



LITTLE BEARS' WEEKLY NEWSLETTER

The vision of Dolores Elementary School is to provide an educational foundation that fosters personal success through an innovative and positive learning environment.

In the news...

From our health safety expert:

Thank you for being so diligent about keeping your ill students home, that is so appreciated. Please continue more now than ever. If they are not 100% well, please let them stay at home. We are seeing a lot of minor cold/allergy symptoms like stuffy or runny nose causing a sore throat, and with COVID symptoms being so mild in children, we want to be cautious that it does not spread to others.

Also, please be alert for communications from the school via phone calls, emails, and App updates. The Health Department notifies us immediately if there are people who need to quarantine, and those affected need to leave immediately- *even in the middle of the school day.*

Only people in direct contact with a person that tested positive will be quarantined. If you have not received notification from the school or Health Department that you cannot return to school, then you are free to attend school.

Thank you,
Denese Brisbin
Dolores schools RN

Technology update:

If you do not have consistent internet availability, remember that our students' Chromebooks will connect for free internet anywhere outside of the school's campus, or at the preschool, or the district office.

Thank you!

Principal's Corner

Dear Little Bear Families,

We enjoyed another wonderful week of in-person learning last week and are so grateful for every minute! I'm including more pictures from Halloween lessons and other experiences below. I think it's important to remember that socialization, especially during the holiday season, offers many necessary learning experiences for our students!

I also want to acknowledge the concerns about our second grade team being quarantined. This was the first situation we've faced with a student being positive. The student, family, and our staff members did everything right, and we hope that means no one was put at risk while this student was in our building. In order to keep exposure even more contained, we are also separating classes during lunch in the cafeteria. This will keep whole grade-levels from facing quarantine if someone tests positive in the future. Only the class members would be quarantined, then, instead of the whole grade. Also, to clarify, only people directly exposed to the person with Covid would be quarantined, not siblings and family members.

Please remember that all people in the building must comply with regulations and that we also have online learning options available. Please contact me directly to discuss online options.

Our staff members and families truly amaze me! Messages went out about our second grade's quarantine last night, and almost all of our staff immediately reached out to find out how they could help. The second grade team worked from home today, while teams still in the building put together bags of materials and supplies for families to pick-up. Families were awesome to pick up almost all of the materials today and have been very understanding about our situation. Again, I must say how grateful I am for our Little Bear Family!

Much love and thanks,





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Lurleen McCormick

Upcoming events:

- **Nov. 11th** - Veteran's Day - School in Session - Parade cancelled
- **Nov. 12th** - Dolores School Board meeting at 6:00 PM. Thanksgiving feast for students in cafeteria, and Mrs. Shue's last day
- **Nov. 13th** - No School (Professional Development for Teachers)
- **Nov. 18th** - Picture Retakes
- **Nov. 23-27** - Thanksgiving Break
- **Nov. 30th** at 5:30 via Google Meet - Next District Accountability Committee (DAC) meeting. For information, go to our district website: <https://doloresschools.org/district-accountability-committee/>
- **Dec. 3rd** at 6:00 to 7:00 pm - **Virtual Parent night** to educate ourselves about the dangers of drug abuse for our children

Other Announcements

THANK YOU LINNEA PETERSON, CLAIRE VASS AND EVERYONE AT THE DOLORES FOOD MARKET FOR DONATING PUMPKINS FOR OUR 5TH GRADERS:



Counselor's Corner

Hello Little Bear Families!

I'm sad I missed most of Red Ribbon Week due to being quarantined (NO, I wasn't sick; it was a 2nd hand exposure), but it was so much fun to come back to school and see all the colorful pledges and posters all over the school. The Poster contest Winners were:

1st Place-Matthew Vega, 2nd place-Alexis Simmons, 3rd place Riegan Hofman and 4th place Keeleigh Adams. Mr. Werner got an honorable mention for doing a slam-dunk of a job! They all did such a





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great job . . . and all of the poster entries looked great!

This week's guidance lesson is on how to make friends.

Dr. John Gottman, the world's leading authority on relationships, did a study on kids. They brought huge groups of children who did not know each other into big gyms full of toys and fun things to do. Then they just videotaped them all to study what the kids who made friends did that the kids who didn't make friends didn't do. They repeated this many times over a long period. What they found was that all the kids who made friends did 3 important things that the other kids did not do.



#1. They were OPEN. Being open means you are smiling, waving, making eye contact, and asking them how they are doing. In short, you are letting the other person know you are interested in being friends.

#2. They found things in common. It doesn't have to be a lot, even simple things like happening to wear the same item of clothing one day, or perhaps having the same aversion to something! Have your kids practice asking questions like, "What's your favorite _____? Or Have you ever _____?" until they hit on a thing or two. Remind them to make it easy on the other person. If you like the exact same sport . . . at least you both like sports!



#3. And last, but not least, they had fun together. It seems basic, but I notice so many kids worried about getting their way, making sure things are perfectly fair, or going first, that I have to ask them, What is more important? Getting your way or making sure the other kids have fun being around you? They know the right answer, but an occasional reminder will help them to keep their eye on the bigger picture.

Even if making friends comes naturally to them, knowing these steps can help them in awkward situations or with difficult



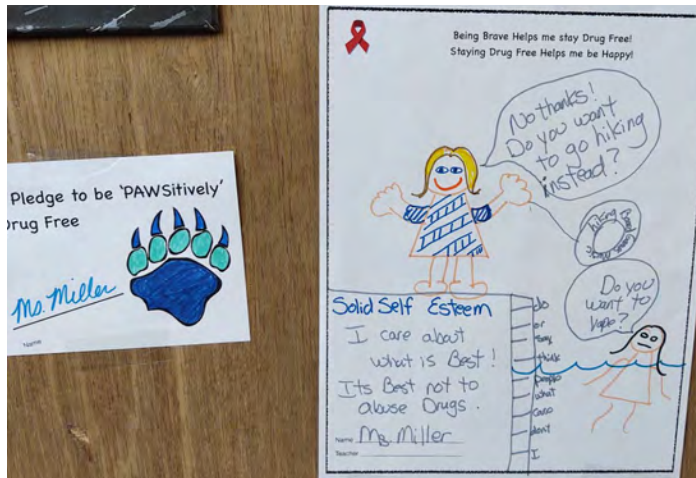


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people. I have had kids who were complete enemies become the best of friends when they started doing these three steps. I have even seen bully-victim dynamics turn around by finding things in common.

Please encourage your kids. to practice practice practice! Connecting with others and having friends is a crucial part of their happiness and one of the most powerful protective factors . . . even for people with autism who seem to prefer being alone. Don't let them fool you!

Sincerely,
Susan Leavitt Miller



Stop the Spread of Germs

Help prevent the spread of respiratory diseases like COVID-19.



Stay at least 6 feet (about 2 arms' length) from other people.



Cover your cough or sneeze with a tissue, then throw the tissue in the trash and wash your hands.



When in public, wear a mask over your nose and mouth.



Do not touch your eyes, nose, and mouth.



Clean and disinfect frequently touched objects and surfaces.



Stay home when you are sick, except to get medical care.



Wash your hands often with soap and water for at least 20 seconds.



[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)



Her Support System
4 in 5 of Girl Scouts have a best friend in their troop

Her Release Valve
95% say Girl Scouts is a safe space

Her Dream Incubator
94% say Girl Scouts helps her try new things

Girl Scouts is Her Happy Place.

Your girl needs the support of a strong, resilient community now more than ever. Girl Scouts is here to make sure she has all that and more!

Get to know us and sign up today!
Contact Christina.ODell@gscolorado.org, 970-375-7913

Join us by November 15 and you'll get

\$10 off*
at [girlscoutshop.com!](https://www.girlscoutshop.com)

* Offer is valid for one-time use to receive free standard shipping and \$10 off your purchase of \$10 or more on [girlscoutshop.com](https://www.girlscoutshop.com) between November 1, 2020 and January 31, 2021. Code must be entered prior to checkout and cannot be combined with other offers.