



LITTLE BEARS' MONTHLY 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...

Important phone numbers to keep handy:

- Elementary Office (7:30 to 4:00)-
970-882-4688
- District Office- **970-882-7255**
- Transportation Dept.- **970-882-2649**
- Ms. McCormick's Cell- **970-369-9544**
- Please **call the front office before 3:00 PM with any transportation changes.** It is very difficult to make changes after 3, but we will do our best in those rare instances.

Ski Club, Backpack Project, and Girls on the Run-

- Please see information at the end of the Newsletter and sign-up for any of these opportunities asap!

The Galloping Goose Newsletter is going to be published Monthly on the first day of the month with a new look coming soon! Per parents requests, we will try to keep it short, concise, and informative. Thanks for your feedback!

Counselor's Corner

This fall we will work on the required lessons of Safety, Anti-bullying and Friendship skills, but we will be putting extra emphasis on kindness and empathy this year. We will be starting a fundraising campaign similar to a walk or runathon, but instead of pledging money for exercise, it will be pledges for acts of kindness! Be watching for more information. Also, the 27th of September is National Family Day. It's a day to eat dinner as a family, talk about your day and generally spend some quality time together. I encourage you all to observe this wonderful holiday and to . . . better yet . . . make it a habit. I'm including some fun conversation starters for you to use as a placemat on that day at the end of this Newsletter. Have fun with it!

Sincerely,
Susan Leavitt Miller

Principal's Message

Dear Little Bear Families,

Our theme this year is the LEGO song "Everything is Awesome!" We chose this to encourage students to be proud of our Little Bear Team and to continue to build a community with a strong foundation of love and respect in order to provide the best positive environment for academic excellence. We are striving to build community with the Preschool and Secondary Schools in our district, as well. We were thrilled to celebrate our Preschoolers with a congratulatory parade for completing 2 full weeks of school! Our students lined the sidewalks with their class and waved and cheered as the "Teddy Bears" walked by. They were thrilled to see younger siblings and the grins from everyone, especially when they saw our SRO Bear on her tricycle! We are **so grateful for our SRO, Deputy Greene's**, participation! **Ms. Debbie Hite** also has our **Senior Pals** organized and our classes are thrilled to have a Senior Buddy to spoil and honor as the year progresses.

While building community within our schools is fantastic, we are also striving hard to **promote parent involvement** again this year. Last year we were so grateful for all the parents who volunteered for outdoor events, field trips, and especially those who chose to serve on our PTA. The PTA planned, organized, funded, and supported several of our activities, and I hope we have even more this year! Of course **Parents are encouraged to volunteer at any outdoor event again this year** including our daily recesses, any of our nature walks, outdoor learning events, and our field trips. Please consider joining our PTA to be part of the planning and fun!

We had a situation where a parent needed to get in touch with our staff members after hours due to a bus issue, but **our School Office closes at 4:00 PM.** Please keep my cell number handy and **call me directly if there is a crisis after hours.** I will always do my best to help!

My staff and I are thrilled to have another year to serve your students with in person learning. Please let us know what we can improve upon, and thank you for all the messages of encouragement. They really mean a lot, and **YOU are all** a very important part of our **P-Awesome team!**

Warmly,
Lurleen McCormick
Call or Text- **970-369-9544**





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conversation starters for family dinner time

FindingTimeToFly.com

What is the best gift
you've ever received?
What is the best gift
you've ever given?

What is your favorite movie?

What is the best book
you've ever read?

What is your favorite
Bible verse?

Describe the person
sitting to your right
in 3 words.
Keep it positive.

What is your
least favorite chore?

What is your favorite
thing about our family?

What is your
all-time favorite toy?

If you won the lottery
(at least \$1,000,000),
what is the first thing
you would buy?

What is the hardest
thing about being
your age right now?

If you could live in any state,
which would you choose?
Why?

Describe your life
10 years from now.



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FALL

2021



Girls on the Run



Girls on the Run (for 3rd–5th grade girls) and Heart & Sole (for 6th–8th grade girls) are curriculum-based, after school programs that utilize the power of running to provide girls the tools to honor their voices, recognize their gifts, take care of their bodies, and activate their power! Over the course of 8 weeks, girls meet twice a week with their trained volunteer coaches to play fun running games and discuss topics such as making healthy decisions, body image and the media, cooperation and team building, and contributing to the community.

The program culminates in the girls participating in a 5K (3.1-mile) event in November.

Girls on the Run (*para las chicas en los grados 3-5*) y Heart & Sole (*para las chicas en los grados 6-8*) son programas extracurriculares que utilizan el poder de correr para proporcionar a las niñas las habilidades para honrar sus voces, reconocer sus dones, cuidar sus cuerpos y encender su poder! En el transcurso de 8 semanas, las niñas se reúnen dos veces por semana con sus entrenadores voluntarios para jugar divertidos juegos de carreras y discutir temas como hacer que sea saludable decisiones, imagen corporal y medios de comunicación, cooperación y formación de equipos, y contribución a la comunidad.

El programa término con la participación de las niñas en un evento de 5 km (3,1 millas) en noviembre.

GOTR
Participant
Registration
Opens Online
August 23rd



Fall 2021
Season
Starts
The Week of
September 5th



8-Week
Program
5K Events
Take Place in
November



Registración abrirá el 23 de agosto. Los equipos son limitados a 15 chicas. La inscripción se abre en línea el 23 de agosto. Temporada Otoño 2021 Comienza la semana del 5 de septiembre. Los eventos de 5K del programa de 8 semanas se llevan a cabo en noviembre.

We envision a world where every girl knows and activates her limitless potential and is free to boldly pursue her dreams.

www.gotrwesterncolorado.org





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DOLORES SKI AND SNOWBOARD CLUB

in conjunction with TELLURIDE invite you to join us this winter!

Here are the Basics, more information will be available soon! Please email hreynolds@dolores.k12.co.us if you are interested in joining or have questions.

- Session will consist of **Full Day Lessons** for **4 weekends** (increased from 3 days)
- **Registration will be required ONLINE** by the participant's parent, paid for using a credit card
- Registration dates TBD; approximately Dec 1 – Dec 15
- Students will be integrated into our existing group lessons at a discounted rate
- Only children **ages 7 -14** will be able to participate in the RSP Program
- **Lunch will be included in the cost of the program on session days**
- Lesson assignment will be determined by Ski & Snowboard School according to students' ability level.

Sunday Session

Sunday Jan 9, Jan 23, Jan 30, and Feb 6 Lesson Time: 9:00AM to 3:15PM

(Bus departs the High School at 7 am sharp, returning by approx 5pm)

***All students enrolled in the program will be required to participate in the full day lesson.**

Lift Access: Students will receive a pre-loaded pass for session dates; these passes are valid for the session days only, and are required to access the ski resort.

Pricing: (Ages 7-14 only)

PAYABLE BY CREDIT CARD TO TELLURIDE DURING ONLINE REGISTRATION ONLY!

Lift /Lesson/Rental = \$300	(less than \$80 per day!)
Lift /Lesson = \$240	(\$60 a day for lessons and rentals! What a deal!)
Lesson Only = \$160	(Really? 4 Lessons for only \$40.00 each? Unheard of!!)

LIMITED FULL NEED-BASED SCHOLARSHIPS ARE AVAILABLE!!

See Mrs. Reynolds prior to registration.

BUS FEE FOR ALL PARTICIPANTS is **\$30.00** for the full 4 weekend session, **payable in cash or check to DOLORES SCHOOLS**

Dolores Secondary Students over the age of 14, who are experienced skiers/boarders may ride the Ski Bus if they are able to provide their own equipment and lift ticket/pass. Lessons and Rentals will not be offered to these participants, and they are required to read and agree to an agreement of expectations. The bus fee will be \$30 for 4 (2-way) rides.

The Telluride Ski & Snowboard School's goal is to foster a fun and safe learning environment, while developing skiers and snowboarders skill level and love of the sport. boarders.



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Dolores Family
Project

Back- pack Program

Free food for students

We offer:

- Fresh produce (when available)
- Both In-person and Online students welcome
- Backpacks provided by DFP
- Weekly pickup
- Snacks and Lunch items
- delivery services

ALSO NOTE: No income
guidelines to qualify

SIGN-UP in the front office
doloresfamilyproject@gmail.com
(970)844-4567





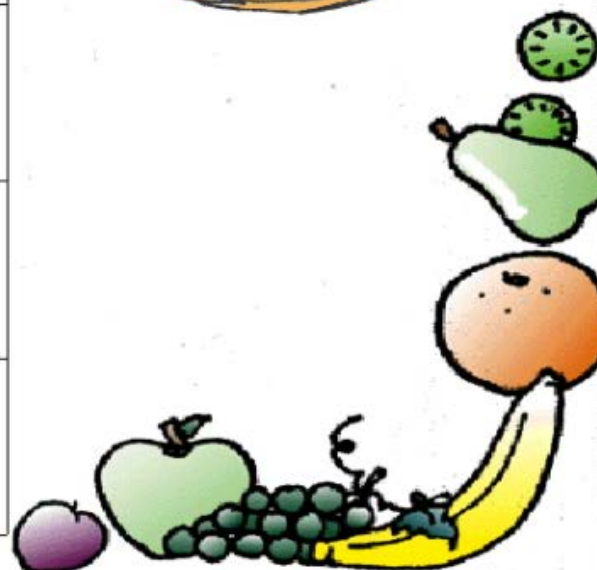
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This institution is an
equal opportunity
provider

SEPTEMBER

BREAKFAST

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
		1 Combo Bars Muffin Applesauce Milk Variety	2 Cereal Graham's FRUIT Milk Variety	3	Cal 379 T.Fat 13.42 G S.Fat 4.1 G Chol 50.9 Mg Sodm 481.70 Mg Carb 55.02 G Fiber 2.1 G Prtn 10.93 G Iron 3.25 Mg
6 Labor Day Vacation	7 Frudel Muffin FRUIT Milk Variety	8 Bagel Grilled Egg Patties FRUIT Milk Variety	9 Cereal Graham's FRUIT Milk Variety	10	Cal 332 T.Fat 6.15 G S.Fat 1.8 G Chol 50.5 Mg Sodm 424.43 Mg Carb 58.71 G Fiber 2.7 G Prtn 12.31 G Iron 34.91 Mg
13 Breakfast Pizza FRUIT Milk Variety	14 POPTARTS Muffin FRUIT Milk Variety	15 Yogurt Parfait Berries, Frozen Granola Graham's Milk Variety	16 Cereal Graham's FRUIT Milk Variety	17	Cal 427 T.Fat 10.42 G S.Fat 3.2 G Chol 13.5 Mg Sodm 432.19 Mg Carb 73.23 G Fiber 3.5 G Prtn 12.30 G Iron 3.51 Mg
20 Oatmeal Muffin FRUIT Milk Variety	21 Breakfast Power Bar Muffin FRUIT Milk Variety	22 Waffle Stix/syrup Sausage link Peaches Milk Variety	23 Cereal Graham's FRUIT Milk Variety	24	Cal 454 T.Fat 12.91 G S.Fat 3.0 G Chol 25.2 Mg Sodm 288.79 Mg Carb 81.39 G Fiber 5.4 G Prtn 12.63 G Iron 4.27 Mg
27 Pancakes Egg Patty Syrup Peaches Milk Variety	28 POPTARTS Muffin FRUIT Milk Variety	29 Cheese Omelet Sausage link Muffin FRUIT Milk Variety	30 Cereal Graham's FRUIT Milk Variety		Cal 5633 T.Fat 396.50 G S.Fat 187.2 G Chol 8355.3 Mg Sodm 9074.36 Mg Carb 116.48 G Fiber 2.0 G Prtn 376.81 G Iron 33.92 Mg





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LUNCH

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
		1 Orange Chicken Rice Bowl MIXED VEGETABLES FRUIT Milk Variety	2 Chicken Enchilada Tossed Salad FRUIT Milk Variety	3	Cal 278 T.Fat 4.94 G S.Fat 2.8 G Chol 21.4 Mg Sodm 286.99 Mg Carb 47.36 G Fiber 6.7 G Ptn 12.28 G Iron 2.29 Mg
6 Labor Day Vacation	7 Chicken Salad Sandwich Bun 4" Chips Baby Carrots Milk Variety	8 Baked Potato Toppings 3 oz. Oat Wheat Roll FRUIT Milk Variety	9 Pizza Tossed Salad FRUIT Milk Variety	10 <i>This institution is an equal opportunity provider</i>	Cal 344 T.Fat 14.89 G S.Fat 5.4 G Chol 48.9 Mg Sodm 681.16 Mg Carb 35.52 G Fiber 3.0 G Ptn 18.05 G Iron 2.26 Mg
13 Chicken Patty/Bun CORN FRUIT Milk Variety	14 Corn Dog Catsup Baked Beans FRUIT Milk Variety	15 Chef Salad Oat Wheat Roll FRUIT Cookie Milk Variety	16 Frito Pie CORN FRUIT Milk Variety	17	Cal 466 T.Fat 16.70 G S.Fat 4.6 G Chol 69.4 Mg Sodm 857.03 Mg Carb 63.32 G Fiber 6.9 G Ptn 19.34 G Iron 39.88 Mg
20 BBQ Chicken Sandwich CORN FRUIT Milk Variety	21 Pulled Pork Burrito CORN Salsa FRUIT Milk Variety	22 Macaroni & Cheese BROCCOLI FRUIT Milk Variety	23 Submarine Sandwich String Cheese Baby Carrots FRUIT Milk Variety	24	Cal 421 T.Fat 15.87 G S.Fat 6.5 G Chol 49.7 Mg Sodm 1074.05 Mg Carb 45.92 G Fiber 4.5 G Ptn 24.39 G Iron 2.61 Mg
27 Roasted Chicken Stuffing MIXED VEGETABLES FRUIT Milk Variety	28 Lo Mein Eggroll Fortune Cookie FRUIT Milk Variety	29 Burrito Salsa Green Beans Peaches Milk Variety	30 CHICKEN ALFREDO Garlic Toast Tossed Salad Apple Milk Variety		Cal 517 T.Fat 18.52 G S.Fat 9.7 G Chol 60.2 Mg Sodm 1301.97 Mg Carb 66.68 G Fiber 8.8 G Ptn 22.01 G Iron 3.62 Mg