



# Wildcats Newsletter

**February 2021**

5400 Mail Creek Lane  
Fort Collins, CO 80525

**Principal**  
Hayden Camp

**Assistant Principal**  
Caity Sahimi

**Office**  
488-5550

**Attendance Line**  
488-5551

**Fax**  
488-5552

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

**Page 1**



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

Dear Werner Community,

Our return to in-person has gone well so far! We know that relationships and learning are better when in-person and we appreciate your support of all the protocols and practices we have put in place in order to help keep our students and staff safe. You can find our details for Phase 4 at: <https://www.smores.com/62tyu>.

At Werner, we value educating the whole child and one of our core values is meeting the needs of each child to promote individual growth (social, emotional, behavioral, physical, artistic, and academic). We believe in educating the mind, but also developing the heart and body. During the month of February, your student will have the opportunity to participate in the annual 5210+ Challenge sponsored by Healthy Kids Club and our Wellness Committee. We encourage your whole family to participate in daily challenges that will help promote and develop healthy habits. You can find more information at: <https://www.uchealth.org/services/community-health/healthy-kids/5210-school-challenge/>. Top schools will receive prize money to go towards physical education equipment and wellness initiatives. We hope you participate and enjoy this challenge as a family!

*continued on next page*



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## February 2021



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connections

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...to learn more about  
these great companies!

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## Note From The Principal

*continued*

As we begin February, we have started the process of planning for the 2021-2022 school year. As part of our planning process, we ask our community to give us feedback on our priorities for next year to help guide our budget and staffing plan. You can access this brief survey at: <https://www.surveymonkey.com/r/BG237G8> (or use the QR code below). This survey takes less than 5 minutes and will be open until the end of February. We appreciate your time in giving us input to help guide our decisions for building a staffing plan that supports our school.



Thanks, again, for all that you do to support our school!

Sincerely,

Hayden

## Coming Up-February

Please check our Werner School Calendar on our website for up-to-date information:

<https://wer.psdsschools.org/node/1075>.



- Feb. 3 Lifetouch Picture Retake Day
- Feb. 11 PTA Meeting @ 10:00 a.m. (on Zoom)
- Feb. 12 Valentine's Celebrations (students bring Valentine cards on Feb. 11)
- Feb. 15 No School-Staff Work Day
- Feb. 23 Werner Dines Out-Red Robin @ 4-8 p.m.

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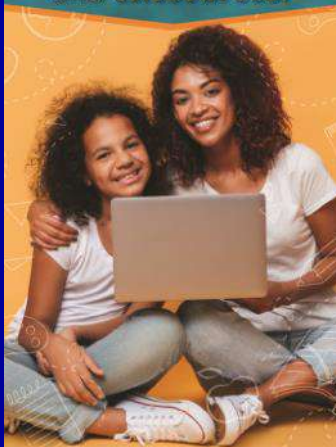
The Women's Clinic  
of Northern Colorado

970.493.7442  
[womensclinicnoco.com](http://womensclinicnoco.com)

# February 2021

## GET A LIBRARY CARD

... and get access to  
**FREE** learning tools  
and **eResources!**



**POUDRE RIVER  
PUBLIC LIBRARY**  
DISTRICT

[poudrelibraries.org/borrow](http://poudrelibraries.org/borrow)

## PSD Planning 2020-21

Stay up-to-date with PSD's plans for the 2020-21 school year at: <https://www.psdschools.org/psd2020-21>. This site will house all the information needed for the different phases and updates throughout the year.



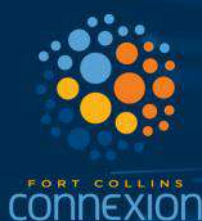
## Valentine's Day Celebrations

Due to this year's restrictions, we will not have the normal classroom parties we are accustomed to. Students will continue the tradition of bringing in Valentines to share with their classmates. Students will need to bring those in on Feb. 11 and will take home on Feb. 12. Individually wrapped candy is okay, but students will eat these at home. Classrooms are planning a fun activity to do with students in place of the normal parties on Feb. 12. Your child's teacher will have more details.





**February  
2021**



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Auxiliary aids and services are available for persons with disabilities.



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

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## **Counseling Corner – January 2021**

Happy 2021. For many of us 2020 “Stink, stank, stunk!” to quote The Grinch. Here’s hoping that 2021 brings happiness, hope, and good health.

Thank you to all that helped with Meals that Matter and The Giving Tree. Your time and donations made many families happy over the holidays. The generosity of our community is beyond any expectations. I also appreciate PTA for all their help and coming up with creative ways to support Werner families.

Please take some time in this new year to explore my Learning Page from the Werner’s website. I have spent a lot of time researching and developing resources for students and parents/guardians. Students are going to hear more and more about the word “resiliency”. This entails getting yourself out of a bad mood, learning from our mistakes, seeking sincere positivity, and developing self-compassion.

I am so thankful that Love and Logic Institute, Inc. is continuing their email articles. For more resources about parenting, please go to [loveandlogic.com](http://loveandlogic.com). The website offers webinars on schooling at home, homework tips, and other relevant information. The following article has some useful tips with schooling at home and homework tips.

### *Some Tips for Ending Homework Hassles*

*With many schools closed due to the pandemic, and students switching to remote learning, parents are struggling to adjust to their kids doing all of their schoolwork in the home. One mother said it well, “I’m tired of doing battle every day over spelling words, long division, and book reports. I thought I was done with this sort of homework when I graduated from school!”*

*continued on next page*

## **Reach Parents in Larimer County through our mobile-ready newsletters**

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**February  
2021**

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## **Counseling Corner – January 2021**

*Listed below are some time-tested tips for helping your child with homework and relieving stress for parents:*

- **Help only as long as there is no frustration or anger.**

When homework becomes associated with negative emotions, it's no surprise that kids start to view learning as a real drag.

- **Help only as long as your child is working harder than you are.**

Say, "I'll be happy to help you as long as you're working harder than I am."

- **Avoid sitting with your child when they are about to "get it."**

Many kids come to believe that they can only learn new things, or "get it," if an adult is guiding them every step of the way. Explain this by saying, "Part of my job as your Mom is to help you see that you can learn without me. That's why there will be times when I let you work by yourself."

*By using these tips, you can avoid stress as well as help kids learn how to do homework on their own.*

*In my new webinar, [Schooling at Home](#), I teach a variety of strategies for helping parents keep homework positive and productive.*

*Thanks for reading! Our goal is to help as many families as possible.*

*Dr. Charles Fay*

**February  
2021**



Introducing SimplySpanish, a topic-based curriculum for kids ages 3-12 to learn conversational Spanish. A SimplySpanish membership includes unlimited access to our entire video library, with over 70 videos, plus twice a month live teaching sessions.



**SimplySpanish.online**  
Click on this ad for a special offer!

## **Counseling Corner – February 2021**

It has been so wonderful to see everyone in-person at Werner. Seeing students is so good for everyone's mental health. I am super excited to return to teaching in the classroom. Every grade level will be learning about resiliency – what a great life skill for every age. Resiliency can be defined as not letting fear or something hard stop you from doing things. If something goes wrong, then you figure out another way to do it. I heard a wonderful GT speaker, Jenny Hecht, share how to build resiliency and relieve stress:

1. Move your body – get up and do some jumping jacks or something to get moving.
2. Breathe – practice taking 3 deep breaths throughout your day.
3. Imagine – imagine the positive. What if things went well?
4. Create – bake, knit, build Legos, or whatever drives your creative side.
5. Cry – crying physiologically releases stress. Have emotional experiences.
6. Connect – engage with other human beings.
7. Intimate connection – hugging a loved one for 20 seconds releases stress.
8. Connection with nature – using your senses to enjoy nature.
9. Spiritual connection – belonging to something bigger than ourselves.

Try one or all to see improvement if you or anyone in your family is struggling.

I have many resources on my Learning Page at <https://sites.google.com/psdschools.org/wer-learning-counselor-flemist/home>. If you don't see what you need, please do not hesitate to email at [jflemist@psdschools.org](mailto:jflemist@psdschools.org).

If you think your child would benefit from talking to me about any social problems (including anxiety about returning to school), please email me. I check in with kids often and we can set up a time and day easily. I have a couple of sites for parents (also on my Learning Page) that offer helpful tips and tools for calming the brain and other relevant social resources.

My Counseling website is:

<https://padlet.com/jflemist/l7fdazqa2vhv>

**Counseling Corner – February 2021***continued*

I also enjoy Love and Logic as a parent and educator. Here is an email article about taking care of ourselves:

**Taking Good Care of Yourself**

Parents and educators are feeling more stressed than ever, especially with the ongoing pandemic affecting us in so many ways. We think it might help to remember the First Rule of Love and Logic: Loving our children and our students requires that we first take care of ourselves in loving, unselfish ways.

Too frequently, we are led to believe that “good parents” and “good educators” should sacrifice their own needs to serve their children. While this sounds sweet and ever so appropriate, trying to accomplish it leaves our love reserves depleted:

***When our bucket is empty, we have nothing to give.***

Love and Logic is not about being narcissistic or selfish—it’s about giving kids the gift of patient, encouraging, relaxed, and enthusiastic role models. Here are a few reminders that we hope will help you as we look forward to the holiday season and the New Year.

**Focus on what you can control**

A sure recipe for disaster involves trying to make kids happy, attempting to make them be good students, trying to make them get enough sleep, ensuring that they pick the right friends, etc. What we do have control over is what we model, the types of limits we set, and how we respond when these limits are tested.

**Set limits to avoid becoming a doormat**

Effective people set limits by describing how they will take care of themselves—not what others should do. For example:

I do the extra things I do around here when I feel respected.

I listen to students when their voices sound calm like mine.

I will \_\_\_\_\_ when I don’t have to hear complaining or arguing.

**Provide discipline when it’s convenient for you**

Avoid falling into the trap of trying to solve problems or provide immediate consequences. Take care of yourself by taking the time you need to collect your thoughts and wait to handle the problem or provide appropriate consequences when you have the time, energy, and support you need.

*continued on next page*



**Counseling Corner – February 2021***continued***Refresh your skills**

One teacher stated: “Love and Logic really works well when I remember to use it.” Living these skills requires constant repetition and practice. I even find myself slipping when I’ve taken too long a break from learning.

This might be a good time to find some quiet time for yourself and review your favorite Love and Logic materials. For example, [\*Love and Logic Magic: When Kids Drain Your Energy\*](#) focuses on the Love and Logic Energy Drain technique, which can be very helpful during any stressful time.

All of us at Love and Logic hope that you take good care of yourselves and that you enjoy a safe and healthy new year!

Thanks for reading! Our goal is to help as many families as possible. Dr. Charles Fay

**WERNER DROP-OFF AND PICK-UP PROCEDURES**



## WERNER DROP-OFF AND PICK-UP PROCEDURES

### Drop-Off Procedures

- Students may arrive no earlier than 8:30 a.m. and should proceed to their classroom. Breakfast may be picked up near the modular.
- Make sure students are prepared to immediately exit with their backpack, etc.
- Students should exit the passenger side of the car if dropped off in Drop-Off Lane.
- Keep pulling forward in the drop-off lane until you get near the front entrance.
- Parents should remain in the car. If you need to assist your very young child out, please park in south parking lot, or along surrounding streets (Roma, Highcastle, or Mail Creek) and help them get to an adjoining sidewalk. Let them walk to classrooms on their own.
- Parents should NOT walk their child to class. We will have staff available to direct and escort students to the correct classroom.
- Parents who are walking their students to school should not proceed beyond the fence lines on to the school grounds.
- **REMINDERS: Wear your mask. No pets on school grounds. Stay off your cell phone while driving.**

### Pick-Up Procedures:

- Students are dismissed at 3:28 p.m.
- Students will walk out exterior classroom door to where you have agreed to pick them up (Pick-Up Lane in South Parking Lot, Highcastle Lane parking area, Roma Valley Lane, Mail Creek Lane north of school).
- If you are picking up in the Pick-Up Lane, please wait patiently in your car and keep pulling forward. Please do not get out of your car. If you have difficulty finding your student, please find a staff member. Staff will be on duty to help direct students. Staff will help student find you and get in the car on the passenger side.
- If you are parked along one of the surrounding streets, please either wait in your car or off the school grounds. Please note, there is no parking along Mail Creek Lane adjacent to the parking lots.

**REMINDERS: Wear your mask. No pets on school grounds. Stay off your cell phone while driving.**

***Please do not drop-off or pick-up in the north parking lot unless you have a disability parking placard. This lot is for staff parking and buses.***

**Be patient, understanding, and kind. Our staff will do our best to load kids safely and efficiently into cars. We will adjust as the situation warrants and keep you in the loop with any changes.**



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- 1** Start your order at [order.redrobin.com](https://order.redrobin.com) and select the restaurant below.
- 2** In the menu, go to the category labeled "Fundraisers (To-Go Only)."
- 3** Open "Spirit Night (To-Go) Fundraiser."
- 4** Add organization name to the Special Instructions in the Spirit Night item, then add it to cart. *Note: If you add the item prior to entering your information, you can still edit it from your cart.*
- 5** Add your meal items and check out.
- 6** Arrive at Red Robin, pull into a pickup spot and call the phone number on the sign. A Team Member will bring your order to your car.

## SPIRIT NIGHT DETAILS

Red Robin Restaurant Name/Address/State/ZIP

Date

Time

Donation based on To-Go food sales only.  
Excludes delivery orders, alcohol and tax.

**Red Robin**

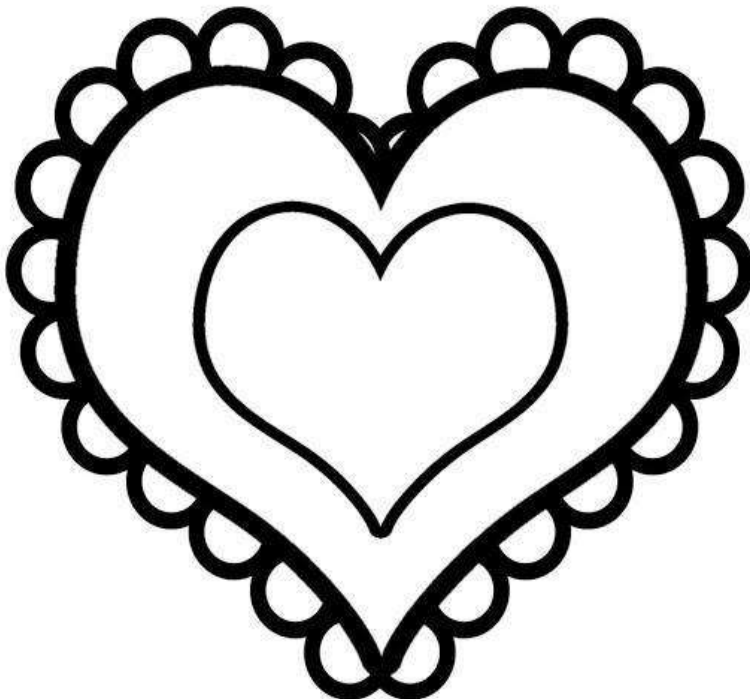




*Werner Cares and Shares is a special tradition where we come together to make meaningful contributions to our community and give our children opportunities to experience the satisfaction of helping others. In the past we have hosted an evening full of hands-on projects and activities for families to do together. This year, instead, we will focus on one special group within our community each month and make handmade cards to express our gratitude and support.*

*The project is simple: We encourage you to use any materials you have at home to make a card. Notebook paper, construction paper, markers, tape, glue, scissors, etc. We will also have a stash of extra supplies in a box near Werner's front door that you are welcome to use. When you are done, you can bring your card to Werner (bring them to your class table on distribution days or drop in the box by the front door) and we will collect them and deliver them for you to the group of the month.*

***For the month of FEBRUARY we will be making Valentine cards for residents of a local nursing home. Feel free to make one card or a whole stack!***  
***Please turn your cards in by Friday, February 12<sup>th</sup> so we can deliver them in time for Valentine's Day.***



Some ideas on what to write:

- You are loved
- Have a SWEET day
- Sending you lots of love
- You have my HEART
- Happy Valentine's Day
- You are so special

## WERNER ELEMENTARY SCHOOL

*everychild.one voice.®*

MISSION OF THE WERNER PTA: To support and speak on behalf of the children and youth in the schools, in the community and before government bodies and other organizations that make decisions affecting children. To assist parents and children in developing the skills they need to help all children be successful. To encourage parent and public involvement in the public schools of this nation.

The Werner PTA supports the Werner community through organizing classroom volunteers, fun community events, which in the past has included such activities as a Fall Fun Festival, Restaurant Nights, Fun Runs and Family Movie Nights. We also have encouraged various community service activities, so that Werner students and parents can reach out to others in the community. Finally, we have raised funds to pay for improvements to the school like new desks, books and technology. While every year presents new challenges and changes, we know that with your ideas and contributions, that we can adapt our plans and respond to the needs of our school community.

## JOIN THE PTA

-----

The yearly membership dues are \$10. Please fill out this membership form and return it to the office along with cash or a check made payable to Werner PTA.

Name\_\_\_\_\_

Address\_\_\_\_\_

City\_\_\_\_\_ Zip Code\_\_\_\_\_

Phone\_\_\_\_\_

Email\_\_\_\_\_

Questions? Contact Anjani Rogenksi at [wernerptapresident@gmail.com](mailto:wernerptapresident@gmail.com) or 970-412-8577.





## CHALLENGE!

**JOIN THE HEALTHY KIDS 5210+ CHALLENGE!**

**What is it?** A school-wide program to learn and practice the 5210+ healthy habits. Check out this [video!](#)

**What are the 5210+ healthy habits?**

- 5 fruits and vegetables.
- 2 hours or less of recreational screen time.
- 1 hour or more of physical activity.
- 0 sugary drinks.
- 9 or more hours of sleep.

**EVERY DAY!**

**Who can participate?** Students, teachers, staff and families!

**When?** February 2021

**Why?** Practicing healthy habits daily for 4 weeks helps to create and maintain lifelong healthy habits.

**Students and Staff!** Track your 5210+ habits on your log. Get 80 (out of a total of 140) or more checks and you'll earn a t-shirt! Schools with the highest participation can earn up to \$1,500 in prize money. Over \$20,000 will be awarded. Winners will be announced in May.

**FAMILIES!** Participate in the Challenge with your child/children. Complete a log with 80 or more checks for a chance to win a 5210+ t-shirt.

**Challenge Complete!**  
After Feb. 28, follow [this link](#) to fill out the Challenge Submission Form and upload this log. The online form must be completed to be eligible for a t-shirt and to be counted towards your school's participation. **Form submission deadline is Wednesday, March 3.** Form link will go live on Feb. 28, 2021.

**QUESTIONS?** Contact your PE teacher or [laurie.zenner@uhealth.org](mailto:laurie.zenner@uhealth.org). For more information and additional resources: [healthykidsclub.org](http://healthykidsclub.org).

Name: \_\_\_\_\_ School: \_\_\_\_\_ Grade: \_\_\_\_\_ Teacher: \_\_\_\_\_

## February 2021

### 5210+ Tracking Log

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>SAMPLE</b> 5 2 1 0 +	<b>1</b> 5 2 1 0 +	<b>2</b> 5 2 1 0 +	<b>3</b> 5 2 1 0 +	<b>4</b> 5 2 1 0 +	<b>5</b> 5 2 1 0 +	<b>6</b> 5 2 1 0 +
<b>7</b> 5 2 1 0 +	<b>8</b> 5 2 1 0 +	<b>9</b> 5 2 1 0 +	<b>10</b> 5 2 1 0 +	<b>11</b> 5 2 1 0 +	<b>12</b> 5 2 1 0 +	<b>13</b> 5 2 1 0 +
<b>14</b> 5 2 1 0 +	<b>15</b> 5 2 1 0 +	<b>16</b> 5 2 1 0 +	<b>17</b> 5 2 1 0 +	<b>18</b> 5 2 1 0 +	<b>19</b> 5 2 1 0 +	<b>20</b> 5 2 1 0 +
<b>21</b> 5 2 1 0 +	<b>22</b> 5 2 1 0 +	<b>23</b> 5 2 1 0 +	<b>24</b> 5 2 1 0 +	<b>25</b> 5 2 1 0 +	<b>26</b> 5 2 1 0 +	<b>27</b> 5 2 1 0 +
<b>28</b> 5 2 1 0 +	<b>Take the Challenge!</b> <ul style="list-style-type: none"> <li>Check the box when you complete the daily 5210+ health habits.</li> <li>Your goal is 80 checks to win a t-shirt and prize money for your school!</li> </ul>			<b>5210+ Checks</b> <div style="display: flex; justify-content: space-between;"> <div> Week 1: <input type="text"/>  Week 2: <input type="text"/>  Week 3: <input type="text"/> </div> <div> Week 4: <input type="text"/>  Week 5: <input type="text"/>  Total # of Checks: <input type="text"/> </div> </div> <p style="text-align: center;"><a href="#">5210+ Challenge Submission Form Link</a></p>		

 [healthykidsclub.org](http://healthykidsclub.org)

## Return to Learn: guidance following a positive COVID-19 Symptom Screen (R2)

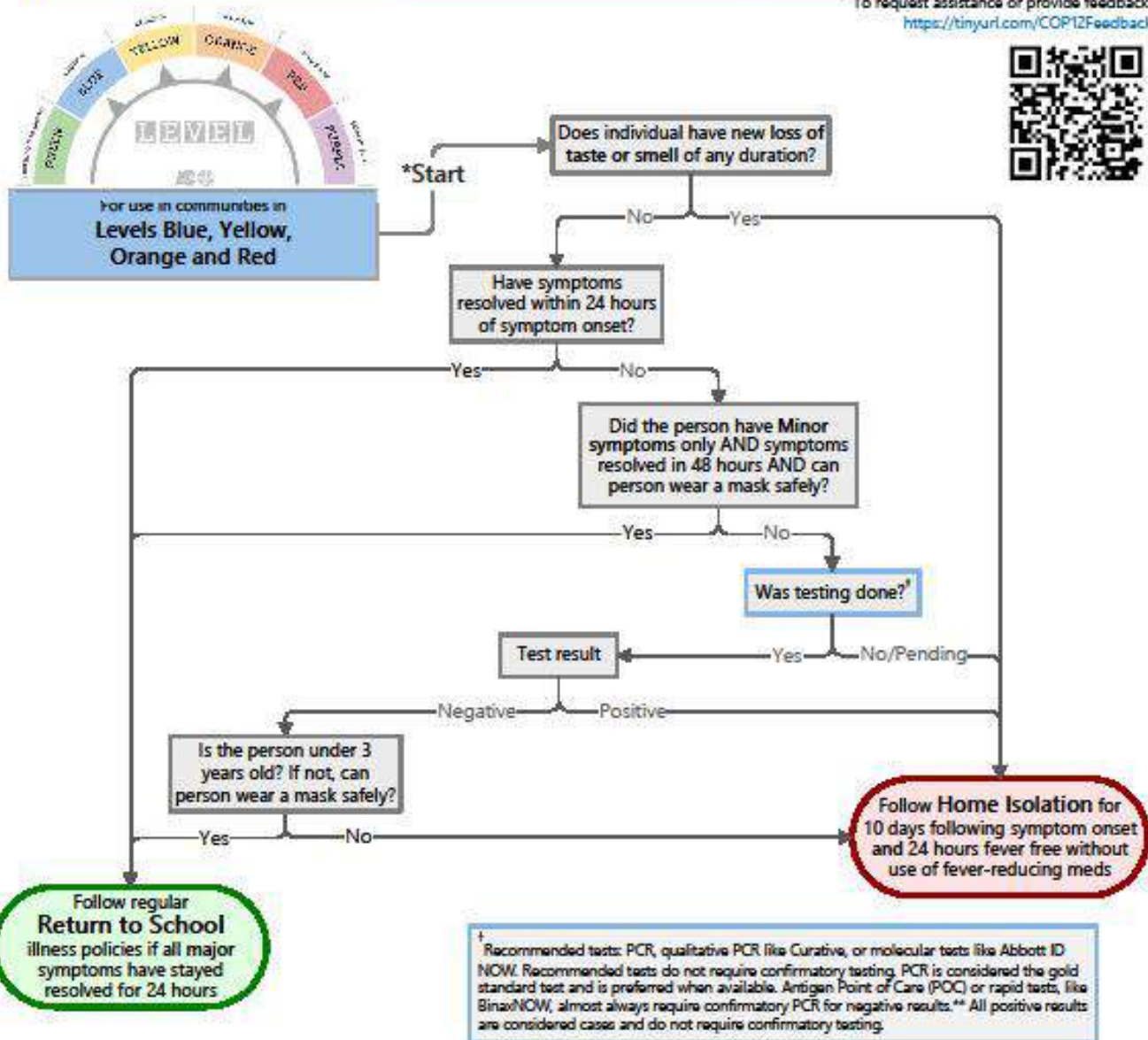


This decision tool is NOT intended for cases or close contacts of COVID-19.

A confirmed COVID-19 case or close contact should follow public health isolation or quarantine instructions for return to school/work. No test result can end an individual's *isolation* or *quarantine* period early.

\*All students/staff with symptoms of COVID-19 should be tested as soon as possible.

To request assistance or provide feedback:  
<https://tinyurl.com/COP12Feedback>



## Critical Symptom

- Loss of taste or smell

## Major Symptoms

- Feeling feverish, having chills, temperature of 100.4°F or greater
- New or worsening cough
- Shortness of breath or difficulty breathing

## Minor Symptoms

- Sore throat
- Runny nose or congestion
- Muscle or body aches
- Headache
- Fatigue
- Nausea, vomiting
- Diarrhea

\*\*If all of the following conditions are met, confirmation of a negative antigen test with PCR is not needed (in all other circumstances, a negative must be confirmed with PCR.)

- No known exposure to a person with known or suspected COVID-19 (or part of an outbreak)
- No travel to an area with high incidence of COVID-19
- Lives/works/attends school in a community with 2-week incidence <50 cases per 100,000 (this information can be located at <https://covid19.colorado.gov/data> under Incidence and Epi Curves)
- Experiencing minor symptoms only (sore throat, runny nose or congestion, muscle or body aches, headache, fatigue, nausea, vomiting, diarrhea)





2021



View a full schedule of  
Phase Planning



Read PSD's updated  
COVID-19 protocols



Public Health data and  
guidance is available:  
Health & Safety



More Information:  
PSD's 2020-21 School Year

## Poudre School District

2407 LaPorte Avenue,  
Fort Collins, CO 80521  
970-482-7420

[www.psdschools.org](http://www.psdschools.org)  
[info@psdschools.org](mailto:info@psdschools.org)



## We need your help!

PSD has experienced medical professionals, compassionate staff and health protocols in place, but only together can we build a shared culture of health and safety to Keep PSD Open.

## The 3 W's to reduce risk of COVID-19

3 medidas para reducir el riesgo de contraer la COVID-19



**WEAR**  
a mask  
USAR tapabocas

### Face covering requirements

PSD staff and students are required to wear face coverings.

- Cloth face coverings may be removed during limited circumstances while following physical distancing, including approved outdoor "mask breaks," recess, eating and drinking.
- Face coverings should be clean, in good repair, include multiple layers of fabric and fit snugly.



**WASH**  
your hands  
LAVARSE las manos

### Return to Learn illness guidance

PSD will align with CDPHE's updated Return to Learn guidance for when staff and students may return to work and school after experiencing illness symptoms (not a COVID-19 case).

- These replace the previous iteration of illness protocols followed in the first semester.
- Neither staff nor students should come to work or school sick.



**WATCH**  
your distance  
MANTENER la distancia

### Social distancing updates in Phase 4

Six feet of social distance will not always be possible due to space limitations. CDPHE and the Larimer County Department of Health and Environment (LCDHE) allow schools to seat students between 3-6 feet apart. (see next page) Due to that change, plastic partitions will be used to separate students when distancing is a challenge.

## PSD online resources



School Meals



Transportation



Athletics

PSD COVID-19 Data dashboard and school case information

Health and Safety

PSD COVID-19 Protocols

2020-21 School Year FAQs





## How PSD will respond to COVID-19 cases

PSD will take different – but still health department-approved – approaches to contact tracing by grade level in the second semester. This work is done in partnership with [LCDHE](#).

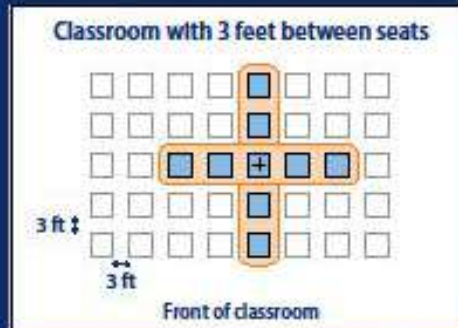
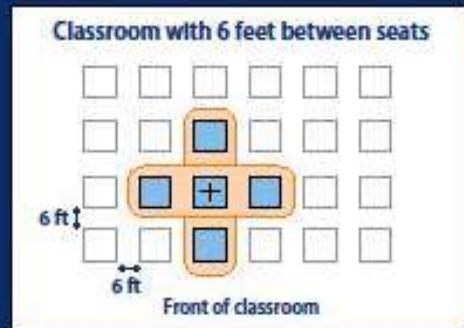
**Enhanced contact tracing:** Rather than investigating and identifying close contacts, all students in a classroom will shift to remote education for 10 days to prevent the possible spread of the virus. Staff members (homeroom teachers, paraprofessionals, etc.) identified as close contacts will also shift remote. All may return to school/work once cleared to do so. This is a change between first and second semester.

**Targeted contact tracing:** PSD COVID-19 Response Teams investigate and identify possible close contacts (zero to X number); LCDHE issues orders to quarantine. Contact tracing happens in a classroom but also extends into lunchrooms, buses, athletics and other school-specific spaces.

## Who is a close contact?

- Less than 6 feet for more than 15 minutes
- Maintaining 6 feet or more of distance is not always possible within some PSD schools due to space constraints that are difficult to reconcile with educating more students more of the time.

- Recognizing this challenge, the [Colorado Department of Public Health and Environment \(CDPHE\)](#) and [LCDHE](#) allow schools to seat students between 3-6 feet apart.



Every COVID-19 case investigation is unique and may require slightly varied responses. However, these graphics indicate generally which students may be identified as possible close contacts, depending on the size and set-up of the classroom. If a middle school student with five classes tests positive for COVID-19, there will likely be close contacts identified in each of their classes.

*\*Not to scale*



## Temporary school closures:

*This is new for the second semester.* From Jan. 19 and until otherwise specified, PSD leadership and Health Services staff will discuss with principals whether a temporary school closure is necessary when a school's case percentage goes above 1%, as displayed on [PSD's data dashboard](#). Families should be prepared that their student's school may be affected by this new change and that they may receive little notice before a temporary closure occurs.

**Data transparency:** Each PSD department and school has a COVID-19 Response Team. PSD's COVID-19 data dashboards display data entered by COVID-19 response teams and are kept as current as possible on the [PSD COVID-19 Data and School Information web page](#).

## Preschool/Elementary - will follow enhanced contact tracing

- **Why the change from targeted to enhanced contact tracing between first and second semester?** We do not believe PSD preschool/elementary COVID-19 Response Teams would be able to balance the significant workload of targeted contact tracing and keep our youngest learners in school all day, every day.

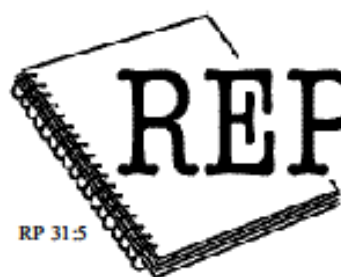
- Although we recognize the remote shift is disruptive, this approach reduces case response work and allows staff to have the time to consistently deliver full-time in-person education.
- LCDHE will issue quarantine orders to students.

## Middle and high school – will follow targeted contact tracing

- Targeted contact tracing in secondary schools second semester will look like it did first semester.
- School COVID-19 Response Teams will identify recommended possible close contacts of the infected individual and shift those people to remote teaching/learning for an Initial Assessment Period with LCDHE.
- At the end of the assessment period, LCDHE confirms close contacts and issues

- quarantine orders (quarantine date may vary by person depending on exposure date to the positive individual).
- We believe targeted tracing is less disruptive and more sustainable at the secondary level. Enhanced tracing is thought to be more difficult for secondary teachers to manage, who engage with multiple classes in a day, compared with an elementary homeroom teacher who interacts with one.





RP 31:5

# REPORT to PARENTS

## Protecting Children from the Effects of Electronic Media

It's not all just fun and games. What children do in their down time—when they are not in school or in planned activities—can have a serious impact on their lives and health, both now and in the future.

Whether or not your children are fixated on TV or video games, it's likely that they spend many hours a week tuned into music, movies, computer games, or television shows. While their main goal is to be entertained, they also are soaking in the messages that these shows and games deliver. Here is important information you need to know about the effects of electronic media on your children, and what you can do to lessen the negative impact:

**Watch with them.** When your children are watching television shows or movies at home, be sure to be tuned in yourself. Speak up when you see something that you find offensive—from the gluttony promoted by many restaurants to violence or inappropriate behavior.

**Turn it off.** Limit the amount of time your children spend in front of the TV, and turn off any shows that you believe are promoting violence, sexuality, disrespect for the law, and alcohol or drug use.

**Keep it out of their rooms.** Children who have TVs or computer game systems in their rooms spend too many hours tuned out and too few working on activities that build their minds, bodies, and social skills.

**Listen in.** When your children talk to each other or to friends, occasionally listen in. Be aware if they seem to be identifying with characters in games or shows who are not good role models. If so, limit their viewing or participating in those programs/games, and talk to them about the type of behaviors that are good to follow, and those that aren't.

**Use the rating systems.** There are helpful rating systems on all television shows, music CDs, and video games. Be aware of what the ratings are and strictly

limit your children to those that you feel are appropriate. **Understand that watching violence breeds violence.** Many studies have shown that children who watch a lot of violent programming, play violent computer or video games, and play music that glorifies violence are more prone to acting out in violent ways than other children. Make sure to limit, or eliminate altogether, such media in your home.

**Don't give in.** If your children beg for video games, music, or DVDs that you feel are inappropriate, ignore their pleas and don't buy them. Alert relatives and others who might buy your children gifts that you want to make sure the games and shows your children play and watch are appropriate. Be strong if your child gets an inappropriate game or DVD as a gift—thank the giver, but then exchange it for something else.

**Help them understand real from fantasy.** Some children get lost in the images they see in videos, TV shows, and computer games and want to act out what they are watching. Sometimes the results can be tragic. Monitor your children's behavior and step in strongly if they seem to be identifying with the characters in the shows or games they are watching. Stress that the shows are not real and that acting out what they're viewing can be dangerous.

**Set a good example.** Limit the amount of television that you and other adults in the house watch. Encourage activities that involve the whole family that don't involve a television or game console.

Finally, take the word of the experts in child health—the American Academy of Pediatrics. It has warned parents that children who watch a lot of television can end up doing more poorly in school, may be more likely to have attention problems, and may have problems with self-control and moral judgment.



## Family Support Resources

*continued*

January 2021

The COVID-19 pandemic has created financial hardship for many in our community, leading to housing instability and food insecurity. There are financial resources available to help families and landlords and protections in place to help people stay housed. Below is a summary of some key resources that families can access for support with housing, food, and utilities.

Context:

- » CO eviction moratorium expired 12/31/2020 so evictions can resume for non-COVID-19 related reasons. The federal moratorium will expire 1/31/2021.
- » 50% of Larimer County renters spend more than 30% of their income on housing (before the pandemic). National data suggests that 1 in 4 of all renters and 1 in 2 Hispanic/Latinx renters worry about paying rent during the pandemic.
- » More than \$2.7 million in emergency rent assistance has been distributed in Larimer County since March 2020.
- » Prior to the pandemic, 1 in 11 Coloradoans reported not knowing where their next meal would come from. Because of the pandemic, 1 in 3 Coloradoans (especially those with young children) now report this type of food insecurity.

The following information is not a comprehensive list of resources in the community, but rather is designed to direct families to key resources specific to financial needs during COVID-19.

Need additional support or resources not listed below?

- Contact your school's Family Liaison: <https://sites.google.com/a/psdschools.org/fl-template/>
- Call 211 for help in English and Spanish M-F 8:00 – 5:00.

### Emergency Rental Support

State and federal funding sources approved in late December 2020 may cover past due rent as well as future rent payments to help families with COVID-19 related financial strain stabilize their housing.

If you cannot pay your rent:

- Ask your landlord if they are accessing the [Property Owner Preservation](http://dola.colorado.gov/doh_care/landlordLogin.jsf), [http://dola.colorado.gov/doh\\_care/landlordLogin.jsf](http://dola.colorado.gov/doh_care/landlordLogin.jsf)
- (POP) program. POP pays landlords directly if you are not able to pay rent due to financial or health impacts of COVID-19. POP funding will cover the full monthly rent amount.
- If your landlord is not accessing POP or you don't qualify (the financial stress is not related to COVID), access:

Neighbor to Neighbor:

- o Find application for rent assistance via <http://n2n.org>.

*continued on next page*

## Family Support Resources

*Continued*

Apply online or by phone at 970-488-2382. Hours: M-Th 8:00 – 12:00, 1:00 – 5:00, F 8:00 – 12:00

Note: Neighbor to Neighbor is working hard to process all rent applications, however due to demand there may be a 1-2 week wait for assistance.

- Interfaith Solidarity and Accompaniment Coalition (ISAAC):

- o Members of our immigrant community can access urgent rent support from ISAAC by calling the [Fuerza Latina Immigrant Assistance Hotline](http://fccan.org/affiliates/fuerze-latina), <http://fccan.org/affiliates/fuerze-latina> available 24/7 at 970-472-1501.

### Eviction Legal Aid

If you get an eviction notice:

- Contact the above agencies for emergency rent support as soon as possible and tell them you received an eviction notice, even if you have accessed rent support in the past.
- Contact Colorado Legal Services for help responding to an eviction notice: Phone: 970-493-2891, 211, W. Magnolia St. Fort Collins, CO 80521
- Review this Housing Empowerment Guide (<https://fuerzalatinafoco.org/resources>) prepared by Fuerza Latina to understand your rights and the type of information that you will need to gather.

### For Families Experiencing or At Risk of Homelessness

If you are being asked to leave your home, you can get help from these organizations:

- Family Housing Network: [www.familyhousingnetwork.org/](http://www.familyhousingnetwork.org/)

Day Center and offices: 1606 S Lemay #103, Fort Collins, CO 80525. Phone: 970-484-3342. Hours: M - Sa 9:00am – 4:00pm

- Catholic Charities, [The Mission in Fort Collins](http://ccdenver.org/larimer-county-services/themission-in-fortcollins/), <http://ccdenver.org/larimer-county-services/themission-in-fortcollins/>

for emergency overnight shelter. Call for an appointment: Phone: 970-484-5010. Hours: M-F 8:30 - 4:30, 460 Linden Center Dr. Fort Collins, CO 80524

- [Homeward Alliance](http://www.homewardalliance.org), [www.homewardalliance.org](http://www.homewardalliance.org), in partnership with the Family Center/La Familia, Fuerza Latina and the Family Housing Network, provides services through the Camino a Casa Collective.

- o The Collective offers bilingual resource navigation assistance to help families—primarily Spanish-speaking—connect to community resources. This collective provides flexible funding for items that are not often covered by other agencies (e.g. application fees).

- o For more information or assistance, please contact Nancy Camacho, Bilingual Family Housing Navigator, at [Nancy@HomewardAlliance.org](mailto:Nancy@HomewardAlliance.org) or call (970) 430-6513. Hours M-F 8:00 – 5:00, Sa-Su 8:00 – 1:00

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## Family Support Resources

*Continued*

### Food Support

Food insecurity has increased rapidly during the COVID pandemic. We encourage every family who is facing food insecurity to reach out and see if they are eligible for SNAP (food stamps) or WIC (for families with very young children). The recently passed Federal COVID Relief bill includes an increase in SNAP benefits and additional changes that expand eligibility. Many organizations are ready to help with SNAP and WIC eligibility and enrollment support (support is available in English and Spanish).

- Food Bank for Larimer County, Daysi Sweaney at 970-829-0152 or [snap@foodbanklarimer.org](mailto:snap@foodbanklarimer.org)
- Larimer County Public Assistance Support, 970-498-6300 or [benefits@larimer.org](mailto:benefits@larimer.org)
- Hunger Free Colorado, 855-855-4626 or  
<http://bit.ly/SNAPAppHelp>
- Or apply online directly through Colorado's PEAK <https://coloradopeak.secure.force.com/>

Note: PSD tablets and laptops can access the PEAK website

### Utilities Support

If you receive a notice that your utilities will be shut-off unless you make payment:

- Contact one of these agencies for one-time bill payment assistance:
  - o Catholic Charities Larimer County, 970-484-5010
  - o The Family Center/La Familia, 970-221-1615
  - o Goodwill of Colorado, 888-775-5327
- Contact the City of Fort Collins Utilities to set up a payment arrangement: 970-212-2900, V/TDD: 711 or email [utilities@fcgov.com](mailto:utilities@fcgov.com)
- Visit: [fcgov.com/utilities-affordability](https://fcgov.com/utilities-affordability)

### Servicios de apoyo para las familias

Enero de 2021

La pandemia ocasionada por la COVID-19 ha creado dificultades financieras para muchas personas en nuestra comunidad, lo que ha tenido como consecuencia que se presente inestabilidad en la vivienda e inseguridad alimentaria. Existen servicios de apoyo financiero para ayudar a las familias y los propietarios, y también protección para que las personas puedan permanecer en sus viviendas. A continuación se presenta un resumen de algunos servicios de apoyo clave, a los que las familias pueden tener acceso para que se les apoye con la vivienda, los alimentos y los servicios de agua y luz.

Situación actual:

- » Puesto que la suspensión del desalojo de Colorado venció el 31 de diciembre de 2020, los desalojos pueden reanudarse por motivos no relacionadas con la COVID-19. La suspensión federal seguirá vigente hasta el 31 de enero de 2021.

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## Family Support Resources

*Continued*

- » El 50 % de los inquilinos o arrendatarios del condado de Larimer gastan más del 30 % de sus ingresos en vivienda (antes de la pandemia). Los datos nacionales indican que a 1 de cada 4 de todos los inquilinos, y 1 de cada 2 inquilinos hispanos o latinos, les preocupa cómo pagar el alquiler durante la pandemia.
- » Desde marzo de 2020, más de \$2.7 millones en asistencia de emergencia se han distribuido en el condado de Larimer, para ayudar con el pago del alquiler.
- » Antes de la pandemia, 1 de cada 11 habitantes de Colorado informó no tener certeza sobre cómo obtener su siguiente comida. Debido a la pandemia, 1 de cada 3 habitantes de Colorado (especialmente los que tienen niños pequeños) ahora reporta este tipo de inseguridad alimentaria.

La siguiente información no es una lista completa de todos los servicios de apoyo en la comunidad. Más bien, está diseñada para que las familias se dirijan a los servicios de apoyo clave, relacionados con las necesidades de tipo económico durante la COVID-19.

¿Necesita asistencia o servicios de apoyo adicionales que no se hayan mencionado más adelante?

- Comuníquese con el Enlace Familiar de su escuela:

<https://sites.google.com/a/psdschools.org/fl-template/>

- Llame al 211 para obtener ayuda en inglés y español, de lunes a viernes, entre las 8:00 a.m. y las 5:00 p.m.

### Ayuda de emergencia para el pago del alquiler

Las fuentes de financiamiento estatales y federales, que se aprobaron a fines de diciembre de 2020, pueden cubrir el pago del alquiler que aún no se haya pagado, así como el pago del alquiler futuro, para ayudar a que las familias con dificultades financieras, relacionadas con la COVID-19, puedan estabilizar su vivienda.

Si no puede pagar su alquiler:

- Pregúntele al propietario de su vivienda si tiene acceso al programa de [Preservación de Propietarios \(Property Owner Preservation\)](#) (POP, por sus siglas en inglés). El POP le paga directamente a los propietarios, en el caso de que el inquilino o arrendatario no pueda pagar el alquiler, por razones de tipo económico o de salud relacionadas con la COVID-19. El financiamiento del POP cubre el costo total del alquiler mensual.
- Si el propietario de su vivienda no tiene acceso al POP, o usted no califica (su dificultad financiera no está relacionada con la COVID-19), contacte a las siguientes agencias:

Neighbor to Neighbor:

o Obtenga la solicitud para recibir ayuda para el pago del alquiler a través de <http://n2n.org>

. Presente la solicitud en línea o por teléfono llamando al 970-488-2382. Horario: De lunes a jueves, entre las 8:00 a.m. y el mediodía, y la 1:00 y las 5:00 p.m.; los viernes, entre las 8:00 a.m. y el mediodía.

Nota: Aunque Neighbor to Neighbor está trabajando incansablemente para procesar todas las solicitudes de asistencia para el pago del alquiler, es posible que, debido a la demanda, tenga que esperar entre 1 y 2 semanas para recibir asistencia.

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## Family Support Resources

*Continued*

Interfaith Solidarity and Accompaniment Coalition (ISAAC, por sus siglas en inglés):

o Los miembros de nuestra comunidad de inmigrantes pueden tener acceso al apoyo de emergencia, para el pago del alquiler, mediante ISAAC, llamando [a la línea telefónica directa de Asistencia de Fuerza Latina para Inmigrantes](#): 970-472-1501, la cual está disponible las 24 horas del día, los siete días de la semana.

### Asistencia legal en caso de desalojo

Si recibe un aviso de desalojo:

- Contacte lo antes posible a las agencias mencionadas previamente, para obtener ayuda de emergencia para el pago del alquiler. Explíqueles que recibió un aviso de desalojo, aunque ya haya tenido acceso a la asistencia para el pago del alquiler.
- Comuníquese con [los Servicios Legales de Colorado](#), con el objeto de recibir ayuda para responder a un aviso de desalojo: Teléfono: 970-493-2891; dirección: 211 W. Magnolia St. Fort Collins, CO 80521

- Examine la Guía para Fortalecer los Derechos de Vivienda (Housing Empowerment Guide) (<https://fuerzalatinafoco.org/resources>),

que Fuerza Latina ha creado con la finalidad de que conozca sus derechos y el tipo de información que se debe recopilar.

### Información para familias que hayan quedado sin vivienda, o estén en riesgo de perderla:

Si se le pide que abandone su vivienda, puede obtener ayuda de las organizaciones que se presentan a continuación:

- Family Housing Network:

[www.familyhousingnetwork.org/](http://www.familyhousingnetwork.org/)

“Day Center” y oficinas: 1606 S Lemay #103, Fort Collins, CO 80525. Teléfono: 970-484-3342. Horario: De lunes a sábado, entre las 9:00 a.m. y las 4:00 p.m.

- Catholic Charities, The [Mission en Fort Collins](#) ofrece refugio de emergencia en la noche. Llamar para pedir cita: Teléfono: 970-484-5010.

Horario: De lunes a viernes, entre las 8:30 a.m. y las 4:30 p.m.; dirección: 460 Linden Center Dr. Fort Collins, CO 80524.

- [Homeward Alliance](#), en colaboración con el Family Center, Fuerza Latina y el Family Housing Network, presta servicios a través del Camino a Casa Collective.

o El Collective ofrece asistencia bilingüe para encontrar servicios de apoyo para las familias, principalmente las de habla hispana, y ayudarlas a conectarse con los servicios de asistencia de la comunidad. El Collective proporciona financiación flexible para artículos que a menudo no están cubiertos por otras agencias (por ejemplo, el costo relacionado con las solicitudes).

o Para obtener más información, o asistencia, comuníquese con Nancy Camacho, personal de apoyo bilingüe de Family Housing para las familias, enviando un mensaje a través del correo electrónico a

*continued on next page*

## Family Support Resources

*Continued*

Nancy@HomewardAlliance.org, o llamando al teléfono (970) 430-6513. Horario: De lunes a viernes, entre las 8:00 a.m. y las 5:00 p.m.; los sábados y domingos, entre las 8:00 a.m. y la 1:00 p.m.

### Ayuda con comidas

La inseguridad alimentaria ha aumentado rápidamente durante la pandemia ocasionada por la COVID-19. Le recomendamos a todas las familias, que enfrentan inseguridad alimentaria, que se informen si califican para recibir ayuda de SNAP (cupones para alimentos [“food stamps”]) y WIC (para familias con niños muy pequeños). El proyecto de ley federal de alivio económico por motivo de la COVID-19, que recientemente se aprobó, incluye un aumento en la ayuda que provee SNAP, así como cambios adicionales mediante los cuales se facilita calificar para recibir ayuda. Muchas organizaciones están preparadas para asistir a las personas, con el propósito de determinar si califican para SNAP y WIC, al igual que brindar apoyo para llenar la inscripción (se ofrece apoyo en inglés y español).

- Food Bank for Larimer County (Banco de alimentos del condado de Larimer), persona de contacto: Daysi Sweaney, teléfono: 970-829-0152 o dirección de correo electrónico:

[snap@foodbanklarimer.org](mailto:snap@foodbanklarimer.org)

- Larimer County Public Assistance Support (Apoyo de asistencia pública del condado de Larimer), teléfono: 970-498-6300 o correo electrónico: [benefits@larimer.org](mailto:benefits@larimer.org)

- Hunger Free Colorado, teléfono: 855-855-4626 o correo electrónico:

<http://bit.ly/SNAPAppHelp>

- O presente su solicitud en línea, directamente a través de Colorado’s PEAK en

<https://coloradopeak.secure.force.com/>

Nota: Se puede tener acceso al sitio web de PEAK con las tabletas y las computadoras portátiles del PSD.

### Ayuda con el pago de agua y luz (“Utilities”)

Si recibe un aviso indicando que a menos que efectúe un pago le cortarán el servicio de agua y luz:

- Comuníquese con una de las siguientes agencias para obtener asistencia con el pago de la cuenta (Se ofrece asistencia una vez):

o Catholic Charities Larimer County, 970-484-5010

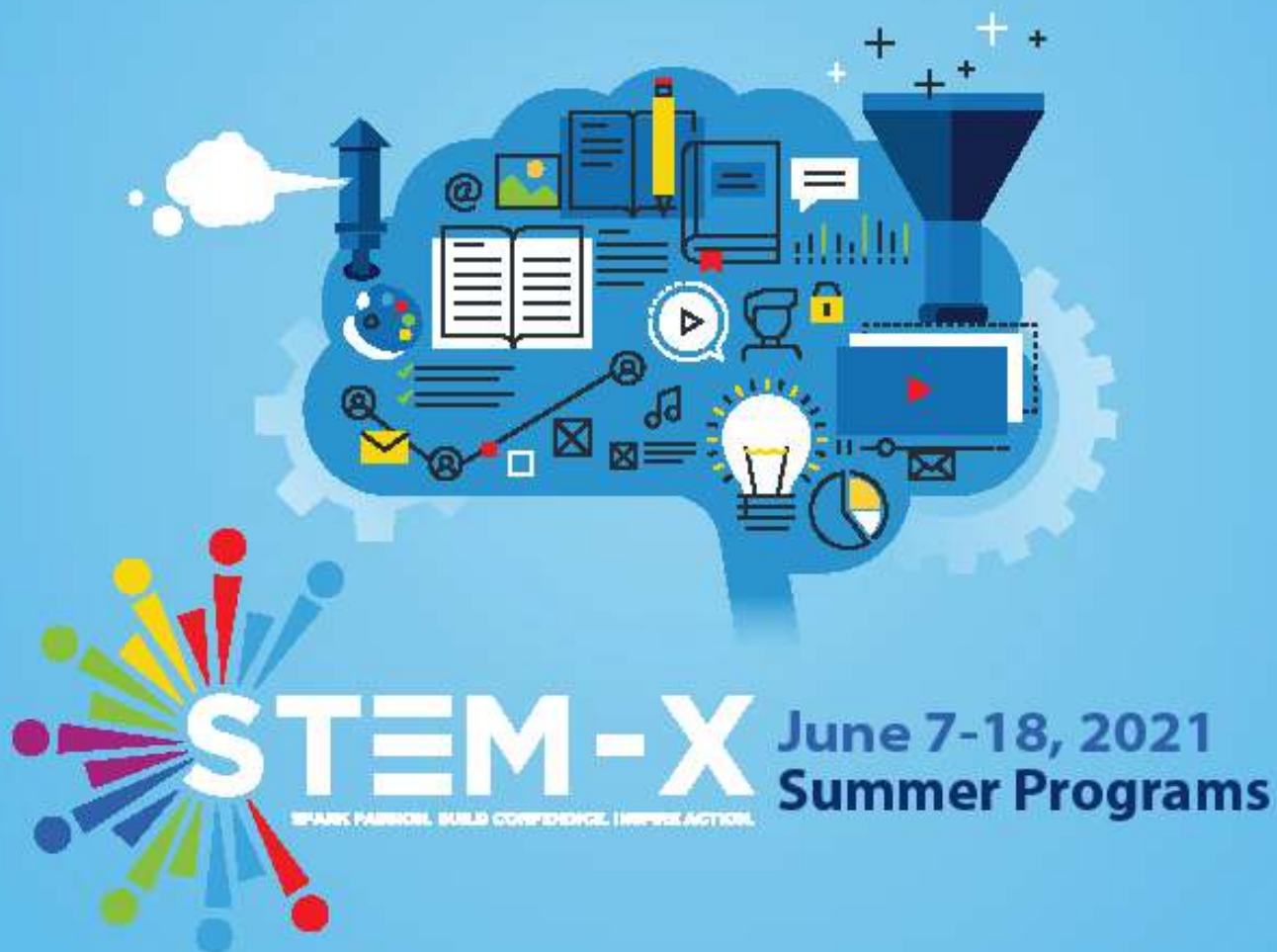
o The Family Center/La Familia, 970-221-1615

o Goodwill of Colorado, 888-775-5327

- Contacte a la City of Fort Collins Utilities para establecer un plan de pago: Teléfono: 970-212-2900, V/TDD: 711 o correo electrónico:

[utilities@fcgov.com](mailto:utilities@fcgov.com)

- Vaya al sitio web <http://fcgov.com/utilities-affordability>



June 7-18, 2021  
Summer Programs

Early Elementary | 1st-3rd grade\*  
Elementary | 4th-5th grade\*  
Middle School | 6th-9th grade\*  
(Students entering these grades in Fall 2021)


Open to ALL students from any public, private, or international school.  
Fee waivers available to those who qualify.



Apply online: [stem-x.org](https://stem-x.org)  

## February 2021

Werner In - Person  
Breakfast

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> <ul style="list-style-type: none"> <li>• Pancake Sausage Wrap BIC</li> <li>• Whole Fruit, or Substitute</li> <li>• Lowfat Milk</li> </ul>	<b>2</b> <ul style="list-style-type: none"> <li>• Cereal Variety</li> <li>• Applesauce or Fruit Cup or Substitute</li> <li>• Lowfat Milk</li> </ul>	<b>3</b> <ul style="list-style-type: none"> <li>• Muffin: Assorted Flavors</li> <li>• Fresh Berries, or Substitute</li> <li>• Lowfat Milk</li> </ul>	<b>4</b> <ul style="list-style-type: none"> <li>• Breakfast Round</li> <li>• Fresh Berries, or Substitute</li> <li>• Lowfat Milk</li> </ul>	<b>5</b> <ul style="list-style-type: none"> <li>• WG Seasonal Loaf Bread</li> <li>• Whole Fruit, or Substitute</li> <li>• Lowfat Milk</li> </ul>
<b>8</b> <ul style="list-style-type: none"> <li>• Mini Cinnamon Rolls</li> <li>• Whole Fruit, or Substitute</li> <li>• Lowfat Milk</li> </ul>	<b>9</b> <ul style="list-style-type: none"> <li>• Cereal Variety</li> <li>• Whole Fruit, or Substitute</li> <li>• Lowfat Milk</li> </ul>	<b>10</b> <ul style="list-style-type: none"> <li>• Mini Pancakes</li> <li>• Applesauce or Fruit Cup or Substitute</li> <li>• Lowfat Milk</li> </ul>	<b>11</b> <ul style="list-style-type: none"> <li>• Breakfast Round</li> <li>• Applesauce or Fruit Cup or Substitute</li> <li>• Lowfat Milk</li> </ul>	<b>12</b> <ul style="list-style-type: none"> <li>• WW Bagel &amp; cream cheese</li> <li>• Fresh Berries, or Substitute</li> <li>• Lowfat Milk</li> </ul>
<b>15</b> 	<b>16</b> <ul style="list-style-type: none"> <li>• Cereal Variety</li> <li>• Applesauce or Fruit Cup or Substitute</li> <li>• Lowfat Milk</li> </ul>	<b>17</b> <ul style="list-style-type: none"> <li>• Muffin: Assorted Flavors</li> <li>• Applesauce or Fruit Cup or Substitute</li> <li>• Lowfat Milk</li> </ul>	<b>18</b> <ul style="list-style-type: none"> <li>• Pancake Sausage Wrap BIC</li> <li>• Fresh Berries, or Substitute</li> <li>• Lowfat Milk</li> </ul>	<b>19</b> <ul style="list-style-type: none"> <li>• WG Seasonal Loaf Bread</li> <li>• Whole Fruit, or Substitute</li> <li>• Lowfat Milk</li> </ul>
<b>22</b> <ul style="list-style-type: none"> <li>• Mini Cinnamon Rolls</li> <li>• Whole Fruit, or Substitute</li> <li>• Lowfat Milk</li> </ul>	<b>23</b> <ul style="list-style-type: none"> <li>• Cereal Variety</li> <li>• Whole Fruit, or Substitute</li> <li>• Lowfat Milk</li> </ul>	<b>24</b> <ul style="list-style-type: none"> <li>• Mini Pancakes</li> <li>• Applesauce or Fruit Cup or Substitute</li> <li>• Lowfat Milk</li> </ul>	<b>25</b> <ul style="list-style-type: none"> <li>• WG Seasonal Loaf Bread</li> <li>• Applesauce or Fruit Cup or Substitute</li> <li>• Lowfat Milk</li> </ul>	<b>26</b> <ul style="list-style-type: none"> <li>• WGR Grahamz Crackers</li> <li>• Yogurt</li> <li>• Fresh Berries, or Substitute</li> <li>• Lowfat Milk</li> </ul>



## February 2021

Werner In - Person  
Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<ul style="list-style-type: none"> <li>• Rotini &amp; Meatballs</li> <li>• Turkey Club Wrap</li> <li>• Grapes</li> <li>• Snap Peas &amp; Red Bell Peppers, or Substitute</li> <li>• Chocolate Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Homemade Chili with Goldfish Crackers</li> <li>• Pb&amp;J Sandwich</li> <li>• Applesauce &amp; Fruit Cup or Substitute</li> <li>• Carrots &amp; Celery Sticks, or Substitute</li> <li>• Chocolate Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Cheeseburger</li> <li>• Pb&amp;J Sandwich</li> <li>• Fresh Berries, or Substitute</li> <li>• Fresh Broccoli, or Substitute</li> <li>• Chocolate Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Mac &amp; Cheese</li> <li>• Yogurt Parfait</li> <li>• Fresh Pear</li> <li>• Cherry Tomatoes &amp; Cucumber Slices or Substitute</li> <li>• Chocolate Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Chicken Drumsticks</li> <li>• Turkey &amp; Cheese Sandwich</li> <li>• Whole Fruit, or Substitute</li> <li>• Salad with dressing</li> <li>• Chocolate Milk</li> </ul>
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
<ul style="list-style-type: none"> <li>• Cheese Pizza</li> <li>• Pb&amp;J Sandwich</li> <li>• Fresh Berries, or Substitute</li> <li>• Carrots &amp; Celery Sticks, or Substitute</li> <li>• Chocolate Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Chicken Patty Sandwich</li> <li>• Turkey Club Wrap</li> <li>• Whole Fruit, or Substitute</li> <li>• Snap Peas &amp; Red Bell Peppers, or Substitute</li> <li>• Chocolate Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Chicken Burrito</li> <li>• Pb&amp;J Sandwich</li> <li>• Fresh Pear</li> <li>• Cherry Tomatoes &amp; Cucumber Slices or Substitute</li> <li>• Chocolate Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Cheese Calzone &amp; Marinara</li> <li>• Turkey &amp; Cheese Sandwich</li> <li>• Grapes</li> <li>• Salad with dressing</li> <li>• Chocolate Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Chicken Patty Sandwich</li> <li>• Yogurt Parfait</li> <li>• Whole Fruit, or Substitute</li> <li>• Fresh Broccoli, or Substitute</li> <li>• Chocolate Milk</li> </ul>
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
	<ul style="list-style-type: none"> <li>• Chicken Alfredo</li> <li>• Pb&amp;J Sandwich</li> <li>• Applesauce &amp; Fruit Cup or Substitute</li> <li>• Carrots &amp; Cucumbers Slices, or Substitute</li> <li>• Chocolate Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Tomato Soup &amp; Grilled Cheese HS</li> <li>• Pb&amp;J Sandwich</li> <li>• Fresh Berries, or Substitute</li> <li>• Fresh Broccoli, or Substitute</li> <li>• Chocolate Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Hot Dog</li> <li>• Chef Salad</li> <li>• Fresh Pear</li> <li>• Cherry Tomatoes &amp; Celery Sticks or Substitute</li> <li>• Chocolate Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Chicken Nuggets</li> <li>• Chicken Caesar Wrap</li> <li>• Whole Fruit, or Substitute</li> <li>• Salad with dressing</li> <li>• Chocolate Milk</li> </ul>
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
<ul style="list-style-type: none"> <li>• Cheese Calzone &amp; Marinara</li> <li>• Chef Salad</li> <li>• Applesauce &amp; Fruit Cup or Substitute</li> <li>• Carrots &amp; Celery Sticks, or Substitute</li> <li>• Chocolate Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Pepperoni Pizza</li> <li>• Chicken Caesar Wrap</li> <li>• Fresh Berries, or Substitute</li> <li>• Snap Peas &amp; Red Bell Peppers, or Substitute</li> <li>• Chocolate Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Chicken Patty Sandwich</li> <li>• Pb&amp;J Sandwich</li> <li>• Fresh Pear</li> <li>• Cherry Tomatoes &amp; Celery Sticks or Substitute</li> <li>• Chocolate Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Cheeseburger</li> <li>• Cold Deli Yogurt with Goldfish</li> <li>• Grapes</li> <li>• Salad with dressing</li> <li>• Chocolate Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Chicken &amp; Waffles</li> <li>• Pb&amp;J Sandwich</li> <li>• Whole Fruit, or Substitute</li> <li>• Fresh Broccoli, or Substitute</li> <li>• Chocolate Milk</li> </ul>