



Wildcats Newsletter

November 2022

5400 Mail Creek Lane
Fort Collins, CO 80525

Principal
Hayden Camp

Assistant Principal
Butterscotch Culhane

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www.wer.psdschools.org

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It's a note from the principal ...

Dear Werner Community,

As we enter November, I want to share how grateful I am for the community we have. The support of our parents, the care of our teachers, and the joy our students bring each day makes our school the best. Thanks for all you do to make our school a great place to be!

Coming up this month, we have opportunities to serve others and to celebrate community some more. From our Meals that Matter to the Turkey Roundup, we have the opportunity to help support others with food insecurity in our community. We also have the opportunity to celebrate our community with our Donuts with Grownups. Look for more details to come soon for this great event on November 9-10.

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**Fall Youth Club
Registration is
OPEN!**

Whether you are just dipping your toes in the climbing world, or looking to move into competitive climbing, there is a place for you at Ascent!

**Clubs fill FAST!
Register today!**

970.999.5596
2150 Joseph Allen Drive, Fort Collins, CO 80525
ascentstudio.com/youth_clubs

**ASCENT
STUDIO**

**The
Women's Clinic
of Northern Colorado**

Schedule Your Appointment Today!

November 2022

GET A
LIBRARY CARD
... and get access to
FREE learning tools
and **eResources!**



**POUDRE RIVER
PUBLIC LIBRARY**
DISTRICT
poudrelibraries.org/borrow

CLICK IT

Click on the
Ads in this
Newsletter

...to learn more about
these great companies!

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Note From The Principal

continued

Coming up in November:

Werner Calendar

- Nov. 3- Werner Fun Run 2022 (Time TBD)
- Nov. 9 & 10- Donuts with Grownups, 7:45-8:30 am, Werner Gym/ Flex Room
- Nov. 10- PTA Meeting, 6-9 PM, at Board and Brush (see flyer)
- Nov. 11- NO SCHOOL, Staff Work Day
- Nov. 17- Turkey Roundup, Morning Drop-off
- Nov. 21-25- NO SCHOOL, Fall Break
- Nov. 28-Dec. 1- Book Fair, Media Center

Thanks, again, for making Werner a great place to be!

Best regards,

Hayden



CANS Around the Oval

Hello Wildcats,

With your support, Werner was able to donate \$560.50 and 502.7 pounds of food to Larimer County Food Bank through the CSU tradition of C.A.N.S. Around the Oval!

Thank you!

Werner Student Council and Kindness Club

**We understand the stress
of caring for a sick child.**

Our providers are here to help get
your family on the fast track to healthy.



The Youth Clinic
caring for our future generations



**Pediatric
Urgent Care**
OF NORTHERN COLORADO



November 2022

Counseling Corner

November 2022

I wanted parents to know about a free seminar from one of my favorite parenting/guardian site. Please see below for information and how to sign up.

Need Solutions? Call 800-338-4065

Love and Logic Insider's Club

In this event we'll talk about the key to becoming a more effective parent.

And to raising responsible, emotionally stable, successful kids.

It starts with BRAIN HEALTH

Healthy Brains Make Happy Kids

FREE Online Event
Thursday, November 3
10 AM, 2PM or 5PM PST

AmenUniversity |  Love and Logic

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

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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.

Advertise with The School Newsletter Company
Joe Mivshek 970-420-7163 | SchoolNewsletterCompanyCO@gmail.com



Counseling Corner

continued

Have you ever known a parent who just doesn't get it?

The kind of parent who continually makes the same mistakes over and over?

Maybe they're too domineering...

Maybe they're more interested in being their child's friend than in being their parent...

Or maybe they set a bad example...

It can make you wonder, *What were they thinking?*

Maybe it's your spouse who wants to be a great parent but keeps tripping up and creating unnecessary drama in the family.

Or maybe it's you.

What is it that is keeping you—or someone you know—from being the kind of parent you want to be?

It all starts in the BRAIN!

This event will introduce you to:

- Why your effectiveness as a parent depends on your brain
- Everyday habits that hurt the brain, and simple strategies that boost the brain
- How to take advantage of our proven Brain-Psychology approach
- The 4 Circles of Parenting Success
- Why it's never too late to start boosting brain health

[Reserve your spot](#) and join us on Thursday, November 3, 2022 - 10am / 2pm / 5pm PT

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Supporting our Schools



Joe Mivshek

Joe.Mivshek@KW.com

kw NORTHERN
COLORADO
KELLERWILLIAMS.

970.420.7163



Go to site below and sign up:

https://courses.loveandlogic.com/healthy-brains-nov-2022?utm_campaign=nov_event&utm_medium=love_logic&utm_source=email&utm_term=healthy_brain

It is already that time of year for giving, and Werner wants to make sure all families have needed food and essentials. If you would like to give to Meals that Matter, please send a check, cash, or gift card with your student on or before November 10th. We will attach the monetary gift to a Turkey to give to families the week of November 14th. Please do not feel obligated and if your family is in need, please contact Julie Flemister

(jflemist@psdschools.org) or Jenny Whetsell (jwhetsel@psdschools.org).

Everything is confidential and we are internally grateful for all the donations. Please note, we will be asking again for monetary or gift card donations again in December for the Werner Giving Tree.

Kindergarten is learning about RESILIENCY and how to keep calm even during difficult times. First and second graders are learning how to calm their brains when they are upset, and the 3 parts of the brain related to feelings. Please talk to your student(s) about how you calm your brain when you are feeling frustrated or sad. We talk about the more you practice calming your brain, the faster we can solve problems, learn, and build better friendships.

Third grade is continuing with Conflict Resolution and what to do with a conflict. We have been exploring how conflict is normal and how it can be healthy. We also have had many discussions about the difference between normal peer conflict and bullying. Fourth graders are building skills on how to deal with conflict, build resiliency and keeping our brain calm during these times. Fifth grades are learning about bully-proofing and conflict resolution. Please ask your 5th grade about tools for stopping mean people or bullies.

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.

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We are here for your child's health!
¡Estamos aquí para la salud de su hijo!

Schedule your school or sport physical today!
¡Programa hoy su examen físico para la escuela o deporte!



Salud
Family Health

(303) 697-2583
(303) MYSALUD

1635 BLUE SPRUCE DR | FORT COLLINS CO

OUR CARE IS PINO-MITE!

MEDICAL = PEDIATRICS = DENTAL = BEHAVIORAL saludclinic.org

November is a time to give thanks and I rely a lot on Love and Logic for home and work for their thankful wisdom. The following was taken from an email from Dr. Charles Fay.

How Can We Teach Our Kids Selflessness?

In honor of the self-sacrifice of veterans and their families, it seems appropriate to consider how we can instill these values in our children. When we do, they benefit and so does our world. It's a win-win deal!

Teach them to serve you and their family

Are your kids working hard to serve you... or are you doing all of the work? Children should not be treated as slaves. They should, however, be expected to do their fair share of work around the house... so they don't believe their parents are slaves.

Expect tangible mini acts of service

There's a "train" at Denver International Airport that shuttles passengers from the main terminal to the various airline concourses. It's almost always the same scene: The seats are filled with children, teens, and young adults, while older... even elderly people... are forced to stand.

Is there something wrong with this picture?

Allow boredom

Too many of us feel compelled to entertain our kids anytime they experience a bit of dullness. Can you see the connection between doing so and them believing they are the center of the universe? Is it good for kids to be occasionally bored while you shop, while you have a conversation with someone, while you wait in line, or while you spend a quiet weekend at home?

Limit exposure to popular media

A steady, unsupervised diet of on-screen narcissism and negativity is certain to make our job of raising selfless kids much harder.

Community service... as a privilege not a punishment

Great parents occasionally say things like, "This is great! Today we get to go over to the nursing home on Elm Street and read to seniors who can't see well enough to read for themselves." Or they say, "The park is trashed. It's going to feel so good to help out by cleaning it up!"

Great parents also ignore complaining and eye rolling as they load the family into the car. Just like most things that are good for them, kids often need a bit of prodding to realize how good it feels to help. A friend of mine commented, "They hated it at first. Now they love it. It's become a real family bonding opportunity."

In honor of our veterans and their families, can we give some careful thought to how we might raise young people who understand selflessness... and the fact that the best way to feel good about oneself is to serve?

-Dr. Charles Fay

**November
2022**



Mark your calendars! The Book Fair is returning November 29th- December 1st. Look for more information coming soon.

Meals That Matter

Thanksgiving and all of its delicious celebrations and traditions are right around the corner. Keeping with tradition, Werner is collecting monetary donations for our 13th Annual Meals That Matter program. With your contribution, Meals That Matter will provide Werner families in need of a little extra help this season with a grocery gift card and a frozen turkey (courtesy of the Larimer County Food Bank) to ensure all families can celebrate this special time of year. Please consider donating any amount to support this important program for our friends and neighbors.

Donations will be collected in the front office through November 11 and can be made via cash, check, or PayPal https://www.paypal.com/donate?hosted_button_id=EESPSETKRWW9E

Checks should be made payable to Werner Elementary PTA. Please include "Meals That Matter" on your check or envelope.

For questions, please contact Kathy Green at (970) 631-2688.

THANKS FOR GIVING!

It is time for Werner's 13th Annual MEALS THAT MATTER Community Service Project

Let's come together to provide the means for a Thanksgiving meal for families in our own community!

This year we are once again collecting MONETARY DONATIONS only. We will distribute those funds via grocery gift cards to our families along with a frozen turkey provided by the Larimer County Food Bank.

Please consider donating any amount you can contribute by CASH or CHECK to the Werner Office by Friday November 11th, 2022. All checks should be made out to Werner Elementary PTA. Please write "Meals That Matter" on your check or envelope.

If you would like to donate using your credit or debit card please visit the link https://www.paypal.com/donate?hosted_button_id=EESPSETKRWW9E

For questions, please contact Kathy Green at (970) 631-2688.

If you feel like your family could benefit from Meals that Matter, please contact our School Counselor, Julie Flemister, at jflemist@psdschools.org

THANKS FOR GIVING!

Please note, we will be asking again for monetary or gift donations again in December for the Werner Giving Tree.

**November
2022**

DONUT LOVERS WANTED

VOLUNTEERS NEEDED FOR
DONUTS W/GROWN-UPS

[HTTPS://M.SIGNUPGENIUS.COM/#!/SHOWSIGNU
P/20F0B44AF2EAAFD0-DONUTS](https://m.signupgenius.com/#!/showsignup/20f0b44afaf2eaaafd0-donuts)





WERNER PTA
INVITES YOU TO:

Donuts with Grown- Ups



WED. 11/9 A-M
THURS. 11/10 N-Z
7:45-8:30AM IN CAFETERIA

CHILDREN CAN INVITE ONE
GROWN-UP TO ENJOY A DONUT
WITH BEFORE SCHOOL.





November PTA Meeting is a Parent's Night Out!

JOIN US AT BOARD AND BRUSH
NOVEMBER 10, 6-9PM

Sign Up Here:

<https://tinyurl.com/WernerPTA>

TOUR *de* TURKEY

Round Up!

EVERYONE in **OUR COMMUNITY**
deserves *HEARTY HOLIDAY MEALS*



Calling all PSD schools!

Release the Frozen Turkeys, Tofurkeys, Hams or Chickens!

The Turkey Round Up is one of our favorite community events and is needed this year more than ever. So, grab a frozen turkey or two and donate for your school!

**Let's go
FULL GOBBLE**

Thursday, Nov. 17

**Drop off turkey at front entry
sign during morning drop-off
(8:30-8:50 am)**



What's Happening at Werner



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What's Happening at Werner

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What's Happening at Werner

continued



November 2022

Werner Elementary

Breakfast

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

- WGR Pumpkin Bread or Seasonal Loaf Bread
- Muffin Assorted & Yogurt Variety
- Assorted Cereal
- Assortment of Fruit
- Milk Variety
- Assorted Juice

2

- Whole Grain Waffle, Maple
- Muffin Assorted & Yogurt Variety
- Assorted Cereal
- Assortment of Fruit
- Milk Variety
- Assorted Juice

3

- Yogurt Parfait
- Muffin Assorted & Yogurt Variety
- Assorted Cereal
- Assortment of Fruit
- Milk Variety
- Assorted Juice

4

- Egg Scramble with Tortilla
- Muffin Assorted & Yogurt Variety
- Assorted Cereal
- Assortment of Fruit
- Milk Variety
- Assorted Juice

7

- Breakfast Sausage Pizza
- Assorted Muffins
- Assorted Cereal
- Assortment of Fruit
- Milk Variety
- Assorted Juice

8

- Mini Cinnamon Rolls
- Assorted Muffins
- Assorted Cereal
- Assortment of Fruit
- Milk Variety
- Assorted Juice

9

- Pancake & Sausage Wrap
- Assorted Muffins
- Assorted Cereal
- Assortment of Fruit
- Milk Variety
- Assorted Juice

10

- Breakfast Round
- Assorted Muffins
- Assorted Cereal
- Assortment of Fruit
- Milk Variety
- Assorted Juice

11**14**

- Egg Scramble with Tortilla
- Muffin Assorted & Yogurt Variety
- Assorted Cereal
- Assortment of Fruit
- Milk Variety
- Assorted Juice

15

- Whole Grain Waffle, Maple
- Muffin Assorted & Yogurt Variety
- Assorted Cereal
- Assortment of Fruit
- Milk Variety
- Assorted Juice

16

- Breakfast Sausage Pizza
- Muffin Assorted & Yogurt Variety
- Assorted Cereal
- Assortment of Fruit
- Milk Variety
- Assorted Juice

17

- Yogurt Parfait
- Muffin Assorted & Yogurt Variety
- Assorted Cereal
- Assortment of Fruit
- Milk Variety
- Assorted Juice

18

- Mini Cinnamon Rolls
- Muffin Assorted & Yogurt Variety
- Assorted Cereal
- Assortment of Fruit
- Milk Variety
- Assorted Juice

21**22**

- No School Today

23

- No School Today

24**25**

- No School Today

28

- WG Seasonal Loaf Bread
- Assorted Muffins
- Assorted Cereal
- Assortment of Fruit
- Milk Variety
- Assorted Juice

29




- Breakfast Sausage Pizza
- Assorted Muffins
- Assorted Cereal
- Assortment of Fruit
- Milk Variety
- Assorted Juice

30

- Mini Cinnamon Rolls
- Assorted Muffins
- Assorted Cereal
- Assortment of Fruit
- Milk Variety
- Assorted Juice

November 2022

Werner Elementary
Lunch

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|---|---|---|
| Food Offered Daily: <ul style="list-style-type: none"> • Salad Bar • Fruit Salad • Assorted Salad Dressings • Whole Wheat Dinner Roll • Chocolate Milk • Milk fat free • Milk low fat 1% • Assorted Condiments | 1 <ul style="list-style-type: none"> • Hamburger & Cheeseburger • Mac & Cheese • Cold Deli Meat & Goldfish • Pb&J Sandwich • ColdDeli Yogurt & Goldfish or Pretzels • Green Beans | 2 <ul style="list-style-type: none"> • Asian Teriyaki Chicken & Rice • Chicken Patty Sandwich • Deli Sandwich • Pb&J Sandwich • ColdDeli Yogurt & Goldfish or Pretzels • Steamed Veggies | 3 <ul style="list-style-type: none"> • Beef Taco & Rice • Chicken Strips • Cold Deli Meat & Goldfish • Pb&J Sandwich • ColdDeli Yogurt & Goldfish or Pretzels • Black Beans • Nugget Dipping Sauces • Mexican Condiments- ELEM | 4 <ul style="list-style-type: none"> • Cheese Pizza • Meat Lovers Pizza • Chef Salad & Roll • Pb&J Sandwich • ColdDeli Yogurt & Goldfish or Pretzels • Peas • Assorted Italian Condiments |
| 7 <ul style="list-style-type: none"> • Meatball Sandwich • Chicken Drumstick & Roll • Cold Deli Meat & Roll • Pb&J Sandwich • Cold Deli Yogurt & Roll • Corn | 8 <ul style="list-style-type: none"> • Lasagna with Veggies • Cheese Calzone & Marinara • Deli Sandwich • Pb&J Sandwich • Cold Deli Yogurt & Roll • Green Beans • Assorted Italian Condiments | 9 <ul style="list-style-type: none"> • Orange Chicken & Rice • Fish Fillet • Cold Deli Meat & Roll • Pb&J Sandwich • Cold Deli Yogurt & Roll • Steamed Broccoli | 10 <ul style="list-style-type: none"> • Chicken Burrito • Hot Dog • Deli Sandwich • Pb&J Sandwich • Cold Deli Yogurt & Roll • Roasted Beans • Mexican Condiments- ELEM | 11  |
| 14 <ul style="list-style-type: none"> • Chicken Nuggets • Cheese Ravioli & Roll • Cold Deli Meat & Pretzels • Pb&J Sandwich • Cold Deli Yogurt & Pretzel or Goldfish • Steamed Broccoli • Assorted Italian Condiments • Nugget Dipping Sauces | 15 <ul style="list-style-type: none"> • Pork Chop Sandwich • Mac & Cheese • Cold Deli Meat & Pretzels • Pb&J Sandwich • Cold Deli Yogurt & Pretzel or Goldfish • Green Beans • Assorted Italian Condiments | 16 <ul style="list-style-type: none"> • Asian noodle & Meatball • Chicken Patty Sandwich • Deli Sandwich • Pb&J Sandwich • Cold Deli Yogurt & Pretzel or Goldfish • Steamed Veggies | 17 <ul style="list-style-type: none"> • Chicken Tacos & Rice • Cheese Calzone & Marinara • Cold Deli Meat & Pretzels • Pb&J Sandwich • Cold Deli Yogurt & Pretzel or Goldfish • Black Beans • Mexican Condiments- ELEM | 18 <ul style="list-style-type: none"> • Cheese Pizza • Pizza Bites • Chicken Caesar Wrap • Cold Deli Yogurt & Pretzel or Goldfish • Pb&J Sandwich • Peas • Assorted Italian Condiments |
| 21  | 22 <ul style="list-style-type: none"> • No School Today | 23 <ul style="list-style-type: none"> • No School Today | 24  | 25 <ul style="list-style-type: none"> • No School Today |
| 28 <ul style="list-style-type: none"> • Hamburger & Cheeseburger • Fish Sticks • Cold Deli Meat & Goldfish • ColdDeli Yogurt & Goldfish or Pretzels • Pb&J Sandwich • Steamed Carrots | 29 <ul style="list-style-type: none"> • Chicken Alfredo • Cheese Calzone & Marinara • Turkey or Ham & Cheese Sandwich • ColdDeli Yogurt & Goldfish or Pretzels • Pb&J Sandwich • Green Beans • Assorted Italian Condiments | 30 <ul style="list-style-type: none"> • Orange Chicken & Rice • Tomato Soup & Grilled Cheese • Turkey or Ham & Cheese Sandwich • ColdDeli Yogurt & Goldfish or Pretzels • Pb&J Sandwich • Steamed Broccoli | | |