

FAMILY RESOURCE SCHOOLS NEWSLETTER

Columbine Elementary School

January 2007

... building family strengths



SEVEN RESOLUTIONS FOR 2007

How many times have you promised yourself "this year I will" eat less, exercise more, pay off debt, stress less, learn a new language?

Do we really make New Year's Resolutions with the intention of keeping them or do we make them out of habit?

This year, make different resolutions; resolutions that you can keep and that can bring some new energy to your family life!

Seven simple resolutions that won't cost you a thing and are easy to keep:

1. Take more interest in your child(ren)'s school. Make time for PTA meetings and parent teacher conferences, but don't forget that school social events (Family Nights, musical presentations, etc.) are important too.
2. Provide your child(ren) with the tools to do well in school. Set up a quiet space (away from the TV and other interruptions) with adequate lighting and all the things necessary to study or do homework.
3. Take care of your health. Make sure everyone in the family including Mom and Dad has regular dental, vision and physical exams
4. Playing is not just for kids; spend time outside as a family. Go for a walk or a family bike ride.
5. Improve the whole family's diet. Start simple by adding one piece of fruit or a salad to your family meal.
6. Be positive, instead of focusing on things done wrong, show praise for things done right. This will show your child(ren) that good behavior is reinforced by kind words, a good hug and/ or a happy parent. With all your positive attention, he/ she will be eager to behave well.
7. Most of all, do not forget to say "I Love You" each and every day.

Welcome Back! Hopefully, you had a relaxing break and 2007 is off to a great start!

The hallways have been buzzing with stories of being snowed in, seeing relatives, playing in the snow, holiday fun.

Now, halfway into January, school is back in full gear and February is right around the corner and we have no lack of things going on at Columbine.

Just to name a few...

Friday, January 26th
Columbine's Annual Fiesta Night
6 PM – 8 PM, Potluck

Monday, January 29th
FRS After School Classes start

Monday, February 5th
FRS Dental Screening for 1st and 3rd

Monday, February 12th
PTA Meeting – 6:30 PM
CSAP starts for 3rd grade

Friday, February, 16th
Teacher Work Day – No School

Monday, February 19th
Presidents' Day – No School

Don't miss out! Check Friday Folders every week as you will be getting more information over the coming weeks.

Just to remind you that FRS is here for every Columbine student and his/ her family. Please stop by, email or call if you need more information about Columbine events and/ or FRS. -Wanda

Columbine FRS

Wanda Pelegrina Caldas – Coordinator
303.441.4059

Bea Blum and Marilee Snyder – Therapists
303.443.0792