



# RYAN READER

Ryan Elementary School, BVSD, 1405 Centaur Village Drive, Lafayette, CO. 80026  
 Office: 303 665-3345 Attendance: 303 447-5487 Fax: 303 665-9859 <http://www.ryanelementary.org>  
 Cyrus Weinberger - Principal September 18, 2008 Volume Two

## UPCOMING EVENTS

### September

- 18 Thursday Think-A-Thon Assembly 1:30pm
- 19 Friday Professional Development Day—No School
- 24 Wednesday October Count Days Begin
- 26 Friday Vision & Hearing Screening

### October

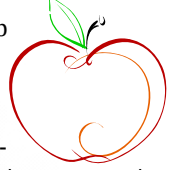
- 5 Sunday Think-A-Thon ends
- 8 Wednesday Walk-to-School Day October Count Days Ends
- 10 Friday Flu Shot Clinic 2:40pm
- 14 Tuesday PTA Meeting 6:30pm
- 23 Thursday Picture Re-take Day
- 31 Friday Professional Development Day—No School



The Ryan Reader is published twice a month.  
 Items for the Reader may be emailed to [ryanelementary@yahoo.com](mailto:ryanelementary@yahoo.com).  
 ~ Barbara Gstalder, Editor

## FROM THE PRINCIPAL

Levers flipped, pulleys moved, and marbles rolled as our Lobby Learning Lab came to life on Back to School Night. Pride and excitement filled the building as students led their parents around the school and classrooms. Thank you for making Back to School Night such a wonderful success. You should now have a much clearer idea of what the school day is like for your child (or children) as well as specifics around classroom expectations. If you were unable to attend, please make sure to check-in with the classroom teacher so you can be brought up to speed concerning any important information covered.



We are pleased to announce a complete listing of our after school enrichment activities in this Ryan Reader. Please make sure to sign-up in advance as space is limited. We offer financial support for those families who might have difficulty with activity fees. One of our goals and firm beliefs is that all children have access to these enrichment programs (the office can assist anyone with this need). Our partnership with Exempla Hospital will continue this year adding a rich layer of real world examples of math and science in the classroom. Additionally, Ryan has been selected to participate in a GK-12 grant program targeted to improve science skills in 4<sup>th</sup> & 5<sup>th</sup> grade. A fellow will team teach the regular science curriculum with the classroom teacher as well as support extensions. This fellow will spend 10 hours per week at Ryan and will follow current 4<sup>th</sup> grade students into 5<sup>th</sup> grade next year.

In an effort get to know everyone better and to gain a clear understanding of possible ways to improve the quality of the education we offer, I will be hosting a series of grade level teas to speak with parents. We are also asking for feedback on the format of Back to School Night. Please fill-out and return the attached survey. Parents / guardians are welcome to join me to discuss how things are going and any ideas you have for the future on the following dates:

Grade	Date	Time
K-1	September 24	6:00-7:00 pm
2-3	October 8	6:00-7:00 pm
4-5	October 22	6:00-7:00 pm

The PTA launched the first fund raiser of the year “Think a Thon” today at an all school assembly. Please support your child’s learning through this important event. Contact Julie Daniel [julie.m.daniel@comcast.net](mailto:julie.m.daniel@comcast.net) for more information or for ways to get involved.

A special thanks to everyone who has helped the PTA get off to such a wonderful start. Without PTA support, we would not be able to offer the wide array of enrichment activities such as field trips to our students.

Please let me know if you have any suggestions, questions, or concerns. Enjoy the cool crisp days of fall. I look forward to seeing you at grade level teas.

Best wishes,  
 Cyrus Weinberger



# Music Notes

5th grade auditions for the "Ryan Ringers" Hand Bell Choir will be held in the Music Room on Monday, October 6th and Wednesday, October 8th, right after school. A permission slip and more written information will be sent home with interested students early next week. The Hand Bell choir will meet every Monday and Wednesday, 2:40-3:15, beginning Oct. 13th and run through the last day of the school year. Please call 303-665-3345 x232 or email [teresa.himel@bvsd.org](mailto:teresa.himel@bvsd.org) or email with any questions.

- Also parents, mark your calendars with the following dates:
- 1st & 2nd grade "Dare to Dance" program, Friday, Nov 14th. (Time still to be determined.)
  - 5th Grade Music Program, Thursday, Nov 20th, 7:00 p.m.
  - 3rd Grade Music Program, Thursday, Feb 12th, 7:00 p.m.
  - 4th Grade Music Program, Thursday, April 16th, 7:00 p.m.

Thanks!  
Teresa Himel, Music Specialist



## CELEBRATE LAFAYETTE and Support Ryan Elementary

This year all proceeds from the annual CELEBRATE LAFAYETTE event are being divided between the elementary schools in Lafayette, so come parade with us and support your school.

The event is Saturday, October 4th. The parade starts at 10:00 a.m. and runs along Public Rd from City Center Dr to Cannon St.

Wear Ryan spirit items or the color purple, maybe snazz it up with a crazy hat, and walk behind the Ryan Banner showing your school spirit! It is that easy to be in the parade!

To participate in the parade with your Ryan friends, meet in the old Albertsons parking lot at 9:45 a.m. Look for the sea of purple!

For more information on the CELEBRATE LAFAYETTE event, see page 4 of this Ryan Reader.

## FROM THE HEALTH ROOM



Influenza, commonly called "the flu," is caused by the influenza virus which infects the respiratory tract including the nose, throat and lungs. Unlike many other viral respiratory infections, such as the common cold, the flu can cause severe illness and life-threatening complications.

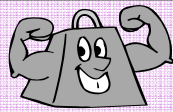
Flu immunization reduces the chance of getting and spreading the flu. Overall, flu immunizations lead to a healthier community. Some groups, considered **high risk**, should receive a flu vaccine every year. This group includes; individuals 65 and older who have chronic health conditions such as heart or lung conditions, individuals ages 5 to 64 with chronic health conditions, children 6 to 59-months-old and all school-aged children. You *should not* get a flu shot if you have an allergy to eggs, a fever of 101 degrees or higher, an acute respiratory infection, or other active infections or illness, or if you have a history of Guillain-Barre Syndrome.



The flu strain changes from year to year which means you can get the flu more than once in your lifetime. Any immunity that is built up from having the flu caused by one virus strain doesn't necessarily provide protection when a new strain is circulating, which is why the medical community recommends everyone get a flu shot each year.

Ryan Elementary will offer an adult-only Flu Shot Clinic, sponsored and provided by the Visiting Nurse Association, on **Friday, October 10 from 2:50pm until 3:30pm**, in the Health Room. Cost of the flu shot is \$25 or \$35 for the FluMist nasal spray immunization. Receipts will be given for insurance reimbursement. If you are interested in getting your flu vaccination, please contact Julie in the Health Room.

## Fit Bits



The gym has been moving and shaking this fall. The lower elementary have been practicing the underhand and overhand throw, which teaches opposition.

1st and 2nd grade have cognitively and physically demonstrated they understand what the different throws are and what the correct technique is.

3rd grade has been participating in the Ryan Elementary fitness test, which involves muscle strength and endurance, cardiovascular endurance, and flexibility.

4th and 5th grades have been swinging the golf club and learning the basic technique for this skill. It would be great to take your child to the driving range and let them show their skill.

Kindergarten has been working on spatial awareness by using various equipment and activities.

3rd, 4th, and 5th grade parents, be looking for permission slips for the "Ryan Run/Walk" club which will meet twice a week after school this fall .



Live Healthy,  
Suzan Metz-Physical Educator

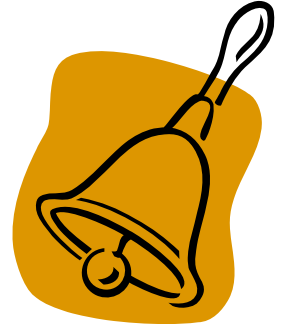
## RYAN ELEMENTARY AFTER-SCHOOL PROGRAMS



Now that your child has settled into school, it's time to consider what after-school activities might best compliment his or her educational experiences. According to the Nellie May Education Foundation, children who participate in after-school activities have a better attitude about learning, perform better academically, and enjoy an increased sense of accomplishment, competence, and self-esteem.

So how do you help your child select an after-school activity? Consider what interests your child already has. Balance indoor and outdoor activities. Introduce them to new avenues of expression. Consider a variety of activities and remember the focus on learning and school should always be a top priority.

Ryan Elementary offers a wide variety of after-school programs all designed to let your child share in new experiences and friendships. The following table lists just some of these after-school activities. (The date and time of these activities may change.)



Activity	Contact Person	Day and Time	Location	Grade level	Information
Yearbook	Erika Arias	M 2:45-3:45 pm	Library	5th	
TEAMS	Ron Arguello	M 2:45-3:45 pm	Science Lab		
CLOUT	Carolyn Mundt	W 2:45-3:45 pm	Science Lab	4th	9/24-4/1
Earth Ed	Janet Stellema	T 2:45-3:45 pm	Science Lab		Sept. 23
Science Matters	Collin Sasaki	Th	Science Lab	Varies by class	
Ryan Ringers Hand Bell	Teresa Himel	M & W 2:40-3:15 pm	Music Room	5th	Starts Oct
Holiday Choir	Teresa Himel	T & Th 2:40-3:15 pm	Music Room	3rd-5th	Nov and Dec
Chess	Lori Naranjo	W 2:45-3:45 pm	Library	K-5	Starts Nov
Math Club	Ron Arguello	F 2:45-3:45 pm	Ron's Classroom	3rd-5th	
Running Club	Suzan Metz	M & W 2:40-3:30 pm	Field		Sept/Oct & April/May
Cup Stacking	Suzan Metz	M & W 2:40-3:30 pm	Gym		Early Winter
Hockey	Suzan Metz	M & W 2:40-3:30 pm	Gym		Early Spring
Jump rope club	Suzan Metz	M & W 2:40-3:30 pm	Gym		Feb

### Back To School Night Survey

Parents, please take a minute to complete the following survey about your experiences at Back to School Night.

	Yes	No
Did you like the format used for this year's Back to School Night?		
Were you able to get to all of your child(ren)'s classes?		
Was the information presented in a helpful manner?		
Did you get a good sense of what a day at school is like for your child(ren)?		
Do you have any suggestions for improvement?		

Please write down your comments, suggestions, and questions about Back to School Night and drop it off at the Office. Thanks!



Since 1956, the CELEBRATE LAFAYETTE has been an annual community celebration. This year it will be held in Old Town Lafayette on Saturday, October 4 from 9am - 4pm. Admission is free.

**FREE PANCAKE BREAKFAST:** 7am - 9am, Sponsored by the Lafayette Lions' Club. Breakfast will be served at the V.F.W., 105 W. Emma Street.

**PARADE:** Starts at 10am on Public Rd. from City Center Dr. to Cannon St.

**STREET FAIR:** Starts at 10am on Public Rd. from Geneseo to Cannon St.

**LIVING GREEN:** Come visit the booths and exhibits from green vendors and educators presenting everything from renewable energy technology to everyday products and services, mini-workshops, demonstrations, book signings, and more. Learn about the Solar Decathlon program, CU's collaboration on the Excel Energy's SmartGridCity and local green resources available to residents and businesses. Special participation includes CU at Boulder, NOAA, CIRES, INSTAAR and others.

**KIDS' ACTIVITIES:** Kid's art activities, balloon sculpting, and face painting from 11am - 4pm at the tent on Geneseo and Public Rd.

**COMMUNITY EXPO:**

11:00am - RMCMA Concert Band

11:45am - Cynova-vocal/guitar duo

12:30pm - Ballet Folklorico

1:00pm - Funkiphino

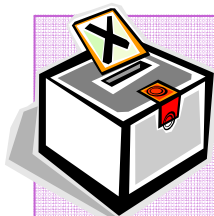
1:15pm - Colorado Spirit! Chorus

2:00pm - Alexander Dawson School Choir

2:45pm - Project Yes

3:30pm - Reverence Academy of Dance

**APPLE PIE BAKING CONTEST:** Organized by the Lafayette Senior Services. Pre-registration is required.



### October Count

October Count begins Wednesday, September 24 and ends Wednesday, October 8. Since this is very important time to have children in attendance at Ryan Elementary and within the Boulder Valley School District, there are some

guidelines to pass along to our families. If your child is sick, please keep them home. Additionally, if your child has an already-scheduled appointment during these two weeks, feel free to keep the appointment. We only ask that absences are limited during the October Count period. If your family is planning a trip during this time, please tell Ronda in the Office.

The District conducts this count to collect data concerning student attendance. As long as your child(ren) has regular attendance during this two week period, the District will continue to receive funding for your child(ren).

Thank you, in advance, for your cooperation with this important matter.

—Ryan Office Staff.

### Parent Engagement Network presents:

Thriving During the Elementary Years  
Set Your Child Up for Success

By Jan Hittelman

There's a lot that parents can do to be proactive in helping their child be successful in school. Putting the optimal structure in place early in the school year will minimize problems that may not fully surface for several months. Too often parents discover significant academic/behavioral issues as a function of that first or second report card. We then shift to a more reactive approach and often experience an uphill challenge to improve things before the end of the school year. Consider the following strategies:

**Maintain good parent-teacher communication:** Teachers have a very demanding job addressing the needs of many students in their classroom. While they would enjoy ongoing communication with every parent, it is easier said than done. As a parent you want to be respectful of this while still letting the teacher know that you want to support his/her efforts with your child and would appreciate occasional feedback (both positive and negative) regarding your child's classroom performance. The teacher will then guide you in terms of the preferred communication method (e.g. email, phone, etc.). If you run into any challenges with this method, respectfully let the teacher know ASAP.

**Increase Parent-Child Communication About School:** We typically screw this up by having primarily negatively generated conversations led by the ever popular: "Did you do your homework yet?" Create opportunities for family members to talk about their day, sharing their ups and downs. Parents should model this behavior, being thoughtful about what is appropriate to share based on your child's age. Try to be more of a compassionate listener first and an advisor second. Encourage your child to express their positive and negative feelings about their daily experiences. Let your children know that you appreciate their sharing their school day with you.

**Help Your Child Be Motivated for Success:** As individuals we vary in terms of our motivation to work toward achievements. For children who have challenges learning, this can be even more problematic. As parents we often "expect" our children to do well and offer little praise and positive feedback. For elementary-age children your greatest reward is not things, money, or food, but your time and attention. Try to connect school effort with fun interaction together (e.g. playing a game, doing an art project, going for a walk, etc.).

**Make the Shift from Dependent to Independent Learner:** By the time your child graduates from elementary school, it is ideal if he/she is taking ownership of their schoolwork and requiring less parental oversight. This process should be an evolving one, sensitive to your child's unique learning issues and personality. Too often parents are fighting with their children about homework and other school issues well into high school. It should be their concern not yours. Otherwise their success in college and to some degree in life will be in jeopardy.

By maintaining ongoing open communication between you and your child as well as their teachers and nurturing your child's motivation and responsibility, you will be setting your child up for success.

*Dr. Jan Hittelman is a licensed psychologist and Director of Boulder Psychological Services, LLC. What's your opinion? Questions or comments for this monthly column can be sent to: 1527 Pine Street, Suite B, Boulder, CO 80302, via email to: jan.hittelman@gmail.com, or by phone: 720-217-3270.*