



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...



We were so grateful to Principal Schmidt and his team who spearheaded an opportunity to honor our School Resource Officer, Deputy Kaylee Green for **Law Enforcement Officer appreciation week**. Officer Green is in our building daily reading to students, checking in with staff members, facilitating safety drills and much more! It is our privilege to have her on our team, and we celebrate and **thank her for her service!**



Membership drive for Elementary PTA. Please look for a membership form to come home with your student. A gift basket drawing will be made in February for all members.

Our next PTA Meeting is Thursday, February 18th at 4:00 PM. Location to be determined and virtual invitation to be sent out closer to the date.

Virtual Book Fair coming to Dolores Elementary March 1st-5th. Please look for more information to come home with your student.

PTA Book Swap is COMING March 25th! Disinfection guidelines of quarantining books for no less than 14 days in a plastic bag will be strictly enforced. Students may bring up to 3 gently used books to trade. BOOKS MUST BE TURNED IN ON OR BEFORE March 10th to be eligible to trade. Book swap will happen on March 25th for Spring Break reading. Chapter books are needed. Thank you everyone!

Principal's Corner

Dear Little Bear Families,

It has been such a wonderful week seeing our classrooms full of students again! Everyone is still being reminded to wear masks or shields so that we can continue our awesome in-person adventures in education. A tremendous thank you for your support and efforts to help us abide by state and local guidelines!

We hope you enjoyed your snow day and stayed warm! We are so grateful that our maintenance team has gone above and beyond to keep the walkways and parking areas clear and safe for our return!

Unfortunately, due to missing that day, we had to reschedule our Middle of the Year NWEA assessments. We moved our Reading to Thursday and have Math rescheduled for 2/2/21. Please help our Little Bears do their best on the test by getting a good night sleep and being to school on time that morning! I was very impressed with the effort they put into Thursday's Reading assessment, and we are looking forward to seeing the results! We will share those with you as soon as possible!

We have a school full of wonderfully talented teachers and staff members, and I'm thrilled that our team wanted to honor them with a monthly, colleague selected, **Star Staff Member Award** for exceeding expectations and reaching students. I am honored to announce that January's winners are **Ashley Schrage, Angie Lowe, and Juan Vega!** Along with this honorable mention, they will also each receive a certificate of recognition and a gift certificate to a local merchant! We thank all of our staff members for the incredible effort they put into their professions everyday. The dedication of this team is truly remarkable, and we look forward to serving your Little Bears next week! Warmly, Lurleen McCormick





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Upcoming events:

- Jan. 29th - No School
- Feb. 2nd - NWEA Math MAPs testing in the morning for all in-person learners only
- Feb. 11th - 6:00 pm to 8:00 pm - School Board Meeting at District Office, Board Room
- Feb. 12th - Professional Development for Staff members; no school for students
- Feb. 15th - No School for President's Day
- Feb. 26th - No School

IMPORTANT UPDATES:

- Please plan ahead for Valentine's Day cards. Teachers will send home more details as cards will be quarantined for a week or so before being dispersed. Also, classes are allowed to serve treats as long as they are store purchased.

Counselor's Corner

Hello Little Bear Families!

Mindfulness Meditation continues to gain more and more research proving it's effectiveness to both calm the body and wake the mind. Any strategy that can do both is golden. It's not the type of meditation that you need to assume a position and hum. It can be done anytime and anywhere. It's simple according to Jon Kabat Zin, a leading authority on Mindfulness you, . . . "use all 5 of your senses to notice new things that are happening now that you never noticed before (or don't normally notice) and you are not judging any of it." 5 seNses. 5 words that begin with the letter N.

To teach it to the youngest children we stick with physical observations . . . the lights, shadows, textures, shapes, etc. of their environment. For the older students you can get into teaching them to observe their own thoughts and reactions to their environment. I do not know why mindfulness works, it just does. It's one of the few things that severe ADHD kids will attest to, and they will remain calm and attentive for nearly half an hour after doing it. But, it helps everyone.

They can do mindfulness in their literal environment, they can do mindfulness in a pretend environment, i.e. the beach, outer space, a warm meadow, a zen garden, etc. Mindfulness can be done with only one of the senses, and it can be done with a single object. There are loads of Mindfulness videos on the internet for both children and adults and a number of books that help children be more mindful. Just make sure they follow the 5 and 5



Other Announcements

We delight in seeing our students able to enjoy recess in the snow! Thanks for dressing them appropriately for all weather!





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components enumerated by Zin, or it might not be as effective. Again I am offering the students who practice mindfulness for 21 days (the magic number to create a habit) yet another personalized button. Try it with them. . . I know you'll like it!

Sincerely,
Susan Leavitt Miller

Join Girl Scouts Today!

Girl Scouts is for girls who want to:

- Change the world
- Run a business
- Speak up for others
- Explore the outdoors
- Soar with STEM

girlscoutsofcolorado.org/join
Contact Christina O'Dell @ 970-375-7913 or Christina.O'Dell@gscolorado.org

girl scouts of colorado

Buy a box, fuel their future.

Scan to order cookies from a Girl Scout in your neighborhood.

Unlimited scholarships are available.



"I Have a Dream" literacy projects lined our halls to honor Martin Luther King Jr.'s Day



MSTFP KIDS UPDATES!

It's a new week, full of fresh snow, and guess what? We have new lessons up on MSTFPkids!

This week you can learn more about geology, create a blackout poem, learn about Southern food culture, grow and eat your own sprouts, and more!

Read on to learn more about this week's lessons, and please share with anyone in your life who would be interested in some fun and educational ways to spend their time!

5th & 6th Grade Passport Program

colorado SKI COUNTRY USA | christy sports

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, the Passport is a great product for your students to enjoy on teacher in-service days and over Spring Break. Please forward [this link to your 5th Grade Families](#). 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](#).



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