

Bear Tracks



Bear Creek Elementary
2500 Table Mesa Drive
Boulder, CO 80305

Tanner Dayhoff, Principal
March 30, 2020

March 2020

Dear Bear Creek Elementary Parents,

This month, we will kick-off construction of renovations provided through the 2014 Bond Program, and we want to let you know what to expect in the coming months.

Our \$8 million project will provide much-needed repair and maintenance to building systems and finishes, as well as improvements to learning spaces. Project highlights include building-wide air conditioning, playground upgrades, restroom remodeling, construction of some permanent walls in the open classrooms, new finishes such as paint, carpet, and flooring, as well as improvements to boost energy efficiency and security among other work. We are especially excited about getting new lightweight, moveable furniture for spaces throughout the school. This furniture can be easily and quickly reconfigured as needed throughout the day to support a variety of learning activities. The full scope of work can be found on the BVSD Building for Student Success website at bond.bvsd.org/projects/bearcreek.

Construction will begin over Spring Break and will take place over two summers, with substantial completion by August 2021. Construction crews will mobilize to the site and set up a fenced construction area on the south side of the front parking lot. Work to be completed over Spring Break will include asbestos abatement and installation of vertical steel support beams near the Special Education classrooms and cafeteria. For the remainder of the school year, work will take place inside the school on evenings and weekends. Most of the work will be in the area above the ceiling and shouldn't interfere with day to day operations. Workers, equipment, and deliveries will be scheduled outside our arrival and dismissal times. Once school is out in May, construction will expand to encompass the entire school building and site, including the playground. Most of the work inside the school will be completed the first summer, including air conditioning. Kitchen remodeling and hardscape work outside will be finished next summer. There will be no public access to the school or grounds during either summer.

The asbestos abatement during Spring Break will require the removal of floor tile in restrooms near the library and removal of materials from above the ceiling in the open classrooms. For the rest of the 2019-20 school year, the restroom floor will be bare concrete and ceilings in the open space classrooms will remain open. Additional abatement will occur once school is out in May.

Student and staff safety through construction is our top priority. A number of measures will be put in place to ensure the building is safe to occupy during and after the abatement work. The work will be conducted when the building is unoccupied by a State licensed contractor in accordance with BVSD, Colorado Department of Public Health and Environment (CDPHE) and Federal regulations.



Inside this issue:

Counselor's Corner	3
BC At-A-Glance	4, 5
Staying Healthy	6
Classroom Clips	7-12
\$\$ Makers for Bear Creek	13-15
BC Monthly Calendar	16
BVSD	17, 18



Bond article cont.

When necessary, the work will occur in an airtight containment area created with sealed layers of plastic sheeting. The contractor will create a negative air space in the containment area. To do this, air will be drawn from the area and passed through a HEPA filter before being exhausted to the outside. The asbestos-containing materials are sealed in polyethylene sheet plastic, then removed from the work area, placed in hazardous waste transportation containers and transported off-site for disposal at an appropriate disposal site.

Air monitoring will be conducted regularly during abatement activities around the perimeter of the containment area. All of the air monitoring will be performed by an experienced and accredited asbestos abatement consulting firm retained by BVSD to oversee the project and ensure the work is performed in accordance with all current regulatory requirements. Air monitoring to determine if the work is complete and the air inside the work area meets regulatory requirements will be performed prior to the work area being released for normal occupancy.

Staff and students will receive safety training before construction starts. The construction area will be segregated from the rest of the site by fences and/or construction walls that are clearly marked with warning signs. All workers who are authorized to be on-site will have numbered project stickers on their hard hats and will have background checks. Generally, there should be no workers in the school during the school day. After hours, there should be no reason for workers to interact with students or staff while they are in the school. They are instructed not to converse with members of the school community, so please understand and allow them to stay focused on their work. We do recognize there are opportunities for making the construction experience educational and will look for ways to take advantage of that.

An informational meeting will be held at the school Wednesday, March 11, at 6 p.m. The architect, contractor, and project manager will be on hand to share details about the project and answer questions. We want to keep you informed as the project progresses. We will meet weekly with the construction company and will update you regularly about construction progress. Project information, including monthly construction updates once construction begins, can be found on the BVSD website at bond.bvsd.org/projects/BearCreek. Questions should be directed to Project Manager Katheryn Zeeb at 720-561-5109 or katheryn.zeeb@bvsd.org.

We are grateful to BVSD taxpayers for this project and to you for your continued support of Bear Creek Elementary School. We hope you share our excitement for the great changes happening here.

Sincerely,

Tanner Dayhoff, Principal
Katheryn Zeeb, BVSD Project Manager



COUNSELOR'S

CORNER

MARCH, 2020



A MESSAGE FROM MS. FELS

Hello Bear Creek Community,

We closed our unit on careers and have started discussing friendships and mindfulness. In kinder-2nd grade, lessons have focused on friendships and what healthy friends do & don't do. Through scenarios & stories, students have been asked to explore what healthy friendships look like in the classroom, at recess, and at lunch.

In 3rd-5th grade we have started to discuss mindfulness and how it can benefit students in the classroom. Students have started to learn about the rational mind, the wise mind, and the emotional mind. As we move through testing season, we will continue to practice mindfulness and support students in learning new ways to calm their mind/body. I encourage you to practice using this language with students and to ask them what mind they are in when dysregulated.

This month I have included some tips on increasing your students executive functioning skills. Please take a look at the tips on the right to learn more about how you can help promote your students long term success both inside and outside of the classroom!

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

Tips on Promoting Student Success:

-Let your kids try things on their own. Try the steps below:

- You do, they watch
- You do together
- They do, you watch
- They do, you don't watch

-Create systems, habits, rituals, or routines! Doesn't matter what you call it. Use whatever works for you!

-Change the first 15 and the last 15 minutes of your child day! Change those 30 minutes and your child's whole day will change!

- Pick 5 things you can do to start your morning off on a positive note.

Counselor Contact Info:

Montana Fels

Phone: 720-561-3528

Email:

montana.fels@bvvsd.org

BEAR CREEK CALENDAR

AT - A - GLANCE

Monday, April 6 - Friday, April 24

CMAS Testing 3rd-5th grades

[Bear Creek Testing Schedule](#)

Tuesday, April 14

PTO Meeting @ 1:30

Friday, April 17

NO SCHOOL

Monday, April 20

NO SCHOOL

Wednesday, April 22

2nd Grade Program

Thursday, April 23

Take Your Child to Work Day

Friday, April 24

Y Kids Night In 6-9:30

International Culture Fest 4-6 pm

Monday, May 4

Teacher Appreciation Week

Fun & fitness Day

Tuesday, May 5

Fun & Fitness (Rain date)

Monday, May 11

5th Grade Orchestra Concert @ SoHills 6:30pm

Tuesday, May 12

PTO Meeting @ 1:30

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.



On Red Flag days we start inside!

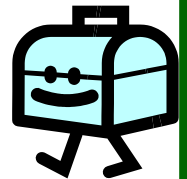
Lip Sync Follow Up & Order Form - Thank you everyone for a wonderful Lip Sync show last week! It is always so fun to watch the kids on stage!

Video downloads are available for purchase for \$15. Your video will include both Show 1 and Show 2. Downloads will be distributed by May 15. We will notify you via email when the videos are ready for download. **We are not selling DVD's this year.** The deadline to order is April 17. The Lip Sync show is funded primarily by sales of video downloads so please support next year's show by ordering your copy today at this link: [Bear Creek PTO](#)

LOST and FOUND

The lost and found is in the foyer and will be set out on Monday. **It will be bagged up on Friday, 3/20 and donated to a charity.**

PLEASE stop by and go through the bins.



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.](#)

Robin Norton's class
Sara Bulow's Class
Emily Kallio's Class

Wed Mar 18, 2020
Wed Apr 1, 2020
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](#)

It's BB Racer - Bolder Boulder Time again..

It's Bolder Boulder time! To parents that have registered in the past, you know the drill. To any new parents of Bear Creek Elementary this is the time of year if your child is interested in running and would like a discount to run/walk in the Memorial Day Bolder Boulder Running event, here is the information to do so with a discounted rate. In years past Bear Creek was always awarded with the "Highest Participation Award." This is for the entire BVSD! Lets try and make that happen in 2020! Please find all the information below to register and get early bird discounts. On another note, please forward this link to teachers, grandparents, aunts, uncles, brothers and sisters! As long as they link their registration to Bear Creek it counts! If you have questions please message Jennifer Gilligan.

BB RACERS CLUB—DEADLINE IS April 29th, 2020 NO EXCEPTIONS! In order to assure accuracy in scoring the BB Racers Club students, teachers/staff and participating parents will register for the BOLDERBoulder separately. They can register ONLINE by clicking on the BB Racers Club link on the www.bolderboulder.com website under Register. **We do ask that you register your student online to minimize errors and ensure the deadline is met.**

Race packets will be delivered to each school in advance of the race. Parents, siblings, and friends may register for the race through the online BB Racers entry process and **have their packets delivered to the school along with the BB Racer's.** You may run in the BB Racers Club waves along with your student. There is an **Early Bird price of \$35 for participants under the age of 14 until March 21st, 2020.** Then pricing goes up to **\$40 until the registration deadline of April 29th, 2020.** The regular price packages & procrastination increases apply to parents, friends, and school staff.

Awards: Participating schools are divided into three divisions based on the size of the school. Awards will be given for highest participation and for the fastest students. The fastest girl and fastest boy for EACH school (not each grade) will be scored. The girls and boys will receive a certificate from us indicating they were the fastest in their school. First place awards (framed poster) would be given to the highest participation for elementary. K-8 and middle schools in each division. Divisions are determined and tracked by number of overall people participating for the school.

~Jennifer Gilligan



Fun Park Project

Students in Mrs. Jenak's class worked on a collaborative project to build an inclusive fun park using recyclable materials. In order to give them some background knowledge and understanding of what it means for a facility to be inclusive, she shared the attached video with them. This project was part of the second grade social studies unit on Community. [Photos](#)

TAKE THE BUNNY FOR A WEEK



PLEASE CONTACT MRS. JENAK @

maria.jenak@bvsd.org

DUE TO CONSTRUCTION AT BEAR CREEK THIS SPRING AND SUMMER, LILAC BUNNY WILL NO LONGER BE ABLE TO STAY IN THE BUILDING. PLEASE LET ME KNOW IF YOU WOULD LIKE TO HAVE HER VISIT FOR A WEEK (OR MORE). ALL SUPPLIES WILL BE PROVIDED.



Illustrator Visit to 4th Grade

Last week, fourth grade gathered for an author visit from Hilary Price, who creates the nationally syndicated cartoon strip "Rhymes with Orange". She shared about her writing process, her journey into her profession, and worked with the children collaboratively to create a cartoon. It was an entertaining afternoon! We plan to build on her presentation as we learn how to incorporate dialogue and story structure in our narrative writing unit.





February in Mrs. Kallio's Kindergarten Class



4th Grade Trip to the State Capital





Reminder: Last day for Intramurals is Thursday March 19th.
Last day for Jump Rope club is Friday March 20th.

Are You a Role Model of Healthy Eating?

Kids take their cues from you. So if you want healthy kids, you need to set a good example. Follow these smart nutrition tips.

By [Kristen Stewart](#), Medically reviewed by [Lindsey Marcellin, MD, MPH](#)

As parents we're role models for our kids, trying to watch what we say and how we act to provide the best possible examples. This is great for teaching good manners, but to raise truly healthy kids we have to make sure we're modeling healthy eating, too.

With more than twice as many overweight children as there were three decades ago, addressing healthy eating is crucial. With easy access to fast food, supersizing, and too much TV, [childhood obesity](#) is not going away any time soon. But there are steps you can take to prevent it in your family, starting with being a good nutrition role model for your kids.

"Kids admire and copy everything that mom and dad do," says Linda Elmi, a mother of a son, age 8, and daughter, age 13, in Winnipeg, Manitoba, Canada. "If I pick up a bad habit, they most likely will copy. We do have our treats, but it is not every day and that is why it is a treat. I want to give them the tools for a good start in life — to know what is good for them and what is not."

Establishing Healthy Habits in Kids

Parents can do a lot to promote good nutrition and healthy habits in their kids:

1. Read food labels. Make sure sugar in all its forms — high-fructose corn syrup, sucrose, corn syrup, glucose, and fructose, among others — is not listed among the first few ingredients. Keep an eye out for salt as well. Since most sodium is found in processed foods, cook from scratch as much as possible.
2. Limit the junk. Cake, cookies, and other unhealthy foods are fine on special occasions, but they're high in fat and calories while offering little nutritional

value. Fat has double the amount of calories found in carbohydrates or protein, so it's important to limit fatty foods. Fruits and vegetables make much healthier choices.

3. Teach your children about healthy cooking. "I usually go through cooking magazines with my daughters," says Linda Dupie of Fredericksburg, Va., whose girls are 12 and 16. "We choose one or two new meals to make for the week. My children and I try and cook the selected meals together, eat together, and then critique our cooking and [decide] whether to add the current recipe to our family-favorites binder."

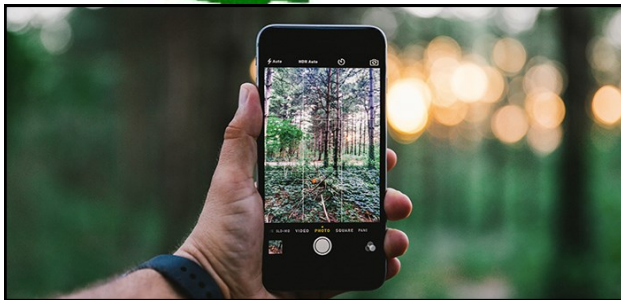
4. Watch portion sizes. According to the National Institutes of Health, portion sizes have exploded in the last 20 years. A bagel used to be 3 inches in diameter and 140 calories. Today it has doubled to 6 inches and 350 calories. A cheeseburger is now 590 calories, up from 333 calories. "Average" soda sizes have increased from 6.5 ounces with 82 calories to 20 ounces with 250 calories, virtually all of them sugar. No wonder our waist sizes are growing. Talk to your kids about listening to their bodies' hunger cues and teach them to stop eating when they feel full rather than when their plate is empty. Eat only half of your own restaurant meal and take the rest home, which shows you're practicing what you preach.

5. Turn off the TV. Kids should have no more than two hours of screen time a day, and less for very young children, while getting at least 60 minutes of physical activity most every day. Dupie and her family walk their dogs daily. Even with short summers and long winters, Elmi doesn't let the weather stop her family from getting the **exercise** they need. "We encourage any and all activity in the summer — biking, swimming, and walking," she says. "In the winter we skate, go sledding, and play outside building snow forts."

6. Watch what you say. "I vowed that I would never say that I am fat or criticize any part of my body in front of my kids, and so far, so good," says Elmi. "The reason is, I have heard [other] moms say that and, as a result, I have seen 5-year-old girls give up a treat because they are on a 'diet' because they are 'fat.' I'm happy to say that both my kids are happy with their bodies."

7. Be open-minded. "Give new foods more than one chance," says Dupie. "It takes time for our taste buds to adjust to a new taste and texture. Try different recipes with a new food before you write it off as something you or your family doesn't like."

And remember to have fun. Don't look at healthy habits as a chore, but as an adventure your whole **family** can take and enjoy together.



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!

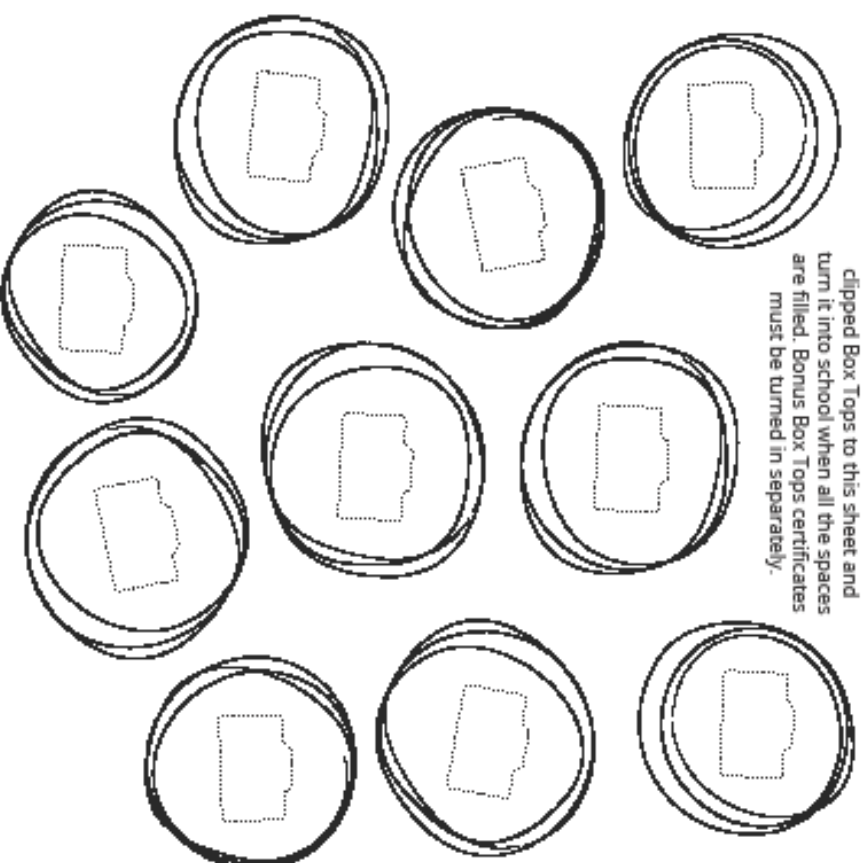
LEARN MORE ABOUT BOX TOPS AT BTFE.COM



BE FIRST DAY

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.

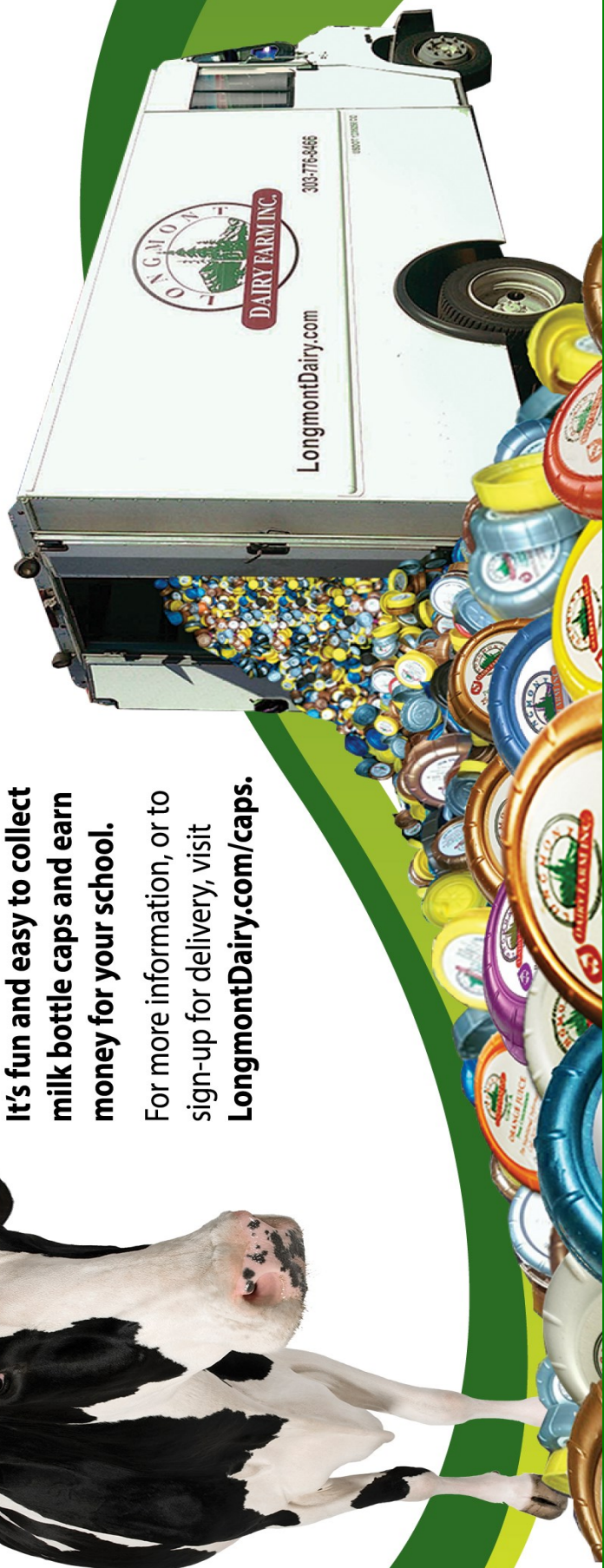
Longmont Dairy Farm will donate 5¢ for every bottle cap that your school collects from Longmont Dairy produced products (including Cold Brew Coffee, Iced Tea, Coffee Creamers, Milk, Cream, Lemonade and Orange Juice).

Since 2014, over \$300,000 has been donated back to participating schools through the Milk Caps for Moooola 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.



April 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
CMAS Testing Window 4/6-4/23						
12	13	14 PTO @ 1:30	15	16	17 NO SCHOOL	18
19	20 NO SCHOOL	21	22 2nd Grade Program	23 Take Your Child to Work Day	24 YMCA Kids Night In 6-9:30 International Culture Fest 4-6	25
26	27	28	29	30		



CU 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



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)