

# Wildcats Newsletter

**October 2022**

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Fort Collins, CO 80525

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Hayden Camp

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Butterscotch Culhane

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

**Page 1**

WERNER ELEMENTARY PTA



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

Dear Werner Community,

We have had a great month of celebrating community! A BIG "Thank You" goes out to our PTA for another great Fall Fun Festival! It was a great time to connect with friends and enjoy some good food. Another BIG "Thank You" goes to Mr. Krueger, and all the staff and parents, who helped organize the time for our Werner Jazz Cat Choir to sing the National Anthem at the Rockies game on Sept. 24. It was a great show of force with about 90 of our 4th and 5th graders singing with several other choirs on a perfect night for baseball!

As we enter October, you will be meeting with your child's teacher for Fall Parent/Teacher Conferences. Thank you for your support and involvement to learn more about how your child is doing and collaborating on plans for support.

*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!**

# October 2022



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## Note From The Principal

*continued*

Last, you will start hearing more about our biggest fundraiser of the year with the [Booster Fun Run](#). This great event will kick off on Oct. 25, with daily check in's and character education lessons, and culminate with the BIG Fun Run on Nov. 3. This year, our goal is to raise \$30,000 to help support media center upgrades and classroom/program budgets. Stay tuned for more details!

### Coming up in October:

#### Werner Calendar

- Sept. 19-Oct. 19- CSU Cans Around the Oval Food Drive
- Oct. 12- Spirit Day: College Pride Day
- Oct. 13-14- NO SCHOOL, Parent/Teacher Conferences
- Oct. 18- PTA Meeting, 3:30-5:00 pm, Staff Lounge
- Oct. 25-Nov. 3- Booster Fun Run Fundraiser (more detail to come)
- Oct. 26- Picture Retake Day
- Oct. 31- Halloween Parties/Parade (Parade @ 3:00 pm)
- Nov. 1- Odyssey of the Mind Info Night, 6-7 pm, Media Center

Thanks, again, for helping us celebrate community this month!

Best regards,

*Hayden*



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**October  
2022**

## **Counseling Corner**

What a wonderful start to the school year! Please reach out if you would like to talk about your student's emotional needs. My email is [jflemist@psdschools.org](mailto:jflemist@psdschools.org).



I try to differentiate each grade level with relevant and age-appropriate lessons. I do cover Bully Proofing, Conflict Resolution, Mindfulness, and the Power of Kindness in each of the grade levels. Each lesson is hopefully teaching life skills for students to be successful at any age. All grades will also be getting lessons on resiliency and not giving up even when life is hard. If you have a moment, please share with your student(s) how you use resiliency in your day-to-day life.

Kindergarten and first grade started off the year with Big Deal vs. Little Deal lessons. It is a wonderful curriculum for younger children to learn how to deal with little problems with peers and when to get an adult. Please let me know if want more info about this curriculum to reinforce at home.

Third grade is diving into Conflict Resolution. We talk a lot about how conflict can be good and how it is normal because we all have our own values and opinions. A huge piece of these lessons is when someone is being mean or you are not getting along with someone, that is not usually a bullying situation. Often when students feel left out or having a conflict, they assume the other person is being a bully. We are having wonderful discussions on how to resolve conflict and the difference between Normal Peer Conflict & Bullying. They will be learning about the 3 Tips for Conflict Resolution. 1. Calm your brain. 2. Use an "I" statement to share how you are feeling. 3. Agree on a compromise. Three simple steps that are helping students resolve conflict on their own and give them skills for life.

Many of my lessons revolve around calming your brain and making your own happiness. I also refer to Love and Logic as a parent and as a counselor. The following article is taken from their email resources and talks about happiness.

*continued on next page*

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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**Counseling Corner**

*continued*

The act of chasing joy is like chasing a fearful cat. The more we run after it, the more elusive it becomes. In contrast, the happiest times often pop up when we least expect them, often when we aren't pursuing them.

According to most definitions, "serendipitous" refers to something positive that is discovered or experienced by chance.

How important is it that our children learn that true happiness and contentment are not found in the accumulation of material goods or exciting activities, but are often found in seemingly chance experiences when they struggle with boredom and experience fulfilling relationships?

Years ago, I wasn't thinking about this too deeply, but I wondered how nice it would be to have some quiet time with my son, Cody. "This will be great. Let's have a technology-free weekend!"

He was less than impressed and complained, "Awe, Dad. No, this is going to be the worst."

At first his forecast seemed spot-on. Clouds and high winds swirled around as he moped about the house muttering, "Oh man, this is so boring."

Searching for something to fill the time, I sat at the table reenacting an activity I'd learned from my grandmother, making a cabin out of wooden matchsticks, toothpicks, and school glue.

Bored stiff and still huffing and puffing, Cody sat by my side and began his construction project. Using a hot-glue gun instead of my slow-drying variety, he created an entire village, complete with livestock, before I'd finished the fourth wall of my first cabin.

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**Supporting our Schools**



**Joe Mivshek**  
Joe.Mivshek@KW.com

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## Counseling Corner

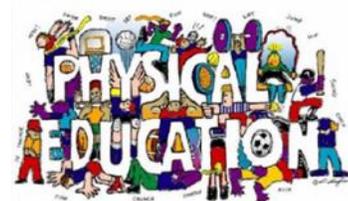
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His upset turned to elation as he shared his creation with his mother, posing for a photo with his masterpiece.

While joy does seem serendipitous, we can up the odds of experiencing it by creating more activities that allow us to relate to our kids without the distractions of technology or highly stimulating activities. What's the tough part? It's weathering the boredom storms before we can experience the rainbows.

Technology-free periods are just one way to address the problems that can arise with our kids and their technology use. Dr. Charles Fay

## Physical Education Up and Comings October 2022



**Morning PE:** This is a before school PE class for 1st, 2nd and 3rd graders. We work on skills and play lead up games for many activities. This program will start Thursday, October 27, 2022 and will end Friday, March 10. This semester, we will meet on Thursdays and Fridays at 7:45 AM. For more information visit [Coach J.'s Learning Page](#). To sign up your child, e-mail Coach J. at [djulian@psdschools.org](mailto:djulian@psdschools.org).

**Drop in Basketball:** This is a lunch recess basketball game for 4th and 5th graders. I will supervise 4th and 5th graders playing basketball in the gym. Students 'drop in' to the gym after they eat lunch on Mondays and Tuesdays and Coach J. will split up teams and supervise gameplay. This starts Monday, October 17, 2022.

**October Walk and Bike to School Challenge:** This challenge is like the 5210+ Challenge, but in the month of October (and no t-shirts). A calendar will come home by October 3rd and should be returned after October 31. This challenge helps Safe Routes to School and the City of Fort Collins see what needs our school has for walking and biking to school.

**Walk and Wheel to School:** Another way that we are promoting students' health is through walking or riding a bike to school. To participate, just have your child(ren) walk or ride their bikes to school on these dates are 10/31, 11/30, 12/21, 1/31, 2/28, 3/31, 4/28, 5/26 (or any day you can). We will remind students and families as each date gets closer and use announcements to recognize those that participate. If you live too far, just have them walk around the playground when they do get to school.

**Running Club:** This club will start after Spring Break. More information to come.

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.

**October  
2022**

# Want to Volunteer?



Werner Wildcats,

We need you! Volunteer flyers to sign up to volunteer for your child's class, PTA, Art and Library were given out during Back to School Night. If you couldn't make it or didn't get a flier, the links to the [Volunteer Sign Up Genius](#) sign up genius will be posted on the [website](#), and the QR codes will be posted in each teacher's window. General volunteering will be posted on the front door windows.

The PTA needs help with upcoming events. Without volunteers we will have to cancel this and other events we have planned for the year. Please make sure to check out the PTA sign up genius to help with this and other fun events throughout the year.

For those who volunteered as room parent or room coordinator look out for an invitation to a room parent/room coordinator volunteer meeting that will be scheduled soon. During this meeting we will go over expectations for your role, helpful tips, and share templates to help make your role easier.

To everyone who has already signed up to volunteer, THANK YOU! Your support makes our school better and is so appreciated!

Thanks,

Your Werner PTA



### **PTA General Meeting**

Tuesday, October 18 | 3:30 pm | Werner Teacher Lounge

More details will come later.

### **Join the Werner Elementary Parent Teacher Association!**

Receive a Wildcat's Roar yard sign as a FREE GIFT when you register with our PTA! Membership is a \$10 donation and does not obligate you to volunteer hours or to attend meetings. We'd love your support any way you can give it. Please fill out this [Google form](#) and submit your donation with our [PayPal link](#) (you don't have to have a PayPal account). we'll be handing out the signs on the playground at the School Supply Drop Off, Monday, August 15th. (Registration is per person, not per household)

### **PTA Hosts the FALL FUN FEST!**

Friday, September 23<sup>rd</sup> | 4:00 pm | Werner Elementary Playground

Save the Date! Our most popular event of the year. You won't want to miss it!

### **FREE MONEY FOR YOUR SCHOOL!**

Did you know there are ways to donate money to the school by doing things you already do?

If you shop at [King Soopers](#) with a loyalty card they will donate to Werner when you sign up here.

If you shop on Amazon, you can sign up for [Amazon Smile](#) and they will donate 1% of purchases.

If you like to eat out, the PTA hosts *Werner Dines Out once a month and the restaurants we partner with will donate back to the school.*

### **Your Werner PTA**

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

### ***Thank you for supporting the Werner Elementary PTA!***

PTA President | *Nicole Kidd*

PTA Vice President | *Open Seat*

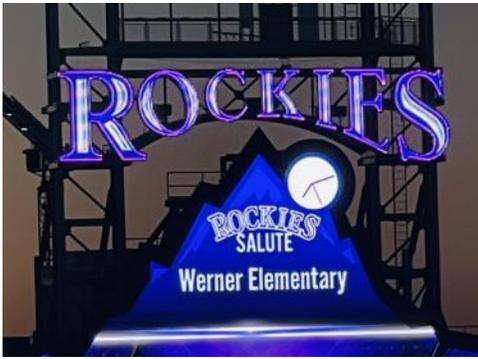
PTA Treasurer | *Patti Haswell*

PTA Secretary | *Juliana Schump*

PTA VP of Community Programs | *Marissa McNulty*

PTA VP of Fundraising | *Megan Bright*

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







When donating make sure to search for the team name "Werner Elementary." The team will not go live until September 20th

C.A.N.S. Around The Oval is a 36-year-old CSU tradition, occurring mid-September to mid-October, and is geared toward raising awareness about food insecurity and collecting donations for the Food Bank for Larimer County.

### How to Donate



- Bring in non-perishable food items to your classroom
- Donate on-line (look for a QR code in next weeks Friday Folders, our team name is Werner Elementary
- Make checks payable to "Food Bank for Larimer County" and add "C.A.N.S. Around the Oval 2022" to the memo line

# October 2022

## Werner Elementary Breakfast

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

3

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

4

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

5

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

6

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

7

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

10

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

11

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

12

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

13

- No School ELEM
- Breakfast Round
- Assorted Muffins
- Assorted Cereal
- Assortment of Fruit
- Milk Variety
- Assorted Juice

14



17

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

18

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

19

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

20

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

21

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

24

- Whole Grain Waffle, Chocolate Chip
- Assorted Muffins
- Assorted Cereal
- Assortment of Fruit
- Milk Variety
- Assorted Juice

25

- Egg & Cheese Burrito
- Assorted Muffins
- Assorted Cereal
- Assortment of Fruit
- Milk Variety
- Assorted Juice

26

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

27

- Yogurt & Cinnamon Roll
- Assorted Muffins
- Assorted Cereal
- Assortment of Fruit
- Milk Variety
- Assorted Juice

28

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

31

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

# October 2022

Werner Elementary

Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
<ul style="list-style-type: none"> <li>Spaghetti &amp; Meatballs</li> <li>Chicken Drumstick &amp; Roll</li> <li>Cold Deli Meat &amp; Goldfish</li> <li>ColdDeli Yogurt &amp; Goldfish or Pretzels</li> <li>Pb&amp;J Sandwich</li> <li>Steamed Broccoli</li> <li>Assorted Italian Condiments</li> </ul>	<ul style="list-style-type: none"> <li>Hamburger &amp; Cheeseburger</li> <li>Mac &amp; Cheese</li> <li>Cold Deli Meat &amp; Goldfish</li> <li>ColdDeli Yogurt &amp; Goldfish or Pretzels</li> <li>Pb&amp;J Sandwich</li> <li>Green Beans</li> </ul>	<ul style="list-style-type: none"> <li>Asian Teriyaki Chicken &amp; Rice</li> <li>Chicken Patty Sandwich</li> <li>Deli Sandwich</li> <li>ColdDeli Yogurt &amp; Goldfish or Pretzels</li> <li>Pb&amp;J Sandwich</li> <li>Steamed Veggies</li> </ul>	<ul style="list-style-type: none"> <li>Beef Taco &amp; Rice</li> <li>Chicken Strips</li> <li>Cold Deli Meat &amp; Goldfish</li> <li>ColdDeli Yogurt &amp; Goldfish or Pretzels</li> <li>Pb&amp;J Sandwich</li> <li>Black Beans</li> <li>Nugget Dipping Sauces</li> <li>Mexican Condiments- ELEM</li> </ul>	<ul style="list-style-type: none"> <li>Cheese Pizza</li> <li>Meat Lovers Pizza</li> <li>Chef Salad &amp; Roll</li> <li>ColdDeli Yogurt &amp; Goldfish or Pretzels</li> <li>Pb&amp;J Sandwich</li> <li>Peas</li> <li>Assorted Italian Condiments</li> </ul>
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
<ul style="list-style-type: none"> <li>Meatball Sandwich</li> <li>Chicken Drumstick &amp; Roll</li> <li>Cold Deli Meat &amp; Roll</li> <li>Cold Deli Yogurt &amp; Roll</li> <li>Pb&amp;J Sandwich</li> <li>Corn</li> </ul>	<ul style="list-style-type: none"> <li>Lasagna with Veggies</li> <li>Cheese Calzone &amp; Marinara</li> <li>Deli Sandwich</li> <li>Cold Deli Yogurt &amp; Roll</li> <li>Pb&amp;J Sandwich</li> <li>Green Beans</li> <li>Assorted Italian Condiments</li> </ul>	<ul style="list-style-type: none"> <li>Orange Chicken &amp; Rice</li> <li>Fish Filet</li> <li>Cold Deli Meat &amp; Roll</li> <li>Cold Deli Yogurt &amp; Roll</li> <li>Pb&amp;J Sandwich</li> <li>Steamed Broccoli</li> </ul>		
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
<ul style="list-style-type: none"> <li>Chicken Nuggets</li> <li>Cheese Ravioli &amp; Roll</li> <li>Cold Deli Meat &amp; Pretzels</li> <li>Cold Deli Yogurt &amp; Pretzel or Goldfish</li> <li>Pb&amp;J Sandwich</li> <li>Steamed Broccoli</li> <li>Assorted Italian Condiments</li> <li>Nugget Dipping Sauces</li> </ul>	<ul style="list-style-type: none"> <li>Pork Chop Sandwich</li> <li>Mac &amp; Cheese</li> <li>Cold Deli Meat &amp; Pretzels</li> <li>Cold Deli Yogurt &amp; Pretzel or Goldfish</li> <li>Pb&amp;J Sandwich</li> <li>Green Beans</li> <li>Assorted Italian Condiments</li> </ul>	<ul style="list-style-type: none"> <li>Asian noodle &amp; Meatball</li> <li>Chicken Patty Sandwich</li> <li>Deli Sandwich</li> <li>Cold Deli Yogurt &amp; Pretzel or Goldfish</li> <li>Pb&amp;J Sandwich</li> <li>Steamed Veggies</li> </ul>	<ul style="list-style-type: none"> <li>Chicken Tacos &amp; Rice</li> <li>Cheese Calzone &amp; Marinara</li> <li>Cold Deli Meat &amp; Pretzels</li> <li>Cold Deli Yogurt &amp; Pretzel or Goldfish</li> <li>Pb&amp;J Sandwich</li> <li>Black Beans</li> <li>Mexican Condiments- ELEM</li> </ul>	<ul style="list-style-type: none"> <li>Cheese Pizza</li> <li>Pizza Bites</li> <li>Chicken Caesar Wrap</li> <li>Cold Deli Yogurt &amp; Pretzel or Goldfish</li> <li>Pb&amp;J Sandwich</li> <li>Peas</li> <li>Assorted Italian Condiments</li> </ul>
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
<ul style="list-style-type: none"> <li>Hamburger &amp; Cheeseburger</li> <li>Cheese Ravioli &amp; Roll</li> <li>Cold Deli Meat &amp; Roll</li> <li>Cold Deli Yogurt &amp; Roll</li> <li>Pb&amp;J Sandwich</li> <li>Corn</li> <li>Assorted Italian Condiments</li> </ul>	<ul style="list-style-type: none"> <li>Chicken Drumstick &amp; Roll</li> <li>Chicken Alfredo</li> <li>Deli Sandwich</li> <li>Cold Deli Yogurt &amp; Roll</li> <li>Pb&amp;J Sandwich</li> <li>Green Beans</li> <li>Assorted Italian Condiments</li> </ul>	<ul style="list-style-type: none"> <li>Tomato Soup &amp; Grilled Cheese</li> <li>Fish Filet</li> <li>Cold Deli Meat &amp; Roll</li> <li>Cold Deli Yogurt &amp; Roll</li> <li>Pb&amp;J Sandwich</li> <li>Steamed Broccoli</li> </ul>	<ul style="list-style-type: none"> <li>Beef &amp; Bean Burrito</li> <li>Hot Dog</li> <li>Deli Sandwich</li> <li>Cold Deli Yogurt &amp; Roll</li> <li>Pb&amp;J Sandwich</li> <li>Refried Beans</li> <li>Mexican Condiments- ELEM</li> </ul>	<ul style="list-style-type: none"> <li>Cheese Pizza</li> <li>Pepperoni Pizza</li> <li>Yogurt Parfait</li> <li>Cold Deli Yogurt &amp; Roll</li> <li>Pb&amp;J Sandwich</li> <li>Steamed Carrots</li> <li>Assorted Italian Condiments</li> </ul>
<b>31</b>	<p><i>Food Offered Daily:</i></p> <ul style="list-style-type: none"> <li>Salad Bar</li> <li>Fruit Salad</li> <li>Assorted Salad Dressings</li> <li>Whole Wheat Dinner Roll</li> <li>Chocolate Milk</li> <li>Milk fat free</li> <li>Milk low fat 1%</li> <li>Assorted Condiments</li> </ul>			