



Wildcats Newsletter

March 2023

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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,

It's nice to start seeing days with longer daylight and some warmer weather. January and February just feel long at times. As we shift to some warmer weather, I think everyone has a little more "spring" in their steps!

This past month, we had our first Werner International Night! This great event gave families the opportunity to hear about several countries from around the world. A big "Thank You" goes to our families that presented and our PTA and staff that helped with organizing and hosting.

Coming up in March, our students in 1st-5th will have their music programs. Our enrichment clubs with Odyssey of the Mind and Battle of the Books teams will get a chance to have their respective competitions. Also, we have our annual Werner Science Fair back at the end of the month. There is more info in this newsletter about how your child can participate in the Science Fair. And, of course, we have Spring Break during March 13-17. I hope you get some time, as a family, to recharge together.

continued on next page



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March 2023



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CHILD
STRUGGLING
IN SCHOOL?**

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Newsletter

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Note From The Principal

continued

Coming up this month:

[Werner Calendar](#)



- March 1- 1st-4th grade Music Programs (1st/2nd- 5:30 pm, 3rd/4th- 6:30 pm)
- March 2- Spirit Day: Pajama Day
- March 3- SAC meeting, 7:45 am-8:45 am, Werner Conference Room
- March 8- Battle of the Books- K-2nd, 6-7 pm, Werner Gym
- March 9- Battle of the Books, 3rd- 6:00, 4th- 6:30, 5th-7:00 pm, Werner Gym
- March 13-17- No School-Spring Break
- March 23- Class Picture Day
- March 30- 5th grade Percussion Concert (Harmes/Bean 5:30-6:15 pm, Sonnen/Spencer 6:30-7:15 pm)
- March 31- Science & Engineering Fair 5:00-6:30 p.m.

I hope you have a wonderful March! Thanks for your continued support!

Best regards,
Hayden

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of caring for a sick child.**

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March 2023

Science and Engineering Fair

Dear Werner Community,

The Werner Elementary School Science and Engineering fair will be held on March 31st. All students are invited to participate. Students may work independently, with a partner, or in groups of three. We will have two divisions, K-2 and 3-5. All students who complete a project will get to share their results with friends and will receive a participatory ribbon, a scoring sheet with comments, and accolades from their teachers. This is a great opportunity for students to make a scientific discovery or develop their building and engineering skills. It's also a fun and memorable experience for kids!

[Please click here to complete the online registration form.](#)

There are many incentives to participate. Everyone who completes a project will receive a participatory ribbon and will have the opportunity to share their project with their peers. First place winners' names from each division will also be engraved on our Science Fair plaques beside the Werner trophy case!

So how do you get started? Completing a project is not as hard as it sounds. Projects following the scientific method should include:

- Research question (topic)
- Hypothesis (prediction)
- Procedure (the steps taken to carry out the experiment)
- Results (observations, data, etc.)
- Conclusions (discussion/reflection on what was learned)

Engineering projects should include: a problem, background research (optional), and preliminary designs and sketches. Then, your child should build a prototype (this can be a smaller model of their invention) and test it

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

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March 2023

Science and Engineering Fair

out to see if it works. Display the prototype (or pictures of it) along with a results and conclusions section on your project board. I've attached more detailed information including examples, ideas, and the scoring rubric for those who are interested.

Please feel free to reach out if you have any questions or if you need help coming up with an idea. I hope that you have fun with this great opportunity to allow your child to be curious and creative.

Respectfully,

Jeffrey Putman
Third Grade Teacher

[Science Fair Ideas](#)

[Werner Elementary School Science & Engineering Fair](#)

[Science Fair Rubric](#)

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March 2023

2023 Colorado Measures of Academic Success (CMAS)



Werner's annual state CMAS testing for English Language Arts/Literacy (ELA), Mathematics and Science starts on Tuesday, April 4th for students in 3rd, 4th, and 5th grade. These tests are only one measure of a child's achievement. For the most complete information on a student's progress, contact your student's teacher. The entire body of evidence—class assignments, formative and summative assessments, and projects—paints a clearer picture of student progress. If you want more information regarding CMAS testing including exempting students, [visit PSD Assessment website](#).

To minimize interruptions, please try to avoid scheduling events that would cause your child to be out of school during testing sessions. Also, electronic devices are not allowed in the room during testing. This includes e-readers, phones, tablets, and wrist devices.

To assure your child has a positive testing experience, make sure they get a good night's sleep prior to testing and be sure to offer some encouraging words on test day.

Werner Elementary 2023 CMAS Schedule

MON April 3	TUE April 4 3 rd Math 9:00-10:15 5 th ELA 9:05-10:50 4 th ELA 10:35-12:05	WED April 5 3 rd Math 9:00-10:15 5 th ELA 9:05-10:50 4 th ELA 10:35-12:05	THU April 6 3 rd Math 9:00-10:15 5 th ELA 9:05-10:50 4 th ELA 10:35-12:05	FRI April 7
MON April 10	TUE April 11 3 rd ELA 9:00-10:30 5 th Math 9:05-10:10 4 th Math 10:35-11:40 5 th Science 10:55-12:15	WED April 12 3 rd ELA 9:00-10:30 5 th Math 9:05-10:10 4 th Math 10:35-11:40 5 th Science 10:55-12:15	THU April 13 3 rd ELA 9:00-10:30 5 th Math 9:05-10:10 4 th Math 10:35-11:40 5 th Science 10:55-12:15	FRI April 14 - April 20 Make ups (as needed)

If you have any questions regarding Werner's testing, please contact me. Butterscotch Culhane bculhane@psdschools.org.

Counseling Corner

March 2023

Every grade learns about normal peer conflict and what is a bully. We discuss that not every mean person is a bully. Kindergarten focuses more on how to be a good friend. I want students to understand the difference and know that they have the power to help themselves and each other. Students learn about bystanders and how to become an upstander.

Please ask your student(s) about what they are learning in counseling when I go into the classroom to teach.

1st and 2nd Grade are learning these tools:

Tools for Dealing with Mean People and Bullies:

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

I also developed tools for student in 3rd – 5th to use when they feel or see someone else being bullied or having conflict with another person. Please ask your student(s) about the tools and what they have learned from the bully-proofing lessons. It spells out **Everyone HAS A ROAR**.

WHAT I CAN DO IF I OR SOMEONE ELSE IS BEING BULLIED OR BEING MEAN:

EVERYONE is included

HELP (FIND A TRUSTING ADULT)

ASSERT YOURSELF ("STOP!")

SELF TALK (POSITIVE THINGS TO SELF)

AVOID (STAY AWAY FROM THE BULLY)

continued on next page

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Counseling Corner

continued

RESPECT (Be respectful to others & property)

OWN MY BEHAVIOR (What was my role?)

ATTITUDE THAT IS POSITIVE (People choose positive people)

RESPONSIBILITY (Responsible to be a positive role model)

Please talk with your child about Cyberbullying. 3rd, 4th, and 5th grade students will be taught the following if cyberbullied:

1. Do NOT respond.
2. Do NOT delete (may need proof for an adult to see). The adult can then decide to delete it or not.
3. Do not keep it to yourself! Tell a trusting adult.
4. Do NOT believe what the bully says.

We talk a lot about how to build empathy and acceptance, so we have fewer mean people, bullies, and bystanders. I also refer to Love and Logic as a parent and as a counselor. The language of ACCEPTANCE and RESILIENCY continue to be discussed whether it comes up during career development, bullies, conflict, and other life skills. The following is from Love and Logic that demonstrates positive self-talk, resiliency, and learning from failure can be taught in and out of the classroom.

Shaping Self-Concept

Dear Insider,

Over the past several 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, and whether we make responsible decisions in our lives.

continued on next page

Supporting our Schools



Joe Mivshek

Joe.Mivshek@KW.com

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Due to its undisputed importance, people have spent tremendous energy trying different approaches to give kids good self-concepts. Listed below are just a few of the many tactics that have created selfish kids rather than ones with a good sense of self:

- *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”*

There's only one approach that really works, and it's based on the 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, are taught how to overcome those struggles, and see themselves acting in respectful and responsible ways. Stated quite simply, self-concept is an inside job.

Shaping Self-Concept, one of our most popular audios, teaches a very special type of love. It's the type that allows our kids to struggle, lets them work through their trials, and guides them toward independence instead of insecurity. This love can be expressed daily by:

- *Allowing kids to wrestle with tying their shoes, instead of automatically jumping in and doing it for them.*
- *Letting them dress themselves, even if the clothes they choose don't match.*
- *Teaching them how to talk to their teachers about problems at school, rather than always doing it for them.*
- *Expecting that they speak up and order meals for themselves, instead of ordering for them.*
- *Having them call the insurance company and arrange for their own car insurance, instead of doing it all for them.*
- *Letting them do most of the work required to complete their college applications, rather than preparing all the paperwork for them.*
- *Remembering that the more things they learn to do for themselves, the stronger and more confident they will become!*

Thanks for reading!

Dr. Charles Fay

Come one! Come all, to Werner Elementary's Music Program



5th Grade Musical Extravaganza!

When: Thursday, March 30th

Mrs. Harmes and Mrs. Bean's Classes @ 5:30

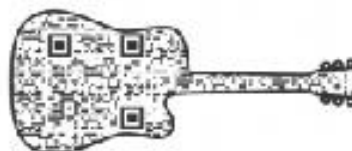
Mr. Sonnen's and Mrs. Spencer's Classes @ 6:30

Where: Werner Elementary School Gym

Information:

- We will have two concerts to accommodate for space and instrument restrictions.
- Mrs. Harmes and Mrs. Bean's class need to arrive by 5:15 in the music room.
- Mr. Sonnen and Mrs. Spencer need to arrive by 6:15 in the music room.
- Student attire will be discussed and decided by each class in the coming weeks. More information will be coming.
- If you have any questions, please contact Mr. Krueger at 970-488-5581 or codyk@psdschools.org
- **Volunteers**

We will need some help with cleaning up following the 6:30 concert. If you are interested please scan the QR and fill out the information. Thank you!



Fossil Ridge Cheerleading Mini Clinic



The mini clinic is \$50 which includes a t-shirt, poms, and snack. If your child attended the summer 2022 clinic and already has a t-shirt to wear you will get \$5 off the price.

Mini clinic attendees will learn a cheer, a dance, a stunt, and end with a performance, all while having fun with Fossil Ridge cheerleaders.

Date: March 25th

Time: 9am - 12:30pm

Location: FRHS gym

GRADES: k-5


frhsminiclinics@gmail.com
858-864-6022



Register: <https://frhscheer.com/mini-clinics/frhs-cheerleading-spring-mini-clinic>


March 2023

Werner Elementary
Breakfast

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
		<ul style="list-style-type: none"> • French toast sticks • Sausage Patty • Muffin Assorted & Yogurt Variety • Assorted Cereal • Assortment of Fruit • Milk Variety • Assorted Juice 	<ul style="list-style-type: none"> • Mini Pancakes • Muffin Assorted & Yogurt Variety • Assorted Cereal • Assortment of Fruit • Milk Variety • Assorted Juice 	<ul style="list-style-type: none"> • Egg, Cheese & Bacon Breakfast Burrito • Muffin Assorted & Yogurt Variety • Assorted Cereal • Assortment of Fruit • Milk Variety • Assorted Juice
6	7	8	9	10
<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"> • Mini Cinnamon Rolls • Assorted Muffins • Assorted Cereal • Assortment of Fruit • Milk Variety • Assorted Juice 	<ul style="list-style-type: none"> • Pancake & Sausage Wrap • 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"> • Whole Grain Waffle, Chocolate Chip • Assorted Muffins • Assorted Cereal • Assortment of Fruit • Milk Variety • Assorted Juice
13	14	15	16	17
	• No School Today	• No School Today	• No School Today	• No School Today
20	21	22	23	24
<ul style="list-style-type: none"> • Egg, Cheese & Bacon Breakfast Burrito • Muffin Assorted & Yogurt Variety • Assorted Cereal • Assortment of Fruit • Milk Variety • Assorted Juice 	<ul style="list-style-type: none"> • French toast sticks • Sausage Patty • Muffin Assorted & Yogurt Variety • Assorted Cereal • Assortment of Fruit • Milk Variety • Assorted Juice 	<ul style="list-style-type: none"> • Breakfast Sausage Pizza • Muffin Assorted & Yogurt Variety • Assorted Cereal • Assortment of Fruit • Milk Variety • Assorted Juice 	<ul style="list-style-type: none"> • Mini Pancakes • Muffin Assorted & Yogurt Variety • Assorted Cereal • Assortment of Fruit • Milk Variety • Assorted Juice 	<ul style="list-style-type: none"> • Mini Cinnamon Rolls • Muffin Assorted & Yogurt Variety • Assorted Cereal • Assortment of Fruit • Milk Variety • Assorted Juice
27	28	29	30	31
<ul style="list-style-type: none"> • Whole Grain Waffle, Chocolate Chip • Assorted Muffins • Assorted Cereal • Assortment of Fruit • Milk Variety • Assorted Juice 	<ul style="list-style-type: none"> • Egg, Cheese & Bacon Breakfast Burrito • 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"> • WGR Grahamz Crackers • Yogurt • Assorted Muffins • Assorted Cereal • Assortment of Fruit • Milk Variety • Assorted Juice 	<ul style="list-style-type: none"> • Pancake & Sausage Wrap • Assorted Muffins • Assorted Cereal • Assortment of Fruit • Milk Variety • Assorted Juice

March 2023

Werner Elementary
Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Food Offered Daily: • Salad Bar • Fruit Salad • Assorted Salad Dressings • Whole Wheat Dinner Roll • Chocolate Milk • Milk fat free • Milk low fat 1% • Assorted Condiments	1 • Chicken Patty Sandwich • Chef Salad & Roll • Cold Deli Meat & Goldfish • Cold Deli Yogurt & Goldfish or Pretzels • Pb&J Sandwich • Steamed Veggies	2 • Beef Taco & Rice • Chicken Strips • Cold Deli Meat & Goldfish • Cold Deli Yogurt & Goldfish or Pretzels • Pb&J Sandwich • Black Beans • Nugget Dipping Sauces • Mexican Condiments-ELEM	3 • Cheese Pizza • Pepperoni Pizza • Cold Deli Meat & Goldfish • Cold Deli Yogurt & Goldfish or Pretzels • Pb&J Sandwich • Peas • Assorted Italian Condiments
6 • Meatball Sandwich • Cheese Calzone & Marinara • Cold Deli Meat & Roll • Cold Deli Yogurt & Roll • Pb&J Sandwich • Corn • Assorted Italian Condiments	7 • Lasagna with Veggies • Chicken Drumstick & Roll • Cold Deli Meat & Roll • Cold Deli Yogurt & Roll • Pb&J Sandwich • Green Beans • Assorted Italian Condiments	8 • Orange Chicken & Rice • Fish Sticks • Cold Deli Meat & Roll • Cold Deli Yogurt & Roll • Pb&J Sandwich • Steamed Broccoli	9 • Chicken Burrito • Hot Dog • Cold Deli Meat & Roll • Cold Deli Yogurt & Roll • Pb&J Sandwich • Refried Beans • Mexican Condiments-ELEM	10 • Cheese Pizza • Pepperoni Pizza • Hummus & Veggie Box • Cold Deli Yogurt & Roll • Pb&J Sandwich • Steamed Carrots • Assorted Italian Condiments
13 	14 • No School Today	15 • No School Today	16 • No School Today	17 • No School Today
20 • Chicken & Waffles • Chicken Caesar Wrap • Cold Deli Meat & Pretzels • Cold Deli Yogurt & Pretzel or Goldfish • Pb&J Sandwich • Steamed Broccoli	21 • Chicken Tacos & Rice • Pizza Bites • Cold Deli Meat & Pretzels • Cold Deli Yogurt & Pretzel or Goldfish • Pb&J Sandwich • Black Beans • Mexican Condiments-ELEM	22 • Asian Meatballs & Rice • Chicken Patty Sandwich • Cold Deli Meat & Pretzels • Cold Deli Yogurt & Pretzel or Goldfish • Pb&J Sandwich • Steamed Veggies	23 • Mac & Cheese • Cheese Calzone & Marinara • Cold Deli Meat & Pretzels • Cold Deli Yogurt & Pretzel or Goldfish • Pb&J Sandwich • Green Beans • Assorted Italian Condiments	24 • Cheese Pizza • Pepperoni Pizza • Cold Deli Meat & Pretzels • Cold Deli Yogurt & Pretzel or Goldfish • Pb&J Sandwich • Peas • Assorted Italian Condiments
27 • Pork Chop Sandwich • Cheese Ravioli & Roll • Cold Deli Meat & Roll • Cold Deli Yogurt & Roll • Pb&J Sandwich • Corn • Assorted Italian Condiments	28 • Chicken Drumstick & Roll • Yogurt Parfait • Cold Deli Meat & Roll • Cold Deli Yogurt & Roll • Pb&J Sandwich • Green Beans	29 • Tomato Soup & Grilled Cheese • Fish Sticks • Cold Deli Meat & Roll • Cold Deli Yogurt & Roll • Pb&J Sandwich • Tomato Basil Soup	30 • Beef & Bean Burrito • Hot Dog • Cold Deli Meat & Roll • Cold Deli Yogurt & Roll • Pb&J Sandwich • Refried Beans • Mexican Condiments-ELEM	31 • Cheese Pizza • Pepperoni Pizza • Cold Deli Meat & Roll • Cold Deli Yogurt & Roll • Pb&J Sandwich • Steamed Carrots • Assorted Italian Condiments