

# The Mesa Messenger

January 2012

## Special points of interest:

- Message from the Principal
- Pony Express Fundraiser
- Counseling Corner

## Inside this issue:

PE News	2
Classes & Events	3
TCAP Information	4
Love & Logic	5
Happenings	6



1575 LEHIGH STREET  
BOULDER, COLORADO 80305  
PHONE: (720) 561-3000  
FAX: (720) 561-3001  
ATTENDANCE LINE: (720) 561-3002

## Message from the Principal

Dear Mesa Families:

### Parent Teacher Conferences

For parents, this is a unique time in which you can ask questions, learn about your child's progress, and share important information with the teacher. Many of you communicate with your child's teacher on a regular basis, but I still encourage you to email the teacher in ad-



is a good rate for a survey. However, I encourage each of you to take the time to complete and submit the survey. I would love to see our community reach a rate of 50% or more. The feedback you provide is valuable.

### Kindness at Mesa

I don't wish to be redundant to the information in Friday folders, but I just wanted to say that the Kindness activities at Mesa this month have been very energizing and positive. If you haven't already, I encourage you to check out the kindness chain in the main hallway, snaking to other parts of the building.

Further, I hope you've marked your calendar for the school dance on February 10th. This is a great

opportunity to build community and just have some pure fun!

### School Safety Reminders

We've been noticing a high volume of students in the hallways between 8:15 and 8:30 in the morning. While we provide supervision on the playgrounds at this time, the hallways are not supervised. Students provide a variety of explanations for their "need" to be in the building at that time, but in most cases, unless it's an "indoor morning" or the students are involved in a school activity (rehearsal, enrichment group, breakfast), students should not be in the building before 8:30am. Our teachers will emphasize this, but we ask that you remind your student(s) of this as well.

Our newsletter frequently provides reminders about arrival and dismissal procedures, with an emphasis on rules for Lehigh and the parking lot. This month, we ask you to take a moment to consider the dangers of cell phone use while driving near a school. Please refrain from any cell phone use of any kind while driving near the Mesa campus.

Go Mustangs!

Josh



vance if you have specific questions you'd like to address in the conference. We want to do what we can to plan effective and efficient conferences.

### The Parent Survey

Each year, the Boulder Valley School District administers a survey of parents about their satisfaction with various aspects of the local school and school district. You should receive a survey sometime in February. Typically, the Mesa community has a survey response rate of approximately 30%, which





## Pony Express Fundraiser

The Pony Express is returning to Mesa to deliver all your special Valentines!

This fundraiser is sponsored by Mesa Kindergarten students. The recipient of the funds will be decided in mid-February.

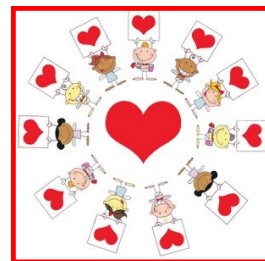
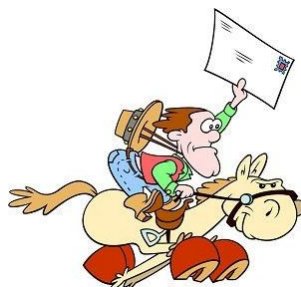
Please plan on mailing lots of cards! For just 5 cents per piece of mail, parents, grandparents, aunts, uncles, brothers, sisters, students, friends, staff members, and teachers – anyone – can send a special Valentine through the Pony Express.

The Pony Express Station is set up outside the Kindergarten Enrichment

classroom and is run on the honor system. Just place your money in the clear plastic ballot box and drop your cards in the bag labeled with the appropriate teacher's name.

The Kindergarten students will deliver the mail each day, *starting on Monday, February 6th, and making the last deliveries on Friday, February 10th.*

Please be sure that the



items you send fit in an individual envelope as we cannot deliver candy, balloons, or stuffed animals.

*All cards and letters will be delivered in the afternoon.*

Thank you for your support, and we look forward to delivering your special Valentines on the Pony Express!

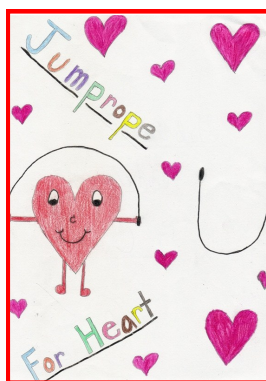
~ Babs Albiniak and Amy Carter-Kemp

## PE News

**Jump Rope for Heart** is quickly approaching and will take place the week before Valentine's Day on February 6th, 7th, 9th, and 10th. This is a fundraiser for the American Heart Association that we do every year and always have great support! Please consider donating this year.

Incentives to participate:

- FREE jump rope for every student
- First 15 to donate online receive a small prize
- If you collect \$40.00 or more, you receive a Jump Rope for Heart t-shirt
- If you collect \$65.00 or more, you receive a



soccer ball

- The class that raises the most money will earn an extra PE class

We are also doing an **After School Jump Rope Clinic** that takes place on Mondays and Wednesdays. The dates for this are January 23rd, 25th, 30th and February 1st. The clinics run from 3:00-4:00pm in

the NEW gym. Any KG-5 student interested may participate. *There are no forms to fill out.* Students will be able to practice new tricks and work on short rope skills.

I will also be selling jump ropes again this year. They range from \$2.00 to \$5.00, and proceeds go to the PE department.

If you have any questions, you may e-mail me at [jacy.bruno@bvsd.org](mailto:jacy.bruno@bvsd.org) or visit the Mesa PE web page at <http://schools.bvsd.org/p12/mesa/programs/Pages/pe.aspx>. Information is posted under "Helpful Links" and "Announcements."

~ Jacy Bruno



## Counseling Corner

Well, a lot has happened in our social skill building activities last semester. I want to give you a summary of what kids are learning so the support may continue at home.

**1<sup>st</sup> and 2<sup>nd</sup> graders:** We have been using a curriculum called Connecting with Others Grades K-2. If you heard your child talking about KT Cockatiel, you have me to blame! KT is a puppet bird who has been coming into the classrooms with me to discuss who we are (the ME's) and how we use them in our lives, and how to solve problems (Aggressive, Nonassertive, and Assertive). Your children have

also met Impulsive Puppy and Slow Down Snail (both puppets), have role played how to handle social situations, and have really enjoyed this curriculum.

**3<sup>rd</sup> and 4<sup>th</sup> graders:** We have been learning about friendship and what makes a good friendship (your child might have talked to you about the "friendship pie"). We have emphasized the foundation to a true friendship is trust. We started a unit around conflict resolution using the curriculum Second Step. Here the kids learned 4 basic questions to ask when solving a problem. Once you know what the problem is and you are brainstorming solutions, you must ask the questions: Is my solution Safe? How might others feel about my solution? Is my solution fair? Will my

solution work? The students have done a fabulous job understanding these concepts.

**5<sup>th</sup> graders:** We have been training to be a peer mediator. Every 5<sup>th</sup> grader has been working on how to help others with a problem. The 5<sup>th</sup> graders will be putting their skills to use every Thursday during first grade lunch/recess to support first graders who might need help solving a playground or friendship problem.

First through fourth graders will soon be starting anger management activities through two curricula: A Volcano In My Tummy and the PEACE Curriculum. I'm very excited to start this unit with them!

~ Debbie Price, School Psychologist



## Classes and Events

### Gifted Children and Friendships

**When:** Thursday, February 2nd, 7:00 - 9:00pm

**Presenter:** Catherine Zakoian, MA, LPC

**Where:** Monarch High School Auditorium, 263 Campus Drive, Louisville

Co-sponsored by Boulder Valley Gifted and Talented (BVGT) and Boulder Valley School District. For more information, visit [www.bvgt.org](http://www.bvgt.org) or email [programming@bvgt.org](mailto:programming@bvgt.org).

### Address Stress Now

**When:** Monday, February 6th, 7:00 - 8:00pm

**Panelists:** Susan Denison, LCSW; Jeffrey Kuhn, LCSW; Elizabeth Matthews, LPC; Karen Wilding, LCSW

**Moderator:** Leisha Connors Bauer, MPA

**Where:** BVSD Ed Center Board Room, 6500 East Arapahoe Road, Boulder

Join the live audience in the BVSD Board Room, watch it on Comcast Cable Channel 22, or stream from your computer at <http://bvsd.org/BV22/Pages/BV22Programming.aspx>. Go to <http://boulderpsychologicalservices.com/> for details.



## After School Activities

### After-School Activities for Kids

BVSD's Lifelong Learning program is offering after-school classes for kids ages 6-12 in Adventure, Arts, Horseplay, Introductory Fencing, Science Matters, and more. Classes begin

in February and run through April for the winter session.

You may view classes and register online at [www.bvsd.org/LLL](http://www.bvsd.org/LLL). Please

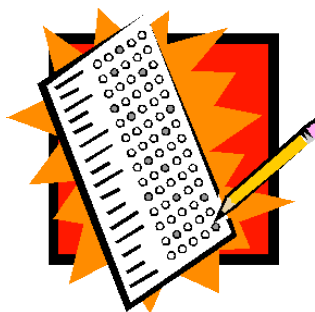
call (720) 561-5968 for more information.

~ Ivy Lee, Registrar  
BVSD Lifelong Learning  
(720) 561-5968  
[www.bvsd.org/LLL](http://www.bvsd.org/LLL)

### February/March TCAP Tests Are Coming!

The Transitional Colorado Assessment Program (TCAP) tests began on Monday, February 13th, with 3rd Grade Reading.

TCAP testing resumes on Monday, March 5th, for 3rd and 5th grade students. Fourth graders begin their TCAP tests on Tuesday, March 6th. The complete TCAP calendar is available online at <http://www.bvsd.org/assessment/Documents/ESCAL12.pdf>. Parents of students in TCAP grades will receive additional information from the school's



principal about the tests.

BVSD expects to receive 3rd grade Reading results in early May. TCAP results from all testing will arrive in late August. Parents will receive all TCAP results directly from the school.

TCAP reports for the school are released in late July or early August. While TCAP tests are important, they are only one way in which we measure our students' achievement and the success of our school. Teachers' daily observations tell us more about the progress that each child is making. TCAP tests and other external tests are an additional way of measuring achievement that can offer information about our progress and areas to improve.

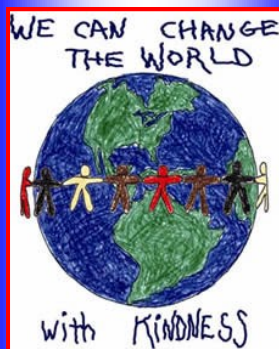
### Bullying Prevention Institute

Sponsored by The Colorado Department of Education, The Colorado Legacy Foundation, and The Colorado School Safety Resource Center

**When and Where:** March 1st, 8:00am - 3:30pm, Adams 12 Five Star Schools Conference Center, 1500 East 128th Avenue, Thornton, CO 80241

- Designed for school administrators, PBIS teams, school safety teams, and school mental health professionals
- No charge for Colorado participants
- Lunch is provided.
- Space is limited, and registration is required.

**Registration Instructions:** Please go to [www.co.train.org](http://www.co.train.org). Set up a learner account and register for the Institute location and date using the course ID number **1028332**. You will need Internet Explorer to register through the CO Train System. If you have questions or need assistance with registration, please contact the Colorado School Safety Resource Center at (303) 239-4435.





## Parenting Classes

### Love and Logic Parenting Classes

#### Love and Logic Early Childhood Parenting Made Fun!

**Creating Happy Families and Responsible Kids**  
(For parents of children pre-birth to age 6)

*Two sections will be offered; both sections are taught by Stephanie Bryan, LCSW, CAC III.*

**Sponsors:** Boulder County Healthy Youth Alliance, Becoming Mothers, Dreamcatcher Direct Instruction Centers

**When:** Monday evenings, February 6th - March 12th  
(No class February 20th)

**Where:** Dreamcatcher Direct Instruction Centers, 5440 Conestoga Ct., Boulder

**Time:** 6:30 - 9:00pm

**When:** Tuesday mornings, February 7th - March 6th

**Where:** REAL Parenting Office, 1530 55th St., Boulder

**Time:** 9:15 - 11:45am

**Cost Per Section:** \$125 plus a \$20 materials fee

**Questions or to register:** call Stephanie Bryan at (303) 397-0646 or visit [www.REALparenting.net](http://www.REALparenting.net)



### Thriving During the Elementary Years ~ Identifying Learning Problems Early

We all learn differently, and we all have strengths and weaknesses in terms of our learning processes. There are also many different explanations for why students do not achieve at a level that is expected. For some students, it's about motivation. For other students, it can also be a function of difficulties with speech, language processing, auditory and visual processing, written expression, emotional/behavioral factors, as well as overall intelligence.

The earlier these learning challenges are identified, the sooner children can receive help to improve and/or compensate for these difficulties. When early identification does not occur, these problems tend to get worse as does the child's attitude towards school. In some cases, these challenges are identified in preschool and, through proper remediation, addressed. In many cases, these challenges become more apparent in elementary school. For the child's academic success as well as positive sense of self, it is important to identify and attempt to remediate these difficulties as early as possible. Children spend most of their waking hours in school and if they experience a high degree of failure, the damage to their self-esteem can be significant. This is why early intervention is key.

If you suspect that your child is having difficulties in school, the right place to start is with their classroom teacher. Request an opportunity to meet with the teacher and discuss your concerns and get their feedback as well. In addition, the teacher may recommend additional services within the school. In some cases, additional evaluations by school specialists may be necessary. A private evaluation by a licensed psychologist is another option.

If your gut tells you that your child is not learning as he or she should be, seek out the guidance of school staff and make your concerns known. The longer you wait, the more difficult it will be for your child to get back on track.

~ Dr. Jan Hittelman, Boulder Psychological Services, [jan.hittelman@gmail.com](mailto:jan.hittelman@gmail.com), (720) 217-3270



## Mesa Elementary School

1575 Lehigh Street  
Boulder, CO 80305  
Phone: (720) 561-3000  
Fax: (720) 561-3001  
Attendance: (720) 561-3002

*Principal: Josh Baldner*



**Mesa is a caring and supportive community.**

- We foster a positive learning environment.
- We value the unique potential of all individuals.
- We empower students to become life-long learners.
- We encourage cooperative, responsible involvement in society.

**We're on the Web!**

Visit us at:

<http://bvsd.org/schools/mesa>

## Happenings

**February 1st**  
Parent-Teacher Conferences,  
3:30 - 6:50pm

**February 6th**  
Pony Express Begins

**February 6th**  
Jump Rope for Heart Begins

**February 6th**  
All-School Assembly, 8:45am

**February 7th**  
Parent-Teacher Conferences,  
3:30 - 6:50pm

**February 9th**  
Parent-Teacher Conferences,  
3:30 - 6:50pm

**February 10th**  
Mesa School Dance, 3:00pm

**February 13th and 14th**  
TCAP, 3rd Grade Reading

**February 14th**  
PTO Meeting, 6:15pm

**February 16th**  
Fire Drill, 1:30pm

**February 17th**  
End of 2nd Trimester



**February 20th**  
No School ~ Presidents' Day

**February 21st**  
Teacher Work Day ~ No School  
for Students

**February 24th**  
Report Cards Go Home

**February 27th**  
Yoga Begins, KG-2nd, 3:00pm

**February 29th**  
4th Grade Parent Outdoor Ed.  
Meeting, Riser Room, 6:00pm

**March 1st**  
Noodles Night, Sponsored by  
Mesa PTO, Baseline & Broad-  
way, 4:00 - 9:00pm