



## 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...



PTA Meeting Thursday, April 29th at 4:00 PM. Location to be determined and virtual invitation to be sent out closer to the date. 5th grade celebration will be held on May 13th at 5:30 PM. Please be looking for more information to come out.

- The next **District Accountability Committee meeting** will be April 26 5:30-6:30 pm. Meetings will be held on the 4th Monday of each month at 5:30 PM currently using Google Meet due to COVID-19. Link for Google Meet virtual meeting <https://meet.google.com/dqu-rsmh-dgv?hs=224>

### Upcoming events:

- April 26-** District Accountability Committee meeting 5:30-6:30 pm. Virtual meeting: <https://meet.google.com/dqu-rsmh-dgv?hs=224>
- April 27th,** NWEA Reading test in the morning
- April 29th,** NWEA Language Arts (grammar) test in the morning
- April 29th,** 4th grade Virtual Arbor Day Celebration hosted by the Cortez Rec Center
- April 29th-** PTA meeting at 4:00pm
- April 30th-** No school
- May 3rd,** NWEA Math test in the morning
- May 10 -**FFA's annual Barnyard Day and Tractor Day
- May 11th-**Thursday May 13th, CMAS in the morning
- May 26 -** Field Day (3-5 in morning, and K-2 in the afternoon)
- May 27th,** Last day of school for students is a half day with early release at 1:00 pm

### Principal's Corner

Dear Little Bear Families,

I'm so grateful for our team of amazing, selfless Educators who warmly welcomed your children for in-person learning all year! Thanks to MJ Thomas Photography for quickly snapping a picture of us with masks down, so we can finally see faces! I'm looking forward to seeing our students' faces this fall!



I had a group of 3rd grade students request supplies for starting a "No Littering" club during their recess time. I'm so proud of this group of students who put action to their idea and work hard to pick up trash and keep our school recess area debris free!

Please complete your registration packets as soon as possible and turn them into your child's classroom teacher, our front office, or district office. The sooner we have students registered, the sooner we can work on preparing for next year's classes! Also, our Kindergarten Round-up was a fun event for incoming Kinders, but we still have room for more! If you know of anyone interested, please have them contact our office for registration information. If they register now, our teachers will schedule visits and activities for them prior to school starting in the fall! Please see the pictures from school events and activities below. I love the creativity of our team in making learning with high expectations engaging, applicable, and enjoyable!

Warmly,  
Lurleen McCormick



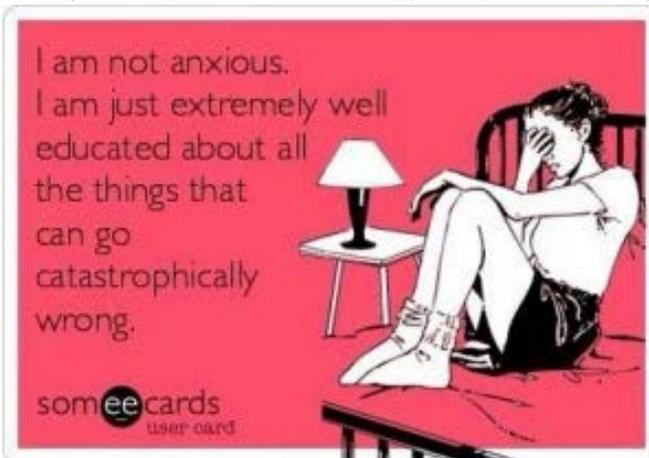
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## Counselor's Corner

Hello Little Bear Families!  
Counselor's Corner:

Our last lesson before end of year testing is on helping the students "DeCatastrophize." Some students are perfectionists and get very upset when they don't get a perfect grade or score. Some students are socially anxious and are worried about what their parents or peers will think of them if they don't do well. Others are simply discouraged and don't believe they will do well, so they check out and quit caring about doing their best! For all of them, decatastrophizing can be useful.

The web address [www.decatastrophize.calm](http://www.decatastrophize.calm) is not real, but it will help them remember how to use the strategy taught by Resilience expert Dr. Martin Seligman. Each "W" represents a word that will help them make a plan for calming down. The first w stands for WORST. Ask, "What is the worst thing that can happen in the situation they are upset about?" (Important note: Kids often bring up a real catastrophe like a family member dying, or a natural disaster . . . it is very important to point out that this strategy is not for real catastrophes . . . those are times when you should get upset . . . it's part of what helps you deal with trauma or tragedy. But if lives aren't in danger and serious property damage is not going to occur, this might be a good strategy to try.) For testing, the



worst thing is to get every problem wrong. Then ask, "What is one thing you can do to prevent the worst thing from happening?" Kids list things like studying, getting a good night's rest, as well as eating a protein rich breakfast.

## Other Announcements

- Welcome back to our bi-weekly updates for MSTFP kids! We have been loving this warm weather, and our school gardens are in full swing. Peas have been planted in a few different gardens, bulbs are blooming, and lots of plant starts are growing rapidly in our greenhouse! This week we have a few fun lessons that celebrate Earth Day as well as spring coming to Southwest Colorado. Read on to learn more about this week's lessons and look forward to more online lessons in two more weeks! Visit [MSTFP Kids!](#)
- On May 10th, FFA students will bring in their tractors and animals for our annual **Barnyard Day**, and elementary teachers will take students over to the Ag. Shop. The FFA kids teach the elementary students about tractors and animals, and students also get to climb in the tractors and pet the animals. It will be outside, and they will keep students spread out as far as possible during the event.

### 4th grade decimals lesson with real world application:





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The second "W" represents WONDERFUL. Ask, "What is the most wonderful thing that can happen?" For testing . . . it's getting every question right! Then ask, "What is one thing you can do to make the most wonderful thing happen?" The answers are much the same as the list made for preventing the worst thing from happening. But they usually will add a few things like relaxing first by doing diaphragmatic breathing or some mindfulness. The last "W" stands for WILL. Ask, "What probably will happen?" They will probably not get every problem wrong or right . . . but they will probably get their best score, somewhere in between. Finally ask, "What can you do to prepare for what probably will happen?" Once the plan is written down, ask, "How do you feel about your plan?"

—THE—  
**OPTIMISTIC CHILD**  
 A PROVEN PROGRAM TO SAFEGUARD CHILDREN AGAINST DEPRESSION AND BUILD LIFELONG RESILIENCE



**MARTIN E. P. SELIGMAN, Ph.D.**  
 AUTHOR OF LEARNED OPTIMISM  
 With Karen Reivich, Ph.D., Lisa Jaycox, Ph.D., & Jane Gillham, Ph.D.

If they are still upset, it's because they don't believe their plan will work. Go back and add more details to the plan until it looks like it will work. Then give it a try. It most often will work, but even if it doesn't it's all good information for making a new plan for the next test, or problem that needs to be solved!

Decatastrophizing helps build their problem solving confidence and self esteem! I'll be sending home another handout. If they teach it to you and try to decatastrophize some real problems they are upset about . . . they can earn yet another personalized button from me. Thanks again for your support!

Sincerely,  
 Susan Leavitt Miller

Ms. Debbie Hite organized an eggstra special event for our HS Senior buddies– they played a few games with Ms. Elder and then collected giant eggs full of goodies:



HS Seniors get the Royal Little Bear treatment when they visit!





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1st grade astronaut displays were out of this world!



Teachers getting geared-up for motivating students to do their best on the test!



Thanks to Ms. Debbie Hite who donated books for all students to have another free opportunity to add to their personal collections for summer reading:



3rd grade's Space study took classrooms to new heights!





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Little Bears LOVE to celebrate! Congratulations to two of our teachers, Mr. Werner and Ms. Hanson, on their upcoming wedding! We had a celebration for the soon-to-be married couple and extended our best wishes for a life full of love and blessings!



Our 5th grade team is helping us stay green with the Student Council's Recycling schedule:



Our Kindergarten Round-up was a fun western event that our whole school enthusiastically embraced! We loved seeing all our little cowboys and cowgirls in the halls! There's still time to register for Kindergarten next year. Just call our front office for details!



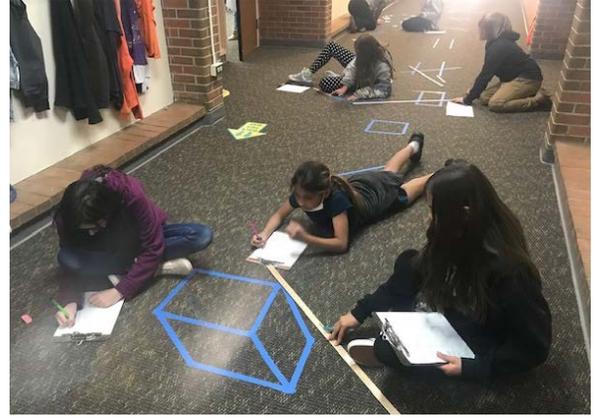


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We had fun celebrating Secretary's Day with our own "Little Debbie," Ms. Debbie Hite! We are so grateful to have such an exceptionally supportive and generous person to greet our families and keep Ms. McCormick's life on schedule! She had to walk the "Debbie-brick road" all day with much cheer and love from our team!



5th grade is enjoying learning math with Hallway Geometry:



Kindergarteners sang Ms. Debbie a very sweet "I love you" song to celebrate Secretary's Day!

