



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...

November Important Dates:

Nov. 4th- 5th Grade Pumpkin Drop: Parents are welcome to watch!

Nov. 11th- Possible Veterans Day Parade and/or Assembly and Thanksgiving Feast in Cafeteria for lunch (for students and staff only)

Nov. 15th- Elementary Picture day

Nov. 17th- Ned Show "Kindness" Assembly (Sale of Handcrafted items from Africa for 2-3 weeks afterwards)

Nov. 18th- Thanksgiving Classroom events and Midterm grade reports to parents

Nov. 22-25 Thanksgiving Break

Mental Health Support for Children:

From Chalkbeat.org: "Colorado launched a program Wednesday to offer three free mental health sessions to children. Anyone between 12 and 18 can go to the *I Matter* state website to take a short survey to assess their needs. If the results show they need help, the site will connect them to a provider for a 45-minute appointment in the next two weeks. One of the early questions asks if the young person is in crisis and directs those who answer yes to a crisis line and a more rapid response. Children under 12 can also use the service but need a parent to do so, and young adults who are receiving special education services can access the free help up to age 21." Learn more at:

<https://co.chalkbeat.org/2021/10/27/22749878/colorado-free-mental-health-therapy-session-teens-youth-i-matter>

PTA's Book Fair:

We are so grateful for **PTA Members and Staff Members** who helped pull off an in-person Book Fair shopping experience during our Parent Teacher Conferences! We weren't sure if we would be able to have it arrive in time with all the shipping delays, but we were so glad it did! I was thrilled to watch our Little Bears shopping, and we all **greatly appreciate Parent support with purchases! Thank you!!!**

Principal's Message

Dear Little Bear Families,

We are also grateful for all of you who joined us in Committing to remain Drug-Free! Our Little Bears learned that *Drug Abuse is Scary* during this year's Red Ribbon Week and made commitments themselves to take care of their mental and physical health by avoiding drugs. Thanks to Susan Miller, our team, and parents (esp. Demetra Elder) for volunteering and planning activities for our Little Bears' education!



We appreciate all of our parent volunteers so very much! You have no idea how much it helps to have extra hands and eyes during recesses and all outdoor activities. We also want to thank our High School's **Fellowship of Christian Athletes** for sponsoring a *Trunk-or-Treat* for our students during the "Drug Abuse is Scary!" costume parade which wrapped up our Red Ribbon week! We are very grateful for all the little bear giggles and grins that came from all of the generous donations of time and candy!

We are also thrilled that our cafeteria team is still able to offer every student a free breakfast and lunch this year; however, due to that, we have had a decrease in applications for free and reduced lunches. **Will you please apply online** as soon as possible to help us determine our school's needs and ensure that we retain funding for our Free Lunch status? We really appreciate your support!

<https://www.lunchapplication.com/>

We only have three weeks until Thanksgiving Break. Please know that we are so very grateful to have the opportunity to serve your children and hope to see you at some of our upcoming events!

Warmly,
Lorleen McCormick



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Counselor's Corner

Hello Little Bear Families!

We have a number of things to make you aware of.

#1. First . . . We sent home a flyer that has the links to watch or listen to our Drug Abuse Prevention Parent Night from last year. If you want it electronically, here is the audio link:

https://drive.google.com/file/d/1-QmEfXiIQiAeJZVtIHfKrr_m-wtG_n5/view?usp=sharing . . . and

here is the video link:

<https://drive.google.com/file/d/1-HfqUAqfK7Vgss3aOYoTHZGF2eCeEoUs/view?usp=sharing>

We will be having an in person parent night also about drug abuse prevention, the first Tuesday in March and we'll feed you dinner . . . so be watching for more details about that!

#2. Secondly we are going to have an assembly on the 17th of November about Kindness. It's called the Ned Show, and you can look up information online. When they were here a few years ago, they focused on resilience and sold yo-yos. Since this session is about kindness, they will be selling items from African entrepreneurs to help them get out of poverty. Be watching for the parent flyer which will be coming soon.

And #3. In February, we will also be doing a Kindness fundraiser. It's kind of like a walk-a-thon but instead of getting pledges for your laps, the kids can get pledges for doing acts of kindness. It will all be facilitated online and should be relatively easy. We hope to get the whole family involved. If you would like to be a corporate sponsor, let me or the office know!

We are off to a great year! Thanks for all your support.

Sincerely,
Susan Leavitt Miller

CORTEZ AREA CHAMBER of Commerce

Annual Gratitude Gala

SATURDAY NOVEMBER 13TH, 5PM
AT THE CORTEZ ELKS LODGE 2100 N DOLORES RD, CORTEZ, CO 81321

BENEFITTING THE

100 CLUB OF MONTEZUMA COUNTY
RESPONDING WITH RESPECT & SUPPORT

&

LOCAL FIRST RESPONDERS
Sponsored By

UTE MOUNTAIN CASINO HOTEL
TOWAOC, COLORADO

FORMAL EVENT
WITH PRIZES FOR
BEST DRESSED!

STEAK DINNER
&
CASH BAR

AWARDS	ADMISSION/DINNER	GAMES & ACTIVITIES
<p>BUSINESS OF THE YEAR</p> <p>CITIZEN OF THE YEAR</p> <p>DISTINGUISHED PUBLIC SERVICE AWARD</p>	<p>GENERAL: \$35 PER PERSON</p> <p>CORTEZ AREA CHAMBER MBR: \$25 PER PERSON</p> <p>SPONSOR/RESERVED TABLE OF 8: \$500</p>	<p>POKER & BLACK JACK TOURNAMENT: (\$20 BUY IN / NO CASH PRIZES TOP 3 PLACES WILL WIN GIFT CERTIFICATES)</p> <p>SILENT AUCTION</p> <p>DOOR PRIZES</p> <p>WINE & WHISKEY TOSS</p>

Tickets can be purchased online at:
www.cortezchamber.com/gala

THANK YOU CHAMBER PARTNERS FOR YOUR SUPPORT



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Dolores Elementary School-wide Core Knowledge Curriculum Plan

	Week	Kindergarten	Grade 1	Grade 2	Grade 3	Grade 4	Grade 5
A u g / S e p t	1	Nursery Rhymes and Fables	[1]Fables & Stories (16 days) - RA	Fairy Tales/Tall Tales (9 Lessons + 2 Days)	Classic Tales (2 weeks)	Personal Narratives (5 weeks)	CKLA: Personal Narratives (19 Lessons)
	2	(13 days)				Geography unit/using maps/world mountains	
	3		[6]Astronomy (15 days+)	Westward Expansion (10 Lessons + 2 Days)	Animal Classification (3 weeks + 2 days)	Energy Transfer (5 weeks)	Science U1: Investigating Matter
	4	The Human Body -Five Senses (9 days)	[7]History of Earth - Geology (14 days+)	PBL: Cycles Presentations and Field Trips	Human Body (3 weeks + 2 days)	Empires in the Middle Ages (1 week) Ancestral Puebloans (1 week)	Social Studies: Maps and World Lakes Geography of U.S.
	5	Stories (11 days)					
	6						
O c t o b e r	7		[2]Human Body cont. into Nov. (14 days +) (Contraction Surgery) Possible PBL: Healthcare Careers and Health & Nutrition with hands on science explorations	Cycles in Nature (10 Lessons + 2 Days)	Human Body cont'd. (3 weeks + 2 days)	Empires in the Middle Ages (4 weeks)	CKLA: Early American Civilizations (19 lessons)
	8	Plants (10 days)		Ancient Greek Civilization (13 Lesson + 2 Days)	Ancient Roman Civilizations (6 days)	Ancestral Puebloans (4 weeks)	Science U1: Energy and Matter in Ecosystems
	9					Investigating Waves (4 weeks)	Social Studies: Age of Exploration
	10						
N o v e m b e r	11	Farms (10 days)	[3] Different Lands, Similar Stories (15 days) - RA	Ancient Greek Civilization (13 Lesson + 2 Days)	Light and Sound (2 weeks)	Empires in the Middle Ages (1 week)	CKLA: Poetry (15 lessons)
	12					Structures and Functions of Living Things (1 week)	Science U2: Energy and Matter in Ecosystems (15 Lessons)
	13				Viking Age (3 weeks)	Poetry (2 weeks)	Social Studies: Westward Expansion Pre Civil War
	14					Structures and Functions of Living Things (2 weeks)	
	15	Animals and their Needs (8 days)	PBL: Geography and Culture Unit - Winter Celebrations around the World & Origins of Christmas Traditions - Travel	Greek Myths (11 Lessons + 2 Days)	Viking Age Cont'd.	Eureka! Energy unit (3 weeks)	CKLA: Adventures of Don Quixote (21 lessons)
D e c e m b e r / 	16			PBL: Job Hunt		Structures and Functions of Living Things (3 weeks)	Science U2: Modeling Earth's Systems
	17	Native Americans (9 days)					Social Studies: Civil War



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	Week	Kindergarten	Grade 1	Grade 2	Grade 3	Grade 4	Grade 5
J a n u a r y	18	Kings and Queens (9 days)	[4]Early World Civilizations (15 days)	Human Body (11 Lessons + 2 Days)	Astronomy (4 weeks + 1 day)	Geology (3 weeks) Processes that shape and change Earth (3 weeks)	CKLA: Adventures of Don Quixote and Renaissance Science U3: Modeling Earth's Systems CKLA: Civil War
	19		[5] Early American Civilizations (15 days)				
	20		[10]American Independence (17 days +)				
	21	Seasons and Weather (9 days) *Colonies to Independence *Goals/Dreams, MLK, Jr. Writing					
F e b r u a r y	22	Columbus and the Pilgrims (10 days)	Possible PBL: Economics/ \$ and American Symbols	Early Asian Civilization (15 Lessons + 2 Days)	Native Americans (4 weeks + 1 day)	Geology (1 week) Processes that shape and change Earth (1 week) Contemporary Fiction (3 weeks) Processes that shape and change Earth (3 weeks)	CKLA: Renaissance / Reformation Science U3: Protecting Earth's Resources Social Studies: Westward Expansion Post Civil War
	23		[11]Frontier Explorers (17 days)				
	24						
M a r c h	25	Colonial Towns and Townspeople (11 days)	Possible PBL: Lewis and Clark In Depth Focus Study	The War of 1812 (12 Lessons + 2 Days)	Early Exploration (4 weeks)	The American Revolution (4 weeks) State Government (4 weeks) Using Natural Resources for Energy (4 weeks)	CKLA: Midsummer night's Dream (11 lessons) Science U4: Protecting Earth's Resources Social Studies: Renaissance/ Reformation
	26						
	27	Taking Care of the Earth (11 days)	* SPRING BREAK!				
	28						
A p r i l	29	Presidents and American Symbols (10 days)	[8]Animal Habitats *Animal Kingdoms *Food Webs *Adaptations (15 days +)	Insects (9 Lessons + 2 Days)	Colonial America (4 weeks)	Treasure Island (3 weeks) Colorado History (3 weeks) Using Natural Resources for Energy (2 weeks) Human Respiration and Circulation (1 week)	CKLA: Native Americans and Chemical Matter Science U5: Protecting Earth's Resources Astronomy Social Studies: Native American Cultures
	30			Civil War (12 Lessons + 2 Days)			
	31						
	32			PBL: Wax Museum			
M a y	33	Introduction to Magnetism (8 days)	In Depth Project Based Study of Habitats: Antarctic, Coral Reefs, Rainforests, Local Habitat [9]Fairy Tales (15 days) - RA	Immigration (9 Lessons + 2 Days)	Ecology (4 weeks)	Treasure Island (3 weeks) Colorado History (3 weeks) Human Respiration and Circulation (3 weeks)	CKLA: Chemical Matter (15 lessons) Science U5: Astronomy Social Studies: Early Russia / Feudal Japan
	34						
	35	Review					
	36						
	37						

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BREAKFAST



November



Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
1 Biscuits and Gravy Hashbrown Patty Fruit Juice Milk Variety	2 Combo Bars Muffin Applesauce Milk Variety	3 Bagel Grilled Egg Patties FRUIT Milk Variety	4 Cereal Graham s FRUIT Milk Variety	5	Cal 347 T.Fat 10.41 G S.Fat 3.2 G Chol 54.2 Mg Sodium 711.93 Mg Carb 54.09 G Fiber 2.1 G Prtm 10.18 Mg Iron 2.80 Mg
8 Breakfast Pizza FRUIT Milk Variety	9 POPARTS Muffin FRUIT Milk Variety	10 Yogurt Parfait Berries, Frozen Granola Graham s Milk Variety	11 Cereal Graham s FRUIT Milk Variety	12	Cal 427 T.Fat 10.42 G S.Fat 3.2 G Chol 13.5 Mg Sodium 432.19 Mg Carb 73.23 G Fiber 3.5 G Prtm 12.30 G Iron 3.51 Mg
15 Oatmeal Muffin FRUIT Milk Variety	16 Breakfast Power Bar Muffin FRUIT Milk Variety	17 Waffle Stix/syrup Sausage link Peaches Milk Variety	18 Cereal Graham s FRUIT Milk Variety	19	Cal 484 T.Fat 12.91 G S.Fat 3.0 G Chol 25.2 Mg Sodium 288.79 Mg Carb 81.39 G Fiber 5.4 G Prtm 12.63 G Iron 4.27 Mg
22	23	24	25	26	
29 Pancakes Egg Patty Syrup Peaches Milk Variety	30 POPARTS Muffin FRUIT Milk Variety		<i>This institution is an equal opportunity provider</i>		Cal 819 T.Fat 34.80 G S.Fat 9.3 G Chol 607.6 Mg Sodium 875.72 Mg Carb 91.40 G Fiber 1.8 G Prtm 33.92 G Iron 6.02 Mg



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LUNCH



Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
1 Pasta & Meat Sauce Tossed Salad Garlic Toast Fruit Juice	2 Chicken Salad Sandwich Bun 4" Chips Baby Carrots	3 Pulled Pork Sandwich Oven Fries Pickles FRUIT	4 Macaroni & Cheese BROCCOLI FRUIT Milk Variety	5	Cal 524 T.Fat 16.71 G S.Fat 6.1 G Chol 48.7 Mg Sodm 898.52 Mg Carb 67.66 G Fiber 5.7 G Prtn 27.39 G
8 Roasted Chicken Stuffing MIXED VEGETABLES FRUIT	9 Hamburger on a Bun Tossed Salad Pickles Chilled Pears	10 Grilled Cheese Sandwich Tomato Soup String Cheese Pickle	11 HOLIDAY DINNER	12	Cal 603 T.Fat 21.54 G S.Fat 8.7 G Chol 61.0 Mg Sodm 1617.04 Mg Carb 73.46 G Fiber 8.3 G Prtn 30.94 G
15 Pizza Tossed Salad FRUIT Milk Variety	16 Corn Dog Catsup Baked Beans FRUIT	17 Soft Taco Lettuce & Tomatoes FRUIT Milk Variety	18 P.B. & Jelly Sandwich String Cheese Chips Baby Carrots	19	Cal 374 T.Fat 13.59 G S.Fat 4.3 G Chol 28.9 Mg Sodm 788.47 Mg Carb 47.11 G Fiber 4.7 G Prtn 16.97 G
22 NO SCHOOL	23 NO SCHOOL	24 NO SCHOOL	25 NO SCHOOL	26	
29 Pizza Sticks Tossed Salad FRUIT Milk Variety	30 CHICKEN ALFREDO Garlic Toast BROCCOLI Apple		<i>This institution is an equal opportunity provider</i>		Cal 630 T.Fat 28.34 G S.Fat 15.8 G Chol 90.4 Mg Sodm 1415.07 Mg Carb 70.23 G Fiber 8.6 G Prtn 25.74 G



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Our Dolores HS/MS FCA huddles are joining together to collect items to pack for "Operation Christmas Child" as part of our club outreach. We are hoping to get donations from local families to help pack as many boxes as we can. Below is a list to assist you with ideas of what to buy and what can not be brought to put in the shoeboxes. Money donations are also greatly needed to help defer the cost of shipping (\$9 per box). Donations may be turned into the high school/middle school office as well as the elementary office. All donations are due by November 11th please. Thank you for your help and support with this important outreach!

More info about this program at:
<https://www.samaritanspurse.org/what-we-do/operation-christmas-child/>



2-4 5-9 10-14	2-4 5-9 10-14
A "Wish" Item <input type="checkbox"/>	A "Wish" Item <input type="checkbox"/>
Personal Care Items <input type="checkbox"/>	Personal Care Items <input type="checkbox"/>
School Supplies <input type="checkbox"/>	School Supplies <input type="checkbox"/>
Clothing and Accessories <input type="checkbox"/>	Clothing and Accessories <input type="checkbox"/>
Crafts and Activities <input type="checkbox"/>	Crafts and Activities <input type="checkbox"/>
Toys <input type="checkbox"/>	Toys <input type="checkbox"/>
A Personal Note <input type="checkbox"/>	A Personal Note <input type="checkbox"/>

Do Not Include

Candy; toothpaste; gum; used or damaged items; scary or war-related items such as toy guns, knives, or military figures; chocolate or food; seeds; fruit rolls or other fruit snacks; drink mixes (powdered or liquid); liquids or lotions; medications or vitamins; breakable items such as snow globes or glass containers; aerosol cans.

FAQ Can This Go in My Shoebox? →