

Safe Walk Plan To and From School

- Walk on sidewalks or facing traffic if you must walk where there is no sidewalk.
- Cross only at marked crosswalks or at street corners.
- Look both ways for traffic and cars turning before crossing the street.
- Walk, rather than run, even if you think you may be late for school.
- Encourage students to walk in groups and not alone.

Bikes at School

- Students are welcome to ride their bicycles to school.
- Students are required to wear safety helmets when riding their bicycles.
- Students must walk their bikes in pedestrian traffic and while on school grounds.
- Students must park their bikes in the bicycle racks provided and secure them with a lock.
- The school will not be responsible for damaged or stolen bikes.
- Students may not ride their bikes during the school day, such as at recess or lunch.
- The consequence for failure to respect these important rules will be temporary or permanent loss of bike riding privileges.

Skateboard, Rollerblade, and Scooter Safety

- Roller blades are not to be worn on school grounds.
- Students may “blade” to school, but should remove the rollerblades at the edge of school property and place them in a backpack until the end of the school day. The same policy applies to skateboards.
- Helmets must be worn while skateboarding or rollerblading.
- Scooters must be walked when on school grounds.
- Students must be able to fold them up and carry them into school to be stored in an appropriate place that does not cause a safety hazard.

Bus Safety

In the interest of the safety and welfare of Cottonwood’s school bus passengers, we will follow the Board of Education’s adopted strict bus disciplinary regulation. If there are questions concerning this policy, you may contact either Cottonwood Creek or the district’s transportation department at 720-554-4654 during normal school hours.

Car Safety

Please remember that precious cargo is being delivered and picked up each day. To keep the line of traffic moving, **please pull forward to the end of the straight-away (East corner of parking lot by pool) using the right lane.** Once your child has exited the vehicle using a **curbside door**, please use the left lane to move forward at a safe pace. A School Resource Officer from the Arapahoe Sheriff’s Office frequently monitors traffic at our school. Please adhere to all street signage. When dropping off or picking up students, it is critical that we all observe common safety procedures. Contact the main office with any questions or concerns you have regarding pick up and drop off times.

ATTENDANCE

Regular attendance for the entire day is essential for success at elementary school. We appreciate your support in scheduling appointments outside school hours whenever possible. Excessive absences are detrimental to a child’s education and will be addressed according to a school, district, and legal expectations.

Please report your child’s attendance before 9:00 A.M. Timeliness with your call helps us ensure the safety and welfare of our Cougar students. If it is necessary for your child to be absent or late for school, you can report the information by calling either:

Cottonwood Attendance Line (available 24 hours a day, 7 days a week): 720-554-3295

or Cottonwood Main Office (available Monday-Friday from 7:30 A.M. – 4:30 P.M.): 720-554-3200

HOMEWORK

The goal of homework is to help students meet or exceed academic expectations.

The purposes of homework are:

- to reinforce skills previously taught.
- to extend and/or enrich concepts.
- to develop responsibility and good study habits.
- to provide opportunities to demonstrate learning for self, parents, and teachers.

Some reasons that homework may be given are:

- completion of assignments.
- preparation for the next day's work.
- make-up work due to absence.
- parent request.
- student request.
- to practice skills in literacy and numeracy.

Approximate daily time allocations for homework, not including silent reading, by grade level are as follows:

- *Kindergarten 10 minutes*
- *First grade 10-20 minutes*
- *Second grade 20-30 minutes*
- *Third grade 30-40 minutes*
- *Fourth grade 40-50 minutes*
- *Fifth grade 50-60 minutes*

Homework should be done after school hours. Students who are absent are responsible for requesting and completing missed assignments. In an effort to honor family time, there will be limited or no homework given during vacation times or on weekends. Homework assignments may be differentiated based on students' needs and strengths. Please contact the teacher with specific questions about assignments.

Student's Role:

- spend allotted time completing homework.
- if finished early, use remainder of allotted time for reading, math facts, etc.
- communicate with parents and teacher about homework concerns.
- turn in homework on time.
- use the student planner to track your homework.

Parents' Role:

- encourage proper study habits.
- provide a regular time and place for homework.
- monitor and acknowledge homework completion.
- monitor the time and effort spent completing homework (if time spent is less than allotted, ensure that additional time is spent on reading, math facts, etc.)
- if time spent is frequently more than allotted, communicate this with the teacher.
- follow the teacher's homework expectation system.
- sign off on homework completion according to the grade level system.
- monitor use of the student planner.

Teacher's Role:

- have a system in place to communicate with parents and students about homework expectations and how parents can best assist their child.
- periodically seek feedback regarding homework (e.g., through conferences, newsletters, via email) at a minimum of two times per year.
- set up a system by grade level for parents to monitor homework completion at least weekly.
- monitor use of the student planner.

MAKE-UP WORK

In the event of an extended student absence (3+ days), a parent may request and pick up homework assignments. **Requests may be made following the third day of absence and must be submitted prior to 10:00 A.M. on the day of pick-up.** Assignments will be compiled by Cottonwood Creek staff and will be left in the main office by **3:30 P.M.** for parent pick up.

PETS and ANIMALS

Due to allergies, fur and feather bearing animals are not allowed in classrooms. Animals (including insects) may not be transported on school buses. **Please do not bring pets when walking your child(ren) to school or when picking students up at the end of the day.** The only reason an animal is allowed on school property is if a classroom teacher deems its presence to be integral for instructional/curricular purposes.

ROAR TEAM INITIATIVES

The ROAR! Team at Cottonwood Creek spearheads safety, wellness, and culture (PBIS) for our school community. As we enter this year, we are moving forward with encouraging all members to eat well, play well, and live well! With this in mind, we **urge** your student to celebrate his/her birthday at Cottonwood Creek with a fun, nutritious treat (i.e. a fruit kabob in lieu of a brownie). This collective effort will be a great step to making us healthier together. Thank you for supporting our students, the ROAR Team, and Cottonwood Creek in wellness!

We talk to our students regularly about ROARing (Respect, Owning It, Attitude, and Responsibility) at Cottonwood Creek. They truly make us proud each day by doing so! Also, we seek ways (i.e. stickers, Cougar Paw coupons, Cougar Paw drawings, ROAR awards, words of encouragement, etc.) to celebrate their ROAR efforts. Ask your student how they ROARed today. Several days a week, we remind ourselves as a school community to ROAR; see the **Cougar Pledge** below:

We encourage you to practice and review the pledge at home to reinforce our school's expectations.

Today I will show Respect for people and property. I will take Ownership for my behavior. I will have a positive Attitude, and I will be a Responsible citizen in our learning community.

SCHEDULE

As you plan appointments for your Cougar student, please consider the following aspects of our learning day at Cottonwood Creek Elementary School. We appreciate your support in maximizing instructional time. Please note that on occasion the schedule may be adjusted to accommodate special events, assemblies, celebrations, guest speakers, or other Cougar activities. Please feel free to join your student for lunch in the cafeteria...COT Nutrition Services has wonderful, healthy lunch options for all. This is a fabulous way to visit with your children at Cottonwood Creek. Please contact the main office with other specific questions about scheduling.

Grade Level	Specials Time (Art/Music/P.E./Health)	Lunch Café Time	Lunch Recess Time
Kindergarten A.M.	9:55-10:40	11:50-12:15	12:15-12:35
Kindergarten P.M.	2:40-3:25	11:50-12:35	12:15-12:35
First Grade	1:55-2:40	12:40-1:00	12:15-12:40
Second Grade	12:20-1:05	1:25-1:50	1:05-1:25
Third Grade	11:30-12:15	1:05-1:25	1:25-1:50
Fourth Grade	10:40-11:25	11:25-11:50	11:50-12:10
Fifth Grade	9:10-9:55	12:15-12:40	12:40-1:00

TIMES OF THE SCHOOL DAY

The school day for grades 1-5 is from 9:00 A.M. to 3:30 P.M. The first bell rings at 8:55 A.M., the tardy bell at 9:00 A.M. Outdoor supervision begins at 8:45 A.M. each morning. Please make sure children do not arrive earlier than 8:45 A.M. for their safety. Supervisions after school dismissal ends at 3:45. If you need to drop students off earlier than 8:45 A.M. or pick them up after 3:45 P.M., we ask that you contact Karen Spears in our Kids Club Program at 720-554-3266 to register for before and/or after school care.

Kindergarten School Day

Morning Kindergarten begins at 9:00 A.M., and they are dismissed at 11:50 A.M. Afternoon Kindergarten begins at 12:40 P.M., and they are dismissed at 3:30 P.M.

VISTING COTTONWOOD

All visitors to Cottonwood Creek Elementary School or our Cougar playground must check in at the main office, provide a picture I.D., and wear a visitor sticker. **To ensure student safety, ALL visitors to Cottonwood Creek are required to follow this process and to show a picture I.D. each visit.** While the front office may know who you are, other people in the building may not. It is important that you sign in, provide complete information regarding what area of the building you are visiting, and sign out. This information is used in the event of an emergency to account for people. If you are interested in visiting your student's classroom, please contact the respective classroom teacher to make arrangements for your planned visit.

We are looking forward to an amazing year together! Thank you for sending us such wonderful students. We commit to them and to you that we will nurture, challenge, and inspire your students in all that we do throughout the school year!

Take care,

Julie Jaeger

Principal

Cottonwood Creek Elementary School

11200 E. Orchard Road

Englewood, CO 80111

720.554.3200

IMPORTANT DATES:

August

- 26 Run 4 Funds
Cultural Connections Breakfast

September

- 2 Mixed up shoe day
5 Labor Day – NO SCHOOL
6 School Picture Day
9 Run 4 Funds prize day
13 Accountability Meeting 3:45pm
16 Mother/Daughter Dance 6:00pm
23 NO SCHOOL for Students
Cottonwood Carnival Day
26 Vision Screening
27 Hearing Screening
30 1st Grade Teddy Bear Picnic

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.



NO SCHOOL
MONDAY SEPTEMBER 5TH

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

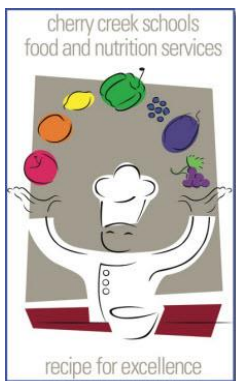
Destination Imagination

Boys Scouts of America

Girl Scouts of America

Chess Club

JW Kim Tae Kwon Do

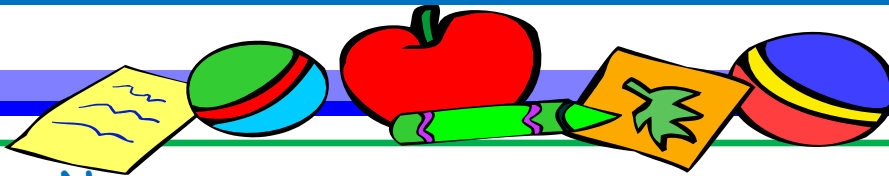


Lunch Account Check Reminders

Below are a few reminders to help ensure that checks are deposited efficiently into student lunch accounts.

Please make checks payable to “Cherry Creek Schools (CCSD) Food and Nutrition Services”

- ✓ On check, please write student name in memo section and PIN number
- ✓ We cannot accept temporary checks for student meals. If you do not have permanent, printed checks, please use cash or our online system.
- ✓ PayPams is our online payment system and can be accessed from the CCSD Café website(www.ccsdcafe.org) or Paypams.com. Please allow 2 days for payments to be deposited in your child’s account.
- ✓ Please check the menu WEEKLY online at www.ccsdcafe.org



Kindergarten News:

Thank you so much for coming to our Kindergarten Screening! We hope that it made the first day of school easier for both you your child. If you missed our Kindergarten Back to School Night, or even if you just want a refresher on what information was covered, please check out our Kindergarten Handbook at: cottonwoodcreek.cherrycreekschools.org

Select "Staff" followed by "Kindergarten". It is filled with all kinds of information regarding our Kindergarten program.

Please be sure to check your child's daily folder each evening and return it the next day! Our year is off to a great start, and we are looking forward to a FUN year!

First Grade News:

Welcome to First Grade!

The first day of school jitters have subsided and our first graders have settled into their new school routine. Staying in school the whole day, eating lunch in the cafeteria, and meeting new and old friends are some of the many exciting things that are special to first graders. In order for everyone to get better acquainted, our first unit of study is "All about Me". We will read and write stories about our families and friendships.

It was nice to see so many parents at Back to School Night. We hope that you now have a good understanding of our school and classroom procedures and policies. Remember, we do not check our email during the school day. If you have an important message that needs to get to us immediately, please call the main office and they can relay that message.

Second Grade News:

Welcome to 2nd Grade! We have an amazing group of 2nd graders this year and have had an excellent start to the year. Thank you to all of you who attended our Back-To-School Night sessions. We shared a lot of information with you about the upcoming year. If you were unable to attend, we sent home information in red folders on 8/16 that gave you an overview. Please contact your child's teacher if you have any questions that we can answer. Here are a few other reminders as we get settled into the routines of a new school year that we hope will be helpful:

- Daily snack break at 10:25 - please send a substantial snack
- We encourage the kids to have water bottles that are spill proof - especially during these hot summer days
- We let the kids in the building when the first bell rings at 8:55. Second grade will always enter door 6 near our playground. A teacher will be on duty at the door daily from 8:45 until 9:00 when instruction begins. If you arrive after the 9:00 bell, please go check in at the front office.
- 2nd grade is dismissed at 3:30 from door 6. Only bus riders may be dismissed from door 2 by Mrs. Wehrle's classroom. All other students must exit door 6. Kids Club students then walk outside around to the Kid's Club entrance. Please follow these guidelines as we have ourselves scheduled for supervision in specific locations to ensure your child's safety at dismissal.
- If you are going to be late to pick up your child, please call the front office. That is the only way to guarantee we will receive the message and have your child safely waiting for you at the front office.
- Please remember to clearly label all of your child's personal items and to check the lost and found when you are missing something.
-

We look forward to a fantastic school year. Your child's safety, happiness, and learning are always the focus of everything that we do. We thank you for sharing your little ones with us this year. Welcome from all of us, Mrs. Rebecca Buell, Ms. Kathy Feeley, Mrs. Kate Howard, Ms. Natalie Morris, and Mrs. Erin Wehrle



Third Grade News:

The third grade teachers would like to thank all of you for sending us such a wonderful group of children! We really appreciate their smiling faces and the hard working attitudes they bring to the classroom every day. It was great meeting so many of you at the recent Back-to-School Night. We are off to a great start!!

The third grade teachers and students have been busy establishing classroom routines and homework expectations. We are already impressed with the way our students have been handling these new responsibilities. Thank you for your continued support at home in developing a consistent time and place for homework. That is an important habit to emphasize this time of year. Look for the homework folder and planner each night. The homework schedule is attached inside to answer any questions you have about what is expected. A daily reading time is also important. That can be combined with the homework or done at a different time.

Thanks again for your support! We are looking forward to a wonderful year together filled with learning, caring, and growth!

Fourth Grade News:

We had a blast getting to know our awesome 4th graders these first few weeks of school. Thank you for those who came to back-to-school night. We had a fun night and appreciate your support as we kick off this year. We have been working hard creating learning communities in our classrooms based on R.O.A.R. We have introduced what a growth mindset is and how we will work on having a growth mindset throughout the year. We have started our first unit of math learning about multiplicative thinking. We also started Colorado Geography and have learned about maps and tools geographers use. We will be starting Wordly Wise next week. The 4th graders have started to learn what a reading and writing workshop looks like, and we are excited to start reading and writing with them this year. We look forward to a great school year!

-The 4th Grade Team

Fifth Grade News:

Welcome to fifth grade! We are as eager as our students are to begin a wonderful school year. Here is what your children are looking forward to, in their own words...

- I am excited about High Trails.
- I'm excited about reading buddies.
- I'm excited to get to know my teachers better.
- I'm excited about science- mixtures and solutions, weather, and dissecting a lamb's heart!
- I'm excited about a great year!
- I'm excited about Colonial Day.
- I'm excited for Young Ameritowne.
- I am excited about the pacer test in PE.
- I am excited to meet new people.
- I am excited to learn more and work more on math.
- I'm excited to finish *Wings of Fire*.
- I'm excited for read alouds.
- I can't wait to use the 3D printer in STEM and make ugly face mugs in art.
- I am so excited for the chance to read new books.
- I'm excited for the dance unit in PE.
- I can't wait for recorders.
- I'm excited to learn new things.
- I am looking forward to making friends with new kids.
- I get to learn more advanced things and do more advanced projects.
- I'm excited for Run for Funds, Jump Rope for Heart, and Field Day.
- I'm excited for the great books we'll read.
- I'm excited for mindfulness.
- I'm excited for 6th grade!

We love the energy of our students and are inspired and humbled by their enthusiasm and commitment to learning. We are looking forward to working hard to make this year all they hope it will be. Cheers.

Library News: Welcome to Cottonwood Creek's Library! It is designed to make reading a joy! Every month we feature a different genre of books with fun storytelling, book talks and school-wide contests or events. Encouraging students to read for pleasure and knowledge is our goal. We strive to foster a lifelong habit and love of reading and learning. Students are invited to select books weekly from our nearly 36,000 volumes. Books and materials are due two weeks after check out, though no overdue fines are ever charged. If books are lost or damaged, please ask for the price; we only charge a portion of the replacement price, \$7.00 for paperback books and \$15.00 for hardback books. Start your child on a lifelong library habit by encouraging enthusiastic and responsible library usage! The library is open for individual student use and book selection during the school day from 8:30 AM to 4:00 PM.

Classes are scheduled to come to the library once a week for storytelling, browsing and book circulation. Additional small groups are signed up by the classroom teacher for enrichment. The library program facilitates the development of students and staff as effective users of ideas and information. Computers are available in the library for supervised online research and materials search using our online catalog. **Parents may also have a library card made that will be kept at the circulation desk.** Our library contains a section of easy-to-read books divided by primer, grade 1, and grade 2 levels of books. Parents may check out as many of these books as they like to help their child with his/her reading skills. The Teacher/Librarian and over fifty volunteers staff the program.

We invite all of our community members to stop in and visit our library!

Calling All Volunteers!

Dear Parents and Grandparents,

The **Cottonwood Creek Library** is looking for **Volunteers!** How would you like to read stories to our wonderful students, check out and check in books, file books, or do some clerical work such as cutting and gluing? It is a great opportunity to help in your child's school. By volunteering to help you free up the Teacher/Librarian to teach small groups of students. No preparation necessary. We will teach you everything you need to know. All stories are pre-selected for the genre of the month. Our library has 36,000 books for our students enjoyment but need helpers to keep it organized. Most shifts are 2 hours. All parents and grandparents are welcome. Sign up on PTO Manager or call **Renee' Sianko (Teacher/Librarian)** at 720-554-3220 rsianko@cherrycreekschools.org. **Holly Flaxbeard,** flaxbeard@hotmail.com, 720-524-6466 Library Volunteer Coordinator will help get you started. Hope to see you in the library!

Renee' Sianko Teacher/Librarian
720-554-3220

BackPack Safety Awareness Day September 21

The American Occupational Therapy Association in conjunction with OT's around the country are partnering to spread awareness of backpack safety. As children and students head back to class whether preschool or the college campus backpack safety must be reviewed. Here are some tips to consider:

Size: Make sure your child's backpack fits them correctly. It should fit comfortably over the shoulder, using the straps to adjust it's placement to sit near the hip bones, two inches above the waist. Too many students have their backpacks hanging off one should and do not adjust the straps to hold the heavy load comfortably.

Weight: Your child's backpack should not weigh more that 10-15% of your child's body weight. If your child weighs 100 pounds that means his/her backpack can weigh 15 pounds tops. If your child weighs 50 pounds it can only weigh 7.5 pounds. Adjust accordingly!

Straps: Wide, cushioned shoulder straps are best and make sure your child uses both of them to evenly distribute the load. Make sure they buckle the waist strap to help distribute the load.

Load it properly: Show your child how to put the heaviest items closest to their back with lighter items farther out. Make sure they lift properly as well...using their legs to assist as much as possible. Young backs are growing and we don't need injuries!

Heavy Load?? Consider alternatives such as rolling backpacks or purchasing two copies of a heavy textbook to leave one at home!

Taking action to reduce the risk of backpack injuries is important. If you have questions do not hesitate to contact the OT at school who is more than happy to assist!

Marie Toole, MS, OTR/L

720-554-3214



S.T.E.M. News:

Our first month in the S.T.E.M. lab will be productive and exciting. Children will have opportunities to showcase their knowledge regarding S.T.E.M. components in many ways. As always, students can access all of the links we use in the class at home and describe what they have accomplished by going to:

<https://sites.google.com/a/cherrycreekschools.org/cottonwood-elementary-technology-department/>

Grades 3-5 will begin a S.T.E.M. (Science, Technology, Engineering, Mathematics) project that revolves around a "cardboard challenge." Students will work their way through the Engineering Design Process as they develop a prototype that could solve a problem or need with a focus on renewable energy. During the next rotation fifth grade will work on engineering model buildings that are earthquake resistant. They'll also develop building codes that help others build earthquake resistant structures. Fourth grade will build ramps for model cars and measure how far the cars travel. Then they will incrementally increase the height of the ramps and measure the changes in the distance the cars travel. They will learn that when the car is at the top of the ramp ready to be released, it has potential energy. As it travels down the ramp, this becomes kinetic energy. By increasing the height of the ramp, they increase the car's potential and kinetic energy, and they will increase the distance the car travels. At the end, students will expand on what they learned and will explore and engineer other creative ways to increase the potential and kinetic energy of their cars.

For grades K-2, we began with an introduction to the Engineering Design Process and a hands-on challenge. Students will discuss possible solutions to the problem that revolves around the story "Iggy Peck, Architect". Basically, students will need to collaborate to design a tower following certain constraints and criteria.

Additionally, the S.T.E.M program is in need of the following items:

- Used LEGO's
- Empty plastic water bottles including the caps
- Tennis balls
- Plastic wrap and paper cups
- Used mechanical toys for a reverse engineering project

ddennstedt@cherrycreekschools.org

Darren Dennstedt

S.T.E.M./Technology Teacher

Cottonwood Creek Elementary



Music Notes:

Welcome back to another musical school year! I am excited to have all of our old Cougars back, and have truly enjoyed getting to know some of our new friends as well. Welcome to the wonderful family that is Cottonwood!

As many of you know, I got married over the summer and my new name is Natalie Lavrisha (Love-REE-shuh.) The kids are doing an awesome job pronouncing it so far! (even though it's a bit trickier than "Miller" ☺.) My email address is now nlavrisha@cherrycreekschools.org .

Mark Your Calendars: The 2016-2017 Program Schedule is as follows:

- Thursday November 10th: Fall (Veterans Day) Choir Concert
- Thursday November 17th: 1st grade program
- Thursday December 15th: 2nd grade program
- Thursday March 23rd: 3rd grade program
- Thursday April 27th: 4th grade program
- Thursday May 11th: Spring Choir Concert
- Wednesday May 24th @ 1:30 - Kindie Continuation
- Thursday May 25th @ 9:30 - 5th Grade Continuation

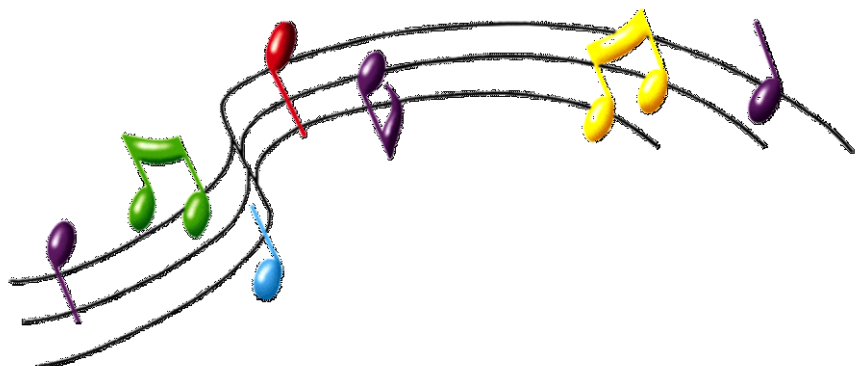
I look forward to meeting more of our Cougar families at these events!

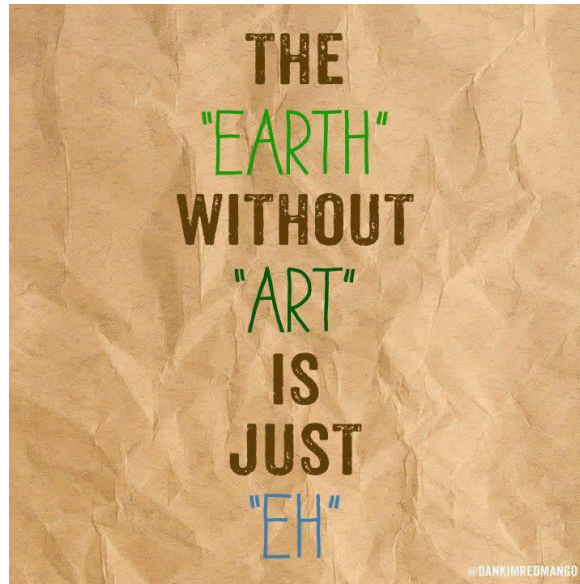
Cougar Choir Registration: Just a reminder that Cougar Choir registration ends on **Tuesday, August 23**. Choir is open to all 3rd-5th graders, and information packets can be found in the front office or the music room. Rehearsals begin August 30th and September 1st. I can't wait to get started!

I feel very fortunate to have the privilege of working with each and every one of your Cottonwood Cougars. Please do not hesitate to contact me with any questions, comments or concerns.

Have a great year!

Natalie Lavrisha
Music Education
Nlavrisha@cherrycreekschools.org





Hello from the Art Room!

It has been a busy first week in the Art Room. We have already created amazing pieces of art and learned how we are all artists. We will kick off the year with a "World of Art" theme featuring art from Australia, Mexico, China, India, Thailand and the United States of America. It's going to be a new year of new projects and most importantly, a year of fun and creativity. My goal is for your child to express themselves through artistic thought and action while they build a foundation of knowledge and skills...all the while having...fun!!!! Be sure to watch for our volunteer sign up calendar, you DO NOT have to be an artist to help in the art room. Your child will love having you in the room and your support is greatly appreciated.

Thank you! I look forward to seeing you soon!

Dawn Thompson

P.E. Corner:

Parents and Students,

Welcome back to school! It is amazing how fast the summer flew by! Please welcome Ms. Kiaya Rutz she will be student teaching at Cottonwood the next 8 weeks. She is finishing her Physical Education degree at Metro State and we are lucky to have her.

Physical Education means to learn about and through movement. In P.E. it is important to look at the "Big" picture and teach through concepts such as teamwork, relationships, workload, control, strategies, and analysis. Here at Cottonwood we use a skills based P.E. program, we don't spend a lot of time playing "real games". I take a sport or activity and break it down into specific skills and teach those skills through drills and modified games. For example, instead of playing a "real game" of soccer we will play a game of 4-goal soccer, which makes the teams smaller in size, and we use 6-8 soccer balls. This provides more opportunity to practice ball skills such as passing and dribbling. I also try and expose students to many new games and skills such as Ultimate Frisbee, Touch Rugby, Speed Ball and Team building. Your students with the exception of Kindergarten will be coming to physical education every other day for two weeks and then they go to Art and STEM for two weeks.

Workout Wednesday's have turned into MUSCLE MONDAY'S. Muscle Monday's is every other Monday for each student. We combine the STEM class with the physical education class to make Muscle Monday's. We will be focusing on cardiovascular fitness, muscular strength, muscular endurance, and flexibility throughout the year. By combining classes with STEM it provides an extra 90 minutes a month of Physical Education to students here at Cottonwood. I am hoping that students learn to love movement through fitness, team sports, individual sports or activities. My goal is to teach your child the skills necessary to live a healthy and happy life through movement.

Here at Cottonwood we offer many different programs to keep your child on the move. We will once again be offering Physical Activity Clubs. The schedule is attached to your courier and you must sign up online. Below, I have bulleted important information regarding physical education. We also participate in the Fitness Festival, Greenwood Village Triathlon, the District Cup Stacking Tournament, and a Jump Rope for Heart.

I am looking forward to another great year here at Cottonwood!



"Work Hard, Play Hard, Have Fun"

Matt Mundy

PHYSICAL EDUCATION UPDATES AND EVENTS

- **TENNIS SHOES ARE A MUST!** Please help your child remember tennis shoes for physical education class and Fitness Friday's. It is a huge safety issue! We recommend that they leave a pair of tennis shoes in their backpacks or cubbies.
- **CCSD FITNESS FESTIVAL-** Saturday September 10! 1Kwalk/5Krun this is a great event for the entire family and a great way to get involved in the community! Register at www.ccsdfit.org . We hope to see a ton of Cottonwood Families at the event.
- **GREENWOOD VILLAGE KIDS TRIATHLON-** Sunday September 25! This is a great way for your child to get an introduction to the sport. Last year Cottonwood won \$300 for having the most kids participate. We would love to hold onto that title! More information click check it out online at <http://www.greenwoodathleticclub.com/KIDSTRIATHLON>
- **COUGAR FAMILY FITNESS-** Aug. 22-Sept.9 EVERY MONDAY, WEDNESDAY and FRIDAY on the field at 8:30 a.m. Parents and siblings welcome to come. We are training for the CCSD Fitness Festival on Sept. 10.
- **PHYSICAL ACTIVITY CLUBS WILL START THE WEEK OF SEPTEMBER 11th.** PLEASE SEE HANDOUT. IT IS A REVOLVING SCHEDULE AND FREE! SIGN UP ONLINE AT THE LINK BELOW.

<https://goo.gl/4LuBPe>

Cottonwood Creek 2016-2017 Physical Activity Intramurals & Clubs

It is time to start intramurals and clubs once again. They will start on **September 11** and end **April 28**. Intramurals is a time for students to spend extra time exercising, playing games, sports, and creating healthy habits. We will have 2 days of Clubs and 1 Intramural each week. The clubs and intramurals will have a revolving schedule, so be sure to keep the schedule handy. Intramurals are grade specific and the clubs are open to grades 1-5 unless otherwise posted. Please report to the gym on time for intramurals and clubs. The Schedule will be as follows.

Aug. 22-Sept. 9 **Cougar Family Fitness**- Every MONDAY, WEDNESDAY, & FRIDAY
8:30a.m. on the field. Come train for the Fitness Festival 5k

Rotating Clubs on Monday's & Tuesday's

Sept. 11-Nov. 11 Cup-stacking Club 1st-5th Mon. 8:00-8:45

(training for CCSD Tournament)

Sept. 11-Nov. 11 Running Club 1st-5th Tues. 8:00-8:45

Nov 14 -Feb.24 Jump Rope Club 1st-5th Mon. 8:00-8:45

(training for Jump Rope for Heart)

Friday Fitness & Fun Club

Sept. 11- Apr. 28

Friday's 8:00-8:45

<https://goo.gl/4LuBPe>

Students must signed up on-line before coming to Intramurals and Clubs.

Students MUST wear proper shoes!!!

Keep this schedule on your refrigerator

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

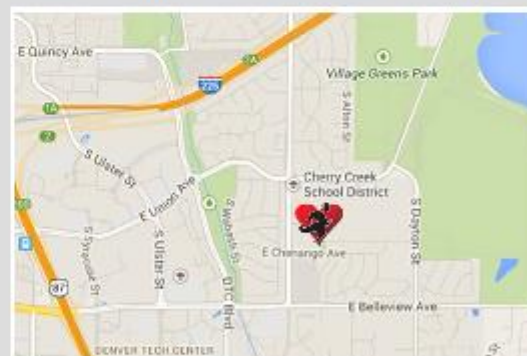
Includes Race T-Shirt & Restaurant Sampling

	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



Supporting health and wellness programs for our students and families



PIN Presentations 2016-2017

**The First Tuesday of each month, 09:15 a.m.-11:15 a.m.,
plus two evening presentations on 10/5/16* and 11/9/16***

September 6th

Problem Solving as Heroes & Leaders
Diana Thompson, speaker, author, educator

October 4th & Evening of October 5th

Marijuana, Colorado Law, and Your Kids
Gina Carbone, Smart Colorado; Michael Song,
Asst. Atty. Gen.; Tracy Reinhard, Sandstone Care

November 1st

Learning Differences: The Challenges & Joys
Laura Barr, e.Merging Educational Consulting

November 9th evening

Resilient Families: Being Present, Peaceful and Positive
Janise McNally, CCSD Wellness Coordinator

December 6th

10 Things Everyone with a Brain Should Know
Kim Bevill, founder of Gray Matters, Inc.

February 7th

Mind Games! Understanding the Adolescent Brain
Dr. Jim Langley, Knippenberg, Patterson, Langley & Assoc.

March 7th

The Making of Boys to Men
Nick Jackson, The Boys School

April 4th

Visual Processing Beyond 20/20
Improving Academics, Sports & Confidence
Dr. Lynn Hellerstein, Hellerstein & Brenner

May 2nd

Boys Adrift, Girls on the Edge
Dr. Leonard Sax, NYT bestselling author

*Sept.-April presentations held at Student Achievement Resource Center (SARC),
14188 E. Briarwood Ave., Centennial, CO 80112
The May PIN Annual Brunch is held offsite.

Visit www.PINccsd.org for Podcasts and Meeting Highlights.

CHERRY CREEK COMMUNITY LEGISLATIVE NETWORK
Invites You to Join Us for Our Annual

Breakfast with Our Legislators and Candidates

Date: Tuesday, October 18, 2016

Time: 7:00a.m. - 9:00a.m.

Place: Instructional Support Facility (ISF)
5416 South Riviera Way
Centennial, CO

Cost: \$8.00 per person

Please join us for breakfast along with members of the Colorado General Assembly representing the schools in the Cherry Creek School District, as well as 2016 Candidates. This is a wonderful opportunity to become better acquainted with members and potential members of our delegation in an informal setting as we work together for a successful 2017 legislative session that benefits Colorado students.

For more information please contact
Ilana Spiegel at ilanadspiegel@gmail.com or
Shelly Smith at sezzardsmith@gmail.com

**PLEASE MAIL COMPLETED FLYER WITH PAYMENT
BY MONDAY, OCTOBER 10TH**

NAME _____ PHONE _____

NAME _____ PHONE _____

ADDRESS _____

RSVP (Headcount) _____

AMOUNT ENCLOSED _____

MAKE CHECKS PAYABLE TO: CCCLN

MAIL TO: CHERRY CREEK COMMUNITY LEGISLATIVE NETWORK
ATTN: SUSAN MARKER, FISCAL SERVICES
4850 S. YOSEMITE ST
GREENWOOD VILLAGE, CO 80111