



# Wildcats Newsletter

**March 2020**

5400 Mail Creek Lane  
Fort Collins, CO 80525

**Principal**  
Hayden Camp

**Office**  
488-5550

**Attendance Line**  
488-5551

**Fax**  
488-5552

[www.wer.pedschools.org](http://www.wer.pedschools.org)

## ***It's a note from the principal ...***

Dear Werner Community,

It's hard to believe we are heading into March and spring break is right around the corner! This month, we have the Battle of the Books (March 11) and Odyssey of the Mind (March 7) competitions. Both these enrichments are great opportunities for our students to participate in, and we couldn't do it without the support of our parents. Thanks to all the parents that have taken the time to help our students!

Later in the month, we will have Spring Picture day March 26. This will be for classroom pictures. As we head into April, please know that our teachers will be reaching out regarding spring conferences if they haven't already. We encourage you take this time to discuss how your student is doing, and what you and your teacher can do to support your child.

*continued on next page*

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WERNER ELEMENTARY PTA



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**March 2020**

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**Page 2**

## **Note From The Principal *continued***

This year, our staff and School Accountability Committee (SAC) have been having some discussions about homework and our practice here at Werner. While we don't have a current policy, we do have some consistency of practice among grade levels that approaches it developmentally and with increasing opportunity for independence/responsibility as students get older. The research is varied, and we know that there are different perspectives out there on this topic. I have asked our teachers to check in with you about how that is going for your child and if you have any thoughts. Look for some more opportunity to give us your opinion about homework in the future. We will continue the conversation with our staff and SAC to see how we can get tighter on this topic. As always, we want to say thanks for all the support you give your child in this partnership of educating your child.

## **Attendance Policy**

PSD's goal is to provide academic success for all students. Regular attendance is a crucial factor in reaching this goal. Regular attendance also provides opportunities for the emotional and social growth of our students. Children learn a great deal from consistent, daily interactions with adults at school and with other students.

The State of Colorado and PSD's goal for attendance is 95%. In order to attain this goal, a student cannot miss more than 9 days during the entire school year. Making up work cannot fully replace the instructional programs provided at school. While we know that illness is always factor that can't be prevented, we ask for your support in trying to schedule family trips during school breaks, rather than during school, in order to minimize the impact on your child's education. We believe that by working together, we can help your child be a successful student.

Sincerely,

Hayden



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**March 2020**



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## **DATES TO REMEMBER**

Each morning **except on Wednesday** at 7:45 a.m. Coach J. will hold a PE enrichment class for students in grades 1-3. **Front doors will not open before 7:45 a.m. PLEASE DO NOT LEAVE YOUR CHILDREN UNATTENDED BEFORE 7:45 AM.**

**2 NO SCHOOL – TEACHER WORK DAY**

**4 Choose to Include Day**

Today we celebrate our differences, and the value of each member of our community. Students will sign a pledge to honor and to be kind to one another.

**7 Odyssey of the Mind competition**

See OM coaches for information about your team's competition

**11 Werner Battle of the Books competition in the gym.**

4:30 - 5:30 p.m. 3<sup>rd</sup> Grade

5:15 – 6:15 p.m. 4<sup>th</sup> Grade

6:00 – 7:00 p.m. 5<sup>th</sup> Grade

**13 Iron Thumb, Mountain Man will visit 4<sup>th</sup> grade**

1:45 – 3:15 p.m.

**16-20 SPRING BREAK – NO SCHOOL**

**23 Students return to school**

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**Page 3**

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**March 2020**

**Is it just a phase?**



**CAYAC**

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Young Adult Connections

*Helping youth and families find  
answers, options and support.*



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## **DATES TO REMEMBER**

- 24 Werner Dines-Out all day at Papa John's Pizza, Harmony Marketplace. Look for more information coming home in your child's Friday folder.
- 24 Running Club starts today for 8 weeks. 3:30 – 4:30 p.m. every Tuesday.
- 26 Lifetouch Class Picture Day

### **PLEASE NOTE: NO PTA MEETING IN MARCH**

Next PTA meeting: Wednesday, April 8 at 9:00 -10:30 a.m.

## **DATES TO REMEMBER**

- March 31 CMAS Testing
  - 3<sup>rd</sup> grade: 10:40 a.m. – 12:20 p.m.
  - 4<sup>th</sup> grade: 10:00 a.m. – 11:40 a.m.
  - 5<sup>th</sup> grade: 10:00 a.m.– 11:40 a.m.
- April 1 CMAS Testing
  - 3<sup>rd</sup> grade: 10:40 a.m. – 12:20 p.m.
  - 4<sup>th</sup> grade: 10:00 a.m. – 11:40 a.m.
  - 5<sup>th</sup> grade: 10:00 a.m.– 11:40 a.m.

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**2020**

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## March 2020



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Joe Mivshek

970.420.7163

joe.mivshek@km.com



Click on Snowflake Icon  
to access PSD Weather  
Closure Procedures

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## DATES TO REMEMBER

- April 2 CMAS Testing  
3<sup>rd</sup> grade: 10:40 a.m. – 12:20 p.m.  
4<sup>th</sup> grade: 10:00 a.m. – 11:40 a.m.  
5<sup>th</sup> grade: 10:00 a.m. – 11:40 a.m.
- April 7 CMAS Testing  
3<sup>rd</sup> grade: 10:50 a.m. – 12:05 p.m.  
4<sup>th</sup> grade: 10:00 a.m. – 11:15 a.m.  
5<sup>th</sup> grade: 9:00 a.m. – 10:15 a.m.
- April 8 CMAS Testing  
3<sup>rd</sup> grade: 10:50 a.m. – 12:05 p.m.  
4<sup>th</sup> grade: 10:00 a.m. – 11:15 a.m.  
5<sup>th</sup> grade: 9:00 a.m. – 10:15 a.m.
- April 9 CMAS Testing  
3<sup>rd</sup> grade: 10:50 a.m. – 12:05 p.m.  
4<sup>th</sup> grade: 10:00 a.m. – 11:15 a.m.  
5<sup>th</sup> grade: 9:00 a.m. – 10:15 a.m.
- April 10 **NO SCHOOL – PARENT/TEACHER CONFERENCE DAY**

*continued on next page*

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## March 2020

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## DATES TO REMEMBER

- April 14 CMAS Testing  
5<sup>th</sup> grade: 10:00 a.m. – 11:30 a.m.
- April 15 CMAS Testing  
5<sup>th</sup> grade: 10:00 a.m. – 11:30 a.m.
- April 16 CMAS Testing  
5<sup>th</sup> grade: 10:00 a.m. – 11:30 a.m.
- April 16 Grade 1/2 Music Program at Fossil Ridge High School



## Note from the Office

February is behind us and spring break is right around the corner. How is that possible? Didn't we just back from winter break? Winter hasn't been as hard on us as in some other areas of Colorado, although I have had snow in my back yard since November! However, we haven't had too many days, so far, that we have had to cancel outside recess. I know Punxsutawney Phil predicted an early spring, but March can be our snowiest month. So, with that in mind, we respectfully ask you to continue to think winter for a few

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# March 2020



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## Note from the Office

more weeks when your child is dressing for school in the morning. While the expected temperatures for the day may appear to be fairly mild at times, morning recess can still be a bit chilly on those precious wee fingers and toes.

While on the subject of clothing, please encourage your child to check the lost and found bin for any missing items of clothing. It never fails to amaze us what makes its way to the lost and found bin and never claimed. I know it is still a while away, but please keep in mind that all clothing items in these bins will be donated to charitable organizations at the end of the last day of school. Lunch boxes and water bottles will be disposed of at the end of that day too.

I also have another request for clothing for the health room. We are in desperate need of underwear, sweatpants, leggings, etc. in sizes to fit 4 – 8 years old. We have lots of larger sizes, but the wee ones are more likely to have an accident or fall into the lone puddle in the playground. We just don't have the supplies to help them if they don't have a spare set of clothes in their back pack. If your child has outgrown clothes in sizes 4-8 years old we would be so grateful if you would consider donating them to our health room.

On this note, if you can ensure that your child has a spare set of underwear and clothes in their back pack each day, it will save you a trip to school with clean clothes if we can't find anything for your child to wear here, if they do need to change clothes for any reason.

*continued on next page*

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# MIGHTY CAMP!

**June - August 11 fun weeks!**

Mighty summer camp maximizes FUN,  
builds PROBLEM-SOLVING skills, and makes  
parents PROUD of their child's growth.



**LOCK IN preferred dates!**  
[genesishhealthclubs.com/camps](http://genesishhealthclubs.com/camps)

This newsletter was published by  
The School Communications Agency

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**The School  
Communications  
Agency**

Joe Mivshek 970.420.7163  
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## Note from the Office

Sadly, several times we have tried to contact parents, for multiple reasons, only to find their voice mail box has not been set up or it is full. Please check your mail box frequently and make sure we are able to leave a message for you. If you have not set up your mail box, please do this as soon as possible. Please ask your emergency contacts to do the same. If it is a true emergency, and we cannot talk to you or your emergency contacts, we will have to notify our school resource officer.

As I said in our last newsletter, Lifetouch Photographers will be here on Thursday, March 26, 2020 to take our group class photos. You will receive two order forms in your child's Friday folder. One form is for the class photo and one is for an individual photo. The individual photo is offered again in March for those students who were not enrolled at Werner in September. However, in the past we have had parents order individual pictures in March as well as in September for personal reasons. This is absolutely not expected. It is only a service offered if you would like to use it. 5<sup>th</sup> grade students will also have an order form for a grade level photograph. Sorry, I know it is a lot of paper coming home. You will be able to order photographs online. There will be an order code on the forms.

If your child was not enrolled at Werner in September, they will have a photograph taken for student records. Please don't be alarmed if you don't order a packet and your child tells you they had a picture taken at school that day.

I have a plea for help that day. We need volunteers to bring classes to the media center at the right time, to make sure forms are collected, and that the students are all looking their best for the photo, etc. One or two volunteers are required in the morning (9:00 a.m. -12:00) and one or two in the afternoon (12:00 – 2:30 p.m.) Lunch will be provided. If you have any free time on March 26 and can help, I will be eternally grateful.

Jenny, Amy and I wish you all a very relaxing and fun spring break. We are looking forward to everyone returning with batteries fully recharged, and ready for the busy last weeks of the school year. Ourselves included!

*All the best,*

*Celia*



## Counseling Corner

Kindergarten has been learning and understanding empathy. We are understanding that it is ok to feel mad, sad, frustrated and other negative feelings, but it is also important to know how to calm ourselves when we do feel that way. We talk a lot about putting ourselves in other people's shoes but not trading shoes. First graders are continuing to work on their strengths, and how they contribute to the classroom and our community. They are also understanding how other personalities, also, have their strengths, and what to do when we don't like someone else's personality. First and Second graders will be learning about Bully – Proofing and the difference between conflict and bullies. I emphasize the importance of empathy to prevent bullies/mean people along with helping the target. We learn about upstanders, and how to be one.

Here are the tools they will be learning:

### Tools for Dealing with Mean People and Bullies:

1. **Stand up for yourself. Tell the person to "Stop!"**
2. **Ignore and Walk Away! Get away from the person who is not being kind.**
3. **Say good things to yourself. Don't believe the negative.**
4. **Get help if it does not stop.**

Third and fifth grades are learning about BrainWise and the tools to calm our brains when we get upset. We talk a lot about how it is important to have all types of feelings but have the knowledge to know what to do when we are upset. The focus will be on the 10 Wise Ways and tools for calming our brains. Please share with your student your favorite healthy way to calm down when you are upset. Fourth Grade is looking at True Colors (four colors that represent a type of personality) and how each color is key to the classroom, to Werner, to our community, and to the world we live in.

As usual, I love to send out Love and Logic newsletter articles. Through my own parenting and teaching, humans need to know how to handle conflict. It is a part of life! Not every mean person is a bully, and we need to learn how to talk resolve any type of conflict. Below is a Love and Logic about conflict. Enjoy!

*continued on next page*

Check out the Werner calendar at <https://wer.psdschools.org/calendar> for updated information throughout the month as event times and/or dates can change.



Click on Snowflake Icon  
to access PSD Weather  
Closure Procedures

## Teaching Conflict Resolution

Conflicts are part of life. Teaching healthy conflict resolution skills is an important part of raising healthy, well-adjusted kids.

### Life means having conflicts.

Resolving conflicts in healthy ways is an essential skill that we can teach our kids when we model:

- *Good listening skills*
- *Appropriate compromise*
- *Limits*
- *Humility*

### Help kids learn conflict resolution by having them practice with you.

Tell your kids that if they ever think you have done something that they think is unfair, then they can tell you by whispering, "I'm not sure that's fair."

If they tell you that they think you have done something unfair, then tell them, "We can make an appointment, and I will listen and consider your case as long as your voice remains calm and respectful. What you say may or may not change what I decide to do."

- *Schedule the discussion for any time that is most convenient for you.*
- *Respectfully disagree with the child or simply say "no."*
- *Provide some caring opportunities for the child to see that life isn't always "fair."*
- *End the conversation if you feel that you are being manipulated, the child is playing verbal "brain drain," or anger creeps in.*
- *Compromise with the child when it makes sense to do so.*

*continued on next page*

## Counseling Corner *continued*

**When doing this, you retain the right to:  
Let them overhear adults resolving conflicts.**

When we try too hard to avoid having conflicts in front of our kids, they don't have an opportunity to see how adults resolve them in effective ways.

The end goal is to create an environment where respectful discourse and productive conflict resolution is taught. Learn that solving problems with respectful words is far more productive than manipulating or resorting to violence.

Dr. Charles Fay

I wanted to send out the following resource again this year for parents. It is a great resource for parents of children of all ages. Especially with what is going on in the world these days, the link below has some great articles.



[Home | Parent Toolkit](#)

[www.parenttoolkit.com](http://www.parenttoolkit.com)

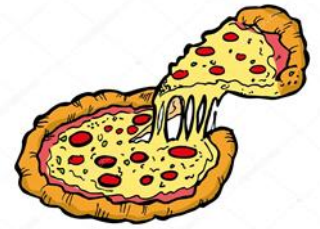
Produced by NBC News and supported by Pearson, the Parent Toolkit will help you navigate your child's journey from pre-kindergarten through high school.



### Join us at Papa John's on March 24!

We are really excited about Werner Dines Out this month!

Papa John's will donate \$2 to Werner PTA for every pizza purchased on March 24, 2020. Families can have pizza delivered anytime, all day. When you give the driver your flyer they will count the pizzas delivered and add to the total purchased that day. Remember it counts for any pizza delivered throughout that whole day!!



Delicious pizza and money for the PTA, it's a win/win for all of us! Look for the flyer coming home in the Friday folder soon!



Welcome!

I am excited to announce the 2020-2021 Werner Elementary PTA Board. Anjani Rogenski will serve as President, Nicole Kidd as Vice President, Chelsea Padgett as Secretary, and Patti Haswell as Treasurer. Thank you Anjani, Nicole, Chelsea, and Patti for volunteering. The PTA could not carry on without your volunteerism. We are excited to have you lead and serve with us!

#### We Still Need You!

We still have two board positions available. VP of Fundraising will oversee the PTA's fundraising efforts throughout the year and seek out fundraising efforts for the following year. VP of Programs and Events oversees all the programs and events the PTA sponsors such as BOB, Community Service Committee, Fall Fun Fest, and Happy Hearts Family Night. If you are interested in serving as either VP of Fundraising or VP of Programs and Events email Juliana Schump at [wernerptapresident@gmail.com](mailto:wernerptapresident@gmail.com). The PTA cannot continue the important work we do within Werner without these roles being filled.

#### PTA Meeting April 8th

We will have our last PTA meeting of the year at 9:00 a.m. in the Teacher's lounge. We will be voting on our bylaws revision as mandated by the Colorado PTA, and hopefully voting in our new VP of Fundraising and VP of Programs and Events. We will also be celebrating all the work we have done this school year. Come vote and celebrate with us!



## COLORADO

Department of Public  
Health & Environment

Advancing Colorado's health and protecting the places we live, learn, work and play

Dear parents/guardians of students in Colorado kindergarten - 12<sup>th</sup> grade schools for the 2020-21 school year:

We know you're thinking of all the things you need to do to make sure your student is ready for school. Getting vaccinated is an important part of their school readiness and keeps children from catching and spreading diseases that can make them sick. We wish you and your student a healthy school year!

### Required and recommended vaccines

- Colorado law requires students who attend a public, private, or parochial kindergarten - 12th grade school to be vaccinated against many of the diseases vaccines can prevent, unless an exemption is filed. For more information, visit [colorado.gov/cdphe/schoolrequiredvaccines](https://colorado.gov/cdphe/schoolrequiredvaccines) (or [cdphe.colorado.gov/schoolrequiredvaccines](https://cdphe.colorado.gov/schoolrequiredvaccines)). Your student must be vaccinated against:
  - diphtheria, tetanus & pertussis (DTaP, DTP, Tdap)
  - polio (IPV)
  - measles, mumps, rubella (MMR)
  - hepatitis B (HepB)
  - varicella (chickenpox)
- Colorado follows recommendations set by the Advisory Committee on Immunization Practices. Students entering kindergarten must receive their final doses of DTaP, IPV, MMR and varicella. Students entering 6<sup>th</sup> grade must receive one dose of Tdap vaccine, even if they are under 11 years of age. You can view recommended vaccine schedules for children 0 - 6 years of age at [cdc.gov/vaccines/parents/downloads/parent-ver-sch-0-6yrs.pdf](https://cdc.gov/vaccines/parents/downloads/parent-ver-sch-0-6yrs.pdf) and preteens/teens 7 - 18 years of age at [cdc.gov/vaccines/schedules/downloads/teen/parent-version-schedule-7-18yrs.pdf](https://cdc.gov/vaccines/schedules/downloads/teen/parent-version-schedule-7-18yrs.pdf).
- Vaccines are recommended for hepatitis A, influenza, meningococcal disease and human papillomavirus, but are not required.

### Exclusion from school

- Your student may be excluded from school if your school does not have an up-to-date vaccine record, exemption, or in-process plan for your student on file.
- If someone gets sick with a vaccine-preventable disease or there is an outbreak at your student's school and your student has not received the vaccine for that disease, they may be excluded from school activities. That could mean lost learning time for them and lost work and wages for you. For example, if your student has not received a measles-mumps-rubella (MMR) vaccine, they may be excluded from school for 21 days after someone gets sick with measles.

### Have questions?

- You may want to talk to a healthcare provider licensed to give vaccines or your local public health agency about which vaccines your student needs or if you have questions. You can read about the safety and importance of vaccines at [SpreadTheVaxFacts.com](https://SpreadTheVaxFacts.com), [ImmunizeForGood.com](https://ImmunizeForGood.com), and [colorado.gov/cdphe/immunization-education](https://colorado.gov/cdphe/immunization-education) (or [cdphe.colorado.gov/immunization-education](https://cdphe.colorado.gov/immunization-education)).

### Paying for vaccinations

- If you need help finding free or low-cost vaccines and providers who give them, go to [COVax4Kids.org](https://COVax4Kids.org), contact your local public health agency, or call the state health department's Family Health Line at 1-303-692-2229 or 1-800-688-7777. You can find your local public health agency at [colorado.gov/cdphe/find-your-local-public-health-agency](https://colorado.gov/cdphe/find-your-local-public-health-agency) (or [cdphe.colorado.gov/find-your-local-public-health-agency](https://cdphe.colorado.gov/find-your-local-public-health-agency)).

### Vaccination records

- Please take your student's updated vaccine record to school every time they receive a vaccine.
- Need to find your student's vaccine record? It may be available from the Colorado Immunization Information System. Visit [COVaxRecords.org](https://COVaxRecords.org) for more information.

### Exemptions

- If your student cannot get vaccines because of medical reasons, you must submit an official *Immunization Medical Exemption Form* to your school, signed by a health care provider licensed to give vaccines. You only need to submit this form once, unless your student's information or school changes. You can get the form at [colorado.gov/vaccineexemption](https://colorado.gov/vaccineexemption) (or [cdphe.colorado.gov/vaccineexemption](https://cdphe.colorado.gov/vaccineexemption)).
- If you choose not to have your student vaccinated according to the current recommended schedule because of personal belief or religious reasons, you must submit a non-medical exemption to your school. Non-medical exemptions must be submitted at ages 2 months, 4 months, 6 months, 12 months and 18 months. The easiest way to file a personal or religious exemption is by using our online or downloadable non-medical exemption form available at [colorado.gov/vaccineexemption](https://colorado.gov/vaccineexemption) (or [cdphe.colorado.gov/vaccineexemption](https://cdphe.colorado.gov/vaccineexemption)).

### How's your school doing on vaccinations?

- Some parents, especially those with students who have weakened immune systems, may want to know which schools have the highest percent of vaccinated students. Schools must report immunization and exemption numbers (but not student names or birth dates) to the state health department annually. Immunization and exemption rates can be found at [COVaxRates.org](https://COVaxRates.org).

Please share Page 2 of this letter with your student's health care provider as it provides helpful information about vaccines required for school entry, per Colorado law.

Colorado Immunization Branch | 303-692-2700 | [cdphe.dodimmunization@state.co.us](mailto:cdphe.dodimmunization@state.co.us)

December 2019



## COLORADO

Department of Public  
Health & Environment

Advancing Colorado's health and protecting the places we live, learn, work and play

Dear Colorado health care provider:

Colorado School Entry Immunization Law (25-4-901 et seq, C.R.S) and Colorado Board of Health rule (6 CCR 1009-2) require students who attend a public, private or parochial K - 12 school, licensed child care, preschool, or Head Start program to be vaccinated against many of the diseases vaccines can prevent, or have an exemption on file. For more information, visit, [colorado.gov/pacific/cdphe/schoolrequiredvaccines](https://colorado.gov/pacific/cdphe/schoolrequiredvaccines) (or [cdphe.colorado.gov/schoolrequiredvaccines](https://cdphe.colorado.gov/schoolrequiredvaccines)). Students must be vaccinated against:

- diphtheria, tetanus and pertussis (DTaP, DTP, Tdap)
- polio (IPV)
- measles, mumps, rubella (MMR)
- hepatitis B (HepB)
- haemophilus influenzae type b (Hib)
- pneumococcal (PCV13)
- varicella (chickenpox)

The number, timing and spacing of the required vaccine doses is set by the Centers for Disease Control and Prevention's (CDC) Advisory Committee on Immunization Practices (ACIP). To be considered valid, a dose of vaccine must meet both the minimum age and minimum intervals as defined by ACIP. You can view the current ACIP vaccine schedule for persons 0 - 18 years of age at [cdc.gov/vaccines/schedules/downloads/child/0-18yrs-child-combined-schedule.pdf](https://cdc.gov/vaccines/schedules/downloads/child/0-18yrs-child-combined-schedule.pdf). Vaccines are recommended for rotavirus, hepatitis A, influenza, meningococcal disease and human papillomavirus, but are not required for school attendance.

Colorado schools are required to review immunization records for school entry and can only accept valid doses of vaccine. Your patients may receive notification of noncompliance if a dose of vaccine does not meet the minimum age or minimum interval requirements, per the ACIP schedule. There are three ways a student can meet the compliance requirements established by Colorado law:

- 1) A student is considered fully immunized if he or she has received all doses of school-required vaccines according to the current ACIP schedule. Note: students are required to receive their final doses of DTaP, IPV, MMR and varicella by kindergarten entry and their Tdap by 6th grade entry, even if the student is under 11 years of age.
- 2) A student is in the process of becoming up-to-date on required vaccines and has a written plan from the parent/guardian on file with the school.
- 3) The student's health care provider (medical doctor, doctor of osteopathic medicine, advanced practice nurse or delegated physician assistant) has signed an official *Immunization Medical Exemption Form* because of a condition that precludes the student from receiving vaccine(s), or the student (emancipated or 18 years of age or older) or student's parent/guardian has submitted a signed non-medical exemption (religious or personal belief).

If students do not meet at least one of the compliance criteria, they are not permitted to attend school. If you have questions about the student's school immunization requirement, please communicate with the student's school nurse or school representative.

If you have questions about the ACIP immunization schedule, vaccines marked as invalid in your patient's immunization record, or about Colorado School Entry Immunization Law, please contact us at 303-692-2700 or [cdphe.dcdimmunization@state.co.us](mailto:cdphe.dcdimmunization@state.co.us). If you have questions about the Colorado Immunization Information System (CIIS), please contact us at 303-692-2437 (press 2), 1-888-611-9918 (press 1) or [cdphe.ciis@state.co.us](mailto:cdphe.ciis@state.co.us).

Other reliable clinical resources include:

- CDC Vaccines & Immunizations - [cdc.gov/vaccines/default.htm](https://cdc.gov/vaccines/default.htm)
- CDC's *Epidemiology & Prevention of Vaccine-Preventable Diseases* - [cdc.gov/vaccines/ed/webinar-epv/index.html](https://cdc.gov/vaccines/ed/webinar-epv/index.html)
- The Immunization Action Coalition: Ask the Experts - [immunize.org/askexperts/](https://immunize.org/askexperts/)
- CDC Experts at the National Immunization Program - [nipinfo@cdc.gov](mailto:nipinfo@cdc.gov) or 1-800-CDC-Info (1-800-232-4636)



# Head Lice 101

## What You Should Know About Head Lice

### Lice Lessons



### Overview

Head lice are a common community problem. An estimated 6 to 12 million infestations occur each year in the United States, most commonly among children ages 3 to 11 years old.<sup>1</sup> Though a head lice infestation is often spotted in school, it is usually acquired through direct head-to-head contact elsewhere, such as at sleepovers or camp.<sup>2</sup>

Head lice are not dangerous, and they do not transmit disease.<sup>1</sup> Additionally, despite what you might have heard, head lice often infest people with good hygiene and grooming habits.<sup>3,4</sup> Your family, friends, or community may experience head lice. It's important to know some basics, including how to recognize symptoms and what to do if faced with an infestation.

### Fast Facts

- An estimated 6 to 12 million infestations occur each year among US children 3 to 11 years of age<sup>1</sup>
- Head lice do not discriminate, often infesting people with good hygiene.<sup>3,4</sup> They spread mainly through head-to-head contact<sup>1</sup>
- If you or your child exhibits signs of an infestation, it is important to talk to your doctor to learn about treatment options

### What are head lice?

Head lice are tiny, wingless insects that live close to the human scalp. They feed on human blood.<sup>1</sup> When checking for head lice, you may see several forms: the nit, the nymph, and the adult louse.



**Nits** are tiny, teardrop-shaped lice eggs that are often yellowish or white. Nits are also what you call the shells that are left behind once the eggs hatch. Nits are attached to the hair shaft and often found around the nape of the neck or the ears. Nits can look similar to dandruff, but cannot be easily removed or brushed off.<sup>1</sup>



**Nymphs**, or baby lice, are small and grow to adult size in 1 to 2 weeks.<sup>1</sup>



**Adult lice** are the size of a sesame seed and appear tan to grayish-white.<sup>1</sup>

### How are head lice spread?

- Head lice move by crawling and cannot jump or fly<sup>1</sup>
- Head lice are mostly spread by direct head-to-head contact—for example, during play at home or school, sleepovers, sports activities, or camp<sup>1</sup>
- It is possible, but not common, to spread head lice by contact with items that have been in contact with a person with head lice, such as clothing (for example, hats, scarves, or coats) or other personal items (such as combs, brushes, or towels)<sup>1</sup>
- Head lice transmission can occur at home, in the community, or—very infrequently—in school<sup>1,2</sup>

### What are the signs and symptoms of infestation?

Signs and symptoms of infestation include<sup>1</sup>:

- **Tickling** feeling on the scalp or in the hair
- **Itching** (caused by the bites of the louse)
- **Irritability and difficulty sleeping** (lice are more active in the dark)
- **Sores on the head** (caused by scratching, which can sometimes become infected)

Finding a live nymph or adult louse on the scalp or in the hair is an indication of an active infestation. They are most commonly found behind the ears and near the neckline at the back of the head.<sup>1</sup>

# Head Lice 101

## What You Should Know About Head Lice

### Lice Lessons



### What if my child gets head lice?

If you suspect your child might have head lice, it's important to talk to a school nurse, pediatrician, or family physician to get appropriate care. There are a number of available treatments, including new prescription treatment options that are safe and do not require nit combing. Other things to consider in selecting and starting treatment include:

- Follow treatment instructions. Using extra amounts or multiple applications of the same medication is not recommended, unless directed by a healthcare professional<sup>5</sup>
- A 2016 study showed that 48 states now have lice that are genetically predisposed to resistance to commonly used treatments<sup>6</sup>
- There is no scientific evidence that home remedies are effective treatments<sup>7</sup>
- Head lice do not infest the house. However, family bed linens and recently used clothes, hats, and towels should be washed in very hot water and dried on the high setting<sup>5</sup>
- Personal articles, such as combs, brushes, and hair clips, should be soaked in very hot water for 5 to 10 minutes if they were exposed to someone with an active head lice infestation<sup>5</sup>
- All household members and other close contacts should be checked, and those with evidence of an active infestation should also be treated at the same time<sup>5</sup>

### Myths and facts about head lice

**Myth: Only dirty people get head lice.**

**Fact:** Personal hygiene and household or school cleanliness are not factors for infestation. In fact, head lice often infest people with good hygiene and grooming habits.<sup>3,4</sup>

**Myth: Head lice carry diseases.**

**Fact:** Head lice do not spread diseases.<sup>1</sup>

**Myth: Head lice can be spread by sharing hair brushes, hats, clothes, and other personal items.**

**Fact:** It is uncommon to spread head lice by contact with clothing or other personal items, such as combs, brushes, or hair accessories, that have been in contact with a person with head lice.<sup>1</sup>

**Myth: Head lice can jump or fly, and can live anywhere.**

**Fact:** Head lice cannot jump or fly, and only move by crawling. It is unlikely to find head lice living on objects like helmets or hats because they have feet that are specifically designed to grasp on to the hair shaft of humans. Additionally, a louse can only live for about a day off the head.<sup>1</sup>

**Myth: You can use home remedies like mayonnaise to get rid of head lice.**

**Fact:** There is no scientific evidence that home remedies are effective treatments.<sup>7</sup> Consult your healthcare provider to discuss appropriate treatment options, including prescription products.

### References

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7. Centers for Disease Control and Prevention (CDC). Treatment frequently asked questions. [http://www.cdc.gov/parasites/lice/head/gen\\_info/faqs\\_treat.html](http://www.cdc.gov/parasites/lice/head/gen_info/faqs_treat.html). Accessed April 20, 2017.

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# March 2020

Werner  
Breakfast

## MONDAY

**2**

- No School Today

## TUESDAY

**3**

- Breakfast Sausage Pizza
- Assortment of Fruit

## WEDNESDAY

**4**

- Breakfast Round
- Assortment of Fruit

## THURSDAY

**5**

- French toast sticks
- Assortment of Fruit

## FRIDAY

**6**

- Pancakes & Sausage
- Assortment of Fruit

**9**

- Breakfast Sausage Pizza
- Assortment of Fruit

**10**

- Mini Cinnamon Rolls
- Assortment of Fruit

**11**

- Pancake & Sausage Wrap
- Assortment of Fruit

**12**

- Breakfast Round
- Assortment of Fruit

**13**

- Yogurt Parfait
- Assortment of Fruit

**16**



**17**

- No School Today

**18**

- No School Today

**19**

- No School Today

**20**

- No School Today

**23**

- Pancakes & Sausage
- Assortment of Fruit

**24**

- WW Bagel & cream cheese
- Assortment of Fruit

**25**

- Breakfast Sausage Pizza
- Assortment of Fruit

**26**

- Pancake & Sausage Wrap
- Assortment of Fruit

**27**

- Mini Cinnamon Rolls
- Assortment of Fruit

**30**

- Waffles
- Assortment of Fruit

**31**

- Egg & Cheese Burrito
- Assortment of Fruit

Food Offered Daily: Assorted Cereal, Assorted Muffins, Assorted Juice, Chocolate Milk, Milk fat free, Milk low fat 1%

## March 2020

Werner  
Lunch

## MONDAY

2

- No School Today

## TUESDAY

3

- Cheese Ravioli & Roll
- Mac & Cheese
- Green Beans
- Cold Deli Meat & Goldfish
- Pb&J Sandwich

## WEDNESDAY

4

- Teriyaki Chicken & Rice
- Chicken Patty Sandwich
- Steamed Veggies
- Cold Deli Yogurt & Goldfish
- Pb&J Sandwich

## THURSDAY

5

- Beef Taco & Rice
- Chicken Strips
- Black Beans
- Cold Deli Meat & Goldfish
- Pb&J Sandwich
- Nugget Dipping Sauces
- Mexican Condiments- ELEM

## FRIDAY

6

- Meat Lovers Pizza
- Cheese Pizza
- Peas
- Yogurt Parfait
- Pb&J Sandwich

9

- Tomato Soup & Grilled Cheese
- Chicken Nuggets
- Corn
- Cold Deli Yogurt & Roll
- Pb&J Sandwich
- Nugget Dipping Sauces

10

- Penne & Meat Sauce
- Cheese Calzone & Marinara
- Green Beans
- Cold Deli Meat & Roll
- Pb&J Sandwich

11

- Orange Noodles & Chicken
- Pig in a Blanket
- Steamed Broccoli
- Cold Deli Yogurt & Roll
- Pb&J Sandwich

12

- Chicken Burrito
- Ocean Treasures
- Refried Beans
- Cold Deli Meat & Roll
- Pb&J Sandwich
- Mexican Condiments- ELEM

13

- Pepperoni Pizza
- Cheese Pizza
- Steamed Carrots
- Hummus & Veggie Box
- Pb&J Sandwich

16



17

- No School Today

18

- No School Today

19

- No School Today

20

- No School Today

23

- Chicken Drumstick & Roll
- Mac & Cheese
- Steamed Broccoli
- Cold Deli Yogurt & Pretzel
- Pb&J Sandwich

24

- Lasagna with Veggies
- Cheese Ravioli & Roll
- Green Beans
- Cold Deli Meat & Pretzels
- Pb&J Sandwich

25

- Asian noodle & Meatball
- Hamburger & Cheeseburger
- Steamed Veggies
- Cold Deli Yogurt & Pretzel
- Pb&J Sandwich

26

- Chicken Tacos & Rice
- Chicken Strips
- Black Beans
- Cold Deli Meat & Pretzels
- Pb&J Sandwich
- Mexican Condiments- ELEM
- Nugget Dipping Sauces

27

- Meat Lovers Pizza
- Cheese Pizza
- Peas
- Chef Salad & Roll
- Pb&J Sandwich

30

- French toast sticks
- Sausage Patty
- Chicken Nuggets
- Mashed Potatoes with Gravy
- Cold Deli Yogurt & Roll
- Pb&J Sandwich
- Nugget Dipping Sauces

31

- Cheese Calzone & Marinara
- Chicken Alfredo
- Green Beans
- Cold Deli Meat & Roll
- Pb&J Sandwich

**Food Offered Daily:** Fruit Salad, Salad Bar, Assorted Salad Dressings, Assorted Condiments, Whole Wheat Dinner Roll, Cheese Stick Option, Chocolate Milk, Milk fat free, Milk low fat 1%