Bison Bulletin

Kellie Roe
Principal

Katie Berry
Asst. Principal

1470 Clear Sky Way
Castle Rock, CO 80109
Ph. 303-387-5900

Attendance Line:
303-387-5902

School Day:
9:10am - 4:00pm
Office Hours:
8:30am-4:30pm

Clear Sky PTO

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A Message from the Principal

Dear Parents,

Welcome back! I hope you had a wonderful winter break and were able to enjoy some time with your family. At this time of year we often make resolutions or set goals for ourselves. Personally, I have set a goal to be more mindful (nice might be more appropriate!) in my responses to family and friends on Social Media. Many of our students have also been setting goals for the upcoming year. As I have visited classrooms I have seen kids resolve to practice their music more, move up a math class and be nicer to their siblings. All great goals!

As you are thinking about goals for your family this year, I would like you to consider some research I found regarding screen time. Technology is amazing and useful. I use it everyday! But, it does come with some negatives that would've been hard to predict thirty years ago. That's not to say we should eliminate it, but that we should more closely monitor how our children use it, how often they're allowed to access it, and what type of content they are allowed to access.

An Article I recently read in PsychCentral says, "Not only does it affect the behavior of children, but it also affects the behavior of adults, which, in turn, changes the parenting and teaching that children experience. One of the most prevalent issues in children regarding technology is that it quickly becomes their most coveted possession. That wouldn't be a concern if technology didn't isolate them from their world so much, but the way that it's used, it's not always a healthy reward. Children used to work hard to earn the privilege of playing with their toys or playing outdoors, but now they're working to earn the privilege of using their electronics. When screen time is idolized, face-to-face time with other people is devalued. Fresh air drops to the bottom of the priority list, and playing (and therefore learning) becomes a backup preference. The ideal overwhelmingly becomes to stare at a screen to be entertained.

Continued on Next page……..

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A Message from the Principal

Children are no longer forced to entertain themselves, but are now able to turn off the active parts of their brain to enjoy themselves. By no fault of their own, they've lost a huge piece of their ability to deal with boredom. This cause-and-effect reaction makes learning in the classroom more difficult for kids, which causes frustration, self-doubt, and negative choices. They're less able to use gained social skills to maintain conversations with their peers. This causes avoidance of peer interaction, inability to express emotion to others, and a desire to escape group activities. The biggest problem with technology in childhood behavior, however, seems to be the learned expectation that every need or want can be (and should be) met immediately. Instant gratification becomes the norm, instead of the treat."

I would guess as you read this article that you nodded your head in agreement a few times. I know I did! I am not into beating up parents (I think we do that enough to ourselves!) but I do think we need to be mindful of the impact that technology is having on our kids. Perhaps you can make a resolution to just one day a month, have everyone (parents included) put down the technology and play a game, put together a puzzle, throw the ball around or look at the clouds. Small changes can make a big difference!

As always if you have any questions or concerns please don't hesitate to contact me. Thank you for entrusting us with your children. It is my greatest honor!

Sincerely,

Kellie Roe

Important Dates to Remember:

Tuesday	Jan 15	**2019-20** Kindergarten Registration begins 2-5pm in the front office
Friday	Jan 18	**NO SCHOOL** – Professional Development Day
Monday	Jan 21	**NO SCHOOL** – Martin Luther King, Jr. Holiday
Thursday	Jan 24	Screenagers at CVHS (see blurb below)
Monday	Jan 28	PTO & Spring Event Planning Meeting: 5pm in Library
Thursday	Feb 14	K.I.S.S. Lunch (Kids Invite Someone Special)-more details to follow from Bistro
Friday	Feb 15	**NO SCHOOL**-Professional Development
Monday	Feb 18	**NO SCHOOL** – President's Day Holiday
	Mar 18-22	**NO SCHOOL** – Spring Break!

Don't forget – **Spirit Day is every Friday** – wear your blue, white or gray

****some dates and times may change - notifications will be made by Thursday folders, emails or phone blasts**

****Screenagers** (Growing up in the Digital Age) is being played at **CVHS** coming up on 1/24. It is at CVHS beginning at 6:30 pm. Cost is $3 and you can register at this **LINK.**

FYI - Screenagers is a film that explores how technology and screen time impacts a child's development and how families cope with these challenges.

Raptor Visitor Management

Dear Clear Sky families,

Douglas County School District (DCSD) recently rolled out the **Raptor Visitor Management system** at our school. This system is used by many schools throughout the district and state, and will give us an additional layer of safety for our students. We are committed to protecting everyone at Clear Sky Elementary and this system helps support our commitment.

Here is how the system and our process will work:

- Everyone who is visiting classrooms, joining kids for lunch, or attending a meeting or an event will have their ID/driver's license scanned. The ONLY database that the Raptor system checks IDs against is the sexual predator database. This system does NOT check any other databases.
- All DCSD schools will be using this same system very soon. Once you have scanned your ID at any school location, you will be saved in the system. Therefore, if you forget your ID in your car, DCSD schools that are utilizing Raptor will be able to look you up by your name.
- All guests will be given a sticker to wear while they are in our school that is printed by this system. This sticker will have your name, the photo from your ID, and the date and time.
- Each new school year (in August) we will rescan all IDs for the current school year.

Please remember to bring your ID with you next time you visit the school so we can scan it and get you logged into our system. If you have any questions, please reach out to me and I'll work to find an answer for you.

Thank you for your partnership in keeping our students and staff safe!

Sincerely,
Kellie Roe, Principal

CSE Specials

Art

Hello from the art room! We are knee deep in clay projects this month!

5th graders are creating their own mugs. **4th graders** are learning about Pablo Picasso and creating clay Picasso faces. **3rd graders** are creating clay fish. **6th graders** are learning about Wampum belts, which are beaded belts which were used by Northeastern Native Americans for communication. 6th graders are creating their own beaded belts by creating and following a pattern.

Kindergarten, 1st and 2nd graders are focusing on the winter season by creating penguins, mittens and snowmen. Look for these hanging in the hallways soon!

PE

PE students have been working on Basketball skills such as dribbling, passing, shooting. We've had lots of fun along with some "never give up" moments.

Please make certain your child come prepared for PE with well-fitting athletic shoes. Safety is our top priority and the wrong shoes could make a difference. Recently we have had several students wear shoes 2-3 sizes to big. These students have been running out of their shoes, tripping on their shoes and falling into others. When purchasing new shoes please consider how safe they might be for running, jumping and playing.

Thanks for your help and support!
Ms. Montagriff, PE Teacher

Music

Grades K-3
UKULELES
We will be doing our Ukuleles again. The kids are all excited. Please watch from your students' regular teachers and the music website for snip its of our fun.

Grades 4 -6
GUITARS
Guitars has started. This year we will be working multi-level music that features individual note playing, chords, singing and putting these all together. Big plans ahead.

Singers Concert Choir
3rd – 6th grades

Concert Singers begins 1/15 and meets Tuesdays and Thursdays from 8am – 9am in the music room.
For more information on joining for the Spring, please contact Mrs .Dome at bldome@dcsdk12.org

Jr. Choir Singers
Grades 1 – 2

Jr. Singers begins 1/25 at 8:15am.
The day we meet in the Spring is on Friday mornings.
For more information on joining for the Spring, please contact Mrs. Dome at bldome@dcsdk12.org

Spelling Bee

On January 11th, fifteen spellers from grades 4, 5 and 6 competed for the title of Clear Sky Spelling Bee Champion. The highlight was several rounds of back and forth spelling between two students vying for the coveted top spot! They truly demonstrated their spelling prowess, correctly spelling many words that even we adults would find challenging.

Finally, **fifth grader Michael Lu took home first prize** in round 17, correctly spelling the championship word: *concertina*! Congratulations to Michael who will represent CSE at the District Bee on February 2nd at Castle Rock Middle School. Our **2nd place speller, sixth grader Nathan Glorioso,** will serve as alternate to the district bee. **Third place went to fourth grader Kameron Skaer.**

Congratulations to all fifteen participants who made it to the school bee. We are so proud of all of you!

Health

5 a day: Fruits and Veggies

Challenge for the Month of January: 5 A Day of Fruits and Veggies

To start of the NEW YEAR…let's eat healthy with this month's Challenge. Fruits and vegetables are part of a healthy, balanced diet. It's important that you eat enough of them. Evidence shows there are significant health benefits to getting at least 5 portions of a variety of fruit and vegetables every day. That's 5 portions of fruit and veggies in total, not 5 portions of each. A portion of fruit or vegetables is about 80g or 1 cup. Almost all fruit and vegetables count towards your 5 A Day, so it may be easier than you think to get your recommended daily amount.

Complete the Calendar below and return to the school on or before February 6th.
Class with most Participation is awarded the Health Trophy for the next month.

JANUARY 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

Name: _____ Class: _____

5 a day: Fruits and Veggies

Different types of fruit and vegetables

Fruit and vegetables don't have to be fresh to count as a portion. Nor do they have to be eaten on their own: they also count if they're part of a meal or dish.

These all also count towards your 5 A Day:

- Frozen fruit and vegetables.
- Tinned or canned fruit and vegetables. Buy ones tinned in natural juice or water, with no added sugar or salt.
- Fruit and vegetables cooked in dishes such as soups, stews or pasta.
- A 30g portion of dried fruit, such as currants, dates, sultanas and figs, counts as 1 of your 5 A Day, but should be eaten at mealtimes, not as a between-meal snack, to reduce the impact on teeth.
- Fruit and vegetables in convenience foods, such as ready meals and shop-bought pasta sauces, soups and puddings.

At a glance: what counts?

- 80g= 1cup of fresh, canned or frozen fruit and vegetables counts as 1 portion of your 5 A Day. Opt for tinned or canned fruit and vegetables in natural juice or water, with no added sugar or salt.
- 30g = ¼ cup of dried fruit (this is equivalent to around 80g of fresh fruit) counts as 1 portion of your 5 A Day. Dried fruit should be eaten at mealtimes, not as a between-meal snack, to reduce the risk of tooth decay.

Some portions only count once in a day:

- 5 oz of fruit juice, vegetable juice or smoothie. Limit the amount you drink to a combined total of 150ml a day. Crushing fruit and vegetables into juice and smoothies releases the sugars they contain, which can damage teeth. Juices and smoothies should be consumed at mealtimes, not as a between-meal snack, to reduce the risk of tooth decay.
- 80g = 1cup of beans, lentils and peas. These only count once as part of your 5 A Day, no matter how many you eat. This is because although they're a good source of fiber, they contain fewer nutrients than other fruits and vegetables.

Innovation Lab

During the month of January we are continuing our fourth rotation in the Innovation Lab: Robotics. During this unit, students at all grade levels will be applying their new computer science and computational thinking skills, while using various types of robots.

We will be continuing our work with the LAUNCH Cycle throughout this unit. Below are the design challenges that each grade level will be working on during our robotics unit:

Kindergarten: How might we retell some of our favorite stories using robots?

1st Grade: How might we retell some of our favorite stories using robots?

2nd Grade: How might you create a story using a robot?

3rd Grade: How might you create a "Superhero" float for a LEGO robot parade?

4th Grade: How might you create a robotic vehicle for a superhero?

5th Grade: How might you program the Ozobot to run a mini golf course?

6th Grade: How might we redesign _____ (name of game) to include an Ozobot?

Want to learn more about Design Thinking or LAUNCH?

Visit these two resources:
Design Thinking - **https://www.ideou.com/pages/design-thinking**
LAUNCH - **http://thelaunchcycle.com/**

Want to donate?

We are always looking for materials, expertise, and extra hands!

We are currently looking for the following items: Clorox Wipes, Rechargeable AA or AAA Batteries, an old Operation game...we need it for dissection, LEGOS, Snap Circuits, and board games (even if they are missing pieces we can use them).

Visit out updated Google Doc (**https://goo.gl/3RlMpJ**) to see what materials we need. If you want to volunteer your time, please feel free to contact me. You will find a form on the "Maker Program Materials" page.

Jennifer
Innovation Lab Specialist @ CSE
STAR Discovery Educator & LC Member
BrainPOP Jr. Technology Advisor
http://www.theteacherscorner.net

CAMP INVENTION Returning to Clear Sky!

Introducing our NEW 2019 program,SUPERCHARGED!

Camp Invention is a high-energy, hands-on STEM camp. Unmask your child's creativity this summer in the all-new Camp Invention® program, Supercharged, where children build confidence, learn to collaborate and transform their wild imaginations into epic creations. Campers in 1st-6th grades will learn creative problem-solving skills while coding and programming futuristic robots, uncovering ancient fossils, designing high-tech superhero gadgets and exploring radio frequencies. CSE educators will lead this action-packed program featuring exhilarating, hands-on STEM activities teaching children to question, explore, break through obstacles and embrace failure!

Your child will love what's in store this year:

CREATIVE PROBLEM SOLVING - Children team up to rebuild ships and design underwater equipment in Deep Sea Mystery™.
STEM APPLICATION - In DIY Orbot™, participants explore circuit boards, motors and gears as they design a remote-control bot to take on obstacles from sports to dance.
INNOVATION - Children collaborate with inventor superheroes and take on the role of engineers, fabricators and innovators to conquer villains in Innovation Force™.
CONFIDENCE - Kids become successful entrepreneurs in Farm Tech™, as they code bots to turn a polluted wasteland into a money-making machine and create devices to save animals.

THE DETAILS:

Camp Invention will run June 3rd-7th, 9:00AM-3:30PM. Base price for the camp is $240 with early registration and returning camper discounts are available! Register and find current promotions at invent.org/camp or call 800.968.4332.

You can also contact Mrs. Jensen, the Innovation Lab teacher here at CSE. We are looking forward to another fun week!

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!

Want to sponsor this school? Please contact Rob Mangelson at Rob@tscacolorado.com or (720) 878-4107.

English Language Learner (ELL) Update

Aurora Green
Aurora.green@dcsdk12.org

303-387-5954

Abeer Sawaged
abeer.sawaged@dcsdk12.org

Dear families,

We hope that you've enjoyed the love and laughter of your family's traditions over break and feel refreshed as we begin learning next semester. We feel privileged to be a part of your child's language learning and school success. Everything we do through our ESL program revolves around the significance of academic language and how to empower language learners to reach for success.

One way we monitor our students' progress in acquiring academic English is through ACCESS for ELLs (Assessing Comprehension and Communication in English State-to- State for English Language Learners). It is a secure large-scale English language proficiency assessment given to Kindergarten through 12th graders who have been identified as English language learners (ELLs).

This year our ACCESS testing window is January, 14th through February, 15th. Please be sure your child has plenty of rest and time for a nourishing breakfast.

Please don't hesitate to call us with any questions or concerns!

Queridas familias,

Esperamos que haya disfrutado el amor de las tradiciones de su familia y refrescado a medida que comenzamos a aprender el próximo semestre. Nos sentimos privilegiadas de ser parte del aprendizaje de idiomas y éxito escolar de su hijo. Todo lo que hacemos a través de nuestro programa de ESL y cómo capacitar a los estudiantes de idiomas para alcanzar el éxito.

Una forma de monitorear el progreso de nuestros estudiantes del inglés académico es a través de ACCESS para ELLs (Evaluación de comprensión y comunicación en inglés. Se trata de un seguro de gran escala Inglés. Evaluación de la competencia lingüística entre los estudiantes de kinder hasta el docena año, nuestra ventana de pruebas de ACCESS es del 14 de enero al 15 de febrero. Por favor asegúrese de que su hijo tenga un montón de descanso y tiempo para un desayuno nutritivo.

Por favor, no dude en llamarnos con cualquier pregunta o preocupación!

Important Information

Kindie Enrollment

Kindergarten enrollment begins Tuesday January 15th at 2pm. Packets will be accepted in the front office from 2pm-5pm **ONLY** on January 15th.

After January 15th packets will be accepted during office hours from 8:30am-4:15pm on school days.

Questions about registration maybe directed to **kanoi.oili@dcsdk12.org**

Enrollment packets are available in the front office or on our school website **www.clearskyelementary.com**

Health Room News

It's that time of the year for coughing, sneezing, stuffy noses, and tummy aches...yuck! Parents please remember to keep children home if they are feeling under the weather.

HEALTH NOTES FROM DCSD NURSES:

Quarterly Newsletter Link

Spring Clubs

Spring Clubs are here! Are you looking for a fun club to join here at Clear Sky!

Check out our Spring Clubs and sign up today. Deadline is January 31st.

https://goo.gl/forms/m8SpwgPIYX6GiaBL2

Attendance Policy

Guidelines for Determining Student Attendance
A student should be sent home if they exhibit any of the following:

- Skin eruptions / rashes
- Nausea / vomiting / diarrhea
- Severe abdominal pain
- Fever of 100 degrees or higher
- Eye drainage (excessive drainage and significant discomfort)

Other conditions that are indicators of illness and are considered when determining illness:

- Decreased activity – droopy, tired appearance
- Irritable behavior
- Sore throat / swollen glands
- Runny nose / cough

When can a child return to school?

After **24 hours** of medication for the following conditions:

- Strep throat
- Infected skin eruptions
- Other conditions requiring antibiotics
  - Exception: If being treated for Pertussis, student must be on antibiotics for 5 days before returning to school

The student has been free of the following conditions for at least **24 hours**:

- Fever **(without benefit of fever-reducing medication)**

The student has been free of the following conditions for at least **48 hours**:

- Diarrhea
- Vomiting **(related to stomach virus such as norovirus)**

Linh Barger
303-387-5909
Linh.barger@dcsdk12.org

Free parenting class

When "Because I Said So" Doesn't Work Anymore:

Parenting Beyond Consequences

It's not easy to be a parent in today's world.

FREE PARENTING CLASS

'When Because I Said So Doesn't Work' - Parenting Beyond Consequences is an evidenced based curriculum that offers a trauma informed approach to help even the most difficult children find the stability they need to thrive. Based on neuro-scientific research on emotions and behavior, the Beyond Consequences Model provides a simple yet powerful way to help children with severe behavior issues—both at home and in the classroom. This model has been shown over and over to provide families the solution they've been looking for after years of "trying everything and nothing worked."

This class is targeted for parents of truant elementary and middle school students, but could benefit any parent/family who are seeking new approaches to difficult parenting situations.

Mesa Middle School
365 N Mitchell Street
Castle Rock, CO 80104
Classes meet on Tuesdays, 7-8:30pm

Session 1:
January 22 – March 19

Or

Session 2:
March 26 – May 21

Sign up today!

Questions:

Diana Gappa

Call: 303-387-0702

Email:
diana.gappa@dcsdk12.org

Scan here to register:

Or call / email Diana Gappa

6th grade

Our next planner will be called "We A.I.M to Game. A.I.M stands for Aztec, Inca, Mayan.Our question is "How can we, as historical game designers, create a game for our peers?" During this project students will explore and investigate the cultures of Aztec, Inca, and Mayan civilizations and how their societies evolved over time. They will apply the five characteristics of civilization to create a game to be played with their peers. We are very lucky to have our 6th grade buddies from Soaring Hawk coming to play our created games with us. We will be focusing on critical thinking skills and collaboration skills. Our novel for this PBL is the Westing Game by Ellen Raskin.

Students will start by playing games in the classroom to understand how to write rules and to identify the characteristics of an engaging game.

Please mark your calendar for two important meetings coming up this month.

- First, on the 22 of January we are having a meeting for Outdoor Education. Stone Canyon will be here, in the Bistro, to give a presentation and answer questions. It will begin at 6:30 pm.
- On the 29th, CRMS will be having a meeting at the middle school to go over how to register for classes. It will start at 6:00 pm.

Student Council

Student Council sponsored a bake sale in December to benefit the Cystic Fibrosis Foundation and raised $561.17. A check will be presented to the Foundation by the Stiversons, a CSE family.

Student Coucil has taken on the task of managing our Lost & Found items this year. We have an overwhelming amount of lost jackets, sweatshirts, lunch boxes and water bottles that regularly overlow our Lost & Found cabinet in the main hallway. Most of these items do not are not marked with a name so we are not able to return them to their owners.

Please stop by and check our cabinet for any missing items. Our next donation of unclaimed items will be on Tuesday, January 15th. Thank you!

CLEAR SKY PTO

PTO Update | January 2019

Please join us for a night of fun!!

Our 4th Annual Spring Event - A Clear Sky Night is coming up on Saturday, April 13th, 2019 from 7:00 PM to 11:00 PM.

This year's event will be held at the Grange, right here in the Meadows! We will have a silent auction, balloon pop, buffet, cash bar, DJ, door prizes, and so much more! Tickets are $30/each. Tickets are limited so get your tickets now!

https://events.handbid.com/auctions/a-clear-sky-night-2019

Can you help us with a donation for our silent auction or balloon pop? Please sign up using the link !!
https://www.signupgenius.com/go/20F094EA5AE2BAAF85-spring1

- Please join us on January 28th for the Spring Event and General PTO Meetings. Both will be held in the library. Spring Event Meeting starts at 5 pm and PTO Meeting begins at 6 pm. Everyone is welcome!
- Mark your calendars for Wednesday, February 6th for Rita's Spirit day! Stop by between 12pm-9pm.
- We have 1 youth large Spiritwear t-shirt left for $11. Please contact **CSEPTOpresident@gmail.com.**
- King Soopers reloadable gift cards are also available. Contact **CSEPTOpresident@gmail.com** if you would like one.

We encourage you to follow our CSE PTO in these ways:

Facebook: https://www.facebook.com/ClearSkyElementaryPTO/
Website: http://www.csepto.com/
Email blasts: Sent out each week by Susan Snider in the front office, these email blasts will contain information about upcoming PTO needs and planned activities

The Bison Blog
Sign up for blog updates

DCSD Community Events presented by The Foundation for Douglas County Schools

- DCSD Community Days at the National Western Stock Show January 12-27
  Use PROMO Code: DOUGCO
- DCSD Community Night with the Colorado Mammoth: Saturday, February 16th Tickets starting at $10/No taxes or fees
- DCSD Community Day with the Colorado Avalanche: Saturday, March 9th Tickets starting at $25/No taxes or fees.

For more information about Foundation Sponsored Community Events please go to:
www.foundationdcs.org

community support for students and teachers
THE FOUNDATION
FOR DOUGLAS COUNTY SCHOOLS

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December Memories