



## 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...

**AR Reading Stars**  
**January 11th**

<b>10 POINTS</b>		
Airt L. - 4th grade	Draiven M. - 4th grade	Kaylee M. - 4th grade
Karrigan T. - 4th grade	Aylan W. - 2nd grade	Kyah C. - 6th grade
Zion R. - 6th grade	Orin S. - 6th grade	
<b>25 POINTS</b>		
Bodie F. - 4th grade	MaKayla B. - 2nd grade	
Amelia D. - 2nd grade	Keegan M. - 2nd grade	
<b>50 POINTS</b>		
Isaac S. - 4th grade	Myles M. - 4th grade	
<b>100 POINTS</b>		
Joseph P. - 5th grade		
<b>150 POINTS</b>		
Levi R. - 5th grade		

Dr. Garlick's Class had the most students to get on or move up the wall with 5!

### Principal's Corner

Dear Little Bear Families,

Today, 1/22/21 is our last day of our hybrid learning model! It's a "teachers office hours" day, so they will be working; but we will not have students unless special arrangements were made earlier in the week.. I'm thrilled to welcome all of our Little Bears back for in-person learning together on Monday! We really appreciate all the assistance during the hybrid days with our cohorts! Please remember to remind your little ones to keep their masks and/or shields with them as we continue to abide by our safety protocols, especially with the increased numbers in each classroom. Please contact our office for details or with any questions.

On Jan. 26th and Jan. 28th we will have our Middle of the Year (MOY) NWEA Reading and Math MAPs testing in the morning for all in-person learners only. All students will take the End of the Year (EOY) assessment. If you have an online learner and would like to request MOY testing, please call our office. For those coming in-person, please make sure your Little Bears get a good night sleep, get to school on time, and are ready to do their best on the test with their peers!

Unfortunately, I have had a long lasting fever and have been in quarantine. I do not have Covid, but the symptoms are so similar, I have been working from home to prevent the spread of whatever I have. Our team has gotten the new year off to a wonderful start, though; and I'm looking forward to all our Adventures together in 2021!

If you would like to join us in some of our upcoming adventures, please consider joining our PTA, Watchdog Dads, or just register as a volunteer. Parents are not allowed inside the building, but we do have activities outside for parents to participate in and assist with. All you need to do is request the registration forms from our office. Ms. Hite will be happy to assist you!

With the drastically changing weather, please send students to school with appropriate clothing and remember that school starts at 8:15. Our staff members arrive at 7:45, and we cannot let students in the building before they get here. I don't want to leave any of them out in the cold for too long!

Thank you for all you do to support our school! We appreciate you!

Warmly,  
Lurleen McCormick



Our next PTA Meeting is next Thursday, January 28th at 4:00 PM in the PD room! A virtual invitation will be sent out closer to the date. In person attendance will be limited and masks will be required.

Please join the Elementary PTA by requesting a membership form from the office and return with dues.

### Upcoming events:

- **Jan. 25th** - We resume our regular in-person learning schedule! All hybrid cohorts attend together again!
- **Jan. 25th** - Virtual DAC meeting through google meet 5:30 to 6:30. Access information through the Dolores Schools Website under the tab "about us"
- **Jan. 26th** NWEA Reading MAPs testing in the morning for all in-person learners only
- **Jan. 28th** NWEA Math MAPs testing in the morning for al in-person learners only
- **Jan. 28th** - PTA meeting 4:00 PM in the PD rm.
- **Jan. 29th** - No School
- **Feb. 12th** - Professional Development for Staff members; no school for students
- **Feb. 15th** - No School for President's Day



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## Counselor's Corner

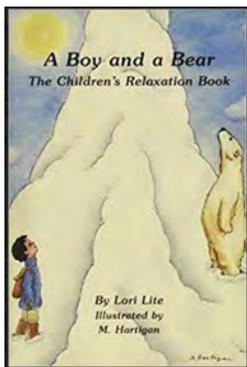
Hello Little Bear Families!

I always like to take January to teach and review emergency strategies. Mainly we talk about using them in a fire or lock down drill. But as parents you can help your children use these strategies any time they are: Scared. Sad. Bored. Or simply overwhelmed. Feelings as we have said before are DIRECTLY connected to our thoughts so if we can get their thoughts busy with calming strategies and pleasant and fun plans we can turn their feelings around very quickly. And whereas time is distorted and moves incredibly slow for a child who is scared or bored, it will pass relatively quickly when they are calm and interested in something. So.

Lesson #1 this month will be a review of Diaphragmatic Breathing. Again, this is the fastest and most powerful way to get calm. You can never practice too often with your children. And if they see you using it when you are upset, it will have a powerful influence on them using it in the future. I'm attaching a picture and here is a link to one of the best videos of how to do it:



<https://www.youtube.com/watch?v=xQJ2O4b5TM>. Again, the best book to teach it to children I have found is called, "A Boy and a Bear" by Lori Lite. I often encourage the children to put a stuffed animal on their belly and watch it rise and fall, which adds to the calming effect, but it can be a book or any object that will stay on the belly. If you go in and do it with them for 21 days straight . . . it will become a habit for both of you. And if you sign a note saying they have done it that long, I will make the kids a personalized button as a reward that they can put on their backpack.



The second part of lesson #1 will be learning to do progressive muscle relaxation. Both of these strategies are triggering the Vagus nerve to send signals to our brain that the body is relaxed. The brain will then follow. So it's much faster and more effective than trying to calm your mind first . . . if your body is tense and your breathing rapid and shallow . . . the body will take control of the mind and won't believe that you are not in some kind of stress or danger.

## Other Announcements

Happy New Year from Montezuma School to Farm! Our new website is designed specifically for the youth of Montezuma County! Check it out at [MSTFPkids.org](http://MSTFPkids.org)

Just a little heads up that we now have MLK Day lessons published on MSTFPkids, just in time for MLK Day. Check them out and share!

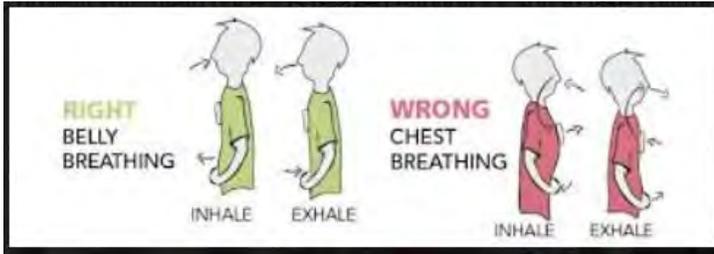


Thank you to Dolores Community Members, High School Students, the Dolores Rotary Club and the Ponderosa Restaurant for donating gifts and helping to hand them out and spread cheer over the holidays. Our staff and students greatly appreciate your generosity and support!





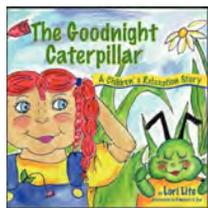
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The progressive muscle relaxation exercises teach you to tense the muscles first so you learn to recognize when they are tense and then relax them. It's noticing the difference that will help you do body scans in an emergency and notice and relax tense muscles quickly whenever you are stressed. But like all things emergency, it must be something you have practiced enough to have it stored in the automatic part of your brain or you won't remember it when you need it. Here's a good video to teach you how to do it, but then you must practice practice practice. If you do both the diaphragmatic breathing and the progressive muscle relaxation with your child while you are putting them to bed . . . for 21 days and sign the note that you did both, I will make them 2 buttons – and if you want, one can be for you!



<https://www.youtube.com/watch?v=cDKyRpW-Yuc>. Lori Lite has a progressive muscle relaxation book called "Good Night Caterpillar" but it does not have the caterpillar tense the



muscles first, the caterpillar is tense to begin with, so you could have your child tense all their muscles like the caterpillar to begin with, but only after they have learned to recognize all the muscles, so do the video until they are used to it, then the book if you are so inclined.

The second lesson will be all about what to do with your brain once it is relaxed enough for you to take control of it: Mindfulness Meditation and Pleasant Events Planning! So stay tuned.

Sincerely,  
Susan Leavitt Miller

FREE Skill-Building Virtual Workshop:

## Start the Conversation:

How to Talk with Young People about Vaping, JUULs, and Other Electronic Nicotine Products



Are you concerned about someone you care about who vapes, smokes, or uses other tobacco products? Being a trustable adult about topics like vaping can foster strong relationships that prevent unhealthy habits.

**ABOUT:** Becoming a trusted adult requires skill development and practice. At this workshop, participants will get both: learning the keys to being a trusted adult, and applying that approach. At the end of this workshop, participants will be able to use trusted adult principles to have conversations with youth about electronic nicotine devices, e-cigarettes, and vaping.

**CLICK HERE TO REGISTER:**  
<https://bit.ly/35rxS1z>

Trusted adults help prevent youth vaping:



Young people who have clear family rules are 39% less likely to vape.



Young people who can ask an adult for help are 22% less likely to vape.



Young people who can ask a parent for help are 31% less likely to vape.



73% of high school & 90% of middle school youth do not vape – keep it that way!

Colorado Department of Public Health & Environment 2017 Healthy Kids Colorado Survey, Tobacco

### UPCOMING WORKSHOPS – REGISTER TODAY!

Workshops are hosted virtually – more information will be sent after you register. Workshops are offered in either English or Spanish.

**Workshops in English:**  
Link to Register: <https://bit.ly/35rxS1z>

January 20, 2021, 5:30-7pm MST  
January 27, 2021, 5:30-7pm MST

**Workshops in Spanish:**  
Link to Register: <https://bit.ly/35rxS1z>

February 3, 2021, 5:30-7pm MST  
February 10, 2021, 5:30-7pm MST

**WHO SHOULD ATTEND:** Parents, guardians, caregivers, teachers, school staff, administrators, coaches, community-based leaders and staff, and youth-serving leaders and staff. Young people are invited too, though the workshop is targeted towards adults.

**FOR MORE INFORMATION:** Contact Cheryl Miller: [cherylm@rhc.org](mailto:cherylm@rhc.org)



## 5th & 6th Grade Passport Program



The Passport Program is the best way to get your students on the slopes, but we need your help to spread the word! With 3-4 days of skiing at 21 participating ski areas, the Passport is dedicated to getting Colorado's kids on the slopes.

While weekends and holidays are not available with the Passport this season, we believe the Passport is a great product for your students to enjoy on teacher in-service days and over Spring Break.



## **LITTLE BEARS' WEEKLY NEWSLETTER**

We will not be sending out paper mailers this season, so to help us out, we're asking that you forward the following links to your students' families.

**5th Grade Educators:** Please forward [this link to your 5th Grade Families](#).

**6th Grade Educators:** Please forward [this link to your 6th Grade Families](#).

**FAQs:** For FAQ's and answers to most questions about the 5th and 6th Grade Program, [click here](#).

### **The Gems Card - Our Way of Saying Thanks!**

As a "Thank You!" for your incredibly hard work this year and for spreading the word about the Passport Program, we're offering a 20% discount on our Gems Card.

[The Gems Card](#) is a discount card for 2-for-1 or 30% off discounts twice at each of 11 ski areas. It's a great way to explore Colorado's independent ski areas.

To redeem this discount, simply enter the promo code: **Teacher2020** at checkout.