

Bear Tracks

Bear Creek Elementary
2500 Table Mesa Drive
Boulder, CO 80305

Kent Cruger, Principal
December 10, 2010



A few weeks ago the students who were "Principal for the Day" performed many of the tasks I do as principal. One of the things I asked them to do was to write a newsletter article. Since it was right around the Thanksgiving holiday, the students collaboratively wrote an acrostic poem of what they are thankful for at Bear Creek. As we approach the winter break and I reflect upon the year, I find that I have much to appreciate about this school community and thought that the students reflections would be a perfect last newsletter article for this year.

The students wrote they are thankful at Bear Creek for:

Teachers who are kind and nice

a **H**ome away from home

No naughty kids

Konstruction workers (we know it's spelled wrong, but we wanted to include them because they are doing such a great job).

Fun

Unicef and community giving we do because Bear Creek always takes care of others

Learning something new every year

Thank you for being a part of making Bear Creek such a wonderful place to work, and thank you to my "Principals of the Day" for making the holiday season less stressful for me by writing my newsletter article!

Kent Cruger
Principal



**Inside
this issue:**

Principal's Corner

Bear Creek	2
At-A-Glance & more	
PTO News	3
Classroom Clips	4 - 7
BVSD	8 - 11
Bear Creek	12 -
Monthly Calendars	13



BEAR CREEK CALENDAR
AT - A - GLANCE

Monday, December 13th

2:10 p.m. 5th Grade Band Concert



Tuesday, December 14th

3rd Grade Blue Sky Presentation 12:45—2:30 p.m.

Monday, December 20th - Friday, December 31st



NO SCHOOL
Winter Break

Monday & Tuesday, January 3rd & 4th

NO SCHOOL
Professional Development Days

Monday, January 10th

Evening Parenting Class

Tuesday, January 11th

Spelling Bee 1:30—3:00 p.m.



Wednesday, January 12th

Open House Tour @ 1:00 p.m.

Thursday, January 13th

Reading To End Racism

Monday, January 17th

NO SCHOOL
MLK, Jr. Holiday



BEFORE AND AFTER SCHOOL ACTIVITIES

Don't forget to check the foyer for flyers and information on before and after school activities.

Bear Creek Directory

Back by popular demand, the 2010-2011 school directory is now available in print for \$4 in the front office!

Open Enrollment Open Houses

BVSD open enrollment began Monday, November 29, 2010 and closes @ 4:00 p.m. on Friday, January 14, 2010. Bear Creek will be having one more Open House Tour; January 12th @ 1:00 PM.



The tour will last about 45 minutes with Question & Answer time to follow. To register please call the office @ 720.561.3500.

If you are a current parent of an incoming Kindergartener, would you PLEASE call or email the office (carolyn.walker@bvsd.org) and let me know. Also, please encourage friends and neighbors of kindergarteners to stop by or call the office as well.

Thank you!

Carolyn Walker

Lost and Found

Please make sure to stop by the lost and found area and go through the bins before Winter Break. All remaining items will be donated to charity after December 17th.

VOLUNTEER BADGES

I know our volunteer badges are quite a style statement but we are down to 3 so....if you have one lying around, would you please return it.

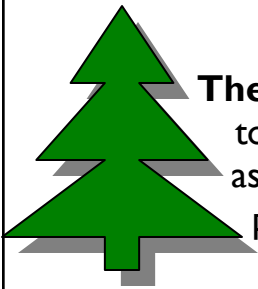
Thank you, Carolyn



PTO NEWS



BEAR CREEK BAKERS- I would like to say a huge thank-you to everyone who brought in food for our volunteers for hearing and vision screening on December 7th. Thank you Michelle Murray, K.D. Leka, Susan Bleekman, Donna Axel, Lenora Reynolds and Gladys Boza. I know some of you did double duty and helped with hearing and vision screening also. It is truly fantastic to have such wonderful volunteers! You are very appreciated!! -Ragan Cahill



The Giving Tree is located inside the main school doors on the bulletin board to the left. On leafs and apples you will find items that teachers have suggested as gifts for their classroom. Take a look at the tree to see if you or a group of parents would like to present one of the gifts to your child's teacher.

Are you or a family member (grandparents) looking to make a year-end tax deductible gift?

The Bear Creek PTO is a non profit 501c-3 and is accepting year-end donations for the Tools for Learning Challenge. Please consider making a year-end donation to BCPTO to write off on your 2010 income taxes. Thank you!

Yearbook- The yearbook would love more class field trip photos. If you have taken photos that you like, please put them on a photo disc to put in Michelle Wellington's mailbox in the office. If you have a couple, than you may send them to her email address at michelle.wellington@att.net

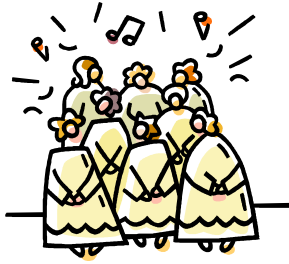
We wish you Happy Holidays with your family!



Lip Sync

More great news is that **Lip Sync is planned for April 28th** in the new gym! Pete Kenny is the organizer of this event and may be reached at petekenny@aol.com if you have any questions.

Classroom Clips



Congratulations to all Spotlights members for all of your hard work thus far!

The Fall concert that took place on November 17th was a fabulous success and I was so proud! It was such a treat to see the students grow during each and every rehearsal. What a wonderful group of students! The performance on December 3rd at Fairview High School was a blast! Our Spotlights performed wonderfully and were a perfect example of the high caliber of students that attend Bear Creek. Thanks to all 5th grade Spotlights members for singing at the Bear Creek Book Fair at Barnes and Noble on Monday. This group demonstrated their dedication to Bear Creek and to our music program...and they sounded amazing! I hope you all had as much fun as I did! And finally, I think we ALL owe a very special THANK YOU to all of the parents who have supported these musical experiences. We truly could not have done it without you!!

REMINDER: There are no more rehearsals for Spotlights until January. I will be sending information via Bear Tracks, Bear Creek emails, and with students so make sure to stay tuned in to current events! Students will need to sign up in January if they are interested in continuing or joining the group. I hope to see you all back in January!

And again...GREAT JOB SPOTLIGHTS! YOU ROCK!

PE NEWS



Health and Fitness tips from Mr. Soole

Reminder: No Jump Rope club or Intramurals next week, due to the amount of equipment being used in our gymnastics unit. Both activities will resume after winter break.

Nutrition Basics Help Fight Child Obesity

Content provided by the [U.S. Food and Drug Administration](#)

With childhood obesity on the rise, parents, schools — even whole communities — are getting behind the movement to help young people eat healthier.

FDA nutrition expert Shirley Blakely, the mother of two grown kids and a registered dietitian, says healthy eating at home and school begins at the grocery store.

As you head down the supermarket aisle, Blakely says you should zero-in on two things:

the Nutrition Facts label — tells the number of calories and percentage of a day's worth of nutrients in one serving

the ingredients on the label of all prepared foods — lists every ingredient that went into the product, with the predominant ingredient first, the next most prominent second, and so on in descending order

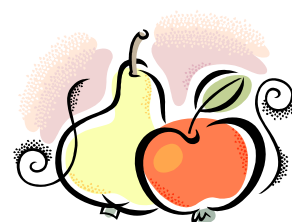


Ingredients in prepared foods are listed in descending order of predominance. If the cereal your kids like has some type of grain listed first, that's a good sign. But if fructose, high fructose corn

syrup, or sucrose — in other words, sugar — is listed first, you'd best leave that item on the store shelf because added sugars are taking the place of other, more nutritious ingredients.

And sugar isn't always an additive. Some foods — fruits, for example — are naturally sweet without adding any sugar at all. If you check the Nutrition Facts label on canned or dried fruits that have no added sugar, you'll still see sugars listed. That's because the sugars in pineapple, raisins, prunes, and other fruits occur naturally.

The same is true for fresh apples, bananas, melons, and other items on your grocer's produce aisle, but they don't carry labels because they're completely unprocessed. If you want to know how many calories or nutrients they have, you'll have to look on the Internet or ask in the produce section of your grocery store.



Percent Daily Value — tells what percentage of the recommended daily amount of each nutrient is in one serving of a food. Based on the amount of each nutrient recommendation for one day, 5 percent or less is low; 20 percent or more is high.

Nutrients — try to get 20 percent or more of protein, fiber, and some essential vitamins and minerals (such as vitamin C and calcium) in a single serving; but limit your intake of saturated fats and sodium to 5 percent or less per serving of food. Strive for 0 trans fat, or trans fatty acids — this harmful fat raises your bad cholesterol (LDL) and lowers your good cholesterol (HDL).

Good nutrition is only one piece of the puzzle when it comes to being healthy. For more information about how to live healthier, go to www.letsmove.gov!

Last Updated: 11/09/2010

Source: [U.S. Food and Drug Administration](http://www.fda.gov)



Classroom Clips

Library News

Thanks so much to all of the shoppers who came to the Barnes and Noble book fair to support our school. We also really appreciate the books parents bought for classroom teachers and the library. An especially big thank you goes out to Mary Sue and Cari and Mrs. James and the 5th grade Spotlights singers who entertained shoppers at the fair. If you didn't make it to the fair but would like to shop at Barnes and Noble and help our school earn school credit, you can still shop online at BN.COM/book_fairs and enter the Book Fair ID 10380111 at check out.

And to my handy book fair volunteers: Diana Tanney, Diane Schwemm, Jeanne Kauffman and Susan Bleekman also helped make the book fair a huge success by helping with the planning process, setting-up (Way to go, Diana!) and manning the wish list table. Thank you all so much!!!

The Bear Creek community has another way to support our school and a local business at the same time. If shoppers mention Bear Creek when checking out at Grandrabbits Toy Shoppe, a percentage of sales will go to Bear Creek in store credit. So remember this great local business when doing holiday shopping! Grandrabbits has three locations, Boulder, Superior and a new store at Flatirons Marketplace in Broomfield.



The next meeting of the 5th grade boys' book group will take place on Friday, January 7th in the library. Students will meet with Mr. Neiman to discuss *Heat* by Mike Lupica. The 5th grade girls' book group will meet with Mrs. Brockway in the library on Friday, January 14th to discuss *The Breadwinner* by Deborah Ellis. Copies of both books are available in the library.

Bear Creek Student Recycles



For many students in the school, Winter Break means holiday celebrations and gifts. We have a wonderful opportunity to help the environment during these holidays. Many of you will receive gifts that use Styrofoam packaging. Did you know that most Styrofoam is not biodegradable so it will sit in the landfills for hundreds of years? But this Styrofoam can be recycled.

Please bring any hard Styrofoam packaging to school after winter break and we have a very generous mom (Gabrielle Self – Julian's mom) who will take it to Ecocycle's Hard to Recycle Center. There will be containers in the front hall the week after break.

Kudos for Bear Creek Students

Congratulations to Andrea Boza who was quoted in the Daily Camera section entitled "Why we are thankful". Here are her words: "I am thankful for my family and friends. I am thankful for them because no matter what, they love me and care for me, and I can never repay them for the wonderful things they've done except to share my love, too."

BVSD

Change in Lunch Menu

Thurs 12/16 Chef's Choice

Garlic chicken pasta
Cheesy garlic pasta
Delicata squash

Friday 12/17 Chef's Choice

Hot dog
Cheese quesadilla

Community Connections Guide

Community Connections: A Student Resource Guide

BVSD's Community Connections: A Student Resource Guide may be found at www.bvsd.org/guide. The guide is filled with youth-oriented activities and services offered by individuals and organizations in the community. Categories include tutoring, athletics, health & support services, camps & classes, and the arts. Paper copies can be found at schools or you may request a copy in English or Spanish from Marla Riley at 720-561-5250, marla.riley@bvsd.org.

Conexiones con la comunidad: Una guía de recursos para estudiantes

Conexiones de BVSD con la Comunidad: Puede encontrar la guía de recursos para estudiantes en www.bvsd.org/guide. La guía está llena de actividades orientadas a la juventud y servicios ofrecidos por individuos y organizaciones en la comunidad. Las categorías incluyen tutorías, deportes, servicios de salud y de apoyo, campamentos, clases y las artes. Las escuelas tienen copias en papel o las pueden solicitar en inglés o en español llamando a Marla Riley al 720-561-5250, o por correo electrónico marla.riley@bvsd.org

In accordance with the BVSD policy on distribution/posting of non-curricular material-Bear Tracks will print curricular items about our school. Many outside opportunities available, (i.e. Science Matters, second language programs, parenting workshops, community sports, non-profit organizations, etc.) may be posted on the hall bulletin board with prior approval of the Principal, but may not be included in Bear Tracks. Be sure to check the Parent's Board in the school for information regarding outside opportunities. All articles can be submitted to Carolyn Walker at carolyn.walker@bvsd.org.

Submission Deadline	Publication Date
January 12	January 14
January 26	January 28
February 11	February 9

Additional information about Bear Creek can be found on the website at <http://www.bvsd.org/schools/bearcreek/> .



Fall 2010 | Volume 3, Issue 1

What's happening in the schools?

Niwot Elementary

The school participated in a fundraising program with Door to Door Organics for the past two years. The staff feels that giving parents the opportunity to buy organic produce from a company that is very conscientious about Zero Waste compliments Green Star Schools program objectives.

Louisville Elementary

In response to their parent-based School Improvement Team, the school added a "No Idling Zone" in the front of their building. This reflects their concern about improving air quality and reducing negative health impacts from vehicle exhaust.

University Hill Elementary

To reduce the amount of paper generated in their school, overheads and PowerPoint presentations are used at parent trainings and staff meetings to avoid handing out printed materials. When printed materials are necessary, they are shrunk and double-sided.

Douglass, Eagle Crest and Foothill Elementaries

All three schools have purchased or collected durable supplies (forks, spoons, bowls, mugs and cloth napkins) that are checked out for use at small parties and other school events. Committee chairs and room parents are notified in advance to make sure they are using these items. This helps remind everyone to consider waste reduction in all aspects of event planning.

Douglass Elementary

Last spring, the PTO initiated its own waste-free lunch project. Parents sold reusable lunch items (food containers, water bottles and sandwich/snack wraps) for cost plus shipping. The school community purchased \$1,600 worth of these items which were delivered before Earth Day. Parents and students also made and sold cloth napkins to further reduce lunchroom waste. Students were then challenged to reduce the amount of trash produced in the school's lunchroom during their Earth Day Celebration Week. Through these activities, the parents and students were reminded of two important Zero Waste principles, reduction and reuse.

New Recycling Update!!

Have you heard that we can now recycle plastic lids with plastic drink bottles? Yep, if the plastic lid is screwed back on the empty plastic bottle, it can be recycled. The lid cannot be recycled on its own. This is not the case, however, for glass bottles with metal lids - those two materials must be separated from each other before being put into the recycling bin.

Submit information for next semester's newsletter to:

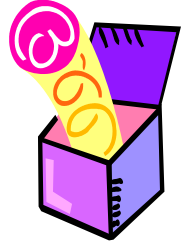
**Nancy Dudek, Eco-Cycle Green Star Schools Coordinator, (303) 444-6634, ext. 118
schools@ecocycle.org (please put "Attn: Nancy" in the subject line)**



BVSD

Share - a - Gift

Our school is participating in Share-a-Gift again this year. The Share-a-Gift box is NOW IN OUR SCHOOL. Share-a-Gift is an annual, all-volunteer toy collection and distribution holiday project encompassing the Boulder Valley Schools area. Last year over 700 households (1700 boys and girls, ages birth to 14) received these community donations. To be successful, Share-a-Gift needs thousands of high quality, new and used toys, games, books, and puzzles. School collections are the biggest source of toys for Share-a-Gift. This collection allows children to meaningfully participate in gift giving by sharing their own gently used or new toys with less fortunate children in Boulder county. Toys may be dropped off in the Share-a-Gift box in our school now through Wednesday, December 15th. Thanks for sharing with your community. If you would like to volunteer to help with this worthwhile project, please go to volunteers@shareagift.org



Winter Break and other No School Day Classes through BVSD's Lifelong Learning Program

No School: Winter Break Art Camp Ages 7-11

Monday-Wednesday, December 20-22

9:00 am-12:00 pm

\$105, Community Montessori School-Boulder

Recently added: Bouldering at the Spot Gym

Intro to Bouldering: Winter Break Climbing Camp Ages 6-8 Dec 20-22

Intro to Bouldering: Winter Break Climbing Camp Ages 9-12 Dec 20-22

Intro to Bouldering: Winter Break Climbing Camp Ages 6-8 Dec 27-29

Intro to Bouldering: Winter Break Climbing Camp Ages 9-12 Dec 27-29

Cost \$150

Please register and view all class details at www.bvsvd.org/LLL, or call 720-561-3768.

Fairview High School Holiday Choral Concerts



Fairview Choral Department presents their annual Holiday concerts on December 15th and December 16th at 7 pm, Fairview Auditorium. Each night features diverse and different choirs. Wednesday, December 15th includes Troubadours, Madrigals, Age of Guinevere, and Festival. Thursday, December 16th includes Excalibur, Voices of the Knight, Enchantment, and Chivalry. To find out more about the choirs at Fairview visit the website at <http://bvsvd.org/schools/fairviewhs/>.

Ticket are \$8 each and are available at the FHS ticket booth December 14th –16th, 10:30 a.m.– 2:15 p.m. and 45 minutes before each show.

ELEMENTARY SCHOOL NEWSLETTER MESSAGE—OPEN ENROLLMENT

November 2010

Dear Parent of a currently enrolled BVSD student,

For your information, Boulder Valley School District's Open Enrollment application period runs from November 29, 2010 through January 14, 2011. If you would like your child to attend a school other than the one he or she is currently enrolled in, you must submit an application online at <http://bvsd.org/openenrollment> or visit the Open Enrollment Office no later than **4:00 p.m., January 14, 2011**. Applications received after that date result in your student being added to the bottom of any existing waitlist for that school and grade.

Thank you,

Christopher King, Ph.D.

Superintendent

If you have open enrolled to your elementary school, your child will automatically be registered at his/her neighborhood school of attendance for middle school unless they are accepted at another middle school through the Open Enrollment process. Students need to apply to each level (elementary, middle, high school) for Open Enrollment.

Southern Hills Middle School
1500 Knox Drive, Boulder, CO 80305
720-561-3409
(Counseling Office)

 **Open Enrollment Information**
for the 2011-12 School Year

Parent/Student Open House Information Night
Thursday, December 2, 2010
SHMS Auditorium
Program begins at 6:30 p.m.

Day Tours are for potential Students w/Adult*

Monday, December 6, 2010
Thursday, December 9, 2010
Wednesday, December 15, 2010
Wednesday, January 12, 2011

*Tours start at 9:00 a.m. and end at approximately
10:45 a.m.
*Call 720-561-3409 to reserve a spot AFTER,
November 15th, please.

*Feel free to contact the school or check our web site
for
additional information!*






<http://bvsd.org/schools/southernhills/Pages/default.aspx>

December 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3 Open House @ 9:15 a.m. South Boulder Choir Festival	4
5	6	7 Vision & Hearing 8:30—3:00 3rd Grade Blue Sky Presentation 12:45 –2:30	8 Open House 9:15 a.m. Southern Hills Choir concert	9 GeoBee in Library 10:30 a.m.	10 Bear Tracks	11
12	13 5th Grade Band Concert 2:00 p.m.	14 3rd Grade Blue Sky Presentation 12:45 –2:30 Southern Hills Band Concert	15	16	17	18
19	20	21	22	23	24	25
<p>Winter Break December 20th—January 4th</p>						
26						

January 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<div style="border: 1px solid black; padding: 10px; width: fit-content; margin: auto;"> <p>Winter Break</p> </div>						
2	3	4	5	6	7	8
<div style="border: 1px solid black; padding: 10px; width: fit-content; margin: auto;"> <p>Professional Development No School</p> </div>						
9	10	11	12	13	14	15
	<p>Evening Parenting Class</p>	 <p>Spelling Bee 1:30 - 3:00</p>	<p>Open House 1:00 PM</p> 	<p>Reading to End Racism</p>	<p>Bear Tracks</p>	
16	17	18	19	20	21	22
	<p>No School MLK, Jr. Holiday</p> 					
23/30	24/31	25	26	27	28	29
					<p>Bear Tracks</p>	