



Wildcats Newsletter

December 2021

5400 Mail Creek Lane
Fort Collins, CO 80525

Principal
Hayden Camp

Assistant Principal
John Passantino

Office
488-5550

Attendance Line
488-5551

Fax
488-5552

www.wer.psdschools.org

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It's a note from the principal ...

Dear Werner Community,

I hope you all had a blessed Thanksgiving holiday and break. It's hard to believe we are in December and almost halfway through the year! Thanks for all your support and giving during this holiday season. It has been a real encouragement to see so much support for our community.

Here are some updates for this month:

- **Book Fair-** Our book fair is back in person! The book fair will be from Nov. 30-Dec. 3 (see more info in this newsletter).
- **Giving Tree-** Please consider helping our families with some holiday cheer. See The Giving Tree info in the newsletter about how you can help. Donations will be accepted through Dec. 9.
- **Vision/Hearing Screening-** As required by CDE guidelines, vision and hearing of students in K-5th grade students will occur on Nov. 30 at Werner. If you have any questions, please contact our health office (970-488-5558).
- **Jazz Cat Choir Concert-** Our 4th/5th choir will be performing for students and parents of the choir on Dec. 16 at 2:30 pm. Look for more details to come soon.

continued on next page



TIME WELL SPENT

Your child's Well Care Visits
help us address the following:



Diet & Nutrition



Chronic Health Issues



Parental Concerns



Growth, Development & More



Click Here to Self-Schedule Your Child's Well Care Visit Today!

December 2021



TALKING TO
SOMEONE
CAN HELP.

OUT
OF SORTS
THESE DAYS?

970-221-5551
24/7 | NO COST

connections

CLICK IT

Click on the
Ads in this
Newsletter

...to learn more about
these great companies!

Note From The Principal

continued

- **Winter Holiday Parties-** Our holiday parties are back! These will be from 2:30-3:25 on Friday, Dec. 17. Parties are restricted to classrooms and volunteers supporting the party.
- **Winter Break-** No School from December 20- January 3. Students return Tuesday, Jan. 4.

I hope you all have a joyful holiday season and remember to take time for the important things in life.

Sincerely,
Hayden

Specials Updates

Want to know what's happening in Music and PE? Check out the learning pages for Mr. Krueger and Coach J at the links below to see what students are learning.

Music - <https://sites.google.com/psdschools.org/wer-learning-music-krueger/home>

PE - <https://sites.google.com/psdschools.org/wer-learning-pe-julian/home>

PSD Expectations for Remote Learning in all schools

The district's focus is to have all students participate in in-person learning at schools as much as possible. However, some students may miss being in school because of illness, quarantine, an emergency or other circumstances. PSD wants to ensure students can continue learning remotely when they can't be at school regardless of the reason for the absence. Teachers and staff will do their best to support students who are learning online.

More information is available on the [PSD Remote Learning web page](#). There you will find expectations, information about Teacher Learning pages, and additional technology resources. Please let us know if you have specific questions about how this looks at our school.


No health insurance?
You may qualify for financial help.




Free virtual
and in-person
appointments

Open Enrollment
starts Nov. 1

Health District
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December 2021



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Auxiliary aids and services are available for persons with disabilities.



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PTA News

Werner Cares & Shares Giving Tree

This year Werner would like to continue the tradition of the *Giving Tree*. PTA will purchase gift cards for families during the holiday season. If your family would like to help our community, please send a check made out to Werner PTA or cash in a labeled envelope. If you wish to use online payment, PTA has set up a PayPal account just for the [Giving Tree](#).

If your family needs help this holiday season, please contact Julie Flemister or Jenny Whetsell at 488-5550. All information is kept confidential, so please do not hesitate to call.

Upcoming General Meeting

Tuesday, January 11 | 6 pm | Werner Elementary

PTA Spirit Wear

Make great Holiday gifts for Teacher's and Parent's Werner PTA has designed some [Grownup Tees and Coffee Mugs](#) for purchase to show your PTA spirit!

Follow us on [Facebook](#) to stay engaged with School Events and see what the PTA is up to at the school.

Join Us! We have a couple positions open this year on the PTA Board listed along with other volunteer opportunities on this [signup page](#).

Thank you for supporting the Werner Elementary PTA!

PTA President | *Anjani Rogenski*

PTA Vice President | *Nicole Kidd*

PTA Treasurer | *Patti Haswell*

PTA Secretary | *Chelsea Padgett*

PTA Board member | *Juliana Schump*

There Is No Wrong Way To PTA. How Do You PTA?

We are here for your child's health!

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We have the COVID vaccine for your entire family.



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PRIORITY**

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CAN HELP!**

K - 12 TUTORING • TEST PREP



Huntington
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December 2021



Experience culture and diversity without leaving your home



Host families needed now!

\$500/month stipend to help cover costs Students come from all over Europe and South America for a semester or a full year!

For more information contact
Aspen Perkins
Call or text: (907) 764-2932
Email: Aspen.Perkins@educatius.org

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

Counseling Corner - December 2021

This year Werner would like to continue the tradition of the GIVING TREE. PTA will purchase gift cards for families during the holiday season. If your family would like to help our community, please send a check made out to Werner PTA or cash in a labeled envelope. If you wish to use online payment, PTA has set up a PayPal account just for the Giving Tree.

https://www.paypal.com/donate?hosted_button_id=YNHQSZGZACVGA

and here is the QR code



If your family needs help this holiday season, please contact Julie Flemister or Jenny Whetsell at 488-5550. All information is kept confidential, so please do not hesitate to call.

Big Shout Out to Kindness Clubs!!!!

We had 3 Kindness Groups (one in each classroom) and each one choose a different activity to celebrate kindness:

- Passing out Kindness forms for students to draw and write how they show kindness.
- Kindness chain to recognize someone that has been kind to them.
- Passing out kind messages on popsicle sticks at lunchtime.

Students did an amazing job celebrating and encouraging kindness throughout our school!

continued on next page

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**December
2021**

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Counseling Corner - December 2021 *continued*

Mental Health: Mind Matters

September 25 – January 2

“An all-ages special exhibit about mental health”

“Mental Health: Mind Matters will create a safe space for important conversations about mental illnesses. Misconceptions and stigma lead to prejudice and discrimination. This exhibition and related programming can help #MakItOK to talk about mental health. Mental illness touches all of our lives in some way, making this exhibition an important resource.”

Learn more at fcmuseum.org/mindmatters



Six of the many great displays are wonderful for elementary students:

- “Let Your Body Talk” – Use your whole body to act out an emotion.
- “Moving for Your Mind: - Dance like...”
- “Are you afraid” – Not letting fear take over and using your hand as a flashlight to discover different animals in a forest.
- “Creativity and Feelings” station
- “Play the Emotions Recognition Game – What Am I Feeling?”
- “The Worry Shredder” – shred all your worries away.

I also refer to Love and Logic as a parent and as a counselor. The following article is taken from their email resources. Please visit the Love and Logic website for further information and resources. This time of year, my own children want and want. This is a great article about positive self-concept.

The Best Way to Feel Good Is to Do Something Good

Dear Insider,

Over the past few decades, psychologists have placed huge emphasis on the importance of having a positive self-concept. Rightly so! How we feel about ourselves may be the single most important factor affecting how motivated we are to succeed in school, the types of friends we select, the person we marry, and our general well-being throughout our lives.

Due to its undisputed importance, people have spent tremendous energy trying different approaches to give kids good self-concept. Listed below are just a few of the many practices that have created kids who have a rather poor sense of self:

continued on next page

The Best Way to Feel Good Is to Do Something Good

- *Constant praise*
- *Ensuring that they are always the center of attention*
- *Making sure that they never encounter any hardships*
- *Buying them everything they want*
- *Rescuing them from the consequences of their misbehavior*
- *Setting no limits so that they can “express their creativity”*
- *Allowing unrestricted access and use of social media*

There’s only one approach that really works, and it’s based on the following age-old truism:

The best way to feel good is to do something good.

When parents place a high emphasis on good and respectful behavior, children look at themselves and think, “I act pretty darn good and responsible. I must be pretty darn good and responsible.”

True self-concept is developed when children encounter struggles in the real world (not the digital world), learn how to overcome these struggles, and then see themselves acting in respectful and responsible ways. Stated quite simply, self-concept is an inside job. The best antidote to the negative effects of social media is helping our kids develop a healthy self-concept.

[*Dr. Charles Fay*](#)

**December
2021**



Our Book Fair is right around the corner! All profits from this Book Fair are going to the Media Center Update Fund! Get a preview of the books that will be available here: https://bookfairsfiles.scholastic.com/flippingbooks/F21-2-ES-Case-Booklist/F21_2_ES_Case_Booklist.html#p=1

Kids will have an opportunity to shop on their lunch breaks, so sign them up for the eWallet (set up here: [Scholastic.com/bf/wernerelementaryschool/](https://www.scholastic.com/bf/wernerelementaryschool/)) or send money to school with them if you feel comfortable.

Shopping days/ hours for *families* are as follows:

Tuesday, November 30, After School 3:30 pm - 5:00 pm

Wednesday, December 1, Before School 8:00 am - 8:45 am

Thursday, December 2, After School 3:30 pm - 5:00 pm

Friday, December 3, Before School 8:00 am - 8:45 am

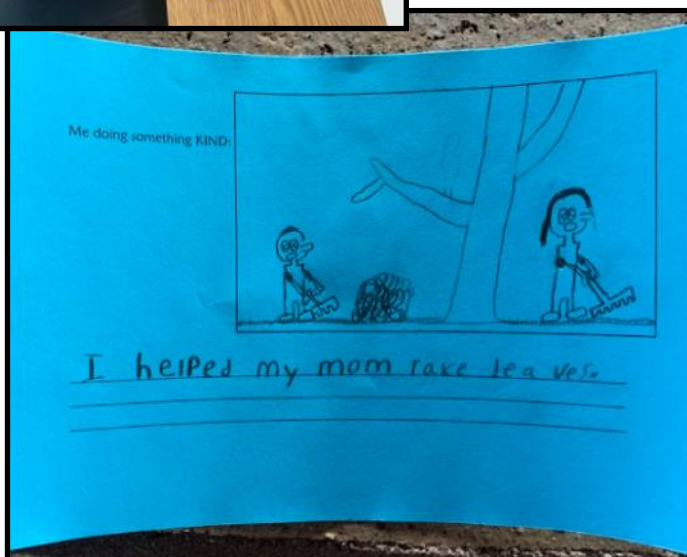


Around School



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Around School



Apply to Substitute in PSD!

Are you interested in gaining valuable work experience? Would you like a flexible schedule and the opportunity to make a difference?

Have you considered working for Poudre School District as a substitute?

We want to meet you!



For more information, pay scales and an application link, visit:
<https://www.psdschools.org/careers/substitute-teachers>

Once your application has been processed, you will be invited to sign up for an orientation.



**Questions? Contact
subs@psdschools.org**



POUDRE SCHOOL DISTRICT

THE GIVING TREE 2021

Werner is carrying on the special tradition of The Giving Tree this holiday season. This is an opportunity to help families at Werner who need a little bit extra during this time.

In past years we would collect requested gifts and return them to the school for families to pick up. This year, like last, we are collecting MONETARY donations only due to ongoing COVID concerns. You may contribute via CASH or CHECK to the Werner Office or via PayPal. We will consolidate the collection and purchase gift cards for families to use to make their own purchases.



Donation Details:

- Make checks payable to Werner Elementary PTA and write "The Giving Tree" in the memo line.
- For cash donations please place in an envelope labeled "The Giving Tree."
- Online donations can be made via PayPal:
https://www.paypal.com/donate?hosted_button_id=YNHQSZGZACVGA or using this QR Code:



Please donate by Thursday, December 9th.

If your family needs a little assistance this holiday season for your children, please contact Werner School Counselor, Julie Flemister or School Secretary, Jenny Whetsell at (970)488-5550. Please know that this will remain anonymous and private with only a select few staff members at Werner.

Together we can make this holiday season a special time for our Werner families.

--PTA Community Service Committee--

2021-22 PSD Return to Learn/Work after Major or Minor Illness Symptoms

Note: This guidance 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.

Major Symptoms:

- | | | |
|---|---|---|
| <ul style="list-style-type: none">Feeling feverish, having chills, temperature of 100.4° F or greater | <ul style="list-style-type: none">New or worsening coughLoss of taste or smell | <ul style="list-style-type: none">Shortness of breath or difficulty breathing |
|---|---|---|

Major Symptom Response:

- If symptoms resolve within 24 hours of onset follow regular return to school illness policies if all symptoms have resolved or are improving. **(Must have no fever, vomiting or diarrhea in last 24 hours).**
- If symptoms DO NOT resolve within 24 hours, either:
 - Follow home isolation for 10 days following symptom onset AND 24 hours fever free without use of fever-reducing meds before returning to school.
 - Get a PCR or molecular COVID-19 test.
 - If the test is negative, return to school once symptoms have resolved or are improving.
 - If positive, follow home isolation for 10 days following symptoms onset AND 24 hours fever free without use of fever-reducing meds before returning to school.

Minor Symptoms:


- | | | |
|---|--|---|
| <ul style="list-style-type: none">Sore throatRunny nose or congestionMuscle or body aches | <ul style="list-style-type: none">HeadacheFatigue | <ul style="list-style-type: none">Nausea, vomitingDiarrhea |
|---|--|---|



Minor Symptom Response:

- If symptoms resolve within 24 hours of onset, follow regular return to school illness policies if all symptoms have resolved or are improving. **(Must have no fever, vomiting or diarrhea in last 24 hours).**
- If symptoms are mild only and resolve within 48 hours of onset, follow regular return to school illness policies if all symptoms have resolved or are improving. **(Must have no fever, vomiting or diarrhea in last 24 hours).**
- If symptoms DO NOT resolve within 48 hours, either:
 - Follow home isolation for 10 days following symptom onset AND 24 hours fever free without use of fever-reducing meds before returning to school.
 - Get a PCR or molecular COVID-19 test.
 - If the test is negative, return to school once symptoms are resolved or are improving.
 - If positive, follow home isolation for 10 days following symptoms onset AND 24 hours fever free without use of fever-reducing meds before returning to school.

The School Nurse or PSD health staff will determine when a student is able to return to school. School administrators, department leaders, or supervisors will communicate with staff about their return to work.

Sources: Larimer County Department of Health and Environment (LCDHE), Colorado Department of Public Health and Environment (CDPHE), Colorado Department of Education (CDE), Centers for Disease Control and Prevention (CDC). Updated September 2021.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
		<ul style="list-style-type: none"> Whole Grain Cinnamon French Toast Assorted Muffins Assorted Cereal Assortment of Fruit Milk: fat free, 1% Assorted Juice 	<ul style="list-style-type: none"> Cinnamon Toast Crunch Soft Filled Bar Assorted Muffins Assorted Cereal Assortment of Fruit Milk: fat free, 1% Assorted Juice 	<ul style="list-style-type: none"> Mini Pancakes Cheese Variety, or Substitute Assorted Muffins Assorted Cereal Assortment of Fruit Milk: fat free, 1% Assorted Juice
6	7	8	9	10
<ul style="list-style-type: none"> Mini Cinnamon Rolls Assorted Muffins Assorted Cereal Assortment of Fruit Milk Variety Assorted Juice 	<ul style="list-style-type: none"> Breakfast Sausage Pizza Assorted Muffins Assorted Cereal Assortment of Fruit Milk Variety Assorted Juice 	<ul style="list-style-type: none"> Pancake Sausage Wrap BIC Assorted Muffins Assorted Cereal Assortment of Fruit Milk Variety Assorted Juice 	<ul style="list-style-type: none"> Breakfast Round Assorted Muffins Assorted Cereal Assortment of Fruit Milk Variety Assorted Juice 	<ul style="list-style-type: none"> WW Bagel & cream cheese Yogurt Assorted Muffins Assorted Cereal Assortment of Fruit Milk Variety Assorted Juice
13	14	15	16	17
<ul style="list-style-type: none"> WGR Pumpkin Bread or Seasonal Loaf Bread Assorted Muffins Assorted Cereal Assortment of Fruit Milk: fat free, 1% Assorted Juice 	<ul style="list-style-type: none"> Whole Grain Cinnamon French Toast Assorted Muffins Assorted Cereal Assortment of Fruit Milk: fat free, 1% Assorted Juice 	<ul style="list-style-type: none"> Breakfast Sausage Pizza Assorted Muffins Assorted Cereal Assortment of Fruit Milk: fat free, 1% Assorted Juice 	<ul style="list-style-type: none"> Breakfast Round Assorted Muffins Assorted Cereal Assortment of Fruit Milk: fat free, 1% Assorted Juice 	<ul style="list-style-type: none"> Mini Cinnamon Rolls Assorted Muffins Assorted Cereal Assortment of Fruit Milk: fat free, 1% Assorted Juice
20	21	22	23	24
	<ul style="list-style-type: none"> No School Today 	<ul style="list-style-type: none"> No School Today 	<ul style="list-style-type: none"> No School Today 	<ul style="list-style-type: none"> No School Today
27	28	29	30	31
<ul style="list-style-type: none"> No School Today 	<ul style="list-style-type: none"> No School Today 	<ul style="list-style-type: none"> No School Today 	<ul style="list-style-type: none"> No School Today 	

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
		<ul style="list-style-type: none"> • Chicken Patty Sandwich • Chef Salad with Goldfish Crackers • Pb&J Sandwich • Salad with dressing • Whole Fruit, or Substitute • Fresh Strawberries, or Substitute • Milk Variety • Assorted Condiments 	<ul style="list-style-type: none"> • Beef & Bean Burrito • Turkey or Ham & Cheese Sandwich • Pb&J Sandwich • Fresh Cherry Tomatoes or Substitute • Whole Fruit, or Substitute • Watermelon or Substitute • Milk Variety • Assorted Condiments 	<ul style="list-style-type: none"> • Cheese Pizza • Cold Deli Yogurt with Granola • Pb&J Sandwich • Fresh Cucumber Slice or Substitute • Whole Fruit, or Substitute • Fresh Pear • Milk Variety • Assorted Condiments
6	7	8	9	10
<ul style="list-style-type: none"> • Chicken Drumstick with Goldfish • Cold Deli Yogurt with Granola • Pb&J Sandwich with Pretzels or Goldfish • Fresh Celery Sticks, or Substitute • Whole Fruit, or Substitute • Fresh Blueberries, or Substitute • Milk Variety • Assorted Condiments 	<ul style="list-style-type: none"> • Cheese Calzone & Marinara • Ham or Turkey & Cheese Sandwich • Pb&J Sandwich with Pretzels or Goldfish • Bell Peppers, or Substitute • Whole Fruit, or Substitute • Orange Wedges • Milk Variety • Assorted Condiments 	<ul style="list-style-type: none"> • Asian Meatballs & Rice • Cold Deli Yogurt with Granola • PB&J Sandwich with Pretzels or Goldfish • Fresh Cucumber Slice or Substitute • Whole Fruit, or Substitute • Fresh Kiwi, or Substitute • Milk Variety • Assorted Condiments 	<ul style="list-style-type: none"> • Chicken Burrito • Ham or Turkey & Cheese Sandwich • Pb&J Sandwich with Pretzels or Goldfish • Salad with dressing • Whole Fruit, or Substitute • Fresh Cantaloupe, or Substitute • Milk Variety • Assorted Condiments 	<ul style="list-style-type: none"> • Pepperoni Pizza • Hummus & Veggie Box • Pb&J Sandwich with Pretzels or Goldfish • Fresh Cherry Tomatoes or Substitute • Whole Fruit, or Substitute • Cuties, or Substitute • Milk Variety • Assorted Condiments
13	14	15	16	17
<ul style="list-style-type: none"> • Chicken Nuggets • Cold Deli Yogurt with Granola • Pb&J Sandwich • Fresh Snap Peas, or Substitute • Whole Fruit, or Substitute • Grapes, or Substitute • Milk Variety • Assorted Condiments 	<ul style="list-style-type: none"> • Cheese Lasagna Rollup • Turkey or Ham & Cheese Sandwich • Pb&J Sandwich • Fresh Carrots • Whole Fruit, or Substitute • Applesauce or Fruit Cup or Substitute • Milk Variety • Assorted Condiments 	<ul style="list-style-type: none"> • Chicken Patty Sandwich • Chicken Caesar Wrap • Pb&J Sandwich • Salad with dressing • Whole Fruit, or Substitute • Fresh Raspberries or Substitute • Milk Variety • Assorted Condiments 	<ul style="list-style-type: none"> • Beef & Bean Burrito • Turkey or Ham & Cheese Sandwich • Pb&J Sandwich • Fresh Cherry Tomatoes or Substitute • Whole Fruit, or Substitute • Watermelon or Substitute • Milk Variety • Assorted Condiments 	<ul style="list-style-type: none"> • Cheese Pizza • Cold Deli Yogurt with Granola • Pb&J Sandwich • Fresh Cucumber Slice or Substitute • Whole Fruit, or Substitute • Fresh Pear • Milk Variety • Assorted Condiments
20	21	22	23	24
 <p>HAVE A GREAT Winter Break</p>	<ul style="list-style-type: none"> • No School Today 	<ul style="list-style-type: none"> • No School Today 	<ul style="list-style-type: none"> • No School Today 	<ul style="list-style-type: none"> • No School Today
27	28	29	30	31
<ul style="list-style-type: none"> • No School Today 	<ul style="list-style-type: none"> • No School Today 	<ul style="list-style-type: none"> • No School Today 	<ul style="list-style-type: none"> • No School Today 	 <p>HAPPY NEW YEAR</p>



Healthy Kids Club®
A program of UHealth

Healthy Kids Connection

Fall/Winter 2021

Healthy Kids Connection is a bi-monthly source of news, resources, contests and education to help keep northern Colorado families and schools healthy and connected.

Today, I'm most thankful for...

Practicing daily gratitude may be overwhelming to some people and seem like one more thing to add to our already busy lives. While it is wonderful to write in a daily gratitude journal or meditate, gratitude doesn't have to be involved or time-consuming. It can be as easy as saying thank you to the cashier at the grocery store, sending an email to your child's teacher telling them how much you appreciate them or just taking a deep breath and enjoying the clean air. One thing we do know is that being thankful and practicing gratitude every day is a healthy habit for our emotional well-being that we can easily add to our daily 5210+ health habits.



Read below for some fun ideas and resources to finish out fall and bring in winter. Also, check out our newest version of Healthy Best Bingo! Go to the Kids' Corner below, download the bingo card, get a bingo by practicing the 5210+ healthy habits along with some gratitude and kindness. Submit the form to be entered into a prize drawing for a Healthy Kids Club prize pack.

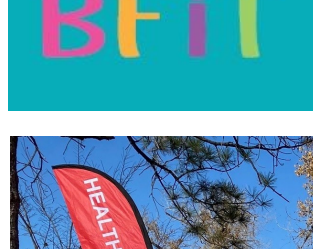
Healthy Kids Club program updates



CHALLENGE!

Save the Date for the 5210+ Challenge—Starting Feb. 1, 2022!

Students, staff and families-get ready to take the challenge! Look for information from your schools in January. [Click here](#) to view the 5210+ video.



Our fall Bstrong Bfit program wrapped up with the Bellringer 2 mile race on Nov. 6. This fall we had 9 schools participate with 164 4th and 5th grade girls. Bstrong Bfit is an eight-week program for 4-6th grade girls to promote health, wellness and self-esteem.



Kids' corner

Healthy Best Bingo!

DIRECTIONS:

- Click on bingo image and print out Bingo Card.
- Cross off squares as you complete them to try to get a Bingo.
- Game begins today and ends Dec. 10.
- Each Bingo will count as one entry into our drawing for Healthy Kids Club prize packs.
- Follow this link (<https://bit.ly/HealthyKidsBingo2021>) to enter the prize drawing by 12:00 p.m., Monday, Dec. 13.
- Winners will be notified via email by Friday, Dec. 17.

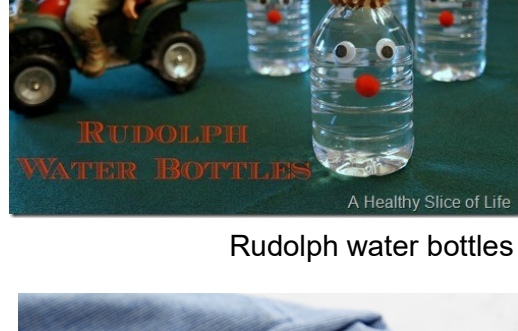


Celebrate fall and winter with these fun ideas for classroom parties or home!

Click on each image to get the instructions.



Snowman cheese sticks



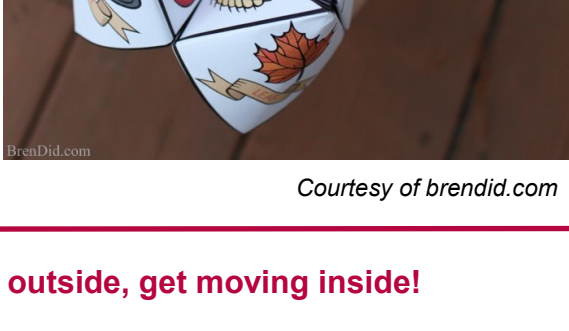
Rudolph water bottles



Dreidel cheese and pretzels

Try out this thankfulness cootie catcher for Thanksgiving.

Click on the image below for the free printable and instructions

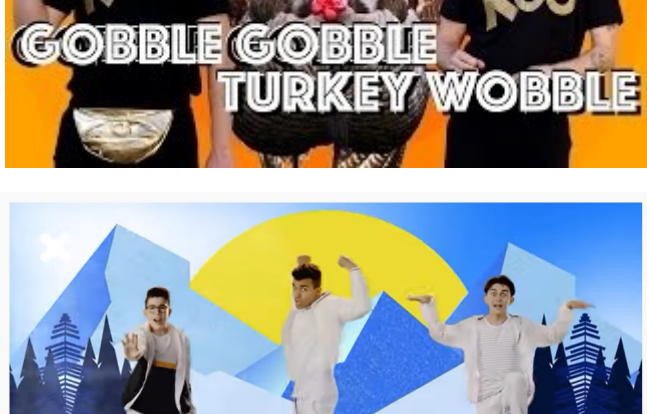


Courtesy of brendid.com

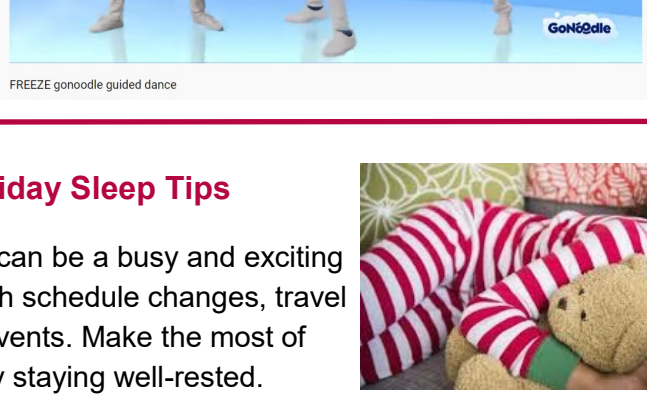
When it's cold outside, get moving inside!

Click on each image to play the video

Gobble
Gobble
Turkey
Wobble

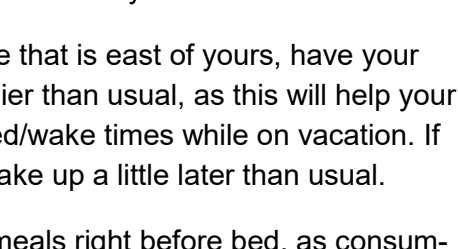


Freeze
Dance



Healthy Holiday Sleep Tips

The holidays can be a busy and exciting time, filled with schedule changes, travel and special events. Make the most of the season by staying well-rested.



Try to keep a consistent sleep schedule by having your family go to bed and get up at the same times every day, even on holiday breaks.

If you are planning to travel to a time zone that is east of yours, have your family go to bed AND wake up a little earlier than usual, as this will help your internal sleep clocks adjust to different bed/wake times while on vacation. If you are traveling west, go to sleep and wake up a little later than usual.

Avoid caffeine after lunchtime and large meals right before bed, as consuming those can disrupt sleep (fun fact: turkey doesn't make you any sleepier than other holiday foods!).

If you want to nap, aim for a 20-minute nap, which experts say is the best time length to wake up feeling refreshed and ready to go.

Turn down the temperature, even though it may be cold outside. We sleep better when the room is between 60 and 67 degrees Fahrenheit (65-70 degrees for babies and toddlers).

Make sure to stay active over the holidays, as physical activity during the day can facilitate better sleep at night. Cold weather activities, like skiing and skating, and even walking around the mall to gift shop, are good exercise.

Visit [Alliance for a Healthier Generation](#) for more kid-friendly resources.

Healthy Kids Connection is distributed bi-monthly to Elementary Office Managers, PE teachers and the Healthy Kids Club's mailing list. For more information: laurie.zenner@uhealth.org

[Click Here](#) to be added to the Healthy Kids Club Mailing List.

www.healthykidsclub.org

[f](#) [UHealth-Healthy Kids Club](#)

[t](#) [@healthykidsclub](#)



Healthy Kids Club®
A program of UHealth

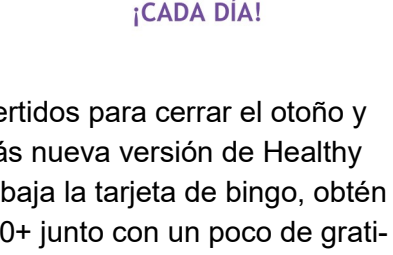
Healthy Kids Connection

otoño / invierno 2021

Healthy Kids Connection es una fuente bi-mensual de noticias, recursos, concursos y educación para ayudar a mantener saludables y conectadas a las familias del Norte de Colorado.

Hoy, estoy más agradecido por...

El practicar agradecimiento a diario podría ser abrumante para algunas personas y podría parecer como una cosa más que añadir a nuestras vidas ya tan ocupadas. En tanto que es maravilloso escribir en un diario de agradecimiento o meditar, la gratitud no tiene que ser complicada ni tiene que tomar mucho tiempo. Puede ser tan fácil como darle las gracias a la cajera del mercado, enviarle un email al maestro de su niño dejándole saber cuánto lo aprecia, o sólo respirar hondo y disfrutar del aire limpio. Una cosa que sí sabemos es que ser agradecido y practicar la gratitud cada día es un hábito saludable para nuestro bienestar emocional que podemos fácilmente añadir a nuestros diarios hábitos de salud 5210+.



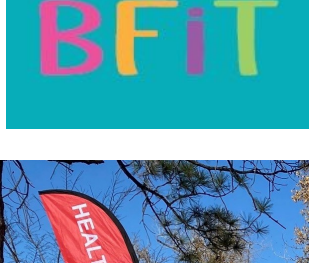
Lee abajo para ver algunas ideas y recursos divertidos para cerrar el otoño y recibir al invierno. Además, ¡chequea nuestra más nueva versión de Healthy Best Bingo! Chequea la Kids Corner más abajo, baja la tarjeta de bingo, obtén un Bingo practicando los hábitos saludables 5210+ junto con un poco de gratitud y bondad. Somete la forma para entrar a un concurso para un paquete de premios Healthy Kids Club.

Actualizaciones al Programa de HKC

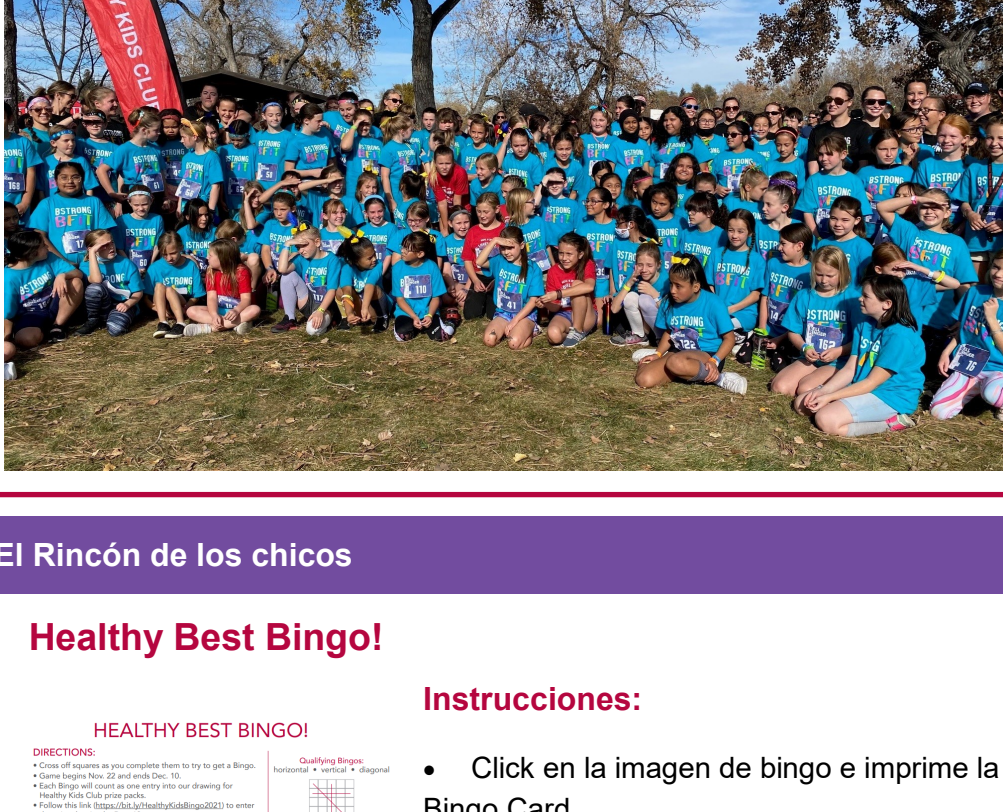


Reserva el Día para el Desafío 5210+ - Comenzando el 1 de febrero, 2022.

Estudiantes, personal y familias- ¡prepárense para aceptar el desafío! Esperen información de sus escuelas en enero. [Click aquí](#) para ver el video del 5210+.



Nuestro programa Bstrong Bfit estará envuelto con la carrera de 2 millas Bellringer el 6 de noviembre. Este otoño tuvimos 9 escuelas participando con 164 niñas de 4to y 5to grado. Bstrong Bfit es un programa de ocho semanas para promover salud, bienestar y auto estima en niñas de 4-6to grado.



El Rincón de los chicos

Healthy Best Bingo!

Instrucciones:

HEALTHY BEST BINGO!

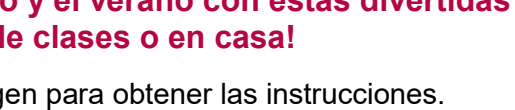
DIRECTIONS:
• Cross off squares as you complete them to try to get a Bingo.
• Game begins Nov. 22 and ends Dec. 10.
• Each Bingo will count as one entry into our drawing for Healthy Kids Club prize packs.
• Follow this link <https://bit.ly/HealthyKidsBingo2021> to enter the prize drawing by Dec. 15.
• Winners will be notified by email.

Qualifying Bingos:
horizontal • vertical • diagonal

Less than 2 hours of recreational screen time.	Eat a fruit or veggie for a snack.	Gratitude dinner - share 3 things that you're thankful for.	Go for a family walk.	Get a total of 1 hour of exercise today.
Turn on your favorite music and dance for 10 minutes.	Family dance party!	Get a total of 1 hour of exercise today.	Eat a fruit or veggie for a snack.	Get a total of 1 hour of exercise today.
Get a total of 1 hour of exercise today.	Eat a total of 5 fruits and vegetables.	Drink 8 glasses of water.	Random Act of Kindness - do 2 acts of kindness for someone today.	Get 9 hours or more of sleep.
Eat a fruit or veggie for a snack.	Get 9 hours or more of sleep.	Go for a family walk.	Get a total of 1 hour of exercise today.	Less than 2 hours of recreational screen time.
Random Act of Kindness - do 2 acts of kindness for someone today.	Drink 8 glasses of water.	Eat a total of 5 fruits and vegetables.	Family dance party!	Help prepare a healthy dinner.

- Click en la imagen de bingo e imprime la Bingo Card.
- Marca los cuadrados según los completes para tratar de obtener un Bingo.
- El juego comienza hoy y termina el 10 de diciembre.
- Cada Bingo cuenta para una entrada al sorteo de paquetes de premios Healthy Kids Club.
- Sigue este enlace (<https://bit.ly/HealthyKidsBingo2021>) para entrar al sorteo de premios antes de las 12:00 p.m., el lunes 13 de diciembre.

- Los ganadores serán notificados por email para el viernes, 17 de diciembre.

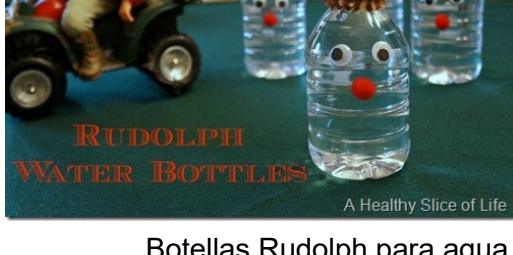


¡Celebra el otoño y el verano con estas divertidas ideas para fiestas en el salón de clases o en casa!

Click en cada imagen para obtener las instrucciones.



Palitos Snowman de queso



Botellas Rudolph para agua



Queso Dreidel y pretzels

Trata este atrapador de cooties para Thanksgiving

Click en la imagen abajo para imprimir el dibujo e instrucciones gratis



Courtesy of brendia.com

Cuando afuera hace frío, ¡muévete bajo techo!

Click en cada imagen para comenzar el video

Gobble
Gobble
Turkey
Wobble



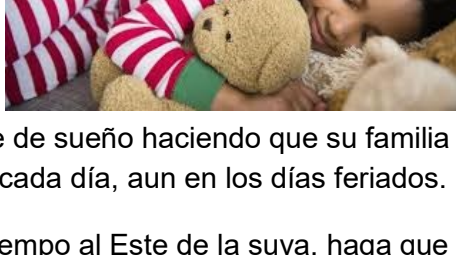
Freeze
Dance



FREEZE gonoodle guided dance

Consejos Saludables para Dormir durante los Días Feriados

Los días feriados pueden ser ocupados y excitantes, repletos de cambios en horarios, viajes y eventos especiales. Haz lo mejor de la temporada permaneciendo descansado.



Trate de mantener un horario consistente de sueño haciendo que su familia se acueste y se levante a la misma hora cada día, aun en los días feriados.

Si está planeando viajar a una zona de tiempo al Este de la suya, haga que su familia se acueste Y se despierte un poco más temprano de lo usual, ya que ésto ayudará a que sus relojes internos se ajusten a diferentes horas de acostarse/despertar durante su vacación. Si viaja hacia el Oeste, acuéstense y despierten un poco más tarde de lo usual.

Eviten la cafeína después del almuerzo (lunch), y las comidas abundantes antes de acostarse, ya que ésto interrumpe el sueño (dato gracioso: el pavo no le da más sueño que otras comidas festivas).

Si desea tomar una siesta, hágalo sólo por 20 minutos, lo cual aseguran los expertos es lo mejor para despertar renovado y listo para partir.

Baje la temperatura, aun cuando esté frío afuera. Dorminos mejor cuando la habitación está entre

60 y 67 grados Fahrenheit (65-70 grados para bebés y pequeñines).

Asegúrese de permanecer activo durante los días feriados, ya que la actividad física durante el día puede facilitar el sueño por la noche. Las actividades del tiempo frío, tales como esquiar y patinar, y aun caminar en el mall para ir de compras, son un buen ejercicio.

Para más recursos para chicos, visite [Alliance for a Healthier Generation](#).

Healthy Kids Connection es distribuido bi-mensual mente a los Elementary Office Managers y a la lista de miembros del Healthy Kids Club. Para más información: laurie.zenner@uchealth.org

[Click aquí](#) para recibir por correo los avisos de Healthy Kids Club.

www.healthykidsclub.org

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