

# Graham Mesa Elementary R.I.S.E. Newsletter

*The latest GME news, views and announcements*

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**Responsibility**

**Integrity**

**Service**

**Expect More**

## **Dates to Remember!**

November 2 - K/1st Grade Performance  
November 7 - PTO meeting, 5 pm  
November 9 - 5th Grade Field Trip  
November 15 - Thanksgiving Lunch  
November 20-27 - Thanksgiving Break

# Principal Sprenger's Message

November is the time of year where it is important to reflect on the people in our lives that help us become who we are and make our lives memorable. Each year I take the time this month to thank the people you love for being a support for you and your family. Here are some of the people I would like to thank:

- Thank you to our superintendent Heather Grumley and her entire leadership team for leading Garfield RE2 with all their heart. You have taken us through so many difficult times and with each opportunity we come out on the other side better than we were before. In RE2 We Believe and we are excited to work towards creating a student who matches our strategic plan's Graduate Profile.
- Thank you to the GME business partners. Our community events are so successful because of the work our PTO puts in and the community partnerships that help finance everything for our community. This includes Alpine Bank, Grand River Health, SDI, Bray & CO, Jesse Dalton State Farm Insurance, JBS Construction, Bay Equity, City Market, StarBucks, Jeans Printing, Culvers, Property Professionals, Align Multimedia, Kountry Whut Nuts, Rifle Parks and Rec., Sugar Cookie Co., Alpine Custom Electronics, Kuersten Construction, Alpine Roll Off Services, FTDC, Columbine Ford, Brenden Theaters, FCI, American Family, ANB, Bray, Divine Moon, Rifle Fireside Lanes, EllaHarper, Coca-Cola, Timberline Sporting Goods, Sammy's, Miner's Claim, Brickhouse Pizza, Walmart, Bank of Colorado and Lion Construction and Paving.
- Thank you to the entire GME staff. We are so blessed to have professionals at GME that truly put the phrase, "Whatever it Takes!" We continue to be blessed to have a staff that gives their entire being to the GME community. Being an educator in today's world is just flat challenging. However, every single day staff shows up pouring their hearts out for their students. THANK YOU GME STAFF!!!
- Thank you to the GME community for your flexibility and grace with the school district and Graham Mesa. A large reason for the positive climate and culture is because of the family engagement and support in this community. I love how we have parents who just decide they are going to step up and engage. The impact it has on the students to see their circle of influence at school is fantastic. We have so many volunteers and Watch DOGS that give multiple hours a day and it has created such a welcoming environment.
- The GME PTO. Without a doubt we have the most active PTO in the valley. With all brand new officers the members have really stepped up to execute amazing events already such as the Penny Wars, Rocky Mountain Gourmet, Culvers, and now the Harlem Wizards Game. GME would not have the reputation it has in Rifle without the work of our PTO. The great climate and culture is in large part due to the PTO.
- 
- My whole family. Lisa leads the family as they participate and fully engage themselves in the Rifle Community. I am so grateful that because of Lisa, we have amazing relationships that will last a lifetime!

Just a reminder that Thanksgiving Break will continue to be a full week this year. Students are off beginning Monday, November 20th and will return to school on Monday, November 27th.

Brian Sprenger  
Principal  
bsprenger@garfielldre2.net  
970-665-7510

## Literacy Coach's Corner - Mrs. Johnson

Happy Fall marvelous GME families and welcome to the 2nd quarter of the 2023-24 school year! We are very thankful in this season to have connected with families recently during parent teacher conferences. Thank you for participating in the education of your children!

Did you know that November is National Family Literacy Month? **National Family Literacy Day** is celebrated on November 1st each year and is a kickoff to National Family Literacy Month. This November, the celebration of National Family Literacy Month brings about a great opportunity for families to get back into the tradition of reading as a family. For many, the love for books starts at an early age in the stories our parents read to us. Providing your children with plentiful opportunities to listen to stories will help them learn to read and comprehend stories on their own. They also begin to think more actively as they listen to stories and picture the scenes described, wondering how the story will develop. When children are read to frequently, they can grow to love reading and will take the initiative to read more on their own.

*"Children are made readers on the laps of their parents." - Emilie Buchwald*

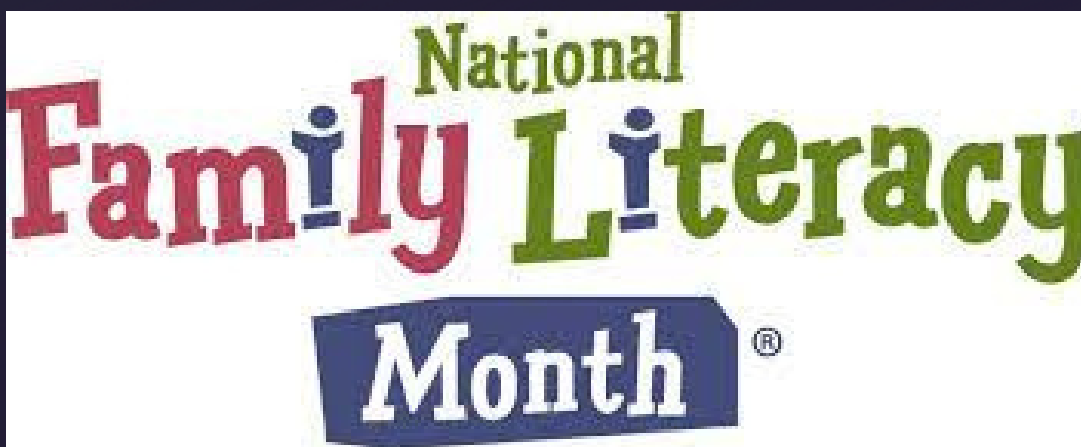
Here's to a healthy and fun-filled November! Enjoy your family time over Thanksgiving break, November 20-23! !

Your literacy coach,

Mrs. Keri Johnson;

970-665-6792

[kjohnson@garfieldre2.net](mailto:kjohnson@garfieldre2.net)





# Math Coach's Corner with Mrs. Schubin

Hello, wonderful GME families!

We are officially a quarter of the way through the school year. This time of year, teachers and families are reflecting on their students' progress at conferences and looking ahead to the middle of the school year. In December, students will be taking their mid-year assessments to evaluate all of the growth they have made since the beginning of the school year.

This month, I wanted to share with you the results from our beginning-of-the-year math assessment. The table below shows the percentage of students in each grade level that scored on grade level, one grade level below, and two or more grade levels below on the beginning-of-the-year iReady math assessment.

From the data, you can see that the majority of our students are currently sitting either one or two grade levels below the proficiency level. Our goal over the next eight weeks is to push these students to grow as much as possible, so that our mid-year assessments show higher percentages of students on grade level.

The iReady math assessment evaluates students' proficiency in four math domains: number and operations, algebra and algebraic thinking, measurement and data, and geometry. Click [here](#) to learn more about how these domains appear on your student's iReady report.

According to the data, the domain that has the most potential for growth at our school is geometry. A student who is proficient in geometry has a strong understanding of shapes and the characteristics that we use to define them. He/she also has a strong spatial sense and can apply their understanding of position and shape to describe the physical world. In the upper grades, geometry also features angles, as well as calculations for perimeter, area, and volume.

In last month's newsletter, we shared some simple ways that you can help build your student's math skills at home. This month, I want to share a simple activity that targets geometry. This activity is great because it can be completed with a wide variety of materials and can be adjusted for students at any grade level.

### Build Together:

- Construction is a great real-world application of geometry. Take some time to build structures with your student. This activity can be done with a variety of materials—everything from real tools and lumber to toy blocks, cards, cushions, popsicle sticks, or even puzzles. Your creations can certainly be free-form, but reading designs and blueprints also supports students' development of spatial awareness skills such as visualizing objects in space, performing mental rotations, and accessing visual memory. Building together also creates wonderful opportunities for mathematical discussions. While you are building, try to use mathematical terms to describe your structure. Where do you see symmetry, shapes, or different types of angles? Can you give directions using position words such as above, below, on top of, horizontally, or vertically? Can you compare one object or structure to another using attributes (color, size, the number of corners/vertices, parallel vs. perpendicular lines, etc.)?

Cierra Schubin  
[cschubin@garfieldre2.net](mailto:cschubin@garfieldre2.net)

	On Grade Level	One Grade Level Below	2 or More Grade Levels Below
Kindergarten	0%	100%	N/A
1st Grade	5%	85%	10%
2nd Grade	3%	50%	47%
3rd Grade	3%	39%	57%
4th Grade	16%	45%	38%
5th Grade	18%	40%	32%

# ELL News - Ms. Trejo

Dear Parents:

This month has been a busy one! I hope that all of you had a wonderful conference with your child's teacher. We appreciate all your help with the education of your student! If you want to have a conference with me, please feel free to reach out. I'd love to speak to you about your child's language progress!

We finished learning and celebrating El Dia de Los Muertos. This has been a tradition at GME since I took over our ELD department. This is a happy time for our community. We spend time learning about why we celebrate this day and why it's not a time to mourn, but a time to celebrate all of our loved ones. Students had the opportunity to share in the decorating of cookies and enjoy the movie, Coco.

These next months, we will be preparing for our state assessment, call ACCESS. This is the language assessment, which the state requires for all students that are qualified with multi languages. This is an opportunity for students to show off their English Speaking, writing, Listening, and Reading skills. Please encourage you child to read as much as they can . It doesn't matter if they are reading in Spanish or English! Reading is great for building vocabulary and background knowledge. Students will be tested in January. There will be more information as the date approaches.

As always, thank you for your support and please click on the link to learn more about you students' and how you can help support them on their language journey. [Family time](#)

Ms. Lorena Trejo  
ELL Teacher  
ltrejo@garfieldre2.net  
970-665-7524



# Counselor's Corner with Mrs. Kasey

It's November! As we head into the holiday season, I'd like to take a few minutes to talk about anxiety. I am seeing a lot more of it this year in our children at GME, even in my own child. Thumping heart, rapid breathing, sweating, tense muscles, nausea, and dread are familiar symptoms of anxiety that accompany a “fight, flight, or freeze” reaction triggered by real or imagined threats, like a snarling dog or new social experience. Anxious children may be clingy, startle easily, cry or have tantrums, sleep poorly, and have headaches or stomachaches. But anxiety is not all bad. “It can motivate us, or help us avoid danger,” says Dr. Mona Potter, medical director of McLean Anxiety Mastery Program and McLean Child and Adolescent Outpatient Services. “The problem is when anxiety gets out of hand and makes decisions for us that are no longer helpful — maybe even paralyzing.” By that point, normal anxiety may have become an anxiety disorder.

How do we help our kids? First and foremost it is important for us to remain calm. Try to be mindful of what you model through words and body language. Work on tempering overanxious reactions when appropriate.

Don't avoid distress! Avoiding distressing situations invites anxiety to ease temporarily, only to pop up elsewhere. Rational explanations won't work, either. The whirring emotional center of the brain known as the limbic system requires time and tools to calm down enough to let the thinking (cognitive) center of the brain come back online. Instead, try distress tolerance tools: one child might splash her face with cold water, another might charge up and down stairs to blow off anxious energy, or tense and relax her muscles, or distract herself by looking around to find every color in the rainbow. There are many simple breathing and mindfulness tools that you can access to help. I use deep breathing and also the grounding activity you see in the picture.

Preview anxiety provoking situation and practice exposure. Consider touring a new place ahead of time so you know what to expect and can communicate that with your child. Gradual exposure helps rewire an anxious brain and shows a child he can survive anxious moments. Let's say your child is anxious about talking in public, ducking his head and squirming if addressed. Pick a pleasant, slow-paced restaurant for a fun weekly date. Then coach your child to take charge of ordering foods he likes in small steps. At first, he might whisper the order to you and you'll relay it to the waitress. Next, he might order just his drink or dessert, and finally a full meal as distress tolerance and confidence grows.

I realize this is a lot of information.  
If you have specific questions, please don't  
hesitate to contact me!

Kasey Nispel  
Counselor  
knispel@garfieldre2.net  
970-665-7545





# GME Health Clerk News

Dear Parents:

Can I just start by saying, Happy Fall Ya'll! As we move into my favorite season of the year, with the beautiful changing colors and the cooler weather, I would like to touch on a topic that not many of us like to talk about, The dreaded Cold and Flu Season. In this newsletter I would just like to provide you with some helpful tips and reminders to keep you and your young ones happy and healthy and reduce the spread of illness in our school community. Here are some simple ways we can all help each other to keep those nasty cold and flu viruses away.

1. **Flu Vaccination:** The first line of defense against the flu is getting vaccinated. It is never too late to schedule your flu shot, contact your healthcare provider or visit your local pharmacy to get your flu shot.
2. **Hand Hygiene:** Proper handwashing is one of the most effective ways to prevent the spread of germs and illness. Remind everyone to wash their hands frequently with soap and warm water for at least 20 seconds.
3. **Respiratory Hygiene:** Remember to cover your mouth and nose with a tissue or elbow when coughing or sneezing to prevent the spread of germs.
4. **STAY HOME WHEN SICK:** All students and even staff need to stay home if they are feeling unwell. This helps prevent the spread of illness within the school.
5. **Good nutrition:** A well balanced diet rich in fruits and vegetables can boost the immune system. Also it can be helpful for kids and adults to take a daily multivitamin and extra Vitamin C when feeling under the weather.
6. **Getting adequate sleep:** Getting enough rest is crucial for a strong immune system. Last month's newsletter talked about how important it is to have a consistent bedtime routine, it is especially important as the body heals when you are sleeping so when you're sick you need extra time to rest and recover.
7. **Clean and Disinfect:** Don't forget that during and after sickness it is very important to clean all high-touch surfaces (ex. Door knobs, light switches, tables, chairs, and even toys) to keep from spreading germs to others in the house and at school. Also it is important to remember to switch out your toothbrushes after being sick.
8. **Seasonal Allergies:** Sometimes, cold and flu symptoms can be confused with seasonal allergies. Educate yourself on the big differences and the appropriate treatments.
9. **Symptoms of the Cold and Flu Virus:** Some of the most common signs of the cold and flu are fever, feverish chills, bad body aches, chronic cough, sore throat, stuff and runny nose, headaches and fatigue.
10. **Emotional Well-being:** The winter months can be extra tough emotionally. Encourage open discussions about stress, anxiety, and depression, bad days, and tough situations with your young ones. Let them know it's ok to feel these things but to tell a trusted adult when they may be feeling any of these symptoms.

Let's all work together to ensure a healthy and safe learning environment for all students and staff. Remembering to do these steps can reduce the impact of cold and flu season and keep us all healthy. Stay warm, stay well, and remember, we're here to support your health needs. If you have any questions on when to stay home or about missing days at school, please don't hesitate to contact me.

Elie Wilson  
970-665-7513  
ewilson@garfieldre2.net

# GME Staff Highlight of the Month

## MEET MRS. Morgan

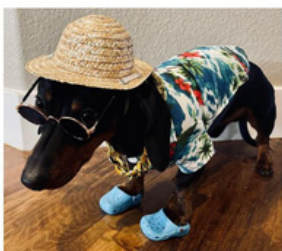
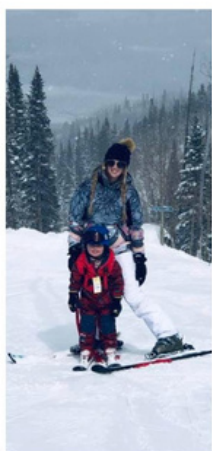
Hello!

MY NAME IS MRS. MORGAN, I HAVE A WONDERFUL HUSBAND, THREE WILD BOYS, AND A DOG NAMED PARKER. I WAS BORN AND RAISED RIGHT HERE IN THIS BEAUTIFUL VALLEY WE LIVE IN. I ENJOY SPENDING MY EXTRA TIME OUTSIDE WITH MY FAMILY! WE LOVE TO SKI, HIKE, PADDLE BOARD, AND EXPLORE IN OUR RZRI!



Graham Mesa!!

THIS IS MY 3RD YEAR AT GME!  
IN 2017 MY FAMILY AND I MOVED TO THE FRONT RANGE FOR A COUPLE OF YEARS BUT WE ARE SO EXCITED TO BE BACK AND RAISE OUR KIDS IN THE BEST COMMUNITY AND SCHOOL EVER!!!!



Favorites!

- MY FAMILY
- THE BEACH
- CHEESE!!!!
- CHRISTMAS
- SUNSHINE
- ART & CRAFTS



**Every Colorado  
youth is now  
eligible for free  
therapy sessions.**

Visit [IMatterColorado.org](http://IMatterColorado.org)  
to learn more.

**IMatter.**

### **Need Some Extra Food?**

GME, in partnership with the ROC, provides weekly food bags for all of participating students each Thursday. The food varies weekly, but can include canned items, snacks, rice, and boxed meals such as mac n' cheese. Contact your child's teacher or Mrs. Kasey to sign up!



**free  
lunch**  
FOR KIDS  
18 & UNDER

### **FRIDAY PICK UP SCHEDULE - RIFLE**

- 11:00 AM | DAVIDSON
- 11:30 AM | COTTONWOOD
- 12:00 PM | JOYCE PARK
- 12:30 pm | CENTENNIAL PARK

Need help with a mental health crisis?



**844-493-TALK (8255)**

**OR TEXT TALK TO 38255**

[www.coloradocrisiservices.org](http://www.coloradocrisiservices.org)



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