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The Mesa Messenger

November 2009

**Special Interest
Articles:**

- Message from the Principal
- Fundraiser to Benefit BVSD's School Food Project
- Thriving During the Elementary Years: ADHD: Effective Diagnosis and Treatment

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Message from the Principal

Dear Mesa Families:

I wish everyone a safe, restful, and fun November Break. I have just two items to share this month.

Bond Project/Construction Update

The Mesa Design Advisory Team has completed its formal meetings to develop schematics for facility improvements at Mesa. The committee of parents and staff worked very hard to develop the best plans possible for those projects included in the voter approved Bond. The projects included in the scope of the Bond address areas of the building that are currently non-compliant with Department of Education standards. At the same time, the committee identified several improvements we wish to include as alternates during the construction process. In the coming months, I will be able to share

schematics and much more information, prior to the commencement of construction at the end of this school year. In the meantime, I encourage parents to view the meeting minutes and other notes on the BVSD website for more information.

Link for Mesa Bond Project

Information:

<http://bvsd.org/bondproject/schools/Pages/mesa.aspx>

Procedures for an "Inside Morning" at Mesa/Winter Reminder

As we approach winter, there will be days that the Mesa Office Team decides to have an "inside morning" during the 8:15 - 8:30am drop-off time. In these cases, we will post signs on the doors: "Inside Morning" (no sign means we're still outside). Students are asked to report to the following designated areas:

Kindergarten, First, and Second Grades:

Report to hallway outside your classrooms

Third Grade:

Report to hallway outside of the Music Room

Fourth and Fifth Grades:

Report to Gym

On the same note, please make sure your students have warm clothes, jackets, etc., so that we can enjoy recess time, even on wintery days. Unless the temperature drops below 20 degrees F, we generally send students out for recess.

Thanks for your time in reading.

Go Mustangs!
Josh



Library News

Trick or Treat for UNICEF

The final counting of all the change is still underway, but it looks like we raised more than \$150 for UNICEF through the Trick or Treat program. The snow days certainly impacted getting out the boxes for some students who would have chosen to participate, but every amount helps. Thank you to all who joined in raising money for needy children around the world.

TumbleBooks

I want to remind Mesa families and inform new families of the availability of the "Tumble Books" for a variety of books that are read aloud online. The collection is steadily expanding, and the books are very well read. While the greatest volume is picture books (click "Story Books"), there are even classics such as *Aesop's Fables* (click "Audio Books") and some activities. To access these books, go to the Mesa Library web page and look for the icon near the top of the page on the right.

One of the Colorado Children's Book Award books (*Pirates Don't Change Diapers*) is available on TumbleBooks, and I have been sharing it with students in



the library. It is under "Story Books."

Browse the Mesa Library Catalog from Home

The Mesa library catalog is now available online! It can be accessed from home as well as from school. Look up those books you might be interested in and see whether they are in the library, as well as whether or not they are currently checked out. On Mesa's website under the "Programs" tab, just click on "Library" to get to Mesa's library page. Scroll down and find the link to search the Mesa Library. This is a new feature that makes the lookup stations available anywhere via the internet.

Colorado Children's Book Awards

We have begun looking at the books that were nominated for the 2010 Colorado Children's Book Award. There are ten picture books and ten chapter books that are nominees. In order to be able to vote, a child needs to have read or listened to someone read at least three of the books. They will hear many or all of the picture books, but there will not be time to read the chapter books. The chapter books are being "introduced" to older grades, and students may want to read some of those before the *voting occurs in February*. Remember that there is a complete list of the nominees on the Mesa Library website. Scroll down to "Announcements" and click on the heading "Colorado Children's Book Award Nominees" to see the complete list.

~ Stan Converse, Teacher Librarian

Happenings

December 3rd

3rd Grade Music Program,
1:00pm and 7:00pm

December 7th

All School Assembly, 8:45am

December 8th

PTO, 6:15pm

December 9th

OE Open House, 9:00am –
10:45am



December 10th

M&M's Winter Concert, 1:00pm
and 7:00pm

December 11th

M&M's Pancake Breakfast, 7:45am

December 14th

OE Open House, 9:00am –
10:45am

December 16th

1st Grade Family Tradition
Celebration, 2:00pm

December 17th

Instrumental Music Winter Concert,
2:00pm



December 18th

4th Grade Multicultural Luncheon,
12:00pm

December 18th

All School Sing, 1:30pm

December 21st – January 1st

Winter Break

Music Notes

Upcoming Events:

- The M&M's will sing at a Festival at Fairview High School on **Tuesday, November 17th**. Plan to arrive at 5:45pm. The concert begins at 7:00pm.
- The 3rd grade winter concert will be on **Thursday, December 3rd**, at 7:00pm.
- The M&M's winter concert will be on Thursday, December 10th, at 7:00pm.

Dress rehearsal for both the 3rd grade and Mesa M&M's show will be at 1:00pm the same day as the performance. Parents are welcome to attend the dress rehearsal and the concert. Professional DVD's of



the concert will be available for purchase.

Congratulations to all 5th Graders who auditioned for the M&M's musical, "Into the Woods, Jr." It is going to be a great show!

We need help setting up the stage before our December concerts!

Help Wanted:

- Parent volunteers to hang lights and move stage equipment
- Parents to decorate the stage with winter decor
- 3rd grade parents to help with some props/costumes for the 3rd grade show
- Volunteers for the pancake breakfast on December 11th

Please sign up to volunteer outside the Music Room!

~ Sarah Knoebel

PE Class News

Yoga at Mesa

The after school **Yoga program** offered at Mesa will be starting soon! The Fall session will be offered to 3rd-5th graders on **Mondays and Wednesdays** after school for 3 weeks from 3:00 - 4:00pm and will cost **\$30**. This year, **we will cap enrollment at 20**, so get your



registrations in quickly! In our efforts to cut down on excessive paper copies, the registration form is posted on the Mesa web site:

<http://bvsd.org/schools/mesa/extra/Documents/Yoga%20Registration%20-%202011-30-2009%20-%202012-16-2009.pdf>

There will also be some copies at the PTO Morning Table. Once filled out, just return your form to the Morning Table or Mesa Office. Email me at jacy.bruno@bvsd.org with questions.

Fall Program Dates: November 30; December 2, 7, 9, 14, and 16

Note: There will be a Yoga Program offered to K-2nd graders in the Spring.

~ Jacy Bruno

Mesa Health Room Scripts

Thank you for your prompt and generous response to our call for clothes in the Health Room. We should be set for the winter!

~ Jan Boyers and Lisa Goldstein



TAG Talk

This year's Mesa **Chess Team** is off to a great start! Under the stellar direction of Karen Meyer-Arendt, our students recently hosted their first match of the year



against the Eisenhower team. Our students, looking very sharp in their purple team shirts, did a wonderful job. The top 4 boards (2 games each) went to Eisenhower for an official win, but overall Mesa had 7 wins, Eisenhower had 6, and there were 3 draws. Mesa's next matches are November 19th and December 3rd. Good luck team! We are proud of you.

Mesa's **Chess Club** will begin in early January. Under the direction of Laura Spicer, this group meets in the library on Tuesdays after school. Look for signup information after the Thanksgiving holiday.

~ Maryellen Marriner

Halloween Candy for Troops

Mesa collected 155 pounds of Halloween candy which will be sent to soldiers through Operation Gratitude. Also, \$155 will be sent to The Coalition to Salute America's Heroes.

Thank you, Mesa students and parents, for your generosity!

~ Chris Beh



Open Enrollment (OE) Open Houses



Open Houses offer an opportunity to meet Mesa staff, learn about our programs, enjoy a school tour, and get questions answered in a friendly, convenient environment. They are FREE and available to any parent interested in **open enrolling** their student(s) at Mesa.

Two OE Open Houses are offered: Wednesday, December 9th, 9:00 - 10:45am, and Monday, December 14th, 9:00 - 10:45am. To reserve a spot, please email your name, phone number, and choice of date to Kendra at kendra.wilczewski@bvsd.org.

Looking for a Form?

If you are looking for an order form, extracurricular registration form, or field trip permission form, then check out Mesa's *Forms and Applications* web page:

<http://bvsd.org/schools/mesa/extra/Pages/Forms.aspx>

This page provides easy and



convenient access to various types of forms online. It's now easier than ever to keep your children's records and activities up-to-date!

Please regularly check back to find forms for upcoming Mesa events and programming.

Share-A-Coat and Share-A-Gift Reminders

The Rotary Club Share-A-Coat Drive has one final pick-up date scheduled for Mesa Elementary: Thursday, December 3rd.

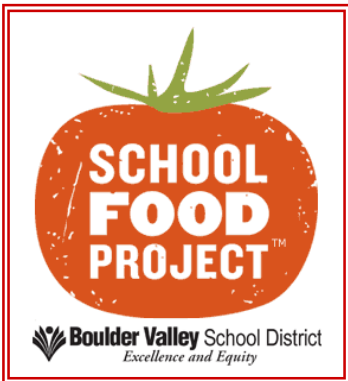
Share-A-Gift will collect toys at Mesa from Monday, November 30th, through Wednesday, December 16th.



Thank you to everyone for your continuing support of these worthwhile programs.

~ Cathy Conery
Share-A-Gift
Bob Harberg
Share-A-Coat

Fundraiser to Benefit BVSD's School Food Project



Boulder's Best Organics has created three unique gift selections (each under \$25) especially for BVSD teachers. They will donate 5 percent of the sales of these gifts to BVSD's School Food Project. To learn more and/or get a BVSD Teacher Gift order form, contact Annie Brown at Boulder's Best Organics: (303) 499-6742 or

annie@bouldersbestorganics.com.

Boulder's Best Organics specializes in organic, fair trade, and eco-friendly gifts, featuring products from Boulder and throughout Colorado. Their gift boxes include food and body care products guaranteed with organic certification.

Need A Hand With Your Heating Bill?

We can help if:

- You are a U.S. citizen or a legal alien and a resident of Colorado.
- You pay a heating bill to a fuel provider or your heat is included in your rent.
- Your income is within the following guidelines:

For additional information, call toll-free, (866) 432-8435, or Boulder County Social Services, (303) 678-6097. You may also visit www.leapoutreach.com

The application period is November 1, 2009 through April 30, 2010.

Household Size	Gross Monthly Income
1	\$1,670
2	\$2,246
3	\$2,823
4	\$3,400
5	\$3,976
6	\$4,553
7	\$5,129
8	\$5,706
Each Additional Person	\$577



PTO Corner

We can't believe it's almost Thanksgiving! Now that the school year is well underway, things are finally winding down for the PTO. Thank you so much again for supporting us this fall! For those of you who took advantage of our community event, we hope you enjoyed the CU football game! Please stay tuned as we host a couple more of these events throughout the winter and spring.

Because of your support, this fall we raised \$1,999 from the Scholastic Book Fair and \$2,785 from Payback Books. Thank you!

Upcoming Events

Vision and Hearing Screening: Vision and hearing screening is scheduled for Tuesday, December 8th. Thank you to parents who volunteered to help out. Christy Earles will be contacting you with more details after the Thanksgiving break.

Impact on Education: Every year, Impact on Education has the privilege of co-presenting a wonderful event called Education Matters with the Boulder Chamber of Commerce. Education Matters is a unique business leadership forum through which relevant and engaging speakers are scheduled to address the issues of education and its impact on our economy and on education. The guest speaker this year will be Senator Michael Bennett. Senator Bennett is working to craft an education policy for the nation. He will be sharing his perspective on education reform and why it is critical to our economic future. Please mark your calendar for Monday, January 11, 2010, from 7:00-9:00am at the CU Boulder UMC Glenn Miller Ballroom. Tickets are \$25. Please visit www.BoulderChamber.com for more information and to register.

Holiday Staff Gifts: The PTO recently met with the class parents to discuss staff gifts for the upcoming holiday season. In the past, some class parents have organized gifts for both the holidays and at the end of the school year. Going forward, we are standardizing our approach across all classes. For the upcoming holiday season, the class parents will NOT be coordinating a gift for the teachers. If parents would like to give a gift to their child's teacher, you may do so independently. Please keep in mind the BVSD policy, i.e., gifts may not exceed \$25 in value. If you are having trouble getting the gift to a staff member, feel free to drop it at the Mesa Morning Table. We will make sure it gets to the appropriate person. A more

detailed e-mail from class parents, with a letter outlining the gift policy, will be coming out after the Thanksgiving break. Class parents will coordinate end-of-year gifts for teachers and communicate with parents about this as we near the end of the school year. If you have any questions, please contact Jennifer O'Brien (Jennifer@sagefire.com).

Other Items

Picture Retakes: If your child had their school pictures retaken, you will not receive their new pictures if the original set has not yet been returned. However, the new picture will be the one used in the yearbook.

Mesa Morning Table: Thanks for stopping by to say hello to us! As we move into the winter season, we are carrying information about winter youth sports programs. Stop by to pick up information on the YMCA's winter basketball program and i9 Sports indoor flag football league. We also have information about the upcoming Nutcracker Ballet. And if you are interested in the latest plans for the Bond program, Jennifer O'Brien (PTO President) has left her binder at the Morning Table for anyone who is interested in reviewing the latest designs.

King Soopers Gift Cards: King Soopers Gift Cards are available at the Mesa Morning Table. We have forms to register for monthly distribution as well as individual cards for purchase.

PTO Meeting Minutes: Did you miss the October PTO meeting and want to know what was discussed? PTO meeting minutes are posted on the Mesa website. You can access them via the following link: <http://bvsvd.org/schools/mesa/PTO/Documents/PTO%20Minutes%20October%2013.%202009.pdf>

Mesa Parking Space: Congratulations to Julie Okada for winning the Mesa reserved parking space for the month of December! Each month, the PTO conducts a drawing of all volunteers, class parents, and PTO officers to award the use of the reserved space in the Mesa parking lot. Volunteer at Mesa today and earn a chance to park in the reserved space!

Next Meeting: Come join us on Tuesday, December 8th, at 6:15pm in the Library for our next meeting! Pizza and child care provided (\$5 per child). Eric Ditzler will be on hand to discuss the new BVSD Healthy Lunch program!

~ Jennifer O'Brien





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Thriving During the Elementary Years: ADHD: Effective Diagnosis and Treatment

Attention Deficit Hyperactivity Disorder (ADHD) is estimated to affect 3-7% of school-age children. For many, these challenges continue into adulthood. There are three types of ADHD: "Predominantly Inattentive," "Predominantly Hyperactive-Impulsive," and a combination of the two ("Combined Type").

Over the years, there have been valid concerns that many children are inaccurately diagnosed as having ADHD. This is problematic in part because medication is often prescribed to treat the disorder. It has been shown that some children, who were initially diagnosed as ADHD, were actually in the early stages of having Bipolar disorder and the ADHD symptoms were a function of the manic component. In these cases, prescribing stimulant medication can actually trigger manic episodes. There have also been instances where children were initially diagnosed with ADHD and it later was determined that their concentration problems were actually a

symptom of depression. Finally, there are large numbers of children who were simply misdiagnosed and did not need to be put on medication at all.

To accurately diagnose ADHD, there need to be several indicators that together confirm the diagnosis. These would include: feedback from parents, teachers and children themselves; objective evidence based on standardized psychometric tests constructed to assess for ADHD; and meeting the specific criteria developed by the American Psychiatric Association. Too often these critical steps are skipped and medication is prescribed.

As a parent it is important to work with mental health professionals who have expertise in diagnosing and treating children with ADHD. Too often ADHD medication is administered by a primary care physician instead of a psychiatrist, who has specialized training in administering and monitoring psychotropic drugs. While psychological testing can be time-consuming and expensive, it is a critical component in reaching an accurate diagnosis. In addition, tests that specifically measure ADHD can be used to monitor and adjust dosage levels to ensure maximum effectiveness.

In my experience, when a



child is accurately diagnosed with ADHD and put on the proper medication regimen, the results can be dramatic in terms of their newfound ability to focus in school and reduce their impulsive behaviors. In addition, behavioral strategies to help strengthen the child's social, coping, and problem-solving skills are often an important component of an overall effective treatment plan.

BVSD offers an ADHD Parent Support Group, which meets monthly (12/7, 1/11, 2/8, 3/8, 4/12, and 5/10) from 6:00 - 8:00pm at Fireside Elementary School in Louisville. For more information, contact Anna Stewart, BVSD Parent Liaison, at (720-561-5918 or anna.stewart@BVSD.org).

~ Dr. Jan Hittelman

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 to (720) 217-3270.



We're on the Web!

See us at:

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