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The Mesa Messenger

September 2009

Special Interest Articles:

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- Destination ImagiNation Hosts Informational Meeting
- International Walk to School Day
- Thriving During the Elementary Years: A New Resource for Parents

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Message from the Principal

Dear Mesa Families,

It was great to see so many families enjoying our annual Fall Fest, a real tribute to the coordination of our parent volunteers and a celebration of our wonderful community. Fall Fest was the perfect culmination to a smooth-starting school year.

In the first month of the school year, I've accumulated a wide variety of newsletter topics. I hope you'll take a moment to peruse each one.

Mesa Student Achievement at an All-Time High

It has been some time since our Mesa CSAP scores were printed in the paper, but I'd still like to give our results "a little play" in this newsletter. The spring 2009 CSAP results for our 3rd, 4th, and 5th graders are reflective of the efforts of all the Mesa teachers and parent support through the recent years. Here is a bit of an executive summary: The overall weighted index scores (scores calculated as a mean of every individual student score in

grades 3-5) indicate the following: 1) Our reading weighted index score equaled the highest score we've ever had; 2) Our writing W.I. score equaled the highest score we've ever had; 3) Our math score was 2 points higher than any previous Mesa number. Further, our Growth Scores, which indicate how our students perform from year-to-year against Colorado peers who have similar scores, show that Mesa students are making more growth, on average, than their academic peers across the state. If you have an interest in looking at the numbers more specifically, please email me. I'd be happy to provide more information.

Positive Behavior Support

We've begun the year with a consistent, simple emphasis on the values of Respect, Responsibility, Safety, and Kindness. Mesa students have really been responsive to school expectations, and we as adults can hardly keep up with all the *Caught Being Good Cards* that students deserve. We believe strongly in these 1-on-1 acknowledgements. We're no longer doing

Pizza with the Principal, but I have a personal goal of talking with kids about their *Caught* cards and giving them more frequent, consistent praise for their efforts.

Mesa Elementary Community Communication Agreement

As a staff, we have held ourselves to norms of communication and conflict resolution. I provide the information below for parents, as direction for what to do, if you have questions or concerns you wish to communicate.

Mesa is a truly special community. Parents, staff, and students agree: Mesa has a comfortable, warm feel. This is due in large part to the trusting relationships and mutual support among the various members in this community. We want to ensure that our communication fosters and supports these relationships. The expectations listed on page 6 are designed for this very purpose.

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Library News

We are off to a very nice start in the library this year. I want to inform you all about some basic information as well as some specifics that are coming up.

In the library, children independently choose their books, and the number they may check out depends upon the grade. Kindergarten can check out one book. First and second grade can check out two, while other grades can check out one more each year, so 3 for 3rd, 4 for 4th, and so on. If students have an overdue book, they may not check out any more books until that book is back. Overdue reminders are sent out once each month for books that are two weeks or more overdue. If the book is lost or damaged, parents are asked to pay a replacement cost.

It is important to note that the library will be closed from Friday, September 25th, at about 11:00am

through Friday, October 2nd, because the Scholastic Book Fair will be using the library. There will be a lot of great books to look through and purchase, but we won't be able to check out. Students who wish to return books can still put them in the book return cart, however. We will see a return of **"Donuts for Dads"** on Friday, October 2nd. A new feature this year is **"Muffins for Moms,"** which will be on Tuesday, September 29th. Treats will be available before school, starting at about 7:00am and continuing until about 8:30am. This should give working dads and moms who might have a hard time finding a chance to visit the Book Fair an opportunity for an early drop in to allow some browsing (and donuts or muffins) before having to get to work. (I don't think a dad will be booted out on Tuesday nor a mom on Friday!)

Volunteers are a great help in the library by checking in books, shelving

them, helping at the checkout station, or other things. We have had a very nice response from parents offering to help in the library, and additional volunteers are very welcome and appreciated. We could use a little additional help from a parent during kindergarten library times. The AM Kindergarten class comes on Fridays from 9:30-10:00am and the PM class is from 12:45-1:15pm.

Thanks for all your support,
~ Stan Converse
Connie Tadahara

Books! They take you anywhere!



Counseling Center

Welcome back to Mesa! It has been an amazing 3 years for me as part of this community, and I continue to be excited for the new opportunities each year brings. For those of you who don't know me, my name is Debbie Price and I am the School Psychologist. This year, I am also responsible for the role as School Social Worker, and therefore, I am here 3½ days a week. I am very excited about this dual role and look forward to supporting our Mesa students this year. I am also assigned to Horizons K-8 one day a week and

Monarch K-8 a half a day a week.

Since I have more time in the building, I will be supporting all students around Mesa's 4 core values: Respect, Responsibility, Safety, and Kindness. Through in-class activities using various curricula including



Second Step: A Violence Prevention Program and Peace 4 Kids, I will be teaching pro-social skills at every grade level. Look for more information in upcoming newsletters.

As always, I am here to support all students' social, emotional, and learning needs. I will be running short-term support groups as well, focusing on ADHD self help skills, stress management, and hopefully a divorce support group. More information will follow regarding these groups. In addition, I will be publishing in our

newsletters various topics of interests around the social emotional development in children, so please check out the Counseling Center section of these newsletters!

Mesa is a special school and a special community, and it is an honor to be a part of it. On a personal note, my son is attending Mesa as a kindergartener, so I get to wear the hats of both staff and parent!

All the best,
Debbie Price
School Psychologist

CU Wizards Program

The 33rd annual CU Wizards program is a **FREE** informal introduction to astronomy, chemistry and physics, primarily intended for students in grades 5 through 9. Each program lasts about an hour and includes several lively demonstration experiments. **No reservations required.**

2009-2010 PROGRAM SCHEDULE

Shows are one Saturday a month, September through June. All shows begin at 9:30am.

- September 26th: *The Physics of Sports*, Duane Physics G1B30
- October 24th: *How Math Can Save Your Life*, Cristol Chemistry 142
- November 14th: *H2O!!!*, Cristol Chemistry 140
- December 12th: *Bangs and Whispers: Physics of Sound and Music*, Duane Physics G1B30
- January 16th: *TBA*, Cristol Chemistry 140
- February 13th: *Light, Polarization, and Liquid Crystals*, Duane Physics G1B30
- March 13th: *At the End of the Rainbow*, Duane Physics G1B30
- April 17th: *Sink or Swim*, Cristol Chemistry 140

- May 15th: *Biochemistry for Kids*, Cristol Chemistry 142
- June 12th: *Black Holes*, Fiske Planetarium

FREE parking is available in lots 169, 308, 396, and 436. There is also parking available for a nominal fee in the Euclid parking structure.

If you have a special need or disability, please notify the Physics Office, (303) 492-6952, a few days in advance of the show you will attend. Best wheelchair access to Duane Physics is through the east doors.

The CU Wizards show is brought to you courtesy of Executive Director, Professor David Nesbitt, and his Wizard colleagues from the departments of Chemistry, Physics, Biology, Math and many more. For more information, visit our website: www.colorado.edu/physics/Web/wizards/cuwizards.html



Destination ImagiNation (D.I.) Hosts Informational Meeting

On Tuesday, October 27th, at 6:30pm in the Riser Room, please come to a Destination ImagiNation (D.I.) informational meeting for parents and all students (new, interested, and experienced team members are welcome).

D.I. is an international program that teaches creativity, teamwork, and problem solving to students. Teams are tested to think on their feet, work together, and devise original solutions that satisfy the requirements of team and instant challenges. Students form grade level teams of approximately 7 students each and typically meet once a week (outside of school hours with a volunteer parent leader) over several months to prepare a response to a Central Challenge (selected by the team prior to the event), as well as practice for an Instant Challenge (unknown until the day of the event).



Teams formed with students in grades K-2 participate in a Rising Stars category at a regional tournament in the spring, which is non-competitive. Teams formed with students in grades 3-5 compete at the spring regional tournament, and, if successful, at a state and international competition later in the spring or early summer.

If you believe D.I. may be of interest to your student, please plan to attend with your child so that he/she can be introduced to the types of challenges they may face at the D.I. competition. Please be advised, however, that the number of teams Mesa can support is determined by the number of parents willing to coach a team and by the amount allocated for this activity in the PTO budget.

If you have any questions prior to the meeting, please contact Diana Fields (dianacfields@gmail.com) or Christy Earles (christyearles@comcast.net) for more information.

When to Keep Your Child at Home

To limit the spread of flu, the most important thing to do is to keep sick people away from healthy people. If your child is sick, you must keep your child home. Staying home when sick stops the spread of the flu and helps the sick person to get well.

Answer these questions every morning:

- Does your child have a fever (100° F or 37.7°C)? If you don't have a thermometer, feel your child's skin with your hand. If it is much warmer than usual, your child probably has a fever.
- Does your child have a sore throat, cough, runny nose, body aches, vomiting, or diarrhea?

Keep your child home.

If you answered "yes" to one or both of the questions above, your child might have the flu. **Keep your child home from school for at least 24 hours after symptoms are gone without the use of fever-reducing medications (e.g., Tylenol or Ibuprofen).**

You have a role in protecting yourself and your family.

Stay informed. Take these everyday steps to protect your health:

- **If you are sick, do not go to work or school.**
- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it. If a tissue is not available, sneeze or cough into your elbow.
- Wash your hands often and thoroughly with soap and water, especially after coughing or sneezing. Alcohol-based hand cleaners are also effective.
- Avoid touching your eyes, nose, or mouth. Germs spread this way.

- Try to avoid close contact with sick people.
- Follow public health advice regarding school closures, avoiding crowds, and other social distancing measures.
- If you don't have one yet, consider developing a family emergency plan as a precaution. This should include storing a supply of extra food, medicines, facemasks, and other essential supplies.

More Resources:

- Colorado H1N1 Hotline: (877) 462-2911
- Visit www.flu.gov
- Colorado Updates: <http://www.cdphe.state.co.us/>

~ Boulder County Public Health (BCPH)



Date: September 30th **Cost:** \$25.00
Time: 3:00-4:00pm **Contact:** Judy Bullert
Place: Mesa Health Room
20 registrants required. Registration sheet located at the Mesa Office.

VALLEY AND MOUNTAIN ASSOCIATION
Home Care - Hospice at Home - Wellness Services

ICAN: Intensive Center for Affective Needs

Welcome to a new school year! I am very excited to be a part of the Mesa community. I am the teacher in the Intensive Center for Affective Needs (ICAN) program. Some of you might be wondering what that is. ICAN is a center based program. There are three other elementary ICAN programs in the district, providing specific interventions around behavior and affective needs to help our most troubled students. The students who are referred to the ICAN program are students who are struggling daily, sometimes hourly, to stay in their home schools. Students are referred through a very specific process and will then be placed in the ICAN program if it is decided that is the best placement for them. Now, just because students are referred to the ICAN program doesn't mean that they will be in a

small room all day long with a teacher. I am an inclusionist: I believe that all students should be learning along side their peers in the general education classroom. Students are provided extra support, academically and behaviorally, so that they can be in the general education classroom with their peers, with the option of going to the ICAN room if they need extra support. The great thing about Mesa is that the teachers and students are accepting of all students, regardless of their need that they come with. Please feel free to stop by my classroom and ask any questions you may have. We do our best to support every student, striving to make the community aware of our student population.

~ Leslie Gaiser

PE Class News

Mesa's Magnificent Mile Runs are happening September 29th through October 2nd. We are hoping for your enthusiastic support for this event whether you can come for the entire time or only for the run. If arriving for the run only, please allow at least 30 minutes from our start time at Mesa to get to the Fairview track. This year, girls will run first and then the boys. Hope to see you there!

Mile Run Schedule 2009

5th: Thursday, October 1st, 9:00 - 11:00am

4th: Tuesday, September 29th, 10:00am - 12:00pm

3rd: Friday, October 2nd, 9:40 - 11:40am

2nd: Tuesday, September 29th, 12:45 - 3:00pm

1st: Wednesday, September 30th, 12:30 - 1:45pm

After School Karate

Boulder Martial Arts will offer after-school karate classes again this year on Mondays and Wednesdays, October 19th - November 4th. If interested, look for more information to come soon.

~ *Jacy Bruno*

International Walk to School Day

Join thousands of students at more than twenty-five schools across Boulder and Broomfield Counties and more than two million others around the globe for International Walk to School Day. It happens Wednesday morning, October 7th.

Walk to School Day celebrates walking, cycling, and student health. Skateboarders, cyclists, bus riders, and scooters are invited. If your trip to school is too

far, carpool with as many families as possible and drive to Bear Creek Park at Lehigh and Bear Creek Drive. Principal Josh Baldner and parent volunteers will meet the students there at 8:10am, and escort them to Mesa. Eldorado kids on the bus will be dropped off at Bear Creek Park and join Mr. Baldner's Parade!



On a safety note: along with having fun, we want to use this event to teach prudent walking and cycling skills to our children. It is time well spent to show your child how to safely cross a street or pass someone on a bike path.

There will be incentives too! All students receive a healthful snack from Clif Bar, Inc.: a Clif Organic Kid Z-BaR (may include trace amounts of peanuts and tree nuts) and a Clif

Organic Kid Twisted Fruit.

New this year is the Writing / Drawing Campaign. Students, tell us why you should ride or walk to school and be entered into a drawing for great prizes, including new shoes, water bottles, bike shorts, and t-shirts. Entries must be returned to the Office by October 2nd.

For more information, contact our Walk Coordinator, Christy Barth, at mcbarth@comcast.net

Save and Donate Old Athletic Shoes

Walk to School Day has partnered with EcoCycle to collect used athletic shoes at school for recycling. **From October 5th through October 9th**, hundreds of pounds of used tennis and running shoes will be collected from participating schools. Recycled shoes are turned into rubberized surfaces for playgrounds and athletic fields.

Guidelines for Collection

Accepted: Athletic shoes such as running, tennis, or aerobics types. Please keep shoes loose (do not tie laces together).

Not Accepted: Dress shoes, sandals, boots, muddy shoes, spiked shoes, or Keds-type sneakers. Please bring only

athletic shoes with **no metal parts**. No shoes in plastic bags or light-up shoes (Light-up shoes can contain mercury! They should be disposed of at the Boulder County Household Hazardous Waste Facility, (303) 441-4800.).

To learn more, visit www.ecocycle.org or call (303) 444-6634.

Message from the Principal << From Page 1

Expectations

- We assume positive intent.
- We respect others' feelings, experiences, and opinions.
- We speak honestly.
- We speak well of one another and intentionally look for ways to encourage each other.

Protocol

- If we have a concern or question, we go directly to the person with whom we have the question or concern. We encourage others to do the same.
- We address the specific concern or question or problem with the person (as opposed to "confronting" the person").
- We respect people's time and schedules ("May I make an appointment?").
- If needed, we can respectfully disagree with one another.
- If a concern has been addressed to the proper person(s) and is still not resolved to satisfaction, concerns can be addressed to the Principal.
- General questions or concerns (not specific to a certain person) can be addressed to Principal, the Office staff, or the Mesa Morning Table at any time.

Mesa's Bond Construction Design Advisory Team (DAT)

On Wednesday, September 16th, our designated Mesa team met with our architects and project manager as the first of five meetings to plan our Bond Construction Facility



Improvements at Mesa (construction to begin in summer 2010). In subsequent newsletters, I will provide on-going, detailed information about the Bond Project. If you have thoughts or questions about construction at Mesa, feel free to email me. Also, let me provide you with the names of the parent DAT members who first responded last spring to my request for volunteers. These five people are available to take your input and report to committee as well: Chris Beh, Tom Felt, Sarah Heilbronner, Gina Kelman, and Jennifer O'Brien.

Traffic, Parking

We've added a bus lane in the cut-out area directly to the east of the school, on the street. We need enough room for a bus and a suburban in this area. If parents can leave sufficient room, we can avoid buses in the parking lot. Also, please be advised that the Boulder Police Department has been patrolling Lehigh frequently. They've been ticketing for speeding and parking, even in times we wish they wouldn't (i.e., Fall Fest).

Friday Folders

I received some clarification recently in regard to BVSD's policies for Friday folders. Specifically, Friday folders shall only include Boulder Valley

School District information (which includes Community School offerings) and/or Mesa school information. For any groups or individuals wishing to distribute information, you'll need to go through the Office and/or use the Community bulletin board.

Dog Policy at Mesa (as printed in the Mesa Parent Handbook)

Dogs are not allowed in the building unless they are for show and tell or other special occasions. Dogs on the school grounds should be on a leash, supervised by an adult, and kept away from school doors. Please clean up after your dog.

School Visitations

Mesa is extremely fortunate to have parents who want to be involved in their child(ren)'s education. Parent involvement increases student achievement and benefits the operation of the school in numerous ways.

In an effort to keep Mesa safe for our students, we ask that all parents and visitors sign in and obtain a visitor's badge at the Mesa Office. The badge should be worn throughout the visitation. Before departing Mesa, parents and visitors sign out and return the badge to the Office.

Go Mustangs!

Josh



PTO Corner

Greetings from the PTO! Thank you so much for supporting our new process during assessment days. We hope you felt it was an easier way to complete the plethora of back-to-school paperwork. Our total budget for this academic year is \$48,500. This amount includes approximately:

- \$ 28,500** for Mesa's academic support programs (personnel to assist teachers with math, literacy and provide teacher support);
- \$ 7,600** in teacher mini-grants and classroom enrichment;
- \$4,800** to support 4th & 5th grade Outdoor Ed program;
- \$2,000** for the Mesa Magazine, Garden to Table, and Parent Engagement Network;
- \$1000** to support the M&M Musical;
- \$2,500** for insurance, financial aid, and miscellaneous expenses;
- \$1,700** for science and math enrichment, Science Fair, and Destination ImagiNation.

Of this \$48,500 budget, we expect to raise \$28,500 through direct donations. To date, we have received \$25,000 in direct donations, so we still need to raise additional funds. If you have not yet contributed, we hope you will consider a donation to the PTO. The bulk of the remainder of our income will come from our annual Fall Fest, Scholastic Book Fair, and Payback Book events.

Thank you again, and please stay tuned over the coming weeks and months as we provide more information on our income and expenses. As always, we very much appreciate your support, whether through a financial donation or your time in making our events successful.

Upcoming Events

Scholastic Book Fair: Come share a love of reading with your child(ren) at the Scholastic Book Fair. The Fair will begin on Monday, September 28th, and run through Friday, October 2nd. Please visit the Fair in the library during the following times:

- Monday, 8am - 4pm
- Tuesday, 7am - 7pm (*Muffins for Moms* in the morning; Parent/Teacher Conferences in the evening)
- Wednesday, 8am - 4pm
- Thursday, 8am - 7pm (Parent/Teacher Conferences in the evening)
- Friday, 7am - 10am (*Donuts for Dads* in the morning)

If you cannot attend the Fair, you can also complete the



Book List order form that will be sent home via the Friday Folders. We also encourage you to support your child's classroom by purchasing a book from their teacher's Wish List.

In order to make the event a success, we need you help! We have had several individuals volunteer to help during the event, but more volunteers are needed, especially for Muffins for Moms and Donuts for Dads. Please contact the Book Fair Chair, Jill Pierce (jill80305@gmail.com), if you have an hour or two to help out.

Parent/Teacher Conference Meals: The Mesa staff dedicates much time to providing a great classroom environment for students as well as preparing for and conducting Parent/Teacher Conferences. Please consider signing up to provide a meal for teachers during one of the conference days. If you are not a chef, there are opportunities to supply bread, chips, plates, cups, utensils, etc. Sign-up sheets will be posted outside the Office. Please contact Lisa Gillespie (lisamgillespie@msn.com) if you have any questions.

International Walk to School Day: Join us on Wednesday, October 7th, and walk, bike, skate, or scooter to school in the morning. For those families that are too far to walk, meet Josh at Bear Creek Park at 8:10am and walk to Mesa together. If you would like to help out in planning this event, please contact Christy Barth (mcbarth@comcast.net) to volunteer.

Impact On Education: Impact on Education Award Nominations are now being accepted. The deadline for submitting a nomination is November 2nd, which is earlier than in past years. The Awards ceremony will take place February 11th. This is 2 months earlier than years past. For more information about the Impact Awards, visit http://www.impactoneducation.org/site/file/program_impact.html. We encourage you to nominate someone from our wonderful Mesa staff! If you have any questions, please contact Debbie Gould (dwgould4@comcast.net).

Thank You!

Mesa Directory: Thank you to Kate Kupferer for putting together the Mesa Directory again this year. It is a big job, and we appreciate her help! The Directory is scheduled to go to print on September 21st, and will be

PTO Corner << From Page 7

ready for distribution shortly thereafter.

First Day of School: Thank you so much to our parents for such a great first day of school! Parents volunteered their time to hold signs, bake treats, and attend the welcome back coffee. Thank you so much to Laura Spicer for coordinating back-to-school activities and to Tammi Willmarth for organizing the Mesa bakers to provide yummy treats! What a great sense of energy and community it gave to the first day of school! There were a lot of volunteers, so they will be listed at the end.

Teacher Appreciation Luncheon: Thank you to Betsy Shehigian and Stephanie Swope for coordinating a wonderful back-to-school luncheon for the teachers! And thank you to parents for providing delicious meals, side dishes, drinks, and desserts. The teachers greatly appreciated it! There were so many volunteers, so please see our list at the end of this newsletter.

Class Pictures: Picture day was a great success! Picture make-up day will be Wednesday, November 4th. For any parents who missed the opportunity to have a photo taken for a volunteer badge and would like one, stop by the PTO Morning Table on Thursday, October 1st to have your picture taken. There will be another opportunity at picture retake day (8:00-8:30am). The day would not have been so successful without the help of parent volunteers Chris Bartlett, Katie Edmunds, Carol Haggans, Julie Okada, and Amy Winters and the flexibility and help from the teachers. Thank you!

Other Items

Mesa Morning Table: Thanks to everyone who has stopped by the Mesa Morning Table. PTO Board members will be at the table every morning during the school year from 8:15 - 8:45am. Currently, we have a lot of information available related to community activities for the students: YMCA fall and winter sports, Boulder Valley Lacrosse Girls Fall Ball, YMCA Fall NPL Baseball, Junior Pom Camp, etc. Please note that we are very happy to put out information for student activities in the community. If you would like to post professional information, we encourage you to use space on the Community board. Thank you for your understanding, and thank you for your continued support.

Payback Books: Payback books are now available and have been sent home via your child's Friday Folder. This year, the book also includes ski deals at Winter Park and Copper Mountain. The cost of the book is \$20, of which \$10 goes directly to the Mesa PTO. The deadline for purchasing Payback Books is Friday, October 2nd.



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.

Recycled Ink Cartridges: We will no longer be accepting recycled ink cartridges. Our reps have notified us that the market for used cartridges has declined to the point where it no longer makes sense to run the program. Thank you for your understanding.

Mesa Parking Space: Congratulations to Diana Fields for winning the Mesa reserved parking space for the month of September! 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, October 13th, at 6:15pm in the Library for our next meeting! Pizza and child care provided (\$5 per child). We are all members of the Mesa PTO, and we need your help in executing all of our planned events in the coming months!

Thank You to Our Volunteers!

We would like to thank the following individuals for dedicating their time to our recent activities and events. The success of everything would not have been possible without their help.

First Day of School / Back to School Coffee: Maggie Janssen, Gina Basso, Trish McCarthy, Adrian Van Nice, Joanne Greene, Cassy Kolb, Linda Garby, Elizabeth Henry, John Arnow, Sally Hoehstetter, Nan Rosenbloom, Jen Cope, Diane Elliston, Gina Kelman, Julie Gelderloos, Shelly Mahon, Chris Hunt, Betsy Shehigian, Dolores Young, Tammy Livingstone, Nance Helmig, Renae Foxhoven

Back-to-School Luncheon: Julia Holien, Anne Fedor, Sarah Heilbronner, Cece Bloomfield, Katrina Walsh, Cassy Matthews, Chelsea McColl, Diana Fields, Jeff Hartman, Gina Kelman



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Thriving During the Elementary Years: A New Resource for Parents

In an effort to better serve parents and families, BVSD Superintendent Dr. Chris King launched the *Thrive Update Newsletter* last school year. Its mission is to empower families through scientifically valid knowledge to support healthy youth development. Individual schools distribute this monthly electronic publication to parents through their email lists. If you are not receiving *Thrive Update*, contact your local school and ask to be included. Past issues are available on the BVSD website: <http://bvsd.org/PARENTS/Pages/ThriveNewsletter.aspx>

Each month *Thrive Update* provides useful information on a number of topics, as well as providing a calendar of events sponsored by the district and/or its community partners. In

addition, I write a question and answer column, "Q & A with Dr. J." Based upon reader feedback, one of our goals this year is to focus more on elementary school issues as well as secondary. Please help us by submitting your questions regarding your elementary children to me at the contacts below. Best wishes for a wonderful 2009-2010 school year!

UPCOMING PEN EVENTS

Harvesting Healthy Families *Nourishing the Mind, Body, Soul and Community*

Presenter: Bryce Browne
Bryce@growefoundation.org
www.growefoundation.org

Monday, October 19th
6:30-8:30pm
BVSD Education Center
6500 E Arapahoe Rd.
Boulder 80303

Teaching Heart
Recognize and Develop Social and Emotional Intelligence

The Key to a Child's Success and Wholeness

Presenter: Tom McSheehy,
Therapist and Educator
www.teachingheart.com
Thursday, November 19th
9:00-11:00am
BVSD Education Center
6500 E Arapahoe Rd.
Boulder 80303

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 Eugenia Brady, PEN Co-Chair, eugenia.brady@bvsd.org / (720) 447-1713.

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.

Donations Needed

The Health Room is in desperate need of extra clothing!

Cold, wet weather is on the way

(hopefully not too soon!), and we need clothes for girls and boys, of all ages and sizes. We are especially low on tops, shorts, and long pants for Kindergarten boys.

Any donations we receive will be much appreciated.

Thank you!

~ Jan Boyers and Lisa Goldstein



We're on the Web!

See us at:

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