

Bear Tracks



Bear Creek Elementary
2500 Table Mesa Drive
Boulder, CO 80305

Tanner Dayhoff, Principal
February 13, 2020

Dear Bear Creek Community,

It was great to see so many of you at Parent/Teacher Conferences. Our staff is grateful for your continued partnership, and for the delicious meals provided by PTO.

BVSD surveys parents each year in order to gather information that can be used to guide efforts to improve schools. The survey of parents is called the "Parent Snapshot Survey" and parents will be receiving it in the next few weeks. We hope all parents and guardians will take a moment to complete and return this survey. The more parents who participate, the more accurately the survey data will reflect parents' perceptions and opinions. The survey results are reviewed by Bear Creek staff to determine what programs and processes are working and which ones need improvement. Consequently, the survey results can have a significant impact on school operations.

The Parent Snapshot Survey will be administered online for all parents who have provided an email address to Bear Creek/BVSD. This supports a greener and more cost effective process by reducing the amount of paper used, mailing cost, and data entry required. We also hope this will increase the parent participation rate. **Online surveys will be sent by email the week of February 24 to only one email address per household.** If you don't see an invitation in your "inbox," please check other email addresses you have given Bear Creek/BVSD.

If there is not an email address associated with your household, you will receive a survey via U.S. postal service consistent with last year. Paper surveys will be mailed at the beginning of March.

With great pride in Bear Creek,

Tanner



Inside this issue:

Counselor's Corner	2
BC At-A-Glance	3 - 4
Staying Healthy	5
Classroom Clips	6-10
\$\$ Makers for Bear Creek	11-13
BC Monthly Calendar	14, 15
BVSD	16-20



COUNSELOR'S

CORNER

FEBRUARY, 2020



A MESSAGE FROM MS. FELS

Hello Bear Creek Community,

This month we are continuing the conversation on career and post-secondary (after high school) options. In grades K-5, students are continuing to have a discussion on the following questions:

- What do you want to do after high school?
- Why is it important to start talking about careers and post-secondary options in elementary school?
- What does elementary school have to do with having a job as an adult?
- Do all jobs require the same level of education?

Students in grades 3-5 are furthering this discussion by learning about their post-secondary options and learning what each level of education beyond high school means. Students are also taking an interest inventory to help guide this conversation and further study. To check out the survey and/or take it yourself, click on the following link: <https://www.mynextmove.org/>

Want to start a conversation at home about careers and post-secondary options? Try sharing your postsecondary and career path/experiences and ask your student what they want to do after high school.

As always, please feel free to reach out anytime with questions or concerns. I am happy to help!
Montana Fels

Tips on Promoting Post-Secondary Student Success in Elementary School:

- Teach students how to self-advocate
- Explore and discuss all of your students ideas! It is important to allow students to dream and explore all their options.
- Identify student strengths and areas for growth.
- Reinforce good study & attendance habits early
- Talk it up! Share your post-secondary journey with your kids and discuss the connection between school and career.

Counselor Contact Info:

Montana Fels
Phone: 720-561-3528
Email: montana.fels@bvcsd.org

BEAR CREEK CALENDAR

AT - A - GLANCE

Friday, February 14

NO SCHOOL - Professional Dev. Day

Monday, February 17

Presidents' Day - NO SCHOOL

Friday, February 21

Kindergarten Report Cards Go Home

Y-Kids Night In

Monday, February 24 & 25

Lip Sync Non-dress Rehearsals for KG & 1st

Wednesday, February 26

Report Cards for 1st-5th available on Parent Portal

Monday, March 2

Vision & Hearing Screening

Tuesday, March 3

SAC @ 3:15 in Library

Thursday, March 5

Lip Sync Dress Rehearsals

Friday, March 6

Lip Sync Performance @ 5:00 & 7:00

Tuesday, March 10

PTO Meeting @ 1:30

20-21 Kindergarten Parent Night 5:00-6:00

BEFORE AND AFTER SCHOOL ACTIVITIES

As you are looking for activities for your children to participate in before and after school, I just wanted to give you a "heads-up" about where to look for activities that are happening at Bear Creek, and which ones are Bear Creek and BVSD sponsored.

*Starting today in Bear Tracks, you will see opportunities for your children to participate in school sponsored clubs such as intramural sports, jump rope, Spotlights, and drumming club. Bear Creek clubs are supervised by Bear Creek staff.

*[Lifelong Learning](#), which is part of BVSD's Community Schools Program runs many wonderful activities for students in schools across the district. If you go to their web-page you can find great kid classes, many of which will happen right at our school! Lifelong Learning will send you mail alerts of activities that are happening at Bear Creek. You can sign up for classes at any location, but parents have found it particularly accommodating when classes happen right at Bear Creek. This fall at Bear Creek Lifelong Learning will offer at Bear Creek such things as chess, basketball, Spanish classes, and Lego building.

*Finally, please check the Community Board in our front hallway where other activities that are not sponsored by the school or Lifelong Learning can be posted. Oftentimes these activities happen at Bear Creek, as groups can rent some of our spaces after school.

Lip Sync Key Dates

February 24-28 Non-dress rehearsals KG-1st only

March 5 Dress rehearsals 3:00-5:00

March 6 Lip Sync Performances 5:00 & 7:00

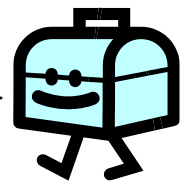


On Red Flag days we start inside!

[2019-2020 Bear Creek Directory Link](#)

LOST and FOUND

The lost and found is located at the end of the hallway by the gym between the inside and outside doors. Currently we have clothing overflowing the bins. Labeling your child's clothing is one way to make sure it gets back to the child when found on the



How sick is too sick?

This a document put together by The Colorado Department of Public Health and being followed by BVSD. Please review the symptoms and responses.



2020-2021 Kindergarten Registration



If you are a neighborhood parent of an incoming 2020-2021 kindergartner or know of a kindergartner in your neighborhood, please either stop by the office or send me an email with the student's name. **Please complete the online registration as soon as possible so we can determine the number of students/classes for next year.**

Earn **Free Money** For **Bear Creek** - Every Time You Enter Your Loyalty Number! ...**Update Your Info in 3 Easy Steps**

1. Create or login to your King Soopers account. You can do this online or on the King Soopers app. www.kingsoopers.com
2. Under "My Account" click on Community Rewards
<https://www.kingsoopers.com/account/communityrewards>
3. Search for "Bear Creek Elementary Home and School Association"
Or AQ261 and enroll!!

King Soopers will now donate money to Bear Creek through your loyalty card or phone number. It is still an easy and free way to help Bear Creek.

If you have any questions, please reach out to katelyn.m.root@gmail.com.



Dogs on School Property – Follow this link to review BVSD policy about dogs on school property. One note...if you visit the property over weekends/holiday, please remember to "clean up" after your pet.

Teacher Appreciation Snacks

Twice a month classroom parents sponsor "Appreciation Snacks" for the Bear Creek teachers and staff to express thanks for their hard work. Each classroom will have their chance during the school year. Each job requires (3) parents from the specified classroom to provide yummy snacks for approximately 15 teachers and staff. Some items that have been a hit in the past include bagels, lox and cream cheese, egg dishes, green salads, assorted fruit (to take) and fruit salads, veggie salads and trays, and of course the sweet stuff.

[Here is the link to sign up.](#)

Ray Neiman's class	Wed Feb 19, 2020
Stephanie Brigg's Class	Wed Mar 4, 2020
Robin Norton's class	Wed Mar 18, 2020
Sara Bulow's Class	Wed Apr 1, 2020
Emily Kallio's Class	Wed Apr 15, 2020





5 Things You Need to Know: Staying healthy during cold and flu season

This time of year marks the beginning of cold and flu season. The Centers for Disease Control says that this may be a particularly nasty one – so we would like to remind you of a few simple ways you can help avoid these bugs.

Here are 5 Things You Need to Know about [avoiding cold and flu season from the CDC](#)[Opens in New Window](#):

1. **Wash your hands OFTEN** - The best way to stay healthy is to keep your hands clean by washing them with soap and hot water or using an alcohol-based hand sanitizer. [Handwashing Tips for Kids | Children's Hospital Colorado](#)[Handwashing: Clean Hands Save Lives](#)[It's a SNAP Toolkit: Handwashing](#)
2. **Avoid Close Contact (Stay Home if you are Sick)** - Colds and flus are easily transmitted from person to person when they are close contact. That is why we encourage people who are sick to stay home. [How sick is too sick?](#) - See Health Services for guidelines on when to stay home
3. **Cover your mouth and nose** - Typically cold and flu are transmitted through your mouth and nose. By avoiding contact with your face and even covering it with a mask – you can avoid getting sick. Of course, if you sneeze or cough, make sure to cover your mouth and nose (elbows are great for this) and wash your hands.
4. **Clean surfaces regularly** - Oftentimes the cold and flu are transmitted when sick individuals touch doorknobs, desks or other items – and by cleaning surfaces with disinfectant, you can keep these diseases from spreading.
5. **Stay Healthy** - By sleeping well, eating healthy, exercising regularly, managing your stress and drinking plenty of fluids, your body is less susceptible to illness.

[Healthy Habits to Help Prevent Flu | Centers for Disease Control](#)

Resources:

[Cold Versus Flu | Centers for Disease Control](#)
[Influenza \(Flu\) | Boulder County Public Health](#)
[Influenza \(Flu\) | Centers for Disease Control](#)
[Flu View | Boulder County Public Health](#)

PE news

Drink up!

A new study shows that many kids aren't drinking enough water

Kids should drink between 10 and 14 cups every day, according to a new study

Are you drinking enough water? Many kids aren't, according to a new study published in the American Journal of Public Health.

The study's lead author, Erica Kenney, a scientist at Harvard's T.H. Chan School of Public Health, originally planned to look into the amount of sugary drinks kids were consuming in schools. However, during her research she found that many kids were simply not drinking enough water.

Kenney and her team examined data from a group of 4,000 children, ages 6 to 19. The data was taken from the National Health and Nutrition Survey, a study on the health of children in the United States conducted each year by the Center for Disease Control and Prevention.

While looking through the survey results, she noticed that more than half of the kids who participated were dehydrated. Of that group, boys were 76% more likely than girls to not have enough water in their system. Nearly one quarter of the kids in the survey reported drinking no plain water at all.

"These findings are significant because they highlight a potential health issue that has not been given a lot of attention in the past," Kenney said in a statement. "Even though for most of these kids this is not an immediate, dramatic health threat, this is an issue that could really be reducing quality of life and well-being for many children and youth."

It is important to drink a lot of water when you are being physically active.

How much is enough?

The human body is made up of 60% water. It regulates body temperature, delivers oxygen all over the body, assists in digestion, and performs various other tasks that keep our bodies healthy.

Not drinking enough water can lead to health problems such as headaches, irritability, poor physical performance, and even more serious issues. Your body needs more water when you are in hot climates, when you are physically active, and if you have a fever.

The United States National Agriculture Library says on average, kids need between 10 to 14 cups of water every day. This water can come from a mix of drinks and foods that contain high amounts of water, such as celery, melons, or tomatoes. It is also recommended that fluids come from water instead of sugary drinks that are high in calories and can lead to weight problems.

“The good news is that this is a public health problem with a simple solution,” said senior author on the study and professor health sociology at Harvard University, Steven Gortmaker. “If we can focus on helping children drink more water – a low cost, no calorie beverage – we can improve their hydration status, which may allow many children to feel better throughout the day and do better in school.”

Tips for staying hydrated

The United States Center for Disease Control offers the following tips for people to stay hydrated:

- Carry a water bottle for easy access.
- Freeze some freezer-safe water bottles. Take one with you for ice-cold water all day long.
- Choose water instead of sugar-sweetened beverages. This tip can also help with weight management. Substituting water for one 20-ounce sugar-sweetened soda will save you about 240 calories.
- Choose water instead of other beverages when eating out. Generally, you will save money and reduce calories.
- Give your water a little pizzazz by adding a wedge of lime or lemon. This may improve the taste, and you just might drink more water than you usually do.

ART ROOM NEWS

Inspired by our MLK Jr assembly *Woven Together*, all artists have been weaving in the art room this month.





There was a wonderful turn out for the CAP Parent Meeting in January. Bear Creek Elementary Students participated in the **Child Assault Prevention (CAP) Program** from February 3rd-February 12th.



2nd Grade Circle Time.
(Before our February Snow!)

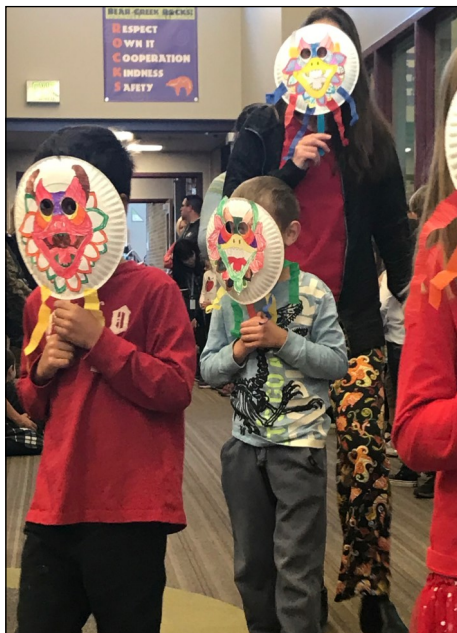


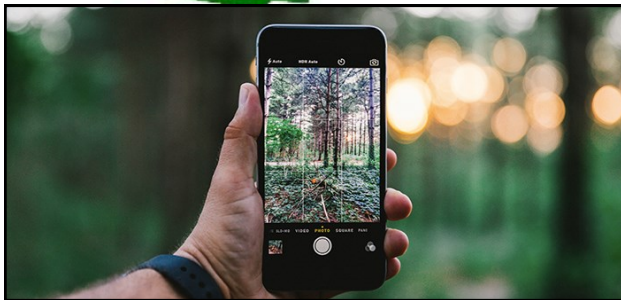
Future Construction Engineers...
Igloo in February





Kindergarten Lunar Parade





Where Have All the Cell Phones Gone?

The EPA states that for every 1 million cell phones recycled we can reclaim....

35,274 pounds of copper

772 pounds of silver

75 pounds of gold

33 pounds of palladium

In fact, today, there are 327.5 million cell phones in use in the US alone...and 6.9 billion worldwide.



The Wireless Alliance is a **cell phone** and **ink cartridge** recycling company. We work with wireless retail stores, e-waste recyclers, schools, universities, state and local government, large corporations and non-profit organizations to collect and recycle cellular equipment and ink cartridges. All equipment is repurposed in a zero waste, environmentally-conscious manner. Since 2001, The Wireless Alliance has reclaimed over 500 tons of wireless equipment from landfills, contributing to a cleaner and safer environment.

Items we accept:

All cell phones, smart phones, PDA's, iPods, digital cameras, and iPads regardless of age or condition

Chargers

Rechargeable cell phone batteries

All accessories including: Bluetooth, air cards, clips and cases

Paper manuals and plastic packaging

ALL ink cartridges

Bear Creek receives a portion of the proceeds from the recycling of these products and has both a cell phone and ink cartridge container in the foyer of the school building.

BOX TOPS BUZZ! 11

The latest news & information from Box Tops for Education

August 2015



EARN CASH



for our school with Box Tops for Education!

It's easy! Box Tops are each worth 10¢ for our school. Look for Box Tops on hundreds of participating products, including cereal, snacks, paper products and produce.

See a list of participating products at BTFE.com/products

Here's how Box Tops works:



BUY Buy the products
CLIP Clip the Box Tops
SEND Send Box Tops to school
EARN Earn cash for our school

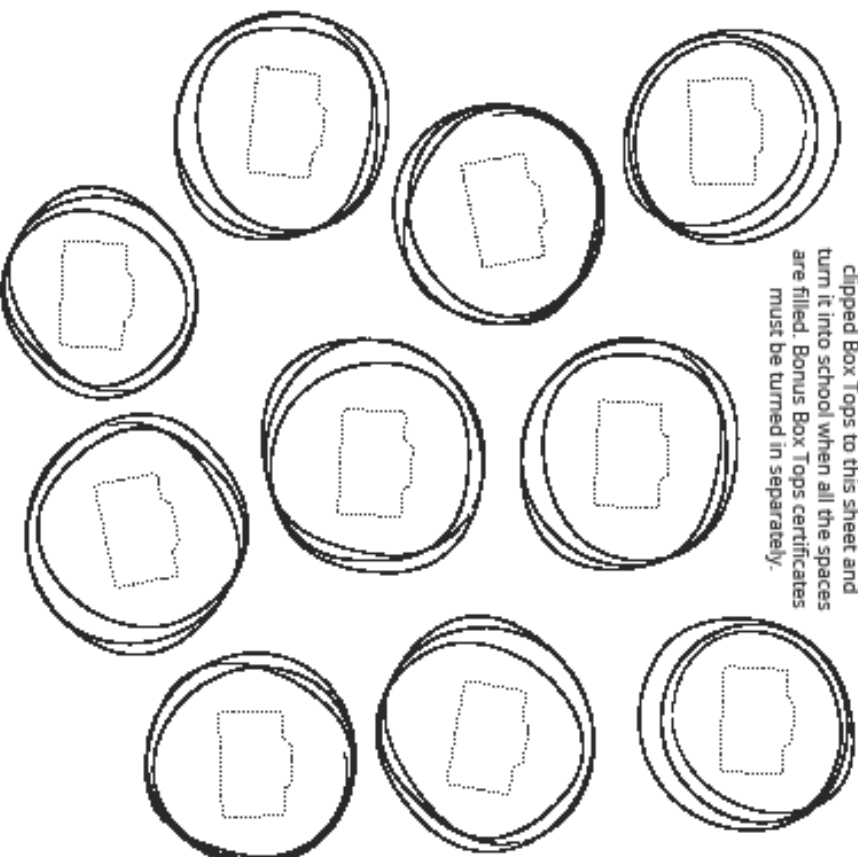
Twice a year, we submit all our school's Box Tops and receive a check. Our school can use that money to buy anything it needs. If every family clips Box Tops, imagine how much our school can earn!

LEARN MORE ABOUT BOX TOPS AT BTFE.COM



BE FIRST READY

Go back to school with Box Tops and get a head start on earning for our school! Tape or paste your clipped Box Tops to this sheet and turn it into school when all the spaces are filled. Bonus Box Tops certificates must be turned in separately.



Thank you for helping! Box Tops are each worth 10¢ for our school. To learn more about Box Tops for Education, go to BTFE.COM.

©Copyright 2015



Milk Caps for **MOOOLA**



Earn cash for your school! Save Longmont Dairy Milk Caps.

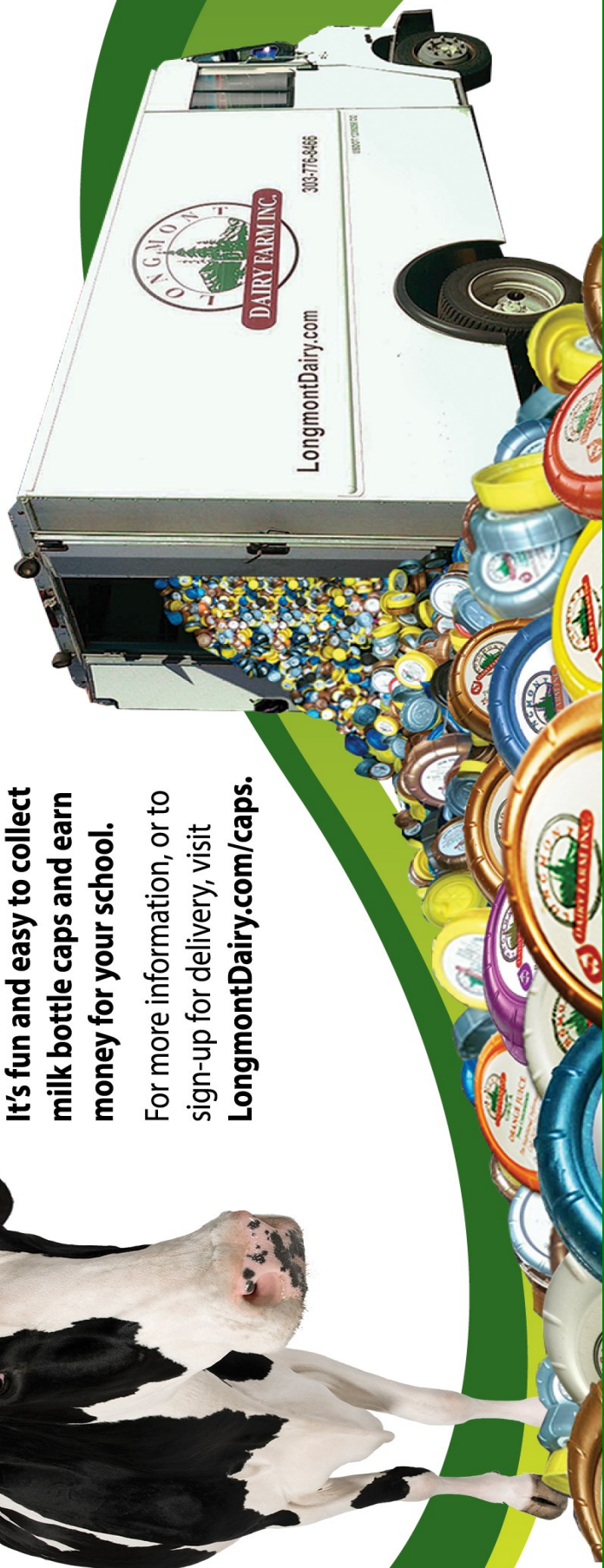
Longmont Dairy Farm will donate 5¢ for every bottle cap that your school collects from Longmont Dairy produced products (including Cold Brew Coffee, Iced Tea, Coffee Creamers, Milk, Cream, Lemonade and Orange Juice).

Since 2014, over \$300,000 has been donated back to participating schools through the Milk Caps for Mooola program. Schools are free to spend these funds as they wish: for good behavior rewards, special sports equipment, and field trips. Collect caps from your family or your neighbors.


**It's fun and easy to collect
milk bottle caps and earn
money for your school.**

For more information, or to
sign-up for delivery, visit





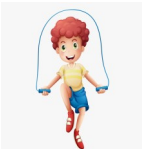

LongmontDairy.com/caps.



February 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4 Parent/Teacher Conferences	5 SPOTLIGHTS1 Student Council 3:05-3:45	6 Parent/Teacher Conferences	7 5th Gr. Lip Sync	8
CAP in Classes						
9	10	11 Parent/Teacher Conferences PTO @ 1:30	12	13 End of Trimester 	14 NO SCHOOL Professional Development Day	15
CAP in Classes						
16	17 NO SCHOOL Presidents' Day	18	19	20	21 5th Gr. Lip Sync KG Report Cards	22
23	24 Lip Sync Non-dress Rehearsals KG & 1st	25	26 1-5 Report Cards in IC	27	28 5th Gr. Lip Sync	29

March 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2  Vision & Hearing Screening	3 SAC @ 3:15 in Library	4	5 Lip Sync Dress Rehearsals	6 Lip Sync Performance @ 5:00 & 7:00	7
8	9  SCHOOL	10 PTO Meeting @ 1:30 Kindergarten Parent Night 5:00-6:00	11	12	13 Bear Tracks	14
15	16	17  St. Patrick's DAY	18	19 Intramurals End Today 	20 Jump Rope Club Ends Today 	21
22	23	24	25	26	27	28
SPRING BREAK						
29	30	31				
						



Community Forum on Curriculum

**5-7:30 p.m.
Thursday, Feb. 27**

**BVSD Ed Center
6500 Arapahoe Rd., Boulder**

Come join us to discuss the 2020 Colorado Academic standards with a focus on civics and history standards, specifically the inclusion of underrepresented populations.

Snacks and childcare will be provided.

RSVP *here.*

GIRLS LEADERSHIP

GIRLSLEADERSHIP.ORG

2/3 GIRL & GROWN-UP SERIES:

NINE TOOLS FOR TRUE FRIENDSHIP

BEAR CREEK ELEMENTARY | MARCH 2020



ROLE PLAYING WAS EXTREMELY EFFECTIVE, GIVING GIRLS A CHANCE TO TRY ON NEW TOOLS.
— JENNY

Participate in a fun, engaging workshop, where you and your girl will build a common language, practice healthy approaches to conflict, and learn authentic communications skills.

Since 1999, the national non-profit organization, Girls Leadership, has awakened thousands of girls to a new, bold definition of leadership. Co-founded by bestselling author, Rachel Simmons, Girls Leadership believes that leadership is a way of life, which begins in girlhood. We define leadership as a girl's ability to know how she feels, say what she needs, and respond courageously to her mistakes. Girls graduate from our programs more emotionally intelligent, resilient, and confident.

Girls Leadership's Girl & Grown-up Workshop *Nine Tools For True Friendships* provides an opportunity for girls and their significant role models to explore and share feelings, communicate authentically, and make healthy relationship choices. Each workshop is 90 minutes.

PROGRAM CURRICULUM

Week 1 – Standing Up for Yourself
Week 2 – Sharing Feelings
Week 3 – Double Sorry
Week 4 – Choices for Friend Trouble

WHO Girls in grades second and third grade with one adult

WHEN Tuesdays: March 31st, April 7th, 14th and 21st | 6:00 PM – 7:30 PM

WHERE Bear Creek Elementary – 2500 Table Mesa, Boulder, CO 80305

COST \$215 per grown-up/girl pair
Scholarships are available. Visit girlsleadership.org/scholarships for details.

REGISTRATION <https://girlsleadership.org/programs/bearcreek23parti/>
password: bearcreek23parti

QUESTIONS Contact Jenn Wert at jenniferW@girlsleadership.org



TU Wizards!

Since four decades ago, the CU Wizards program has presented **FREE** monthly shows that entertain and inform children about the wonders of science. Under the direction of Prof. David Nesbitt, these interactive shows are presented once a month from September through June. They are hosted by renowned University of Colorado, Boulder professors and provide a perfect start to a fun-filled weekend. The shows are geared toward children and young adults, but all are welcome! Each program lasts about an hour and includes several lively demonstration experiments.

No reservations required. All shows are on Saturday mornings and begin at 9:30 a.m.

WHERE?

At the University of Colorado at Boulder in the Duane Physics or Cristol Chemistry buildings. There is **FREE PARKING** in LOTS 308 and 436. There is also parking available for a \$4.00 flat fee in the Euclid parking structure. Please refer to our website for additional parking information.

SPONSORS:

- Chancellor DiStefano
- David Paddock Endowment
- George Gamow Memorial Lecture Fund
- College of Arts & Sciences
- Merrill Lynch
- CU Science Discovery Program
- CU Outreach Program
- Local Wizards Fans who donate!

CU Wizards 2019-2020 Schedule:

9/28/2019	Prof. Susan Marie Hendrickson	<i>Recharge, Reuse, REDOX...Batteries!</i> (Gift Not Included)	Cristol Chem 140
10/26/2019	Prof. Steven Pollock	Whispers & Bangs! The Physics of Sound & Music	Duane Physics G1B30
11/2/2019	Prof. Tarek Sammakia & Prof. Niels Damrauer	Baking Bread (or How I Learned to Stop Worrying and Love Gluten and Flaming Gummy Worms)	Cristol Chem 140
12/7/2019	Master Storyteller Susan Marie Frontczak	A Visit from Madame Curie	Old Main Chapel
1/25/2020	Prof. James Thompson	The Physics of Superheroes!	Duane Physics G1B30
2/22/2020	Prof. David Nesbitt	The Chemistry of Cooking	Cristol Chem 140
3/7/2020	Prof. Brian Hynek	<i>Rocks from Outer Space!</i>	CU Fiske Planetarium
4/25/2020	Prof. Monika Fleshner	<i>Superheroes Within!</i> <i>Immunity in Health & Disease</i>	Cristol Chem 140
5/16/2020	Prof. Tom Perkins	From Very Big to Very Small: The Powers of Ten!	Duane Physics G1B30
6/20/2020	Prof. Tanja Cuk	<i>The Magic of Chemistry</i>	Cristol Chem 140

For more information please visit: www.colorado.edu/cuwizards

CU Wizards
presents:

THE
CHEMISTRY

OF
COOKING

Professor
David Nesbitt

Cristol
Chemistry
Room 140



Show Special Feature!

THE ART OF MAKING CHEESE!

Saturday 9:30-10:30 a.m. FEBRUARY 22, 2020

www.colorado.edu/cuwizards



FUN FOR THEM. PEACE OF MIND FOR YOU.

BEFORE & AFTER SCHOOL CARE FOR K-5TH

At the Y, we believe knowledge, skills and values learned early in life create a foundation for the future. We also believe in the power of fun and games, creativity and curiosity, friends and role models. That's why YMCA Before & After School Care sets out to give kids both smile-inspiring escapades and foundational experiences that help them grow as individuals. Whether it's getting homework help, exploring science concepts, enjoying outdoor playtime or creating group art projects, the Y provides a safe, supportive environment that focuses on learning, developing interests and making friends.

Plus, parents enjoy the peace of mind of having a state-licensed program in their child's school as well as affordable rates and qualified, trained staff.

- 7:00am until school starts / school dismissal until 6:00pm
- Full-time, part-time and drop-in options available
- School Day Off Camp and Late Start Day options
- Swim lesson add-on available for BVSD
- Participants receive member rates on Y programs such as sports and swim lessons
- Free and discounted family membership options

BVSD LOCATIONS

Bear Creek, BCSIS, Creekside, Crest View, Columbine, Eisenhower, Flatirons, Foothill, High Peaks, Louisville, Mesa, Superior, Unihill and Whittier

SVVSD LOCATIONS

Transportation is provided to and from the Longmont Y from the following schools: Columbine, St. John the Baptist Church School, Mountain View, Sanborn, Northridge, Rocky Mountain, Fall River, Timberline, Twin Peaks and Alpine.

WELD RE-5J

Pioneer Ridge and Milliken Elementary

THOMPSON

Big Thompson Elementary

Visit ymcanoco.org for details or check with the site director at your school.

Financial assistance and CCAP is available to those who qualify. Details at ymcanoco.org/financial-assistance.

YMCA OF NORTHERN COLORADO ymcanoco.org • 303-443-4474
Branches in Boulder, Lafayette, Longmont & Johnstown (coming in spring 2020)