

## Wildcats Newsletter

## February 2022

5400 Mail Creek Lane Fort Collins, CO 80525

Principal
Hayden Camp

# Assistant Principal John Passantino

Office 488-5550

Attendance Line
488-5551

<u>Fax</u> 488-5552

www.wer.psdschools.org



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

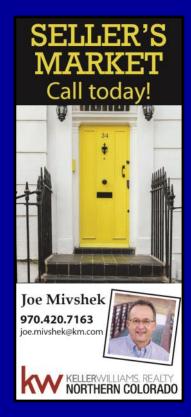
Dear Werner Community,

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 <a href="Healthy Kids Club">Healthy Kids Club</a> 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!

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



### **Note From The Principal**

continued

Here's what to look forward to for February:

Healthy Kids 5210+ Challenge, Feb. 1-28- Flyers sent home in Friday folders.

- PTA Meeting, Feb. 8- Join our fabulous PTA on Zoom to get updates and to stay involved in supporting our school! An agenda will be sent out closer to the meeting.
- Valentine's Day Parties, Feb. 11- We are planning to have our annual parties at this point. More details will come from teachers. These parties are limited to two classroom volunteers.
- No School, Feb. 21- This is a staff work day.
- Science Fair- Our annual Science Fair is scheduled for March 4. Details about the science fair and registration will come soon.

Have a great February!

Best regards,

Hayden







Page 2



#### **Counseling Corner**

#### February 2022

I wanted to thank the Werner community again for all their support, time, and effort with Meals that Matter and The Giving Tree. The staff and families are eternally grateful for all the help our community provided to make the holidays a good one for everyone.

Every grade level has learned 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 create 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 are wanting to build resilience in your family.

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the LINCOLN center











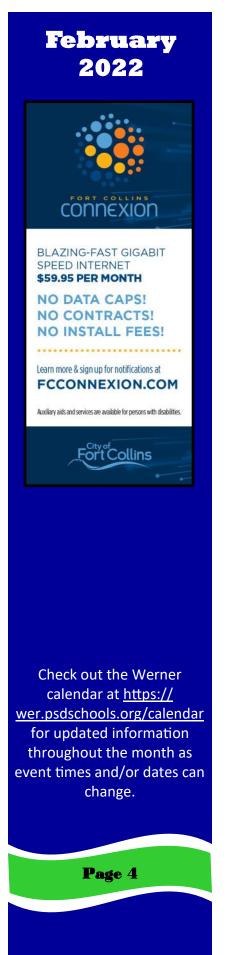












### **Counseling Corner**

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If you think your child would benefit from talking to me about any social problems (including anxiety about illness or any other emotional challenges), please email me. I check in with kids often and we can set up a time and day easily.

I also enjoy Love and Logic as a parent and educator. When we take care of ourselves, we can be there for others. Here 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.

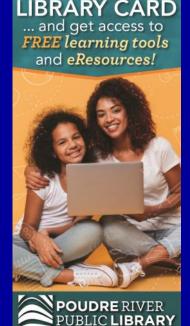
#### Focus on what you can control

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.

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**GET A** 



poudrelibraries.org/borrow

#### **Counseling Corner**

continued

#### 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.

#### 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, <u>Love and Logic Magic:</u> <u>When Kids Drain Your Energy</u> 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 holiday season!

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

Dr. Charles Fay

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

Market your business in both Poudre and Thompson school districts.

You gain visibility and targeted, increased awareness; schools gain funds from advertising revenue.



Page 5

Advertise with The School Newsletter Company

Joe Mivshek 970-420-7163 | SchoolNewsletterCompany@gmail.com

#### **PTA News**

#### **International Night**

The PTA is excited to host our first ever International Night in the Spring. We are looking for volunteers to share their love of their culture with our community. We'll also be looking for volunteers to assist in the organization and hosting of the event. If you are interested in more details on how you can get involved, please reach out to us at ptawernerelementary@gmail.com.

#### **Upcoming General Meeting**

Tuesday, February 08 | 9:00 am | Zoom

#### **PTA Spirit Wear**

Make great Holiday gifts for Teacher's and Parent's Werner PTA has designed some <u>Grownup Tees and Coffee Mugs</u> for purchase to show your PTA spirit!

Follow us on <u>Facebook</u> 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?





CHIPOTLE FUNDRAISER FOR

## WERNER ELEMENTARY

33% OF EVENT SALES GET DONATED TO THE CAUSE

WEDNESDAY, FEBRUARY 16TH | 4-8PM 2120 E HARMONY RD, FORT COLLINS, CO, 80528

ORDER ONLINE FOR PICKUP USING CODE 9W24GHH
OR SHOW THIS FLYER IN RESTAURANT



## Connections Collaborative Learning Event



Thursday, February 17th, 2022 4:00-7:30 PM

Join Poudre School District (PSD) Integrated Services Specialists, Parents, and Community Experts for a virtual learning event to learn about supporting students with disabilities.

The following three sessions will be offered with various topics to choose from:

**Opening Session** 

4:00 - 4:30

Session 1

4:30 - 5:25

Session 2

5:30 - 6:25

Session 3

6:30 - 7:25

#### Session 1

- The Role of Multidimensional
   Language System in Literacy
   Development
- Developing Early Numeracy
- Curricular
   Adaptations &
   Modifications That
   Work
- Parent/Caregiver Community Resources
- Creating Successful Inclusion for All!
- Behavior Basics: Unraveling the Code
- Student Led IEPs
- IEP Development: The Golden Thread

#### Session 2

- Dyslexia
- The Role of Multidimensional Language System in Literacy Development
- Math Skills for Secondary Students
- Making Accommodations & Modifications Work
- Understanding the Brain, Student Behavior, & Mental Health
- Conflict Resolution: Strategies that Resolve Conflict & Build Trust

#### Session 3

- Dyslexia
- Parent/Caregiver Community Resources
- Creating Successful Inclusion for All!
- Student Led IEPs
- Conflict Resolution: Strategies that Resolve Conflict & Build Trust
- Behavior Basics: Unraveling the Code
- Fetal Alcohol Spectrum Disorders (FASD) – The Hidden Disability
- Curricular
   Adaptations &
   Modifications That
   Work
- IEP Development: The Golden Thread

Director/Assistant Director Sessions

4:30 - 6:30

Join the Director/Assistant Directors of Integrated Services for a 10-minute one-on-one Session between 4:30 and 6:30. Register on the website to secure your spot. There will also be a waiting list.



Register for the Event Here:

isconnections.psdschools.org

### Questions?

Heidi Graber, Parent Liaison 970.490.3225 | hgraber@psdschools.org





## Fostering Social and Emotional Learning at Home

Social and emotional learning (SEL) is a framework that gives students the skills to recognize and manage emotions and help solve problems effectively by establishing positive relationships. According to the Collaborative for Academic, Social, and Emotional Learning (CASEL), encouraging SEL yields positive results for students, adults, and school communities. Parents can use these tips to help foster SEL at home.

## **Focus on Strengths**

When your child brings home a test, talk first about what they did well. Then talk about what can be improved. Praise specific strengths; don't just criticize things that were done wrong.

## Ask Children How They Feel

When you ask your child about their feelings, the message is that feelings matter and you care. It shows the importance of being a good listener and helps children feel heard in a way that fosters a strong parent-child relationship.

## Be Willing to Apologize

Parents need to be able to apologize to their children if what they said was not what they meant. Calmly explain what you really wanted to say. By doing this, you're being a good role model. You're showing how important it is to apologize after hurting someone. You're teaching that it's possible to work through problems with respect for the other person.

## Give Children Choices—and Respect Their Wishes

When children have a chance to make choices, they learn how to solve problems. If you make



all their decisions for them, they'll never learn this key skill. Giving children ways to express preferences and make decisions shows that their ideas and feelings matter.

### Ask Questions to Help Children Solve Problems on Their Own

When parents hear their child has a problem, it's tempting to step in and take over. However, this can harm a child's ability to find solutions on their own. A helpful approach is to ask good questions. Examples include, "What do you think you can do in this situation?" and "If you choose a particular solution, what will be the consequences of that choice?"





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\*\*PreKand Integrated Services Transition Programs may have different calendars. Check with the applicable department for details.

Transition Day (6th and 9th grade only)

Student Days

School not in session - staff on duty

School not in session - staff exchange day

Elementary Schools not in session - staff exchange day

First and Last Day for all Students

SB School Break - School not in session

Holiday - PSD District Offices Closed

Board of Education Meeting

Page 11 February 2022

## February 2022

## Werner Elementary

### Breakfast

				Dicarras
MONDAY	TUESDAY	WEDNESDAY 2	THURSDAY	FRIDAY
	Breakfast Round     Assorted Muffins     Assorted Cereal     Assortent of Fruit     Milk: fat free, 1%     Assorted Juice	Whole Grain Cinnamon French Toast     Assorted Muffins     Assorted Cereal     Assortment of Fruit     Milk: fat free, 1%     Assorted Juice	Cinnamon Toast Crunch Soft Filled Bar Assorted Muffins Assorted Cereal Assortment of Fruit Milk: fat free, 1% Assorted Juice	
Whole Grain Cinnamon French Toast     Assorted Muffins     Assorted Cereal     Assortment of Fruit     Milk Variety     Assorted Juice	Breakfast Sausage Pizza Assorted Muffins Assorted Cereal Assortment of Fruit Milk Variety Assorted Juice	Pancake Sausage Wrap BIC     Assorted Muffins     Assorted Coreal     Assortment of Fruit     Milk Variety     Assorted Juice	Breakfast Round     Assorted Muffins     Assorted Cereal     Assortment of Fruit     Milk Variety     Assorted Juice	WW Bagel & cream cheese     Strawberry Banana Smoothie     Assorted Muffins     Assorted Cereal     Assortment of Fruit     Milk Variety     Assorted Juice
WGR Pumpkin Bread or Seasonal Loaf Bread     Assorted Muffins     Assorted Cereal     Assortment of Fruit     Mille fat free, 1%     Assorted Juice	Whole Grain Cinnamon French Toast     Assorted Muffins     Assorted Cereal     Assortment of Fruit     Milk: fat free, 1%     Assorted Juice	Breakfast Sausage Pizza     Assorted Muffins     Assorted Cereal     Assortment of Fruit     Milk: fat free, 1%     Assorted Juice	Breakfast Round     Assorted Muffirs     Assorted Cereal     Assortment of Fruit     Milk: fat free, 1%     Assorted Juice	Mini Cinnamon Rolls     Assorted Muffins     Assorted Cereal     Assortment of Fruit     Milk: fat free, 1%     Assorted Juice
HAPPY PRESIDENTS DAY	Cinnamon Toast Crunch Soft Filled Bar Assorted Muffins Assorted Cereal Assortment of Fruit Milk: fat free, 1% Assorted Juice	Breakfast Round     Assorted Muffins     Assorted Cereal     Assortment of Fruit     Milic fat free, 1%     Assorted Juice	WW Bagel & cream cheese     Strawberry Banana Smoothic     Assorted Muffins     Assorted Cereal     Assortent of Fruit     Milk: fat free, 1%     Assorted Juice	Pancake Sausage Wrap BIC Assorted Muffins Assorted Cereal Assortment of Fruit Milk: fat free, 1% Assorted Juice
WGR Pumpkin Bread or Seasonal Loaf Bread				

- Seasonal Loaf Bread Assorted Muffins

- Assorted Gereal
   Assortment of Fruit
   Milk: fat free, 1%
- Assorted Juice

Page 12 February 2022

## February 2022

#### Werner Elementary

Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Mac & Cheese Turkey or Ham & Cheese Sandwich Pb&J Sandwich Fresh Carrots Green Beans Whole Fruit, or Substitute Applesauce or Fruit Cup or Substitute Milk Variety Assorted Condiments	Chicken Patty Sandwich Chef Salad with Goldfish Crackers Pb&J Sandwich Salad with dressing Steamed Broccoli Whole Fruit, or Substitute Fresh Strawberries, or Substitute Milk Variety Assorted Condiments	Beef & Bean Burrito Turkey or Ham & Cheese Sandwich Ph&J Sandwich Fresh Cherry Tornatoes or Substitute Refried Beans Whole Fruit, or Substitute Watermelon or Substitute Milk Variety Assorted Condiments	Cheese Ptzza Cold Dell Yogurt with Granola Pb&J Sandwich Fresh Cucumber Slice or Substitute Steamed Carrots Whole Fruit, or Substitute Fresh Pear Milk Variety Assorted Condiments
Goldfish Cold Dell Yogurt with Granola PB&J Sandwich with Pretzels or Goldfish Fresh Celery Sticks, or Substitute Com Whole Fruit, or Substitute Fresh Blueberries, or	Cheese Calzone & Marinara Ham or Turkey & Cheese Sandwich PB&J Sandwich with Pretzels or Goldfish Bell Peppers, or Substitute Green Beans Whole Fruit, or Substitute Orange Wedges Milk Variety Assorted Condiments	<ul> <li>Cold Delt Yogurt with Granol</li> <li>PB&amp;J Sandwich with Pretzels</li> </ul>	<ul> <li>Sandwich</li> <li>PB&amp;J Sandwich with Pretzels or Goldfish</li> <li>Salad with dressing</li> </ul>	Pepperoni Pizza Hummus & Veggle Box PB&J Sandwich with Pretzels or Goldfish Fresh Cherry Tornatoes or Substitute Steamed Broccoli Whole Fruit, or Substitute Cuttes, or Substitute Milk Variety Assorted Condiments
Chicken Nuggets Cold Deli Yogurt with Granola Ph&J Sand Rep.	Cheese Lasagna Rollup Turkey or Ham & Cheese Sandwich Pb&J Sandwich Fresh Carrots Green Beans Whole Fruit, or Substitute Applesauce or Fruit Cup or Substitute Milk Variety Assorted Condiments	Chicken Patty Sandwich Chicken Caesar Wrap Pb&J Sandwich Salad with dressing Steamed Broccoll Whole Fruit, or Substitute Fresh Raspberries or Substitute Milk Variety Assorted Condiments	Beef & Bean Burrito     Turkey or Ham & Cheese Sandwich     Pb&J Sandwich     Fresh Cherry Tomatoes or Substitute     Refried Beans     Whole Fruit, or Substitute     Watermelon or Substitute     Milk Variety     Assorted Condiments	Cheese Pizza Cold Deli Yogurt with Granola Ph&J Sandwich Fresh Cucumber Slice or Substitute Steamed Carrots Whole Fruit, or Substitute Fresh Pear Milk Variety Assorted Condiments

#### 21

#### 22

- Cold Delt Yogurt with Granola Cold Delt Yogurt with Granola Harn or Turkey & Cheese
- or Goldfish
  Bell Peppers, or Substitute
  Green Beans
  Whole Fruit, or Substitute
  Steamed Veggles

- Orange Wedges Milk Variety
- Assorted Condiments

- Cheese Calzone & Marinara . Asian Meatballs & Rice
- PB&J Sandwich with Pretzels PB&J Sandwich with Pretzels

  - Steamed Veggles
     Whole Fruit, or Substitute
     Fresh Kiwt, or Substitute

  - Mtlk Variety
     Assorted Condiments

### 24

Sandwich

- Ocean Treasures
- PB&J Sandwich with Pretzels or Goldfish
- Salad with dressing Substitute
   Mashed Potatoes with Gravy Steamed Carrots
   Whele English or Su
- Whole Fruit, or Substitute
- Honeydew Melon or
- Substitute
- Milk Variety
- Assorted Condiments

- Pepperoni Pizza Cold Deli Yogurt with Granola PB&J Sandwich with Pretzels or Goldfish
- Fresh Cherry Tomatoes or
- Whole Fruit, or Substitute
- Cuties, or Substitute
- Milk Variety
   Assorted Condiments

#### 28

- Hamburger & Cheeseburger Cold Deli Yogurt with Granola
- Pb&J Sandwich
- Fresh Snap Peas, or Substitute
- Com
   Whole Fruit, or Substitute
   Grapes, or Substitute
   Milk Variety
   Assorted Condiments