



## THE COUGAR COURIER

September 1, 2016

Cottonwood Creek  
11200 E Orchard Rd  
Englewood, CO 80111

The first few weeks of the 2016-2017 school year at Cottonwood Creek have been truly wonderful! We have continued numerous traditions (Popsicle social, Back-to-School Night, Run 4 Funds, clubs), are starting new ones (PTO Doggie Dive on September 11), welcomed new families to our Cougar community, and returned to our fabulous Cottonwood Creek friends for joy, challenge, and exploration in learning.

We hope you are looking forward to a relaxing and rejuvenating Labor Day weekend. As a reminder, we do not have school on Monday as it is Labor Day. Enjoy the gift of time with your students! We look forward to their return to school on Tuesday, September 6.

Last Friday, we had an amazing Run 4 Funds day at Cottonwood Creek. Students celebrated with classmates, got a workout, and raised funds to support excellence in our school. Please remind your students to turn in donations to the main office as soon as possible. I realize that we as parents are asked to support many organizations on behalf of our children. Thanks you for being a positive supporter of Cottonwood Creek through time, energy, and funds. Together, we are better...GO Cougars!

Please plan to join our Cougar community at the Cottonwood Creek Carnival on September 23. This amazing event is sponsored by our fabulous PTO, celebrates the start of the school year, and generates additional funds that benefit each and every Cougar student. Families participate in games, enjoy food, and build Cougar spirit together.

Feel free to join us on Tuesday, September 13 at 3:45 P.M. in the Cottonwood Library for our first School Accountability Committee (SAC) meeting of the school year. SAC dedicates its conversation to school improvement efforts, unified improvement plan review, safety, and budget. Members of the team include: parents, teachers, community members, and administration. See you there!

Have a fabulous, long weekend!

Take care,

*Julie*

Julie Jaeger, Principal

## IMPORTANT DATES:

### September

5 No School –Labor Day



6 School Picture Day

8 Accountability Meeting 3:45pm

10 Cherry Creek Fitness Festival

13 Accountability Meeting 45pm



14 Bike to School

16 Father/Daughter Dance

17 Picture Retakes

18 PTO Meeting 9:00 Café

23 Non-Contact Day: CARNIVAL

25 Tri-Our-Village kids triathlon

27 Hearing Screening

30 First grade Teddy Bear Picnic

### October

5 Cardboard Challenge

10 Cultural Connection Mtg 8:00am

24-28 FALL BREAK



## Important Phone Numbers:

Main Office: 720-554-3200

Fax: 720-554-3288

Attendance: 720-554-3295

If your child will be absent from school, please call the school absence number by 9:00 a.m. to report the absence.

Kids Club: 720-554-3266 Before and After School

Cottonwood Kitchen: 720-554-3271

Cottonwood Nurse: 720-554-3208

**SCHOOL HOURS: 9:00 a.m. to 3:30 p.m.**



# Community Information Corner

Many of our community partners share information with us. To access information from the following organizations, please visit the Cottonwood Community Information Corner at the entrance of the school:

Science Matters

Bike Path Learning: Foreign Languages

Young Rembrants

Destination Imagination

Boys Scouts of America

Girl Scouts

Chess Club

JW Kim Tae Kwon Do

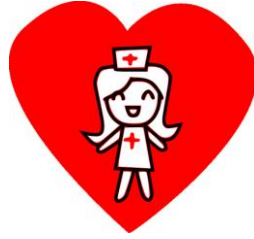


## **Fruity Friday's**

**Let's get healthy! Bring fruits and vegetables to school on Friday's for snacks from now until the end of the school year. Participation is suggested but not mandatory.**



## News from Nurse Barb



Unfortunately the start of school brings the start of many common childhood illnesses. Your child may have one or all of the listed symptoms when they become ill. As always, check with your Primary Health Care Provider if you have any concerns about your child's health or illness.

### **Strep throat:**

Bacterial infection treated with antibiotics

Signs and Symptoms: sore throat that is red, stomachache, headache, fever, swollen lymph nodes

See Health Care Provider if you suspect strep throat as antibiotics will need to be prescribed. Stay home until 24 hours after the start of the antibiotic.

### **Common cold:**

Viral infection

Signs and Symptoms: symptoms develop slowly, runny nose, sneezing, coughing, sore throat, mild fatigue, no or low grade fever (101 or less)

Stay home until 24 hours after the last fever.

### **Influenza (flu):**

Viral infection

Signs and Symptoms: symptoms come on suddenly, cough, high fever with chills, malaise, poor appetite

See Health Care provider if you suspect influenza as they may prescribe an antiviral medication especially for influenza.

### **Impetigo**

Bacterial skin infection treated with topical antibiotics

Signs and Symptoms: red, itchy, yellowish-brown crust, usually around the mouth and/or nose

### **Viral Gastroenteritis**

Inflammation of the lining of the stomach and intestines (often called the "stomach flu")

Signs and Symptoms: vomiting, diarrhea, abdominal cramps

**No matter which bacteria/virus is causing the symptoms, you should check with your Primary Health Care Provider if your child experiences:**

**-ear pain**

**-rapid or labored breathing**

**-persistent sore throat or cough**

**-decreased urine output or disinterest in drinking**

**-a temperature of 102 F or higher**

**-symptoms that last longer than 10 days**

## Another common childhood issue:

### Lice

#### Myths about head lice:

1. Many people feel that head lice only occurs if the child does not have good hygiene or if the home is dirty. This is a MYTH! Lice do not discriminate!
2. Lice can jump. This is also UNTRUE! Lice do NOT jump or fly.
3. Head lice can spread disease. NOT TRUE, though a nuisance, they do not spread disease.

Head lice do not jump, they can only crawl. Head lice can ONLY be transmitted by direct contact with an infected person's hair. Head to head contact puts a person at the greatest risk of infestation. It is uncommon for head lice to spread via hats, scarfs, coats, etc. The most common source of head lice is NOT at school, it actually at sleepovers, playdates, and after school activities.

There are **3 stages to lice**, the egg (nit), the nymph and the adult.

The adult louse is about the size of a sesame seed, with six legs and is tan or grayish white in color. It can live about 30 days. To live it must feed on blood. If it falls off of a human, it will die within 1-2 days. The female louse can lay about 6 eggs a day.



#### Signs of lice infestation:

- Itching, particularly behind the ears or at the nape of the neck
- Tickling feeling of something moving on your head
- Irritability at night as they are most active then
- Sores on your head caused by scratching
- Seeing a live louse

#### Head Lice Information for Schools:

Students diagnosed with live head lice do not need to be sent home early from school; they can go home at the end of the day, be treated, and return to class after appropriate treatment has begun. Nits may persist after treatment, but successful treatment should kill crawling lice.

Both the American Academy of Pediatrics (AAP) and the National Association of School Nurses (NASN) advocate that "no-nit" policies should be discontinued. "No-nit" policies that require a child to be free of nits before they can return to schools should be discontinued for the following reasons:

Many nits are more than ¼ inch from the scalp. Such nits are usually not viable and very unlikely to hatch to become crawling lice, or may in fact be empty shells, also known as 'casings'.

Nits are cemented to hair shafts and are very unlikely to be transferred successfully to other people.

The burden of unnecessary absenteeism to the students, families and communities far outweighs the risks associated with head lice.

Misdiagnosis of nits is very common during nit checks.

#### Treatment

For treatment and for more information see:

<http://www.cdc.gov/parasites/lice/head/>



### More health clinic news:



Please continue to bring in medications and physicians orders if you have not yet done so. If you need assistance in finding coupons and discounts for Epi Pens, please contact me and I will connect you with the resources needed.



Please provide the clinic with updated immunization information anytime your child receives a new vaccine. If you choose not to vaccinate, you need to fill out an exemption form yearly. Go to [www.colorado.gov/vaccineexemption](http://www.colorado.gov/vaccineexemption) and follow the instructions.



The clinic is in need of pants, shorts, and skorts, especially sizes 5-8. Most kids seem to prefer elastic waistbands. Any donations are always appreciated!



Feel free to contact me anytime with any questions or concerns. Also, please notify me if your child is diagnosed with an infectious disease, is found to have head lice, or if they sustain a concussion.

Thank you!  
Nurse Barb  
(720)554-3208  
[bdecardona@cherrycreekschools.org](mailto:bdecardona@cherrycreekschools.org)



Our precious Kindies are getting settled into the routine, and we are enjoying them so much. They have been learning lots of rules and procedures, singing, dancing, reading, writing, exploring our math work places and making lots of new friends!

The children are enjoying learning all about the letters and the correct ways to write them. We have worked on our pencil grip and on where we start our letters. Be sure and ask your kids to sing some of the songs we have learned to help us with this!

The sight words your child should be able to recognize and spell at this point are "I" and "a". We review these words often in the classroom and will practice using them in our writing.

In math, we have been counting our days in school learning about a "tens frame" and also using links. We also are learning the correct way to write our numbers 1-10.

Coming up, we will be talking about seasons and weather. Along with this, we will be learning about how the seasons affect the world around us.

We would like to ask that you take time to read to your child each night. Occasionally, take time to discuss the stories you read, asking questions about your child's favorite character, what the setting was, what problem there was in the story, etc. It is also important to help your child begin to make connections. Ask them what the story reminded them of, or for now, tell them the "connection" you made with the story. Every now and then, have your child point out a word they see they know how to read on the page! Your help at home really does make such a difference and we appreciate all your support



## First Grade News:

First grade is full of fun and energetic young learners. Classroom routines are now established, we have begun to implement our First Grade curriculum, and we are very excited about the months ahead!

In science we are currently exploring the properties of liquids and solids. The children enjoy these hands-on experiences and are quickly absorbing new scientific terms and vocabulary. Transparent, translucent, and viscous liquids are some of their favorites.

We are including a lot of non-fiction and fiction texts pertaining to bears in our literacy block. We have learned that not all bears hibernate and their habitats vary greatly. We will conclude this unit with a special day called the Teddy Bear Picnic. Mark your calendars now! The Teddy Bear Picnic will be held on Friday, September 30 from 12:15-1:00. All parents are invited to bring a picnic lunch and eat with us on the grassy hill behind our playground area.

As we move into September, school routines and expectations are becoming more and more established. Hopefully you have developed some routines at home that support your child's learning. First graders are expected to read each night for at least 15 minutes. It can be on RAZ Kids, books from home, or a library book. Please 'carve' out a small block of time that your child reads each night. It becomes a lifelong habit that will serve them well!





## Second Grade News:

Hello 2nd Grade Families!

Can you believe September is here? We have 3 solid weeks of 2nd grade behind us and have our procedures, routines and expectations all in place. We have started a science unit on air and weather, and continue to have conversations about building strong learning communities. We are having discussions in our classrooms about growth mindset and encouraging our 2nd graders to understand that mistakes are a great sign of learning. In math, we are well into Bridges unit 1 and talking about addition strategies and quick fact skills. We have also started work places that are having kids explore greater than, less than, equal to, and adding digits to reach a target number. We have launched our writer's workshops and are talking with kids about how to choose topics that will make strong narrative stories. The kids are doing a great job of bringing in their snacks and remembering to bring back their red folders every day. We hope you and your 2nd grader are managing the homework packets well. Please remember that we want you to follow district policy that kids are only doing 20 minutes of homework a night (not including reading). Please talk to your child's teacher if we can help support you with homework in anyway. We don't want homework to be a cause for stress and we really value the time that your family needs to spend together in the evenings and weekends enjoying life. The homework packet coming home on 9/2 is due Thursday, 9/8. We recognize that many of you may be traveling over the long Labor Day weekend. Help your child do what they can with homework this week, but if you don't get to a page, just cross it out and we know that you just couldn't squeeze it in this week and we having fun family time!

Thank you to all of our families who came out and supported our 2nd graders at Run 4 Funds!

It's always a blast and such a successful event. We especially love the team/classroom bonding that comes from preparation and running together. Thank you to everyone for an amazing August and start of the school year.

Enjoy your Labor Day weekend! - The 2nd Grade Team, Mrs. Buell, Ms. Feeley, Mrs. Howard, Ms. Morris, and Mrs. Wehrle



## Third Grade News:

Thank you for your assistance with the homework folder. We know third graders can be very responsible with this daily expectation. Finding some time for reading at home is also an important task that will help ensure a successful third grade experience. Hopefully, you are feeling comfortable with the typing log. Thank you for your support with the typing log. Not only will this practice at home and at school help prepare us for state testing, but more importantly, it will prepare students for life. Remember to return the typing log to school each Friday.

Our first emphasis in reading is to help the children learn how to choose appropriate books at their reading levels. We talk about "easy, just right, and challenge" books. We want readers to be able to find and enjoy books that are a "good fit" or at their "just right" levels. In writing, we have introduced and are working with a writer's notebook / journal. In our daily writing, we are emphasizing careful proofreading and spelling. After working to write a well-developed paragraph, students will be learning to write informational text.

In math, we are focused on the first unit of Bridges. Unit 1 is all about addition and subtraction patterns. We are expecting students to memorize addition and subtraction facts 0-20. Helping children with these facts at home is valuable. It will be of great benefit when we do more complex problems in addition and subtraction to have the facts readily available in their heads. During this unit, we will work with double-digit addition. Finally, a huge aspect of the Bridges program during this unit is story problems and the strategies used to solve story problems.

We have been studying Denver history in Social Studies discussing why people settled in this area so many years ago. During our time in Social Studies we will practice map skills as we prepare to begin a year-long study of the five regions of the United States.

Again, thank you for all that you do to support us and this delightful group of third grade Cougars. Continue to promote responsibility and independence for homework and behavior. We are off to a great start!



## Fourth Grade News:

What a wonderful beginning to the school year! We are so excited to work with your kids this year, and we look forward to all that we will learn!

We are already finishing up our first social studies unit about geography. We have learned the five regions of Colorado, the tools geographers use, and the different characteristics of the land. We are going to end our unit by making a candy map of Colorado!

We have been setting up our reading and writing workshops and coming up with our routines for the year. We are excited to share book recommendations and start learning our reading strategies. Our classes will be starting our personal essay in writing this week.

In math, we have been learning and sharing our multiplication and division strategies. The kids have been doing a great job with trying new strategies. Our classes are also learning about factors and prime and composite numbers.

Throughout our day, we have been doing a lot of talking about growth mindset and having a positive attitude. We have been focusing on changing our words to change our mindset. By looking at mistakes as

We feel so fortunate to have so much support from our wonderful parents! This has been a fantastic start to the year, and we are so excited for what's to come!

Fourth grade team



# 4th grade

## Fifth Grade News:

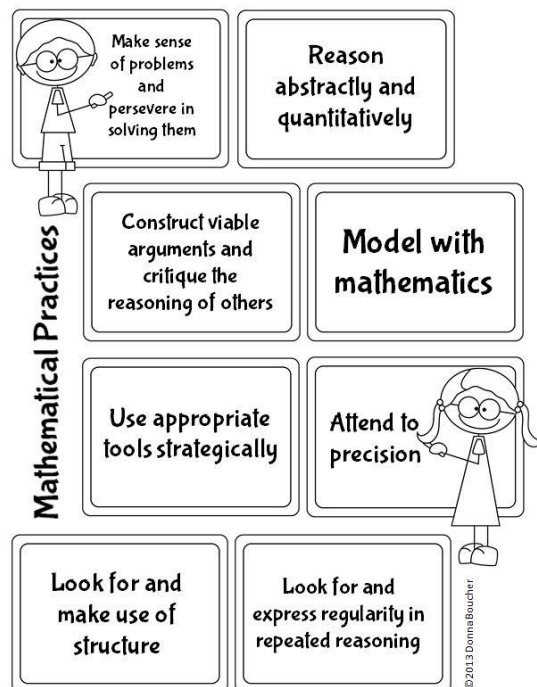
For this month's courier, we thought we'd give you some helpful information about fifth grade math. We thank you for your support in helping your children with their math homework and would like to provide some additional resources for you to use. Please feel free to contact us with any questions you may have about your child's math class.

### **Fifth Grade Content Standards**

The Colorado Academic Standards emphasize rigor, coherence, and focus. A major shift has students moving away from the rote memorization of algorithms toward a more conceptual understanding of mathematical principles. A great, short video titled "Why is Math Taught so Differently Now?" can be seen here- <http://vimeo.com/110807219>. It's worth the 9 minutes! Fifth grade math content includes Operations and Algebraic Thinking, Number Operations in Base Ten, Fractions, Measurement and Data, and Geometry. You can access more detailed information about each of these content areas by peeking at the standards yourself at <http://www.cde.state.co.us/comath/statestandards>.

Bridges is the curriculum used to teach these standards, but you may also see many supplemental materials coming home with your child. Parent resources for the Bridges program can be found at <http://www.mathlearningcenter.org/support/bridges>. A newsletter will go home in the Friday folders before each new unit is started.

**The Standards of Math Practice** The Standards of Math Practice (SMP) are embedded through all grade levels. These standards are often described as "math character traits". They are the critical thinking skills that students use as they solve problems. Whether rounding decimals, dividing fractions, converting measurements, or graphing a coordinate plane students are applying the SMP listed below...



## The PARCC Test

The PARCC tests (Partnership for Assessment and of Readiness for College and Careers) are still fairly new to us and have only been administered the last 2 years. Want to see these tests for yourself? Go to <http://parcc.pearson.com/practice-tests/> to take a sample test.

## Math Websites

Of course, there are many, many math websites. Here are just 3 you might like...

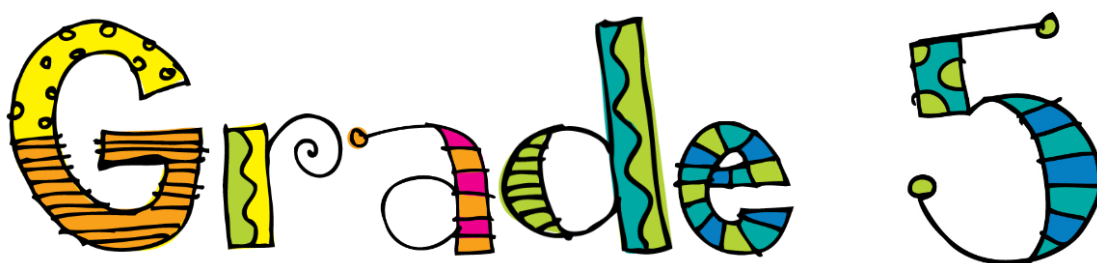
- **Studyjams.scholastic.com** Like Khan Academy, but more kid friendly! Tons of videos, games, and review opportunities in a well organized, easy to navigate format.
- **Freerice.com** Practice math facts while saving the world! Each time a student answers a question correctly, 10 grains of rice are donated to the World Food Programme. Try it yourself- it's completely addictive.
- **Bedtimemath.org** As parents, we read to our kids nightly, but what about a little math before bed (or anytime)? Each day a new, fun problem is posted with three categories: little kids, big kids, and sky's the limit. It's a great, easy way to work in a little problem solving.

## Math Literature

Help kids experience math through great literature! Any book by Greg Tang is FANTASTIC! Check out...

- *The Grapes of Math*
- *Math for All Seasons*
- *Math Fables*
- *Math Potatoes*
- *The Best of Times*

We hope one or two of the above resources will inspire you to talk to your child about how you use math in your day-to-day life and in the real world in general. Encourage your child identify when math is being discussed in current events, used in the music they love, or in the architecture all around them. Your conversations about making math meaningful, authentic, and relevant will greatly enhance your child's learning as we work this year to become confident and inquisitive math students.





## Raising Heroes, Leaders & Champions

Tuesday, September 6<sup>th</sup>, 2016  
9:15 a.m. - 11:15 a.m.



Join PIN to hear veteran instructor Diana B. Thompson as she offers tried and true techniques to help children become the Heroes of their own life stories. Confidence is a skill that can be learned. In this engaging program, you will discover...

- **Identity Shaping:** What it is and how it can help increase your child's confidence
- **Creative Problem Responses** to support your child in taking initiative and developing resilience
- **Emotional Intelligence Tools** to turn liabilities into assets and support a growth mindset

Diana has more than 30 years of experience teaching Emotional Intelligence through the arts. She is the founder of the Heroes Leaders Champions™ book and training series, as well as CinderSilly, The Empowered Princess, and Battle Bullies Like a Super Hero. Visit [www.heroesleaderschampions.org](http://www.heroesleaderschampions.org) for more information.

Parents, school administrators and community members are welcome and encouraged to attend PIN's presentations. No need to RSVP—just come! Presentations are **FREE** and are held the first Tuesday of each month at:

### Student Achievement Resource Center (SARC)

14188 E. Briarwood Avenue, Centennial  
(South of Arapahoe Rd., between Potomac and Jordan Roads)

Visit [www.PINccsd.org](http://www.PINccsd.org) for Podcasts and Meeting Highlights

### MARK YOUR CALENDARS

**October 4<sup>th</sup> & Evening of Oct. 5<sup>th</sup>** Marijuana, Colorado Law and Your Kids

**November 1<sup>st</sup>** Learning Differences: The Challenges & Joys

[www.PINccsd.org](http://www.PINccsd.org) • [PIN@friendsofccsd.org](mailto:PIN@friendsofccsd.org)



LEARN TO LIVE HEALTHY

# Cherry Creek Schools ***Fitness Festival***

- **Family Fun Run (at 8:00 A.M.)**
- **Officially Timed 5K Run/Walk (at 8:30 A.M.)**
- **Fitness Activities**
- **Restaurant Sampling**
- **Healthy Living EXPO**



## DATE & TIME

**Saturday, September 10, 2016**  
**7:00 A.M. to 12:00 P.M.**

*Times vary by activity – see website for details*

## COST

### Race Registration

Includes Race T-Shirt & Restaurant Sampling

	EARLY*	LATE
Children 17 & under .....	\$10	\$20
Seniors 60 & over .....	\$15	\$25
Adults .....	\$35	\$45
Family 4 Pack .....	\$80	\$110

*\*Early Registration deadline is Sept 7*

## LOCATION

**Stutler Bowl, on the Cherry Creek High School campus**  
**9300 E. Union Avenue, Greenwood Village, CO 80111**



REGISTER ONLINE: [CCSDfit.org](http://CCSDfit.org)



**Supporting health and wellness programs for our students and families**