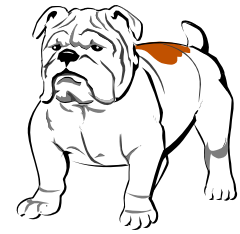


BIRCH BARK

October 17, 2008

Home of the Birch Bulldogs



Principal's Message

Happy October, Birch Bulldogs!

The first frost is upon us... and our students are doing such an excellent job as readers, writers, mathematicians, and THINKERS! I invite you to appreciate the amazing work your children are doing every day and offer them praise for all their learning. I'm so proud of all of our students here at Birch... and especially proud of the teaching staff. It has been a joy to see so many of you at parent teacher conferences the last two days; remember, MY door is always open, too!

As the weather gets colder, I'd love to remind you to send your children to school with appropriate 'gear': warm coat, gloves, hats, etc. If you need assistance with getting these clothing items for your family, please let the office know. We have many connections across the community and believe that it does take a village to raise children. Let us be an integral part of your village!

We have our Fall Festival Parties coming up on Thursday, October 30 (Wednesday, October 29 for M/W Kindergarten). On this day, students are invited to wear Halloween costumes and participate in our annual parade throughout the school. (As part of the

costumes, we adhere to these guidelines: no masks, no fake blood, no weapons. I always say to kids, "If you're not sure if something is okay, make sure you ask!") Parties will happen in the morning as well... and all festivities will end around 10:00. We ask that you send street clothes with your child; children change out of their costume into these 'regular' clothes at 10:00 and then head out to recess. Academic endeavors will resume at 10:20 on this day. If you do not want your child participating in the morning events, please let your child's teacher know right away.

Thanks!

Again, I want to thank you for the opportunity to be part of the Birch community. I engage in the important work of education every single day because I believe that the world heals one child at a time, and I believe that I can make a difference. Your children are truly a gift to me and the world. In deep gratitude...

--Tracy Stegall, Principal

"...the people who are crazy enough to think they can change the world are the ones who do..."

MARK YOUR CALENDARS

Oct. 17, Original Works art orders due

Oct. 20, Inst. Music PTO, 3:15 p.m.

Oct. 21, Student Council 7:45 a.m. Birchoir 3:00—4:00 SIT, 3:15 p.m.

Oct. 22, Inst. Music NO Art Club

Oct. 23, Birchoir 3:00-4:00

Oct. 27, Inst. Music

Oct. 28, Birchoir

Oct. 29, Inst. Music Kdg. M-W Fall Parties 9:00—10:15

Art Club, 3:00-4:00

Oct. 30, Fall Parties & Parade 9:00-10:15 a.m.

Birchoir, 3:00-4:00

Oct. 31, NO SCHOOL, Prof. Dev. Day

Nov. 3, Inst. Music

Nov. 4, Student Council 7:45 a.m. Birchoir, 3:00-4:00 p.m.

Nov. 5, Inst. Music Art Club, 3:00-4:00 p.m.

Nov. 6, Birchoir 3:00-4:00

Pudge Bros. Pizza Night

Nov. 7, Picture Retakes Trmster Ends



BIRCH ELEMENTARY SCHOOL

1035 Birch Street, Broomfield, CO 80020

Office/24-Hour Attendance Line: 303 469-3397

Fax: 720 887-3592 - www.bvsd.org

Office Hours: Monday-Friday, 8:00-4:00 p.m.

Tracy Stegall, Principal



STUDENT COUNCIL

Wal-Mart Kids Recycling Challenge

Student Council will be coordinating a plastic bag recycling project with Wal-Mart again this year. Please bring your used plastic shopping and grocery bags (except black) and place them in the tall, gray containers located throughout the building. Student Council receives \$5 for each 60 gallon collection bag that we fill and return to the store. The program runs from now until March 20, 2009.



Share-A-Coat

It is time again for donating those too-small, somewhat-worn, but still-warm coats to the annual Share-A-Coat program. Each year the Boulder Valley Rotary Club, with cleaning services donated by Art Cleaners in Boulder, collects coats from many of our local schools, cleans them and distributes them in mid-December to families and children who are in need of them.

School Improvement Team (SIT)

Please join us for our next meeting scheduled for October 21, at 3:15 in the Science Lab. We will begin working on our year long projects to support teachers in reaching the school goals. In addition to producing the Anthology, we will also focus on improving reading skills for all students and will support the PAWS program. Child care is provided. If you have any questions, please contact Jeni McCormick or Karen Hopley. We look forward to seeing you there!

From the Art Room . . .

Congratulations to Miranda Jarvis in Mrs. Peter's class. Miranda's art work was chosen for the BVSD Board Room show and is on display there. Way to go Miranda!

From the Music Room . . .

Music auditions have been held. The cast list is posted outside the music room. Everyone did an awesome job. Congratulations to everyone! The Birch performance of "It's Saturday" is scheduled for December 4, 2008 at 7:00 p.m. Parent volunteers will be needed and we will advise you in the upcoming weeks.



Fall Parade and Parties

Come join our students and staff on Thursday October 30, for our annual Fall parade and classroom parties. **Students should come to school Thursday morning in costume and bring a change of clothes.** Remember, for safety purposes, Birch does not allow any toy weapons or masks. Students should also follow regular school dress expectations. All guests are asked to sign in at the front office. Room parents need to check with the classroom teacher to determine if any students in your class have food allergies. After the party, students will change into their clothes and continue with their school day. The afternoon Preschool party and parade will begin on the 30th at 2:00 p.m. Ms. Murphy's Monday/Wednesday class will parade at 8:45 a.m. on Wednesday, October 29th. and have their party after that.

"The positive thinker sees the invisible, feels the intangible and achieves the impossible."

- unknown



Picture Retakes

LifeTouch will be here on November 7, 2008 for student picture retakes.



PAWS For Applause



Thank you parents for getting your children to school during October count.

Thank you to our parent volunteers for helping out with making copies and laminating.

Thank you to our PTO and volunteers who brought wonderful meals and treats in during parent teacher conferences.

Thank you to our many parent volunteers and coordinators for your help in the Broomfield Days Parade.



Thank you to our parent volunteers for helping with picture day.

Thank you Stacy May and parent volunteers for helping with Innisbrook. What a success!

INNISBROOK FUNDRAISING RESULTS!!!

We earned \$15,000 for our school with the fall fundraiser!! Way to go Birch Bulldogs!!!

The top three earning students for ALL of Birch are:

1. Gillian Cullen (Mrs. Lind)
2. Tessa Wagner (Mr. Schiola)
3. Nickie Timson (Mrs. McCormick)

The top earning students from each class are:

Kailey Morales (Ms. Murphy T/Th)	Mickey Pluta (Mr. Butler)
Angelina Martinez (Ms. Murphy M/W)	Gillian Cullen (Mrs. Lind)
Ella Omstead (Mrs. Baldner)	Kristoffer Sorensen (Mrs. Messineo)
Jake May (Mrs. Butler)	Emily Gharibyar (Mrs. Haines)
River Juarez (Mrs. DeFurio)	Tessa Wagner (Mr. Schiola)
Garrett Salyer (Mrs. Ludwig)	Ty Dittman (Mr. Morreale)
Thompson Roth (Mrs. Aragon)	Cassidy Crown (Mrs. Freemann)
Matthew Peters (Mrs. Logemann)	Janae File (Mrs. Peters)
Will Darkey (Mrs. Nunnery)	Nickie Timson (Mrs. McCormick)

The top three earning classes are:

1. Mrs. Freemann – They earned just over \$1,600 for the school.
2. Mrs. McCormick – They earned just over \$1100 for the school.
3. Mr. Schiola – They earned just over \$1000 for the school.

Mrs. Freemann's class earned the big blow-up monkey for their classroom and someday soon Mrs. Freemann will have to dress up crazy for us all!

Don't forget the Innisbrook products and prizes will be in at the end of this month. We will let you know the exact date soon! We will also be sending home the prizes for those kids who gave a direct donation on that day as well. **Thank you again for all your hard work, it really paid off!!!**

“Only a life lived for others is a life worth while”

-- Albert Einstein

Parent Engagement Network presents:

Thriving During the Elementary Years

Developing Healthy Self-Esteem

By Dr. Jan Hittelman

A child's self-esteem has a significant impact on their overall well-being and success in life. The process by which our self-esteem develops is complex and is influenced by many factors. Children who have healthy self-esteem typically exhibit several of the following characteristics: Willingness to try new things, taking pride in accomplishments, assuming responsibility, having good frustration tolerance, having the capacity to resist peer pressure, demonstrating effective problem-solving skills, and feeling loved.

As parents, there's a lot that we can do to help foster self-esteem in our children. Effective strategies include:

- **Provide positive feedback:** We live in a negativistic world, which impacts everyone's self-esteem. No one's feedback is more important to our children than ours. Make an effort to let your child know when he/she is doing something right. Use language that focuses on the specific behaviors that you want to encourage, instead of using general phrases like "good job".
- **Encourage your child to make positive self-statements:** As human beings, we are talking to ourselves all the time. When our "self-talk" is primarily negative and self-critical, in addition to poor self-esteem, we are at-risk for depression, anxiety, and a host of other problems. Encourage your child to verbalize their self-perceptions and challenge them when they are unfairly negative. Offer more accurate positive statements that over time they will learn to internalize.
- **Create opportunities for success:** Healthy self-esteem is built upon successful experiences. Encourage your child to participate in activities that nurture their strengths and/or interests.
- **Teach your child problem-solving skills:** Knowing how to effectively approach challenges and implement solutions is an important skill for your child to develop. Teach them this simple five step approach: Identify the problem, brainstorm all possible solutions, evaluate the probable outcome of each solution, choose and implement the best solution, evaluate the outcome; and if unsuccessful try another solution.

Express your love: Don't just think it, say it! Be genuine and express your positive feelings for your child both verbally and non-verbally (e.g., give a hug, smile, pat on the back, etc.). Create a safe and nurturing home. Help your child feel special and appreciated.

Our self-esteem is not static, but is continuously affected by our environment and life experiences. By helping your child develop a good sense of self early on, you will be helping them develop a protective buffer that will enable them to effectively handle the many challenges of life.

Dr. Michael Bradley Alert!

Dr. Michael Bradley acclaimed national speaker and author of several books, including *Yes, Your Teen is Crazy!*, will be in Boulder on February 27th & 28th. He will be presenting a PEN-sponsored talk as well as a parent workshop to help raise funds for September School and the Boulder Counseling Cooperative. For more information, please call (303) 443-9933.

In the months to come we will be interviewing Dr. Bradley for this column. **Have a question for Dr. Mike?** Please send your questions to: jan.hittelman@gmail.com.

--- **Upcoming PEN Event:**

Spirit of Culture

Interweaving Cultural Competency & Assets to Develop Thriving Youth

Corey Jones, in partnership with Assets for Colorado Youth

www.buildassets.org

November 13th, 9:00am – 12:00pm

BVSD Conference Center

(6500 Arapahoe, Boulder)

November 13th, 6:30pm – 9:30pm

New Vista High School

(700 20th Street, Boulder)

Learn more about PEN by visiting their website at: www.parentengagementnetwork.org or by contacting Betsy Fox with the Boulder County Healthy Youth Alliance at 303-441-3981.

"I am not afraid of tomorrow, for I have seen yesterday and I love today".

- William Allen White