellness Office.

Space is Limited!