



## 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.

### Upcoming events:

**May 26** – Field Day (3rd–5th grade @ 9:00–11:00 am \*volunteers need to arrive @ 8:30 am, and K–2nd grade @ 1:00– 3:00 pm \*volunteers need to arrive @12:30 pm), Report cards sent home. All library books need to be returned.

**May 27th**, Last day of school for students is a half day with early release at 1:00 pm and Summer Fun Dress up day (Please keep it school appropriate)

The next **District Accountability Committee meeting** will be May 24th from 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>

When School's out; Stress should be, too! For a fifth year, [Generation Wild](#) continues its mission of getting Colorado kids (ages 12 and under) outdoors more often. This spring and summer, Great Outdoors Colorado ([GOCO](#)) is partnering with Colorado State Libraries, Boys and Girls Clubs of Colorado, Colorado Parks and Wildlife, and many other organizations around Colorado to share a printable list called "20 Ideas for 20 Minutes Outside" – with fun, nature-break ideas for kids and their families to enjoy. Getting outside for 20 minutes is great for kids' mental health, and this new list is full of easy outdoor activities that families can fit into their busy schedules and tight budgets. **Kids really need to get out more:** Kids today aren't playing outside as much as they used to. In fact, on average, they only spend 4–7 minutes each day in unstructured play. Which is a problem, because playing outside is such an important part of a child's development. **20 minutes outside works wonders:** Research has shown that children who play outside are more creative, less aggressive, less stressed and even have reduced ADHD symptoms. Best of all, research shows that spending just 20 minutes outside has a remarkable effect on kids' moods and well-being. Even if they're just playing in the backyard or at a local park. For more information about Generation Wild, visit [GenerationWild.com](http://GenerationWild.com) and follow them on [Facebook](#) and [Instagram](#). Thanks, [GOCO](#)

### Principal's Corner

Dear Little Bear Families,  
Educator appreciation week was amazing! I am so grateful to our PTA members for all the treats and gifts of appreciation. They went above and beyond to join our district and office staff members in showing our gratitude for the hard work and risk to personal health that our staff members put into this year of in-person learning! I'm amazed at the servant attitude in our building and was thrilled to see them acknowledged for it and the display of gratitude for it! Also, thank you to the HS FFA students who shared their tractors and animals for our annual Barnyard Day! Our teachers took students over to the Ag. Shop. The FFA students taught our Little Bears about tractors and animals, and let them climb in the tractors and pet the animals. They enjoyed every minute of this engaging learning; thank you FFA!!!

Our whole team loved Debbie Hite's idea of sponsoring a HS Senior this year. With all the restrictions they endured, it was great to celebrate them individually and as a whole Class. Our Little Bears loved the walk-through parade and the big parade this week and want to thank all the Seniors who took time to meet with their sponsor class and inspire our little ones. Congratulations to the Class of 2021, and we hope to continue this tradition!  
Ask your students what they remember about Ms. Miller's college presentation about how all of our staff members earned degrees, or what Else they did after High School. Some of our staff members are still not done, Yet! Thanks Ms. Miller!

I also want to thank all of our parent volunteers for your support of our outdoor activities all year long! We are so grateful for you, your time, your energy, and expertise in helping our Little Bears enjoy outdoor learning! We are eagerly looking forward to opening up our building for more interactions inside this fall!

Warmly, Lurleen McCormick



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## Counselor's Corner

Hello Little Bear Families!

Counselor's Corner: Our final lessons will be reviews of earlier lessons this year. First off is a review of Resilience, the Bully Pool, the Steps to Make and Keep Friends, and empathy from Sept through December. I won't review those for the parents because you can re-read those articles, but I do want you to know I will be encouraging the kids to apply the principles to their relationships at home. They will play with friends over the summer, but for the most part they will be playing with siblings and cousins. You should know that I get the most reports of "bullying" about siblings and cousins. Not because their siblings are bullies, but because the kids are always together, you can't possibly supervise every minute, and they are just learning the skills, often quite awkwardly, of how to get along.

I have given them several ideas to help make their summer a fun one. The first is to try to treat their siblings like friends. And mind you . . . this is ONLY IF they are not acting like friends, so if there is a lot of arguing or fighting. Older siblings in general like to be left alone. And younger siblings more often than not, want their attention. Either way they can try to set up a special pre-planned time to spend with their sibling. If the older siblings have the promise of being left alone until the special time, they are more likely to enjoy the shorter time they spend together. If the younger siblings have the promise of a set time to look forward to, they are more likely to be able to entertain themselves in between time. When the actual time together ends up being pleasant, they will begin to view their siblings as friends again, and to have more empathy for them as well. The older siblings are more likely to want to spend time with their younger siblings and the younger siblings are more likely to be able to wait in anticipation. It's not a perfect fix in every situation, but for the most part, it will help. It's worth a try and some parental help to make it happen. If older siblings are resistant, I encourage the younger siblings to wait. Their older siblings don't trust them to not be annoying YET. After a week or two of really leaving them alone . . . they can try again.



The second idea is if the first one doesn't work. Help the child who views themselves as the victim to keep accurate tallies of the frequency of the supposed "bullying." You will be there to guide them in the moment to do some self reflection about what they might have done to provoke the sibling. Perhaps an apology will be in order. Sometimes they truly have done nothing, in which case the tally will be valid. Next you can help them analyze the frequency. If their young developing brain is exaggerating and they are ruminating about it all

## Other Announcements

Congratulations to our March Star Staff Members: Mrs. Hill, Mrs. Moore, Ms. Hanson, and Mr. Krumwiede!



**SUMMER  
READING  
PROGRAM  
2021**

**Get ready for Tails and Tales at the Dolores Public Library--this summer is all about animals! Join us from June 7th through July 23rd for great books, animal-themed activities, and fantastic prizes. The Summer Reading Program is for everyone aged 0-18. There is no cost, and a library card is not required to participate.**

- Register online at [bit.ly/dplregister21](http://bit.ly/dplregister21), or fill out a paper registration form and turn it in to the library.
- Read books and participate in activities. Everyone who registers will receive a free weekly take-and-make activity bag, available for pick-up from the Dolores Public Library.
- Record reading minutes on your school reading log or on a library-provided log and show them to Cheyenne at the library. Reading by yourself, reading to someone else, being read to, and listening to audiobooks all count.
- This year, your reading minutes will help animals in Montezuma County! Every hour of reading completed for the summer reading program will earn 50¢ for the For Pets' Sake Humane Society. 100% of this money will go toward helping local pets.
- Everyone who participates will also receive prizes at the end of the program!

FOR MORE INFORMATION, CALL THE LIBRARY AT 970-882-4127, EMAIL [CHEYENNE@DOLORESLIBRARY.ORG](mailto:CHEYENNE@DOLORESLIBRARY.ORG), OR STOP BY THE LIBRARY TO CHAT.



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the time to the point of where it "feels" like it is happening ALL the time, but it's not; well then they will be able to see it on paper and you can help them to understand and forgive. If however they are minimizing and the frequency is quite overwhelming, then you as the parent can help the "perpetrating" sibling to see how damaging the frequency can be. Perhaps some consequences and motivators to stop will be the more appropriate approach.

Either way the child who views themself as the victim (sometimes it's both of them) will feel more empowered and validated. They will have hope that they can solve their problems and improve their relationships. Perhaps . . . the summer will be more pleasant for all.

Speaking of which . . . the last idea is to have a plan of how to spend their time in between sibling time. They can be involved in learning, planning and doing things on their pleasant events lists! If they have lost them, I have included another copy for you here. It helps for them to have a solid and pleasant plan for how to spend their time . . . after their chores are done first of course!! Good luck and I hope to get some positive reports from them come Fall!

Pleasant Events List for \_\_\_\_\_  
Things I look forward to

Daily:

Weekly:

Once in a While:

Yearly:

What I want to be when I grow up:

What I want to do sometime/someday:

Fantasy:



Sincerely,  
Susan Leavitt Miller

## MSTFP'S GARDEN EXPLORERS

SUMMER PROGRAM 2021

In this summer program, students will enjoy four days of hands-on activities like planting, harvesting, cooking, and games.  
Open to students who have completed Kinder-5th grades  
Space is limited! Register early!



## REGISTRATION

\$80 PER CHILD PER WEEK  
SCHOLARSHIPS AVAILABLE

Sessions run Monday-Thursday 9am-12:30pm  
Thursdays: Parents Day 11:30a-12:30p  
Students welcome to all locations

### WEEK 1: ART & NATURE

June 7-10  
Kemper Elementary

### WEEK 2: TALKIN' TRASH

June 14-17  
Manauh Elementary

### WEEK 3: WATER, WATER, EVERYWHERE!

June 28-July 1  
Mesa Elementary

### WEEK 4: GARDENING 101

July 12-15  
Dolores Elementary

REGISTRATION CLOSING MAY 28  
REGISTER & PAY AT  
MSTFPKIDS.ORG/SUMMER-PROGRAMMING





# Galloping Goose



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### A glimpse of Educator Appreciation Week:

Teacher Appreciation Week

**MONDAY**  
DONUT YOU KNOW WE APPRECIATE YOU A HOLE BUNCH!

**TUESDAY**  
We are EXPLODING with Appreciation! POPCORN BAR

**WEDNESDAY**  
Lunch

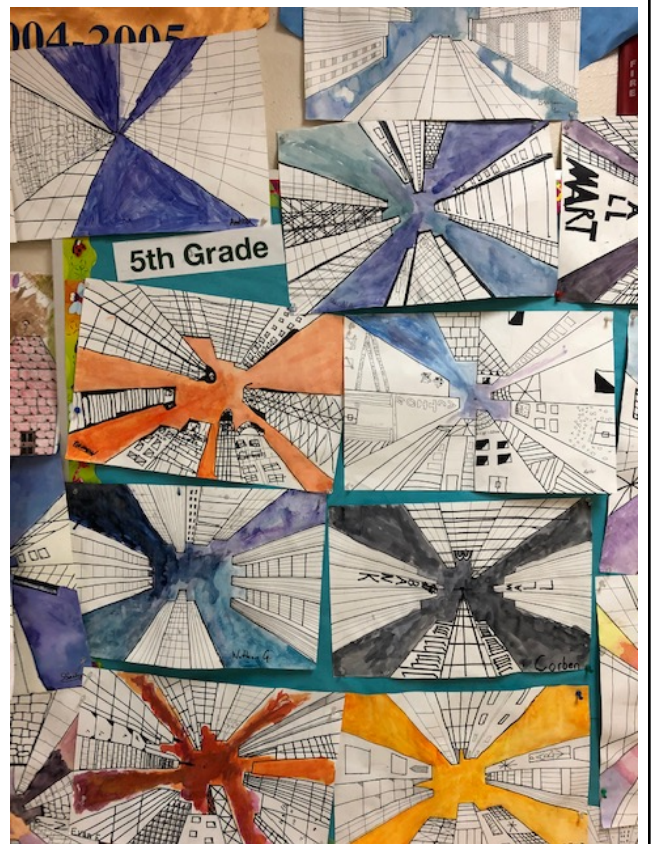
**THURSDAY**  
This year has been FUN! and you are so GIVE! Make yourself a Mix while your leading on the trail!

**FRIDAY**  
Unlike Pizza, YOU Can't be topped!

So We Can Say **MAHALO** For Everything That You Do!

Love the PTA

### Love the learning displays that fill our halls...



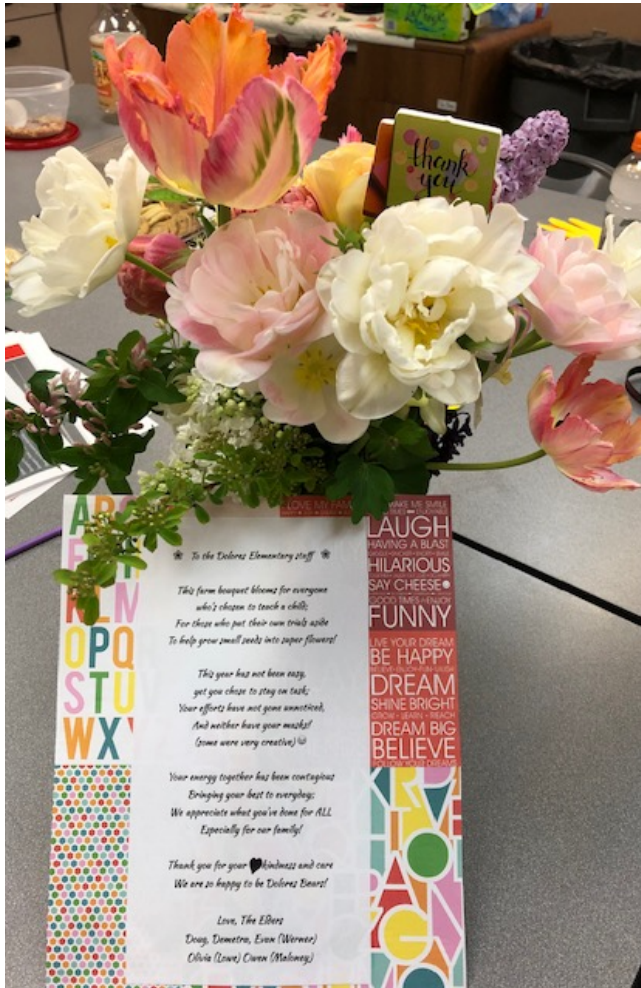




# Galloping Goose



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## **LITTLE BEARS' WEEKLY NEWSLETTER**



4th grade Rendezvous Day:



Senior Walk through and parade:







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Local Author visit! Nyjbol Bior book readings:

