



SANCHEZ INTERNATIONAL DRAGON'S TALE

2011/2012

655 Sir Galahad Drive, Lafayette, CO

Office Phone: 720-561-7300

email: bvsd.sae@bvsd.org

December

1/Thurs	Centaurus Choir—2:00-2:45—Sanchez Gym
2/Fri	Food Bag Pick Up—2:00-3:00 p.m.
5-8	PTA Jingle Bell Fun Run Fundraiser
6/Tues	School Tour—1:30-2:30 p.m.
8/Thurs	Coffee with the Principal—9:00—10:00 a.m.
8/Thurs	1st Block Dragon Discovery Ends
12/Mon	Sister Carmen On-Site Case Management— 11:30-2:30 p.m. (Call to make an appointment—720-561-7338)
13/Tues	PTA Meeting—5:30 p.m.
15/Thurs	2nd Grade Concert—6:30 p.m.
16/Fri	IB Assembly—8:15-9:00 a.m.
16/Fri	Community Cafe—9:00 a.m.
Dec. 19-Jan. 2	NO SCHOOL—WINTER BREAK
Jan. 3/Tues	NO SCHOOL FOR STUDENTS—Professional Development Day
Jan. 4/Wed	School Resumes for Students

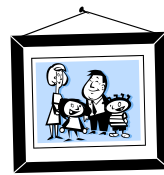


January

Jan. 4/Wed	School Resumes for Students
6/Fri	Food Bag Pick Up—2:00 -3:00 p.m.
9/Mon	CELA Testing Begins
10/Tues	PTA Meeting—5:30 p.m.
10/Tues	School Tour—1:30-2:30 p.m.—Call for Appt. (720-561-7304)
10/Tues	Kindergarten Information Night—6:30 p.m.
12/Thurs	Spelling Bee—3rd-5th Grades
13/Fri	Open Enrollment Ends
16/Mon	NO SCHOOL—Martin Luther King, Jr. Day
23/Mon	Sister Carmen on-Site Case Management—11:30-2:30 p.m. (Call to make an appointment—720-561-7338)
23/Mon	Incredible Years begins—5:30-7:30 p.m.
26/Thurs	4th Grade Concert—6:30 p.m.



COUNSELOR'S CORNER



Home Alone for the Holidays



As parents, many of us face a huge dilemma this Holiday Season. School is out for a week and then we come back and then we are gone for two weeks shortly thereafter – what am I going to do with my kids during this time?

Unfortunately, many families don't have any other choice but to leave their children alone while they are off to work. When is it okay to leave children alone? Many organizations recommend that children under 10 should not be left alone, babies and small children should not be left alone even for a few minutes. Many families use older siblings, family members or baby sitters during this time. Some parents even arrange to swap day care days with other parents.

If your child is without you during this winter break and left with an older sibling or family member ask yourself, can this person:

- Be counted on to stay calm in an unexpected or emergency situation?
- Demonstrate a sense of responsibility?
- Follow your house rules and instructions?

Some other important safety tips for your children at this time:

- Make** sure you have a list of important numbers where your children can find them. These numbers should include your work number, cell phone, nearest relative, emergency services, etc..
- Stress** to your children not to let anyone else know that their parents are not home.
- And** most importantly, remind your kids that if anything makes them feel scared or uncomfortable, to let you know right away.
- Reinforce** your house rules and what behavior you expect of them. If someone else is watching your children, you should also let them know about your house rules, especially that if something makes them feel uncomfortable or unsafe that they will tell you about it right away.

Finally, many of the recreation centers, YMCA, museums, libraries, and other community resources offer extended day camps and activities that would be worth checking out during the holiday season. If your child is in our SAC program, they are also in operation during this time.

And finally some stress busters for you as a parent: The Holidays often add extra pressure on our already stressed lives. We have parties, and shopping, and no time to do it all – much less what it is doing to our budgets!

Try a few brief stress busters:

Take a time out! Ask your kids to show you “Soup Bowl Breaths.” Walk around the block and enjoy all the lights and decorations.

Talk to a friend! Use your friends to talk things out with. Chances are they are stressed too and could use another perspective.

Exercise! Even if it's just walking around the block like you do when taking a time out. It helps to do something physical to get rid of the extra stress.

Finally, it's okay to say no! Invited to 10 parties...volunteer to host a fund raiser...pick up the neighbors kids...if you are overstretched, it's okay to say no.

Have a great and safe holiday!

Family Resources

Important dates

1/6	Food Bag pick-up—2-3pm
1/10	Sanchez Elementary Open Enrollment School Tour—1:30-2:30
1/10	Kinder information Night—6:30-7:30
1/23- 5/3	Incredible Years, Mondays, 5:30-7:30 – Child care provided
1/23	Sister Carmen Day- Call to schedule

Parenting Education Classes are Coming!

If you have a child who is 2-5 years of age, and are interested in learning more about:

- Strengthening of social skills for children
- Promoting cooperative behavior
- Setting limits
- Positive discipline

Then the Incredible Years program is for you!

Parenting Place introduces **Incredible Years**, a free training program for parents with young children. This program offers parents tools to support the emotional and social development of their children through a series of 14 weekly sessions led by two leaders. The format is conversational, with an emphasis on the exchange of experiences, practical activities and modeling. Weekly activities at home will encourage you to practice your new skills. These groups will be highly interactive, supportive, and fun! This program starts January 23 through May 3. Registrations will be sent home soon in the Friday Folders. If you have any questions, please contact Jesse at 720-561-7367.

Love and Logic

Would you like to have more strategies to try and get your child age 5-12 to listen? Do you wish that your child behaved better? Do you ever wonder what works for other parents that you can try with your child? Call Isela at 720-561-7338 and leave your name so that you can be on the list for our new Love and Logic parenting series that will be starting this Winter/Spring at Sanchez Elementary! More information will be sent home in the Friday Folders.

Did you know...

That your child's regular school attendance (missing less than 10 days of school in the year) is one of the most important factors that can influence your child's graduation from high school? Make sure to be at school, on-time, ready to learn to help your child be successful!

Library Lines

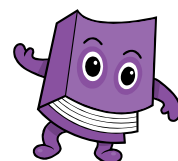
The RIF book give-away was a success! Students were thrilled to receive a free brand new book. The next RIF event is scheduled for March 2, 2012. The theme will correspond with Dr. Seuss's birthday.

The annual Spelling Bee for grades 3rd-5th is scheduled for January 12, 2012. If you need additional spelling word lists please let me know.

Finally, the next Schotatively scheduled for 7-15th.

Kim Klein

Library



lastic Book Fair is **ten-** the week of February



Math Fun at Home

Since joining the Sanchez staff in August, I have been so impressed by the math teaching and learning that happens here at school.

One easy thing that all parents can do to support math learning at home is to work with coins. Maybe it's because many adults now use credit and debit cards, but we have noticed more students struggling to name and add coins. Working with coins is still important because they help kids learn about place value and grouping. Here are just a few ideas for making coins fun at home:



Primary- aged kids (Grades K-2) can sort a small collection of coins, play "Guess What's in My Pocket," and figure out the total value of two or three coins.

Older kids (Grades 3-5) can find the value of 5 or more coins, play "Guess What's in My Pocket" with 3 or more coins, make change from \$1.00, and play "Store" where they have to pay with coins to get small items such as a stuffed animal or a juice box.

Jess Evans, Math Coach

CELA Testing

For students who are learning English and are not yet proficient, they will participate in the Colorado English Language Acquisition (CELA) test. Testing will start on January 9th. This test includes both written and oral components. CELA results provide valuable information to teachers about the progress students are making in learning English. Please encourage your child to get a good night's sleep and eat a healthy breakfast before school.



PTA Jingle Bell Fun Run Fundraiser Volunteers Needed for One Hour!!

The Jingle Bell Fun Run will take place in P.E. classes during the week of December 5th through the 9th. Pledge packets and more information for this event went home in Friday Folders the week before Thanksgiving.

Volunteers are needed for each class to mark laps, pin on the race bibs, cheer the students and to keep the event rolling!! The schedule is listed below. If you can help, please let Irma in the school office know as soon as possible, or call Pat Kayser at 720-561-7328. Thanks for your support!

Please send a water bottle and tennis shoes with your student on their classes' running day!

Funds collected are due in the main office December 16th.

Thanks again for your support!

Schedule by Days	
Monday, December 5 th , 9:45 – 10:30 am	ALL 5 TH GRADERS
Tuesday, December 6 th , 1:05 – 1:50 pm	K Moore
Tuesday, December 6 th , 1:50-2:35 pm	1 st Gamble
Wednesday, December 7 th , 10:35 – 11:20 am	3 rd Dawson
Wednesday, December 7 th , 11:20 – 12:05 am	3 rd Morgan
Wednesday, December 7 th , 1:05 – 1:50 pm	K Rothman
Wednesday, December 7 th , 1:50 – 2:35 pm	1 st Kendrick
Thursday, December 8 th , 9:00 – 9:45 am	4 th DeCola
Thursday, December 8 th , 9:45 – 10:30 am	4 th McWilliams
Thursday, December 8 th , 10:35 – 11:20 am	2 nd Mesches
Thursday, December 8 th , 11:20 – 12:05 am	2 nd Sanders
Thursday, December 8 th , 1:05 – 1:50 pm	K Chamberlain
Thursday, December 8 th , 1:50 – 2:35 pm	1 st Calderbank



YMCA of Boulder Valley Winter Break Camps

**FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

K-5th Grade Camps

Winter Break Weeks

Join us for one or two weeks of fun! Each week will include multiple field trips and fun onsite activities such as active games, drama activities, science, group games, arts & crafts & more! Please check our web site after November 1st for more detailed information.

Week One- \$220

Dec 19th, 20th, 21st & 22nd

Week Two- \$165

Dec 27th, 28th & 29th

Program Hours: 8:00-4:00

Extended hours: 7:00-8:00am & 4:00-6:00pm

CCAP Clients accepted with written authorization
YMCA Financial Assistance is available!

School Locations/Contact Info:

303-443-4474

Winter Break Weeks:

South Boulder: K-1st: Bearcreek x 4210/2-5th Mesa x 2412

Central Boulder: Whittier Elementary x 4201

North Boulder: Crestview Elementary x 4202

East County: Superior Elementary x 4222



The holidays are fast approaching! Alicia Sanchez International PTA would like to wish all Sanchez families a wonderful holiday! This month will be short but busy at school. A couple of reminders of upcoming events:

- **Jingle Bell Fun Run:** Next week we will be having a school wide fun run. This will take place all week during your child's PE class. The pledges your children collect will go toward all the events PTA hosts and contributes to. Don't forget to turn in your pledge money by **December 16th!!** **Parent volunteers are still needed for next week to help with this event. Thank you!**
- **3rd - 5th grade Spelling Bee:** Kids, don't forget to study for the Spelling bee!! With school out for the holidays, this is a perfect time to study those words!! Get together with your friends and practice your words.

PTA meetings are every 2nd Tuesday of the month at 5:30pm. Please join us when possible, or you can always email me with questions or comments at conmom_1@yahoo.com. We are always in need of volunteers.

Thank you and Happy Holidays!
Jenny Conlon-PTA President

Parent Engagement Network presents:
Thriving During the Elementary Years
Early Identification of Depression
By Dr. Jan Hittelman

It is not well known, but one of the fastest growing age groups for suicide are children 10-14 years of age. Given that Colorado ranks first among all states for teen depression, it is important for parents of elementary-age youth to be more aware of the warning signs in order to identify these concerns as early as possible.

Nationally suicide is the third leading cause of death among youth ages 15-24, while in Colorado it is the second leading cause of death. As disturbing as these statistics are, it is widely believed that they are underestimated since many suicides and attempts go unreported. Fortunately for most, depression is a very treatable disorder. Depending on the particular individual, talk therapy, medication, or a combination of the two, has been shown to be highly effective in treating depression. Unfortunately, it is estimated nationally that only 30% of adolescents with depression receive treatment. Surprisingly, research shows that many of these youth are from families with good communication. The challenge is that, in addition to the general signs of depression in adults (i.e. feelings of sadness, changes in eating and sleeping patterns, loss of interest in once enjoyed activities, loss of energy, feelings of worthlessness or guilt, difficulty concentrating), the more subtle warning signs unique to children and adolescents are often missed. These include:

- Irritability, anger, hostility
- Frequent absences from school or poor school performance
- Lack of interest in spending time with friends or family
- Talk of or efforts to run away from home
- Social isolation, poor communication
- Extreme sensitivity to rejection or failure
- Reckless behavior
- Neglect of clothes and appearance

The good news is depression can be identified and treated, if the right resources and information are in place. Learn more by participating in the following FREE community events:

TV Presentation: Teen Depression: The Good News

When: Monday, January 9, 7:00-8:30pm

Where: Boulder Valley School District Board Room (6500 Arapahoe, Boulder) or watch live on Channel 22

Submit questions: www.BoulderPsychologicalServices.com/channel-22

More info: www.BPSBoulder.com

Workshop: Understanding Self-Harm in Teens

When: Monday, January 30th, 6:30-8:00pm

Where: Meadows Branch Library (4800 Baseline Road, Boulder)

Facilitators: Susan Denison & Jeffrey Kuhn, LCSW, LPC

More info: www.BPSBoulder.com

UPCOMING PEN EVENT:

HOPE

Providing hope & inspiration in the area of suicide prevention and depression

Presenters: HOPE Coalition & Colie's Closet

Thursday, January 26, 6:30-8:30pm

First Presbyterian Church (1820 15th Street, Boulder)

Learn more about PEN by visiting their website: www.parentengagementnetwork.org or by contacting Paula Nelson, PEN chair (pjn6225@yahoo.com, 303-880-6030) or Betsy Fox, PEN Lead Coach, (foxbetsy123@msn.com, 720-563-7007).

Dr. Jan Hittelman, a licensed psychologist, is Director of Boulder Psychological Services and the Founder of the Boulder Counseling Cooperative. Questions or comments for this monthly column can be sent via email to: jan.hittelman@gmail.com, or by phone: 720-217-3270

